

Melbourne University Kendo Club Beginners' Course 2024

I. Introduction to 2024 MUKEN Beginner Course

The MUKEN Beginner Course provides a foundational training and understanding of kendo. It is aimed at complete beginners - no experience with kendo or any other martial art is required. Over a 10 week period starting from Monday February 26, lessons will be given twice a week in a group setting by experienced instructors. Those completing the course will be invited to join the club and take their place in our regular club training sessions.

Course content includes an introduction to dojo etiquette, safety, the basic movements in kendo and our club training routines.

Over a 10 week period starting from **Monday February 26** lessons will be given twice a week in a group setting by experienced instructors.

The first 2 weeks of the beginners course is a free trial. You may choose to officially sign up to the course within the 2 weeks.

Training takes place twice a week in the **Sports Centre West Stadium**:

- Mondays 5:30-7:30pm
- Thursdays 5:00pm – 6:30pm.

Full attendance is expected for both the beginners' course and for our regular training. However, we understand that work and study commitments do come in the way sometimes. It is possible to make progress while training only once per week, but instructors have limited time to give extra. Please wear light and loose fitting clothes to training - t-shirt and track pants are a good option. Avoid long sleeved shirts and tight pants or skirts. It is not necessary to wear kendogi and hakama at the start of the Beginners' Course, though you may choose to wear them if you do have a set.

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attention to those who do not attend regularly.

Kendo is a physically demanding, contact activity. Average health and fitness is assumed. If you have any health issues that may impact on your ability to take part safely in this kind of activity you should consult your doctor and advise the Club before you commence training.

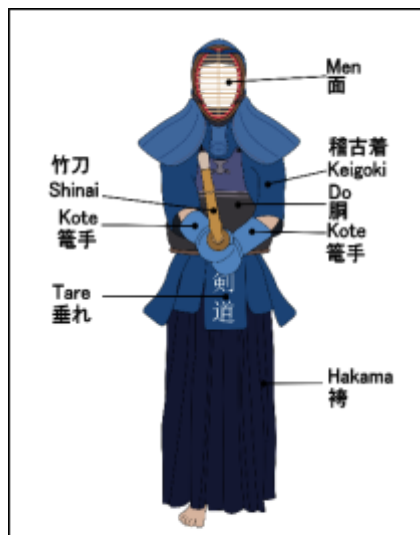
Beginners' Course Fees

Content	Description	UoM Student	Non-student / Non-UoM student
Beginners Course	8 weeks (excluding free trial weeks)	\$50	\$70
Shinai	A Japanese sword made of bamboo	\$45	\$45
Shinai Bag	Bag to store and carry shinai	\$10	\$10
Price		\$ 105	\$125

Purchased shinai and bags will be handed out on the 4th week of the beginners' course. They will be yours to keep and maintain. To receive them you must attend one of the two shinai maintenance courses held after training, where you will learn how to maintain and repair your shinai.

At the end of the course there will be a test on the skills you have learned during the 10 weeks. If you can pass the test and have attended more than 60% of the course you will receive a certificate acknowledging your success and be given the opportunity to become a full member and participate in all MUKEN training, competitions and activities.

We have endeavored to source a balanced mix of good quality equipment for the lowest price possible for you. These equipment do not necessarily have to be purchased from us. You are welcome to bring your own equipment if you have them. They will need to be inspected first before use to ensure that it is suitable for training. There will be NO refunds for the shinai, shinai bag, and uniforms once purchased. In the case that the uniforms are not the correct fit for you, we will find a replacement for you free of charge.



Kendo Equipment

https://upload.wikimedia.org/wikipedia/commons/a/ac/Kendo_uniform_parts.png

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1. Uniform

The kendo uniform (kendogi and hakama) is not required until later in the beginners' course. We will be taking uniform orders in week 1 and 2 of the course. Uniforms ordered through us will be given out between the 5th – 8th weeks of the beginner's course. This will give you time to learn how to wear and fold the uniforms correctly.

The estimated cost of a complete uniform set is **\$120**. You are welcome to order through the club or to order from other online sources individually. The seniors will be happy to help you choose the correct size and recommend websites. Another option will be to ask around for a secondhand set which the committee members can help you with.

If you decide to order your own uniforms, please ensure that you have it ready before **Monday April 15th**.

2. Becoming a member of MUKEN

Once you complete the beginners course and pass the practical test, you will be invited to become a full member of MUKEN granting you access to additional training, insurance, competitions and gradings. Information on how to join will be distributed later. Any questions can be directed to committee members or sent to melunikendo@gmail.com

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3. Future Fees

From semester 2 onwards, you can keep training as a full member of MUKEN. Applied fees include:

Item	UoM Student	Non-student / Non-UoM student
Semester Training Fee (covers 6 months)	\$110	\$146
Semester Armour Hire Fee (covers 6 months)	\$80	\$80
Zekken (Name tag worn on tare)	\$40	\$40
Tenugui (head towel worn under men)	\$12	\$12
Casual Training Fee (per training if not paying semester fee)	\$5	\$5
Casual Armour Hire Fee (per training if not paying semester fee)	\$5	\$5
Annual Membership Fee	\$70	\$80

Additional Purchases are available from the club (prices subjected to change):

Inventory	Price
Shinai (Size 38 or 39)	\$ 45.00
Shinai Bag	\$ 10.00
Zekken	\$ 40.00
Tenugui	\$ 12.00
Uniform Set	\$ 120.00
Club Jacket	\$ 70.00

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II. More Information

More information can be found on:

MUKEN Official Website: <http://www.muken.com.au>

MUKEN Beginners' Course Information: <http://www.muken.com.au/Kendo-Beginner-Course>

MUKEN FAQ: <http://www.muken.com.au/Kendo-FAQ>

MUKEN Facebook Page: <http://www.facebook.com/melunikendoclub>

Victoria Kendo Renmei: <http://www.kendovictoria.asn.au/>

Australian Kendo Renmei: <http://www.kendoaustralia.asn.au/content/>

MUKEN Training Information

Monday (Beginner, Advanced) 5:30pm -7:30pm **West Stadium, Sports Centre**

Thursday (Beginner, Advanced) 5:00pm – 6:30pm **West Stadium, Sports Centre**

Friday (Advanced) 7:30pm – 9:00pm **West Stadium, Sports Centre**

Please feel free to contact us should you have any further questions at melunikendo@gmail.com

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Important Rules and Guidelines

Be ready to start on time: 5:30pm (Mondays) or 5:00pm (Thursdays).

Please remove any hats, shoes, and socks before entering the dojo area.

All personal belongings must be kept inside the stadium and not left near the stairs.

Bags and shoes must be lined up neatly against the wall.

For all trainings, you must either wear light and loose fitting clothes or the kendo uniform (gi / hakama).

Assist with the setting up and cleaning of the dojo (before training) and packing up (after training).

Ensure that your equipment is well maintained and safe for use in training.

When assigned a bogu set, pack it up correctly before storage.

Respect the instructors by listening and not speaking when they are giving instructions.

Do not leave your shinai lying around. When not in use lay them against the wall with the handle on the floor and tip facing up.

If you have trouble understanding the instructions let the instructors know. We will try to help you as much as we can.

Notify the instructor or a committee member if you are unable to attend a training session.

If you feel any pain or discomfort – stop training and inform the instructors immediately.

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COVID-19 Policies

Entering and Leaving the Facility

All participants must follow the requirements of MU Sport including and not limited to scanning QR code on entry, using the appropriate entry or exit point, frequent hand hygiene and online health checks.

Disruptions to training

While we hope that there will be no disruption, the pandemic is unpredictable, and we have already experienced sudden pauses to our training. Training will follow government regulations which can mean limits on participants or even total cancellation. We will endeavour to communicate any changes to you via email and ensure that you will all have an opportunity to participate. As such, we will offer the appropriate compensation in fees or extend the beginners course if such disruptions occur.

Sports face covering/ Mask wearing

Kendo is unique in that kiai (shouting) is an essential aspect of our training. This obviously puts us at greater risk of droplet spread especially if training face to face indoors. As such, face coverings are necessary when social distancing cannot be maintained.

It can be difficult at times given the intense nature of kendo. We fully support individuals taking breaks as needed.

Sharing of equipment

We will provide shinai (bamboo sword) for the first few weeks of training. As these are shared, you will be asked to sanitise your hands before and after use. We will provide new shinai to all members who sign up for the course as soon as possible.

