

## **International Senshusei Program**

**Required age:** 18 to 40 years (male or female). Please note that the course is considered extremely physically challenging.

**Required Aikido level:** None.

**Required Japanese language level:** Some Japanese is recommended, although many students undertake the course with no knowledge of Japanese.

**Course duration:** Pre-Senshusei course; February 4<sup>th</sup> to March 29<sup>th</sup>, 2025 (2 months)  
Senshusei course; April 1<sup>st</sup> to December 23<sup>rd</sup>, 2025 (9 months)

### **Training Schedule (object to change):**

Pre-Senshusei course for those who are under the Shodan level of Yoshinkan style;  
Tuesdays ~ Fridays: 14:00 ~ 15:00\*, 15:30 ~ 16:30 (Review time), 18:00 ~ 19:00\*, 19:15 ~ 20:15\*  
Saturdays: 8:30 ~ 9:30\*, 10:00 ~ 11:00\*, 11:30 ~ 12:30  
\* Shared hours with General course  
Senshusei course;  
Tuesdays ~ Fridays: 10:00 ~ 11:30, 14:00 ~ 15:00, 15:30 ~ 16:30  
Saturdays: 10:00 ~ 11:00, 11:30 ~ 12:30, 13:00 ~ 14:00  
Sundays: Day off  
Mondays and national holidays: Dojo closed

### **Yearly Schedule (object to change)**

February: Orientation  
April: Opening Ceremony  
May: Spring vacation (one week), First Examination (6<sup>th</sup>-4<sup>th</sup> Kyu)  
June: Summer camp  
July: Month-long intensive summer training (Extra training hours), Second Examination (3<sup>rd</sup>-1<sup>st</sup> Kyu)  
August: Summer party, summer vacation (one week)  
October: All-Japan Yoshinkan Aikido demonstration, Shodan test (1<sup>st</sup> Dan)  
December: Instructor's examination, Graduation ceremony, Graduation demonstration

**Required visa:** Entry with a tourist visa. After some trial period Honbu Dojo will sponsor committed individuals for a cultural visa (this is classified as a non-working visa, and for the visa application the individual will need to demonstrate the financial ability to cover living expenses)

### **Location:**

Yoshinkan Aikido Honbu Dojo  
Address; 2F Toyo Building, 4-17-15, Takada-no-baba, Shinjuku-ku, Tokyo, 169-0075,  
Japan

Phone; +81 3 3368 5556

**Tuition fees:**

Pre-Senshusei course; JPY 24, 200 per month

Senshusei Course; JPY 34,100 per month

There are extra costs besides monthly tuition;

JPY 11,000 (entrance fee), JPY 3,300 (registration fee) JPY 1,650 (textbook) and, if needed, approx. JPY 8,360 (dogi size4) \*3set at the beginning of the course.

approx. JPY 30,000 (summer camp fee) in June,

JPY 17,600 (Shodan fee) and JPY36,800 (instructor's license fee) upon passing the corresponding tests

\*Entrance fee, Registration fee, Textbook fee and 3 months' tuition should be paid by January 24th, 2025. Cancellations received after the 7-day cancellation period which will start from the day of the payment will not be eligible for refund. We will refund the tuition and fees, if the course is cancelled before the start due to insufficient enrolment (2 participants minimum) or other unforeseen circumstances.

**Equipment:** No equipment is necessary; however, participants will need at least three set of dogi for the year. These are available for purchase at Honbu dojo.

**Course capacity:** 6 persons.

**Application process:** prepare documents 1-3 as outlined below and send scanned copies to Honbu at the following email address, with the subject line 'Senshusei Application.'

1. Senshusei application form (two sheets)
2. Doctor's note in English (stating you are both mentally and physically in healthy condition)
3. Resume

\*Zoom interview might be requested.

**Application mailing address:**

Foreign affairs of Yoshinkan Aikido Honbu Dojo

E-mail; [ayfs@carol.ocn.ne.jp](mailto:ayfs@carol.ocn.ne.jp)

**Application deadline:** Must reach Honbu no later than January 14<sup>th</sup>, 2025

**Acceptance announcement:** Applicants will receive the result individually by e-mail on January 17<sup>th</sup>, 2025

**Miscellaneous:** It is possible to join in the dojo's sports insurance program (JPY1,850 per year).