

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: February 3rd to December 23rd, 2026 (11 months)

Training Schedule (object to change):

February and March;

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

April ~ December;

Tuesdays ~ Fridays: 12:00 ~ 13:30, 14:00 ~ 15:00, 15:30 ~ 16:30, 18:00 ~ 19:00**

Saturdays: 10:00 ~ 11:00, 11:30 ~ 12:30, 13:00 ~ 14:00

Sundays: Day off

Mondays and national holidays: Dojo closed

** Shared hours with General course. This class may be cancelled depending on the mastery of the material from previous months.

Yearly Schedule (object to change)

February: Orientation, Opening Ceremony

May: Spring vacation (one week), First Examination (6th-4th Kyu)

June~ July: Summer camp (TBD)

July: Month-long intensive summer training (Extra training hours), Second Examination (3rd-1st Kyu)

August: Summer party, summer vacation (one week)

October: All-Japan Yoshinkan Aikido demonstration (TBD), Shodan test (Depending on proficiency)

December: Instructor's examination (Depending on proficiency), 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:

February and March; JPY 24, 200 per month

April ~ December; 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, 3set of gi (see website for prices) at the beginning of the course.

approx. JPY 35,000 (summer camp fee) in June,

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

*The examination fees may be revised at the beginning of the fiscal year.

**Entrance fee, Registration fee, Textbook fee and 3 months' tuition should be paid by January 20th, 2026. 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

Application deadline: Must reach Honbu no later than January 10th, 2026

Acceptance announcement: Applicants will receive the result individually by e-mail on January 13th, 2026

Miscellaneous: It is possible to join in the dojo's sports insurance program (JPY1,850 for a fiscal year: April to March).