

Nemoto Sensei's Uchi Deshi Schedule

All keiko (training) from Monday to Friday is at the old Iwama Dojo, called Ibaraki Shibu Dojo. Evening keiko from 1900-2000 is regular training at the dojo. Participation costs 500 yen per class, to be paid at the dojo. Different Sensei teach class. Mondays there is no keiko. It is the uchi deshi's free day. If uchi deshi wish to participate in the evening keiko at the dojo, they may do so. It is Inagaki Sensei that teaches Mondays. Remember the 500 yen training fee.

Weekday daytime schedule (except Mondays) for Nemoto Sensei's uchi deshi:

0800-0900: Soji (cleaning) at the Ibaraki Shibu Dojo

0900-1000: Buki Waza keiko at the Ibaraki Shibu Dojo

1400-1500: Tai Jutsu keiko at the Ibaraki Shibu Dojo

Weekday evening schedule for Nemoto Sensei's Uchi Deshi:

Monday: free (evening keiko optional)

Tuesday: 1900 - Shokuji-Kai (uchi deshi dinner get-together)

Wednesday: 1900-2000: Regular evening keiko at the Ibaraki Shibu Dojo- Nemoto Sensei

Thursday: 1900-2000: Regular evening keiko at the Ibaraki Shibu Dojo- Isoyama Sensei

Friday: 1900-2000: Regular evening keiko at the Ibaraki Shibu Dojo-Kubota Sensei

Weekend Schedule for Nemoto Sensei's Uchi Deshi:

Saturday and Sunday:

Morning Keiko:10:00-11:00 at Tomobe Sports Hall

Saturday and Sunday:1900-2000 Keiko at Tsukuba City Dojo

Shokuji-Kai:

There is no evening keiko for the uchi deshi this evening.

The Shokuji-Kai is every Tuesday evening starting at 19:00, together with Nemoto Sensei, Oku-sama (Nemoto Sensei's wife), and other Iwama sempai. Oku-sama makes Japanese food. The Uchi Deshi also make one dish together to add to the meal.

The idea with the Shokuji-Kai is for the Uchi Deshi to get together with Nemoto Sensei, Oku-sama, dojo sempai and other people from the area to enjoy eating, drinking and talking together. This provides a wonderful opportunity for the Uchi Deshi to learn about Japanese culture, language and other things of importance.

The Uchi Deshi should keep in mind that even though this is an enjoyable get-together, they must still remain aware of their duties as Uchi-Deshi, and act accordingly.

Uchi Deshi Points to Remember:

- The driveway in front of the Aiki House should be swept ever day.
- Bicycles must be put away properly after use.

- On Tuesdays at the Shokuji-Kai, the uchi deshi should prepare a traditional dish from their own country.
- Nemoto Sensei and other guests should be accompanied all the way out of the Aiki House and to their car after get-togethers. Uchi Deshi should bow properly when sending Nemoto Sensei and other guests off, waiting until the car is out of sight before finishing the bow.
- In cases where Uchi Deshi only possess Iwama Ryu dan ranks, these people must train with white belts when participating in the regular evening practice at the Shibu Dojo. When practicing under Nemoto Sensei in the mornings and afternoons, and other cases outside of the Shibu Dojo, Iwama Ryu ranked Uchi Deshi may wear hakama and their black belt.
- Nothing bearing the words “Iwama Ryu” in Japanese or English should be brought to Iwama. Using the term “Iwama Ryu” is disrespectful towards the Aikikai, to whom we now are affiliated with.

Minimum Period of Stay as Uchi Deshi: 2 weeks

Costs: 30000 Yen for two weeks. Per additional week: 15000 Yen; Per additional day: 2100 Yen

Included: Accomodation and Keiko (remember 500 yen per class in the Shibu Dojo)

Use of kitchen, Ofuro (Japanese bathtub), sentakuki (washing machine), Gas, Water, Electricity

Additional expenses may occur.

Uchi Deshi buy their own food for their meals.