



NIPPON-KAN



A FEW IMAGES ASSOCIATED WITH NIPPON-KAN YOUTH EFFORTS

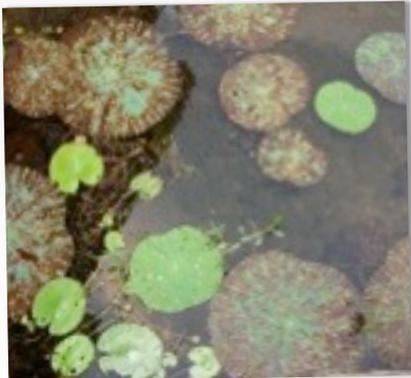
Nippon-Kan Youth Program Objectives

When I first began practicing Aikido at Nippon Kan, I remember marveling at the staggering array of recognition displayed in the shoe changing area. I wondered what kind of magical techniques were being taught around the corner in the dojo that warranted such a display. I have previous martial arts experience and have trained in a

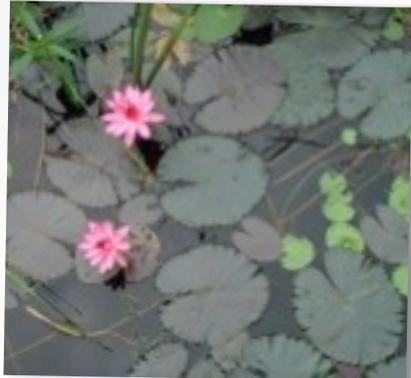
school with a reputation for producing world caliber martial artists, yet nowhere in that dojo had I seen the foundation and recognition of such giving that was displayed here. What attracted me to Nippon-Kan was partly the fact that I could learn from an internationally recognized martial artist, but also as important to me was the fact that I

could learn from a man who gives so much to our world community today. If I'm successful at teaching our young Aikido students anything, it is my greatest hope that I can teach them how to take care of themselves in such a way that they too will give back in their communities one day.

N. Camp



PROGRAM INFORMATION



ADVANCED CLASS



AROUND OUR DOJO

General Youth Program Information

Suggestions & Information That Should Be Helpful

- Instructors & senior students need to be able to recognize new members easily. For this reason we ask that new students wear comfortable play clothes for their first several classes. In this manner it is easier to give new students the extra attention they may need as a new member.
- Dues (payable on the 1st of each month) are considered monthly installments towards an annual membership fee. Hence we do not pro-rate for absences. However, if a student has missed at least 2 months due to illness or other schedule change, we will waive dues at your request for those months missed. When our student does re-join us after such an absence, we do not pro-rate dues for the month in which he or she re-joins us (i.e. you will be paying for the full month).
- Nippon Kan's yearly events, programs & operations are described in detail in Homma Sensei's book *Aikido Sketch Diary, Dojo: 365 Days*. It is highly recommended reading and is available on line on our website at www.nippon-kan.org. Also recommended is *Children and the Martial Arts: An Aikido Point of view*

which is also available on line on our website. In this book, Gaku Homma Kancho thoughtfully explains his theories regarding teaching Aikido to children. Unlike other martial arts or sports activities, we do not allow observation of our Youth Program classes by non participants. Part of this philosophy is that Aikido is an educational process which is best accomplished without any undue pressure that may be created by parental observation. However, at the same time Homma Kancho realizes that every parent needs to know and understand what their child is learning and how they are being taught. The result is two special events geared toward parental participation:

NIPPON KAN'S YOUTH PROGRAM PROMOTION CELEBRATION DAY

This is a time to celebrate our youth member participation in this program with family members and friends, who are encouraged to attend in a non-participatory fashion. Aikido practice, demonstrations and the promotion ceremony may be observed from the seating on the floor at the back of the dojo. As this is a traditional dojo expect an austere environment with no cushions or chairs provided except for those with

disabilities. Please make a request for these in the office upon arrival should they be required. Wear comfortable clothing that will permit you to sit on the wood floor.

Promotion certificates are issued to students in recognition of their attendance and participation. In keeping with Nippon Kan's philosophy there are no examinations, or charges for promotions. This approach is vastly different from most martial art dojos that use promotions as a vehicle to raise income for their organizations. We hope you can appreciate this as part of our unique Youth Program philosophy!

PARENT'S DAY

Held the third Saturday of every even numbered month.

This is a day when parents/guardians have an opportunity to learn through experience; which is at the heart of Homma Kancho's teaching method. Whether you choose to take part in the class or just sit back and watch, be sure to wear comfortable clothes. In this class you will be able to experience and appreciate the same challenges that our young students encounter.

- Above all, remember to have a good time on the mat!

What's Up With That Second Class That Seems to Start Around 11:00?

Several times I've been asked about the advanced youth program. What is it? how much does it cost? When can my child join the class? If my child joins, will they get a STORM patch? Well, here's how it works....

THE NIPPON KAN ADVANCED YOUTH CLASS SIMPLY ADDS TECHNIQUES AND SKILLS TO THOSE STUDENTS POSITIONED TO BENEFIT FROM ADDITIONAL TRAINING

I run the Nippon-Kan youth program in a manner as consistent with what I believe to be the spirit and intent Homma Kancho conveys in his teaching and his life. That means that children who sign up for our classes and attend get recognized for their dedication and commitment. It is not easy to get up each Saturday after all! Showing up

however, does not necessarily prepare all of our young students for advanced training, as all students do not develop in the same way at the same time.

We consider youth program members for enrollment into the advanced youth program class who have accumulated at least 6-12 months of training experience, are at least 10 years of age and have mastered skills such as front and back rolls and other basic techniques. In the advanced class, we teach students more advanced techniques than our general students are prepared to learn. There are no additional costs involved for students who participate in the advanced class and advanced program members are also offered a weapons seminar from 12:00 - 1:00 pm on the second Saturday of each month to learn the origins of our second Saturday of each month to learn the origins of our art.



TRAINING



HOMMA KANCHO



WITH AIR BOKKEN



SHIHO-NAGE



BOKKEN TRAINING

Around Our Dojo

Nippon Kan Lineage

A good friend of mine was telling me how well his daughter was progressing in the school of karate where she studied. She was working with several other students on their kata team and if she could memorize her school's lineage, she'd likely pass her test for purple belt.

I immediately realized that Nippon-Kan youth program students are getting ripped off. Our students don't have the opportunity to recite the 11 or 12 grand-masters through whom they can connect to the origins of their art. For our students, it's their instructor, Homma Kancho and the founder. I suspect Homma Kancho secretly knows this and that's why he keeps the fees so low....

MASTERING THE ESSENTIALS WITH EXPERIENCE....

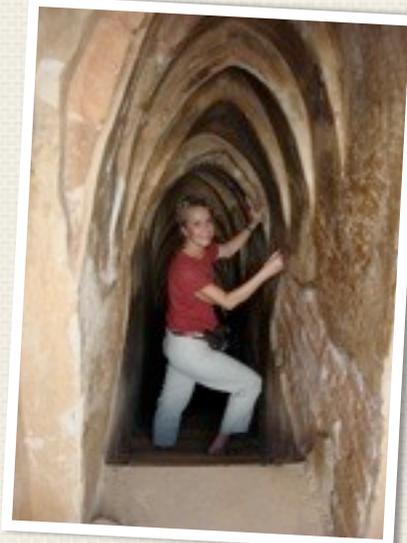
From Children and The Martial Arts...

Homma Sensei's book Children and The Martial Arts discusses how children practice Aikido and in turn how the practice of Aikido teaches calm natural movements. In our youth program, we teach the techniques of aikido but also the thought processes of aikido. We start classes with a brief run where half the class runs in the opposite direction. Our students learn how to non-verbally communicate their path while their partners learn to read subtle signs resulting in a relatively smooth experience. We close class with some form of 'tag' in such a way that our students can apply some fundamental aikido techniques (front rolls, back rolls) in avoiding those who are 'it' while working with others in a similar situation. At Aikido Nippon Kan, the focus is on integrated intuition and self discovery, not rote memorization.



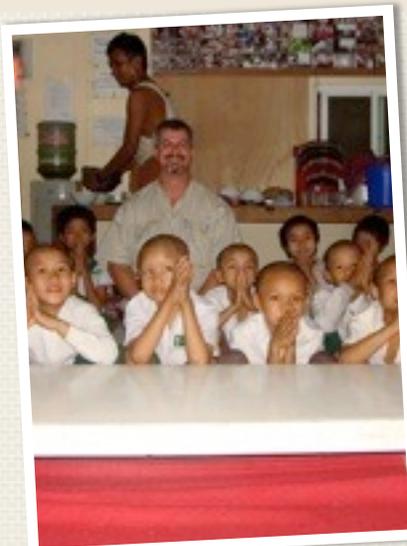
HOMMA KANCHO

HOMMA KANCHO IS THE FOUNDER OF NIPPON-KAN, OWNER OF DOMO RESTAURANT AND THE LAST UCHIDESHI (LIVE IN STUDENT) WITH AIKIDO'S FOUNDER, MORIHEI UESHIBA. HOMMA SENSEI TRAVELS THROUGHOUT THE YEAR IN HIS EFFORTS TO HELP OTHERS.



EMILY SENSEI

EMILY SENSEI IS VICE PRESIDENT OF AHAN (AIKIDO HUMANITARIAN ACTIVE NETWORK), OWNS HER JEWELRY DESIGN BUSINESS AND COORDINATES MANY OF OUR NIPPON KAN DOMESTIC AND INTERNATIONAL PROJECTS (SHE GETS BY WITH A LITTLE HELP FROM HER FRIENDS!). IF SHE LOOKS LIKE SHE'S ON A MISSION, SHE PROBABLY IS.



NOEL SAN

NOEL SAN IS OUR YOUTH PROGRAM INSTRUCTOR. HIS WORK IN MANUFACTURING OPERATIONS FOR JOHNS MANVILLE TAKES HIM ACROSS THE GLOBE AND HE BRINGS THOSE EXPERIENCES TO OUR YOUTH AS WELL AS AIKIDO TECHNIQUES. NOEL SAN IS A REGULAR AT THE HOMELESS MEAL SERVICE WHEN HE IS IN TOWN

NIPPON-KAN VISIT TO MYANMAR



TOP LEFT: AID DELIVERED TO MYANMAR ORPHANAGE

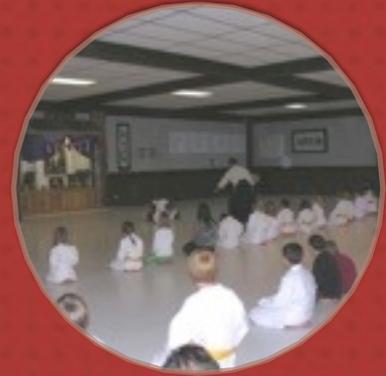
HOMMA SENSEI AND VEN. MARGAINDA, HEADMASTER OF YADANABON YEIKNYEIN MONASTIC SCHOOL

WE TRADED 100 PAIRS OF NEW SANDALS FOR THESE CLASSICS... BARGAIN!!

AIKIDO SEMINAR MANDALAY, MYANMAR

A MONK GIVES BACK TO MEMBERS OF THE

YOUTH PROMOTIONS



KYU, BELT COLOR

1. RED, WHITE STRIPE
2. RED BELT
3. GREEN, RED STRIPE
4. GREEN BELT
5. ORANGE, GREEN STRIPE
6. ORANGE BELT
7. YELLOW, ORANGE STRIPE
8. YELLOW
9. WHITE, YELLOW STRIPE
10. WHITE BELT

Nippon Kan Youth Promotions December 19, 2009

Our dojo joined together on demonstration of the skills they've acquired in both tae-jutsu (hand techniques) and jo-jutsu (staff-techniques). Also participating in our demonstrations were several of our adult members. However, the highlight had to be Homma-kancho's randori with one of our 7th kyu members who experienced aikido like he'd never experienced it before!



ABOVE: DECEMBER FOOD
PREP FOR HOMELESS
MEAL



BELOW: BEDS TO BED

NIPPON-KAN IN THE COMMUNITY

Nippon-Kan is an active community organization capable of mobilizing our membership in support of many projects in and around the Denver community. Every spring, our members assist the community in cleaning up a park or community area. Every fall, we assist in pulling the gardens at the State Capital. And this May, Homma Kancho and the dojo will celebrate the 60,000th meal provided to the less fortunate at the Denver Rescue Mission.



Nippon Kan
Headquarters of
A.H.A.N.
Aikido Humanitarian Active Network

**Parents/Guardians of Nippon Kan Youth Members
Via Email**