



The Uchi Deshi experience at Aikido of Fresno



What is an “Uchi Deshi”?

Uchi Deshi is a Japanese term for a live-in student who trains under and assists a sensei, on a full-time basis. (From *uchi* meaning ‘inside’ and *deshi* meaning ‘student’). In contrast, students who live outside are referred to as *Soto Deshi*.

The Program

At Aikido of Fresno we are introducing “*The Uchi Deshi Experience*”-Program to interested students. The Program requires a short-term commitment of 4 days, starting on Wednesday evening and continues until Sunday early afternoon.

What is the daily activity to expect as an Uchi Deshi?

Students can plan on working closely with each other during the several days. The students will wake up early in the morning and after a brief cleaning period have morning training and sitting meditation.

Morning training will be solely for the Uchi Deshi, concentrating on specific topics. After the morning meditation the students will have time for breakfast.

The rest of the morning will be available for a number of activities. This time slot will include but is not limited to task specific crafts, contemplative activities, reading exercises, weapons training and other work as needed.

The students will then have lunch and prepare for the second half of the day. Uchi Deshi will assist in kid’s class. The Uchi Deshi is required to attend all the scheduled classes and activities.

In the evening the Uchi Deshi will participate in the evening adult class. After class, the Uchi Deshi will take care of all the needs for the Dojo. This entails cleaning and making sure that everything has been attended to in order to complete evening training for Soto Deshi. Afterwards, students will prepare diner for each other. The students will rotate diner preparation responsibility. Diner will provide an opportunity to debrief the day’s activities and gain some interesting insights.

This routine will continue for the duration on the several days culminating with the hosting of an Aikido of Fresno seminar featuring a special guest instructor.

This is truly going to be a unique opportunity for Soto Deshi to get a taste of what being an Uchi Deshi can offer the serious martial art student. There will be no less than 7 Aikido classes made available to the Uchi Deshi during this time and specialized one-on-one instruction. It will likely only be offered twice in 2010 and space will be limited!

The Uchi Deshi Experience Program Outline

2 Programs will be offered in 2010 and can be taken separately or together.

Length: 4 days:

Program 1: May 12 through May 16, 2010

Program 2: July 28 through August 1, 2010

Program 3: September 15 through September 19, 2010

Uchi Deshi will sleep in the dojo – please bring sleeping bag, pillow and pad

Uchi Deshi will keep the dojo clean and spotless

Uchi Deshi will buy their own food and cook their own meals at the dojo

Plates, cups, hot plate, microwave, refrigerator, etc. are supplied

Aikido of Fresno

-Modern, full-time dojo in the heart of Fresno's vibrant Tower District.

-Close proximity to numerous national parks, forests and wilderness areas in the Sierra Nevada Mountains.

-Live-in facilities including living quarters, shower and full kitchen.

Cost for the program:

\$295 (This includes the total fee for the weekend seminar).

Receive a 30% discount on your second and/or third program.

Scholarships may be available.

Minimum age 16.

Interested?

Think about it. If you are ready to take on this training program and to commit yourself to being an Uchi Deshi for 4 days, let me know and I will consider your application.

Because of the planning and intensive nature, this program is only being offered to a limited number of participants.

Good Luck!

Florian Tan

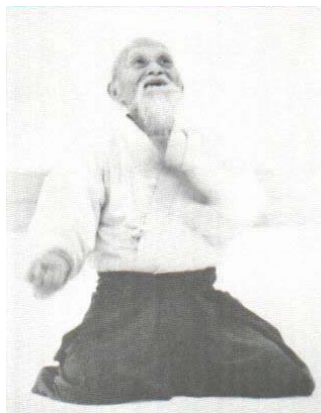
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