



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

AEiM

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AEiM *Alternative Education in Martial Arts*

A person may wish to participate in a martial art but that person may be deterred by the overt physical nature, dynamics and pressure to perform to a level that is insurmountable to them. They may start to train and find that they are stymied in progression and learning due to the nature of the Academy's traditional Syllabus or grading system. They may then form an impression that one needs to perform to a certain standard in order to practise a martial art.

Rather than achieving a martial art goal through a traditional training and grading system, the Academy offers an alternative method of training.

By emphasizing awareness, confidence and enjoyment through a martial art, the AEiM method is suitable for a person unable to participate in a traditional system of martial art in a traditional way, due to ability, age, mobility or injury concerns.

Individually designed to suit a person, it offers an opportunity for participation in a martial art that may otherwise not be achievable. A participant is learning for the sake of learning.

Under the guidance of a qualified instructor, a participant is encouraged to take responsibility for their self and to ensure that any health or ability concern that that individual may have is addressed in a practical manner.

To keep a participant safe and within the bounds of that person's ability, a modification may be required to a traditional technique that is simple, yet as affective as that original technique.

Thus under the AEiM method a modified, low impact traditional technique may be taught and practised in safety.

Except for any part of the Black Belt Syllabus, a participant may choose as an achievable goal, any area of the Academy Kyu Syllabus.

1. AEiM

1.1 To participate in the AEiM method of training, an individual must:

1.1.1 hold an Ordinary Member membership

1.1.2 be a member who is both:

1.1.2.1 registered

1.1.2.2 financial.

- 1.2 A participant who has nominated to train in the AEiM method:
 - 1.2.1 may be a:
 - 1.2.1.1 senior student
 - 1.2.1.2 junior student
 - 1.2.1.3 a graded Kyu belt
 - 1.2.2 will have no expectation of expertise placed upon them
 - 1.2.3 is eligible for advancement by one of:
 - 1.2.3.1 AEiM Progression
 - 1.2.3.2 AEiM Kyu Modified - optional
 - 1.2.3.3 traditional grading - optional.
 - 1.2.4 will progress at that participant's own pace
 - 1.2.5 who has graded previously to a traditional Kyu belt level:
 - 1.2.5.1 will retain that graded level
 - 1.2.5.2 can not:
 - 1.2.5.2.1 continue traditional belt training
 - 1.2.5.2.2 revert to traditional belt training
 - 1.2.5.3 can only advance by either:
 - 1.2.5.3.1 AEiM Progression
 - 1.2.5.3.2 AEiM Kyu Modified.
- 1.3 The AEiM method of training will, as much as possible, adhere to:
 - 1.3.1 the traditional Syllabus
 - 1.3.2 a class routine
 - 1.3.3 progression through the Syllabus from 5th Kyu to the senior Kyu Sparring Techniques.

2. AEiM Progression

- 2.1 AEiM Progression is achieved when a participant and their instructor agree that that participant is physically and mentally ready and able to increase their martial art knowledge and take their training to a higher level.
- 2.2 AEiM Progression training will include any part of the Academy Kyu Syllabus up to and including the senior Kyu Sparring Techniques
- 2.3 An AEiM Progression participant will be entitled to:
 - 2.3.1 wear a white belt or previously graded coloured Kyu belt with a bar
 - 2.3.2 show a level of experience through the traditional method of how worn and frayed that participant's belt becomes.

3. AEiM Kyu Modified

- 3.1 Modification to a traditional technique from the Academy's Kyu Syllabus to suit an individual is permitted provided that an AEiM participant is shown the traditional technique in its original form.

- 3.2 AEiM Kyu Modified training will:
 - 3.2.1 be based on the traditional Kyu Syllabus up to and including the senior Sparring Techniques
 - 3.2.2 include only necessary technique modification.
- 3.3 Advancement is achieved:
 - 3.3.1 when a participant and their instructor agree that that participant is physically and mentally ready and able to increase their martial art knowledge and take training to a higher level
 - 3.3.2 by an AEiM Kyu Modified proficiency test for each belt level.
- 3.4 An AEiM Kyu Modified proficiency test:
 - 3.4.1 can only be taken up to and including the senior Kyu Sparring Techniques.
 - 3.4.2 will be conducted at branch level by either or both:
 - 3.4.2.1 the branch Chief Instructor
 - 3.4.2.2 an eligible Dan Belt.
 - 3.4.3 may be taken at a senior combined Kyu grading.
 - 3.4.4 will include:
 - 3.4.4.1 a semi-formal environment
 - 3.4.4.2 latitude as to performance
 - 3.4.4.3 testing on an individual's ability
 - 3.4.4.4 emphasis on a spirit of participation
 - 3.4.4.5 recognition of achievement rather than accuracy or martial art ability.
- 3.5 An AEiM Kyu Modified proficiency test participant, of the nominated traditional Kyu course, will:
 - 3.5.1 test on as much of that nominated traditional Kyu course as possible
 - 3.5.2 effectively demonstrate the nominated course with a minimum of 75% proficiency for any:
 - 3.5.2.1 traditional technique
 - 3.5.2.2 modified traditional technique.
 - 3.5.3 demonstrate any participant nominated breakfall.
- 3.6 A successful AEiM Kyu modified proficiency test participant will, applicable to the nominated Kyu level course:
 - 3.6.1 receive a certificate of certification of proficiency for an AEiM Kyu Modified level
 - 3.6.2 be entitled to wear a white belt or previously graded coloured Kyu belt, with a relevant coloured bar.

4. Traditional grading

- 4.1 An AEiM participant who has not previously graded to a traditional Kyu belt level:
 - 4.1.1 may nominate to grade to a traditional Kyu belt level when that participant and their instructor are reasonably confident and agree that:
 - 4.1.1.1 that participant is physically and mentally ready to grade
 - 4.1.1.2 a positive result will be achieved
 - 4.1.2 who nominates to grade to a traditional Kyu belt level, will be graded as a traditional Kyu gradee.
- 4.2 A successful AEiM participant traditional Kyu belt gradee will:
 - 4.2.1 hold a traditional Kyu grade
 - 4.2.2 receive a certificate of certification of Kyu grade
 - 4.2.3 be entitled to wear a traditional coloured Kyu belt
 - 4.2.4 have all AEiM participant rights rescinded.

5. Technique modification

- 5.1 Modification to a traditional technique from the Kyu Syllabus to suit an individual is permitted provided that that individual is shown the traditional technique in its original form.
- 5.2 To be performed safely and effectively by an AEiM participant, a technique may only be modified when that technique requires one or all of:
 - 5.2.1 breakfall proficiency
 - 5.2.2 speed
 - 5.2.3 agility
 - 5.2.4 strength.
- 5.3 A modified technique should be practiced with a partner that has the necessary breakfall training.
- 5.4 When a breakfall is included in AEiM training it must:
 - 5.4.1 be closely monitored
 - 5.4.2 introduced at floor level
 - 5.4.3 be taught to a participant's ability level
 - 5.4.4 include encouragement of:
 - 5.4.4.1 an awareness of skill
 - 5.4.4.2 a safe practice at any level.
 - 5.4.5 **not** be:
 - 5.4.5.1 taught at a grading level
 - 5.4.5.2 stressed too heavily as important.

6. Standardisation

- 6.1 As instructor experience develops the AEiM method, a technique modification will:
 - 6.1.1 be available for relevant selection to match the need of an AEiM participant
 - 6.1.2 become formalised into an AEiM syllabus.