



New Hampshire

Department of Education

Learn Everywhere Program Renewal Application

1. Applicant Information [Ed 1403.01(a)(2)].

Organization Name: Portsmouth Aikido

Name of Primary Contact: Aaron Cass, Chief Instructor

Mailing Address: 620 Peeverly Hill Road, Portsmouth, NH 03801

Email Address: info@portsmouthaikido.org

Phone Number: 603-275-1262

2.0 Purpose, mission statement, or both [Ed 1403.01(a)(1)].

Portsmouth Aikido is a 501(c)3 educational non-profit organization dedicated to practicing and teaching the traditional Japanese martial art of Aikido. We have been in continuous operation since 1995, and in that time we have instructed hundreds of students in the New Hampshire seacoast. Our goal is to provide top notch instruction and a positive community for kids and adults to learn Aikido.

3.0 A description of the demonstrated instructor qualifications required for the program(s) and a statement assuring that the instructor(s) satisfies those qualifications [Ed 1403.01(a)(3)].

Chief Instructor, Aaron Cass, has been training in Aikido for over 27 years, including three years of study in Japan. He holds the rank of 5th degree black belt and was awarded the title of Shido-in (certified instructor). In addition to his martial arts training, he has taught high school English for nearly 20 years.

In addition to the Chief Instructor, there are two classes throughout the week taught by black belts. Each of our weekly instructors meets the following requirements:

- Has at least five years of Aikido training experience, and/or complete a year-long intensive training designed specifically for developing instructors.
- Participates in monthly instructor classes focused on methods of instruction, safety, and communication skills.
- Undergoes observation while teaching, followed by feedback and further observations for improved instruction.
- Clear the NCSI background check (see below)

4.0 A criminal history records check policy that includes a statement affirming that the sponsoring entity shall not allow instruction or student contact by a person who has been charged pending disposition for, or convicted of, any violation or attempted violation of any of the offenses as outlined in RSA 189:13-a, V pursuant to a criminal history records check conducted by the department of safety as outlined in Saf-C 5703.06 through Saf-C 5703.11 [1403.01(a)(4)].

All Portsmouth Aikido instructors who teach regularly in the teens program have been vetted by the National Center for Safety Initiatives (NCSI). Furthermore, Aaron Cass is a public school educator and has had appropriate background checks performed by his school.

Portsmouth Aikido affirms that it will not allow instruction or student contact by a person who has been charged pending disposition for or convicted of any violation or attempted violation of any of the offenses as outlined in RSA 189:13a, V pursuant to a criminal history records check conducted by the department of safety as outlined in Saf-C 5703.06 through Saf-C 5703.11.

Portsmouth Aikido will make parents aware of their criminal history records check policy upon enrollment of their child in the Learn Everywhere program.

5.0 For the proposed instructional program(s), identify the education, program, or opportunity from Ed 306.27(v) for which students completing the learn everywhere program shall receive high school credit(s) [Ed 1403.01(b)(1)(a)].

Students completing either the Aikido I or Aikido II Learn Everywhere program shall receive a certificate for high school credit in Physical Education as listed in Ed 306.27(v).

6.0 An outline of each program for which approval is sought, which includes goals, competencies, a detailed description of the course of instruction, and a description of expected student outcomes [Ed 1403.01(b)(1)(b)].

Aikido is a unique Japanese martial art that teaches self-defense in a non-violent, non-aggressive manner. In Aikido there are no competitive tournaments or sparring. Students practice cooperatively, whereby they learn to naturally respond to conflict with calm, confidence and integrity.

For teens and adults, we follow the testing requirements established by the [United States Aikido Federation](#), of which we are a member. Whereas with the younger students we are more explicit about teaching self-management skills, socio-emotional learning is built into our teen and adult practice as part of the art. We follow traditional Japanese martial etiquette on the mat (bowing, maintaining proper relationships between senior and junior students, addressing the teacher as ‘Sensei,’ etc.). Aikido is often described as a kind of ‘moving meditation.’ As such, skills like self-awareness, posture, breathing, stress management, etc. are fundamental to our practice.

Aikido I

Goals:

1. Know and be able to use the fundamental movement patterns of Aikido solo and in technique with partners.
2. Be able to safely fall and roll solo and in technique with partners.
3. Improve strength, flexibility, balance, and coordination.
4. Know and follow expectations for safety and etiquette, and demonstrate respect for self, others, and equipment.

Competencies:

1. **Movement Patterns:** Students will demonstrate basic patterns of solo movements and paired techniques that involve throwing and pinning an attacker from various grabs and strikes.
2. **Movement Concepts:** Students will demonstrate an understanding of how to roll and fall safely, and to apply techniques in response to a variety of attacks that allow them to stay safe without harming their partner.
3. **Fitness Goals:** Students will set goals of increasing their fitness by progressing through test skills, refining those skills via instructor feedback, and demonstrating their mastery in a formal test setting.
4. **Fitness Responsibility:** Students will demonstrate proper etiquette, self-regulation, and stress management, and practice safely and cooperatively with their peers.

Outcomes:

1. **Movement Patterns:** Students will demonstrate the USAF 6th kyu test techniques of *tai*

no henko and *kokyūho*, and show basic weapons skills with the sword and staff including, bowing, standing, and sitting and showing three *kamae* positions for each weapon.

2. **Movement Concepts:** Students will demonstrate back falls, back rolls, forward rolls, knee walking, a seated pin, and four basic *tai sabaki* (body movements).
3. **Fitness Goals:** Students will successfully pass the USAF 6th kyu test, including regular class attendance, receiving feedback on practice tests, and completing formal tests in front of their teachers and peers.
4. **Fitness Responsibility:** Students will consistently demonstrate formal Japanese dojo etiquette, including bowing, sitting quietly before and after class, listening respectfully during instruction, and practicing safely and cooperatively with other students.

Aikido II

Goals:

1. Know and be able to use the movement patterns and concepts as required on the United States Aikido Federation 5th kyu test.
2. Be able to safely fall and roll solo and in 5th kyu techniques with partners.
3. Improve strength, flexibility, balance, and coordination.
4. Know and follow expectations for safety and etiquette, and demonstrate respect for self, others, and equipment.

Competencies:

1. **Movement Patterns:** Students will demonstrate basic patterns of solo movements and paired techniques that involve throwing and pinning an attacker from various grabs and strikes.
2. **Movement Concepts:** Students will demonstrate an understanding of how to roll and fall safely, and to apply techniques in response to a variety of attacks that allow them to stay safe without harming their partner.
3. **Fitness Goals:** Students will set goals of increasing their fitness by progressing through test skills, refining those skills via instructor feedback, and demonstrating their mastery in a formal test setting.
4. **Fitness Responsibility:** Students will demonstrate proper etiquette, self-regulation, and stress management, and practice safely and cooperatively with their peers.

Outcomes:

1. **Movement Patterns:** Students will demonstrate the seven paired techniques of USAF 5th kyu test requirements, and show three basic attacks each with the sword and staff.
2. **Movement Concepts:** Students will demonstrate the *omote* and *ura* versions of each test technique, including two seated pins, three joint locks, and five throws.
3. **Fitness Goals:** Students will successfully pass the USAF 5th kyu test, including regular class attendance, receiving feedback on practice tests, and completing formal tests in front of their teachers and peers.
4. **Fitness Responsibility:** Students will continue to demonstrate formal Japanese dojo etiquette, and serve as mentors by helping to demonstrate techniques in front of the class, helping less experienced students, and participating in regular cleaning of the practice space.

7.0 A plan for recording student progress in meeting expected student outcomes for each course of instruction [Ed 1403.01(b)(1)(c)].

Participants in our Learn Everywhere program will track their attendance by logging into our attendance app every day they train. This allows us to know when students have met the minimum number of training hours to be eligible to begin the testing process.

Regular communication is maintained with parents via email and in person before and after each

class. If we have concerns, we actively reach out to parents and work together to find the best path forward for our kids. When students make notable progress or go above and beyond, we reach out to parents so they know how their child is growing and developing.

8.0 A description of how the assessment of student learning outcomes will be done [Ed 1403.01(b)(1)(d)].

Instructors meet bi-weekly to discuss student progress, assessing students' strengths and weaknesses and strategizing ways to help them improve their physical, interpersonal, and self-management skills.

At the end of the LENH instructional period, students will participate in a demonstration of what they've learned via a kyu (white belt grading) test or a demonstration of learning if they have not yet accrued the requisite hours for their next test. Both will be done publicly. Students will be assessed using the course competencies, and receive credit if they meet them at a proficient level. Students will also be promoted to their next belt level if they have successfully completed their test. All students will receive feedback addressing strengths, weaknesses, and next steps after their test or demonstration.

9.0 The number of credits each proposed course of instruction will fulfill [Ed 1403.01(b)(1)(e)].

Students completing either the Aikido I or Aikido II Learn Everywhere program shall receive 0.5 credits to be applied to high school graduation.

10.0 A description of the competency-based grading system to be used for each proposed course of instruction [Ed 1403.01(b)(1)(e)].

All students will be assessed using the Portsmouth Aikido LENH Grading Rubric. The rubric describes four levels of proficiency: Exemplary, Proficient, Basic Proficient, and Not Met. The rubric for Aikido I and Aikido II is the same, with the level of expectation for each competency being assessed according to the student's kyu level (belt rank) for Movement Patterns, Movement Concepts, and Fitness Responsibility. Fitness Goals are assessed based on a student's improvement relative to where he/she begins the course.

11.0 A description of methods for admission which shall not be designed, intended, or used to discriminate or violate individual civil rights in any manner prohibited by law [Ed 1403.01(b)(2)(a)].

Students are provided a free class before deciding to join the program. Upon joining, they pay a one-time registration fee of \$85, which includes a uniform. Monthly dues are \$100, and additional siblings each receive a \$25 discount.

Portsmouth Aikido is a 501(c)(3) non-profit organization that welcomes members of every race, gender, identity and ability. We currently have students on the autism spectrum and those with sensory issues, attention deficit disorder, and other learning challenges. We have always welcomed all students willing to give their best effort on the mat, and we offer accommodated instruction and/or modified assessment to provide individualized learning appropriate to the needs of our students.

12.0 A description of how the program will liaison with the local education agency (LEA) for students with an education plan pursuant to section 504 of the Rehabilitation Act [Ed 1403.01(b)(2)(b)].

At the time of enrollment, Portsmouth Aikido offers parents the opportunity to disclose any information regarding ongoing 504 education plan related accommodations and modifications required for their child. With the parent's permission, Portsmouth Aikido will contact the student's Local Education Agency (LEA) to coordinate recommended 504 accommodations and/or modifications in the Portsmouth Aikido programs. Although Portsmouth Aikido instructors are not explicitly certified to work with students with 504 plans, they are caring, patient and compassionate and can work with the student's LEA representative to understand how to implement recommended accommodations and/or modifications. If Portsmouth Aikido determines it is unable to provide the required accommodations

and/or modifications for a student, the parents will be informed before committing to enrolling their child in a Portsmouth Aikido program.”

13.0 A description of how the program will liaison with the LEA for a student with disabilities, consistent with the student's IEP [Ed 1403.01(b)(2)(c)].

Portsmouth Aikido gives all parents the opportunity to disclose any sorts of disabilities, including any related Individualized Education Program (IEPs). If requested, Portsmouth Aikido will work with the parent to contact the student's Local Education Agency (LEA) to assist in the coordination of the student's IEP to include, but not be limited to, the required special education programs, support services, and least restrictive environment. At the parent's request, an RSM representative will participate in IEP team meetings that discuss revisions to the student's IEP needed to participate in a Portsmouth Aikido program. Portsmouth Aikido will also coordinate with the LEA in fulfilling the LEA's responsibility to provide any special education, related services, supplementary aids and services, accommodations, and modifications the IEP team has determined the student needs. The provision of these services is not the direct responsibility of Portsmouth Aikido.

14.0 A statement that the applicant understands that it has certain responsibilities, pursuant to Section 504 of the Rehabilitation Act, if it receives federal funds, or the Americans with Disabilities Act, as amended, to provide students with disabilities with equal access and equal opportunities to participate in the learn everywhere program, including by providing the student with reasonable accommodations [Ed 1403.01(b)(2)(d)].

Portsmouth Aikido understands that it has certain responsibilities, pursuant to Section 504 of the Rehabilitation Act, if it receives federal funds, or the Americans with Disabilities Act, as amended, to provide students with disabilities with equal access and equal opportunities to participate in the learn everywhere program, including by providing the student with reasonable accommodations.

15.0 A description of facilities to be used for educational instruction and a description of how the facilities will meet the priorities of the program [Ed 1403.01(b)(3)(a)].

Portsmouth Aikido is located at 620 Peverly Hill Rd. We have a dedicated practice space of 1,250 sq ft with special mats designed to safely practice rolling and falling skills. In addition, we have a separate lounge adjacent to the dojo for parents and siblings to work, study, or relax during classes. We have two handicap-accessible bathrooms, an elevator, and separate changing rooms for boys and girls.

16.0 A statement affirming that the facilities shall comply with all applicable federal and state health and safety laws, rules, and regulations [Ed 1403.01(b)(3)(b)].

Portsmouth Aikido affirms that its facilities comply with all applicable federal and state health and safety laws, rules, and regulations. These include but are not limited to fire safety codes and barrier-free access under Abfd 300, code for barrier-free design, and the Americans with Disabilities Act of 1990(ADA), as amended by the ADA Amendments Act of 2008.

17.0 Disclosure of insurance, if any, which would cover the participants in the Learn Everywhere program [Ed 1403.01(b)(4)].

Portsmouth Aikido will disclose to parents any insurance that covers Learn Everywhere participants upon a student's enrollment in the program.