



# Commitments, Principles and Values

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- World Aikido-Yoga is committed to building a world-wide network of training centres that offer a truly transformational, world-class personal-development training program.
- Aikido-Yoga seamlessly integrates the traditional training methods employed by the Japanese martial art of Aikido with the ancient science of Yoga. In addition to eastern training methods, modern western elite human performance coaching and self-development tools and techniques are employed to create a truly unique, experiential-learning based personal-development training program that is not only engaging and exhilarating, but also offers a holistic approach that seamlessly integrates the physical, emotional, mental and spiritual aspects of personal growth in a realistic, practical, structured and results-oriented way.

## Commitments

We are committed to delivering:

- A best-of-breed experiential-learning based personal-development training.
- An extremely effective and practical method of traditional martial arts training.
- A very practical and effective way of facilitating physical health and mental well-being, developing core stability, enhancing co-ordination, and facilitating spiritual growth through proven focus, awareness, breathing and meditation techniques.
- Delivering a realistic, practical, structured, and progressively results oriented training program that is suitable for men, women and children of all ages and cultures.
- A strong focus on continuous research and development of all aspects of the training program to ensure continuous improvement of state-of-the-art content that remains at the forefront of human potential development.

## Principles

Principles provide guidance and direction for decision making.

Our Principles are:

- A high degree of professionalism is maintained, and all training centres operate within acceptable community and legal standards.
- All instructors hold one or more local government endorsed coaching / instructor accreditations, as well as a current Senior First Aid Certificate.
- All training centres conform to industry specific professional standards as well as ethical standards in the areas of humanity, relationships, commitment, integrity, advertising, confidentiality, abuse of privilege and personal standards.
- All instructors respect the rights, dignity and worth of every human being and their ultimate right to self-determination. Specifically, instructors treat everyone equitably and sensitively, within the context of their activity and ability, regardless of gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation.
- Every participant in Aikido-Yoga, in whatever role, has a right to be treated with respect, dignity and fairness, and to participate in an environment that is enjoyable and safe.
- Children have a fundamental right to be safe from any form of abuse. This is a legal requirement as well as a moral obligation. Child protection requires a commitment from all levels to ensure environments are safe for all children. This includes an awareness of the requirements and risks, a commitment to practices that minimize the risks, and the ability to appropriately respond to incidents of child abuse.

## Values

Values describe behaviours that all instructors demonstrate in their actions and directly impact the decisions they make in pursuing the outcomes we are committed to achieving.

Our values are an effective, sustained focus on a results orientated approach that is underpinned by the following qualities:

- Empathy, compassion, caring, kindness and selfless-service.
- Highly developed listening and effective communication and coaching skills.
- Continuous learning and growth.