

## **Rules of Practice in the Children's Aikido Class at Two Rivers Aikikai**

- **Cleanliness**

Before stepping onto the mat, please make sure that your hands and feet are clean and that your fingernails and toenails are trimmed. Do not wear any jewelry during class. Your gi should be clean and in good repair. Keep your jacket closed and your belt tied snugly during class.

- **Bowing and Respect**

Bowing is an outward display of showing respect to your fellow students, your instructors, the dojo and most important to yourself. Bowing is easy to learn and your fellow students and instructors will show you how. Respect means to see the goodness in something, and to take care of it accordingly. You will find that by giving respect, you will earn the respect of others.

- **Cooperation and Learning**

Aikido is practiced with a partner. Your partner is not your opponent! Instead, you and your partner will help each other learn techniques and ukemi. You will also be teaching each other patience, respect, and the ability to work together.

- **Self Discipline and Focus**

It is not easy to stay calm, relaxed, and respectful when we are upset. Part of Aikido training is learning how to keep our balance, both physically and emotionally. When we have our balance, we can act from a place of control and compassion. Aikido can be fun, but it takes hard work and lots of practice.

- **Know when to be serious and quiet**

Whenever you line up to start class, to end class or to watch the instructor demonstrate a technique you need to sit respectfully in seiza and be very quiet. Keep your hands in your lap and pay attention to the instructor. These are not times to joke around.

- **Safety and Physical Contact**

Always be alert - not just to what is in front of you, but all around you. Pay attention to avoid accidental collisions. Be aware of your limitations and those of your partners. Remember that your partner is helping you learn.

- **Water and Restroom Breaks**

Please drink water before class begins so you don't get thirsty during class. If you need a break during class for water or to use the restroom, ask the instructor if you can take a break. After using the restroom, please wash your hands.

- **Self Control and Being Nice**

Learning how to be nice to others is an important lesson in Aikido. Being nice to others helps them be nice to you. Try not to show off, boast or even think that you are better than someone else. Treating everyone the same way is why Aikido doesn't use colored belts. Being nice can be a challenge if you lose control of your emotions. If another student is doing something to you that you don't like, ask the instructor for help.

- **Making Mistakes and Learning**

Sometimes during class you will make a mistake. Everyone makes mistakes. Learning how to correct mistakes is a necessary part of growing up. For small mistakes that don't hurt anyone you can try harder next time. For bigger mistakes that hurt some else's feelings, you might need to admit your mistake and apologize.

- **Having Fun on the Mat**

The mat is soft and can absorb a lot of impact from your body. It is lots of fun to learn how to fall down without getting hurt. It's also fun to teach your body to throw other people around and not hurt them. You will gain strength and coordination while having fun with others. Remember that Aikido is finding harmony with the energy in you and those around you.