

Two Rivers Aikikai Schedule of Aikido Classes

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Schedule is current as of Dec. 11, 2017		5:45 - 6:30p.m. Aikido for Beginners*		5:00 - 5:50p.m. Aikido for Children Ages 8 - 11		9:15-10:15a.m. Aikido for Children Ages 6 - 11
9:30 - 10:45 a.m. Sunday Aikido For all students	6:30 -7:30p.m. Aikido & Weapons	6:30 -7:30 p.m. Basic Aikido	6:30 - 7:30 p.m. Aikido & Weapons	6:00 -7:00 p.m. Basic Aikido	6:00 -7:15 p.m. Aikido & Weapons	10:30-12:00 noon Beginners* & Basic Aikido For all students

Aikido for Children Ages 6 & 7:

1 class per week on Saturdays at 9:15 a.m. The class runs for one hour with stretching exercises followed by Aikido techniques ending with an Aikido based game.

Initial Cost: \$105 -- includes registration fee, membership dues for 1 month and a practice uniform (dogi)

Monthly dues thereafter are \$30 for one child ages 6 & 7. Family rates are available.

Aikido for Children Ages 8 - 11:

2 classes per week on Thursdays at 5:00 p.m. and Saturdays at 9:15 a.m.

Class on Thursday focuses more on the details of Aikido techniques and developing self discipline. In the Saturday class, the older children are expected to help the younger ones.

Initial Cost: \$125 -- includes registration fee, membership dues for 1 month and a practice uniform (dogi)

Monthly dues thereafter are \$50 for one child ages 8 to 11. Family rates are available

All children must observe a class before they register.

TWO RIVERS AIKIKAI

2950 SE BELMONT STREET
PORTLAND, OREGON 97214
503-238-7012
e-mail: info@2rivers.org
web site: <http://www.2rivers.org>

A member dojo of the
United States Aikido Federation &
Kiyokaze Iaido Federation

Two Rivers Aikikai, a 501(c)(3) federal non-profit organization, admits students of any race, color, gender identity, and sexual orientation to all the rights, privileges, programs and activities that are available to all members.

The Japanese word for Ai Ki Do is written in 3 characters which translate to Harmony (Ai), Universal Energy (Ki) and the Way (Do). Aikido is not just a martial art, it is a Way of Living in Peace with yourself and your community. It is the only effective method of self defense that does not use violent actions to prevent or stop violence.

合
氣
道

The cooperative atmosphere of our Aikido dojo gives children a chance to have fun while they learn the value of respect for themselves and others. Our dedicated instructors will help your children get ready for the challenges of life.

Our Mission in providing Aikido instruction for youth is to work with each child, recognizing their strengths and weaknesses, in order to help them develop as confident individuals who can actively participate with others. We pursue this goal by stressing the importance of respect, cooperation, self discipline, safety, fitness and Japanese culture.

In our Aikido dojo, all children wear white belts. They can chart their progress through testing which is optional. We do not have contests or give awards which tend to confuse excellence with winning.

Two Rivers Aikikai has two classes for children. Please see the class schedule on the other side for ages and costs.

Aikido *for* *Children*

Martial Arts in a non-competitive and non-violent environment.

Taught by experienced and qualified instructors.



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Practicing Nonviolence is a
Way of Life
Equity is Ki