

## **The Beginner Program in Aikido for adults and teens**

For the beginner with 3 months experience or less, we offer small classes with experienced instructors who will guide you through the fundamentals of stretching, rolling, footwork, body position and etiquette. Beginning practice in Aikido can be challenging for many people. You may feel physically awkward at times on the mat, and unsure of why certain things are done. The main objective of the 4 week beginner program at Two Rivers Aikikai is to help new students feel comfortable at the dojo both on and off the mat. Our Beginner Session provides instruction in 2 forty-five-minute classes per week for 4 weeks. You can practice at your own pace, ask questions and get to know other beginning students. Instructors coordinate the classes so that you will get consistent and well thought out instruction. At the end of the 8 classes, students will be prepared to join the Basic Aikido classes. Beginners may attend Basics classes once they feel comfortable with their forward and back rolls.

### **Objectives of the Beginner Program:**

Instructors and students will work together to help students accomplish the following:

- Practice carefully and patiently to avoid injuries to yourself and those around you.
- Show respect to yourself, your partners, your instructors and the dojo.
- Become comfortable asking questions of other students and instructors.
- Follow Dojo Etiquette and Rules of Practice.
- Be introduced to Aikido vocabulary and terms used during class.
- Stretch properly and strengthen your core muscles to practice safely and promote good posture.
- Perform stances and body movements common to many techniques.
- Initiate movement with your hips with correct breathing, posture and awareness.
- Perform forward and backward rolls from kneeling and standing positions.
- Make clear and sincere attacks as uke while at the same time protecting your center line.
- Be patient with your partners and yourself. Be humble and kind yet self-assured.
- Have a voice. Know to go to instructors with questions, concerns and ideas.
- Enjoy life-long learning. Find out a lot about yourself. Find inner joy.