

Rules of Practice at Two Rivers Aikikai

- Every student and instructor has the responsibility to cooperate in creating an atmosphere of harmony and respect and a spirit of pleasure and enjoyment in the dojo.
- Respect O Sensei's teachings as interpreted by all instructors at Two Rivers Aikikai. Show respect to the dojo, your training tools, your fellow students and yourself.
- Receive instruction and sincerely follow the instructor's directions to the best of your ability. The aim of Aikido is to develop the truly human self. There is no room for displays of ego, tests of strength, any kind of competition or intention to hurt or injure.
- Be careful not to offer verbal instructions to your partner unless it is a matter of safety. Learning in Aikido involves a lot of trial and error. It is ok to make mistakes. We can learn from our mistakes. If your partner asks you a question, you may answer it briefly or ask the instructor of the class for clarification.
- There will be no competition on the mat. Aikido is not street fighting. The purpose of Aikido is not to fight and defeat an enemy, but to fight and defeat your own aggressive instincts. Aikido is a tool to develop a better society through each individual's character development. Aikido ultimately makes violent behavior obsolete.
- 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. Keep a small washcloth tucked in your gi to wipe sweat from your face and wrists during practice.
- 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.
- Cleaning the dojo proper after each class is a part of practice. Follow the lead of your senior students or ask an instructor for a cleaning chore. Visitors practicing from other dojos are welcome to help with cleaning.