

Rules of Practice for Members of 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.
- Every dojo member will show respect to the dojo, to their training tools, to fellow students and to themselves by following the guidelines set forth below and in the Rules of Etiquette for the dojo.
- 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. Keep a small washcloth tucked in your gi to wipe sweat from your face and wrists during practice.
- Receive instruction thoughtfully and follow the instructor's directions to the best of your ability.
- When you or a partner have a question, it is most often best answered by the instructor.
- When practicing, show respect to your partners by blending in with their movements. Try your best not to push or resist. As nage, lead your partner's energy in the desired direction. As uke, give your partners the energy they need to perform the desired technique.
- 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. Be careful not to react with competitive displays of ego, tests of strength or any intention to injure. Always ask an instructor for assistance if you feel unsafe with a partner.
- 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. Good posture promotes an enhanced awareness.
- 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.