

## **RULES OF PRACTICE AT TWO RIVERS AIKIKAI**

1. 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.
2. Respect O Sensei's teachings as interpreted by all instructors at Two Rivers Aikikai. Show respect the dojo, your training tools, your fellow students and yourself.
3. 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.
4. 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.
5. 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 (also see etiquette paragraph #19 above). Keep a small washcloth tucked in your gi to wipe sweat from your face and wrists during practice.
6. 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.
7. 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 are welcome to help with cleaning.

## **THE BEGINNER PROGRAM AT TWO RIVERS AIKIKAI**

Beginning practice in Aikido is difficult 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 beginner program at Two Rivers Aikikai is to help new students feel comfortable at the dojo both on and off the mat. Your instructors and fellow students all started at the beginning just like you, so we understand a lot of what you are experiencing. The cooperative and friendly atmosphere of our dojo is an especially important reason why we practice at Two Rivers Aikikai. Aikido is a life long learning experience that we can share with you and the friendships we develop bring us back to class, day after day. So please be patient with yourself. Have fun practicing Aikido and being a part of the dojo community.

Here are some of the 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 listed above.

Be introduced to Aikido vocabulary and terms used during class.

Stretch correctly to increase flexibility and strength to your muscles and joints.

Make clear and sincere attacks as uke while at the same time protecting your center line.

Perform forward and backward rolls from kneeling and standing positions.

Perform basic movements like tenkan, irimi, tenshin and enten with correct posture.

Initiate movement with your hips with correct breathing, posture and awareness.

Be patient with your partners and yourself. Be humble and kind yet self-assured.

Enjoy life-long learning. Find out a lot about yourself. Find inner joy.