

# Two Rivers Aikikai Schedule of Aikido Classes

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Schedule is current as of Dec. 13, 2019		5:45 - 6:30p.m. Aikido for Beginners*		5:00 - 5:50p.m. Aikido for Children** Ages 6 - 11		9:15-10:15a.m. Aikido for Children** Ages 6 - 11
9:45 - 10:45 a.m. Beginners* & Sunday Aikido For all students	6:30 -7:30p.m. Aikido & Weapons For all students	6:30 -7:30 p.m. Basic Aikido For all students	6:30 - 7:30 p.m. Aikido & Weapons For all students	6:00 -7:00 p.m. Basic Aikido For all students	6:00 -7:15 p.m. Aikido & Weapons For all students	10:30-12:00 noon Beginners* & Basic Aikido For all students

\* 4 week Beginners Sessions are for teens and adult students. \*\*Registration for children is ongoing. No children's classes in August.

## Aikido for Children Ages 6 & 11:

2 classes per week on Thursdays at 5:00 p.m. and Saturdays at 9:15 a.m. Classes begin with stretching exercises followed by Aikido techniques ending with an Aikido based game, depending on time.

**Initial Cost: \$120** -- includes registration fee, membership dues for 1 month, a practice uniform (dogi) and a children's membership booklet with glossary of terms and rules of practice.

Monthly dues thereafter are \$50 for one child. Family rate discounts and scholarships are available.

## Japanese Culture

By training in a Japanese martial art, children learn about Japanese customs, etiquette, tradition, clothing, and language. It is a very small piece of the culture, but it is an informative introduction.

## What about colored belts?

All students in the children's class, regardless of rank, wear white belts so that they treat one another as equals. Two Rivers Aikikai is one of the few select dojos in the country that does not use a colored belt system in its children's Aikido classes. All children regardless of rank deserve respect.

All children must observe a class before they register.

## TWO RIVERS AIKIKAI

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503-238-7012

e-mail: [info@2rivers.org](mailto: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

合  
氣  
道

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.

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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[www.2rivers.org](http://www.2rivers.org)

Practicing Nonviolence is a  
Way of Life  
Equity is Ki