



Two Rivers Aikikai

Schedule of Classes

Justice, Equity and Non-violence on and off the mat
Practicing Non-violence is a Way of Life

| Sundays | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|---|---|--|---|--|---|---|
| 11:00–12:00 noon Aikido & weapons For all students | 9:30 – 10:30 a.m. Open Mat Practice For all students | 5:45 - 6:30 p.m. Beginners* or Open mat | | | | |
| | 6:00 - 7:00 p.m. Muso Shinden Ryu Iaido** | 6:30 -7:30 p.m. Basic Aikido For all students | 6:00-7:00 p.m. Karate For all students | 6:00 -7:00 p.m. Basic Aikido For all students | 6:00 - 7:00 p.m. Muso Shinden Ryu Iaido** | 10:30-12:00 noon Beginners* & Basics Aikido For all students |
| | | | | 7:00 – 7:30 p.m. Open mat For all students | | 12:00 noon – 12:45 Open mat For all students |

Proof of COVID Vaccine & Booster is required for all dojo members practicing in classes at the dojo. Visitors to the dojo must show proof of being up to date with COVID Vaccine and wear a mask inside the dojo. As of March 6, 2022 all classes take place in the dojo.

*** 4 week Beginner Sessions for teens and adults are offered in May, July, September & November 2022.** Beginner Sessions cost is \$135. (practice uniform included) Scholarships are available to members with financial hardship.

****Koyanis Sensei's permission required for Iaido. Schedule is current as of 4/1/2022**

Two Rivers Aikikai 2950 SE BELMONT STREET PORTLAND, OREGON 97214 503-238-7012

A Member Dojo of **Kiyokaze Iaido Federation** e-mail: info@2rivers.org web site: <http://www.2rivers.org>

Our mission: Two Rivers Aikikai helps individuals on their path of well-being of mind, body and spirit through the practice of the Japanese martial arts of Aikido, Iaido and Karatedo to peacefully engage conflict.

Visitors are welcome to observe classes. Two Rivers Aikikai is 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.