



# TWO RIVERS AIKIKAI

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

## New Student Enrollment Form

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STUDENT  
NAME:

\_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (M.I.) \_\_\_\_\_ (Pronouns)

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_  
(cell) \_\_\_\_\_ (home phone if different)

E-MAIL: \_\_\_\_\_ Current Age: \_\_\_\_\_

Can we share your email address with current members of the dojo? Yes \_\_\_ No \_\_\_

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Date of most recent COVID vaccine or Booster: \_\_\_\_\_

Emergency Notification: Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Do you have any physical limitations we should know about? \_\_\_\_\_

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Previous Martial Arts Training: \_\_\_\_\_

Years practiced and rank: \_\_\_\_\_

Instructors Name(s): \_\_\_\_\_

How did you learn of Two Rivers Aikikai? \_\_\_\_\_

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Please check the appropriate box: I am registering for: Aikido  Iaido  Both

From the attached Membership Options sheet, enter your Option Number: \_\_\_\_\_

STUDENT  
SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ AMT PD. \$ \_\_\_\_\_

The dojo can accept checks or cash, but not credit or debit cards.

FOR STUDENTS UNDER 18:

Name of Parent or Guardian: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

For Office use: [membership # \_\_\_\_\_ processed by: \_\_\_\_\_ date: \_\_\_\_\_]

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**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 and Iaido to peacefully engage conflict.

## Liability Release Form -Two Rivers Aikikai

Each participant must read, complete and sign both sides of this release form carefully.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### RELEASE, CONSENT AND ASSUMPTION OF RISK STATEMENT

**In the following text, "you" means you the practitioner or your child for parents or guardians.**

1) You acknowledge that Two Rivers Aikikai carries no insurance against liability for injury, damage or loss of any kind suffered by any of its directors, instructors, students, seminar participants, visitors or guests. \_\_\_\_\_ initials

2) You acknowledge that you are applying for instruction in a martial art involving strenuous exercise and personal body contact. You have been advised not to attempt any skill level in training or any other activity of which you are not fully capable. If you have any question about your ability to safely engage in Aikido and/or Iaido training, you acknowledge that it is your responsibility to consult a physician. You realize the study of Aikido and Iaido requires proper conditioning and training. \_\_\_\_\_ initials

3) You agree to use the facilities only in the manner and for the purpose for which the facilities are designed and shall be responsible for damage caused by you to the facilities or other members. You understand that you may elect not to participate in any technique or exercise demonstrated during any class. You understand Two Rivers Aikikai is not responsible for any injury that a member may incur due to the actions of another member in any class, practice, or demonstration. You understand Two Rivers Aikikai is not responsible for any loss or damage, including theft, to property of its members or their guests. \_\_\_\_\_ initials

4) You fully acknowledge that there are risks and dangers associated with Aikido and Iaido training including but not limited to bodily injury, communicable diseases, partial or total disability, paralysis and death. In accordance with the law, Two Rivers Aikikai does not exclude individuals with medical conditions that pose a medically recognized threat to the health or safety of other students in the normal course of training. You agree that there are some unavoidable circumstances where these conditions may require special caution on your part to minimize danger to yourself or others, and you acknowledge that it is your responsibility to act accordingly. \_\_\_\_\_ initials

5) You release Two Rivers Aikikai, its agents, employees, instructors, guest instructors, other participants and all individuals associated with Two Rivers Aikikai, the owners or lessees of the premises including its officers, directors, agents and employees (hereinafter referred to as 'the released parties') from any and all liability, claims, demands or actions whatsoever arising out of the damage, loss or injury to you while upon the Premises of Two Rivers Aikikai or while participating in Aikido training or any other activities contemplated by this agreement. \_\_\_\_\_ initials

6) In signing this agreement, you state that you are over 18 years of age, that you know what you are doing, that you take responsibility for your own actions, that you have read carefully and understand this agreement and that you fully agree with each statement contained in this agreement, and that you are responsible for yourself. You are aware that you may have the agreement reviewed by legal counsel. \_\_\_\_\_ initials

\_\_\_\_\_  
Participant's Name (printed)

\_\_\_\_\_  
Participant's Signature (18 or Over)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (printed/relationship) Parent or Guardian Signature

\_\_\_\_\_  
Date

## Two Rivers Aikikai Blood and Body Fluid Borne Pathogen Policy

Our policy is designed to minimize the risk that infectious agents in blood and body fluids are transmitted during training in Aikido and Iaido at our dojo. Our policy is based on universal precautions recommended by the US Centers for Disease Control and Prevention to reduce exposure to blood and body fluids. The risk of acquiring serious infections during training is small. Nonetheless, members, guests and visitors training at Two Rivers Aikikai will follow the universal precautions listed below.

### **Precautions to be observed at all times:**

**In the following text, “you” means you the practitioner or your child for parents or guardians.**

You will inspect the exposed parts of your body to ensure that there are no breaks in your skin such as abrasions, open cuts or sores. If you have any open cuts or sores, you will clean them with a suitable antiseptic and cover them securely with a leak-proof dressing before coming on the training mat.

In order to prevent cuts to yourself and your training partners, you will trim, smooth and clean your fingernails and toenails before training. You will remove all jewelry including earrings, necklaces, rings and piercings before training.

You will inspect your gi, obi and hakama. You will not wear any part of your uniform that is stained with blood or body fluids.

If, during training, you develop an open cut or bleed onto your gi, you will cease training, immediately ask your partner to notify the instructor and exit the mat to care for your wound. You will clean the cut(s) with a suitable antiseptic and cover them securely with a leak-proof dressing before coming back onto the mat. You will clean blood on your gi with the hydrogen peroxide solution available in the first aid area.

If you notice that someone else has an open cut, sore or abrasion, you will immediately advise them and the instructor of the fact and cease training with the individual until the appropriate covering is in place.

If blood becomes present on the mat during training, the partner of the person bleeding will ensure that other students training do not come into contact with the blood. The blood, regardless of amount, will be cleaned up immediately with supplies available in the first aid area. First, spray the blood spot with the hydrogen peroxide solution and let it foam. Second, blot off the foamed blood with the designated sponge or cloth.

Upon completion of the cleanup, all assisting persons shall thoroughly wash their hands with soap and water or liberally use hand sanitizer. Persons assisting in this task may wear disposable gloves, available at the dojo first aid area, and shall dispose of the gloves and cloth used for cleanup. If you have cuts, abrasions or sores on your hands, do not assist with cleaning another person's blood from the mat.

If you come into contact with the blood of another person, make an immediate attempt to locate and alert the individual who is the source of the bleeding, then leave the mat and wash the exposed area thoroughly with soap and water. You will clean blood on your gi with the hydrogen peroxide solution.

During children's class, students will alert the instructor immediately if they bleed or see blood.

**By signing below, you attest that you have read, understood, and will comply with each and every part of this policy.**

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Participant's Name (printed)

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Participant's Signature

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Date

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Parent or Guardian (printed/relationship)

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Parent or Guardian's Signature

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Date

## Two Rivers Aikikai SARS-COV2 Respiratory Pathogen Policy

Our policy is designed to minimize the risk that the infectious agent SARS-CoV-2 virus (aka COVID-19 virus) is transmitted during training in Aikido, Iaido and Karate at our dojo. Our policy is based on universal precautions recommended by the US Centers for Disease Control and Prevention to reduce exposure to spread of droplets and to reduce the transmission of this virus. The risk of acquiring serious infections during training is small. Nonetheless, members, guests and visitors training at Two Rivers Aikikai will follow the universal precautions listed below.

### Precautions to be observed at all times:

**In the following text, "you" means you the practitioner or your child for parents or guardians.**

All dojo members are required to have a COVID-19 Vaccine and stay up to date with CDC guidelines.

Dojo members who have had the bivalent booster have the option to practice without a face mask. For all other dojo members, a face-mask is required at all times in the dojo. If you notice that someone else's mask is not fully covering their nose and mouth, you will inform that person and resume training when the appropriate masking is in place.

In order to prevent the spread of illness, you will wash your hands for at least 20 seconds with soap and water before training. If, during training, you need to wipe sweat from your face or need to touch your face for any reason, you will sanitize your hands with the alcohol-based sanitizer or step off the mat to wash your hands with soap and water for at least 20 seconds.

You will refrain from coming to class or the dojo if you have one of the following symptoms: fever (temperature >100.5 F), cough, shortness of breath, sore throat, runny nose, headache, body aches, loss of sense of smell, loss of sense of taste, diarrhea, or vomiting.

If you have these symptoms, please contact your health care provider for a COVID-19 test.

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.** You will refrain from entering the dojo for at least 5 days from the onset of your symptoms or for 24 hours after the resolution of your symptoms, whichever is the latter. You will wear a clean mask for 5 days after your return to the dojo.

Please notify the dojo if you have been to the dojo for the 5 days prior to the onset of your symptoms. In the event you are asymptomatic, you will notify the dojo if you have been to the dojo for the 5 days prior to your positive test. This is to aid in contact tracing.

If you are exposed to COVID-19, please do not come to the dojo for 5 days after your exposure. On day 6, you will take a test for COVID-19. If you test positive, follow the procedures listed above. If you test negative, you may return to the dojo and wear a mask for 5 days.

You will abide by all dojo space occupancy and physical distancing rules during this pandemic.

**By signing below, you attest that you have read, understood, and will comply with each and every part of this policy.**

\_\_\_\_\_  
Participant's Name (printed)

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (printed/relationship)

\_\_\_\_\_  
Parent or Guardian's Signature

\_\_\_\_\_  
Date



## Membership Payment Options for Aikido Classes

As of 9/1/2024

### Equity, Justice and Non-Violence on and off the mat

Two Rivers Aikikai is a 501(c)3 non-profit organization run entirely by volunteers. In our commitment to equity and accessibility, we use a “pay as you are able” payment structure. We encourage members to honestly assess their financial situation and choose the membership payment option that best suits their circumstances. Our aim is to remove financial barriers to learning and practicing Aikido, while ensuring the sustainability of our dojo.

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Option 1. Our **Base Rate for Aikido Classes:** This is our standard rate, designed for those with reliable incomes that meet basic needs comfortably. Choose this option if you can afford housing, food, healthcare, and leisure.

**Monthly Payment:** \$120 for adults \$80 for teens ages 12 to 17

**Supplies when needed:** New Gi: \$60 Used Gi \$25 Zori \$12  
Hakama: \$120 and up after passing your black belt test.  
Dojo members can borrow bokken & jo. To buy: New Bokken \$60 New Jo \$65

**4-week beginner session in Aikido:** \$140 for adults & \$120 for teens ages 12 to 17.  
These are discounted prices that include monthly dues and a new gi.

**Mat Fee:** For those with a limited practice schedule, you can purchase 8 classes for \$120 (paid in advance) instead of paying by the month. This equals \$15 per class.

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Option 2. **Choose Your Rate for Aikido Classes:** Any payment you are able to make is helpful to the dojo. More importantly, every person who takes classes at our dojo makes a valuable contribution by being a member of our community, regardless of whether they are paying for their classes. This option is available to new and current members.

**Monthly Payment:** \$0 to Base Rates shown in Option 1.

**Supplies when needed:** Flexible pricing is available for items such as gi and zori for Aikido. Dojo members can borrow bokken and jo for use in the dojo.

**4-week beginner session in Aikido:** \$0 to the discounted prices shown in Option 1.

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Option 3. The **Supporter Rate for Aikido Classes:** For those with ample resources, choose this option to help support everyone’s ability to train.

**Monthly Payment:** \$5 or more above the Base Rate.

**Donations:** Amounts paid above the Base Rate for your classes can be considered a tax-deductible donation to the dojo which is a not-for-profit organization.



## Membership Payment Options for Iaido Classes

As of 9/1/2024

### Equity, Justice and Non-Violence on and off the mat

Two Rivers Aikikai is a 501(c)3 non-profit organization run entirely by volunteers. In our commitment to equity and accessibility, we use a “pay as you are able” payment structure. We encourage members to honestly assess their financial situation and choose the membership payment option that best suits their circumstances. Our aim is to remove financial barriers to learning and practicing Iaido and Aikido, while ensuring the sustainability of our dojo.

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**Please note that Iaido classes are limited to ages 16 & up.**

**Option 1.** Our **Base Rate for Iaido Classes:** This is our standard rate, designed for those with reliable incomes that meet basic needs comfortably. Choose this option if you can afford housing, food, healthcare, and leisure.

**Monthly Payment for Iaido Classes:** \$80

**Monthly Payment for both Iaido and Aikido Classes:** \$145

**Associated Costs:** New Gi: \$60      Used Gi \$25      Zori \$12  
Hakama: \$120 and up

**Optional Costs:** Bokken: \$60      Iaito: \$450 and up      Iaido belt: \$40

**Mat Fee:** For those with a limited practice schedule, you can purchase 8 classes for \$120 (paid in advance) instead of paying by the month. This equals \$15 per class.

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**Option 2. Choose Your Rate for Iaido Classes:** Any payment you are able to make is helpful to the dojo. More importantly, every person who practices at our dojo makes a valuable contribution by being a member of our community, regardless of whether they are paying for their classes. This option is available to new and current members.

**Monthly Payment:** \$0 to Base Rates shown in Option 1.

**Associated Costs:** Flexible pricing is available for needed items such as gi and zori for Iaido. You can borrow bokken, hakama and iaito for use in the dojo.

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**Option 3.** The **Supporter Rate for Iaido Classes:** For those with ample resources, choose this option to help support everyone's ability to train.

**Monthly Payment:** \$5 or more above the Base Rate.

**Donations:** Amounts paid above the Base Rate for your classes can be considered a tax-deductible donation to the dojo which is a not-for-profit organization.

## **Registration Instructions and How to Prepare for your First Class in Aikido at Two Rivers Aikikai. Welcome to the dojo!**

---> **Tear this sheet off your registration packet and keep it for your reference.**

**If you are filling out your registration form at home,** please bring it to the dojo at least a few days before your first scheduled class to make payment and get your uniform ( gi ). You will need to wash it so it shrinks a bit and softens up before you wear it for the first time.

**Washing your new gi.** Turn your jacket top inside out to wash it. Wash your gi in warm or hot water the first time. Dry it with a fabric softener sheet on a regular or high setting. From now on, you can use cold water and hang dry it if you want.

**Attaching your patch to your gi.** The patch can be ironed on or sewed on. It goes on the left sleeve up by the shoulder. We encourage you to attach the patch but it isn't required.

**For your first class,** please come to the dojo at least **15 minutes early** so you can change into your gi and be ready to start on time. We have a lot to teach you and 45 minutes goes by quickly. We also would like to have time to help you feel comfortable and relaxed.

**When you enter the dojo for your first class,** remember to remove your shoes and leave them by the **zori** bin. **Zori are flip flops or inside shoes to wear inside the dojo.** We sell them at the dojo for \$10 or you can bring your own. We also have some you can borrow. Since we practice in bare feet on the mat, we wear zori when we walk to and from the changing rooms so that we don't bring dirt onto the mat with our feet. Zori are left at the dojo and not worn outside. **Your feet must be clean before you step onto the mat.** Please trim your fingernails and toenails to avoid scratching your partners unintentionally.

**The dojo supports your right to choose which changing room you want to use.** When you get dressed for class, you can wear a t-shirt under your jacket since it may come open during class. Women can wear a sports bra or a combination sports bra tank top. Japanese tradition says that the left side of your gi jacket will be outside the right side. For your first class, we will help you learn how to tie your belt ( obi ).

**Jewelry:** You will need to remove any jewelry that can be removed to avoid injury to you and your partners. Speaking of injuries, you should let instructors know **if you have any injuries or sore spots that need to be protected.**

**Sore Muscles:** Because Aikido uses muscles that we don't often use outside the dojo, you may have some soreness after your first few classes. As your body acclimates to practice, the soreness goes away and you will feel stronger. We also teach you how to warm up and stretch in every class.

**Japanese Terms:** During class, instructors use Japanese terms for moves, techniques, counting and how to say thank you. You are not expected to memorize these terms, but they will become familiar to you in the coming months. You will also learn how and when to bow to instructors and partners to show respect, a very important part of our practice.

**Avenues of Communication:** You will receive a "Welcome to the Dojo" email from the dojo soon after your first class to let you know how to ask questions, voice concerns or let us know if you will miss a class.