

Thinking of starting Aikido?

In our 4-week Beginner Session for teens and adults, you will learn:

- How to stretch properly and strengthen your core muscles to practice safely and promote good posture.
- Stances and body movements common to many techniques.
- Basic backward and forward rolls.
- Ways to interact safely with partners on the mat.

Our intention is to make you feel ready to practice safely in Basic Aikido classes. Please be patient with yourself to learn at a pace that is appropriate for you.

Who Can Practice?

We welcome teens and adults of any race, ethnicity, age, gender identity and sexual orientation. **We require proof of having completed the COVID Vaccine process.**

If you have any injuries or disabilities, talk with one of the instructors to see if the beginner class will work for you. Often, we can adapt activities and help you pace yourself.

All our instructors are highly skilled with many years of practice. We look forward to helping you start on your Aikido path.



The Japanese word for Ai Ki Do is written in three characters which translate to Harmony (Ai), Energy (Ki) & 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.

We are a 501(c)(3) federal non-profit organization whose mission is to help 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 with conflict.

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Learn ...

Aikido

a life changing
martial art.

Harmonize your body, mind
and spirit



Two Rivers Aikikai

**Justice, equity, and non-
violence on and off the mat.**

**Practicing Nonviolence is a
Way of Life**

Two Rivers Aikikai

Class Schedule

All classes take place in the dojo.

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Schedule is current as of April 19, 2022	9:30 – 10:30 a.m. Aikido & Karate Open Mat For all students	5:45 - 6:30 p.m. Aikido for Beginners* Adults & teens				
11:00 -12:00 noon Aikido bokken & jo For all students	6:00 -7:00 p.m. Iaido	6:30 -7:30 p.m. Basic Aikido	6:00 - 7:00 p.m. Karate	6:00 -7:00 p.m. Basic Aikido	6:00 -7:00 p.m. Iaido	10:30-12:00 noon Beginners* & Basic Aikido For all students

* Dates for Beginner Sessions in 2022:

May 3rd
July 5th
Sept 6th

Classes run 2 days a week for four weeks.

On **Tuesdays** from 5:45 to 6:30p.m. you will be with other beginners along with more advanced students helping during the class.

On **Saturdays** from 10:30 to noon, the beginner class is integrated into the basics class.

On **Sundays** from 11:00am to 12:00 noon you are welcome to join our Aikido class.

On **Monday** mornings you can attend the open mat to practice at your own pace.

We encourage you to attend all beginner classes. If you need to miss a class, we'll help you catch up in your next class.

Cost: \$135

This includes your registration fee, membership dues for the month and a practice uniform (dogi).

Monthly dues thereafter are \$90 for adults and \$70 for teens age 12 to 17.

Please Pre-Register:

- Come in at least one week early to observe an adult/teen Aikido class and ask questions.
- Pick up a registration form which you can fill out or take home with you.
- Turn in your registration form, make your payment and take your new dogi (training uniform) home to wash before your first class.

Amenities:

We have changing rooms with showers for women and men plus a gender neutral accessible restroom with a shower. Two Rivers Aikikai supports each person's right to choose which dressing room they use.

Basic Aikido classes focus on the fundamentals of your technique and ukemi (falls). These are the classes you'll move into as you complete the 4 week beginner session.

Our Sunday Aikido class will have empty hand techniques along with practice with bokken and jo. All students from beginners to advanced can benefit from this class.