

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 with your falls to practice safely in Basic Aikido classes. We ask that you have patience 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.

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 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.

合
氣
道

We are a member dojo of the
United States Aikido Federation &
Kiyokaze Iaido Federation

We are a 501(c)(3) federal non-profit
organization

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Learn ...

Aikido

a life changing
martial art.

Harmonize your body, mind
and spirit



TWO RIVERS AIKIKAI

Equity is Ki

**Practicing Nonviolence is a
Way of Life**

Two Rivers Aikikai

Schedule of Aikido Classes

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Schedule is current as of Dec. 15, 2017		5:45 - 6:30p.m. Aikido for Beginners* Adults & teens		5:00 - 5:50p.m. Aikido for Children Ages 8 - 11		9:15-10:15a.m. Aikido for Children Ages 6 - 11
9:30 - 10:45 a.m. Sunday Aikido	6:30 -7:30p.m. Aikido & Weapons	6:30 -7:30 p.m. Basic Aikido	6:30 - 7:30 p.m. Aikido & Weapons	6:00 -7:00 p.m. Basic Aikido	6:00 -7:15 p.m. Aikido & Weapons	10:30-12:00 noon Beginners* & Basic Aikido

* Beginner Classes are offered:

January	July
March	September
May	November

Check with us for the exact start date.

Classes run twice 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.

We encourage you to attend all eight beginner classes as they build on one another. If you need to miss a class, we'll help you catch up.

Cost: \$125

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

Monthly dues thereafter are \$80 for adults and \$60 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 beginner session.

Aikido & Weapons classes focus on fluid technique and ukemi and practice with wooden sword and staff. You'll be welcome into these classes as soon as you feel comfortable with your falls.