

The Beginner Program in Aikido for adults and teens

For the beginner with 3 months experience or less, we offer small classes with experienced instructors who will guide you through the fundamentals of stretching, rolling, footwork, body position and etiquette. Beginning practice in Aikido can be challenging for many people. You may feel physically awkward at times on the mat, afraid to make mistakes and unsure of why certain things are done. The main objective of the 4 week beginner program at Two Rivers Aikikai is to help new students feel comfortable at the dojo both on and off the mat. Our Beginner Session provides instruction in 2 classes per week for 4 weeks. You can practice at your own pace, ask questions and get to know other beginning students. Instructors coordinate the classes so that you will get consistent and well thought out instruction. At the end of the 8 classes, students will be prepared to join the Basic Aikido classes. Beginners may attend Basic Aikido classes once they feel comfortable with their forward and back rolls.

Objectives of the Beginner Program:

Instructors and students will work together to help students accomplish the following:

- Practice carefully and patiently to avoid injuries to yourself and those around you.
- Show respect to yourself, your partners, your instructors and the dojo.
- Follow Dojo Etiquette and Rules of Practice. (www.2rivers.org/members)
- Be introduced to Aikido vocabulary and terms used during classes.
- Stretch, warm up and strengthen your core muscles properly to practice safely and promote good posture, breathing, and awareness.
- Initiate body movements with your hips using your whole body to increase power and coordination of body, mind and spirit.
- Perform attacks, techniques, backward and forward rolls on both sides of your body and from both kneeling and standing positions.
- Be patient with yourself and your partners. Be humble and kind yet self-assured.
- Allow yourself to make mistakes and relish the opportunities to learn from them.
- Gain an understanding of how you and others react to conflict and how Aikido can help you engage with conflict in peaceful ways.
- Have a voice. Be comfortable asking questions or raising concerns and ideas.
- * Become aware of the values of the dojo and how Aikido can help you off the mat.
- Enjoy life-long cooperative learning. Find out a lot about yourself. Find inner joy.