

Rules of Practice at Two Rivers Aikikai

- Every student and instructor has the responsibility to cooperate in creating an atmosphere of harmony and respect and a spirit of pleasure and enjoyment in the dojo in order to learn how to peacefully engage conflict.
- Every student and instructor will show respect to the dojo, to their training tools, to fellow students and to themselves by following the guidelines set forth below and in the Rules of Etiquette for the dojo.
- Before stepping onto the mat, please make sure that your hands and feet are clean and that your fingernails and toenails are trimmed. Do not wear any jewelry during class. Your gi should be clean and in good repair. Keep your jacket closed and your belt tied snugly. Keep a small washcloth tucked in your gi to wipe sweat from your face and wrists.
- Receive instruction thoughtfully and follow the instructor's directions to the best of your ability. Be careful not to offer verbal instructions to your partner unless it is a matter of safety. Learning in Aikido involves a lot of trial and error and it is ok to make mistakes. We can learn from our mistakes. When you or your partner have a question, it is most often best answered by the instructor.
- With a vision toward equity, we believe that every student should feel respected and trusted during practice, and able to set boundaries in order to have agency over their training. Accordingly, the role of experienced or senior practitioners is to support less experienced students to have that agency. At Two Rivers Aikikai we support students to grow into their practice in a way that cultivates appreciation of the art and its technical effectiveness without fear of being criticized while they learn. Rank does not entitle anyone to have power over others.
- When practicing, show respect to your partners by blending in with their movements. Try your best not to push or resist. As nage, lead the energy or ki that your partner provides in the desired direction. Uke gives nage the energy needed to perform the desired technique. Uke's energy is the ki of Aikido.
- The purpose of Aikido is not to fight and defeat an enemy, but to fight and defeat your own aggressive instincts. Do not react with competitive displays of ego, tests of strength or any intent to injure. Aikido is a tool to develop a better society through each individual's character development. Aikido ultimately makes violent behavior obsolete. Always ask an instructor for assistance if you feel unsafe with a partner.
- Always be alert - not just to what is in front of you, but all around you. Pay attention to avoid accidental collisions. Be aware of your limitations and those of your partners.
- Cleaning the dojo proper after each class is a part of practice. Follow the lead of other students or ask an instructor for a cleaning chore. Visitors practicing from other dojos are welcome to help with cleaning.