

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 at your pace and to promote good posture.
- Stances and body movements common to many techniques.
- Basic backward and forward rolls.
- Ways to interact with partners safely and cooperatively on and off 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.

We require proof of having completed the COVID Vaccine process according to CDC guidelines.

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

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



In Japanese the word Ai Ki Do is written in three characters that translate to:
**Harmony (Ai)
Energy (Ki)
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 in mind, body and spirit through the practice of the Japanese martial arts of Aikido, Iaido and Karatedo to peacefully engage with conflict.

2950 SE Belmont Street
Portland, OR 97214
503-238-7012
email: tworivers@2rivers.org
www.2rivers.org

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 August 27, 2024	9:30 – 10:30 a.m. Open Mat For all students	5:45 - 6:30 p.m. Aikido for Beginners* Adults & teens				
11:00 -12:00 noon Aikido For all students	6:00 -7:00 p.m. Iaido Permission Required	6:30 -7:30 p.m. Basic Aikido For all students	6:00 - 7:00 p.m. Aikido For all students	6:00 -7:00 p.m. Basic Aikido For all students 7:15 – 8:15 p.m. Iaido		10:30-12:00 noon Beginners* & Basic Aikido For all students

* Dates for Beginner Sessions in 2024:

Jan. 9th March 5th May 4th July 9th
Sept. 10th and Nov. 5th

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 with the Basic Aikido class.

On **Sundays** from 11:00am to 12:00 noon beginners can practice in the mixed level Aikido class to review what they have learned.

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 for the Beginner Session:

As a non-profit organization, we use a 'pay as you are able' payment structure. Our standard rate is \$140 for adults and \$120 for teens ages 12 to 17. These are discounted prices that include a month of Aikido classes and a gi (practice uniform). Alternate rates are available. Please refer to our website for details. Our aim is to remove financial barriers to learning Aikido while ensuring the sustainability of our dojo.

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 with cash or check and take your

new gi (training uniform) home to wash before your first class.

Amenities:

We have changing rooms with showers 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.

Aikido mixed level classes will have empty hand techniques along with practice with bokken, jo and tanto. All students from beginners to advanced can benefit from these classes.