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## BOULDER AIKIKAI

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### Classes Offered at Boulder Aikikai

#### For Beginner Students

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New students with no prior experience in aikido are welcome to join Boulder Aikikai as a regular member on any date during any of the weeknight 6pm Fundamentals classes. In addition to the weeknight Fundamentals classes, the Wednesday Focus class and the Sunday Fundamentals class are open for beginning students. Beginners are welcome to start attending other classes including the weeknight 7:15pm classes and weapons classes after instructor's approval.

#### Regular Classes

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**Fundamentals Class:** These weekday 6pm classes taught by Boulder Aikikai senior instructors will focus on the fundamentals of aikido. New students with no prior experience in aikido are welcome to join the dojo in these classes on any date.

**Open Class:** These weekday evening classes are instructed by Ikeda sensei, Hofmeister sensei or senior instructors. The Open Class will always contain the highest consistent level of training for serious aikido students from intermediate to advanced levels.

**Focus Class:** This 90-minute class is taught by Ikeda sensei and is open to students at the intermediate level and above. Focusing on underlying principles of movement and power rather than on conventional techniques, it is designed to promote deeper understanding of aikido's internal elements. Students of all experience including brand new beginners are welcome in this class.

**Weapons Class:** Taught three times per week by Hofmeister sensei and senior instructors. Weapons Class presents the techniques of bokken, jo, and tanto (wooden sword, staff, and knife), which are requirements for advanced ranking.

**Youth Classes:** A complete program of Beginner through Advanced level classes is offered for young people aged 9-16. Classes meet twice per week.

**Children's Classes:** A class combining cooperative games and aikido principles is offered twice per week, after school, for children aged 6-9.

**Sunday Fundamentals Class:** Instruction in fundamental aikido techniques and ukemi. Presented by various dan-ranked instructors, and paced for the newer student. This class welcomes members of the CU Aikido Club, the Naropa aikido class, and all beginning and regular Boulder Aikikai members.

#### Other Classes

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**CU Aikido:** Taught on the University of Colorado Boulder campus for CU students, faculty, staff, and alumnae, by a Boulder Aikikai instructor. Contact the Instruction Program at the Student Recreation Center: 303-492-5258, or visit <http://www.colorado.edu/rec-center/programs/instruction/InstructionSpring/martial-arts/descriptions.html#6>.

**Naropa University Aikido:** For Naropa students and faculty, and the greater Boulder community, taught by a Boulder Aikikai instructor. For class and registration information, contact Naropa at 303-444-0202 or go to <http://www.naropa.edu/traditionaleasternarts/akido.html>.

**Weapons Policy.** For insurance and liability reasons, Boulder Aikikai does not provide training weapons for student use in the dojo. It is each student's responsibility to acquire and safely maintain his/her own wooden training weapons.