
BOULDER AIKIKAI

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Welcome to Boulder Aikikai

As a new student at Boulder Aikikai, you may find some things new or unfamiliar. Here is some simple information about what you can expect at the dojo as you begin your aikido training. We have included a description of our class structure as well as some suggestions for finding more information about Boulder Aikikai and aikido in general.

Please train safely and, once again, welcome to Boulder Aikikai.

The Basic Class Structure

At the beginning of class, students will line up seated in front of the shomen (front of dojo) between the two pillars. The instructor will come in front of the line to face the shomen to lead the class in the opening ceremony consisting of one bow, two claps, and another bow. The instructor will turn to the class and everyone will bow together saying, "onegai shimasu" ("please train with me"). The instructor will then lead the class in warm-ups and exercises.

During class, the instructor will choose a student for a technique demonstration. After the demonstration, each student will bow to the instructor and then turn and bow to a fellow student next to them to practice what was just demonstrated. Each student will alternately take the role of nage (the person performing the technique) and then the role of uke (the person receiving the technique). Each student does the technique as nage four times and then as uke four times, alternating sides left and right each time they do a technique. If there is a third person, rotate them in round-robin style. During practice, the instructor may call for attention to clarify a point; students will sit with their partner close by, leaving a space near the shomen for the demonstration, then resume training with their partners after the clarification.

At the end of class, the students will line up as at the beginning of class and the instructor will lead the class again in the closing ceremony consisting of one bow, two claps, and another bow. The instructor will then turn to the class and everyone will bow together saying, "domo arigato gozaimashita" ("thank you very much"). The students will then form a circle for announcements before the class ends.

Additional Information

You will receive an Aikido Schools of Ueshiba (ASU) handbook which includes rank testing requirements, etiquette, vocabulary, and more. The Boulder Aikikai website at www.boulderaikikai.org includes information about the dojo.

Please subscribe to the Boulder Aikikai mailing list(s) at www.boulderaikikai.org/lists to receive up-to-date news about the dojo.

Other websites of note include the Aikido FAQ at www.aikidofaq.com, Aikido Journal at www.aikidojournal.com, and AikiWeb at www.aikiweb.com.