

Classes Offered at Boulder Aikikai

Beginning Series

For new students, Boulder Aikikai offers a four-month training program with the same dan-ranked (black belt) instructor, two days per week, at reduced prices. The Beginning Series includes the following sequence of classes:

Beginner Class: This two-month class is provided for new students without prior aikido experience. Students will learn safe rolling and receive detailed instruction in basic aikido technique at a reasonable pace. Loose, comfortable clothing is acceptable when starting.

Intermediate Class: Also two months, this class is provided for students who have completed the Beginner Class. Intermediate Class expands the detailed instruction of aikido technique and principles, while increasing the intensity of training. Intermediate Class students may attend the Sunday Basics Class at no additional cost. Intermediate Class students desiring more training may also enroll in other classes, but must pay regular fees and be prepared to purchase the training weapons that may be used in these classes. Note: In order to qualify for testing and rank advancement, students must have completed the Intermediate Class taught by their original instructor.

Regular Classes

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 aikidoka 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.

Weapons Class: Taught three times per week by Hofmeister sensei and senior instructors. The Weapons Class is open to students at the Intermediate level and above. Weapons Class presents the techniques of bokken, jo, and tanto (wooden sword, staff, and knife), which are requirements for advanced ranking.

Basics Class: Instruction in the fundamentals of aikido.

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.

Ukemi Class: The ukemi class is designed for those already comfortable with basic ukemi (forward/backward rolls and falls). Students learn ukemi principles and techniques and explore the interactions between uke and nage.

Sunday Basics Class: Instruction in basic aikido techniques and ukemi is presented by various dan-ranked instructors. The class is attended by members of the CU aikido club and the Naropa aikido class, as well as by regular Boulder Aikikai members.

Other Classes

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.