

Aikido Children's Program Brochure 2023-2024

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1. Introduction

What is Aikido and Why it is Good for Modern Children

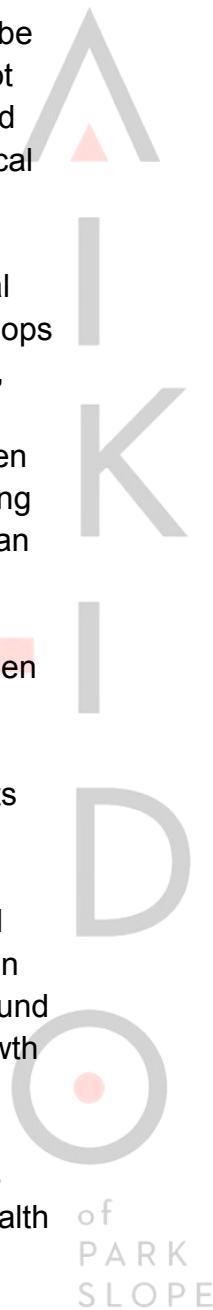
Aikido is a well-rounded and rigorous non-violent martial arts training experience. It includes warm-up and conditioning, ukemi practice (the Art of Falling), Wooden Weapons practice (Bokken and Jo), and open-handed techniques. Children learn to be disciplined, confident, observant, responsible, respectful, mindful and kind. We do not promote aggression and violence, and teach only to take needed measures to defend yourself and others, best of which is to escape the situation with minimal to no physical conflict.

Aikido is a great foundation for developing harmony of free movement, love of martial arts and regular exercising in general. It is a well-rounded exercise routine that develops a whole child - the mind, the spirit and the body. Children gain coordination, strength, spacial awareness, learn to control freeze-flight response, and socializing outside of their age group. We incorporate fun games, obstacle courses and meditation. Children are encouraged to develop a growth mindset without unnecessary competition. Testing for a new belt level happens 3 times a year. As at any true martial art dojo children can freely attend some or all classes within their schedule.

Children learn to move their body in harmony with their partners, and with their wooden weapons, within proper spacing and effective timing, proficiently execute defense techniques and learn the logic and basic psychology of attack/defense, and execute body saving non traumatic falls (art of ukemi), which will serve them well in any sports and life situations.

Aikido is an art one can start practicing at 6 years old and through the whole life, and continuously and endlessly grow through decades of practice. In time, they will join an international community of practitioners, travelling to aikido camps and seminars around the world. Due to its non competitive nature everyone can focus on his personal growth and needs, and reach his full potential without being judged or compared.

Also, based on the harmonious nature of aikido practice and less trauma involved as opposed to high impact martial arts, aikido practitioners are able to preserve their health and develop their body abilities well into their 70s or 80s.



2. Student Dress Code

Accidents happen on the mat. To minimize harm we need to enforce the following rules while practicing while on the mat:

1. No jewelry (necklaces, piercing, earrings, rings, hair clips).
2. Long hair shall be braided away or pulled from the face.
3. If your child chooses to wear a mask, please make sure, it's not cumbersome nor obscures vision during movement.
4. Martial art uniforms (gi) shall be worn to each class and be in order and appropriate length, ropes shall be tackled in.
5. No outside clothes with *metal* or sticking-out details like jeans, school pants, shirts with buttons, and such are allowed. In the absence of a uniform, only sweatpants and plain long sleeve shirts are allowed (long sleeves to protect elbows and knees from rubbing against the mat during ukemi).

3. Dojo Etiquette and Safety Rules

Aikido is real martial art, with execution of pins, throws, strikes and holds; it involves wooden weapons kata practice and in more advanced level jiyu waza (executing free flow techniques from certain attack), randori (protection techniques from multiple attackers), and weapons sparring techniques. Practicing aikido requires a measure of self-control and discipline from kids, we are not tolerating any horse play.

Students are obliged to follow all the safety rules and dojo etiquette that makes practice safe, beneficial and enjoyable by everyone.



Safety Rules:

1. Pay attention during class and especially during Sensei demonstrations.
2. Execute all the moves/techniques in a safe and careful manner exactly how sensei has shown.
3. Be mindful about the distance to other practitioners, make sure your partner has a place to fall safely.
4. Look forward and make sure you have space before executing any roll.
5. While practicing techniques, if your partner says taps or claps his hand on the mat/his leg — LET GO IMMEDIATELY.
6. Be respectful and friendly to everyone, while choosing a partner do not exclude anyone for any reason, if you are an advanced student choose to work with beginners to help them grow as well. It's always a good rule to work with someone you have not practice with before.
7. Bullying, aggression, curse words are not tolerated, younger kids are to be respected and heard, teachers are highly respected.

Dojo Etiquette:

1. Bow when entering and exiting the dojo.
2. Bow when entering/leaving the mat.
3. Bow to your teachers and other students before and after practicing together.
4. Keep your uniform (gi) clean and neat as a sign of respect to teachers, students and yourself.
5. Listen and pay attention during class, ask appropriate questions at appropriate times, ask for help when needed.
6. Do not interrupt meditation/breathing exercises practice.



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4. Testing requirements

Children need to satisfy following requirements to be promoted: accumulate a needed amount of training days, know required techniques, be on the good standing in regard to dojo etiquette and safety rules. It is expected that children will attend dojo at least once a week. For a good progress and attaining physical stamina, it is better to attend classes 2-3 times a week.

10TH KYU YELLOW BELT (20 HOURS)

1. Answer these Questions:

- What is Aikido?
- What is Ki?
- Who is O' Sensei?
- Where do we practice Aikido?
- What is a dojo?
- Who is the head instructor of this dojo?
- What is dojo etiquette and safety rules?
- What is a gi and why should we keep it clean?
- What is the role of Nage?
- What is the role of Uke?
- What is ukemi?

2. Demonstrate understanding of basic footwork including:

- Left / Right Hanmi
- Irimi - Tsugi ashi and Ayumi ashi
- Ushiro
- Tenkan
- Kaiten
- Irimi-tenkan

3. Demonstrate understanding of basic ukemi, including:

- Front rolls - mae ukemi
- Partial back roll / Back fall - ushiro ukemi

9TH KYU GREEN BELT (30 HOURS)

1. Demonstrate basic Aikido exercises:

- Wrist techniques (solo practice)
- Ikkyo
- Nikkyo
- Sankyo
- Kotegaeshi
- Rowing exercise - Torifune



- Ikkyo exercise
- Tai No Henka (Tenkan exercise with partner)

2. Ai Hanmi Katate Dori Ikkyo (Omote & Ura)
3. Kokyu Dosa
4. Front rolls and full back rolls -Mae ukemi and ushiro ukemi

8TH KYU BLUE BELT (40 HOURS)

1. Demonstrate control of ukemi:
 - Small front rolls
 - Large front rolls
 - Roll slapping out/break falls - Tobi ukemi
2. Gyaku Hanmi Katate dori Kokyu ho
3. Ai Hanmi Katate Dori Iriminage
4. Ai Hanmi Katate Dori Kotegaeshi
5. Ryote Dori Tenchinage

7TH KYU PURPLE BELT (50 HOURS)

1. Gyaku Hanmi Katatetori Shihonage (Omote & Ura)
2. Shomenuchi ikkyo (Omote & Ura)
3. Shomenuchi Iriminage
4. Tsuki Kotegaeshi
5. Morotetori Kokyuhō (2 ways)
6. Katate dori Kaiten nage (Uchi & Soto)

6TH KYU BROWN BELT (60 HOURS)

1. Yokomenuchi Shihonage (Omote & Ura)
2. Shomenuchi Nikkyo (Omote & Ura)
3. Shomenuchi Sankyo (Omote & Ura)
4. Tsuki Iriminage
5. Ushiro Tekubitori Kotegaeshi
6. Suwari Waza – Shomenuchi Ikkyo (Omote & Ura)
7. Suwari Waza – Shomenuchi Iriminage

GLOSSARY

- Katatetori – One hand grab to wrist
 Morotetori – Two hands on one
 Ryotetori – Both wrists held from the front
 Shomenuchi – Strike to forehead
 Tsuki – Thrust or punch
 Ushiro Tekubitori – Both wrists held from behind



5. Fall 2023 Schedule

Times	Sunday	Tuesday	Thursday	Saturday
9 am - 10 am	Mixed Aikido class Kids 6 - 10 Natalia, Sergii			Beginner* Aikido class Kids 6-10 Keith, Sergii
10 am -11 am	Advanced* Aikido class Teens 11 - 15 Natalia, Sergii			Mixed Aikido class Teens 11 - 15 Keith, Sergii
4 pm - 5 pm		Mixed Level Kids 6-10 y.o. Brian	Mixed Level Kids 6-10 y.o. Natalia	
5 pm - 6 pm		Mixed Level PreTeens- Teens 11-15 y.o. Brian	Mixed Level PreTeens- Teens 11-15 y.o. Natalia	

*Advanced Class is for students ranked 9 Kyu (Green Belt) and above, the program includes Advanced aikido techniques, advanced Ukemi practice, Randory (multiple attackers), Weapons Kata, and Sparring. Expect physically demanding training.

*Beginner Classes are open for students of Higher Ranks with the understanding that they will be helping Beginners kids grow and grasp techniques. Also, even Higher Rank students need to continue on improving their footwork, ukemi skills, and basic techniques. Classes include an introduction to Aikido, basic steps, rolls, basic Aikido techniques, studying of safety rules and training etiquette, the art of movement, the art of falling, and fun games.

*Mixed Level classes are open to everyone who had their first introductory classes on Saturdays. Classes include studying Aikido techniques in depth, Basic Weapons Practice, Ukemi practice, games, meditation, etc.



2023-2024 Tests, Parties, and Holidays Closures Calendar

First day of Fall classes is September, 5.

Program Closures Dates

Labor Day Weekend - September 2 - 4, 2023

Thanksgiving Day - November 23, 2023

Christmas Eve - Sunday, December 24th, 2023

New Year's Eve - December 31st, 2023

Memorial Day Weekend - May 25-26, 2024

Test Dates

I Test Date - November 11, 12 (Sat and Sunday) 2023

II Test Date - March 9, 10 (Sat and Sun) 2024

IV Test Date: June 8, 9 (Sat and Sun) 2024 + Summer Party

Events

Open House - September 2nd and September 16th

Parent-Child Class October 14, 2023

Samurai Movie Night (Games, Movie, Pizza) 5 pm - 8 pm (Parents Night Out) - December, 8

Winter Party (TBD)

Parent-Child Class January 20 2024

Samurai Movie Night (Games, Movie, Pizza) 5 pm - 8 pm (Parents Night Out) - March, 22

Spring Camp (TBD)

Youth Aikido Seminar (TBD)

Summer Camp (TBD)

