

CHILDRENS PROGRAM

Children Ages 4- 12

Aiki-Mites (ages 4-6)

THURSDAYS 330-430pm

Young children have fun and express energy while gaining mind-body coordination, social skills, group skills, and emotional intelligence. Aikido inspired games, moves, and tumbling are taught to youngsters in a safe, empowering, fun environment.

Aiki-Kids (ages 7-12)

TUESDAYS & THURSDAYS 445-545pm

Kids have fun and develop focus and flexibility as they learn Aikido's ethical martial art techniques. Class activities develop body-mind coordination, emotional intelligence, awareness, athletic abilities, and healthy peer relations. Empowering, beneficial, and fun.

Children ages 4-12 can start Aikido anytime there is space availability. Class sizes are limited to maintain proper teacher-student ratios.

We encourage parents to bring your child and observe an Aiki-Mites or Aiki-Kids Class. This is a great way to see what we do and gain a sense of whether it's a good fit for your child.

ADULTS PROGRAM

Mature Teens to Seniors

Beginners

TUESDAYS 7:15-8:15pm

Adults of all ages (and mature teens) can start Aikido anytime in this class and get a warm welcome and lots of personal help. This class teaches foundational Aikido skills, movements, and techniques. You may come to 1 Class for \$15 or get a 4-Class pass for \$36.

All Levels

TUESDAYS & THURSDAYS 6:00-7:00pm

SATURDAYS 9:30-1030am

Whitebelt through Blackbelt students train in these classes. (Beginners should have at least 1 month experience, with an understanding of Aikido fundamentals and basic ukemi skills. Ask Sensei about readiness.

General

WEDNESDAYS 5:30-6:30pm

THURSDAYS 7:15-8:15pm

SATURDAYS 10:30-1130am

General Classes are for experienced students who have already acquired specific skills. Readiness for General Level is approved by Chief Instructor.

Advanced

MONDAYS 5:30-6:45pm

WEDNESDAYS 6:45-8:00pm

WEDNESDAYS 8:00-8:30pm

JUNIORS PROGRAM

Advanced Youth in Adult Program

WEDNESDAYS 5:30-6:30pm (Core class)

TUESDAYS & THURSDAYS 6:00-7:00 pm

THURSDAYS 7:15-8:15 (Rank prep with uke)

The Juniors Program is for Advanced Youth who are invited by Sensei to train in the Adult program. Juniors attend a Core Class (Wed 530pm), and may train in all adult classes designated by Sensei.

DESCRIPTIONS OF SPECIAL FOCUS CLASSES

Deep Aikido The focus of this class is for advanced students to develop deeper **Somatic Awareness** of direction, force, and flow of what is going on—and to subsequently react more quickly and powerfully in each new present moment. **Nage** develops creative adjustments such as **Henka Waza** (Change techniques) or **Kaeshi Waza** (Reverse techniques). **Uke** develops the more subtle aspects of good **Ukemi**: everything that occurs between the strike or grab and the eventual fall or pin.

Weapons Jo (Aiki staff), Bokken (Aiki sword), and Tanto (Aiki knife) practices. Note class level on schedule.

Exam Prep In this class, students work with a partner to develop the techniques that will be demonstrated for their next

promotion level. Videotaping & Pretests
with Sensei take place during this class.
Rank demos/exams happen in this class.