

Aikido Victoria Junior Classes



ABOUT AIKIDO

Aikido is a modern, non-competitive Japanese martial art. The founder, Morihei Ueshiba, was known to his students as O Sensei. Although often portrayed as a gentle aging teacher, O Sensei was a warrior, legendary for his martial skills within his own lifetime. He passed away in 1969 at the age of 86, having devoted the latter half of his life to developing and refining the art of Aikido. Aikido continues to evolve under the guidance of O Sensei's original live-in students (uchi deshi) and their students. Aikido training requires a self-disciplined approach and continuity of practice. Techniques are repetitively practised in a variety of forms, ensuring that movement becomes spontaneous. Through training one aspires to flowing movement and a relaxed and centered posture. Aikido is a dynamic art, and control over an assailant is achieved by redirecting his / her energy and movement, rather than by the use of brute force. Accordingly, an individual's body size and strength is of less importance than in many of the defensive arts, although improvements in fitness, agility, flexibility and muscular strength number amongst the benefits of consistent training. Over time practice also enhances mental focus and alertness. Aikido techniques are grounded in the ancient traditions of Samurai warriors. A series of hand-combat (tai jutsu) techniques have evolved from sword movement and form the basis of Aikido training.

Training takes place in a hall known as a DOJO (place of the way). The dojo is considered a sacred place of learning.

AIKIDO & OUR CHILDREN

It is common that many parents want their young children to learn techniques of self-defence so that they will be more self confident, self reliant and better able to deal with the ever present bullying at school.

Aikido could be a great tool for learning conflict resolution, as well as teaching self improvement, Aikido encompasses practical techniques to preserve integrity and promote cooperation. That is why some people have used the techniques of Aikido as a metaphor for teaching the skills of mediation and conflict resolution.

The general aim of the practice is to open children up to the humanitarian and engaging principles that underlie the practice of Aikido while developing their physical and emotional stability. Our classes consist of warming-up exercises, basic movements that form the building blocks of Aikido, more advanced techniques, and some more playful exercises which enrich the skills developed.

The children train in a lively, healthy and relaxed atmosphere that they enjoy, yet the purpose and the skills are always serious and real. The students work with the instructor and with each other. A great deal of the class training is with partners and the children learn how to trust each other, work together and how to help each other.



Benefits of Aikido for Children :

- They learn respect for themselves and others
- Improves their confidence & self esteem
- Heightened self-awareness
- Personal growth and character building
- Gain knowledge of self-defence techniques
- Learning effective ways of dealing with bullies and strangers
- Encourages teamwork
- Enhances balance, flexibility, coordination & physical fitness
- Assists in self discipline
- A chance to make new friends
- It is an opportunity TO HAVE FUN

ABOUT OUR INSTRUCTORS

Our organization seriously understands the level of preparation and commitment needed to teach Aikido for children, and therefore we ensure our Aikido instructors :

- ✓ Provide instruction in a manner that is safe, responsible, and accountable with appropriate levels of understanding as to their legal and community obligations .
- ✓ Comply with appropriate training standards for what constitutes safe practice in exercise .
- ✓ Understand our responsibilities under Occupational Health and Safety regulations.
- ✓ Understand our responsibilities in dealing with complaints involving sexual harassment and discrimination in martial arts training.
- ✓ Have a current Working with Children (WWC) Check .
- ✓ All our instructors have many years training in Aikido in addition they have broad experience liaising with children either as School teachers, Sport Coach or parents which is added to their passion towards teaching Aikido to your child.

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WHERE & WHEN CLASSES ARE AVAILABLE

Clifton Hill Dojo (Ages 6 - 16) located at Athol Gill Centre, 100 Hodgkinson Street, Clifton Hill, Melway Ref: 44 C2.

Training Times

Ages 6 - 12

Monday 05:00 - 06:00pm

Saturday 09:00 - 10:00am

Information: Alexander Rojas

E: info@aikidokids.org.au

Warrandyte Dojo (Ages 6 - 12) Located at War-randyte Scout Hall (Stiggants Reserve) 45-55 Yarra Street, Warrandyte 3133. Melways Ref: 23 D12.

Training Times

Sunday 10:00 - 11:00am

Information: Rodrigo Castellanos

T: 0424 178 216 E: rodrigoecv@hotmail.com

Heidelberg Dojo (Ages 6 - 12) located at 187 Burgundy Street, Heidelberg at the rear of Scots Uniting Church. Melways Ref: 31 K4.

Training Times

Sunday: 04:00 - 05:00pm

Information: Leon Metzling

T: 0429 168 084 E: metzreed@iprimus.com.au

Glen Waverley Dojo (Ages 13 - 16) located at Scout Hall, Cnr of Orchard and Cherry Streets, Glen Waverley. Melway Ref: 62 A10. Notice these are a blended teenage class with the adults class.

Training Times

Monday 07:00 - 08:30pm

Wednesday 07:00 - 08:30pm

Information: Linda Godfrey

T: 0418 391674

Aikido Victoria (Aiki-Kai) Inc.

Official Representative Organisation of Aiki Kai Australia, the Aiki-Kai Foundation and Aikido World Headquarters, Tokyo, Japan. Established 1968.

P.O. Box 399

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Victoria 3132

As Aiki Kai Australia is a non-profit organisation and our instructors are volunteers, class fees cover expenses such as hall hire and equipment. Membership fees cover student's insurance and administrative costs.

You must be a member of Aiki Kai Australia in order to train in our dojos. The membership fee is paid on an annual basis. The training fees and classes are based on the Victorian School Calendar.

Junior Classes - Term Fees

Classer per Week	Standard	Concession
1 class per week	\$110	\$90
2 classes per week	\$180	\$150
3 classes per week	\$275	\$230

