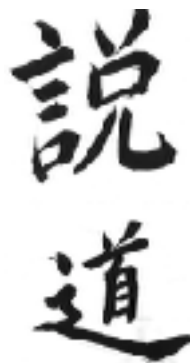


Children's Club Information Sheet

Buckfastleigh Setsudo Ki Aikido
The Independent Association of Ki Clubs



Aikido means way of unifying energy. Based on traditional Japanese martial arts, it is a way of dealing with life's challenges without fighting or running away. The only meaningful way to understand Aikido is to practice it!

These classes have been developed to suit the needs and abilities of young children. The exercises are simple methods of dealing with hand holds on wrists and clothing. There is no punching, kicking or aggression. Children are also taught methods of breathing and meditation as well as simple methods of focusing their energy. When a child is deemed old enough they will be invited to join the adults class.

Children will:

- Be taught simple self-defence techniques.
- Learn to roll and fall safely.
- Have fun, get exercise and play games.
- Develop confidence, awareness and respect.

Minimum age: 7 years.
Location: Buckfastleigh Town Hall.
Times: Tuesdays 5:45 - 6:30pm.
Teacher: Sensei Jeremy Weiss, 4th Dan.
Assistant: Jake Sanford, 1st Dan.
Cost: £28 for 7 week period.
Membership: £12 per year.
Grades: No tests - a coloured stripe for every 14 sessions attended.
Uniform: White judo or karate style uniform (gi).

Etiquette:

- Children must have clean feet and hands, and short finger and toe nails.
- No jewellery is allowed on the mat for safety reasons.
- They must turn up at least 15 minutes before the start of the class.
- Children may not wear their gi outside of the dojo.
- Parents may watch the lesson but no talking is allowed.

More information can be found at: setsudo-ki-aikido.org
Any further questions contact Jake on 07790 935683.