

Children's Club Information Sheet

Buckfastleigh Setsudo Ki Aikido
The Independent Association of Ki Clubs



Aikido means way of unifying energy. With roots in many traditional Japanese martial arts, it is a way of dealing with life's challenges without fighting or running away.

“Do not fail to learn from the pure voice of an ever-flowing mountain stream splashing over the rocks” - Morihei Ueshiba, Founder of Aikido

These classes have been developed to suit the needs and abilities of young children. There is no punching, kicking or aggression. Children are also taught methods of breathing and meditation as well as simple ways to focus their energy.

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.

Location: Buckfastleigh Town Hall.
Times: 7 years + Tuesdays 5:00 - 5:40 pm
10 years + Tuesdays 6:00 - 6:40 pm
Teacher: Sensei Jeremy Weiss, 4th Dan.
Cost: £28 for 7-week bloc.
Membership: £18 per year.
Grades: No tests - a coloured stripe for every 14 sessions attended.
Uniform: White aikido, judo or karate style uniform (gi).

Etiquette is of utmost importance:

- 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 10 minutes before the start of the class.
- Children may not wear their gi outside of the dojo.
- Parents/siblings are encouraged to watch the lessons but no talking is allowed. A separate room is provided for waiting parents/siblings.

More information about Aikido can be found at: setsudo-ki-aikido.org
Any further questions contact Anton on 01364 654916.