



"It's great!  
I really like doing  
aikido."

# aikido for kids



Aikido is a defensive martial art which was developed in Japan in the early 20th century by its founder, Morihei Ueshiba, who is known as O'Sensei or 'Great Teacher'. The translation of the word 'aikido' means the way of harmony and spirit.

Aikido teaches harmonising with oncoming energy and leading the other person to lose their balance so it is ideal for children as it doesn't require physical strength and is not dependent on size.

"It helps with  
physical ability and  
stuff like that."

London Aikido Club holds special children's classes which are designed to introduce children to the etiquette and techniques of aikido through selected games and an appropriate selection of techniques. Children are also taught to enjoy receiving technique safely by being taught specific ways of falling and rolling on soft mats.

Aikido is not a sport, therefore it is not competitive. It focuses on enjoyable physical exercise with a purpose and an emphasis on co-operation. Classes include warm-up exercises, games, taijitsu (open-handed technique) and special kata using a wooden stick called a jo.

Our classes emphasise self-development in a safe, enjoyable, friendly and caring atmosphere. Some of the benefits to your child include:

- Improved fitness and co-ordination
- Respect and courtesy
- Focus and awareness
- Confidence and self-control
- Teamwork
- Positive attitude



Parents are welcome to stay and observe class. Initially children can wear a comfortable t-shirt and trousers. Dogis (uniforms) can be purchased at a cost of £15-£20 depending on size. Instructors are Evelyne Faury and Keith Forward. All instructors are CRB checked and are certified in modern coaching practice and teaching skills. Classes: Thursdays 6.30-7.30pm £5 per class (possible weekend class in the future)

合気道

London  
Aikido  
Club

Tel: Enquiries: Evelyne 07866 517317

London Aikido Club: 60A Windus Road, Stoke Newington, London N16 6UP

## Have fun! Make new friends! Come and learn aikido!

Aikido comes from Japan. In aikido classes you learn how to defend yourself. Aikido is for all ages. It's for boys and girls.

Aikido is really great for kids to learn because it works by taking somebody's balance so it doesn't matter how big or small you are.



# aikido



You learn aikido in a special place called a dojo and you wear a special uniform called a dogi.

In class you play special aikido games which are lots of fun.



"It's fun, it helps you get fit and everyone's really friendly."



# for kids

You learn how to do special aikido rolling and tumbling around on soft mats.

Sometimes you practise with a wooden stick called a jo and you take turns practising aikido moves on each other.

There's no winning or losing, you just have lots of exercise and get more confident.

If you do aikido, after a while, you can earn different coloured belts.



**Classes 6-14 years Thursdays 6.30—7.30pm**

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