

Aikido The Art of Peace

For grades K-2

Thursday: 3:30-4:15 p.m.

Grades: K-2

Cost: \$150.00 (Checks payable to TDS)

Class Size: 4-24

Location: Tehiyah Gym

12 Class meetings: Oct. 7, 14, 21, 28, Nov. 4, 11, Dec. 2, 9, 16, Jan. 6, 13, 20

Registration Deadline: Tuesday, September 28, 2010 (Late processing fee is \$12.00)

Class Description: Derived from the traditional Japanese arts of war, Aikido brings principles of peace and stewardship through the cultivation of awareness, balance, and freedom of natural movement. Student's will learn to receive aggressive energy in a way that neutralizes conflict without giving up personal integrity, while allowing options for the aggressor to remain unharmed, rather than merely reversing the aggression at the risk of conflict escalation. The principles practiced herein are applicable throughout life's challenges; be they martial, social, creative or otherwise. No experience necessary- other experience welcome!

Instructor: Justin Gordon has been sharing skills with children and adults for over 15 years, specializing in the arts. At the start of 2008, after only 2 months of training at Aikido Shusekai in the Berkeley YMCA, he began attending the Youth class as an assistant. Within a year Justin was hired as the official instructor. Upon the turn of 2009 he was invited to move into the Aikido of Berkeley Dojo as a full-time apprentice under Kayla Feder Sensei (6th degree black-belt) where he still lives and is a co-teacher of 3 weekly youth classes in addition to the YMCA.

Contact: Justin Gordon, nitsuj@aikiarts.com, (510) 412-9999

The registration form is below.

-----Please cut and attach with paper clip to front of check-----

Enrichment Class _____ Instructor _____ Day: M T W TH F Cost: \$ _____

Name of Student _____ Grade _____

Name of Parent/Guardian _____ Home Phone # _____

E-mail _____ Emergency Phone # (or if class meeting is cancelled) _____

Please check if your child normally takes the **3:30 Tehiyah School Bus** on the day of the class:

If yes, please check if you want your child to resume riding the 3:30 Tehiyah School bus once the 8-12 week session is completed:

Please check if you want your child to ride the 5:00 school bus for the duration of the class: