

## Children's Program

We believe that an early martial arts experience for any child is beneficial in so many ways.

Martial arts:

- Builds confidence
- Teaches discipline and respect while setting goals
- Makes friends
- Teaches conflict resolutions
- Promotes a healthy lifestyle
- Enhances other activities

Call today for your  
**FREE Trial Classes.**

Children's Classes are held:

**Ages 4-6—Little Samurai**

**Ages 6-10+**

**Wed: 6pm –7:pm**

**Saturdays: 10 -11am**

**Ages 11 and up**

visit [www.asahidojo.com](http://www.asahidojo.com)  
for current training schedule

*"A pebble cast into a pond  
creates ripples.  
Aikido is the pebble.  
We are the ripples."*

### **Martial Arts**

### **Expect a Difference**

"In aikido you don't hit and punch, so you won't get in trouble for fighting at school. But you will be able to defend yourself by using your attacker's energy and momentum against him. Also, aikido teaches you to have a calm and impassive mind, so teasing bothers you less, and you don't react out of anger or fear."

**-USA WEEKEND Sept 10-12, 2004**



**Asahikan Dojo Aikido**  
**Collegeville Station**  
**50 West 3rd Ave**  
**Collegeville, PA 19426**

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**610-489-6281**

ASAHIKAN DOJO AIKIDO

## Youth Aikido Program



*FREE Trial Classes*



**610-489-6281**  
[www.asahidojo.com](http://www.asahidojo.com)

# ASAHIKAN DOJO AIKIDO FOR YOUTHS

## AIKIDO

Aikido was developed by O-Sensei, Morihei Ueshiba (1883-1969), in the middle of this century. As a non-competitive Japanese martial art of self defense, the fundamental principle of Aikido is to evade and redirect or neutralize an attack by using your opponent's force against themselves. In the highly aggressive and sometimes violent world, instilling the principles embodied by Aikido in our children has become paramount.



## Asahikan Dojo Aikido

At Asahi Dojo Aikido, the children classes are taught by Michael and Pamela Aloia. Each new student is given personal attention and encouraged to progress at their individual pace. Beginners are integrated quickly into the non-competitive atmosphere of everyday training once the basic skills of ukemi - falling- have been mastered.

## Aikido Practice

Through a series of exercises and techniques, children learn to defend themselves without inflicting injury or harm to others. Most learning is done with a partner. The pair work fosters a greater sense of cooperation and allows the students to learn that interpersonal challenges are resolved only through mutual negotiation.

Aikido practice incorporates many throws and holds which should strengthen not only the body but also the mind and spirit; giving children a strong sense of center, focus and self-confidence.

Another important aspect of Aikido is the art of ukemi, or falling. Children learn to throw and how to be thrown. This invaluable skill often carries over into their everyday rough and tumble world.

In the dojo (training hall) children also learn discipline, etiquette and language, which is inherent to the Japanese martial arts. Advancement and ranking in the art is obtainable through consistent practice. But most importantly, Aikido is just great fun!



## You Are Invited

It is difficult to describe Aikido in words. The best way to understand the art is to visit our school and watch a class. We welcome you to visit and determine for yourselves if Aikido would benefit your child. If so you are welcome to participate in a few FREE trial classes and there is no obligation.

### Fees

**Twice a week—Ages 4-6 and Ages 6-10**  
\$60.00 per month

**Unlimited classes - Ages 11 up**  
\$70 per month

*No contracts to sign*

**Children's size gi's** (training uniforms)  
available through the Dojo

*Testing/advancement/ organizational fees are additional*

