



Aikido classes for Children

Aikido is a Japanese Non-Violent Martial Art that teaches ways to resolve conflict without violence. It is an educational tool that teaches students how to deal with challenging situations they experience in their everyday life.

Our mission is to support students in developing an expansive array of tools they can access when feeling threatened by violence, aggression and stressful situations. Classes provide instruction in the Nonviolent Martial art of Aikido and also include the exploration of options such as discussion, collaboration, compromise and cooperation as solutions for resolving conflict. Our instructors believe, teaching students to keep their bodies and minds at peace, to feel safe and calm during conflict, to diffuse aggression, to effectively defend themselves without becoming violent, is the beginning of bringing a more peaceful balance to our future world.

Aikido practice emphasizes . . .

- *Neutralizing the attack rather than neutralizing the attacker*
- *Avoiding physical confrontations*
- *Defending oneself by controlling the attacker rather than resorting to aggressive techniques*
- *Keeping one's body centered and conscious while responding to hostility*
- *A fun, stress free, positive, non competitive environment, encouraging learning and confidence*
- *Focus, concentration, perception and spatial awareness*
- *Verbal and physical non – violent conflict resolution*

Classes begin at the Asian Arts Center on February 5th from 12 to 1.15pm. Address 318 North 5th Avenue Phoenix, AZ 85003. First introductory class is at no cost.

*For further information please consult www.AikiSeeds.com or contact moylanryan@aikiseeds.com
Phone - 602 308 9394*