

Our program for kids here in Albany has been ongoing since 1993. We teach the principles of Peaceful Resolutions to Conflict using Aikido, breathing, meditation and Mind/Body Coordination exercises. Our students are taught monastic style etiquette forms (rei) and are expected to show respect to the teachers, fellow students and guests at all times. We accept all students regardless of ability to pay. We have 2 payment levels. A 1x a week level and a 3+ times a week level. This was created to allow for a hardship discount. If you can afford it, pay the 3+ fee and if not then the 1X fee. Come as often as you can, any day you can. If you need another payment plan/ discount please see Sensei. Parents are encouraged to sign up and join the kids class if you would like. If your child is younger than 7 years old or has trouble paying attention you may be required to join them on the mat as a condition of their participation in the class. This class should be thought of as traditional monastic education not recreation.

Uniforms can be purchased from the instructor or other sources. White, judo Gi are preferred. It is recommended that you wait until your child is sure of their commitment before buying a gi. One or two months at the minimum. Gi should not be worn outside of the dojo. If your child is changing into a gi or other training wear please provide zori or other slip on/off shoes for them. Our changing room is the bathroom. Bare feet and bathroom floors make a bad combination.

Tests for rank are given twice a year. In this dojo we test very conservatively. The first test is usually after 6 months to a year of consistent practice. Unlike many programs we do not charge for children's tests.

We are a non profit organization (501C3) and can accept tax deductible donations. Some employers have programs for matching or giving outright to groups who you support. Our programs include teaching in Jails and other economically depressed communities. Please help where you can.

We are an authorized branch of Ki No Kenkyukai Japan and are the headquarters of the Northern California Ki Society. With the help of many students and friends, we continue to teach in the traditions of Tohei Sensei and we welcome beginners and Aikido-ka of any style to practice with us.

Our Chief Instructor, Maida Sensei, is a personal student of Master Koichi Tohei. He is a certified "Shihan" (master instructor), authorized examiner for Ki Society International, Tokyo, Japan, Chief Instructor of the Northern California Ki Society and holds the rank of 7th Dan.

All instructors in this program are personally trained by Maida Sensei, have trained with Master Koichi Tohei and receive specialized teaching methods instruction in a mandatory monthly class.

Sensei: Pietro Yuji Maida
Instructors: Julia Witwer
 Sherry Drobner
 John Hanes

"If the mind is calm, the body will be stable"



Maida Sensei, Koichi Tohei Sensei, Shinichi Tohei Sensei

Kids Program

Aikido training for kids focuses on self discipline and self confidence. Through our 25 years of instructing children we have found that kids desire discipline and indeed prosper from it. We believe that discipline, without judgement, inspires self confidence and increased positive reactions to stressful situations.

Our main concern is for the safety of all students while preparing them to deal with mental, psychological, and physical conflicts in daily life. We require all students to abide by a set of conduct rules which allows for the practice of dynamic martial techniques while maintaining a high level of safety.

- 1) All students must follow the instructions of Sensei and instructors
- 2) Any action whose intent is to do harm will not be tolerated.
- 3) The martial techniques of Aikido will not be practiced outside of the supervision of an instructor and will only be used in emergency situations.
- 4) All students are responsible for the cleanliness and maintenance of the training space.
- 5) All students will do their best to make the community a better place

We have additional local, national and international programs available. For more information see

www.kiaikido.org

The Northern California Ki Society accepts students regardless of ability to pay

ORIGINS OF AIKIDO

Aikido was developed by Morihei Uyeshiba (1883-1969). He was affectionately referred to by his students and martial art contemporaries as "O Sensei" or great teacher. Modern Aikido is a synthesis of O Sensei's life long devotion to martial art training and his deep religious realization of the human race as one family. O Sensei studied a variety of martial arts as a youth but his most influential martial art teacher was Sokaku Takeda Sensei of the Daito Ryu Aiki Jujitsu. It is said that O Sensei took the techniques of the Daito Ryu and created his own style of martial arts based on a respect for all life and the concept of love even for one's opponent.

"The true martial artist is one that defeats an enemy without sacrificing a single soul. True martial arts is for the sake of peace and harmony. Train daily to manifest this spirit."



One of O Sensei's most senior students and the Chief Instructor of Aikido World Headquarters in Tokyo was *Koichi Tohei Sensei*. Tohei Sensei's method of instruction included emphasis on coordination, posture, breathing and meditation, combined with the basic techniques of O Sensei's Aikido.

After the death of O Sensei, Tohei Sensei founded his own style of Aikido, with emphasis on coordination of mind and body, called *Shin Shin Toitsu Aikido*. It is Tohei Sensei's influence which guides this Dojo.

Aikido brings my child self-confidence and teaches him to respect others. He is more interested in teaching or just showing people when he learns. He is proud of what he accomplishes. I would recommend aikido because it teaches respect and non-violence.

Father of 3rd Grader
My child has an opportunity to feel success. My son is newish to this and is learning English. School is a struggle and hard work. Aikido is a different skill that does not rely on language. My son now shows more confidence. He has a territory that is his alone. He is proud of advancement and feels the teachers like him. I recommend Aikido because of its' philosophy of balance.
Mother of 4th grader
I have had two sons study aikido. Each of them has seemed to simultaneously settle into his body while gaining an expanded sense of himself physically. They have become more confident, more graceful, and more aware of their bodies. They have been able to really notice their improvement overtime. I think they have taken pleasure in moving along the path to mastery. They have a great teacher and a philosophy that fosters and expands qualities that make the world better.

Parent of 16 and 13 year old
I have found that my stride has changed since I started training. My outlook has changed as well: I notice things more than I used to, such as how my weight is settled and how other people move. It also makes you more limber, so it's closer to yoga than Karate. Also, Sensei is a person who makes you really want to do something right; the class also encourages senior students to teach the newer ones. This has improved my ability to teach and state a point by giving me more experience at doing so, it also gives me more patience.

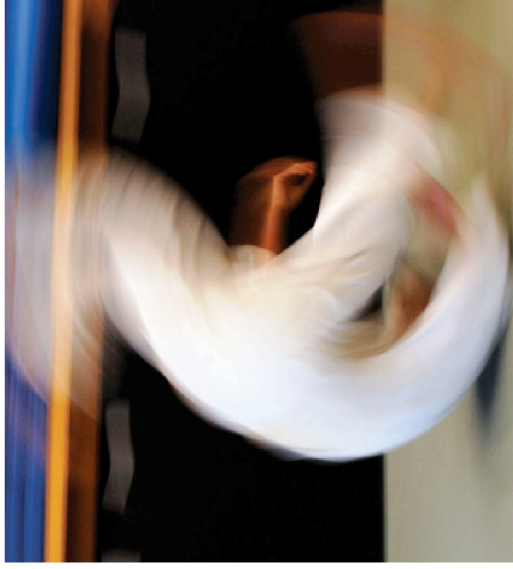
Mid-school student
Aikido has helped my child develop better coordination, to be more aware of her body stance. She has learned to be a little more patient with others as the classes are always a mix of skill levels. Aikido gives her an opportunity to teach and share her skills and knowledge.
Mom and dad of middle school student

What I like about Aikido is that it has taught me discipline, awareness, and it helps me in school. Like my dad said, it relaxes me from the previous hours at school and it is separate from school. When in a conflict at school, I remember what I have learned about relaxation and awareness. Also, when I play music, I occasionally go off into space, but in Aikido, drifting into space is dangerous. And with the repetition of reminding myself at class, I am learning to do so in music and school. In P.E., Aikido has helped me to relax and not tense up and to save myself from trips and falls.

"I can lay notes, not music...yet. I can roll and do many techniques, but not Aikido...yet. But I am eager to turn the "nots" and "yels" to "cans" and "ams."

High School Student

SHIN SHIN TOITSU AIKIDO



Shin Shin Toitsu Aikido is a Mind/Body training which uses Martial Arts, breathing, meditation and coordination techniques to develop self control, awareness and relaxation.

Our goal is to create "Peaceful Resolutions to Conflict"

Our practice is open to everyone regardless of physical ability or ability to pay.

Come join us today!!

**Albany Recreation
and Community Center**

1249 Marin Ave., Albany, Ca. 94706

(at Masonic) (510) 524-9283

Kids 7+ Mon., Weds., Fri., 4-5PM

Attend 1, 2, or 3 times a week

Saturday 9-11am

(Adults & kids family class)