

Young Aikido Warriors

Children's Class for ages 7 - 10 (age flexibility here)

3 month training October 6th - Dec. 15th

The first three Tuesdays of every month 4pm -5pm
at *Gojuryu*, 2202 Pico Blvd. At 22nd Street, **Santa Monica**

Cost \$150 for 3 months



Aikido is a martial art that teaches skills for defense, rolling and falling, pins, holds, blocking, punching and kicking. At the same time it is based on non-violent principles, with a win-win focus.

This program offers a traditional yet light atmosphere for learning, a balance of fun and focus. What will be learned at a basic level is:



The Etiquette of training in a dojo is taught first.

Basics in falling, rolling skills.

Drills and katas (forms) to punch, kick, block.

Basic leverage and throwing skills

Basic pins and holds

In addition they will learn:

**Basic language skills for defense. Listening and speaking skills.

**Skills in mind training to build confidence.

**Skills in mind training to develop calm and focus.

**Meditation skills to develop awareness, inner peace
and compassion.

They will have received a junior rank of first level in Aikido on completion of the 3 months. This is a first level class introduction to the art of Aikido - for information about 2010 and continuation of training call Sensei Michele

Sensei Michele Benzamin-Miki - 5th degree Black-belt in Aikido, Aiki-Kai, Hombu Dojo, Japan 5th Degree Black-belt in Aiki Toho Iaido through the Japan Iaido Federation, both in Shoji Nishio Sensei style Co-founder of Manzanita Village Retreat Center in Warner Springs, CA Vipassana and Zen meditation teacher, and co-founder of *The Five Changes* teaching non-violence and conscious leadership internationally. She is also a personal and business development trainer and coach and a clinical Hypnotherapist.

Michele Sensei is available for private sessions, hypnotherapy and coaching

REGISTER FOR THE CLASS: Space is limited

To secure your place send payment in full to:

Michele Benzamin-Miki PO Box 67 Warner Springs, CA 92086

For other payment options or any other information

Call: Michele: Cell (310) 339-3531 Office (760)782-9223