



University Aikido Club

2008 Summer Camp

The University of Texas at Arlington

What is Aikido?

Aikido is a Japanese martial art founded by Master Morihei Ueshiba (O Sensei) (1883-1969). The techniques of Aikido rely, not on physical strength, but on circular motions that blend with the energy of the attacker. Practitioners of Aikido gain a powerful system of self-defense inherently infused with a set of values and attitudes that seek to deal with conflict in a calm way. O Sensei (Great Teacher) said, "Aiki is not a technique to fight with, or to defeat the enemy. It is a way to reconcile the world and make human beings one family."

Aikido is not a sport and is practiced cooperatively, not in competition. But like a sport, students enjoy physical exercise while learning special skills.

Objective

Young children benefit from practicing Aikido. Children are avid learners of new material. They enjoy challenging their young bodies and minds and take special pride in mastering new skills. Children also require regular exercise to stay fit both physically and mentally.

Keeping this in mind, we should have the following goals for the children:

1. Develop and expand physical and mental awareness.
2. Improve flexibility and coordination.
3. Enrich interpersonal skills.
4. Enhance self-esteem and self-confidence.
5. Provide overall body conditioning.

Based on Aikido principles of the circle, triangle and square, exercises and techniques work to coordinate a child's body, mind and spirit. Through the Martial Art of Aikido, children learn the power of movement.

Instruction is centered around physical exercises designed to improve motor skills and physical coordination. We teach the children how to fall without hurting themselves. After the students are comfortable with falling, we introduce martial arts principles of movement. In conjunction with these principles of movement, we instruct them in the techniques of Aikido. Cooperation and teamwork are stressed thus learning a sense of internalized self-discipline.

Registration and Information

To register, contact **817.946.9095**, **817.272.5705** or email aikido@uta.edu. Additional information can be found on our website at www.uta.edu/student_orgs/aikido.

Cost

\$125 (Includes lunch and t-shirt)

Ages

7-14 years

Dates

June 16 - 20

Schedule

9:00am - 2:00pm

Registration Deadline: Friday, June 6, 2008

A week of martial arts training in Aikido.

Physical and Mental Awareness

Improve Flexibility and Coordination

Enhance Self-Esteem and Self-Confidence

Overall Body Conditioning

More info:

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