

## INTRODUCTORY AIKIDO CLASS INFORMATION AIKIDO TANREN JUKU & SOUTHLAND LEISURE CENTRE

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Thank you for enrolling in the Introductory Aikido Class at Southland Leisure Centre. These classes are made available through collaboration between Southland Leisure Centre and Tanren Juku Aikido Club of Calgary.

Our goal for the children in the Introductory Class is to provide an introduction to Aikido and the curriculum of the ongoing club classes at Aikido Tanren Juku. To start with, students are introduced to the philosophy and basic movements of Aikido. Students participate in drills intended to increase strength, flexibility, coordination and mental focus. Next, they are taught skills in falling safely, or 'ukemi'. Throughout the session, students learn to practice cooperatively with their training partners so they can practice safely. By practicing Aikido regularly, students can improve their self-confidence and self-discipline. Age and size do not limit one's ability to improve.

By the end of the Introductory Class, children will have learned basic aikido body movements, basic ukemi and basic techniques. Students will demonstrate what they have learned and will receive an 8.5"x11" certificate to acknowledge their accomplishment.

If desired, children may also apply to take the yellow belt test. This is not a requirement, but is offered as an option because of interest expressed by past students. If you choose to apply for a belt and certificate, the children will need to complete the yellow belt written test and submit it with the fee of \$25 (cash or cheques payable to Aikido Tanren Juku), to cover the cost of the promotion certificate and belt, and demonstrate the yellow belt requirements. If they are successful, children will receive a formal 11"x17" promotion certificate and yellow belt to recognize their achievement.

After completion of the Introductory Classes, students may want to continue to practice aikido on a regular basis. The schedule for club practice is shown below, and classes continue year-round in the same room at Southland Leisure Centre. Tanren Juku Aikido Club of Calgary belongs to the Canadian Aikido Federation and operates as a not-for-profit society.

If you have any questions about the Introductory Class or club programs, please ask one of the instructors.

### Club regular class practice schedule at Southland Leisure Centre:

Category	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Children</b>	6:00-7:00pm Buki Class (for Green Belts and higher)	5:30-6:30pm (6-8 yrs) 6:30-7:30pm (9-12 yrs) 7:30-9:00pm (12-15 yrs)	(Intro Classes)	7:30-9:00pm (12-15 yrs)	9:00-10:00am (6-8 yrs) 10:00-11:00am (9-12 yrs)
<b>Adult</b>	7:30-9:00pm		7:30-9:00pm	6:30-7:30pm (Senior belts)	11:00am -12:30pm

Website: <http://www.tanrenjuku.com>

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