Aiki Kids

Contributed by Jay Lindholm
Saturday, 21 August 2010
Last Updated Sunday, 15 May 2011

Aikido for Kids at South Austin Aikido Schedule
- Tuesday 5:00 PM - 5:45 PM
- Thursday 5:00 PM - 5:45 PM Costs
- Signup: $160.00 for first three months of membership, a uniform, and belt
- Monthly: $60.00 / month

Aikido presents a wonderful format for educating children on the basics of life and a new understanding of who they are. Consistent training in Aikido will instill self-confidence and mutual respect for one another, enabling the child to better cope with the demands and expectations in school, with friends/family and at home.

Our curriculum is designed to teach children important life skills in a fun, exciting, and enriching manner through the martial art of Aikido. Our classes also include training in self-defense, safety awareness, concentration, and physical fitness. During classes, students work with one another and other adults in a non-competitive, cooperative atmosphere to refine their movements and develop self-confidence. Family members are encouraged to join in the classes with their kids to create a family environment as well.

The Aiki Kids classes are on Tuesday and Thursday from 5:00pm to 5:45pm. These classes include physical fitness, aikido techniques and games designed to build team bonding and physical skills. The skills developed by training in Aikido translate into useful skills outside the dojo. Kids will feel less threatened by opposition, greater self-confidence, and an understanding of accomplishing goals on skills and techniques that appear to be impossible at first.

Please fee free to come by and watch a class or gives us a call to answer any questions that you may have.

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