

“Aiki Kodomo Kenshukai” Teaching Aikido to Children Workshop



October 4 & 5, 2008
Saturday 10:00 AM - Sunday 3:00 PM
at **Aikido of Berkeley**
Berkeley, California

Learn new and mat-tested methods for enhancing children’s classes in the dojo. The workshop faculty is an experienced group of eleven Senseis, Aikidoists, and Educators from around the world who are gathering to provide "how-to" resources and share best practices.

* please join us *

Seminar Location:
Aikido of Berkeley
1352 S 49th St
Richmond, CA 94804
(510) 412-9999

Nearby Hotels:

- [Holiday Inn San Pablo](#)
(510.965-1900)
\$105 seminar price includes breakfast Aviv has a block of double rooms - contact him

On the mat accommodations available in the dojo for a small donation to Aikido of Berkeley (bring your own linens/bedding). Oakland (OAK) airport is closest but it’s not that far from SFO. [Local driving directions](#) to the dojo are posted at the dojo website. With advance arrangements, you can take BART to the [El Cerrito del Norte](#) station and we can give you a ride.

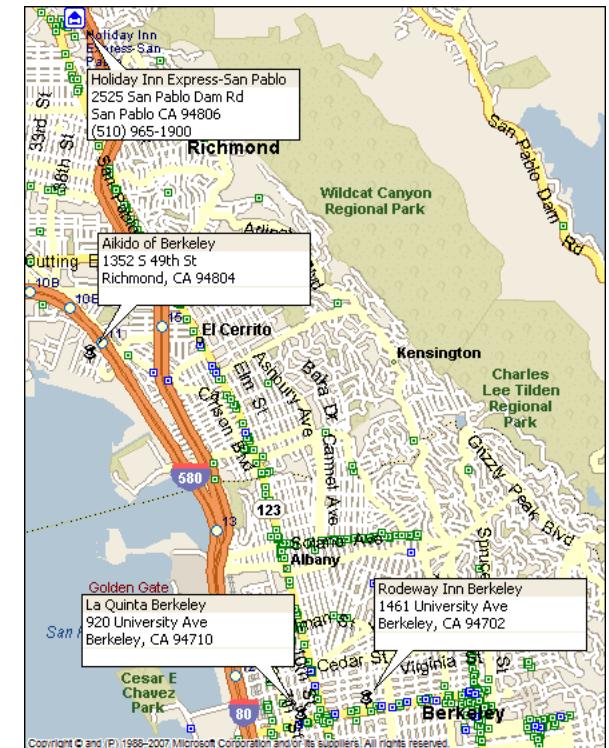
How do I sign up?

Complete the waiver form and pay the non-refundable \$175 workshop fee (preregistration discount) before September 20 or at the door \$225 (if space is still available). The workshop fee includes a workshop binder and lunches on Saturday and Sunday. You can register online at our events webpage www.gashuku.net and pay via [Paypal](#), or mail your registration to:

Aikido in Fredericksburg
6147 Hickory Ridge Road
Spotsylvania, VA 22551

Want more information?

Contact Aviv Sensei at 540.455.3378 or aviv@aikidoim.com





“Aiki Kodomo Kenshukai”

Teaching Aikido to Children

We've assembled an experienced group of Senseis, Aikidoists, and Educators to provide "how-to" resources and share best practices. Learn and network! Here's the current line-up:

Topics to be covered include:

- ❖ Helping Kids Reach Their Potential
- ❖ Developmental Learning
- ❖ Games, games, games
- ❖ Teaching Advanced Techniques
- ❖ Kaeshiwaza of Teaching & Learning
- ❖ Tribal Teens
- ❖ Codes of conduct
- ❖ Working in the schools
- ❖ Randori for Everyone
- ❖ Verbal Aikido
- ❖ Teaching Focus
- ❖ Martial Play
- ❖ Aikido for Social Change

Make your classes more dynamic and effective! Join us as we exchange ideas and learn from collective experience. Formal presentations will be supplemented by moderated discussions, brainstorming, a resource notebook, and networking opportunities with skilled instructors. The workshop includes lunches on both days.



Presenters include:

- ❖ Michael Friedl Sensei, 6th dan, [Aikido of Ashland](#), Oregon
- ❖ William Gray Sensei, BSEE, 4th dan, [Aikido Academy for Children and Adults](#), Washington
- ❖ Ross Robertson Sensei, 5th dan, [Stillpoint Aikido](#), Texas
- ❖ Aviv Goldsmith Sensei, M.S., 5th dan, [Aikido in Fredericksburg](#), Virginia
- ❖ Jose Bueno, 4th dan, [Acao Harmonia Brazil](#)
- ❖ Robert Kent Sensei, M.A., CMP, 3rd dan, [Aikido West](#), California
- ❖ Alex Vanderburgh Sensei, 3rd dan, [Aikido West](#)
- ❖ Donna Pienkowski, B.S., nidan, Aikido in Fredericksburg, Virginia
- ❖ Melissa Fischer Sensei, 2nd dan, and Pete Wilkins, [Tenzan Aikido](#), Seattle, Washington
- ❖ Lisa Smith-Rice Sensei, 1st dan, [Choshinkan Dojo](#), Durham, North Carolina

AIKI KODOMO KENSHUKAI 2008

TENTATIVE PROGRAM

Friday

6:30-8:15P Adult Aikido at Aikido of Berkeley

Seminar participants are invited to join the regular adult class at Aikido of Berkeley, taught by Dojo Cho Kayla Feder Sensei, 6th dan.

Saturday

9:30A Registration Opens

Please enter quietly because Kayla Sensei is teaching her Aiki-Mites class for ages 3 - 6.

10:00-10:40A Amazing Things Can Happen in Kids Class with Michael Friedl

Michael Sensei was a Karate instructor when he first encountered Aikido in 1972. He was surprised by the power behind the self defensive art and redirected his studies. In 1994 Michael Sensei moved to Oregon and started Aikido in Ashland. Aikido in Ashland offers classes for all ages and has an enrollment of about 60 in its children, youth and teen classes. Michael Sensei is sensitive to the different interpretations of The Art of Peace in his fellow teachers and students. Michael Sensei will teach part 1 of a class with children ages 5 – 12. Seminar participants can either participate or observe the class, at your own election.

10:50-11:30A How to Teach Focus and Make it Fun! For Kids with Bill Gray

Bill Gray has been teaching Aikido to kids for more than 10 years. His Redmond, WA dojo features a separate program for children where enrollment typically numbers over 100 students. The Children's Academy is based on the belief that a fun, stress free, positive, non-competitive environment encourages learning and confidence. In this seminar, Bill Sensei shares his insights on teaching 4-12 year olds. He shows how kid's natural tendencies for questioning and imagination can be used in the study of Aikido. He shares games that foster focus and respect both in and out of Aikido class. Bill Sensei will teach part 2 of a class with children ages 5 – 12. Seminar participants can either participate or observe the class, at your own election.

11:45-12:25P Kids Class Redux moderated by Aviv Goldsmith

This is your chance to share thoughts, questions, and personal experiences relevant to the morning's classes. What worked in the classes? Did any light bulbs go on for you? What techniques can you adopt in your own program? What would you have done differently? Seminar host, Aviv Goldsmith moderates.

12:25-1:10P Working Lunch

Seminar host Aviv Goldsmith will moderate discussion on subjects that you care about. Please answer the questions on the registration form and submit them with your registration. Aviv Sensei will use this information to guide the discussion agenda. A simple lunch will be provided. Your assistance in set-up and clean-up is appreciated.

Saturday, Continued

1:10-1:55P Helping Kids Reach Their Potential with Melissa Fisher & Pete Wilkins

Melissa Sensei and Pete Sensei teach a variety of classes at Tenzan Aikido in Seattle, WA, including pre-school, ages 6 & up, and Parent/Child Aikido. Before focusing on Aikido, they studied a variety of martial arts and dance. In their program, yoga and Brazilian jiu-jitsu are integrated into Aikido training in a way that helps children reach their unique potential. The goal is to recognize the interconnected physical, emotional, and social dimensions unique to each child and use Aikido to help develop individual potential.

2:00-3:00P Randori for Everyone with Lisa Smith-Rice

Even free-style training needs ground rules. In this seminar, Lisa Smith-Rice shares some secrets to structure jiyuwaza that work well with her 5 year olds and up class. She will present the three rules of surviving randori, the ten principals of successful randori, three most successful aikido techniques applied to randori, and drill and games modified for randori all with the goal of creating the most effective learning experience. Wow, all that in one hour!

3:10-3:40P Verbal Aikido with Aviv Goldsmith

Children frequently ask when is the right time to apply Aikido techniques outside of the dojo. Aviv Sensei will demonstrate practices that teachers can use to educate students about avoiding physical confrontations. Aviv Sensei has a variety of experience with Aikido for the young, beginning with his own introduction to training as a teen. He has been teaching Aikido since 1989 and became Dojo Cho of the non-profit Aikido in Fredericksburg in 2001, where he teaches students of all ages. Since the first Aiki Kodomo Kenshukai, the children's program at Aikido in Fredericksburg has been frequently sold out!

3:45-4:45P Kaeshiwaza of Teaching and Learning with Ross Robertson

Ross Robertson founded Still Point Aikido in 1991 with the philosophy that students are participants in a mutual learning process. In this session Ross Sensei applies this belief to the teaching of 6-12 year olds. He offers support to teachers who want to let children self direct more of the class process. He shares his experiences of the rewards of taking this approach to teaching.

4:50 Daily Wrap-up with Aviv Goldsmith

Sunday, October 5

9:00-9:40A How to Teach Focus and Make it Fun! For Teens With Bill Gray

In this class, Bill Sensei's imaging and questioning is applied to kids 10 and up. Many of Bill Sensei's teen students have developed the focus and technique to graduate to the dan ranks. Bill Sensei will also discuss the value of an instructor's program for children's class. Bill Sensei will teach the first half of a class with kids ages 12 and up.

9:50-10:30A Teaching Tribal Teens with Robert Kent

Rob Sensei began his Aikido training in Kyoto in 1984. He joined Aikido West in 1991 and inherited leadership of the children's program in 2001. The teen's classes at Aikido West are technique centered incorporating Aikido skills, physical skills, discipline, and games. Senior students are invited to learn by helping the younger class and parents are encouraged to train with their kids. Rob Sensei will teach the second half of a class with kids ages 12 and up.

Sunday, Continued

10:45-11:25A Teens Class Redux moderated by Robert Kent

Robert Kent is the founder of Aikidokids.com, an online community for Aikido teachers and the kids they teach. He runs the youth program at Aikido West in Redwood City, CA. He has been working with young teenagers for over 25 years. Rob Sensei will guide our discussion as we digest this morning's classes and the lessons learned.

11:25-12:10P Developmental Learning with Donna Pienkowski

While we are spending time learning how to teach Aikido to children, we will also spend some time exploring how children learn and grow. We will focus on several developmental stages and theories using dojo examples to better understand our growing audience, their capabilities, their challenges, and the opportunities we have as teachers and role models. [Donna Pienkowski](#), a licensed middle school teacher, has thirteen years of experience in the classroom including several years as a Special Education teacher and several years teaching adults. She received her 5th kyu while in Iwama, Japan (ask her for details) and was awarded the rank of nidan in April 2007. She assists with the children and youth programs at Aikido in Fredericksburg.

12:10-1:00P Working Lunch

Seminar host Aviv Goldsmith will moderate discussion on subjects that you care about. Please answer the questions on the registration form and submit them with your registration. Aviv Sensei will use this information to guide the discussion agenda. A simple lunch will be provided. Your assistance in set-up and clean-up is appreciated.

1:05-1:40P Martial Play with Alex Vanderburgh

Alex is a 3rd dan instructor who has worked with kids for nine years. He currently teaches the children's summer program at Aikido West. His game-centric approach to Aikido is flexible enough to apply to kids in grades k-8. The goal of Martial Play is to help develop students' emotional intelligence. Aikido, Karate, Kempo, Jiu-jitsu, Kobundo and Kung Fu are combined into a physical program, but the lessons are in self respect and non-violent conflict resolution. Martial Play breaks with the tradition of linear and hierarchical martial arts training and focuses instead on creating a physically and emotionally safe environment for practice.

1:45-2:30P Aikido as a Tool for Social Transformation with Jose Bueno

José Bueno Sensei, 4th dan (Aikikai), has practiced Aikido for 24 years. In 1994 he left his job as a successful architect to become a full-time Aikido instructor in his own [dojo](#) and in several projects off-mat. In 2003, he founded Ação Harmonia Brasil (Harmony in Action Brazil) which teaches Aikido to disadvantaged children in the *favelas* of São Paulo, offering them an alternative to the endemic violent conflicts of their world. Some of these children have become regular students in his dojo and now assist Bueno Sensei at leadership training seminars, where he teaches the principles of Aikido to top executives from throughout South America. He will share his philosophy and techniques and will screen *Harmony in Action*, a recently completed 10-minute documentary about his latest project.

2:30-3:00P Weekend Wrap-up with Aviv Goldsmith

Aviv Sensei will guide our last discussion of the weekend focusing on what we've learned and how we can implement in our own dojos.

Your assistance with a final dojo clean-up is appreciated.

**AIKI KODOMO KENSHUKAI
SEMINAR APPLICATION & LIABILITY WAIVER**

Please mail along with your non-refundable registration fee to 6147 Hickory Ridge Road, Spotsylvania, VA 22551.

Name _____

Address _____

City, State _____ Zip _____

Home Phone _____ Work Phone _____

Email Address _____

Aikido Home Dojo _____ Aikido Rank _____

Where will you be staying during the workshop? _____

How did you learn about the workshop? _____

Do you have any health limitations that would affect your ability to practice Aikido? _____

Contact Person and Phone In Case of Emergency _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned applicant to AIKIDO IN FREDERICKSBURG and AIKIDO OF BERKELEY (hereafter called "School"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the School may carry may not cover injury to its students. As a condition to being admitted to the School as a student, I assume the risk of all injury and *do hereby hold the School, its instructors, employees, and agents (the "Agents") harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the School or elsewhere, including the use or misuse of information presented at or by the School, excepting only those actions or damages caused by the Agents' gross negligence.

I agree that the health, welfare, and safety of all students, members, and instructors of the School are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School. If such a condition arises in the future, I shall inform the School and shall cease practicing unless mutually agreeable proper precautions are taken.

I agree to abide by the rules of the School and to follow explicitly all instructions given by instructors. I understand that (a) training is a privilege, (b) that the School may refuse to provide instruction to any person at any time, and (c) fees paid are not refundable. I agree that the School may use any photos of me taken at the seminar and ideas generated therein in its educational materials.

Date _____

Signature _____

If student is under eighteen (18) years of age, parent or guardian must sign here.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date _____

Signature _____

**AIKI KODOMO KENSHUKAI
PRE-SEMINAR PLANNING QUESTIONS**

Name _____

What do you think are the three greatest challenges with teaching Aikido to Children?

1. _____
2. _____
3. _____

What are the strengths of your dojo's program?

1. _____
2. _____
3. _____

What things do you hope we address in this seminar?

1. _____
2. _____
3. _____

What is your most pressing question about teaching Aikido to Children?

1. _____

What resources have you found to be helpful in teaching Aikido to Children?

1. _____
2. _____

**FEEL FREE TO USE MORE PAPER TO ANSWER THESE QUESTIONS
ARIGATO!**