



# ABOUT AIKIDO

Aikido is a modern, non-competitive, Japanese martial art, suitable for people of any age and gender.

Aikido teaches the key principle of seeking harmony in situations of conflict. Our classes promote respect for others, acceptance of differences and avoidance of harm to self and others. Aikido is dynamic and powerful, but does not rely on strength for the execution of techniques.

The founder of Aikido, Morihei Ueshiba (1883 – 1969), devoted his life to the study of traditional Japanese martial arts. Although he became very strong and capable as a fighter he was troubled with the idea that winning at someone else's expense was not really winning. Ueshiba came to realise that true self defence was winning over the conflict we all carry within ourselves.

As a form of self-defence, Aikido works on the principle of harmonising with the force and energy of an attacker. Aikido employs blending movements to join with and redirect the force of an oncoming attack while upsetting the attacker's balance. Various throws and joint locks complement these blending movements.

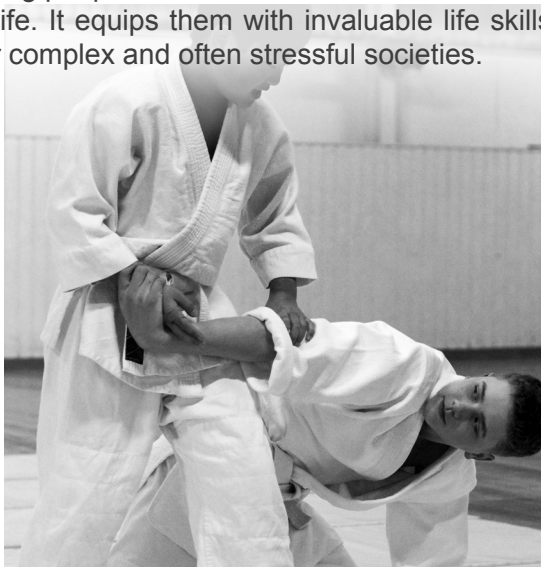
## *BENEFITS OF AIKIDO*

Our junior members develop physical and emotional confidence alongside defence skills that they can use in all areas of life. They also have lots of fun, improve their overall fitness and build friendships.

As a way of life, Aikido works on the principle of harmonising with our surroundings.

Whenever we find ourselves under “attack” from a confrontational or stressful situation we can resort to the mental and emotional equivalents of joining and redirecting in order to bring conflict to a natural and peaceful resolution.

Aikido is therefore an ideal martial art to help our young people learn to deal with conflict in all areas of life. It equips them with invaluable life skills for our complex and often stressful societies.

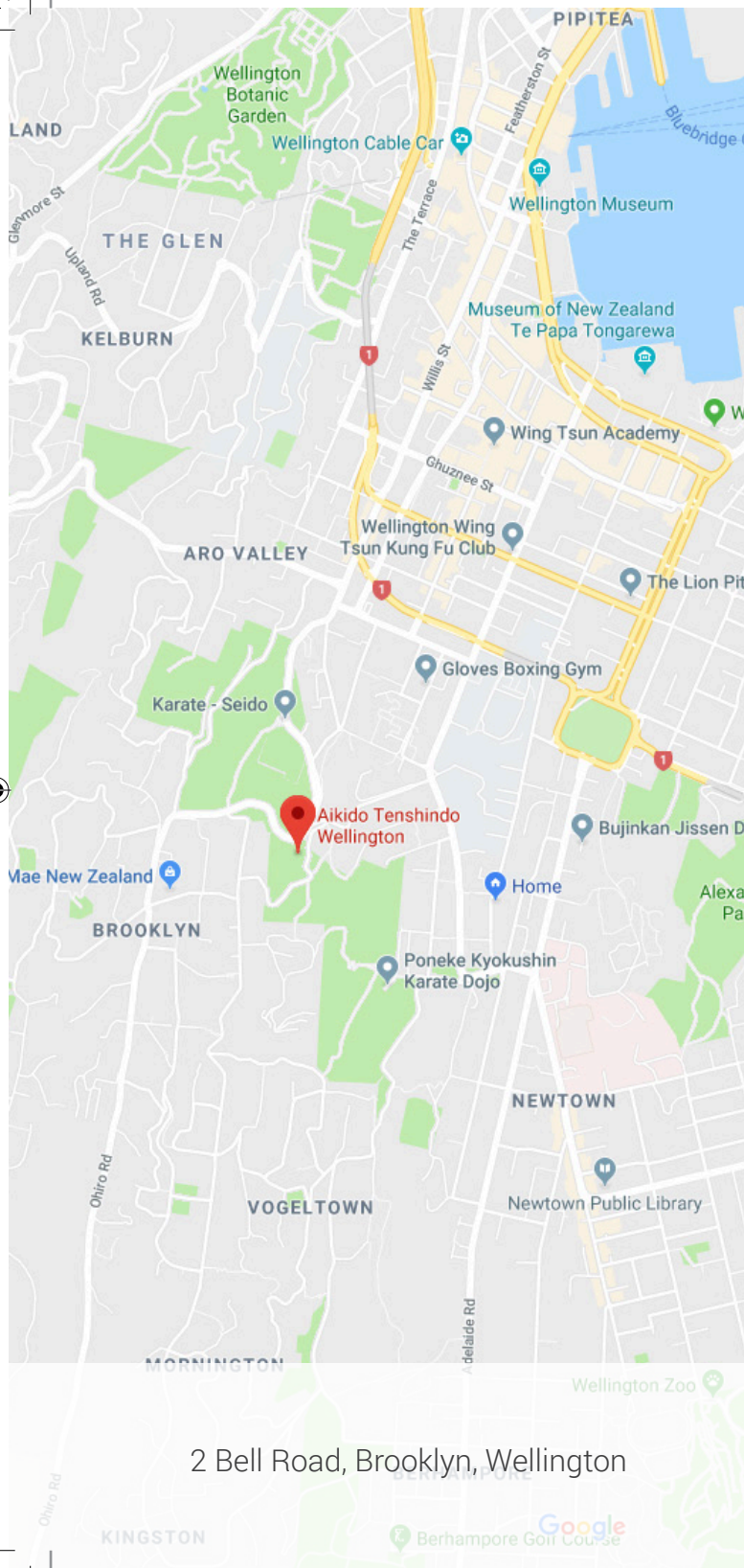


## *WHAT TO EXPECT*

The classes consist of a warm up that improves fitness and flexibility, drills and games to practice the foundations of techniques in a fun way and peer practice of Aikido techniques.

Children can train in comfortable clothing and bare feet. You are welcome to come along and watch a class and give it a go for free.

Children will also have the opportunity to be formally graded and advance their level.



2 Bell Road, Brooklyn, Wellington

## ABOUT

# AIKIDO TENSHINDO

Aikido Tenshindo has been operating in Wellington since 1984 and is fully affiliated with the world's largest Aikido organisation – Aikikai – through New Zealand Aikikai.

Our dojo participates on a regular basis in national and international seminars. We also host regular Wellington based events.

We offer morning and evening classes for all ages and levels throughout the week. See our website for the complete class timetable.

## Junior classes

For ages 7 to 13

\$90 per term for the first child

\$50 for any additional sibling

New juniors are welcome to join at any time during the term.

**MONDAYS & THURSDAYS**

5:00PM–5:50PM

For further information:

[www.aikido-wgtn.co.nz](http://www.aikido-wgtn.co.nz)

✉ [aikidotenshindowellington@gmail.com](mailto:aikidotenshindowellington@gmail.com)

📘 [facebook.com/AikidoTenshindoWellington](https://facebook.com/AikidoTenshindoWellington)

# AIKIDO TENSHINDO

## JUNIOR AIKIDO CLASSES



Self defence

Confidence

Harmony