

The Lockeland Elementary Aikido Club (presented by the Nashville Aikikai Youth & Family program)

Aikido is a powerful martial art, known as "the art of peace". We don't try to harm an attacker with a punch or kick. Instead, we protect ourselves by using an attacker's energy against them. Students will learn how to "move to safety", how to neutralize an attack, and how to keep a positive attitude no matter what other people are saying or doing. In addition to a variety of self-defense skills, students will also learn how to stay relaxed and fall gently.



Instructor: Jay Barnet is the youth aikido instructor for Nashville Aikikai. Jay started our youth program in 2012, with his son and daughter, and a few of their school friends. We have been teaching kids ages 7-14 ever since. Sensei Jay has been training and teaching aikido for over forty years. He has trained with a variety of gifted aikido masters, including at the world aikido headquarters: Honbu Dojo in Tokyo, Japan. He has also coached youth baseball and basketball.

This class is suitable for anyone who wants to learn the basics of martial arts and share a lively, fun workout with fellow students. The only requirement is that a student must be able to stay focused and alert during the entire class. The physical training focuses on balance, posture, relaxation, breathing, and using your body's natural energy and power to stay safe and overcome an attack. The mental and emotional training focuses on staying calm, centered, and peaceful when someone attacks you. The benefits include physical conditioning, self-esteem, social skills, and confidence.

(Spring Session March 17-May 1)

Grades: 2-5

Schedule: Wednesdays 3-4 pm

Price: \$140 per child

Note: Please wear loose fitting workout clothes that cover elbows and knees.