

The Lockeland Elementary Aikido Club

(presented by the Nashville Aikikai Youth & Family program)

We are looking forward to welcoming new and returning students to our fall aikido club. As a bonus, Lockeland Aikido Club students can also attend our Saturday 1:30 pm youth aikido class at the Nashville Aikikai (1710 Fatherland Street) at no charge.

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 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 in Tokyo, Japan. He has also coached youth baseball and basketball.

This class is suitable for any student who wants to share a lively, fun workout with fellow students and learn the basics of martial arts. Anyone can do it. There are lots of games and team exercises. The physical training focuses on balance, posture, relaxation, breathing, and using your body's natural power to stay safe and overcome an attack. The mental and emotional training focuses on staying calm, centered, and peaceful.

(Fall 2025 Session Sept 2- Nov 6)

Grades: 2-5

Schedule: Tuesdays 3-4 pm

Price: \$140 per child

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