

## The Lockeland Elementary Aikido Club

(presented by the Nashville Aikikai Youth & Family program)

This club is designed to be fun, healthy, and teach valuable skills:

- How to be assertive
- How to enjoy physical play with others safely
- How to warm up and prepare to play any sport or physical activity
- How to deal with aggression (physical and emotional)
- Ways to stay safe when there is the threat of a physical attack
- How to work as part of a team
- How to stay relaxed, centered, and balanced
- How to fall safely



**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 6-14 ever since.

Sensei Jay has been training and teaching aikido for over forty years. He plays competitive baseball and table tennis, and has coached youth basketball and baseball.

This class is suitable for any student who wants to share a lively, fun workout with fellow students and learn the basics of sports and martial arts. Anyone can do it.

**A note to parents. We don't put an age or grade limit on this club, but we do ask that your child be able to take direction and maintain self-control. Some kids step into the gym and automatically go into "free play" mode. That's fine, as long as they can respond when the club leader asks them to join the group and participate in a group activity. Please email me at [nashvillejay2@gmail.com](mailto:nashvillejay2@gmail.com) if you have any questions about whether your child is ready for this club.**

**Spring 2026 Session (Mar 16 – Apr 30)**

**Grades: 1-5**

**Schedule: Wednesdays 3-4 pm**

**Price: \$140 per child**

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