

PUT THE KID IN AIKIDO



合気道

The Institute of Aikido Australia

Aikido:	<i>Junior Class</i>
Age group:	7 years old to 12 years old
When:	Saturday 12:30pm to 2:00pm
Where:	Subiaco PCYC 450 Rokeby Road (corner of Thomas and Rokeby Roads)
Cost:	\$40 per School Term (plus \$25 per year for Institute of Aikido Australia fees)
Instructor(s):	Hairul Ahmad (2nd Dan Black Belt) (mob: 0407 799 445) Mal Krentzin (2nd Dan Black Belt) (mob: 0431 907 161)

In our junior Aikido class, children learn how to roll, fall and move. Students learn to cooperate by learning to perform techniques successfully. During the class, children learn to work in harmony with their partners by meeting oncoming force with smooth circular movements. Generally, there is very limited punching or kicking involved as we provide other solutions to solving problems. There are no winners or losers. Children will improve their balance, flexibility and fitness. While there is a measure of discipline established, the focus is on learning with fun. All grading is based on the instructors evaluation of the student's expertise during the term.

No combs or barettes

No jewelry

Long pants are better than short pants

Remove your shoes

Empty your pockets

Avoid dress clothes

Remove your watch

Clean hands; trim fingernails

Remove your belt

Clean feet; trim toenails

4. Turn all the way under your partner's arm.

3. Rotate your partner's arm forward.

4. Take one more step forward.

5. Bend your partner's wrist. This is the first stimulation. When your partner has had enough, your partner should tap the mat.

To practice Aikido:

1. Loose clothing.
2. Empty pockets.
3. Clean hands and feet.

KIDS AIKIDO ENROLMENT FORM



合気道

Aikido: PCYC Subiaco

Address: 450 Rokeby Road Subiaco 6005

All grading is based on the instructors evaluation of the student's expertise during the term.

The student must be between the ages of (including) 7 and 12 years at the beginning of enrolment.

No shoes or jewelry are permitted during class time. Please remove these items before class.

Student: Details

Given Name/s: _____ Family Name: _____

Address: _____

Telephone: _____ Age: _____ Birthdate: _____

Fees:

Cost: \$40 per School Term + \$25 per year membership fee

for term(s): _____ Cash: Cheque: EFT:

Please make cheques payable to: The Institute of Aikido Australia | Name and address on the back.

EFT Details: Bank: Bendigo Bank | BSB: 633-000 | Account #: 125052092 | Ref: (Name of Student)

Instructor ADMINISTRATOR Date: / /

Parent Consent: Details

We / I acknowledge that Aikido is a martial art and thus involves direct physical contact and that whilst extreme care is taken for the children's safety, accidents may occur.

We / I acknowledge that the instructors are not held responsible for such an incident.

I DECLARE that the information I have provided above is true and correct and give consent for my child(ren) to participation in the Adults Aikido class (at the above centre).

Given Name/s: _____ Family Name: _____

Relationship to child: _____ Telephone: _____

Address: _____

Email Address: _____ Sign: _____