

KIDS AND FAMILY AIKIDO WITH ALBUQUERQUE SHIN-BUDO KAI



Join us in the new year!

- Classes for ages 8 - 13
- Ages 6 - 7 are welcome but must be accompanied by a parent or guardian on the mat
- Parents or guardians may join the kids' class for free!
- Additional siblings practice for 50% off

What is aikido?

It is a martial art but instead of kicking and striking, aikido teaches one to defend themselves using the "attacker's" energy to throw or pin them.

Why should kids practice aikido?

It's great exercise! Physically, it develops flexibility, balance, core strength, and mind-body coordination. Mentally it develops character through improving observation, listening, and leadership skills. And it's fun!

What to wear:

- *If you already have a gi*, you may wear it
- *If you don't yet have a gi*, bring athletic wear (sweatpants or leggings are ok - not shorts).

How to register:

- **Online:**

- **Go to:**

<https://forms.gle/dEcjMxaY9QZM2jsw7>

or use the QR Code



- **In-person:** Stop by the dojo during any class. Schedule is on the website:
www.asbk.org