



CHILDREN'S PROGRAM HANDBOOK

Includes important information on:

Expectations of parents
Expectations of children
Exam information and content

Aikido of San Diego has been running an enthusiastic children's program for kids 7-12 since our doors opened in 2000. The goals of the Children's class are to develop foundational Aikido skills in body and awareness, learn Aikido technique and falling/tumbling skills, and build faculties for working with other people and challenges.

EXPECTATIONS OF PARENTS

Parents are welcomed to stay and quietly observe classes. Please take phone calls outdoors. It is expected that parents do not unnecessarily communicate with their children while they are in session on the mat.

If you are dropping off your child and not staying, please do not do so more than 15-minutes before the start of class (call in advance if you need to drop off earlier). Parents are expected to be at the dojo at class ending time—not after it please.

Please bring a drink for your child—especially in the warmer months. Bottled water is available at the dojo and costs one dollar. Please give your child a dollar for bottled water if you don't supply them with a drink.

There is a small fee for each exam administered, and is due before your child's exam date. It's presently \$25. Check the website (Handbook) for the current fee structure, or just ask Sensei. Please do not wait to be asked for the exam fee.

EXPECTATIONS OF CHILDREN

The primary requirement of all participants in the children's class is attention and appropriate behavior. Growth and improvement tend not to move forward when those aspects are deficient. It also tends to draw time away from the class at large. If your child has challenges with attention or behavior, it should be brought to Sensei's attention from the beginning. It does not mean that your child won't be allowed in the class, or treated differently. The instructor is an educated teacher and familiar with these issues. They will be handled appropriately. Those challenges, however, diagnosed or not, will not be considered justification for disruptiveness that effects the class at large. following policy exists in regard to that:

When a pattern of inappropriate behavior or attention deficit on the mat becomes apparent, parents will be notified and given a list of actionable requests for improved behavior. The child will then enter a one-month probationary period. If sufficient progress has not been made during that period, the parents and child will be thanked for their time at the dojo and the student will be dismissed.

The following is a minimal list of expectations for behavior at the dojo.

1. When bowing in or out of class, or when Sensei is demonstrating and/or explaining, kids are expected to quietly sit in a line with their backs straight, heads up, and their attention clearly on the subject of the moment.

2. While engaged in practice, kids should be focused on what they were asked to do, and not lost in unrelated activity or conversation.
3. Children are expected to treat one another kindly. Speaking negatively of a classmate, hitting a classmate, or forcing a technique out of anger or frustration on a classmate are examples of unkind behavior. Thanking a training partner after practicing, speaking with classmates in appropriate ways, and treating the bodies of training partners respectfully are examples of kind behavior.
4. Kids in the children's class are expected to display awareness on the mat that extends beyond themselves. That means sharing space, being attentive if/when they are waiting for a turn, and displaying a cooperative interest in group activities.
5. Children may not be argumentative with Sensei at the dojo. The instructor's word is final, and needs to be accepted willingly.

ABOUT CHILDREN'S AIKIDO EXAMS

Children are offered exams after they have:

1. Reached the minimal amount of training days required for their level.
2. Displayed they can demonstrate the content.
3. Displayed a consistently positive training spirit.

Exams are scheduled on Saturdays and the dates are posted well in advance. There is typically an adults' class at 9:00 AM that the child is expected to attend that day. The exams are at 10:00, and the children go first. Certificate and belt is presented after all exams are completed (kids and adults). If you cannot stay until that time, the presentation will be done at the next children's class.

Children begin with a white belt and progress in the following manner:

<i>Yellow Belt: Minimum — 20 practice days</i>
Forward and back rolls
Tenkan and Irimi
Challenge course
Tai-no-henko
Shomen-uchi Ikkyo
Kokyu dosa

<i>Orange Belt: Minimum — 40 practice days after yellow</i>
Challenge course
Shomen-uchi Ikkyo
Katate-dori Kokyunage (corner drop)
Katate-dori Kokyunage (forward throw)
Shomen-uchi Irimi w/back throw
Ukemi (receiving freestyle)
Kokyu dosa

<i>Green Belt: Minimum — 60 practice days after orange</i>
Challenge course
Shomen-uchi Ikkyo
Munetsuki Kokyunage (corner drop)
Katate-dori Shihonage
Gyakute-dori Kokyunage
Gyakute-dori Kokyuhō
Freestyle (grabs only)
Ukemi (receiving freestyle)
Kokyu dosa

<i>Blue Belt: Minimum — 80 practice days after green</i>
Shomen-uchi Ikkyo
Kata-dori Ikkyo
Shomen-uchi Iriminage
Ryote-dori Tenshinage
Katate-dori kaetennage
Katate-dori Kokyuhō
Katate-dori Shihonage
Gyakute-dor kotegaeshi
Freestyle (any attack)
Ukemi (receiving freestyle)
Kokyu dosa

After the blue belt level, children may qualify for “Kyu” ranks equal to those earned by adults. It does not mean, however, that they will be seen as adults or allowed to participate in adult classes. The minimum age to enter the adult program is thirteen and is permitted at Sensei’s discretion.