



AIKIDO FOR KIDS • SHIN DO KAN DOJO

Aikido (meaning the Way of Harmony) is a way for people, young and old, to learn how to defend themselves without aggression. The only competition in aikido is with one's self. True victory is overcoming all challenges without the expense of others.

Our Aikido school encourages people to reach solutions by working together without fighting. This makes the practice of Aikido ideal for children because the focus is on getting along and cooperating with one another. In the process, everyone has a good time, develops higher levels of personal discipline and has fun staying in shape.

Every summer the Shin do Kan Dojo (dojo is the Japanese word for "school") in Newport Beach offers two Samurai Summer Camp sessions. The week long camp is a great way to make new friends, have great exercise, eat good food and play fun games that help build awareness. The children also learn how to be safe around strangers and handle themselves in uncomfortable situations.

Bowing before and after class, the practice of calligraphy, being courteous and kind are the various ways we show respect to each other. Thank you for taking the time to learn a little more about aikido. We wish you well on your journey and hope to see you at our dojo very soon.

FOR MORE INFORMATION VISIT OUR WEB SITE AT WWW.SENSEI-P.COM



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