

Seminar Location:

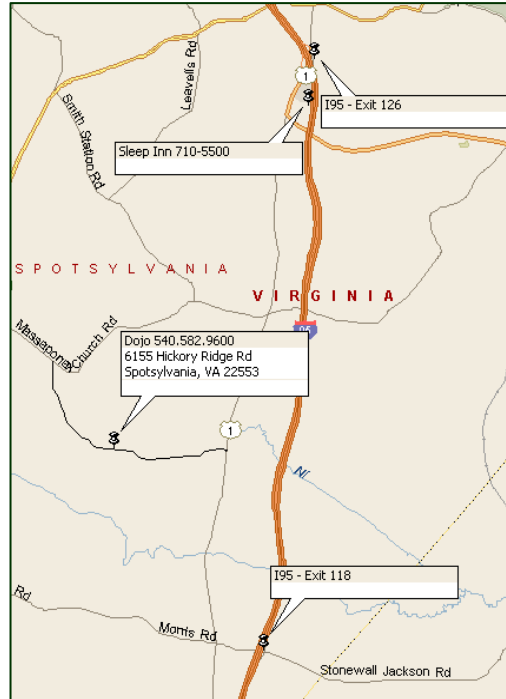
[Aikido in Fredericksburg](#)
[6155 Hickory Ridge Rd](#)
Spotsylvania, VA 22551

Suggested

Accommodations:

- [Sleep Inn Southpoint](#) ◇◇◇
(540.710.5500)
[5400 Southpoint Blvd.](#)
\$76.49 for double rooms
Incl. continental breakfast
Ask for Group #100475
Some homestays and on-the-mat accommodations are also available upon request.

We are located halfway between Washington, DC, and Richmond, 1.4 miles west of US1, between I-95 exits 126 and 118. We are equidistant to National (DCA) and Richmond (RIC) airports but Richmond is easier on the ground. It is about 1 hour to Richmond always. If there is traffic, National could be 1.5-2 hours; Dulles (IAD) is 1.5-2.5 hours depending on traffic, which can be especially thick on Friday afternoons. With advance notice, we can pick you up at the Fredericksburg Amtrak station (which goes to BWI – 2 hours).



How do I sign up?

Complete the waiver form and pay the non-refundable \$199 workshop fee before June 1 (\$249 thereafter). The workshop fee includes a resource binder and simple lunches. You can register online at our events webpage www.gashuku.net and pay via [Paypal](#), or mail your registration to:

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6155 Hickory Ridge Road
Spotsylvania, VA 22551

Want more information?

Contact Aviv Sensei at 540.582.9600 or aviv@aikidoinn.com

“Aiki Kodomo Kenshukai” Teaching Aikido to Children 2010 Workshop



June 19 & 20, 2010

Saturday 10 AM - Sunday 3 PM

**At Aikido in Fredericksburg
Spotsylvania, Virginia**

Learn new and mat-tested methods for enhancing all facets of children’s classes in the dojo. The workshop faculty is an experienced group of Senseis, Aikidoists, and Educators from around the country who are gathering to provide “how-to” resources and share best practices.

please join us



“Aiki Kodomo Kenshukai” Teaching Aikido to Children

We’ve assembled an experienced group of Aikidoists, Senseis, and Educators to provide “how-to” resources and share best practices. Learn and network! Here’s the current line-up:

Topics to be covered include:

- ❖ Classes for Young Children and Teens
- ❖ Effective Ukemi
- ❖ Organizing Gasshuku and Special Events
- ❖ Fostering Student Retention
- ❖ The Power of Words
- ❖ Games, Games, Games
- ❖ Safe and Effective Freestyle Practice
- ❖ Test Preparation
- ❖ Dealing with Behavioral Disorders
- ❖ Revamping Your Program for Success

Make your classes more dynamic and effective!!! Increase enrollment and retention!! Have more fun teaching! Join us as we exchange ideas and learn from collective experience. Formal presentations will be supplemented by moderated discussions, brainstorming, a resource notebook, and networking opportunities with skilled instructors. The workshop includes simple lunches both days.



Presenters include:

- ❖ Aimee Bel Sensei, 3rd dan, [Zenshinkan Dojo](#), Worcester, Massachusetts
- ❖ Aviv Goldsmith Sensei, MS, 5th dan, [Aikido in Fredericksburg](#) (TAA), Spotsylvania, VA
- ❖ Bill Gray Sensei, BSEE, 4th dan, [Aikido Academy for Children and Adults](#) (CAA), Redmond, WA
- ❖ Brian Hill Sensei, MSW, 4th dan, [River City Aikido](#) (TAA), Richmond, Virginia
- ❖ Gary Small Sensei, 5th dan, [Aikido of Maine](#) (ASU), Portland, Maine
- ❖ Josh Paul Sensei, 3rd dan, [Jikishinkan Dojo](#) (AWA), Brooklyn, New York
- ❖ Martin Katz Sensei, 5th dan, [Ryushinkan Dojo](#) (AAA), San Diego, California
- ❖ Robert Kent Sensei, MA, CMP, 4th dan, [Aikido West](#) (CAA), Redwood City, California
- ❖ Sarah Snell Sensei, MA, 3rd dan, [Two Cranes Aikido](#), Seattle, Washington
- ❖ Sharon Seymour Sensei, MLS, 4th dan, [Katsujinken Dojo](#) (ASU), Prescott, Arizona
- ❖ Stan Zmit Sensei, 2nd dan, [River of Life Dojo](#), Ft. Washington, Pennsylvania

AIKI KODOMO KENSHUKAI SOME INSTRUCTOR PROFILES:

- ❖ Aimee Bel, 3rd dan, co-instructs the children classes at Zenshinkan Dojo in Worcester, Massachusetts. She has a great deal of experience working with young people as a high school history teacher, elementary school drama teacher, soccer coach, and through youth leadership development work. She has been teaching children's Aikido classes since the year 2000. She will share the variety of ways to cultivate an environment of fun, quality Aikido training, connection, and personal responsibility. In another session, Aimee will share some of the structural supports used in her dojo, including a card system for test preparation and their approach to behavioral intervention, which has been tremendously powerful in the lives of some students.
- ❖ Gary Small, 5th dan, began his martial art training in 1974 in New Haven, Connecticut, while in high school, followed by training at the New England Aikikai. In 1988 he met Bill Gleason Sensei and Saotome Sensei and became a member of Aikido Schools of Ueshiba. In 2000 he moved to Portland, Maine, with his wife and son and opened Aikido of Maine. “Having our own dojo is an incredible privilege; it is a constant learning experience and true pleasure to spend my time thinking about our practice and ways to make our dojo a better place. I am very captivated by the power of Aikido in people’s lives and from a training perspective I am most interested in the connection aspect of Uke and Nage and how we can put O’Sensei’s teachings into physical form.” Gary Sensei will instruct a class for children ages 6–12 and will present a program on “Challenging Your Ideas to Revamp Your Kids Program.”
- ❖ Aviv Goldsmith, 5th dan, MS, was introduced to Aikido as a teen at the New York Aikikai. Some years later, he began practicing seriously and has been teaching Aikido since 1989. In 2002, he became Dojo Cho at the non-profit [Aikido in Fredericksburg](#) where he instructs a growing children and adult program in their fantastic new “green” dojo on 20 acres. Aviv Sensei currently serves on the board of [Aiki Extensions](#) and is a director of the [Takemusu Aikido Association](#). He will moderate the discussion and brainstorming sessions of the workshop and has arranged for young students from the dojo to participate in the mini-classes.
- ❖ Robert Kent, MA, 4th dan, is the founder of [Aikidokids.com](#), an online community for everyone who teaches Aikido to kids and for the kids they teach. Kent Sensei has an MA in Philosophy from the Claremont Graduate School and is a Certified Massage Practitioner. In addition to 18 years running the youth program at [Aikido West](#) in Redwood City, California, he is Program Director at Camp Susquehannock in Pennsylvania, where he has been working with young teenagers for more than 30 years. He teaches a course in "Aikido and Ethics" at Williams College. He trains under Frank Doran Shihan and presently serves as President of [Aiki Extensions](#). Kent Sensei has previously presented “Tribal Teens”—how to generate and nurture a healthy group identity for 13–15 year olds and this year will be sharing his experience in “How Special Events can Enhance Your Kids Program.”
- ❖ Bill Gray, BSEE, 4th dan, has been teaching Aikido to children for over 15 years and has been practicing Aikido for more than 25. Child enrollment in his Redmond, Washington, dojo typically numbers over 100! The children’s program at [Aikido Academy for Children and Adults](#) incorporates positive reinforcement and fun focusing games with Aikido techniques to help many children achieve a better level of focus at home and in the classroom. Bill Sensei has written in Aikido Journal about the readiness of teens to become black belts. Many of his students have graduated to the dan ranks! Bill Sensei will teach one of the youth classes and present “Fostering Retention in the Dojo.”
- ❖ Sara Gerhart Snell, MA, 3rd dan, is the Children & Teens Program Director at [Two Cranes Aikido](#) in Seattle. She began her training in 1998 and in the past 12 years has expanded her role from teaching children to designing and directing the program. As Director, she oversees 10 classes per week for 75 children and teens ages 4 – 18 as well as 7 teachers and 10 assistants. Sara is a co-founder of the non-profit, Two Cranes Institute, that extends Aikido’s philosophy and techniques outside the dojo to schools, community centers, therapists, businesses, etc. Sara will present on ukemi, “Rolling for Life,” focusing on the teaching methods used at Two Cranes Aikido to fall down and get up. The act of rolling will be presented as a physical, spiritual, and energetic act. The ability to “roll with the punches” will be framed as a metaphor for responding successfully to the challenges of daily life.

- ❖ Sharon Seymour, MLS, 4th dan, has been teaching children since 1984. After teaching youths at Nippon Kan in Denver she went on to found the AikidoKids! program at [Katsujinken Dojo](#) in Prescott, Arizona, in 1997. Sharon Sensei also initiated the AikidoKids! program at Aikido at the Center in Tucson. She will co-chair a panel presentation on “The Power of Words,” utilizing her experience with Marshall Rosenberg’s Non-Violent Communications. Sharon Sensei wanted to find a way to have verbal communication on the mat “be Aiki” so students receive a consistent message during practice. Like Aikido, NVC has an outer form which is a gateway to deep exploration of yourself and deepening understanding and compassion toward others. In class, this practice reorients her to seeing the needs that drive behavior so that she can address those needs rather than continually struggling to modify behavior.
- ❖ Martin Katz, 5th dan, began his Aikido training in 1974 at the San Diego Sheriffs Aikikai under John Damian Sensei. He joined the Aikido Association of America with Shihan Fumio Toyoda in 1990. Katz Sensei has taught children and adults since 1978, employing an eternal enthusiasm combined with a theatrically innovative style. His philosophy is born out of his love of the art and his reverence of all the teachers/students that have shared the path. Martin Sensei will instruct a class for youths ages 10+ and will facilitate a program on “Games, Games, Games.”
- ❖ Stan Zmit, 2nd dan, has worked as the program director at River of Life Martial Arts (aka Aikido Seishinkan) in Fort Washington, Pennsylvania, for the last two years, where he’s put together a comprehensive children’s aikido program that teaches the art in a way that creates quality students and increases the dojo’s bottom line. He began teaching Aikido to children in 1999 in Allentown, Pennsylvania. Stan will present an overview of some of the principles that he has discovered work well when teaching children, and how these apply to teaching freestyle in particular. He will demonstrate how to progress from working one-on-one with basic techniques to working in small groups performing freestyle. For the purpose of teaching this skill, it is important that the children can safely execute a back fall and a forward roll, and that they and their family have made the commitment for the child to train to black belt and beyond.
- ❖ Brian Hill, 4th dan, began studying aikido in 1996. Brian began teaching aikido at the Downtown Campus of J. Sargeant Reynolds Community College in the fall of 2001, and began calling his dojo River City Aikido in the Spring of 2005 when he commenced teaching Aikido to children. At that time he piloted a therapeutic martial arts program for working with severely emotionally disturbed children at the Virginia Treatment Center for Children. Brian is a Licensed Clinical Social Worker who has practiced psychotherapy with children, adolescents, and their families. In addition to teaching Aikido, he currently supervises therapists at the Bon Air Juvenile Correctional Center. Brian will present on therapeutic approaches to kids with emotional, behavioral, and developmental disorders and give suggestions for integrating special needs kids into the dojo.
- ❖ Josh Paul, 3rd dan, has been the head instructor of Jikishinkan’s youth program since 2005. The program serves approximately 25 students ages 6–13 and offers four classes per week year round. The program emphasizes cooperative learning, basic body movements and techniques, personal responsibility, and developing confidence and self- and situational awareness. Josh will share his experiences working with children with autism spectrum disorders (ASD). Aikido, as a form of physical communication, has much to offer children with ASD. This presentation, after providing a brief overview of ASD, its variable characteristics and manifestations, and available treatments, will focus on aikido exercises such as solo and paired *ki* exercises, *taisabaki toshu* exercises, *ukemi*, and games appropriate for children with ASD.



Here's what past seminar participants say:

" I'm still flying high from last weekend. I wanted to say thanks for all the hard work you put in getting the kids seminar organized, I learned a lot, the more I teach the more I realized I learned. I had my first aikido kids class today since last week. Our first session we had decent classes, today was the first class of a new session, if I say so myself it was AWSOME! I also got a lot of compliments from the parents, they loved it." - Lisa

" I really enjoyed the entire weekend, thank you so much for your vision and organization of the event! I made some new connections, learned a lot and had a great time at all the classes and events. I will be mulling over the material for months! "
- Melissa

" Kudos to you and Donna for putting on such a wonderful seminar and thank you for the invitation to teach and participate in the events. Your guest teachers were extremely talented and a wealth of information. You are providing something to the Aikido community that will be of great benefit. What a gift for children to learn the principles of Aikido, of resolving conflict in a non violent way at such an early age. I appreciate the work you are doing." - Michael

" I wanted to tell you what a fantastic experience the weekend was; it was probably the most information-packed seminar I've ever attended in my life (including aikido and professional occupational therapy seminars). It opened up an entirely new world to me; I've already started using some of what I remembered and stood out for me with my kid students, and they are loving it! You and Donna did an unbelievable job putting it together. You can already sign me up for next year." - Larry

" Just want to reiterate what a great time I had, and what a fantastic job I think you and your team did. I'm sure there were many headaches for you along the way, but you made it look easy. I am very grateful to you" - Ross

" I thought it was a well planned and well run seminar. You and your dojo crew did a fine job. In addition to having learned a lot, I had a ball." – Steve



SEMINAR SCHEDULE (TENTATIVE)

Start Time	Finish Time	18-Jun-10 Friday	19-Jun-10 Saturday	20-Jun-10 Sunday
8:30 AM	9:30 AM		Optional - Adult Aikido	
10:00 AM	10:50 AM		1 Aimee Bel Kids Class Part1	
11:00 AM	11:50 AM		2 Gary Small Kids Class Part 2	
12:05 PM	12:30 PM		3 Kids Class Redux Moderated by Aviv Goldsmith	
12:30 PM	1:25 PM		4 Working Lunch	
1:25 PM	1:55 PM		5 Gasshukus and Other Special Events Rob Kent	
2:00 PM	2:30 PM		6 Jiyuwaza Stan Zmit	
2:35 PM	3:05 PM		7 Fostering Retention in the Dojo Bill Gray	
3:05 PM	3:20 PM		BREAK	
3:20 PM	3:50 PM		8 Sarah Snell Ukemi	
3:55 PM	4:25 PM		9 Sharon Seymour and Aviv Goldsmith The Power of Words	
4:30 PM	5:00 PM		10 Martin Katz Moderator Games, Games, Games	
6:00 PM	7:00 PM	Optional - Youth Aikido		
7:00 PM	8:00 PM	Optional - Adult Aikido	Optional - No Host Dinner Networking	
		Optional - No Host Dinner Networking		
9:00 AM	9:50 AM			11 Bill Gray Teens Class - Part 1
10:00 AM	10:50 AM			12 Martin Katz Teens Class - Part 2
11:05 AM	11:30 AM			13 Teens Class Redux Moderated by Aviv Goldsmith
11:30 AM	12:20 PM			14 Working Brunch
12:25 PM	12:55 PM			15 Aimee Bel Test Preparation and Testing
1:00 PM	1:45 PM			16 Brian Hill and Josh Paul Behavioral Disorders and Methods
1:50 PM	2:20 PM			17 Gary Small Challenging Your Ideas To Revamp Your Program
2:20 PM	2:30 PM			18 Aviv Goldsmith Seminar Wrap-Up

AIKIDO IN FREDERICKSBURG SEMINAR APPLICATION & LIABILITY WAIVER

Please mail in with your non-refundable registration fee made out to Aikido in Fredericksburg to 6155 Hickory Ridge Rd, Spotsylvania, VA 22551 or via email to aviv@aikidoinn.com

Name _____

Address _____

City, State _____ Zip _____

Home Phone _____ Work or Cell Phone _____

Email Address _____

Aikido Home Dojo _____ Aikido Rank _____

Where will you be staying during the seminar _____

How did you learn about the event? _____

Do you have any health limitations that would affect your ability to practice Aikido? _____

Contact Person and Phone In Case of Emergency _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned applicant to AIKIDO IN FREDERICKSBURG (hereafter called "School"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the School may carry may not cover injury to its students. As a condition to being admitted to the School as a student, I assume the risk of all injury and *do hereby hold the School, its instructors, lessors, employees, volunteers, and agents harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the School or elsewhere, including the use or misuse of information presented at or by the School, excepting only those actions or damages caused by the gross negligence of any of them.

I agree that the health, welfare, and safety of all students, members, and instructors of the School are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School. If such a condition arises in the future, I shall inform the School and shall cease practicing unless mutually agreeable proper precautions are taken.

I agree to abide by the rules of the School and to follow explicitly all instructions given by instructors. I understand that (a) training is a privilege, (b) that the School may refuse to provide instruction to any person at any time, and (c) all fees paid are not refundable. I permit the School to send me communications at the above addresses. I agree that the School may use any photos of me taken at the seminar and ideas generated therein in its educational materials.

Date _____ Signature _____

If student is under eighteen (18) years of age, parent or guardian must sign here.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date _____ Signature _____