

No-Fall Aikido for Instructors



@ [Aikido in Fredericksburg](#), Virginia
Friday, August 30th
9:30AM – 5:30PM

Learn how to add a no-fall or low-impact class to your dojo program and:

- Expand dojo membership
- Make training available for senior citizens
- Increase flexibility
- Enhance training while injured
- Permit training with disabilities
- Foster trauma recovery

www.gashuku.net

Details? Call Aviv Sensei at 1.540.582.9600 or email aviv@aikidoinn.com

The art of No-Fall Aikido contributes to the development of a robust dojo program by facilitating training for a broader range of students. No-Fall Aikido and Low-Impact Aikido provide training opportunities for the elderly, those with disabilities and injuries, and trauma-recovery patients. It reduces the anxiety and injury potential associated with completing techniques, it provides new opportunities for students, and helps avoid aggravating or sustaining injuries.

Knowledgeable Senseis will use their experience with these types of special classes to lead this instructors' training seminar. Teaching and marketing methods and techniques will be shared so you can make Aikido available to those who cannot take traditional ukemi.

TOPICS TO BE COVERED:

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| <u>Session 1:</u> | No-Fall Aikido for Senior Citizens |
| <u>Session 2:</u> | No-Fall Aikido as a Modality to Enhance PTSD Recovery |
| <u>Session 3:</u> | Low-Impact Aikido |
| <u>Session 4:</u> | Aikido for Everyone |
| <u>Session 5:</u> | How to Start a No-Fall / Low-Impact Class |





Aviv Goldsmith Sensei

5th Dan

Chief Instructor, [Aikido in Fredericksburg](#), VA

Aviv Sensei began studying Aikido in 1974 and has been training Iwama-style since 1986. He was Dojo Cho at Reno Aikido Co-Op in Reno, Nevada, before moving to Virginia in 2002 at the request of the Fredericksburg Aikido Club. He has trained in the Iwama Dojo with Saito Morihiro Shihan and Saito Hitohiro Sensei, and has hosted Saito Morihiro Shihan several times in Reno. As Dojo Cho of Aikido in Fredericksburg, he has developed a 7,200 square foot "green" dojo which hosts numerous seminars and programs. He received Shido-in certification in 2010 and serves on the boards of the Takemusu Aikido Association and [Aiki-Extensions, Inc.](#) He is the organizer of the bi-annual Aiki Kodomo Kenshukai, How to Teach Aikido to Children Educators Workshop.

Tom Osborn Sensei

[Aikido of Northhampton](#), MA

Tom Sensei is a Veteran with 43 years of Aikido experience and a blackbelt in karate. He served in the US Army for 8 ½ years in heavy equipment training, a year and a half in the 101st Airborne, and 6+ years in Special Forces. His Aikido training led him to discover that Aikido can be an effective modality for minimizing the effects of Combat Related PTSD. His book, [Combat Related Post Traumatic Stress Disorder, A Holistic Approach](#), and the classes he teaches is based 60% on personal experience, 30% on work with veterans with CRPTSD and disadvantaged inner city Youth, and 10% on research during MEd & EdD work. Since '67 he was involved in founding and/or directing several alternative schools, a residential program for adjudicated youth, a residential program for youths with mental, emotional, and physical Disabilities and has taught at the University of Massachusetts, Amherst.





Michael Aloia Sensei

5th dan

Chief Instructor, [Asahi Schools of Aikido](#), PA

Aloia Sensei enjoys the fluidity and freedom Aikido provides while focusing on the martial aspects. Aloia Sensei believes Aikido, which he has studied for 30 years, encompasses all the arts and is the vehicle by which a martial artist truly becomes well rounded. Sensei is a fitness trainer and Dojo Cho of the Asahi Schools of Aikido which maintains two locations in Pennsylvania. He has been featured in several instructional DVD titles and is the author of the book [How Aikido Can Change the World](#) and co-author of [Rescuer Mindset](#). Actively involved in the community, Sensei works with several area organizations including *Operational Medicine Research Group* as an instructor, the *Pottstown Guardian Angels Chapter* as the Chapter's Trainer, and currently serves on the Board of Advisors for *Aikido United International*.

Paul Rest Sensei (tentative)

3th dan

Chief Instructor, [West End Aikido](#),
Sebastopol, CA

Paul Rest is a 3rd degree black belt. He is one of the founding members of the Western Aikido Association and is currently a student of Robert Frager Shihan, 7th dan. Paul has written over 200 articles about Aikido for *The Examiner* and elsewhere that have been published in many countries.



TENTATIVE SCHEDULE

Friday 8/30	
8:00 AM	AIF Regular Class
8:30 AM	
9:00 AM	
9:30 AM	Aviv Sensei - No Fall Seniors
10:00 AM	
10:30 AM	No Fall Seniors Roundtable
11:00 AM	Tom Sensei - No Fall PTSD
11:30 AM	
12:00 PM	
12:30 PM	Lunch
1:00 PM	
1:30 PM	Michael Sensei - Low-Impact Aikido
2:00 PM	
2:30 PM	
3:00 PM	Paul Sensei - Aikido for Everyone
3:30 PM	
4:00 PM	
4:30 PM	Starting a No-Fall/Low-Impact Program
5:00 PM	
5:30 PM	
6:00 PM	AIF Regular Youths Class
6:30 PM	
7:00 PM	
7:30 PM	Labor Day Gasshuku First Class
8:00 PM	
8:30 PM	
9:00 PM	Dinner
9:30 PM	Dinner
10:00 PM	Dinner

Seminar participants are welcome to join us for regular keiko at 8AM and also to register and participate in the [Labor Day East Coast Gasshuku](#), Friday Night – Sunday Afternoon.



No Fall Aikido for Instructors Seminar – Application/Waiver

Non-Refundable Registration Fee Must Accompany Registration

(please make check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 before 20 August 2013, or pay online via paypal at www.gashuku.net

Completed application form is required even if you registered online via paypal – please email or mail)

Name _____ Contact Telephone _____

Address _____ City, State _____

Zip _____ Aikido Rank _____

Home Dojo _____ Email Address _____

How did you learn about the Seminar? _____

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

Contact Person and Phone In Case of Emergency:

Amount Enclosed: _____

SEMINAR FEE INCLUDES A SIMPLE LUNCH:

_____ \$69 discounted early registration before August 20, 2013

_____ \$89 regular registration after August 20, 2013

_____ \$49 discounted early registration before August 20, 2013 if combined with the Labor Day Weekend Gasshuku registration

_____ \$69 regular registration after August 20, 2013 if combined with the Labor Day Weekend Gasshuku registration

Do you need assistance with overnight accommodations or local travel? _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of 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 seminar and related events, I assume the risk of all injury and *do hereby hold the School, its instructors, employees, volunteers, lessors, 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.

I agree that the health, welfare, and safety of 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.

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) the School may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to receive communications as appropriate at the above addresses from School and I agree that the School may use any photos, images, or recordings of me taken at the seminar.

Date _____

Signature _____

