



Aikido: a non-competitive martial art that promotes peace. Through graceful, circular movements children learn to diffuse the force of an attack. The aikidoist never retaliates but always strives to resolve conflict peacefully.

Physical Benefits: Aikido gives children the edge in other physical activities and sports. Conditioning, balance, timing, relaxation, visualization, kinesthetic awareness and fun are at the core of aikido practice.

Emotional Benefits: Children learn to deal with stressful situations in calm, controlled, yet self-expressive ways. Practicing aikido, over time, gives children tools for resolving life's daily conflicts and improves self-esteem.

Social Benefits: The sooner children learn that there are alternatives to fighting, both physically and verbally, the sooner they will experience real personal growth as they develop strong friendships. Aikido encourages good social tendencies that should be a part of everyone's education. Both the individual and our society benefit.

About the Instructor: Bruce Bookman, Kaicho, was trained in Japan and is recognized as one of the foremost aikidoists in the world. He has taught in Seattle at Tenzan Aikido since 1980. He and his wife Colette Crawford are the directors of the Seattle Holistic Center, the umbrella organization of Tenzan Aikido. Bruce has taught children for 24 years and has created a highly respected children's program.

Free Demonstration and Class! Tenzan Aikido goes to schools, or for a more traditional experience, hosts field trips at our center near Greenlake. These demo/classes are educational and kids have lots of fun as they learn about aikido, yoga and the cultures of the Far East.

What happens in a Demo/class? Bruce Bookman introduces himself, his students and the art of aikido. There is a brief check-in to see what perceptions the audience has about aikido or the martial arts in general. Bruce intersperses physical demonstrations of aikido technique with lecture to describe the art. Participants are invited to take part in yoga warm-ups after which Bruce and his students give a more in-depth demonstration. A question and answer period follows. A basic aikido technique is taught to those wishing to participate. Others may watch. The remainder of the time is used for aikido related games. A demo/class takes between 30 minutes to an hour, depending on the needs of the class. The kids get a great workout and have lots of fun! Learn more about us at Tenzanaikido.com or call 206-525-4032.