

***Aikido***

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Aikido, a defensive martial art, works on self-awareness and development with a strong focus on vigilance and conflict resolutions. Kicks, strikes, grabs are learned, however, the focus is on defending against attackers.

Ages 14+

Class size: 10

**Learning objectives for the students**

1. Understanding of the 4 basic principles of Aikido:

        Relax completely

        Extend Ki, or energy

        Keep one point

        Keep weight underside

2. Ability to safely fall/roll forwards and backwards

3. Ability to execute basic strikes and kicks.

4. Ability to defend against (at a beginners level) basic strikes, kicks, chokes and grads.