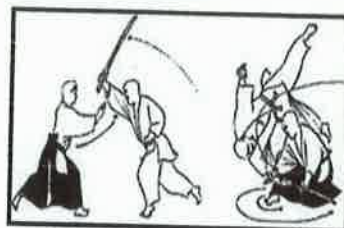




ESSENTIAL SPORTS - AIKIDO



Objectives

- Aikido is a **Japanese martial art**
- Aikido is considered to be a non-aggressive style, as the Aikido student does not instigate the attack. The basic principle of Aikido is **"Do not fight force with force"**.
- Aikido uses very few punches and kicks. Instead, the attacker's force is redirected into throws, locks and restraining techniques.
- In Aikido, size, weight, age and physical strength differences of the opponents play only a small role, as the skilled Aikido practitioner is able to redirect the attacker's energy, keeping his attacker in a constant of unbalance.
- The skills Aikido does not rely on flexibility, muscle speed, or strength.
- Aikido is performed by blending with the motion of attacker and redirecting the force of the attack rather than opposing it head-on. This requires very little physical strength.

The students will learn:

- General physical fitness and conditioning, as well as specific techniques. Because a substantial portion of any Aikido curriculum consists of throws.
- How to safely fall or roll. Specific techniques for attacking include both strikes and grabs; the techniques for defense consist of throws and pins.
- Freestyle defense against multiple opponents and techniques with weapons.
- Make physical training goals pursued in conjunction with Aikido including controlled relaxation, flexibility and endurance, with little emphasis on strength training.
- Push or extend movements which are much more common than pulling or contracting movements.

End Results:

- Physical fit & Good gross motor skills
- Mentally strong & Disciplined and capable of self defense.

Planned Strategies:

- Learning basic techniques and steps of Aikido skills & Introducing different kinds of defense, safely fall and roll,
- The fall itself is part of Aikido, and is a way for the practitioner to receive, safely what would like otherwise be a devastating strike or throw.

