

AIKIDOYESAIKIDOYESAIKIDOYESAIKIDOYES



AIKIDO
YOUTH
EMPOWERMENT
& SAFETY

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ROSE CITY ATHLETIC ORGANIZATION



AIKIDO YES PROGRAM

The Aikido YES program is a fun and effective system which assists in reducing bullying, violence and increasing the self-esteem and safety among today's youths.

Students will learn:

- how to present themselves in a positive manner
- how to diffuse, redirect and prevent aggressive situations without violence
- personal safety techniques

Groups will learn:

- how to positively intervene in bullying situations
- when to get help
- the importance of support, acceptance and encouragement

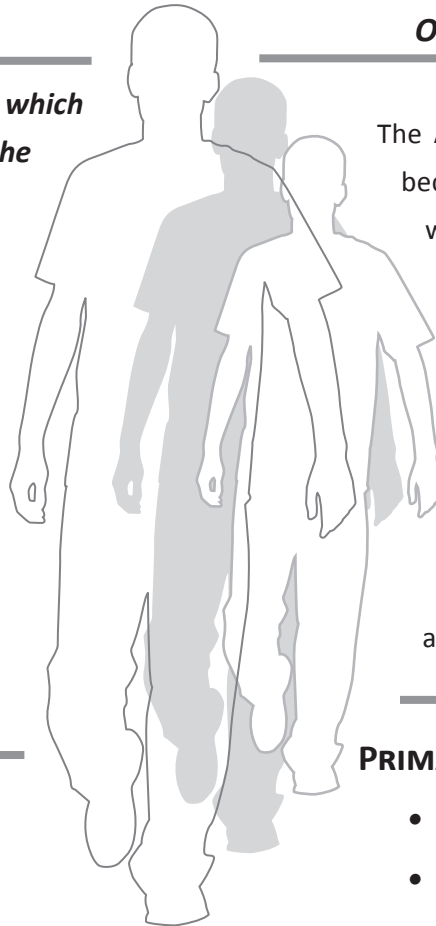
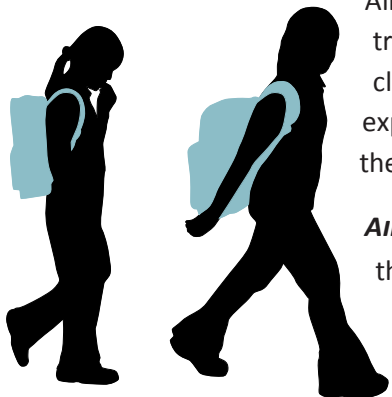
The Aikido YES program is designed for:

- students in elementary and secondary schools
- parents
- the community as a whole

The program content and approach varies with each participating group allowing for age appropriate material and teaching philosophy.

All instructors involved are fully accredited, trained in First Aid/CPR and have police clearances. Instructors have years of experience teaching children and teenagers in the art of Aikido and conflict resolution.

AIKIDO is the "quiet" martial art of self defense that teaches students that softness, calmness and harmony are the most effective responses one can make to violence and aggression.



OPEN TO ALL SCHOOL AGE GROUPS

The Aikido YES program is designed to help children and teenagers become safe, healthy and successful members of their community, while promoting an atmosphere of acceptance, security and encouragement among students in their schools and homes.

The Aikido YES program is provided by highly trained staff, specializing in creative, positive conflict responses. Our teaching philosophy combines class style lectures with physical activities that reinforce mental and emotional concepts. The Aikido YES program was founded on the principle that learning is best accomplished when it is not only focused, but enjoyable at the same time.

PRIMARY PROGRAM:

- *2.5 hours of instruction per class group*
- *The length can be catered to the school's available time and funding*

Please use the contact information on the back of this brochure to inquiry about costs for the program.

Aikido YES Program is registered on the Ministry of Education's *Registry of Bullying Prevention Programs*.

Check their site for details:

www.edu.gov.on.ca