

# Aikido Training Guide

## For Kids:

How to Practice Aikido in Everyday Life

by Kim Gold

合  
氣  
道

# Martial Arts Creed for Children

We are the young warriors.

Our lives are a gift.

Our minds and bodies are tools we will strengthen to contribute to society.

With courage and honor, we will love and appreciate our families.

We will respect our elders and teachers, and protect nature.

We will not fight, nor misuse what we learn.

We will be a good friend and live a good life.

We, the children of today, are the leaders of tomorrow.

Aikido was created in Japan by Morihei Ueshiba in the 1920's and 1930's.

He is often referred to as "O'Sensei."





O'Sensei created Aikido to combine his martial arts skills with his philosophy of world peace.

Aikido is sometimes called "The Art of Peace"

AI	合	Harmony (Balance)
KI	氣	Energy (Life)
DO	道	Way (Path)

Here is the kanji for aikido.

You can try to copy it here:

In Aikido, we blend with an opponent's attack.



We control them without doing unnecessary harm.



Our training focuses on avoiding fights.

We always try to resolve conflicts without violence.

We train to make ourselves healthier and stronger.

And to make our world a more peaceful place.

While you may come to class once or twice a week, you can practice your Aikido every day.



O'Sensei said: 'The Art of Peace should be practiced from the time you rise to greet the morning to the time you retire at night.'

How can you practice Aikido every day?

How can you practice Aikido at home?

By sharing with your sibling and lending a hand.

By saying positive things

Instead of negative things.

By helping out around the house.

By respecting and honoring your parents.



How can you practice Aikido with your friends?

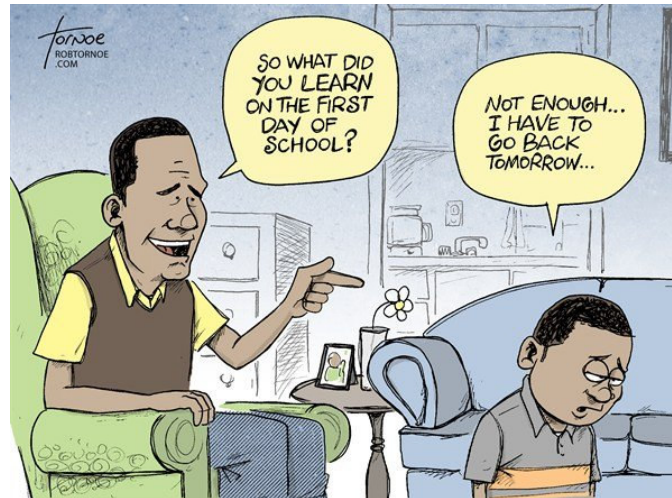
By being there for them when they need you.

By setting an example of good behavior for them.

By having the courage to not go along with the group when they are doing something you feel is wrong.



How can you practice Aikido at school?



By trying your hardest.

By taking pride in your work.

By talking to the kid who is alone on the playground.

How can you practice Aikido In the dojo?

By listening to your Sensei.

By not goofing off in class.

By helping out your training partners.

By giving 100%.



This way, you will minimize the amount of fights you get in by living a positive life.

But, if someone ever does attack you physically,

your Aikido training will prepare you.



When you drop a stone into the water, it creates ripples that go outward.



That's what your Aikido training can do for you and for the world.

When you train, you will find that you feel healthier, your life will be more peaceful, and you will be happier.

And you will be doing your part in making the world a better, more peaceful place. Just like O'Sensei intended.

