

Ki Stone Dojo Regular Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday <i>Aikido</i> 9am -11am
	<i>laido</i> 12:30pm - 1:30pm		<i>laido</i> 12:30pm - 1:30pm			
	<i>Youth Aikido</i> 4pm - 5pm	<i>Lil Samurai</i> 3:30pm - 4:30pm	<i>Youth Aikido</i> 4pm - 5pm			
<i>Qi Gung</i> 6pm - 7pm	<i>Body Awareness</i> 6pm - 6:30pm	<i>Modern Arnis</i> 6pm - 7:30pm	<i>Body Awareness</i> 6pm - 6:30pm		<i>Modern Arnis</i> 4pm - 6:00pm	
<i>Modern Arnis</i> 7pm- 8:30pm	<i>Aikido-Basics</i> 6:30pm - 7:30pm	<i>laido</i> 7:45pm -9:15pm	<i>Aikido-Basics</i> 6:30pm - 7:30pm			
	<i>Bokken / Jo</i> 7:30pm- 8:30pm		<i>Aikido-Advanced</i> 7:30pm- 8:30pm			

Lil Samurai - Stresses training in attention, social interaction, and large motor skills. Children learn well in a fun atmosphere, within the confines of a secure environment. Teaching techniques for parents to watch for are: following directions; working with a partner; switching from “active” to “quiet” activities smoothly; courage with kindness; development of muscle strength and coordination. Please watch for changes in your child’s self-esteem over time. Ages 5-7.

Youth Aikido - Much more challenging both physically and mentally than the Lil Samurai Class. Young men and women develop a true strength of spirit through a continued practice which is formal and demanding, and yet does not squelch their natural mirth. Youths will learn joint locks, throws, and how to fall and roll in a safe manner. Ages 8-13

Adult Aikido Designed with the use of the empty hand using the harmony of Aikido principles blended with the subtle and practical techniques of Aikijujutsu. Aikido basic is open to all levels, and Aikido Advanced is for 2nd kyu and above or upon approval from Sensei. Ages 13+

Weapons - Consists of using Aikido principals in paired and solo practice with the bokken (wooden sword), jo (staff), tanto (wooden knife), and the kobo (24” stick). Weapons are provided for class. Students may also bring their own. Ages 13+

Qi Gung - literally means internal energy exercises. The primary focus of our Qi Gung is based on the concept of standing like a tree. Although a tree may seem still on the outside, there is much activity on the inside. This relaxed state helps create more endurance and stamina. The secondary focus is to develop this internal awareness with simple movements and forms. Ages 13+

Body Awareness - A combination of warm-ups, stretches, Yoga and Qi Gung exercises focusing on the internal. Using this as a base in conjunction with teaching anatomical structure, these movements will help the student gain knowledge of proper body mechanics. Therefore, giving each individual person a look into the connection they have with their own personal environment. Ages 13+

laido - The study of drawing the samurai sword (katana). Cutting and returning it to the scabbard, all with a minimum of exertion. laido is practiced today as an aid to self-discipline, it improves coordination, and for its aesthetic value. Through the practice of traditional sword techniques students improve their awareness, centering, sincerity and calming of the mind. In Muso Jikiden Eishin Ryu laido, the actual cutting techniques are authentic, but the practice of lai for combat or war is no longer necessary in modern times. Training to deal with surprise attacks with a minimum of exertion while defending oneself, however, can easily be seen to be a worthwhile pursuit. The physical and mental benefits of laido are available to all regardless of whether or not you possess martial arts skills. Ages 13+

Modern Arnis – the artistic execution of swinging movements for offense and defense. Drills can be with one or two sticks 24” to 28” long or empty handed. It teaches striking, thrusting, and parrying, involves disarms, trapping, and takedowns in traditional and freestyle formats. Ages 13+