



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DEDICATION COMMITMENT DISCIPLINE

KOKIKAI AIKIDO

Kokikai Aikido is a self-defense training system that stresses timing, centering and coordination rather than meeting force with force.

The goal of Kokikai Aikido is to enable all individuals to reach their strongest state and realize their full potential, both in the art of self-defense and in their daily lives. Most people associate strength with muscle power, but Kokikai Aikido students learn many ways to become stronger. Mind-body coordination, relaxation, good posture, and proper technique can increase any person's strength. In practicing Kokikai Aikido, students learn to coordinate mind and body, to respond calmly to conflict, and to "lead the attacker's mind." In this way they can use the minimum effort to create the maximum effect. This simple but revolutionary idea is at the heart of Kokikai principles.

Because of these principles, Kokikai Aikido is an effective self-defense method for people of all ages and all physical types. It provides a path both for personal realization and for ethical self-defense. As students become stronger, they become more able to respond to conflict without aggression. This training can benefit their lives in a real, measurable way.



PROGRAM FEES

Youth Aikido 8 week session	Full-Facility Member \$64	Program Member \$80
Teen Aikido 8 week session	Full-Facility Member \$64	Program Member \$80
Walk on Mat Fee	\$20 per class	

THURSDAYS

5:30-6:30pm
Youth Aikido
7-12 year olds

5:30-7:00pm
Teen Aikido
13-17 year olds

**CLASSES LOCATED IN THE
YMCA SPORT COURT**

PRINCETON YMCA
59 PAUL ROBESON PLACE
www.princetonymca.org
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