

Education, evaluation, validation & exchange  
program for Aikidoists, Senpai & Sensei

# Aikido with Kids and Youth

\*2023



KIKENTAI BERLIN



## Kikentai • Berlin

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## Why Budo with children?

Budo is based on constructive attitudes to life and real ethical values.

People define themselves by what they do in life. Children too, of course: martial arts are fun and are really “cool” as a positive identification and attitude to life!

With our Aikido practice, we can grow into a harmonious and peaceful world together with our children. Being able to be strong without hurting others is a transforming experience. The holistic approach in Aikido training makes a valuable contribution to the development of children and young people, especially as a counterbalance to the more intellectual approach in everyday school life. In addition to improved coordination and a sense of space, the children benefit from a sharpening of the senses: they are more attentive and can concentrate better.

Children mean the future for our dojos. Without children’s training, our mats would age, our own development would stagnate or become an end in itself.

Apart from that, it turns out that what people do at a young age shapes their whole life. The sooner we can get children excited about Aikido, the more they will identify with the positive values of this martial art later on and be able to master difficult phases of life as they grow up.

Accompanying children and allowing them to experience their own abilities is a strong legacy! It means finding ways to teach Aikido as a mature and modern form of self-assertion in a child-friendly way, and it requires that we know ourselves well and bring our own experiences with us.

## The Initiators

are leading the Dojo Kikentai.Berlin, which they founded in 2009. In the beginning, the dojo was mostly membered by Kids, Teens and Youth. By now it still has a great number of unaged members. They enrich the dojo with their joyful energy, enthusiasm and zest for life. With increasing gratitude for and dedication to working with children, the desire to share, pass on and develop the experiences gained arose in exchange with other people active in teaching Budo for children.

Confronted with questions and challenges that concern the younger generation, everyday life in the dojo is characterized by the debate about what this generation needs in order to shape its work independently. Accompanied by the need to see strong characters grow up who can assert themselves against the temptations of our affluent society.

## The program

.. would like to make a well-founded contribution to bringing Aikido into the young world. In addition to the holistic aspects of Aikido practice with children and sample sessions that are experienced in practice, we would also like to provide theoretical information on the basics and background of Budo, pedagogy, philosophy and much more. illuminate and deal with it. Some questions that concern us are:

How do children develop a willingness to learn? What conditions are needed for learning to take place? What contributes to children experiencing themselves as part of a community? How can clear rules be conveyed that promote respect and encourage reflection? What role do I want to play as a teacher? How can I support self-learning?

And of course, contrary to the principle of being the strongest, it's all about "experience"! It's about how children can assert themselves in their own strength and find a respectful and constructive way to deal with their (sometimes combative) potential. We can receive the openness, enthusiasm and naturalness that children bring with them as a gift and "develop" it with mindfulness.

## The team

12 people can do more than 2, and everything is much more fun together!

Our program aims to create a framework for exchanging ideas with other committed children's Budo teachers, learning from each other and passing on experiences. Many teachers mean many personal experiences and even more questions, possibilities and impulses.

## Do it your way

... as an investment in your own development, in a path that brings you joy and meaning.

You will be involved in a framework where respect and personal development are cultivated through mutual exchange. Together with like-minded people, you will gain valuable experiences that will help you advance on your path and allow you to grow. Being aware of your role also benefits your self-determined and empathetic demeanor.

Ultimately, your commitment as an Aikido teacher for children in full-time dojos, or in other projects, can be completely or partially your livelihood. We would be happy to support you on your journey. We look forward to seeing you!



## What to bring in?

Of course you enjoy working with children and enjoy exercise. You are responsible and communicate with heart. You value your enthusiasm for Budo and your joy in working with children as a gift that you would like to continue to nurture and develop. You are welcome to bring experience in the physiological and/or pedagogical area. You already have completed a first aid on child course or are planning to do so. We are pleased about your interest in working with us and your motivation to further develop yourself as a children's Budo teacher!

## Your contribution — your profit!

Taking part of the program is expecting the following costs:

- approx. 150\* euros per seminar/workshop in Berlin (including 3 moduls)
- Costs for supervision, practical experience and mentoring as part of the assistance training after consultation with your dojo

\*Young Aikidoka (under20) receive a 50% discount on the workshops! Feel free to ask your dojo cho for further support!

There is also the prospect of supporting participation in the entire program with scholarships for children's Budo teachers from the "Budostiftung Anita Köhler". Feel invited to contact us for further information.

## Get in contact:

Information, Inscription, Check-in to our Chat-Groups (Signal & Facebook):

**[ilka@kikentai.berlin](mailto:ilka@kikentai.berlin), +49 173 2986155, ilka flora**

# The program's content and scope

The program offers different possibilities to take part:

- Workshops: focuses on pedagogy, Budo philosophy, theoretic background and practical experience and teaching.
- guided and documented foundation:
  - 1) hospitation at various teachers (the program is organizing group-visits and mediate exchange by the network of mentors and speakers)
  - 2) teaching-assistenz in colaboration with the student's home dojo's
  - 3) regular input and exchange with the speakers and each other via chat-group
  - 4) personal studies, practice and validation: supervised by the students home-dojō.

Initiated in 2023, two or three annually workshops are taking place in the Berlin/Brandenburg area, including a three-day intensive summercamp. Each workshop includes specific modules with practical, theoretical and pedagogical focuses. Each instructor will give a practical experience of the content in an example unit. We also offer space for reflection, feedback, questions and exchange. One workshop contains 3 modules.

Certified as continuing education, the program propose 200 hours in:

- 1) workshop modules
- 2) Hospitation, teaching assistance and supervised teaching
- 3) personal practice and validation
- 4) personal study (thesis).

The entire program calls at Aikidoists who are interested in a profound discussion and would like to make this effort. Participation in the entire program also offers the opportunity to benefit from regular exchange with the instructors and each other.

Apart from completing the program as further training, each individual workshop may also be attended without a program pass. Children's teachers who already are experienced, do benefit from the exchange with others and use the opportunity to focus on deepening their own know-how.

As part of the program, the speakers are invited to exchange ideas with each other and to further develop their own teaching.



# Workshop—Schedule

- 1) October 14th/15th 2023, 10am-6pm/10am-1pm, Kikentai.Berlin
- 2) January 20th/21th 2024, 10am-6pm/10am-1pm, Kikentai.Berlin
- 3) June 14th-16th 2024, 6-9pm, 10am-1pm, 5pm-8pm, 10am-1pm, Camp in the Countryside
- 4) November 9th/10th 2024, 10am-6pm/10am-1pm, Kikentai.Berlin
- 5) February 15th/16th 2025, Kikentai.Berlin
- 6) June 27th-29th 2025, Camp in the Countryside
- 7) January 31st-February 1st 2026, Kikentai.Berlin

## Instructors

— **Axel Buksnowitz,**

6. Dan Aikikai, Dojo-Cho Kikentai.Berlin, Dipl.-ing.

— **Ilka Flora,**

3. Dan Aikikai, Kikentai.Berlin, master of visuel arts

— **Jeannine Schröder,**

1. Dan Aikikai, Budopädagogik Master, Dipl.soc.ped.

— **Hagen Wießner,**

4. Dan Aikikai, Dojo-Cho Kenkokan, Budopädagoge (IfBP), Dipl.soc.ped. (FH)

— **Christiane Gräf,**

4. Dan Aikikai, Dojo-Cho Aikido am Tempelhofer Hafen, communication-coach

— **Rico Kuhles,**

Dojo-Cho Aikido-Gemeinschaft OderSpree e.V.,

— **Werner Gräf,**

5. Dan Aikikai, Dojo-Cho Aikido & Gewaltfreie Kommunikation, journalist & adviser

— **Ishlar Smolny,**

3. Dan Aikikai, Dojo-Cho Dachoyama-Aikido, pianiste & piano-teacher

— **Ana Purwa,**

1. Dan Aikikai, Dojo-Cho IZUMI Aikido, actress & voice actor

— **Martina Loos,**

3. Dan Aikikai, Dojo-Cho Aikido School Athens, Dr.in phil.

— **Jacqueline von Arb,**

4. Dan Aikikai, Dojo-Cho JuShinKan Stavanger, Master of linguistics/music

— **Martin Švihla,**

5. Dan Aikikai, Dojo-Cho Aikido vinohrady prague, Dipl.-ing.

— **Edo & Anne Slui,**

5. Dan Aikikai, Dojo-Cho Aikido School Ando

# Moduls

- a) principles and development stages of the form in children's budo (AB)
- b) Aikido for the little ones: non-verbal teaching and the evolution of the form (RK)
- c) Budo values: A basic framework for training children and young people (HW)
  
- d) budo pedagogy: developmental psychology, conceptual work, teachers role (JS)
- e) Rhythm, structure and variation: using different settings in a class (IF)
- f) motoric development and emotion in physical education (ML)
  
- g) Relaxed samurai: Fantasy journeys, Shiatsu & partner-based body awareness (HW)
- h) Aikido on the road: Aikido-messaging & -marketing (colloquium)
- i) Leaving the comfort zone: weapons-training with kids and young people (CG)
  
- j) Principles to engage for the long term: motivation, meaningfulness, gender (IS)
- k) Playful learning with little helpers: using aids in a Budo class (IF)
- l) The meaning of fighting or not fighting: Self-assertion and Budo (AB)
  
- m) Budo and community: Rituals for togetherness in Aikido training (RK)
- n) Developing social skills & no-competition games (ML)
- o) The quality of contact: non violent communication and Aikido (WG)
  
- p) Inspiring physical education: Creating / perceiving contact & moving together in space (MS)
- q) Outside the Dojo: Inspiring others by Aikido-communication (AB)
- r) Disruptions welcome! — Responding to special needs as creative teaching (IS)
  
- s) Aikido together with "Out-of-the-norm kids": the art of Integration (JvA)
- t) Difficult children?! Maintaining group dynamics, emotional energies & temperaments (ML)
- u) Meeting at the eye-level: role-models to train budo-skills for life (AS/ES)
  
- v) Growing up in the Dojo: Aikido for Teenagers (MS)
- w) Principles in the regular training: the meaning of Ukemi and Contact (AP)
- w) The body knows irimi tenkan: Teaching the basics in different stories (IF)
  
- x) Milestones and Challenges: Grading in Children's Budo (Colloquium)
- y) Be quiet please! ...Is chaos ok? — Creating a safe space for children (M.S.)
- z) Instead of winning & losing: protecting each other as a base of having fun (SH)