



AIKIDO
INTERNATIONAL



AIKIDO
WORKSHOP
FOR SCHOOLS

PREPARED BY
DIRECTOR & CHIEF INSTRUCTOR
PRAJALITHA RANASINGHE



合氣道

Introduction

Aikido, a modern Japanese martial art, offers a unique blend of physical, mental, and spiritual development for individuals of all ages. Aikido workshop is designed to introduce school students to teachers and practices of Aikido, promoting physical fitness, self-confidence, and a healthy lifestyle.





What is **AIKIDO** ?

Aikido is a holistic martial art that emphasises circular movements, balance, and harmony with others. It is an excellent way to develop physical coordination, flexibility, and strength, while cultivating mental focus, discipline, and self-awareness.



Benefits for School Students

Physical Fitness:

Aikido improves cardiovascular health, flexibility, and overall physical fitness.

Self-Confidence:

Aikido training enhances self-esteem, confidence, and self-discipline.

Drug Prevention:

Aikido promotes a healthy lifestyle, self-control, and resistance to substance abuse.

Social Skills:

Aikido encourages teamwork, communication, and respect for others.



Why **AIKIDO** is useful For School Students

- Develops physical and mental discipline
- Enhances focus, concentration, and self-awareness
- Fosters a sense of community and teamwork
- Provides a healthy outlet for stress and energy





Agenda

- Introduction to Aikido principles and history
- Basic Aikido techniques and movements
- Interactive drills and exercises
- Q&A session and feedback



Why AIKIDO for teachers

Educators often face high-pressure social dynamics when cultivating a safe learning environment and need tools that help them manage stress while promoting restraint, precision, and composure.

Aikido provides a practical approach for staff to navigate disruptions by prioritising mutually beneficial resolutions over reaction. It provides skills for meeting confrontational energy with relaxation and extension, allowing them to navigate difficult situations and be viewed as centred and calm leaders with empathy and perspective, essential for professional sustainability.

Aikido training helps empower teachers to cultivate a supportive classroom culture, transforming them from mere authority figures into guides for the refinement of the human spirit in their students



SCAN
for our website

The Goal

A major challenge for a large student body is that discipline often revolves around forceful, externally based compliance and punishment.

By applying Aikido principles of achieving inner harmony, and a core belief in the peaceful reconciliation of conflict. We can cultivate a safe, harmonious learning atmosphere.

Aikido is a framework for students to navigate social pressures and stress with empathy, composure, and perspective, prioritising resolution over reaction

Focusing on this kind of character development and emotional intelligence is essential for young people navigating complex relationships in a more interdependent society. Empowering them to view their individual goals as integral pieces of building a successful and supportive school culture.





AIKIDO
INTERNATIONAL

We believe that Aikido can be a valuable addition to the school's extracurricular activities, promoting the overall well-being and development of its students.





AIKIDO **INTERNATIONAL**

“AIKIDO IS MORE THAN JUST A MARTIAL PRACTICE. IT IS A PHILOSOPHICAL TOOL TO HELP US BECOME BETTER PEOPLE, BETTER FAMILIES AND A STRONGER GLOBAL COMMUNITY. I BELIEVE IT TO BE A SINCERE PATHWAY TO THE REFINEMENT OF THE HUMAN SPIRIT”

TATSUO STEPHEN TOYODA (6TH DAN)
PRESIDENT & CHIEF INSTRUCTOR
AIKIDO ASSOCIATION OF AMERICA (AAA)
AIKIDO ASSOCIATION INTERNATIONAL (AAA)

SUCCEEDING HIS LATE FATHER, THE FOUNDER, FUMIO TOYODA SHIHAN, SENSEI TOYODA HAS BEEN INVOLVED IN AIKIDO SINCE CHILDHOOD.