



Kid's Aikido Class

Winter 2010 - Week 1 (January 30, 2010)

Technique (Kihon Waza):

- Kyu Technique: _____
- Balance and Agility Techniques
- Self Defense Technique (Goshin Waza): _____

Activity: Taste

- All foods have their own unique and special flavors and tastes. What is your favorite food? Can you describe all of the flavors?

Poem/Quote: "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

-Harriet Tubman

Dream Catcher Girl by Tiffany Liu



<http://www.tiffanyliu.com/large-single-view/Paintings/143147-31-/Painting.html>