

Sierra Aikido – Education Mission

Our mission is to provide Aikido training to adults, children and teens in the Santa Clara and San Mateo County communities on the San Francisco Peninsula. Aikido study develops all aspects of one's self: Physical, intellectual, emotional and social. We enhance the traditional way of teaching Aikido by adapting the Aikido core program to:

- **Support our students' education goals** with:
 - Physical skills: Posture, body alignment, balance, coordination, agility, smoothness and clarity of motion
 - Mind/body integration
 - Understanding of martial arts concepts and their extension to daily life
 - Lifelong, self-directed learning skills
 - Teaching and mentoring skills and experience
 - Opportunities to do community service as instructors
 - Interdisciplinary study: Linking Aikido with academics and the arts
 - Cross-cultural and global awareness

- **Foster personal development** of:
 - Self-confidence
 - Teamwork and responsibility
 - Leadership and initiative
 - Positive social interactions
 - Mental calm and awareness

- **Make Aikido training affordable to anyone** through:
 - Dues subsidized by grants and scholarships, according to need
 - Custom-tailored programs in collaboration with community organizations that serve disadvantaged communities

- **Work with organizations with complementary goals to address the whole student.**
Collaborations include:
 - Extra-curricular training and teaching internships for college-bound students
 - Interdisciplinary workshops to connect Aikido with academics and the arts
 - Aikido cross-training for practitioners of other martial arts and sports
 - Workshops for education professionals

- **Enable every student to attain high, yet achievable, standards in the art of Aikido** through:
 - Team-teaching by high-ranked black belt instructors and senior students

- Much one-on-one attention
- A clearly structured curriculum and learning objectives
- Focus on quality of movement
- Guided self-directed, self-paced learning toward personal goals