

## MISSION STATEMENT

The Oregon Ki Society teaches Mind and Body Coordination and Universal Ki Principles by using Four Basic Principles and helps direct children to apply those principles in daily life.

## OREGON KI SOCIETY

The Oregon Ki Society is a non-profit educational service organization established in 1974 to spread Ki Principles, Kiatsu and Shin Shin Toitsu Aikido as taught by Master Koichi Tohei, Founder of the Ki Society International. Tohei Sensei presides at World Headquarters in Japan. He began teaching outside of Japan in 1953 and today Ki Principles are taught worldwide. The Oregon Ki Society is affiliated with the Northwest Ki Federation and the Ki Society International.

The Northwest Ki Federation is headed by Calvin Y. Tabata. He is an 8th degree black belt in Shin Shin Toitsu (SST) Aikido and a Lecturer in the Ki Society. He has trained for over 50 years and taught in the northwest for more than 35 years.

The Oregon Ki Society Children's Program is headed by Brenda Tam. She is 7th degree black belt in Shin Shin Toitsu Aikido and a Lecturer in the Ki Society. She has practiced Aikido for over 30 years and worked with the Children's Program for more than 25 years.

## CLASS LOCATIONS

### Takushinkan (SW) Dojo

12700 SW 68th Parkway, Tigard, OR 97223  
(503) 684-0185

### Hawthorne Dojo

1729 SE Hawthorne Blvd., Portland, OR 97214  
(503) 232-2298

### Hillsboro Dojo

Rose Springs Center for the Healing Arts  
5215 NE Elam Young Pwky, Ste A  
Hillsboro, OR 97214 (Use Back Entrance)  
(503) 860-5133  
prebolldo@yahoo.com

### Salem Dojo

See web site or send e-mail  
for more contact info  
okssalem@open.org, www.open.org/~okssalem

### Corvallis Dojo

115 NW 2nd, Corvallis, OR 97330  
(541) 757-2746

### Eugene Dojo

1071 7th Avenue, Eugene, OR 97402  
(541) 683-5089

### Bend Dojo

See web site or send e-mail  
for more contact info  
cfhc@hotmail.com, www.oregonki.org



### Mailing Address (for all dojos):

Oregon Ki Society, P.O. Box 2143  
Lake Oswego, Oregon 97035

Website: www.oregonki.org

Oregon Ki Society

SHINSHIN TOITSU AIKIDO

## CHILDREN'S PROGRAM



## WHAT IS KI?

Ki is living power. The visible tip of an iceberg floats on the water while the much greater portion lies hidden under the surface. A whole iceberg is the sum of its seen and unseen parts. Many think of human power as limited like the tip of an iceberg. Physical strength is visible, tangible and limited. Mind and spirit are invisible, intangible & unlimited. Our vast potential as human beings is realized by unification of mind, body & spirit. The Ki Society offers the Four Basic Principles so anyone may unify mind and body to reach their full potential.

## FOUR BASIC PRINCIPLES TO UNIFY MIND AND BODY

### 1. Keep One Point

This is the natural place of physical, mental and spiritual balance. By keeping correct posture and concentrating on our one point we naturally coordinate mind and body.

### 2. Relax Completely

When mind actively calms, one's body releases tension. In keeping one point, mind and body relax completely so we need never get nervous or excited in our daily affairs.

### 3. Keep Weight Underside

The weight of all objects is naturally underside. When completely relaxed, our weight also naturally settles underside. This process is called living calmness.

### 4. Extend Ki

Ki is living power. To extend Ki is to utilize our living power to the fullest extent. By focusing our mind and body we can live a healthy, vigorous life in harmony with those around us.

## CHILDREN'S PROGRAM

In Children's class students learn the principles of mind and body coordination. This helps them direct their energy more positively and effectively, and gain self-confidence. Ki and Aikido training are combined in a non-competitive environment to teach children to utilize their full potential.

This training promotes tangible benefits such as good mental and physical health. By applying the Ki principles, children improve their performance in activities such as schoolwork, sports, music, and art. More importantly, they gain the intangible benefits of having a positive attitude, respect, always doing one's best, being able to calm one's mind, concentration, and self-discipline. The art of non-dissension applies to leading and following in the dojo. It also applies directly to being able to get along with family, siblings, peers and schoolmates.

These benefits are the result of fundamental applications of Ki and Aikido training. Good learning skills –listening, concentrating on task, and following through to completion– are naturally developed. Children gain confidence in their abilities, and as they grow, the tools and direction of Ki training provide something for them to rely on. A disciplined, cooperative environment helps them learn to work and grow with others.

The support of a child's parent and/or other responsible adult is important to the child's success. This involvement helps to direct and encourage the child to use Universal Ki Principles in daily life.

The Oregon Ki Society has been conducting children's classes since 1974. Our instructors and assistants are qualified individuals who actively participate in our Instructors Program.

Children age 3-17 train in the Children's Program. We offer beginning, intermediate and advanced classes. The child's age and skill level determines in which class they participate.

## PARENTAL INVOLVEMENT

We appreciate that parents/guardians make as much of a commitment to the children's program as the senseis and children. One important avenue for parental involvement is an understanding of Ki Principles. Parents can reinforce our lessons in the child's daily life, thus greatly increasing the impact of training. We encourage our parents/guardians to participate in introductory lessons for adults available at all dojos. Communicate with your child's sensei about his or her progress and difficulties on or off the mat. This provides valuable insight for the instructor to use in helping your child.

## DOJO AND TRAINING ETIQUETTE

Training etiquette is a basic part of our Ki and Aikido program. Etiquette teaches respect for all things, discipline, and creates a safe environment where we learn to help and care for each other. Tohei Sensei says to learn we must have the attitude of growing together. These are the basic rules to follow:

- Remove shoes upon entering the dojo.
- Bow upon entering and leaving the dojo and when stepping on and off the mat. Bow to each other and the sensei (instructor) during training. This demonstrates respect for all, but more importantly, demonstrates an open mind and willingness to learn.
- Address instructors and assistants as sensei. Greet your sensei upon arrival to class and say goodbye before leaving.
- Parents please accompany you child when dropping them off for class and picking them up. Safety is our biggest concern, and it also allows us to communicate important information directly to the parents.
- Come in clean clothes. Make sure that your hands and feet are clean. Remove all jewelry.

## TRAINING MOTTO

*Let us have a universal mind that loves and protects all creation and helps all things grow and develop. To unify mind and body and become one with the Universe is the ultimate purpose of our study.*

– Koichi Tohei Sensei

- No chewing gum please.
- Use the restroom and have a drink of water before class. This avoids unnecessary disruptions during class. If you must leave the mat during class, please check with a sensei first.
- Students need to listen carefully and observe proper training rules to avoid injury.
- We encourage parents to watch class. We ask that if you talk, to please keep your voices quiet so as to not distract the children. Some parents and children are working at the table, so please do not disturb their efforts.
- If your child is unable to attend class(es), we would appreciate being informed.