

Orange County Ki Society

Children's Aikido Weekend 2019



All activities other than the Ki-Aikido classes will be done as a group. A group is comprised of students and a group leader (teenage assistant). Adult instructors will supervise all activities. Parent volunteers will supply logistical support for meals, carpooling and activities.

Saturday, May 18th

Students should arrive no later than 8:45 AM for the beginning of the weekend activities. Students should arrive wearing their training attire. One change of clothes is required – for meals and afternoon activities. We recommend shorts and a t-shirt. A swim suit and towel is also required for swimming.

8:30-8:45 AM	Children arrive dressed in training attire.
8:45-9:00 AM	Group Leaders give orientation to their groups
9:00-10:10 AM	Ki-Aikido Class
10:15-11:30 AM	Ki-Aikido Class
11:35-12:30 PM	Ki-Aikido Class
12:30-12:45 PM	Children change out of training attire (one group at a time) while other groups cover the mat with plastic.
12:45-1:15 PM	Lunch at the dojo (bagged lunches and drinks handed out in the rear of dojo)
1:15-1:30 PM	Children change into training attire (one group at a time), while other groups remove the plastic covering the mat and sweep the mat.
1:30-2:45 PM	Staff and Sword Class (outdoors as well as the mat area)
2:45-3:15 PM	Children change into swimming clothes and a t-shirt (one group at a time) while other groups work on a mat wash and covering the mat with plastic.
3:15-4:30 PM	Activities at the dojo (tie dye t-shirts) under adult supervision <ol style="list-style-type: none">1. Learn about tie dye patterns and select a pattern2. Prepare shirt with rubber bands and select colors3. Apply colors to t-shirt4. Place t-shirt in plastic bag and attach washing instructions
4:30-5:15 PM	Dinner at the dojo (pizza, side dishes, drinks)
5:15-5:30 PM	Roll call at the dojo - Carpool to Community Pool
5:45-6:45 PM	Roll call at the pool - Swimming (organized pool games)
7:00 PM	Parents pick up children at the pool and receive bag with tie dye t-shirt

Sunday, May 19th

Students should arrive no later than 8:45 AM for the beginning of the activities. They should arrive wearing play clothes suitable for outdoor play. Shoes should be good for active movement (no flip-flops). No change of clothes is required. Since we will be outdoors, a hat may be a good idea.

8:30-8:45 AM	Children arrive dressed in play clothes.
8:45-9:00 AM	Group Leaders give orientation to their groups
9:00-9:15 AM	Roll call at the dojo - Carpool to park (a half mile drive)
9:15-9:45 AM	Roll call at the park - Stretching and Ki Exercise class
10:00-10:45 AM	Applying Ki Principles to Sport (sport #1)
10:45-11:00 AM	Water break (groups rotate)
11:00-11:45 AM	Applying Ki Principles to Sport (sport #2)
11:45-12:00 PM	Water break (groups rotate)
12:00-12:45 PM	Applying Ki Principles to Sport (sport #3)
12:45-1:45 PM	Lunch at park (sandwiches, side dishes, drinks)
1:45-2:00 PM	Roll call at the park - Carpool back to dojo
2:00 PM	Roll call at the dojo - End of Camp, Parents pick up children at the dojo