

OUR INSTRUCTORS



AIMÉE BEL SENSEI

Bel Sensei currently holds the rank of Sandan (3rd Degree Black Belt) and has been teaching in the Zenshinkan Youth Program since 2000. She is a nationally respected Children's Aikido instructor.

Bel Sensei creates a supportive environment. Her talent in fostering a fun and meaningful experience for the children in the Aikido program has brought frequent praise and support from the parents of our students.

When Bel Sensei is not teaching Aikido, she is inspiring high school students to learn history in the Wellesley Public School System. She has been teaching in secondary education since 1996 and has also worked with children in special needs populations.



AMY SMALL SENSEI

Small Sensei teaches in our youth Aikido programs as well as the satellite Aikido program at Touchstone Community School. She began her Aikido training at Zenshinkan in 2007 and currently holds the rank of 1st Kyu. She is a committed Aikido practitioner and has worked extensively with our youth programs from an early stage in her training.

Small Sensei has a Master's Degree and is a Licensed Clinical Social Worker. She provides individual and group therapy to adults and children. Her clinical work is heavily influenced by mindfulness and movement concepts from her Aikido and Zen training.

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FELIX MIMÓ SENSEI

Mimó Sensei teaches our Aiki-Tots classes where he currently holds the rank of 4th Kyu at Zenshinkan Dojo. He began his Aikido training in the early 1990's, and returned to it in 2009 after a long break from the art.

Learning under Bob Caron Sensei and Aimée Bell Sensei, along with his other Aikido students is one of his weekly passions.

By trade Mimó Sensei is a web designer and an artist. He is the proud father of three children, all of whom are students at the dojo as well.



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Zenshinkan Dojo
www.zenshinkan.com

65 Water Street
Worcester, MA 01604
508-799-9106

info@zenshinkan.com

ZENSHINKAN DOJO
YOUTH AIKIDO PROGRAMS



AIKIDO IS A NON-VIOLENT
MARTIAL ART

THROUGH DYNAMIC MOVEMENT AND
MARTIAL DISCIPLINE, WE TEACH
CHILDREN THAT LOVE AND COMPASSION
WILL SERVE TO PROTECT THEM

TOTS CLASS

ages 4 to 6

The tots program is built on basic Aikido movements and gross motor activity with a concentration on understanding how our bodies move and the effect that movement can have on the environment and other people.



The tots program, appropriate for students aged 4 to 6, focuses on having a fun and engaging experience for children who are not yet ready to perform full Aikido techniques with a partner. We focus on expanding the child's awareness of their body in space using basic Aikido movements. Through this class, tots will develop focus, confidence, and interpersonal skills through games and group activities, and will learn valuable lessons of cooperation, gratitude, respect, and compassion.

The tots program is designed to be a place in which young children can begin to understand how their bodies move and how that movement relates to the world around them and to their interactions with others. Upon completion of the program, tots will be ready both physically and emotionally to begin participation in the children's program.

CHILDREN'S CLASS

ages 7 to 12

Students learn self-discipline, coordination, and discover their own inner strength; applying the principles of focus, cooperation and social responsibility in their daily lives.



Our children's class is designed for students age 7 to 12. In this program, we provide children an experience of martial arts in a cooperative, supportive, and empowering environment where they will learn self-defense and virtuous behavior through Aikido. Students learn the fundamental self-defense techniques of Aikido, while at the same time developing physically, mentally, and socially.

The only person a child is encouraged to challenge is him/herself. Classes in the Youth Program are designed to be stimulating and fun. Aikido teaches children how to focus their emotions, be sensitive to the energy and environment around them, and take action that is appropriate for their circumstances. Aikido techniques teach children how to blend with an attack, redirect aggressive energy and seek a decisive, yet peaceful, resolution to conflict.

TEEN CLASS

ages 13 to 17

The Teen Program is built on rigorous training, refinement of Aikido technique, development of responsive ukemi, and the focus, effort, posture, and courage essential to effective self-defense.



The teen program, appropriate for students ages 13 to 17, provides an opportunity for teenagers to develop as mature martial artists while cultivating qualities that will help them navigate adolescence and the rest of their lives. Through the practice and study of Aikido, teens learn skills of self-defense, develop a regular regimen of physical fitness, and build confidence, awareness, and self-control.

The teen program is designed to be a place in which teens can find ways to access their own potential, to become engaged and mature young people ready to make a difference in their world.

Students enrolled in the Teen Program are welcome and encouraged to train in our adult and weapons classes as well
Visit our website for a full class schedule