

## Who Can Benefit From Our Programs:

- Children and Youth
- Teenagers
- Parents
- Men & Women
- Families
  
- Women's Groups
- Teachers
- Community Agency Staff
- Front Line Staff
- Supervisors/Managers
  
- Police/Security Officers
- Medical Staff
- First Responders
  
- Many others

### EXECUTIVE DIRECTOR

#### Kevin J. Blok:

- 8th degree black belt Aikido
- Chief Instructor for the RCMP and the Canadian Police College, Ottawa, Ontario for Violent Behaviour Management and Officer Safety
- Professor (retired) at St. Clair College for 22 years in the Law and Security Dept.
- PhD (Can.) in Psychology (Violent Behaviour Management)
- Instructing and coordinating Aikido/defense and control classes at over 20 schools throughout Canada and the United States

# Rose City Athletic Organization (RCAO)

The Rose City Athletic Organization is dedicated to the promotion of personal growth, social harmony and peace, through education, awareness, self control and self defense.



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Charity #11912 3263 RR0001

*All instructors are fully accredited  
and trained in First Aid/CPR*

*Contact us for information on  
costs and special packages*

## Rose City Athletic Organization Vision Statement:

Incorporated in 1982 as a not-for-profit educational organization and granted tax exempt status as a registered charity with the federal government, RCAO promotes personal growth and inter-personal development by offering courses and specialty programs for self-actualization and community advancement.

Through education of the body, mind and spirit, RCAO seeks to enhance individual lives and the community at large. By teaching strategies and techniques that allow people to better control conflict situations, RCAO can help them to establish more peaceful and harmonious resolutions to violence, aggression and stress.

The values focused on include calmness, self confidence, self defense (with an emphasis on personal

safety as opposed to the defeat or destruction of others), self control, being in tune with your surroundings, tolerance, cultural education, respect and perseverance.

With both the academic and physical courses offered, there are strong components of violence de-escalation, health, relaxation, stress reduction, personal discipline and motivation, with a general goal of better living for the individual as well as those around them.

JIZEN

*Working to  
enhance the  
well-being of  
others.*

## Programs:

### AIKIDO YOUTH EMPOWERMENT & SAFETY (AIKIDO YES) PROGRAM

The Aikido YES program is a fun and effective system which assists in reducing bullying, violence and increasing the self-esteem and safety among today's youths.

*Students will learn:*

- how to present themselves in a positive manner
- how to diffuse, redirect and prevent aggressive situations without violence
- personal safety techniques

*Groups will learn:*

- how to positively intervene in bullying situations
- when to get help
- the importance of support, acceptance and encouragement
  
- Open to all school age groups.
- Primary Program: 2.5 hours of instruction per class group. The length can be catered to the school's available time and funding.

*Aikido YES Program is registered on the Ministry of Education's Registry of Bullying Prevention Programs. Check their site for details - [www.edu.gov.on.ca](http://www.edu.gov.on.ca)*

### AIKIDO

Aikido grew out of the combat disciplines of the samurai. Aikido teaches smooth, relaxed, balanced movement, and combines rigorous physical discipline and practical effectiveness, with an emphasis on personal growth.

*Aikido:*

- is an effective method of self defense
- is an excellent weight-bearing exercise
- teaches mind-body coordination and self control

Aikido teaches students that softness, calmness and harmony are not weaknesses; that in fact, such qualities are the most effective responses one can make to violence and aggression.

RCAO offers a wide variety of Aikido programs to individuals and their families:

- *Youth:*
  - Little Samurai (4-6 years old)
  - Youth (7-12 years old)
  - Summer Program (7-12 years old)
  - After School Program (4-12 years old)
- *Adult (13 years old & older):*
  - Programs include relaxed, beginner and advanced classes with short and long-term options

### ON GUARD

On Guard is a simple but highly effective system of techniques and strategies for violence intervention and prevention. Key courses include:

- *Non-Physical Crisis Intervention*
- *Violent Person Management and Benevolent Control*
- *Self Defense Tactics*
- *Police/Security Control & Defensive Tactics*
- *Ground Defensive Tactics*
- *much more...*

The many benefits of On Guard training include:

- *personal safety and awareness*
- *being able to employ simple but effective restraining techniques without causing physical injury*
- *reduced legal liability*
- *controlling aggressive/violent individuals without brute strength*
- *reduced stress on you and the aggressor*
- *improved confidence and health*
- *better focus and coordination*

**\*Contact us for a complete list of programs and details**

## Recognition:

*"After five years of training, our son still looks forward to each and every class. The classes are fun and the instructors are great. He's not only learning self defense, but also self discipline and self improvement."*

M.W. - parent of youth member

*"...This course has helped us in providing quality training to the police community throughout Canada."*

-Sergeant G.R.

Canadian Police College

*"All three of my children studied Aikido, a martial art that by its nature is defensive, not offensive."*

*"When involved in the study of such a martial art, your children will tend to present themselves physically in an assertive manner, standing tall, head up, confident in their stride and strong in their voice."*

-Barbara Coloroso

Excerpt from her book "the Bully, the bullied, and the bystander"

*"...Your training positively and effectively influenced my life and the lives of the people around me. Top notch instruction. Special thanks."*

-F.M.

Point Lepreau Nuclear Power Plant,  
New Brunswick