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.

**Félix 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.

Zenshinkan Dojo

www.zenshinkan.com

65 Water Street
Worcester, MA 01604
508-799-9106
info@zenshinkan.com
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.

Tots Class

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.

Children’s Class

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.

Teen Class

Visit our website for a full class schedule

Students enrolled in the Teen Program are welcome and encouraged to train in our adult and weapons classes as well.