



Aikido in Fredericksburg
an 8 week course starting
Friday January 8th 10am

FALL SAFETY FOR SENIORS

The Kupuna Method

Learn the ABC's of falling safely
and reduce the risk of falling.

Awareness - Balance - Control

Practice these skills while
learning to minimizing injury
and maintain independence.



About Us

Aikido in Fredericksburg is a 501(c)3 not-for-profit educational corporation. We embody conflict resolution, self-improvement, and community service through the teachings of the nonviolent art of Aikido.

**only
\$79**

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The safest fall is a fall that never happens!

Fall Safety for Seniors – The Kupuna Method

An eight-week course at Aikido in Fredericksburg

We will be learning and practicing Fall Safety based on [The Kupuna Method](#) which has been refined over years at Kupuna Aikido in Hawaii. Aikido methods are adapted for balance improvement, fall avoidance, and low-impact falling for seniors. Falling is a major cause of injury and even death for senior citizens; the statistics speak for themselves:

- More than 30% of seniors 65+ fall each year
- 50% of people who fall will fall more than twice a year.
- Every 11 seconds a senior is seen in an ER for a fall-related injury.
- Every 19 minutes an older adult dies from complications from a fall

Awareness and lifestyle adjustments such as those taught with the Kupuna Method can reduce the number of falls & the potential for significant injury.

- ✚ **What's the cost?** Just \$79 for the entire 8-week class. Once you register your fee is not refundable, but if you can't make it, you can transfer the registration to someone else.
- ✚ **Can anyone do this?** The class is designed for senior citizens. You must be able to get up off the ground unassisted. It is up to you and your physician whether you are fit enough to participate. We are not medical professionals.
- ✚ **What should I wear?** A t-shirt or sweatshirt and pants that you can move in. We will practice barefoot on mats. If you have toenail polish you should wear socks to protect the mats but note that socks can be a bit slippery. Bring a water bottle if you like.
- ✚ **Where is the class?** At the beautiful Aikido in Fredericksburg school located 1.4 miles off US1 between Massaponax and Thornburg. The address is [6155 Hickory Ridge Rd](#), Spotsylvania. There are changing rooms and restrooms.
- ✚ **When is the class?** We will meet for eight weeks on Fridays at 10AM starting January 8, 2027. Each class meeting will be about an hour long.
- ✚ **How can I get more information?** Email aviv@aikidoinn.com or call 540-455-3378
- ✚ **How do I register?** You can register online <https://my.rhinofit.ca/store/index/56d236c7?pid=16453> or stop by the dojo during [regular Aikido class time](#). We'll need a minimum number of participants for the class to go and we will cap the maximum number of participants, so register soon.