



Burwell Aikido Club - Aikido for Daily Life



offers

An Aikido Course with Kayla Feder 7th Dan



Kayla Feder Shihan, 7th dan, Aikikai, is the dojo cho at Aikido of Berkeley. In 1973 at the age of 9 Kayla Shihan fell in love with Aikido and has been dedicated to growing in the art and training continuously for 50 years. For the first 20 years of her practice, she was greatly inspired by training under Morihiro Saito Shihan, who was one of the founder's closest students. In 1980 Kayla Shihan travelled to Iwama, Japan to train with Saito Shihan as an uchi deshi (live-in apprentice). During subsequent trips to study Aikido in Japan, she trained with a number of other Shihan who were close students to the founder, among many: Kisshomaru Ueshiba (O-Sensei's son), Seiichi Sugano, Motomichi Anno, and Kazuo Chiba. Since childhood she has also practiced with and been strongly influenced by Frank Doran Shihan, Robert Nadeau Shihan, and Hiroshi Ikeda Shihan.

Kayla Shihan has taught seminars throughout the US, Europe, and Israel. In addition to her Aikido accomplishments she received a Master's degree in Holistic Health Education from JFK University in 1998.

Kayla Shihan recognizes that we all have different bodies, histories, ages and learning styles. She is dedicated to making Aikido accessible for anyone who wants to train. Her teaching style supports the individual growth of each student. She views Aikido as a holistic art and has said: "There is no end to the growth and learning we aspire to through our Aikido practice both on and off the mat".

When - Saturday 5th April and Sunday 6th April

Course Times -

April 5 10:00 – 16:00- Mandeville Hall, Burwell

April 6 10:00 – 14:00- Mandeville Hall, Burwell

Fees

Payments in advance, £80 for w/e. - Saturday - £55, Sunday £35 (contact Quentin for bank details)

Payments on the day.....£90 for w/e. - Saturday - £60, Sunday £40

Reserving your place – Email Quentin Cooke – quentincooke@the-business-dojo.co

Further information Contact Quentin Cooke - 07802 857150 (*Accommodation list available upon request.*)