



One of my favorite photos of Brandon
 Photo: Provided by Brandon

Golden Bears Aikido – Martial artists making a difference

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By **Paul Rest**, SF Martial Arts Examiner

This weekend, there will be a new addition to the Greater Bay Area Aikido community. This is Golden Bear Aikido of UC Berkeley.

The event will be held this coming Friday, Saturday and Sunday at [Aikido of Berkeley](#). On the mat will be an all-star line-up of Senseis including Robert Frager, Paul Linden, Kayla Feder who is the Dojo Cho of Aikido of Berkeley and Brandon WilliamsCraig, Ph.D.

The cost for the weekend is \$150.00. If you register at the door, there is an additional \$5.00 charge. Brandon writes, "No one turned away for lack of funds, but we must raise money for the event to happen and to make a difference."

For those of you who are regular readers of the columns, you will of course recognize Robert Frager, Kayla Feder and Brandon WilliamsCraig, all of who have been featured in past columns. [Paul Linden Sensei](#) and I have been in touch with each other for many years. He was one of the instructors instrumental in the development and spread the concept of [Low Impact Aikido](#) classes, a subject I have written about as well.

The link to the web page is below ("web site"), which will give a great and detailed explanation of the themes that will be explored.

One of the important aspects of this offering is the tie-in with [Aiki Extensions](#) and also how the material during the workshop is being presented. On the first aspect, Aiki Extensions, as I have written many times, is in my opinion one of the more powerful expressions of [O Sensei's](#) vision in the world today. Bringing together on the mat people who have harbored generations of hatred for each other and then having them share the joy of Aikido is an expression of the true revolutionary core of Aikido.

And, from the announced Schedule posted on the [web site](#), it is apparent that this is going to be fun-filled weekend with shared teaching as well as process orientated exercises. And on Sunday, there will be a story telling *and* a question & answer session with Robert Frager Sensei. Having recently participated in one of these "table talk" times with him and a group of fellow Aikidoka, I found myself spellbound listening to his stories of his days with O Sensei.

I strongly recommend this workshop. Whether you can spend one, two or all three days, this is your opportunity to experience Aikido *with a difference* as being presented by four unique and gifted Sensei. A link is also provided (above) for Aikido of Berkeley for those who have additional questions.

Tags:

[Golden Bear Aikido](#), [aikido](#)



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Paul Rest is a writer and martial artist. He has written numerous articles about Aikido and Low Impact Aikido and holds the rank of second degree...
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