

Aikido of Berkeley Free Aiki Dojo Golden Bears Aikido

Kayla Feder Sensei, 6th dan, Founder and Chief Instructor of Aikido of Berkeley, hosts the nonprofit social justice work and dojo created by her student and colleague, Brandon WilliamsCraig. His Golden Bears Aikido at UC Berkeley and Free Aiki Dojo train both on the Cal campus and at Aikido of Berkeley at 1514 University Avenue in Berkeley, California. This paper is meant to help you configure your training in the way that fits you best.

Welcome! Please contact us with any questions.

Info @ AikidoOfBerkeley.com (510) 412-9999

Sensei @ FreeAiki.com (510) 697-1513



Kayla Feder Sensei has been training since 1973 and teaching since 1980. She is in demand as a teacher both internationally and nationally, and known for more than four decades of training, dynamic movement, and admirable spirit. She is a parent and holds a Master's degree in Holistic Health Education. Kayla Sensei makes her living teaching aikido to both children and adults. **Aikido of Berkeley** is her dojo and offers morning, day, and night classes every day of the week. Almost every class welcomes every stage of learner, from absolute beginners to professional teachers, each of whom identifies as part of an intentional training community. Many advanced AiBerk students have an extensive background in different aikido styles, as well as in other martial arts, both of which are a rarity in the aikido world. All students pay a registration and monthly fee.

Brandon WilliamsCraig Sensei was promoted by Kayla Sensei to 5th degree black belt in 2016. He has been training since 1990 and teaching since 1996. Well known locally for cultural/political activism and co-founding Association Building Community (ABC), he is a spouse and parent, leadership consultant, activist, and academic with a Ph.D. in archetypal psychology and cultural mythology. Brandon Sensei's **Free Aiki Dojo** is a unique training

community which practices traditional aikido and then **Aikido 2.0**, embedding language in physical techniques in order to free aiki principles to influence both personal and collective choices, in and beyond the dojo.



Brandon Sensei

Brandon Sensei has developed a method based on Aikido 2.0, called **Martial Nonviolence™**, and a curriculum and internationally funded ABC project, called **Peace Practices™**, that teaches constructive conflict, or "conflict done well" and, in doing so, builds communities that practice peace.

Golden Bears Aikido at UC Berkeley is an extension of this practice into the world of higher education and the liberal arts.

Students donate what they can to ABC. Most contribute between \$30 and \$100/mo but some contribute only their time. Tax deductible (501c3) contributions allow Brandon Sensei to continue, and help those ready to practice conflict facilitation without the constraints usually associated with classism. **Please continue training no matter your financial situation. Learn to offer leadership as an ally, asking for and rendering aid where and when it will do the most good.**

Please sign our waiver at freeaiki.com or goldenbearsaikido.com to receive our weekly email, join our Facebook page, and follow us on Twitter for the latest changes, weekly class times, etc. @freeaiki & @gobearsaiki.

Training	Aikido of Berkeley <i>Kayla Sensei</i>	Free Aiki Dojo & Golden Bears Aikido at UC Berkeley <i>Brandon Sensei</i>
Experience	6th degree black belt training since 1973 and teaching since 1980.	5th degree black belt training since 1990 and teaching since 1996.
Style	Emphasizes joyful training, continuous movement, and multiple variations. Sees aikido as a life practice reaching beyond but including self-defense. Iwama-based aikido style developed through training with internationally recognized teachers.	Emphasizes effective conflict basics, balanced movement under pressure, improvisation, and leadership development. Illustrates conflict learning by extending principles into daily life using theater techniques and group facilitation. Iwama-based aikido style developed through training with internationally recognized teachers, and extended into Aikido 2.0 with language.
Apprenticeship	Full residential apprentice program (traditional uchi deshi) for short and long term immersion.	Independent apprentices accepted – each program and set of agreements individually designed.
Location	1514 University Avenue , full time dojo and training Community in downtown Berkeley, with apprentices, professional mats, sprung floor, and easy access to bus and BART.	On campus, at 1514 University, and under the sky , attending demonstrations, and teaching Aikido 2.0™, Martial Nonviolence™, and Peace Practices™ in local businesses, institutions, and schools.
Classes	For adults and children. 7 days a week, morning, day, and night, unlimited, no contract.	UC Berkeley campus Mondays 11-12:30 on the Savio Steps (outdoors) Friday afternoons when class is in session At 1514 University Wed 7am Sat. 10-11:30am Adults & 12-1 PM All Ages
Financial	\$55 registration + \$105/month – Income contingent requests accepted. \$15 mat fee. Free Aiki and GBA students make a donation for AiBerk classes.	PFWYC (Pay Forward What You Can) \$0 - \$\$\$ with some monthly contribution expected from every student to help everyone train freely. AiBerk students make a donation for Free Aiki and GBA classes.