

Aikido of Berkeley & Free Aiki Dojo

Kayla Feder Sensei, 6th dan, Founder and Chief Instructor of Aikido of Berkeley, hosts the non-profit venture and dojo created by her student and colleague, Brandon Williams. His Golden Bears Aikido at UC Berkeley and Free Aiki Dojo now 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) 962-3921

Kayla Feder Sensei is a 6th degree black belt who has been training since 1973 and teaching since 1980. She is internationally known and flown every year for both foreign and domestic seminars. She is a spouse and parent, and holds a Master's degree in Holistic Health Education.

Aikido of Berkeley is owned and operated by a full time Sensei who makes her living teaching aikido to both children and adults, offering unlimited morning, day, and night classes every day of the week. Almost every class includes 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. Registration is \$55 and the monthly fee is \$95.



Aikido of Berkeley

Brandon Williams is a 4th degree black belt who has been training since 1990 and teaching since 1996. Well known locally for cultural/political activism and co-founding Association Building Community, he is a spouse and parent and holds a Ph.D. in archetypal psychology and cultural mythology.



Free Aiki Dojo is a unique training community which practices traditional aikido in order to free aiki principles to influence both personal and collective choices, in and beyond the dojo. **Golden Bears Aikido at UC Berkeley** is the extension of this practice into the world of higher education and the liberal arts. Brandon Sensei has developed a method, called Martial Nonviolence®, and a curriculum, called Peace Practices®, that commits to practicing “conflict done well” and, in doing so, builds communities that practice peace. Students pay what they can (most contribute between \$30 and \$100 but some contribute only their time), or make tax deductible (501c3) contributions to support Brandon Sensei and help anyone who would like to practice conflict facilitation without the constraints usually associated with class.



Golden Bears Aikido

You will find a side-by-side comparison of program offerings on the reverse side of this sheet.

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.	4th 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 self-defense basics, development of balance, and improvisation. 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.
Intensive	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 both aikido and Martial Nonviolence 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 12-1pm outdoors Thursday 10-11pm @ Hearst 234 At 1514 University Tue. Class 6:30-7:30pm (then Kayla Sensei from 7:30-8:30) Wed 7am, Fri 2:30-4:30pm, Sat. 10:30am
Financial	\$55 registration + \$95/month – Income contingent requests accepted. \$15 mat fee. Free Aiki and GBA students make a donation for AiBerk classes.	PFWYC (Pay Fwd 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.

In the end, it is not financial cost that differentiates us, as Kayla Sensei also accepts students who pay income-based dues. Rather, it is our individual strengths as teachers which recommend one of us in particular to this or that student. We hope the choice is so difficult that you choose All of the Above and train with us both.