



Yu Wa Kai

友和会

AIKIDO WEEKEND with

KAYLA FEDER (6th DAN)

8-9-10 June 2012

Heinzestraat 9, Amsterdam-Zuid - NL

This year in the Netherlands, we have the honor to enjoy training with many highly ranked Aikido female teachers. It is wonderful that this becomes truly possible in 2012.

Yuwakai, therefore organizes too, in cooperation with *Aikido Aikikai Amsterdam, Aikidojo Amsterdam (Lydia Zijdel), Aikido Almere, de Rotterdamse Aikido Stichting (Sandra Kaandorp)* an Aikido weekend with a remarkable woman, i.e. Kayla Feder Sensei.



Kayla Feder, who came on a regular basis to the Netherlands since 1985, began her training in 1973 at the age of 9 and has trained continuously for 37 years. She is the chief instructor at Aikido of Berkeley, California. She is a direct student of Morihiro Saito Sensei in Iwama, Japan. Feder Sensei also trained with Doran Shihan, Nadeau Shihan, Saotome Shihan en Ikeda Shihan, and became strongly inspired by them. She received the rank of 6th Dan in 2004. Kayla taught seminars throughout the US, Europe and Israel. In addition to her Aikido accomplishments she received a Masters degree in Holistic Health Education from JFK University in 1998.

What makes Kayla so special is her creativity to teach physical and auditory/visual disabled Aikidoka's, something that I, Lydia Zijdel (wheelchair Aikidostudent of Erik Louw, Aikidojo Amsterdam) was able to experience at various occasions since 1985. Feder Sensei's teaching style supports the individual growth of each student. She is great with children, patient, creative with a very positive individual approach. Therefore we especially organize a *Children's Clinic* (< 15 years of age) for children of our Dutch Aikido family.

It is a great pleasure to train with Kayla and to learn from her lessons. She especially enjoys teaching kaishi waza, ukemi and weapons, but you will also witness yoga and meditation practices as part of her lessons.

In short a versatile woman, with who you have to train at least once in your Aikido career. An inspiring and positive experience. If you have done one clinic with her, it tastes for more!



Friday 8 June	Clinic I	19.00 – 21.00	€ 18,00
Saturday 9 June	Clinic II	09.30 – 11.00	€ 18,00
	Children-clinic	11.30 – 13.00 (joint lunch –brought by parents)	€ 5,00
	Clinic III	15.00 – 17.00	€ 20,00
Sunday 10 June	Clinic IV	10.00 – 11.30	€ 18,00
	Clinic V	11.45 – 13.15	€ 18,00
	Clinic VI	14.30 – 16.30 (especial suitable for non-Aikido Martial Artists)	€ 20,00

Passe-partout € 80,- (all clinics excl. Children-clinic, by prepay only on bankaccount 750214368 of Mw. L. Zijdel re Passe-partout Kayla stage); bought in the weekend the price is € 100,-.

If you are interested please register as soon as possible:

lydiazijdel@gmail.com or lydia.womenandsport@tiscali.nl (tel.

0654933644) with your name, name of your dojo and your ranking. Children registering also your age please!

Everyone is very much welcome!

