



合氣道

2008
Aikido Gasshuku
honoring SAITO SENSEI

Friday, May 23
Saturday, May 24
Sunday, May 25

San Diego

Hosted by:

Sunset Cliffs Aikido
5019 Santa Monica Ave. San Diego, CA
619 222 5085



Sample accommodations:
View more options under "Location" at
www.SunsetCliffsAikido.com

Informal accommodations available
"on the mat" at the dojo with kitchen
facilities and showers.

Bring sleeping bags, Jo, and Bokken.

Best Western Posada
5005 North Harbor Drive, San Diego, CA
1 866 608 9330

Hyatt Regency Islandia
1441 Quivira Road, San Diego, CA
619 224 1234

The Inn at Sunset Cliffs
1370 Sunset Cliffs Blvd., San Diego, CA
619 222 7901

Train with these knowledgeable Aikido-ka.



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Workshop Schedule: Friday 6:00 p.m. – Sunday 12:30 p.m.

\$110 before April 30, \$130 thereafter

Download a registration form under "Events" at
www.SunsetCliffsAikido.com



Pat Hendricks began studying Aikido in 1974 while a student at Monterey Peninsula College in California under Stan Pranin. In 1976 moved to Iwama, Japan, where she became uchi-deshi and a student of Saito Sensei for two years. Over the next 25 years Pat Sensei returned regularly to Iwama as uchi-deshi under Saito Sensei. She still returns to this day. In 1984 she founded the Aikido of San Leandro dojo. At the All-Japan Demonstration in Tokyo in 1992, Pat Sensei was very honored to have been the sole uke for Saito Sensei's demonstration, the first time a Caucasian, less a female aikido-ka, participated as uke for such a high-ranking teacher at such a high profile event.



Bernice Tom, 6th Dan, began Aikido in 1974 and met Saito Sensei shortly thereafter. In spring 1975, for one month she studied with Saito Sensei in Japan. She moved to Iwama in 1980 and continued studying with Saito Sensei for 3½ years in Iwama. She continued many sojourns to study with him until Saito Sensei passed in May 2002. She is currently the head instructor of Sunset Cliffs Aikido.



Kayla Feder began training at the age of 9 in 1972 and has been training continuously for over 30 years. She started teaching children's classes at age 13, and founded her first Aikido dojo in Benicia, California in 1980. Feder Sensei studied directly under Morihiro Saito Sensei in Iwama, Japan, and has taught seminars to students throughout the US, Europe, and Israel. Feder Sensei's teaching style supports the individual growth of each student. She also studies yoga and meditation and includes these disciplines as part of the curriculum taught at Aikido of Berkeley. Feder Sensei was promoted to the rank of 6th Dan in 2004 and is one of a small number of women worldwide to attain that rank.



Vince Salvatore was influenced at an early age by his uncle who was a black belt in Aikido. In 1987, in search of the masters of the art he moved to Japan. He was accepted as a live-in apprentice at the original Aikido School under Saito Sensei in Iwama. Studying intensely under Saito Sensei, he lived in Japan until July of 1999. Vince Sensei has experience teaching people from all over the world, and has been the Chief Instructor at Aikido of Reno since 2000.



Louis Jumonville Sensei 5th Dan Aikikai, Dojo Cho, and Chief Instructor of Hikari Dojo has been training in the martial arts for over 32 years, and teaching since 1989. He has trained extensively in Japan, at the founder's original dojo under Morihiro Saito Shihan, guardian of the Aiki-Shrine. In 1991, at the founder's dojo in Iwama, Morihiro Saito Shihan presented Jumonville Sensei with the 3rd and 4th level Aiki-Ken and Aiki-Jo Transmission Scrolls authorizing him to teach the Aiki-ken and Aiki-jo. Jumonville Sensei has spent a total of 6½ years continuously being a live-in student, first to Morihiro Saito Shihan for 1½ years, and immediately following that with 5 years at Aikido of San Leandro Dojo, under Pat Hendricks Sensei.



Chief instructor Stephanie Yap is an Aikikai Godan (5th dan) under the Aikikai Foundation in Tokyo Japan. She also holds a 4th dan level weapons certification, the Menkyo Kaiden in Aiki-Ken and Aiki-Jo, awarded by the late Morihiro Saito Sensei. She began her Aikido education in 1988, and soon traveled to numerous countries around the world to study. The highlight of these apprenticeships concluded in Iwama, Japan, where she was for four months an uchi-deshi (live in apprentice) to Morihiro Saito Sensei. This initial training as uchi-deshi has subsequently been enhanced by annual training sessions in Iwama, Japan, and is ingrained in students of her dojo which she founded in 1993. Stephanie Yap Sensei continues traveling around the world and studying with many of the most influential teachers.



Michael McVey is a 4th Dan Aikikai and has been teaching Aikido since 1989, having started in 1984. He completed one year as an uchi-deshi (apprentice instructor) for Pat Hendricks Sensei in 1991 and continues under her supervision. Michael is also a Licensed Independent Chemical Dependency Counselor, a Licensed Professional Clinical Counselor and has been a licensed Special and Elementary Education Teacher.



Martin Hartman began training Aikido in Switzerland 1978 under Ikeda Sensei and studied with many of the first generation Sensei's like Tada, Tamura and Tissier. Iwama Style became his passion after being Uchi Deshi at the Aikido Institute of Oakland; there he met Pat Hendricks Sensei. This connection has been maintained with regular contact and training in her Dojo. He went to Iwama several times for longer periods to study under Saito Sensei. Martin Hartman immigrated 1987 to Neuseeland and founded the Nelson and Motueka Dojos where he is the Chief Instructor. He is also a Senior Instructor with the Kidpower organisation.



Matt began practicing Aikido in the UK in 1989 with Sensei Michael Narey of the National Aikido Federation, becoming the youngest Shodan in the Federation in 1991. He studied in Iwama for 2 years, starting in 1992 at age 19. In 1994 he became the first western student in more than a decade to be taken from Japan on an overseas seminar with Saito Sensei as 'Otomo'. In 1997 Matt served in the Royal Military Academy at Sandhurst in the UK, Parachute Regiment, from 1998 to 2003. He began actively teaching again in 2002 and now regularly teaches seminars in the UK and overseas. Matt continues to study the Aikido of Iwama through Hitohiro Saito Sensei, and received his 5th Dan from Saito Sensei in September 2006.