

Aikido Central Coast & Kokoro Martial Arts Training Center

1199 Los Osos Valley Road, Los Osos California 93402

www.aikidocentralcoast.com

Michael Friedl Shihan Seminar



Michael Friedl is a 7th degree black belt in Aikido. He has also studied Shorei/Kempo Karate and Tai Chi. His Aikido training began in 1972 under Clyde Takeguchi Sensei in Madison, Wisconsin. From 1975-1977, he was a live-in student for Takeguchi Sensei in Charleston, South Carolina. In 1978 Friedl Sensei established a Dojo in Burlington, Vermont. He relocated to Ashland, Oregon in 1979 then started a small Aikido club there. Friedl Sensei became a direct student of Frank Doran Shihan in 1979 and has been a student of Doran Sensei since that time.

From 1981-1983, Friedl Sensei was uchi deshi for Saito Sensei in Iwama, Japan. There he studied the Iwama style of weapons. He returned to Ashland in 1986 and started a Dojo at the Ashland YMCA in 1987. In July of 1994, Aikido of Ashland opened its doors to Dojo members. It is one of the dojos in Division 2 of the California Aikido Association (CAA).

Friedl Sensei is a Shihan and Division Head for Division Two, one of three Division Heads, of the CAA. The CAA

Full Seminar Fee: \$200

Fri, August 8 (6-8 pm) \$60

Sat, August 9 (10:30-12:30 pm/2-4 pm) \$100

Sun, August 10 (10-12pm) Fee: \$60

To REGISTER:

Contact Michele Simone
aikidocentralcoast@gmail.com
or 805.550.0198

All Welcome