

Cyndy Hayashi, instructor at Aikido West, began her training at Aikido of San Francisco in 1977. She trained there under Frank Doran, Robert Nadeau and Bill Witt. She traveled to Iwama, Japan to train with Morihiro Saito Sensei where she received her shodan. Apart from her rank in Aikido, She has attained the rank of sandan in Japanese archery, kyudo. Her main emphasis is the enjoyment of self-exploration through Aikido. Strongly believing that Aikido is a way of life, the classes are generally energetic.



Roland Spitzbarth also began his Aikido Training at the legendary Turkstreet dojo Aikido of San Francisco in 1976. He trained daily with Senseis Robert Nadeau, Bill Witt and Frank Doran until his return to Switzerland where he continued his training with Masatomi Ikeda who graded him to Shodan in 1980. Since 1976 he participated in trainings with Saito Morihiro Sensei and regularly spent time in Iwama as an uchideshi. He has been teaching Aikido in his own dojo since 1984.

合氣道

Roland Spitzbarth

Aikido is a peaceful martial art. The Aikidoka usually does not harm the opponent, but brings him (or her, of course) in a controlled, quiet situation, in which the opponent can calm down.

This gives the opponent the opportunity to gain the insight that further attack is futile.

Like Morihei Ueshiba said: "When you are being attacked, enclose your opponent in your heart."



合氣道



**CINDY
HAYASHI**

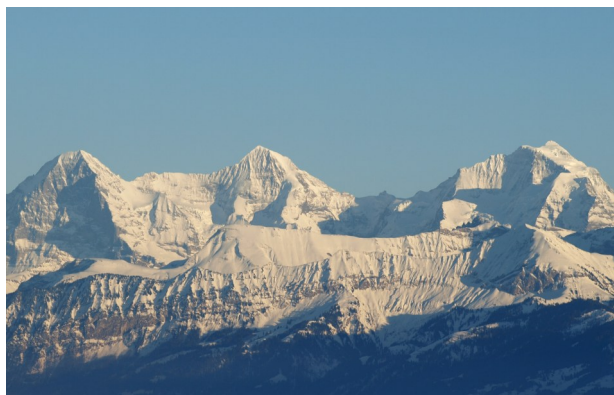
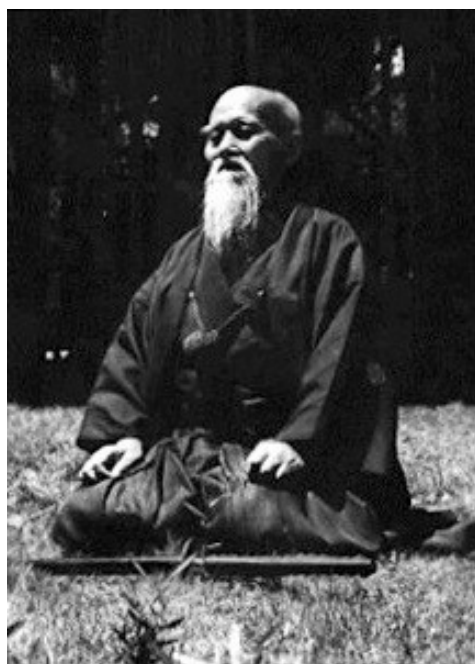
6th Dan

Friday September 21st
to
Thursday September 27th



Aiki is a force, the harmony of all life, of all interrelationships.

Therefore, never cease to train, thee wanderer on the path!



INVITATION

to all Aikidoka of every style and grade
(and accompanying persons)

This seminar provides the unique opportunity to train 6 hours per day with Cindy Hayashi and Roland Spitzbarth and enjoy a breath-taking view of the most famous Swiss Alps: Eiger, Mönch and Jungfrau.

One day will be reserved for a trip to either the Top of Europe or the world famous Schilthorn.

Information and organisation:
Roland Spitzbarth
Limmattalstr. 140, CH-8049 Zürich
Tel: +41 79 350 15 66
Email: sensei@aiki-dojo.ch

Cost
(in CHF)

Participation with full board	With Training	Without Training
Whole Seminar	840.-	580.-
Friday—Sunday	450.-	300.-
Monday—Thursday	450.-	350.-

Cost includes 3 meals per day and free entrance to the in-door swimming pool

Prices for children upon request.

You will be staying in double or triple rooms at the 'Sportchalet'. Larger rooms are available on request.

Guests	Whole Day
Daily Participation	50.-

Enroll before July 15th, 2012 here:
online at www.aiki-dojo.ch

Or use the QR-Code:

