

MONTÉRÉGIE  Aikikai

welcomes

Jaime Kahn

Shidoïn 5th dan, New York Aikikai

Saturday November 22nd 2014

Jaime started Aikido in 1990 while enrolled at NYU, joining a class taught by Claire Keller in the school gym. A devoted wrestler and team co-captain in high school, he expected to simply try out something new while preparing to join the university's wrestling team. However, it was "love at first fall". "I was in great physical shape, and thought I was tough. Then I felt this small woman effortlessly throw me with such grace and power! I decided that however long it took, I would learn this art." Soon after, Jaime began training at the New York Aikikai under Yamada Sensei and the amazing staff of instructors he had assembled there, including the late Sugano Sensei. Jaime lived in the dojo for the summer between his junior and senior year, and after graduating, returned to spend a year as uchideshi. Since then, he has continued his Aikido training at the New York Aikikai, as well as traveled extensively for seminars. He feels blessed to have had the opportunity to take ukemi for many of the top Aikido instructors in the world.

**10am - 12pm Aikido, 2 - 3pm Fundamentals,
3 - 5pm Aikido. Mat fee \$60, or Fundamentals only \$15.
There will be a focus on ukemi throughout the seminar.**



2295 rue Joliette, Longueuil, Québec, Canada web : www.MonteregieAikikai.com tel : (450) 286-1622