

Daniel Kempling

Roots & Branches

Sensei Daniel Kempling is a lifelong martial arts student, holding a 5th degree black belt in Aikido and teaching credentials in Iaido, the art of Japanese swordsmanship



A student of Professor T.K. Chiba (8th dan, disciple of Aikido founder, Ueshiba Morihei), Daniel graduated from Chiba Sensei's kenshusei (teacher training) program in 1994 with the teaching rank of shido-in, and continues to teach as a certified examiner for Birankai International. Daniel has lead dojos in San Diego, CA., Capetown, South Africa, and Victoria, Canada.

Motivated by his need to rehabilitate his many martial arts injuries, Daniel began his study of strength training and Pilates in the mid-nineties, earning certifications as a Personal Trainer and as an instructor of the Pilates method.

In 2003, Daniel founded the Centre for Mindful Movement, a multi-disciplinary facility offering training in martial arts, use of force protocols for law enforcement, Pilates, personal training, and self-defense programs for schools and business.

A dynamic public speaker, Daniel also leads seminars in the self-development field. Since 2005 he has traveled throughout North America, working with T. Harv Eker and his company, Peak Potentials, sharing the methods and philosophy of Aikido as a path of transformation. Daniel also develops and facilitates custom workshops for men and women seeking to use self-defense skills as a tool for personal empowerment.

Daniel currently lives in Creston with his wife and three children. He runs a home renovation business and is proud to be a programmer with CIDO.

