Aiki: 

Not a set of techniques to conquer an enemy, but a way to reconcile the world and make all of human kind one family - Morihei Ueshiba

Aiki Peace Week

International Aiki Peace Week is gathering momentum - The website offers invitation letters in 12 languages, the whole website is available in French, and more than 85 dojos have signed up from 19 countries. Not a bad start - can you help us do better? Can you help us prove that OSensei was right when he claimed Aiki was a tool to reconcile the world?

Boosting Aikido “Mindshare”
The IAPW presents an opportunity to increase public awareness of Aikido as a joyful practice of harmony and peacemaking. Press kit materials will be offered on the website to help participating dojos leverage the opportunity to get greater recognition by being the “local angle” for their area paper and TV news show coverage of the UN Peace Day. By organizing worldwide participation, this collective action will make the Aiki approach to peace more newsworthy than if this effort was unique to an isolated dojo. This increased press coverage should help spread OSensei’s message of embodied peace training, and should also serve to draw new people to each participating dojo.

Aiki-Peace Lesson Plans
It might surprise people outside Aikido that a martial art can teach someone to live peacefully. Aikido is uniquely equipped for practicing peace because attack/defense drills serve to rouse the twin demons of fear and anger at the same time one practices receiving an opponent with kindness, in a harmonious and grounded way. Aikido training gradually makes this reaction into our default response in times of stress, conflict, or attack.

Aiki sensei all over the world have developed methods of teaching the peace-forging wisdom and concepts of Aiki without a reliance on traditional Aikido techniques. In addition to regular Aikido classes, many Aiki Peace Week dojos will be conducting special classes open to the general public focusing on these easier, more rapid ways of teaching Aiki conflict resolution principles. For those who are interested, the IAPW website will offer sample lesson plans incorporating these ways of teaching Aiki peacemaking.

Find out more about Aiki Peace Week, see the map of participating dojos, submit poster ideas, and join in the celebration - www.aikipeaceweek.org

(more Aiki Peace Week updates on next page)
Yamada Shihan, of the US Aikido Federation, promotes International Aiki Peace Week in his opening message in the most recent USAF newsletter.

The newsletter also features an article by AE Board Member Paul Linden, who came up with the concept of Aiki Peace Week earlier this year. Following Yamada Shihan’s endorsement, a steady flow of USAF dojos have begun signing up.

We are honored to report one of the participating dojos in IAPW is Hiroshima Kokusai Aikido Dojo, led by Peter Goldsbury Sensei, 6th Dan. One of very few “Gaijin” teaching Aikido in Japan, Goldsbury Sensei is a Philosophy professor at the U. of Hiroshima, chaired the International Aikido Federation, and has written extensively at Aikido Journal.

Aiki Peace Week is now featured on the Polish Aikido Federation homepage, with links to both Aiki Extensions and AikiPeaceWeek.org.

Thanks to AE Board Members Quentin Cooke (UK) and Bertram Wohack (Germany), we now have participating dojos from Ireland, Britain, Belgium, Netherlands, France, Switzerland, Germany, Austria, Poland, and Romania. Portugal, Spain, Italy, Greece, Sweden, Finland, Norway, Russia, Monaco, etc. we’d love to hear from you!

Besides Yamada Shihan of NYC, International Aiki Peace Week has also garnered the support of 8th Dan Michael Sheridan in the UK, and 7th Dans Dany Leclerre Shihan of Belgium (pictured above) and Winfried Wagner of Germany. We have five 6th Dans from California, two from Ohio, and one from Connecticut, as well as one from New Zealand, Germany, England, and Japan. 5th Dans join us from Bombay, Cambridge, Austin, Munich, Sydney, Brussels, Warsaw, Tucson, Lontzen, Fredericksburg, Paris, Mons, Bormes, and Denver.

In addition to invitations in more than a dozen languages, AE member Christian Vanhenten has recreated the entire IAPW website in French to better serve the large Aikido practitioner populations in France, Belgium, and Quebec See the French-language website here:

Current intro letter languages are: French, Spanish, English, Japanese, German, Russian, Catalan, Italian, Dutch, Polish, Portuguese, Swedish, and Romanian. If you can translate into Mandarin, Cantonese, Hindi, or anything else, let us know.

We believe that Aikido practitioners around the world, inspired by the unique embodied peacemaking legacy of O’Sensei Morihei Ueshiba, will want to be part of the global Aiki Peace Week celebrations. This represents an opportunity to increase public awareness of Aikido as a joyful practice of reconciliation, compassion, and nonviolence.
The PeaceCamp Initiative enters its third season this summer, and Robert Kent and Jamie Zimron were able to raise slightly more than $16,000 of scholarship aid - which will enable the program to bring several PeaceCamp delegates for three weeks to Camp Susquehannock in upstate PA where they will forge the bonds of friendship and trust that tomorrow's leaders so desperately need for peace to be possible. Last year's crop of delegates, pictured above, continue to engage with each other and participate in the sempai program in Israel of Budo for Peace, which coordinated their applications.

The four Peace Camp candidates for 2010 include Sawsan Darawsha from Iksal, age 16, Shayan Frankel from Ramat Hanadiv, age 13, and returning candidates from 2009 Noam David and Luna Mouallem. The program seeks about another $1,000 to cover travel expenses for visiting instructors - so any contributions will help make this summer a memorable one.

Awassa Peace Dojo

Don Levine, AE Founder, University of Chicago former Dean, and Ethiopianist scholar, has returned to chair the Aiki Extensions team that supports the Awassa Youth Campus and Peace Dojo. After a protracted bureaucratic randori, AE/AYC energies can once again focus on the mission of building and growing this unique program in Ethiopia's fastest growing provincial capital.

The Steering Committee of the AE/AYC team includes Don Levine (chair), Tesfaye Tekelu, Charles Colten, and Tseday Alehegn, David Weinstock, and Alexander Otto. Working with Tesfaye, in New York for a year of training and fundraising, the team is at work on plans to tighten the organization and forge a fresh development plan. Tesfaye and Charles took part in Aviv Goldsmith’s June instructor workshop at Aikido of Fredericksburg.

In Tesfaye’s absence, the campus is managed by an experienced Ethiopian administrator, and Tesfaye speaks daily with his two senior students who provide consistent aikido instruction.

Plans are emerging to recruit volunteer instructors to teach in the Awassa dojo, and also in Addis Ababa where Tesfaye plans to establish a dojo later. A yudansha from Italy, now working in Addis, has already begun the process, with occasional visits to Awassa.

AE recently donated more than $6,500 to the project, and expects to generate a good deal more in 2010 from grants and fundraisers. A support team of Ethiopians at home and in the Diaspora is in formation, which includes Fasika Alem, chair of the Board of the Ethiopian Community Association of Chicago. The world-renowned Blue Man Group supports AYC’s One Love Theater, which provides circus training and AIDS education programs. One Love Theater and the Aikido Dojo split rental expenses at The Awassa Youth Campus. We are happy to report that these wonderful programs are continuing to reach youth in Ethiopia.

A recent issue of Ze-Mind, a popular national magazine in Ethiopia, featured a cover article on Tesfaye. The cover photo also included AE members Neil Mick, Phillip Emminger, Jamie Zimron, Richard Strozzi Hecker, and Don Levine (all of whom appear at the top of the page, along with Kayla Feder and Hans Goto).
Aikido In the Schools

Last September, Aikido in the Schools moved its central offices from the woods of Northern California to New York City, and the Big Apple has become home to programs that range from Elementary Schools to University level classes.

Spring, 2010 Aikido in the Schools activities:

(1) Held ongoing Aikido classes at the Bronx Charter School for Excellence

(2) Led workshops on "Aikido as a Model, Metaphor, and Method for Collaborative Conflict Resolution" at Columbia University’s School for International and Public Affairs

(3) Collaborated with the New York University Law School’s Advanced Mediation Clinic on a Student Leadership Program at the Bushwick School for Social Justice

(4) Participated in the New York Department of Education on a Brooklyn College-hosted Teen Summit. Teenage students presented a workshop to peers on "Aikido as Conflict Resolution"

(5) Presented Aikido demonstrations and workshops for the entire student body at the Bronx Charter School for Excellence

(6) Continued dialogue with interested parties about the prospects of starting a Charter School with Aikido principles and practice at its core

(7) Conducted ongoing research with professionals at Education Testing Service (ETS), studying the effects of Aikido on the development of Emotional Intelligence

To learn more about Aikido in the Schools, get involved in the research programs, find testimonials from participants, or start a program in your local school, please contact program founder, Charles Colten Sensei, at: info@aikidointheschools.com or call 646-831-8928.

Watch videos here and here.
Peace Dojos International (PDI)

Peace Dojos International has devoted the last several meetings to a review of lesson plans submitted for International Aikido Peace Week. These meetings examined, discussed and co-edited five of lesson plans to date. The IAPW team will post many of these plans to the aikipeaceweek.org site.

Bill Leicht will visit Bogotá to do more aiki training for Lua Branca Peace Dojo around Intl. Aiki Peace Week. He also arranged their collaboration with Don Levine’s conflict theory course, at the University of the Andes summer session (“with labs on the mat”). He will also meet with dojo cho involved with the University course, encourage IAPW observances and offer AE assistance as desired.

This spring Bill introduced Alternatives To Violence Project (“AVP”), largely Quakers led by Eugene Braun, and aikidoists led by Andrés Proaño, Ss, Kokoro Dojo, Quito, Ecuador (Paul Linden’s Spanish translator). Andrés has requested Peace Dojo status and training. Since this also will involve proposals to provide aiki training to two universities and a business-consulting business, Bill asked AE’s two relevant groups for help. Chris Thorsen, Aiki Business Team lead and Don Levine, Aiki in Higher Education Team, who immediately sent materials to help construct proposals. Bill has been consulting with Andrés by Skype and plans to travel on from Bogotá to Quito to celebrate their IAPW with Peace Dojo and AVP Training Urban Visions, Bill’s nonprofit needs help for these efforts; please consider any of the following:

- a gift towards the $3,000 cost of travel.
- contributing frequent flyer miles from NYC to Colombia and Ecuador,
- open funding contacts for Urban Visions,
- donating 2 laptops to S.A. to support training with Bill via the internet.

Fundación Lua Branca, Colombia (Grupo Muzenza - capoeira) has requested that PDI and Urban Visions (www.urbanvisions.us) send Bill Leicht back to South America during September to train their Peace Dojo leadership and help focus their IAPW observance. For some years they have been conducting physical peacemaking workshops for street children in dangerous areas of Bogotá. Recently they began planting trees as another response to the devastation caused when a population swells with five million families displaced by civil war from an entire countryside.
## Aiki Business Group

AE is proud to announce the new Aiki Business Group, which brings together coaches, trainers, and consultants who use Aikido in their professional practice. The group has several important goals:

- to offer networking opportunities
- to develop a “how-to” manual for senior Aikido practitioners that will teach them how to successfully engage with businesses
- to organize a conference for experienced and new Aiki-business consulting practitioners

### Who’s Who in Aiki Business:

*(note - this list is not complete - additions should be sent to AE program lead Chris Thorsen)*

<table>
<thead>
<tr>
<th>Pioneers</th>
<th>Published Titles / Organization</th>
<th>Website</th>
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<tbody>
<tr>
<td>Koichi Tohei</td>
<td><em>Aikido in Daily Life</em></td>
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<tr>
<td>Terry Dobson</td>
<td><em>It’s a Lot Like Dancing, Attacktics, Aikido in Everyday Life</em></td>
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<td>George Leonard</td>
<td><em>The Way of Aikido, Mastery</em></td>
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<tr>
<td>Tom Crum</td>
<td><em>The Magic of Conflict, Three Deep Breaths</em></td>
<td><a href="http://www.aiki-extensions.org">Aikiworks.com</a></td>
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<td><strong>Current Figures</strong></td>
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<tr>
<td>Richard Strozzi Heckler</td>
<td><em>The Leadership Dojo / The Strozzi Institute</em></td>
<td><a href="http://www.aiki-extensions.org">StrozziInstitute.com</a></td>
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<td>Paul Linden</td>
<td><em>Extending the Way / Mindbody Education</em></td>
<td><a href="http://www.aiki-extensions.org">being-in-movement.com</a></td>
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<td>Susan Chandler</td>
<td><em>The Dance of Power</em></td>
<td><a href="http://www.aiki-extensions.org">danceofpower.com</a></td>
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<tr>
<td>Jeff Dooley</td>
<td><em>The Somatic Art of Leadership</em></td>
<td><a href="http://www.aiki-extensions.org">alearningdesign.com</a></td>
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<td>Lance Giroux</td>
<td><em>The Samurai Game, The Organizational Dojo</em></td>
<td><a href="http://www.aiki-extensions.org">AlliedRonin.com</a></td>
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<td>Jerry Green</td>
<td><em>Embodied Compassionate Communications</em></td>
<td><a href="http://www.aiki-extensions.org">greenermediations.net</a></td>
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<td>Jim Hassinger</td>
<td><em>The Randori Principles</em></td>
<td><a href="http://www.aiki-extensions.org">randoripartners.com</a></td>
</tr>
<tr>
<td>Stuart Heller</td>
<td><em>The Dance of Becoming, Retooling on the Run</em></td>
<td><a href="http://www.aiki-extensions.org">cultivatingexcellence.com</a></td>
</tr>
<tr>
<td>Richard Moon</td>
<td><em>Aikido in Three Easy Lessons / The Listening Institute</em></td>
<td><a href="http://www.aiki-extensions.org">QuantumEdge.org</a></td>
</tr>
<tr>
<td>Wendy Palmer</td>
<td><em>The Intuitive Body / Conscious Embodiment</em></td>
<td><a href="http://www.aiki-extensions.org">ConsciousEmbodiment.com</a></td>
</tr>
<tr>
<td>Judy Ringer</td>
<td><em>Unlikely Teachers / Conflict &amp; Communication Training</em></td>
<td><a href="http://www.aiki-extensions.org">judyringer.com</a></td>
</tr>
<tr>
<td>Chris Thorsen</td>
<td><em>Leadership of the Spirit, The Dance of Change / Quantum Edge</em></td>
<td><a href="http://www.aiki-extensions.org">QuantumEdge.org</a></td>
</tr>
<tr>
<td>Judy Warner</td>
<td><em>From Chaos to Center, Journey to Center</em> (blog) / AikiWorks*</td>
<td><a href="http://www.aiki-extensions.org">Aikiworks.com</a></td>
</tr>
<tr>
<td>David Weinstock</td>
<td><em>Somatic Consensus Practice / Liminal Somatics</em></td>
<td><a href="http://www.aiki-extensions.org">LiminalSomatics.com</a></td>
</tr>
<tr>
<td>Brandon WilliamsCraig</td>
<td><em>Aiki Process Arts / Martial Nonviolence</em></td>
<td><a href="http://www.aiki-extensions.org">Culturesmith.com</a></td>
</tr>
<tr>
<td>Christian Zandt</td>
<td><em>(Netherlands) Aikido and Work Pressure / Bisho</em></td>
<td><a href="http://www.aiki-extensions.org">bisho.nl</a></td>
</tr>
<tr>
<td>Mark Walsh</td>
<td><em>(UK) Integration Training Journal</em> (blog)</td>
<td><a href="http://www.aiki-extensions.org">integrationtraining.co.uk</a></td>
</tr>
<tr>
<td>Charles Badenhop</td>
<td><em>(Japan) The Seishindo Newsletter, Seishindo Anger Management</em></td>
<td><a href="http://www.aiki-extensions.org">seishindo.org</a></td>
</tr>
<tr>
<td>Dietrich Wolbert</td>
<td><em>(Germany) Ki-Ai Coaching</em></td>
<td><a href="http://www.aiki-extensions.org">ki-ai.de</a></td>
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Quentin Cooke, 5th Dan, teaches outside of Cambridge, England. He and his brother Piers recently held their annual fundraising seminar for AE. And there was much rejoicing. Here is his report:

On March 27 an annual fundraising course took place in the UK. This is the seventh year that Sensei Piers Cooke, (6th Dan), Sensei Frank Burlingham (5th Dan), Sensei William Timms (5th Dan), and myself (Sensei Quentin Cooke 5th Dan) have arranged a course that was set up to give both students and teachers alike a little sample of a slightly different style of aikido. As the years have passed the course has been opened up to anyone who wants to come and this is the fourth year that all proceeds have been donated to Aiki Extensions.

This year it was hosted by my brother’s club, (well you have to keep it in the family don’t you). Things ran like clockwork and the club were great hosts making sure that everyone were both fed and watered throughout the day.

The great thing about the day is the mutual respect amongst the teachers and the good humour that is exhibited by all. It makes for a day filled with great learning and many smiles. This year was possibly the best yet. Including the four teachers, there were 29 students from 3 associations and 6 different clubs. In many ways the course was symbolic of what Aiki Extensions is all about. Through our shared learning and celebration of each others strengths we can support each other and build links that hopefully help bring us together as an aikido community.

The interesting thing is that as the years pass, it becomes more and more obvious that we are really all pretty much singing from the same hymn sheet and that we share far more than separates us. As a teacher, its very nice to hear people who you admire saying the same sort of thing as yourself. It’s just good to know to get that confirmation that you are probably on the right track.

To all who attended my hearty thanks and particularly to the teachers who gave their time and energy for free to make it such a fantastic day.
Teaching Aikido to Children

Want to reinvigorate your kid’s program? Find out more about the 3rd biannual Kodomo Kenshukai in Virginia June 19-20

AE Board Member Aviv Goldsmith, 5th Dan, brought together a team of 10 instructors to present at the third biannual Aiki Kodomo Kenshukai, Teaching Aikido to Children Educators Seminar over the June 19-20 weekend in his fabulous new dojo in historic Spotsylvania, Virginia. Taught by teachers for teachers, this innovative program was a great event for dojos that have a kids program or are contemplating adding one to their Aikido class schedule. The Kenshukai is one of several collaborative professional development seminars offered by Aikido in Fredericksburg. Formal presentations were supplemented by moderated discussions, brainstorming, a resource notebook, and networking opportunities with dozens of skilled instructors. Video of the event will be made available as soon as it is ready. Files will be posted to AE’s Aikido Kids Google group.
Moments for Spirit Talk Radio

Rabbi Wayne Dosick asked Jamie Leno Zimron Sensei, 5th Dan, Founder of KiAi Golf, AE Board Member and Director of the Middle Aikido Peace Project to prepare some thoughts for his weekly Spirit Talk Radio show. You can hear the talk yourself at this link - click on May 5 “Indigo Children”. Jamie’s piece begins around the 40 minute mark.

By Jamie Leno Zimron, May 5, 2010

My vote for the Most Creative Mind definitely goes to Spirit! I could never have dreamt up where I am today, or the amazing ins and outs that brought me here!

While a student at Stanford, I discovered Aikido - the “Martial Art of Peace.” Some years later I had my black belt, my own Aikido dojo, a Master’s Degree in Clinical Psychology, a busy bodywork and therapy practice, and was teaching nationally and internationally.

Golf returned to my life in a big way that day with Dena. Parallels between golf and martial arts poured out. I showed her how to swing from her center, in balance and natural rhythm. Golf balls were flying high, until Dena fell down in the grass, tossed her feet and club in the air and yelped: “Jamie! This is like Enlightenment! You’ve got to teach this to the world!”

For a decade it felt like I wandered in the desert – until the most brilliant convergences and evolutions came to pass! KiAi Golf, The KiAi Way and Middle East Aikido are all my passion-projects, that have spiraled into being from so many vital streams in my own being.

To so many people looking for their life-purpose, I want to say: You really never know where life will take you, or where you and Spirit may take your life. Like the Beatles said, it really is a long and winding road, and “all you need is love!” Plus some perseverance, trust, and letting go into the flow of living!

Jamie Zimron Sensei was recently profiled online at this link about her unique Golf & Aikido career as part of the coverage of the Western Section Championship for LPGA teaching and club professionals.

Jamie’s “18 Holes of Golf Bliss” DVD won the 2009 Top Gear Award from ShapeYou.com - details at this link.

A summary of Jamie Zimron Sensei’s “Seven Crucial Skills to Stress Less and Prosper More” presentation appears on the next page.
Aiki Effortless Power
7 Crucial Body-Mind Skills

Aiki Extensions serves as a vital hub of creative Aikido activity, helping to extend O’Sensei’s transformative teachings and message into all arenas of life. Sensei Jamie Zimron is an AE Board Member, Director of the Middle East Aikido Project, and creator of KiAi Golf and The KiAi Way Inc trainings. Over the past three decades she has been carrying Aikido energy principles and somatic practices into peak performance and leadership training, sports, peacemaking, and fitness and healing work.

Jamie Sensei has recently synthesized this somatic, psychological and spiritual work into a cogent Aikido-based “Body-Mind Technology.” It is designed to give all people immediate physical access to the effortless peaceful power illuminated by O’Sensei. The process is straightforward and streamlined, with surprising power when applied to any issue or task. Benefits are quickly seen and felt in new creativity and solutions, more harmony in relationships, and greater health and well-being.

In April Jamie presented the “Seven Crucial Skills to Stress Less and Prosper More” outlined below to a group of CEOs in Southern California, then on the mat at the Aikido Center of Sacramento. Interest was keen, with many “ahas!” during the seminars.

A week later one of the CEOs emailed: “Everyone in our group is still buzzing! This was one of the best resources ever! And playing golf after was just … amazing.” The power of this direct Aiki process to shift the modus operandi of a group of middle-aged businessmen was quite stunning.

An Aikido student wrote with enthusiasm: “Within 24 hours of your seminar, I kept pulling from my back pocket the 7 principles you had scribbled out for me, to share with others. That Irimi Nage we did was a bit of an Alice in Wonderland portal into another awareness. Now if I can maintain that openness and presence to join with the rabbit... Very authentic, whole, inspiring.”

Says Jamie: “In a sense, we are always ‘doing a job’ and trying to get it done as best we can. Everything we are and do in life is Ki / life-energy. This energy is real and palpable, and by becoming ever-greater ‘Energy Masters’ we can optimize both the process and results that we experience. There are Mechanics for the Magic that is inherent and always available when we consciously put ourselves into the Ai-Ki / harmonized mind-body-spirit ‘Energy Zone.’”

Here are the Seven Skills (in order) and key points. Contact Jamie if you are interested to receive more details and exercises.

#1) CENTER THYSELF!
- The single most important thing you can do
- Hara / T’an Tien / ONE POINT
- Be in, move from, return to Center for Insta-calm, Focus and Peaceful Power

#2) BASE / GROUND
- Establish a STABLE FOUNDATION
- Settle into your belly, legs, feet
- Draw from the earth & natural forces

#3) BREATHE
- Breath IS life, pulsating cosmic intelligence & capability through you at all times
- Breath Power! (The “Kokyu” Key) to relax, focus, reset your systems
- “3 Deep Breaths” (Thom Crum): Center, Release, Expand Into Source

#4) UNIFY & ALIGN
- CONNECTION: Left & Right / Lower & Upper / Inner & Outer
- UNIFICATION: “The Sword That Cuts Together”

#5) BLEND
- HARMONIZE with what’s happening
- Blend with The Big Consciousness
- Multiply your power
- Acceptance & The Magic of Non-Resistance

#6) LET GO!
- Now you know ~ So Let Go & Let Good
- You’re either holding ... or letting, allowing
- TRUST THE ENERGY / Let It do the work

#7) FLOW
- IN-SYNCH: Easy Really Does Do It!
- Whole New Ways of Winning & Creating

~ EFFORTLESS POWER ~
Employ It & Enjoy It!

Contact Info: Jamie Leno Zimron, jamie@kiaigolf.com
760-492-GOLF (4653)
Where Will Aiki Take You?

AE Members worldwide follow their Aiki-muse in many different ways.

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**Peace Train Pilgrimage**

Former AE Board member, 2005 Training Across Borders (Cyprus) instructor, and Seven Teepees At-Risk Youth Program veteran Neil Mick is planning an Aikido training pilgrimage on the theme of “Peace Train”. He is currently planning his itinerary, keeping in mind where he can get to by train. He expects to travel with a peace banner that participants at each dojo along the journey can sign, with the eventual aim of presenting that banner, with hundreds of peace-seeking signatures, to an Aikido instructor in a Middle East conflict zone.

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**Aiki Corps Volunteers**

The AE Aiki Corps program acts as a dating service that matches Aikido volunteers, ni-dan and above, who’d like to take a “working vacation” with host dojos in scenic locations that do not have a regular high-ranking instructor. In exchange for teaching during the period of your stay, the dojo can typically provide a place to stay, local guides, and a much more rewarding holiday. For more information about becoming either a Aiki Corps volunteer or a Host Dojo, please contact Chris Thorsen.

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**Europe Aiki-Bike for Peace**

AE member José Bueno, who for many years maintained youth dojo Harmonia in the favelas outside Sao Paulo, Brazil, will be arriving in Europe this summer and biking from dojo to dojo, sharing his marvelous storytelling skills and energetic training style with one and all along the way. José’s current plan is to land in the Netherlands in August, teach a few classes in Amsterdam and start biking to Munich at the beginning of September - expecting to arrive at Betram Wohack’s dojo in time for Aiki Peace Week celebrations. Find out more at this link.

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**Aiki-Somatics Documentary**

Filmmaker David Floeter is developing a documentary project that will profile a number of Aikido practitioners who live by, share, and teach the life affirming principles of the art both on the mat and beyond the mat. Provisionally titled “A Greater Harmony”, filming commenced in June at the 34th Annual Aikido Retreat in Menlo Park, CA. David hopes to include footage from an upcoming Training Across Borders seminar in the Middle East as well as profiling Tesfaye Tekelu of Awassa Peace Dojo.

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**Peace Dojos International**

AE Board member and past president Bill Leicht will present Peace Dojo Methods for Peace Educators in Cartagena, Columbia in conjunction with International Aiki Peace Week. Bill will then travel on to Lua Branca in Bogotá to do more Peace Dojo training and aikido following up on his prior visit in 2007. He also plans to arrange collaboration with Don Levine’s conflict theory course, being given at the University of the Andes summer session. Lastly, he will meet with the dojo cho associated with the U of A and encourage IAPW observances and offer AE assistance as desired.

"One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.” ~ Morhei Ueshiba
I imagine group process design and facilitation as a field of study, practiced as long as there have been human beings but uniquely emergent in a post-industrial era which gave birth to personal coaching, community-building and organizing, training, social activism, extensive middle management, marketing, facilitation, organizational development, and various forms of soma- and psychotherapies. These practices, and many others, are linked by cultivating a disciplined attention to how choices leading to action are made, a process attention at least as keen as the product focus associated with industrialism. For over a decade I have proposed that group process design and facilitation be considered a field of study named the “process arts.” In the last several years this framing has begun to be used more widely, beyond activists with whom I work directly and my larger circle of colleagues, in places like The Change Handbook and Paul Hawken’s book, Blessed Unrest.

As the process arts have become ubiquitous, examples are now easily found in familiar settings. For instance, in the dojo there is a difference between the delivery of a curriculum designed to produce aikido practitioners and teaching aikido so that practitioners also become potential facilitators of peace processes beyond the dojo. In aikido process arts, the specifics of group process become familiar by studying dynamics associated with learning aikido as the “art of peace,” and aikido metaphors feature prominently in resulting peace-building work with more varied applications. Aiki Extensions is, by definition, an example of the process arts in practice.

I have chosen to study, develop, and continue my particular contributions to the process arts through cultural mythology and archetypal psychology, as though the two were languages for each other at the intersection of Jungian and post-Jungian ideas. For me their combination becomes a processual “pattern language”[11] for culture-making. I will say more about my contributions below, but examples which predate and are larger in scope than my own work may be found in many places, particularly in the “processwork” models of Arnold and Amy Mindell. They are formative innovators in the extension of psychological insights into process arts which reach beyond the therapeutic consulting room. Amy’s practice includes an understanding of process arts Metaskills as they relate to art, ethics, music, philosophy, psychotherapy, and somatics, as though “independent of … theories, models and skills” (11). Arnie’s work integrates theoretical physics with advanced aikido principles and Taoist philosophy to work toward communitarian ends—“the full emergence of a new paradigm that is already trying to break into mainstream consciousness” (Sitting in the Fire 13), “a new myth” (Leader as Martial Artist 151) comprised of Techniques and Strategies for Resolving Conflict and Creating Community.

This “new” mythology is conscious of its own fictionality so that engaging its native images represents an altered state of consciousness (Shaman’s Body 219) most often spoken of in other contexts using metaphors associated with dreaming and indigenous spiritual understanding. This whole-systems curative gestalt is also attributed to Jung, for instance by Robert Ryan in Shamanism and the Psychology of C. G. Jung, through the archetypal metaphors of the “psychic cosmos” (60) associated with alchemy and shamanism. Tangible/scientific and intangible/archetypal realities are explored and reconnected in the same process. This is not just about repairing individual and communal damage and dysfunction as though living systems were reducible to mechanical causality. This work rebalances systems by reconnecting complex realities to their ground in mythology, also called psyche, soul, the meaning-making imagination. This requires a creative and poetic consciousness which Dan Noel calls “neoshamanism” (Soul of Shamanism 88) and “imaginal shamanism” (132, 205, 214), and which I differentiate from neo-pagan ritualistic practice by using the term “metashamanism.” The “meta” suggests the cultivation of a psychological and mythological process consciousness that is not literalistic but opts for metaphors which most fully express the workings of complex systems. This approach to complexity includes both tangible and intangible elements in the same frame of reference.

What is the point of all this for martial artists? It has been my experience that these ideas in practice create a unique and very useful approach to facilitation of a wide range of difficult interactions which often lead to overt or covert violence. When one consciously practices arts of peace, the process creates a culture of peace, a literal and metaphorical community capable of making peace through conflict. Dedication to this practice is the reason I refer to myself professionally as a Culturesmith. In all cultures differences exist and are expressed in various kinds of conflict which may benefit from disciplined ambivalence and professionally neutral facilitation. From the orientation and practices mentioned here, I offer a group process design methodology I call Healing Friction (HF) which models full participation in civil society, eschewing partisan ideology. This happens as a result of practicing the process arts with a compassionate ambivalence that is simultaneously materially centered and insistently non-violent.

The result of my application of Healing Friction is a training system of practices, called Martial Nonviolence (MNv), which approach culture-making through the expansion and deepening of awareness, improvisational performance, and group conflict training to build communities focused on co-creation, encouraging difference and doing conflict well rather than being controlled by single ideas of truth. MNv incorporates concepts from aikido, holding potentially conflicting ideas and people in the same frame of reference in order to practice understanding their interrelation. This is an educational process that I believe is the natural result and partner of the liberal arts, suitable for the palliation of fossilized mythologies like the industrial consumerism that has grown beyond all reasonable bounds to threaten life on this planet.

The balanced martial artist works with any and all conflict using all arts available, deploying process arts which are frequently “extensions,” which is to say some understanding applied here and now that was learned in some other context. A metaphor from the martial arts, for instance, may be abstracted from a traditional dojo setting and applied as an organization’s mission. This may be why Richard Strozzi-Heckler believes Aiki Extensions is dedicated to bringing the principles of aikido to areas such as education, business, government, military, youth outreach, conflict resolution, health leadership, and […] gather people together from the Middle East who are historical enemies […] to test the merits of aikido in resolving conflict, building long-term sustainable relationships, and developing instruments of second track diplomacy in […] war-torn countries. (In Search 401-2) The world, imagined as a whole, especially envisioned as though from space, seems to be an infinitely complex (mythological) mystery--a circle of life once literally separated into tribes and now shaped by an alchemy of differences into one metaphorical community “whose center is everywhere and circumference nowhere” (J. H. Miller Poets of Reality 123).
The process arts offer ways to sort contemporary complexities by forming related and distinct approaches with names like Nonviolent Communication, Associative Inquiry, Processwork and Aiki Extensions, as well as integral and differentiating approaches like somatics, change management, psychological therapies, organizational development, and myriad other consciously designed group processes. The communities Paul Hawken lists (191-300) seem to disintegrate and recombine frequently forming organizations like the Alternatives to Violence Project, the Foundation for Community Encouragement, Nonviolent Peaceforce, Peace and Justice Studies Association, Training For Change, Class Matters, Association Building Community and Aiki Extensions. Many initiatives combine technological and futurisic systems theory with local traditional and back-to-basics projects devoted to shifting the way the structures of life are made so that the products of human creativity at least do no harm to the chances of survival of life as we know it. This is “a worldwide gathering” online and afoot.

Read mythologically, the rubric “Community” no longer just refers to one place or shared orientation. Community now refers to a process: a mythology and culture shaped by “the largest movement in the history of the world” (Hawken 23) which is co-creating an emergent consensus about compassionate group facilitation that any human being can understand. In this guise, Community is a name for the “new mythology” about which Joseph Campbell was always being asked, cultural activism in response to a loss of humanizing influences on humanity. This loss can be palliated by concrete responses, for instance better science more widely applied to coordinate the distribution of necessities and the control of toxic pollution. But contemporary dilemmas reach well beyond technical responses, beyond literalistic and mechanical thinking. Community also refers to the grieving necessary to process the losses finalized by the complexity of humanity’s immediate situation. These losses cannot be fully understood without a poetic communal sense at least as powerful as the mechanisms of the scientific imagination. It is that same poetic sense which supports gratitude for the opportunities to become more humane which contemporary complexity also provides. This shared necessity for humanizing grief and gratitude in a mechno-industrial environment makes Community critical, both as a mythology and for cultural reform. This is the point of the art of peace in the imagination reaching out mythologically and psychologically to make culture with Martial Nonviolence.

Though the idea of a martial form of nonviolence is nondenominational, because of the virtually universal metaphors on which it is built, its most obvious antecedent is aikido, often called “the art of peace.” By this I mean the entire complexity of the art created by Morhei Ueshiba in the 1920’s (Pranin Aikido Pioneers 3) and which continues to flourish around the world in the hands and hearts of practitioners to this day. Ueshiba is well known primarily for championing an explicitly transformative element in the practice of martial discipline which favors rigorous training in both concrete and imaginal discipline so that a martial artist might act in all spheres, choosing to deconstruct cycles of violence rather than simplistically defeating a specific opponent, remaining improvisationally responsive and unharmed while also protecting the attacker from harm.

Martial Nonviolence incorporates this concept with theatrical improvisation techniques to create a style of facilitation which mirrors and is able to shape the dramatic psychological fictions which group processes, in conflict or at rest, inevitably produce.

Fully aware of the linguistic variants and ambivalence involved, especially in the interpretation of pictographic and poetic language,[2] Ueshiba named his art ai-ki-do (合気道) in order to develop the concept, native to many martial arts, of physically blending with attack by harmonizing (結合, or ai) rather than resisting. Ueshiba’s core innovation was to make explicit the metaphor implicit in the concept of physically harmonizing with attack, fusing metaphorical harmony with literal compassionate restraint in the entire process of self defense training—from the most basic physical techniques and intangible assumptions to the most advanced and complex of poetic/spiritual (mythological) and social applications. Ueshiba’s “Art of Peace is medicine for a sick world. We want to cure the world of the sickness of violence, malcontent, and discord” (2005 Art of Peace 12) by practicing conflict itself as an art of peace.

Ueshiba’s innovation joins an intangible spirit-concept with the embodied energy life represents (魂, or ki). His mythopoetic process is configured not only in physical training but using poetry, specifically dōka (道歌), “Songs of the Path [. . .] with deep spiritual meaning” (Stevens in Ueshiba Essence of Aikido 39) which connect imaginal concepts with literal bodies in conflict so that peace may be both received and approached from all possible directions as an art form in and of itself (魂, or dō). One possible fiction through which one may understand Ueshiba’s mythology of conflict facilitation is that this “art of peace” is a way (魂) of blending (結合) the life-energy that is both imaginal and real (魂). That is to say aikido presupposes, seeks to understand, and participates in “peace” as the psychologically polytheistic[3] meaning-making (soul) blend of body (literal) and spirit (figurative) concepts. Fully imagined, aikido is metahumanic, as “the world’s wisdom is contained in books, and by studying the words of the wise, countless new techniques can be created” (2005 Art of Peace 34). In daily instruction, Ueshiba offered religious metaphors and esoteric poetry to illustrate the mythology he wanted his disciples to inhabit, and the execution of technique was always stretched to its full manifestation using poetic abstraction and improvisation.

Ueshiba used the term “takemusu”[4] to refer to the improvisational quality with which the experienced martial artist applies well integrated basic technique to subtle complexities. Aikido historian, Stan Pranin refers to this as “aikido’s highest level of mastery,” as it “represents a state in which techniques pour forth spontaneously in a manner appropriate to any circumstance” (8-9). Martial Nonviolence incorporates this concept with theatrical improvisation techniques to create a style of facilitation which mirrors and is able to shape the dramatic psychological fictions which group processes, in conflict or at rest, inevitably reveal and produce. In the words of process arts facilitator and trainer Richard Strozzi-Heckler Sensei: “there is a circular flow of energy that connects our biological roots with our inspiration and imagination. Living from this river of energy, our temporal, daily life is personified with meaning and virtue” (Holding the Center 101). This is the process arts practice which shapes cultures in which communities may practice a myth of peace.

[2] See Morhei Ueshiba, The Art of Peace, trans. John Stevens, 1st Shambhala library ed. (Boston: Shambhala, 2005) 8. “The Art of Peace emanated from the Divine Form and the Divine Heart of existence; it reflects the true, good, beautiful, and absolute nature of creation and the essence of its ultimate grand design. The purpose of the Art of Peace is to maintain sincere human beings; a sincere human being is one who has unified body and spirit, one who is free of hesitation or doubt, and one who understands the power of words.”
[3] “The Art of Peace that I practice has room for each of the world’s eight million gods, and I cooperate with them all.” Ueshiba, 2005 Art of Peace 173.
International Aiki Peace Week
September 19-26, 2010

When you are attacked, the body’s reflex is to counter-attack. To learn to respond peacefully, you must practice receiving the attack in a state of calm alertness and compassionate power. The martial art founded on this nonviolent training is Aikido.

You are invited to experience Aikido during this special week at a dojo near you.
• Most classes will involve regular Aikido training—throwing and falling—but with a focus on peacemaking.
• Special classes will focus on simplified methods of teaching peace—without the usual throwing and falling.

For more information, and to find a participating Aikido school, go to the event website:

www.aikipeaceweek.org

The Aiki Peace Week website will offer this poster and many others online for your use. If you’d like us to include your poster in the collection, please email the editable graphic file to aikipeaceweek@aiki-extensions.org
## Aiki Links Page

**Find Out What We’re Doing!**

Aiki Extensions has one main website, several program websites, and a presence on Facebook:

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### Get Involved! - pick a project that interests you and join in the conversation

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<td>Research (academic, medical)</td>
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### Recent Publications of Interest

**EXTENDING THE WAY: Applications of Aikido Principles in Personal, Social and Business Development.**

An e-book edited by Stephan Richter, Peter Schettgen, David Sikora, and Paul Linden

Aiki Extensions focuses on the application of principles and practices from Aikido in areas of life other than self-defense. AE was founded in the USA, and there are now active AE groups in Germany and England. This book is a selection of the papers (in English) presented at the German Aiki Extension conferences of 2000, 2002 and 2003. The book describes a broad range of ways that Aikido instructors apply Aikido movements and principles in daily life activities. The book includes chapters on such topics as the history and development of Aiki Extensions; the use of Aikido sword training in bodywork and psychotherapy; Aiki as a support for conflict resolution and mediation; and Aiki as a foundation for tasks from gardening to music-making.

*Extending the Way* is being published as an e-book, and it will be available around the world. It should bring to a wide audience a better understanding of the value of Aikido and Aiki Extensions. The book is downloadable for the purchase price of $14 USD, and it has been formatted to print correctly either single or double-sided. $12 USD of each purchase will be donated to Aiki Extensions. To purchase the book or see sample chapters, go to Paul’s website [being-in-movement.com](http://being-in-movement.com).

**Reach Out: Body Awareness Training for Peacemaking – Five Easy Lessons** (Available in English, German, Portuguese, & Spanish.) - A free download, go to Paul’s website and pick the flag for the language you’d like.
In this long-awaited English version of the original Japanese classic the reader is taken on a spiritual journey straight to the essence of Aikido, in the words of the Founder himself. Ueshiba, affectionately known as O’Sensei or “Great Master”, devoted himself to the promotion of peace and expression of universal human values. Taken largely from transcripts of lectures he gave, *The Heart of Aikido* draws on the essence of the Founder’s philosophy and spirituality. His teachings also emphasize the importance of harmony in Aikido, and how ultimately humans can foster a peaceful society by dispelling aggression through such harmony.

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The Heart of Aikido

The Philosophy of Takemusu Aiki

Morihei Ueshiba

Foreword by Moriteru Ueshiba

Compiled and translated by John Stevens

[Amazon Link](#)

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