

AIKI EXTENSIONS

NEWSLETTER

Staying Connected

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Member Profiles

Danny Hakim - Tel Aviv, Israel - Budo for Peace



Danny Hakim (at right, with Miles Kessler and Jamie Zimron)—filmmaker, international karate champion, and founder of Budo for Peace—has served on AE’s International Advisory Council since April 2007. Located in Herzlia Pituach, Israel, the Budo for Peace dojo uses budo to teach conflict resolution to youth. Its mission:

To bring together young people from conflict areas to learn and practice traditional Japanese *budo* (martial arts) in order to learn its values and apply them toward breaking down fear and building trust between peoples. Through martial arts training and understanding of traditional Japanese *budo* values—including respect, harmony and self-control—the youth enrolled in our program are taught to convert both internal and external conflict into harmonious behavior.

The dojo works “to create a global force of young ambassadors of peace powered by the common value system of *budo*—which is the antithesis to violent conflict.” The BFP dojo follows the teachings of Master Hirokazu Kanazawa, president and chief instructor of the Shotokan Karate-do International Federation and former student of Master Funakoshi, the father of modern karate. The program is based on the corner-stone beliefs of respect, self-control, tolerance, and self-development.

Lessons on nonviolence are taught by qualified education specialists, social workers, and budo experts. They include role-plays, tasks, and games applicable in both the dojo and everyday life. BFP uses educational material based on award-winning books on conflict education and martial arts.

BFP events offer opportunities for youth from Christian, Jewish, and Muslim backgrounds to come together and share the teachings of budo. During one recent BFP event, more than 50 BFP students from Jaffa, Jerusalem, and Abu Qidar gathered together to meet, play and practice martial arts. Held with the cooperation of BFP’s new partner YMCA, the meeting took place in the YMCA’s headquarters in Jerusalem. Jewish, Arab and Christian children from Center and South of Israel had lunch together and enjoyed two intensive hours of games, karate training, and *budo* principles taught by Danny Hakim. BFP was happy to host Ms. Junko Sato from the Japanese Embassy in Israel, who greeted BFP students and wished them luck in their mission to spread martial arts for peace.

The BFP website is www.budoforpeace.org. For communication with Hakim Sensei, write info@budoforpeace.org. *For other Mideast bridge-building initiatives, see article on page 7*

Michelle Keip --- Santa Rosa, CA, USA --- Kidpower

Michelle Manger Keip, RN, PHN has taught life skills and martial arts since 1976. She is a certified instructor with Kidpower International and Creative Director of Wellspring Aikido Arts in Santa Rosa, California.



"The mission of aikido," she writes, "empowers my aspirations to protect and foster all life." In that spirit she created an embodiment curriculum for children ages four to seven. Called Samurai Sprouts, the program "grows the children's capacity to protect peace in themselves and the world."

Collaborating with the Creek Stewardship Program (CSP) of Santa Rosa, her students have adopted a creek by their Wellspring Aikido Arts dojo, with which they tend the ecosystem and plan habitat restoration.

Michelle has also produced *Shape*, a children's activity book, which presents principles and practices of the Samurai Sprouts. Her article "Samurai Sprouts and the Greening of the Martial Arts" was published in *Perspectives, Journal of the Association of Humanistic Psychology*, at <http://bluesnakeblog.wordpress.com/2007/06/20/samurai-sprouts-and-greening-the-martial-arts/>

For more info on Michelle's work see www.CSLSR.org. She welcomes communication to michelle@wellspringai.com or call 707-544-2673.

Gabriel de Fonseca --- Meissen, Germany --- KreativAktion

While a university student in Rio de Janeiro in the 1980s, Gabriel de Fonseca started aikido with Adelio Mendes Sensei, and then trained with Ichitami Shikanai Sensei. After years away from the mat he resumed practice in Germany. He has also been practicing Shinto Muso Ryu Judo since 2002.

Gabriel offers stress management, conflict management, and leadership seminars using the principles of aikido. His workshops use the logo SHTEP: Self-Perception * Harmony * The Effortless Path. He intends to use the ideas from this work for engagement with youth at risk.

For more information visit Gabriel's site at <http://www.kreativaktion.de/> or write him at kreativaktion@kreativaktion.de



Giuseppe Grifeo -- Pavia, Italy -- Extending Ki in Music and Drama

Beginning in Palermo, Giuseppe Grifeo trained in karate since 1974 and in Ki Aikido since 1992 under Riccardo Dorsa sensei. For the past decade he has taught aikido to children, adolescents, and adults in Pavia. While pursuing a graduate degree in philosophy he studied the philosophy of martial arts, and the principles of energy flow through work in theater. These led him to collaborate with the Pavia company "Alterteater," superintending the actor's physical movements and attending to the proper utilization of ki on the stage.

For years Giuseppe Grifeo has investigated the connections between ki principles and musical performance, drawing on these ideas in his work as a professional pianist. He was one of the first aikidoka to register a dojo as a member of Aiki Extensions.

Larry Novick - Los Angeles, CA, USA - Aware Centeredly Extending

Larry Novick co-founded the ACE Aikido dojo with his primary instructor, the now-deceased Don O'Bell. Their Aikido is a soft, ki-dependent style that focuses on concepts such as "ACE"—the Awareness of being Centeredly Extended, and "kinesthetic invisibility"—the process of not giving your partner any thing to feel and therefore react to. These terms were coined by O'Bell, who had a background in Ki Society principles. Larry has also studied hapkido and Brazilian jiu-jitsu.

An educational consultant with a Ph.D. in Clinical Psychology, Larry Novick is also an accomplished musician, composer, writer, and a Shamanic practitioner. For many years, he has offered Inner Aikido energy classes and women's self-defense seminars. He is author of AE's first Aiki Thought paper, "Three Meditations on the Psychology of aikido," accessible at <http://www.aiki-extensions.org/atp.html>

Masumi Per Rostad -- Urbana, IL, USA -- Viola-do



"The ensemble excited and invigorated the listener with incredibly impassioned playing," wrote the Pittsburgh Post-Gazette reviewer. "I have never seen such communication in a quartet." From Tokyo and Paris to New York and Napa Valley, the Pacifica Quartet has played to such rave reviews.

Pacifica violist Masumi Per Rostad (second from right) joined Aiki Extensions to help him pursue a longtime aspiration: to evolve a form of practice he calls Viola-do. Again and again, as he learned about aikido, Masumi was struck by parallels between aiki principles and the principles that inform his performance and teaching.

Collaborating with AE President Don Levine now, he envisages a set of jointly-taught Viola-do workshops in the Music Department at the University of Illinois-Urbana and at a music conservatory in New England.

Tesfaye Tekelu --Awassa, Ethiopia -- Peace Dojo

Following a successful budo demonstration in Addis Ababa, sponsored by the Ambassador of Japan (center) and with the participation of U.S. Ambassador Don Yamamoto (kendo sandan, right), Tesfaye Tekelu led students from the Awassa Peace Dojo on a ten-city tour. In addition to aikido demonstrations, the tour featured participants in the Awassa Youth Campus's sister program, One Love Theater, whose performances raise awareness about HIV/AIDS.

On return, Tesfaye participated in the third Training Across Borders seminar in Zurich, then hastened home to host Iraqi refugee and TAB-Cyprus veteran Bashar Ahmed. At present AE member David Weinstock is visiting with a troupe of family and friends, to assist the Campus in aikido, theater, and nonviolent communication.



AE Extends in South America

Grupo Muzenza de Colombia (GM), a Capoeira society of 300 members from the Bogotá ghettos, Zipaquirá and Cali, is led by Prof. Michael Niño, who grew up in the Bogotá ghettos. In 2004 Bernie Glassman Roshi of Peacemaker Circles International connected Michael with AE co-founder Bill Leicht, who introduced him to aikido practice in relation to conflict resolution and meditation, the Alternatives to Violence Project, Inc (AVP), and the peace dojo methods of Urban Visions <www.urbanvisionsinc.org>.



In March 2007 Bill returned to facilitate a first I-Key Miniworkshop to determine whether the peace dojo methods would enhance the GM mission. The answer was a unanimous “Si, Si” from the 18 participants. He also connected GM and the Colombian Alternatives to Violence group (PAV).

Michael Niño then went on to visit **Ação Harmonia Dojo in Sao Paulo**, Brazil, to see how another peace dojo operates. The Sao Paulo project has now reorganized on a more professional basis, and [now seeks to recruit another Aiki Corps Volunteer](#).

In September 2007 Bill returned to train the capoeiristas in peace dojo and aikido methods. They began peace dojo operations in the first week with street children of Verbenal Pro Niños. They then renamed their organization “Roda de Paz Muzenza Colombia, revised their charter, began incorporation, and now [seek to recruit an Aiki Corps volunteer](#).

For information on how to help with the Aiki Corps program, please write staff@aiki-extensions.org

Aikido in Post-secondary Education

Post-secondary teachers who’ve experimented with integrating aikido practice into course work have formed an AE working group. These include Robert Kent, Williams College, MA (literature); Barry Kroll, Lehigh University, PA (rhetoric); Don Levine, University of Chicago, IL (sociology); David Lukoff, Institute for Transpersonal Psychology, CA (psychology); Jonathan Miller-Lane, Middlebury College, VT (education); and David Shaner, Furman University, SC (philosophy).

How does working with the notion of a unified bodymind relate to how people learn? What theoretical frameworks might be used to ground curricula informed by aikido content? How do such frameworks affect the specific practices introduced? What are the benefits and drawbacks of such efforts? Are there limits to what can be done (and that should be recognized by aikidoka) regarding aikido in academic settings?

The group is networking to consider such questions as well as to share syllabi and practical ideas.

Contact person: Jonathan Miller-Lane <jmiller1@middlebury.edu> (shown at right)



UKAE Keeps Growing

Friends old and new gathered in the newest and biggest permanent aikido dojo in the UK, in Slough on September 8. A good time was had by all and £438 (approx \$850) was raised for AE projects. The diversity of organizations represented was cheering. Host Sensei William Timms of IOA donated an impressively spacious venue and lunch. His AE area involves the use of aikido in corporate work. Sessions were also taught by senseis Frank Burlingham of IOA and brothers Piers and Quentin Cooke of ADL; the former began a session with warm-ups inspired by Acao Harmonia's Jose Bueno. Returned Aiki Corps volunteer Mark Walsh shared photos and stories from AE's projects that would benefit from the day. Follow this enterprising AE community at <http://ukae.org.uk/>

UKAE activist Walsh, now fresh from an intense training tour with Paul Linden, is branching out with a new enterprise called Integration Training. Together with senior colleagues from two other aikido organizations, he is offering a public workshop, Aikido for Non-Aikidoka, on December 9. For details of this and Mark's other ventures, see his blog at <http://integrationtraining.blogspot.com/>.



Schweinfurt Goes to Press



AE's 4th German conference at Schweinfurt in May featured three days of talks, training, and workshops on aikido's relations with neurobiology, spirituality, seniors, disadvantaged youth, individual and group psychotherapies, and bodywork. Plenary talks included Winfried Wagner's "Warriors of Light, Love, and Life" and Don Levine's "The Aiki Way to Therapeutic and Creative Interaction." These and other contributions have been accessible on the AE website. Co-organizer (with Paul Linden) Wagner has now secured a publisher, Centaurus Verlag <<http://www.centaurus-verlag.de>> for the German texts of these Proceedings, which go to press in November.

AE Board Retreat

The Aikido Extensions Board of Directors held a one-day retreat at the Stozzi Institute in late August. Board members discussed issues of future directions for the organization, including website redesign, international programs, another conference on teaching aikido to kids, and funding. New finance and website committees were approved. The Board considered grouping AE's diverse activities under three headings: *Extensions via Peace*, *Extensions via Education*, and *Extensions via Youth*.



Mideast Bridge-building

One way to ease Mideast tensions is to bring Palestinians and Israelis into direct communication. A growing number of groups pursue this option, including **Combatants for Peace** <www.combatantsforpeace.org>—former Israeli soldiers and Palestinian militants who've renounced further violence – and **Bereaved Families** <www.theparentscircle.org>, which joins family members from both sides who lost loved ones due to the hostilities. Both groups press their message through public statements and discussions in many forums.

AE has been involved since 2004 in such efforts and currently engages three initiatives. **Salaam Shalom Aikido** has organized numerous classes and seminars where Arabs and Jews train together. **Budo for Peace** director Danny Hakim (p. 2 above) serves on AE's Advisory Council, and AE president Don Levine serves similarly with B4P. And Robert Kent has taken up a **Peace Camp Initiative**, at Camp Susquehannock, PA—where AE is supporting a dozen spaces for the 2008 season, for deserving athletes, boys and girls—six from Israel and six from Palestine. See <www.peacecampinitiative.org>

All AE efforts in this area fall under the jurisdiction of AE's Mideast Aikido Project (MAP) committee, consisting of Jamie Zimron, chair, Danny Hakim, Hanna Jiryis, Miles Kessler, and David Rubens. These efforts currently include initiatives to seed Salaam Shalom Aikido dojos in the north of Israel, with Christian Arabs in the Galilee and Israeli Jews in the southern Golan, as well as with Palestinians in the West Bank, and to strengthen working ties with the Peres Peace Center and Budo For Peace (BFP), both headquartered in Tel Aviv and dedicated to promoting Israeli-Palestinian reconciliation and peaceful co-existence through interactive projects.

Peace Dojos International

A group of AE members have been communicating informally with an eye to formalizing an international network of all martial arts dojos that have an expressed commitment to using their dojos as a source of peace education. They are working to formulate guidelines for what it means to be called a peace dojo. Consensus is building around three criteria: professional training in any established martial arts disciplines; some additional learning component concerned with nonviolence, such as peace education, AVP, or NVC; and some form of community service. To date, the following have been included:

Ação Harmonia Brasil	Aikido	Sao Paolo	Jose Bueno
Awassa Peace Dojo	Aikido	Ethiopia	Tesfaye Tekelu
Bronx & PS183 Peace Dojos	Aikido	New York	Bill Leicht
Budo for Peace	Karate-do	Israel	Danny Hakim
Aikido of Columbus	Aikido	Ohio	Paul Linden
Hyde Park Peace Dojo	Aikido	Chicago	Don Levine
Peace Dojo Muzenzo Colombia	Capoeira	Bogotá	Michael Niño
Indianola Peace Dojo	Aikido	Washington	David Weinstock

For more information write staff@ aiki-extensions.org

Wendy Palmer Gift Challenge Halfway Reached

In order to help Aiki Extensions keep on functioning during this time of diminished resources, Wendy Palmer offered a gift of \$1,000 pending receipt of \$10,000 in gifts from the AE Board, Advisory Council, and Membership. To date, this challenge has been met half way. Wendy has graciously extended the original deadline of October 31 to the end of November. If you are interested in keeping AE from having to cut back its activities drastically, please send a check to Aiki Extensions, PO Box 397454, Chicago, IL 60637 or donate through Paypal at <http://aiki-extensions.org/donors.html>.



Front Cover

Students of the Budo for Peace program

Subscription and Membership

Newsletters are mailed free of charge to all AE members in North America and by pdf to members outside of North America. To become a member, complete the questionnaire at: **<http://www.aiki-extensions.org/membership.html>**

Membership Qualifications: Interest in the work of Aiki Extensions.

Dues: \$50 per year, or what you can afford; payable by March 1.

Membership Benefits: Listing on website, AE-related links listed on website, automatic registration on AE-News listserv, communications with networks, support of AE activities.

AE Listserv

AE-News is the official listserv for announcements about AE activities. All members are automatically registered. Please send suggested items for posting to <**staff@aiki-extensions.org**>.

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