



July 2002
Number 16





“Extending Into The Community”--Theme of 4th AE Conference

LOCATION:

The conference will take place October 4-6 on the University of Chicago Campus, in Chicago's historic Hyde Park. This location offers easy air travel via either Midway or O'Hare Airports, very nice and spacious campus training and meeting rooms, and the at-home advantage for many of the planning committee members. The U of C Campus facilities are all centrally located and characterized by architectural features that make it the Cambridge of the United States.

PRELIMINARY PROGRAM:

The conference will feature interactive sessions in which participants can respond to the presented themes and will afford adequate time for clusters to touch base and think about projects.

The theme for Friday will be reaching young people in the community and will include demos of three existing programs that are part of the Greater Chicago Aikido Youth Outreach Project, followed by a discussion of those demos and ideas about working with young people. Friday evening will offer an informal buffet get-together at Don Levine's home.

Saturday will be open to AE work in general, and proposals are still being accepted from affiliates. Some ideas for Saturday include moderated sessions on Aiki-teaching methods and meetings of the AE Clusters. The evening program will include dinner, a special Aiki-music presentation, and possibly a dance improv activity.

On Sunday the program sessions will focus on Aikido and spirituality, with a proposed session on guided meditation and discussion of Aikido's connections with other spiritual traditions.

As always, the conference will offer opportunities for collaborative training, this year, in the spacious U of C dojo.

FURTHER INFO:

Anyone who would like to receive conference planning information, submit a proposal, or register for the conference should contact Vaughn Brandt at "Vaughn@aiki-extensions.org" or via the US Post at: 1314 Jenifer Street, Madison, WI 53703.



New Affiliate Profile

New AE affiliate Judy Ringer teaches workshops on how to deal with conflict effectively and communicate with power and presence. Programs are based on the principles of Aikido and use Aikido movements and techniques. In addition, kinesthetic exercises and verbal communication models are used. Clients include school children, teachers, health care and human service organizations, bridge and steel workers, auto mechanics, as well as high tech, software, and aeronautical engineers.

A professional singer she also blends aikido with vocal technique in workshops for developing a more powerful singing or speaking voice and effective presentations. Judy is an independent trainer and owner of the company, Power & Presence, and founder and chief instructor of Portsmouth Aikido in Portsmouth, NH. She is a colleague of Judy Warner's and an assistant with AikiWorks, Inc.



Relaxation for Human Resources

In early June, Judy Warner gave a presentation at the annual conference of the American Society of Training and Development in New Orleans. Speaking to 250 human resource professionals on "Using Eastern Arts to Cope with Stress", she discussed Aikido and Qi Qong as resources for the field of stress management.

Aikido makes its contribution "in the heat of the moment". It's mind-body training supports staying calm under pressure. It also embodies a set of principles for dealing with "attacks" that transfer well to the non-physical arena. Qi Qong makes its contribution in healing the many imbalances created by excessive and repetitive "fight, flee, freeze" responses to stress.

Judy led the receptive group through a guided visualization to give participants an experience of one point. She used an Aikido video clip to demonstrate how an aikidoist responds differently from the typical fight, flee, freeze responses that are the source of much stress-related disease. By the end of the program, all were on their feet learning some stretching movements to balance their bodies.



Publication Projects

Five publication projects inspired by the Aiki Extensions Conference at Mill Valley in March 2001 are getting underway.

John O'Connell, whose "Time Out for Peace" Project is described below, has been working to compile a collection of stories about the relevance of aikido to life off the mat. To be called Aikido in Daily Life, the book will consist of two dozen short accounts of aikido applications in various spheres. If you wish to learn more and possibly submit a contribution, contact John at the address given below.

Peter Schettgen, point man for Aiki Extensions activities in Germany, has agreed to let his anthology of AE articles, Heilen statt Hauen (Heal, Don't Hurt!) described in Newsletter #15, be translated and published in English. We are beginning to look for a translator; please contact Peter directly <Peter.Schettgen@zww.uni-augsburg.de> if you are or know of someone who might be relevant for that assignment.

Lynn Seiser provides training and consultation in nonviolent conflict prevention, management, and resolution through his business, AikiSolutions. Dr. Seiser also teaches the sport and performance psychology of strategic performance enhancement through tactical mental discipline. After writing many articles on aikido applications in areas like parenting, relationships, anger management in children, personal growth, and sports, he proposes now to compose a book length publication provisionally called Aiki Solutions: the Book.

Kaz Tanahashi, noted artist, writer, calligraphy expert, and childhood student of O'Sensei, is editing a volume called Amazing Turns: Aikido Stories. Aspiring to produce a work of substantial literary stature, Kaz is working with a professional editor to revise some twenty stories of personal experiences in which aikido practice has transformed the author's life. He is open for further submissions at: <Tanahashi@aol.com>.

Judy Warner, co-founding AE Board member and trusty supporter, will explore ways to get pieces by and about clusters produced and published quickly and inexpensively, possibly through something like an online Aiki Thought journal.



This month the Greater Chicago Aikido Youth Outreach Project lurches ahead on two fronts. Information on its three existing programs will be distributed to a number of high schools in the Greater Chicago area. Representatives of these schools will be invited to the demos of these programs at the kickoff event for the AE Conference on October 4. These three programs are as follows :

GREATER CHICAGO AIKIDO YOUTH OUTREACH PROJECT				
Programs in Place, July 2002				
	Goal	Format	Venue	Frequency
ALTER (Aikido Learning Therapeutic Experience Resource)	To expose students (ages 12-18) to new ideas and experiences; promote active listening skills; create a sense of community; alter ways in which conflict is managed.	90-minute classes: 10-15 minute intro 10 minute seated meditation 20-30 minute Council in the Native American Tradition (round-table discussion) 30-40 minute aikido training	Classroom; gym	Ongoing bi-weekly classes or workshop
DYNAMIC PEACE™	Help students (5 th to 10 th grades) explore nonviolent conflict management	9-week program: 8 one-hour sessions 1 follow-up session	Classroom; gym	Once a week for nine weeks. Semester-long courses and three-day workshops also available.
KI FOR PEACE	Use movement to help students (ages 10-18) to identify emotions and guide anger. Aimed at children with serious anger or discipline problems.	90-minute classes	Classroom; gym	Once/week after school throughout school year.

In addition, AE has begun to solicit expressions of interest in funding from a number of foundations. Contact: GCAYOP director, James Landry <james@aikidoconnection.com>

Meanwhile, the Bronx Peace Village Project has been moving forward. It completed its fourth year with an awards ceremony for the eight children (aged 5-12) who have been practicing and learning aikido, conflict resolution, and meditation this year at Immaculate Conception Church, site of The Peace Dojo Project. The project expects to raise \$15M for one year's operating expenses in a loft location in the next six months, and to expand the project to include break dance as well as increase the number of classes and meditations.

Contact: Project director Bill Leicht <whiteleicht@earthlink.net>

Healing Arts Cluster Conference

The Healing Arts cluster is in the early stages of planning a cluster conference. The Healing Arts cluster consists of practitioners involved in psychotherapy or bodywork/somatic education. Since Aikido is a physical practice, which incorporates psychological and spiritual growth, the theme of the conference will be the implications of Aikido for the unification of psychological and somatic work.

Rather than having just a few people present and most of the people listen, this conference will be an attempt at a more participatory process organized around a question that we all try to answer together.

The focus will be on defining "mind-body" healing and offering examples of how to do that. We will consider what Aikido principles would form the core of an integrated mind-body healing modality. And rather than confining this to ideas and words, the process will include demonstrations or descriptions of the practical methods which are the applications of Aikido principles. Or course, the conference will also include Aikido practice and a party .

For further information, contact the cluster coordinators Paul Linden (paullinden@aol.com) and Steve Schuh (SD.Schuh@hosp.wisc.edu).



Plan for Peace

New AE affiliate John M. O'Connell, Jr. has drafted an ambitious plan to promote worldwide peace. The "Time Out for Peace Project" (TOPP) proposes a one generation, 35 year "time out" from war based on the experience that many game players take a time-out to look at the big picture and plan the best strategy for playing the game in the future.

"Humanity can use the resources currently devoted to warfare in constructive ways to create a sustainable global society through a 'Culture of Peace'," John writes. He estimates TOPP could generate some \$20 trillion for world development while incalculably reducing the costs associated with human destruction. "The shift from military spending to more productive social spending supports a 'virtuous' cycle of economic development and prosperity around the world creating a 'long boom' for the world."

The project consists of three interrelated parts: The Time Out for Peace Plan, The Campaign for the World, and The Personal Peace-Making Initiative. TOPP provides a simple and practical process for quickly shifting the global "operating system" from a war-based culture to a "Culture of Peace". The Campaign for the World provides a flexible strategic plan for building a coherent and concerted effort by individuals, groups, and nations to achieve the acceptance and implementation of TOPP. The personal Peace-Making Initiative encourages peacemaking on an individual basis by cultivating it within our own hearts, minds, and souls.

For more information contact:

John M. O'Connell, Jr.
15-7th Avenue, San Francisco, CA 94118
Phone/415-386-3528 Fax/415-386-6887 E-mail/injoplanet@aol.com



Transpersonal Aikido

AE board member David Lukoff and AE affiliate Beth Tabakin have co-authored a paper entitled *Aikido in the Training of Transpersonal Therapists*. It was published in the April/May AHP Perspective (the journal of the Association for Humanistic Psychology). The paper offers an overview of Aikido as an adjunct to therapist training as well as therapeutic tool in its own right.

According to the authors, several programs for transpersonal therapists currently incorporate training in Aikido, including those at Saybrook Graduate School, JFK University, and Naropa Institute. Robert Frager and Charles Tart, two significant figures in the field of transpersonal psychology, started the trend. The Institute of Transpersonal Psychology (ITP) was founded by Frager (who studied with Aikido's founder), and maintains a dojo for students in the residential program at ITP. Charles Tart's influential theoretical work has incorporated some concepts and practices of Aikido into it.

Other influences generating the use of Aikido principles in transpersonal psychology are George Leonard's books and programs at Esalen, Wendy Palmer's books and classes at JFK University, as well as Richard Heckler's written work and training programs. The authors state, "As psychologists, we have found that Aikido training increases our ability to *read* bodies, increases perceptivity of social/emotional issues embodied in our students and clients, and is invaluable in rebalancing ourselves physically, spiritually, and emotionally."

The paper in its entirety will appear on the AE website shortly.

AIKI EXTENSIONS NEWSLETTER

Editor: Scott B. Evans

Subscription and membership

Newsletters are sent free of charge to all AE members and associate members. They are sent to subscribers on payment of costs.

To become a *member*, complete the questionnaire at < www.aiki-extensions.org/about_ae/connecting.php> and hit Submit Text.

To be a *non-member subscriber*, send an e-mail to dwight@aiki-extensions.org.

A. Regular Member.

Qualifications: Nikyu rank or above. Engagement in some activity congruent with Aiki Extensions objectives.

Benefits: Listing in Directory, copy of Directory, listing on website, AE-related links listed on website, automatic registration on AE-News listserv, invitation to join AE-Chat listserv, communications with clusters, access to AE forums, newsletters, other publications, eligibility for AE grants, priority seating at AE conferences.

Dues: \$30 per year, payable by March 1.

B. Associate Member

Qualifications: Interest in the work of Aiki Extensions.

Benefits: Copy of Directory, automatic registration on AE-News listserv, invitation to join AE-Chat listserv, access to AE forums, newsletters, other publications.

Dues: \$20 per year, payable by March 1.

C. Non-Member Subscriber

Anyone may view the website, subscribe from there to the AE listserv, and receive AE publications on payment of costs.

AE Listserves

AE-News is the official listserv for announcements about AE activities. All members and associates are registered. Posting to AE-News requires administrative approval.

AE-Chat is the organization's listserv for discussion and individual postings. Anyone can subscribe, post after subscription, and unsubscribe. To subscribe, write list-admin@aiki-extensions.org, with *subscribe ae-chat* in the body of the text. A message sent to ae-chat@aiki-extensions.org reaches all subscribers. To unsubscribe, use the same address, saying *unsubscribe ae-chat*. For inquiries, write list-admin@aiki-extensions.org.

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