



September 2002
Number 17





Friday, October 4

8:00-8:30am **REGISTRATION**

8:30-9:30am **CENTERING & CONNECTING** Don Levine, Pamela Ricard

THE YOUTH OUTREACH MISSION

At a time when media glorify violence and martial arts are publicized as techniques for “fighting back,” many young people believe that the best way to deal with conflict is through physical or verbal aggression. This attitude generates stresses that impair students’ ability to excel in school, angry outbursts that disrupt classrooms, and acts of physical violence that injure individuals, families, and entire communities. Teaching aikido principles and movements enables students to find harmonious, non-injurious solutions to physical and verbal conflicts, by helping them experience ways to remain calm, listen with open minds, communicate with compassion, utilize their creativity, and act with clarity.

9:30am-noon **YOUTH OUTREACH: I** Chair, Lynn Seiser

THIS SESSION WILL BE OPEN TO OBSERVERS

The Greater Chicago Aikido Youth Outreach Program has identified three programs that have had success in introducing aiki options for dealing with conflict. The programs differ in format but share a commitment to active experiential learning and harmonious, constructive problem-solving. Each program will be described by its creator and chief practitioner, who will also demonstrate features of the program with a small group of novice high school students.

- James Landry, *Dynamic Peace*
- Michael Bailey, *Ki for Peace*
- Scott Evans, *ALTER (Aikido Learning Therapeutic Experience Resource)*

12:00pm-1:15pm **LUNCH** (meet by clusters)

1:30pm-3:15pm **YOUTH OUTREACH: II** Chair, Mark Rubbert

Discussion of morning demonstrations.

- Bronx Peace Village/Dojo: Four years of experiment in aiki training.—Bill Leicht
- Update on Crystal Farms School.—Tom Osborn
- On working with youth in prisons.—Pamela Ricard

3:30-4:30pm Concurrent workshops

Playing games with kids and teens	Martha Levenson
Translating aikido into verbal responses	Hugh Young
Writing grant applications	Lynn Seiser

4:30-- (Optional) Meet by clusters

8:00pm Dessert at Levine residence

Saturday, October 5

THE LAW ENFORCEMENT AND PUBLIC SECURITY MISSION

In the area of Law enforcement and public security, aikido training has been found helpful as a way to give law enforcement officers and military personnel more resources for remaining grounded and aware in high-risk situations, a wider range of techniques for dealing with different types of aggressors, and practices that strengthen the ethical tone of conduct both in uniform and after discharge.

8:45am-10:00pm **LAW ENFORCEMENT AND PUBLIC SECURITY** Chair, Eric Henkels

- Strategies in peace officer training.—George Ledyard (in absentia), Bill Leicht, Keith Moore
- Update on Marine Warrior Project.—Richard Heckler (in absentia)

THE HEALING ARTS MISSION

The Healing Arts cluster was formed by merging previously separate groups, Bodywork and Psychotherapy, given aikido’s assumption of the essential intertwining if not unity of bodily and mental processes. One area of their work consists of ways of dealing with abusive persons and their victims

10:15am-noon **DEALING WITH ABUSE** Chair, Steve Schuh

- Aiki ways to deal with abusive persons.—Hugh Young
- Randori between extremes with the mentally ill.—Vaughn Brandt
- Work with victim of sexual abuse.—Paul Linden

12:00-1:30pm **LUNCH** (meet by clusters)

THE PEDAGOGICAL MISSION

As advanced students and aikido instructors, AE affiliates are naturally interested in enriching their command of ways to teach the practice more effectively—an interest that rarely gets satisfied beyond the confines of an individual dojo or aikido organization. Aiki Extensions offers a unique opportunity to pursue that enrichment, and a milieu where senseis can feel safe to try exotic techniques, explore “mistakes,” and challenge conventional modalities.

1:45-2:45; 3:00-4:00pm **IDEAS FOR TEACHING AIKIDO** Facilitator, Don Levine

This wide-ranging interactive session features a collaborative inquiry into ways we teach the practice of aikido. We start by stretching the mind, as two adventurous innovators, Fred Donaldson (Aikido and Play) and Erik Henkels (Using Mountains), share some of their ideas and experiences. We shall then invite other participants to present special ways of teaching aikido they have experimented with. Finally, we shall invite ideas for using aikido practice to convey specific ideas and human values, such as direct communication, courage in high risk situations, maintaining connections, active listening, getting back to center, and the like.

4:15pm-5:15pm **ROUND-ROBIN KEIKO** (an Aiki Extensions special)

6:00-7:00pm Board of Directors meeting

7:30pm **CONFERENCE DINNER**

Aiki music Bill Levine

Sunday, October 6

THE SPIRITUALITY MISSION

Aikido has been described as a "moving meditation" which requires stilling of the mind even as the body is in action. As with meditation, higher states of consciousness can be attained through practice. The practice of blending movements and breathing physically creates the experience of harmony in conflictful encounters, which can become the foundation for an embodied spirituality that embraces compassion and connection with others. We seek here to extend thinking about aikido to connect with other spiritual traditions.

SPIRITUALITY

Chair, Judy Warner

8:00-9:20am

Time with Wendy Palmer

Wendy Palmer has maintained an active sitting practice as well as a creative aikido career for some thirty years. Through workshops, videos, publications, as well as in her home dojo, Aikido of Tamalpais, she has promoted and expanded the understanding of aikido as a spiritual practice. She will offer an experience of guided meditation, following which she will respond to comments and question regarding her most recent book, The Practice of Freedom: Aikido Principles as a Spiritual Guide.

9:30-10:00 *Aikido and Kabbalah* Jack Susman

10:00-11:00 Facilitated discussion. David Lukoff and Beth Tabakin

How can spiritual experiences be cultivated both off and on the mat using the practices and principles of Aikido? This session is planned as a facilitated discussion of higher state and spiritual experiences associated with the practice of Aikido.

11:00am-noon **BUSINESS MEETING**

CONFERENCE SUPPORT STAFF

Don Levine, Chair, Conference Planning Committee (don@aiki-extensions.org)

Vaughn Brandt, Conference Secretariat (vaughn@aiki-extensions.org)

Dwight Sora, AE Secretary-Treasurer (dwight@aiki-extensions.org)

Scott Evans, Newsletter & Program Editor (scottsan1@hotmail.com)

Jason Shadday, Housing (jashadda@midway.uchicago.edu)

Kagan Arik, Local Hospitality, (kagana@midway.uchicago.edu)

Kevin Roland, Registration (kroland@midway.uchicago.edu)

Richard Baxter, President, U of C Aikido Club (rbaxter@uchicago.edu)

CONFERENCE SPONSORS

Prison Integrated Health Program (Wendy Palmer)

The Heal Foundation of Memphis, Tennessee (Stephan McLaughlin)

Rochester Area Community Foundation (Judy Warner)



Aikido and Principled Negotiation

On April 6, 2002 AE affiliate Hugh Young presented a workshop entitled, "Aikido and the Art of Principled Negotiation" at the ABA section of Alternative Dispute Resolution annual conference in Seattle, WA. The experiential workshop emphasized the relationship between the physical practice of Aikido, and Principled Negotiation, the method of verbal conflict resolution created by the Harvard Negotiation Project that is recognized around the world as a simple, effective, and universally applicable approach to negotiation. Aikido gave the many lawyers who attended the program the opportunity to embody the principles of ethical and effective conflict resolution.

In related work, Hugh has written an essay, "Aikido and The Art of Resolving Conflict With an Abusive Individual." This essay won the conference award for "Best Original Materials," and has been posted on the Aiki-Extensions web site at:
www.aiki-extensions.org/affiliates/files/Aikido_and_Abuse.



Law Enforcement Aikido

New affiliate Keith Moore co-directs the Association for Tactical Applications (ATA), in addition to serving as director of Aikido Shinjinkai, Chicago, IL. While an uchideshi to Toyoda Shihan, he founded ATA, at his sensei's suggestion, as a means to bring the benefits of aikido to a population larger than was possible at the dojo. At the time, Keith felt that the opportunity to train law enforcement personnel was musha-shugyo--the feudal tradition of seeking out challengers and testing one's martial techniques against them. As he continued this pursuit, he came to realize more clearly the benefits of aikido training for law enforcement professionals and its meaning for him changed.

In working with this population, Keith suggests, "Instructors need to emphasize the practicality of aikido's techniques, as well as its full range of force options from the very gentle to the most severe." Officers can then learn to escalate or de-escalate their level of force as necessary, while applying aikido technique to each tool and weapon they are required to employ.

With the experience of conducting ATA training in six nations, Moore insists that "we need to stress aikido's non-injury ethic, simultaneously accepting that at times injury may be unavoidable. We must give officers the mental, physical, and spiritual resources they need in order to deal with the violence they face and which they may have to inflict in the line of duty."



New Affiliate Profiles

Jim Hassinger

Jim Hassinger of Peterborough, New Hampshire, works as a consultant to business, offering Aiki-Leadership programs for business leaders. His recently published book, *The Randori Principle Path of Effortless Leadership* highlights a number of advanced skills critical in situations of constant changing business decisions, high stakes, and scarce resources. These include how to

- * Maintain composure and presence in the midst of chaos
- * Use power appropriately
- * Turn resistance into positive action
- * Get results without depleting employers or their employees

How leaders use their power can make or break their company, Jim argues. By making the wrong choice, or acting with inappropriate timing or power, leaders encounter unnecessary losses. Jim also offers interactive workshops that include aikido demonstrations and audience participation. For more info, check out his Randori Partners web site

<<http://www.randoripartners.com/index.html>>

Mark Rubbert

A practitioner for 22 years, Mark Rubbert teaches in St. Louis, Missouri. A consultant for nonprofit management, Mark also directs a program called WellChild Ki-Aikido. He describes this as a program of Aikido training adapted to the needs of emotionally disturbed children, and the needs of children who are at risk for delinquent and criminal behavior. His address is <instructor@stlki.org>.

Sharon Seymour

Since 1997, Sharon Seymour <s_seymour@hotmail.com> and The Workspace, of Prescott, Arizona, have provided a place for people to find paths to inner peace. Peaceful people working in community create a peaceful planet. The core of The Workspace is aikido, including Katsujinken Dojo and AikidoKIDS! Dojo. They also offer the Yavapai Origami Kai paper folding club, Successful Self Defense classes, and Open Heart Open Mind Tibetan Meditation. Outreach programs include Aikido After School and origami programs at schools & libraries.



Aiki Extensions Conference 5?

It's not too early for Aiki Extensions affiliates to be thinking about next summer's conference, which will be held in Germany. Peter Schettgen (Peter.Schettgen@ZWW>Uni-Augsburg.De) will be the principal conference organizer. The conference will take place at the sports center of the University of Augsburg, July 25-27, 2003.

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.

AIKI EXTENSIONS
c/o D. Levine
Gates-Blake 509
5845 S. Ellis Ave.
Chicago, IL 60637

