

AIKI



NEWSLETTER

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EXTENSIONS

September 2005

Number 24

Zürich Aikido Camp Explores Social Relations Across Borders

Building on the inspirational “Training Across Borders” event in Cyprus in April of this year, Kurt Bartholet and dedicated aikidoka from Zürich organized a weeklong camp in July. Participants from Germany, Israel, Jordan, Kuwait, and Scotland joined the Swiss to explore how aikido might serve to build trust and mutual understanding.

Organizer Dr. Rudolf Sprüngli opened the event by connecting the current Swiss need to redefine its relationships with other countries to the theme of the camp: how to transcend the limits of mental and geographical blocs.

Training was complemented by lectures on such subjects as the aims of non-violence, Swiss neutrality, the interdependence of religion and community, and the neurology of perception and movement; a moving interfaith service; hiking the country’s imposing mountains; and a collective art project (see cover). Participants found it rewarding to share the exceptional mix of keiko, academic research, and social experiences. People parted with a “head full of new

ideas and a heart full of new friends,” according to Scotland’s Jim Wolff.

Jordanian Jane Lama praised “what no book could teach... If my body chooses to speak, it would bow to Sensei [Kurt] in great gratitude for an unforgettable experience. Now have I learned any aikido? Yes, I have. I have learned that life is good.”



Jordanian participants enjoying the Swiss countryside

Creating Tomorrow's Peacemakers

Jamie Zimron has established an exciting connection for the Aiki Extensions Mideast Aikido Project with the Jacobs International Teen Leadership Institute (JITLI), a program dedicated to “Creating Tomorrow’s Peacemakers.”

Now in its sixth year, JITLI brings together Palestinian, Bedouin, Israeli, and American teen leaders. Established by the Jacobs family of San Diego, the Institute enables ten young people from each group to spend three weeks together every summer—one week learning about diversity and democracy in America; one week exploring the golden age of Muslim-Jewish-Christian relations in Spain; and one week encountering each other's homes and identities in Israel and Palestine. These experiences dissolve stereotypes and create new friendships “across borders.”

With the help of a dozen Israeli and Palestinian aikidoka, Jamie Sensei introduced aikido to the JITLI staff in Jerusalem after the Cyprus TAB seminar, followed by a session with teen leaders in Segev Shalom, a Bedouin village near Be’er Sheva. Since then, other aikido sessions took place in Israel and in San Diego.

Aikido provides a way for members of this group to make contact physically and therewith to nurture a common body language and a philosophy of peaceful interaction. Zimron hopes to create a basis for continued cooperation with JITLI to introduce Middle East youth to aikido and thereby promote peace training through Salaam Shalom Aikido projects in Israel and Palestine. The entire group will have their next aikido session in Jerusalem.

EXTENDING TO THE WORLD

Conference Features New Themes, Innovative Formats

The upcoming Sixth International Conference of Aiki Extensions, in Merrifield, VA, will start with an unprecedented exercise in mutual introductions. Vaughn Brandt will lead off with a warming-up practice that invites all participants to tell about their backgrounds and current interests. Participants will then enjoy a new practice created by Jerry Green. “Aiki Greetings” accesses body wisdom by extending the customary handshake into the relative intimacy of wrists and forearms and encouraging playful responses to all kinds of pressures.

The conference program includes:

- a panel of experienced professionals who will discuss aiki work with disabled persons.
- reports on the Training Across Borders Seminar in Cyprus (<http://aiki-extensions.org/tab.html>) featuring the unique screening of a documentary vignette, and comments by TAB participants from Jordan, Israel, and Brazil.
- Ike Lasater and others will offer for the first time a workshop in Non-Violent Communication (NVC), a modality that parallels verbal aikido; and NVC affiliates will join conference participants for a combined workshop in the dojo kindly provided by the Ki Society of Northern Virginia.
- Tim Warneka will present his new book on using aiki practices to empower organizational leaders.
- new initiatives will be explored, including the idea of an “Aiki Corps” of volunteers to

work in hardship sites, and “Corporate Extensions.”

- Round tables on organizational leadership, conflict management, and police training.
- an old AE favorite, round-robin keiko, will be enriched this year by having senseis show how their aiki extension work has influenced the way they teach aikido.

The Conference begins at 3:00 pm on Friday, September 23 and runs through lunch on Sunday, September 25. Sessions will be held at the Homewood Suites Hotel, Falls Church, VA, except for Saturday afternoon, when sessions and keiko will be at the Ki Society of Northern Virginia dojo in Merrifield, VA.

Space is limited, and advance registration is required. Online registrations will be accepted through September 12. The conference fee of \$75 includes the Saturday evening meal. To register, fill out the form at the bottom of the Registration Page (<http://www.aiki-extensions.org/register.html>), email it to aec6@aiki-extensions.org, and follow the instructions for payment on that page.

A block of rooms has been reserved for attendees at a special rate, but they must be reserved before September 1. To reserve a room, contact The Homewood Suites Hotel, Falls Church, VA at (703) 560-6644 with SRP Code: AIK.

For more information, contact Vaughn Brandt (program- vbrandt@gmail.com), or Aviv Goldsmith (local arrangements- aviv@aikidoinn.com).

合氣道標

Aiki Waza Michi Shirube

Aikido training is a signpost to the Way.

—Morihei Ueshiba, Aikido Founder

Salaam Shalom Dojo-Shuafat Opens with Resounding Success

June 27, 2005, was a tremendous day for Salaam Shalom Aikido. Some twenty-five Palestinian and Israeli aikidoka gathered in their new training center at the Shuafat Community Center in East Jerusalem. The group included a dozen TAB-Cyprus veterans, including Miles Kessler, Shehede Abu Rmeileh, Eli Landau, Khaled Nasser Eldin, Assi Moualem, Abdel-Kareem Ghelt, and Dekel Shem-Tov. The calmness and attitude of familiarity shared by the participants in the face of what was clearly a special event is a testament to the spirit of togetherness that permeated the training. The day ended when all the participants,

in a powerful symbolic gesture, faced in the direction of the separation wall, and attempted to topple it by shouting ten enormous *kiais* in unison.

Salaam Shalom Aikido will continue to work towards the breaking down of walls, actual and imagined, with the practice of aikido. The event in Shuafat on June 27 suggests that this is possible.

As of August 1, the SSA dojo-Shuafat began its regular program of training three days a week: Sunday, Monday, and Wednesday. Senseis Miles, Assi, Dekel, Shehede, and Khaled will continue to teach regularly.



The training group at the opening of the Salaam Shalom Dojo-Shuafat, including senseis Miles Kessler, Shehede Abu Rmeileh, and Eli Landau (front center three)

Aiki Corps Task Force Under Way

On the recommendation of the AE Board of Directors, a task force has been appointed to consider the goals, organization, and possibilities for implementation of a proposed AE initiative that would enable qualified aikido instructors to volunteer for service in developing aikido and its extensions in needy areas. Chaired by Chris Thorsen, the Task Force also includes José Bueno, Karl Hakken, Bill Leicht, and Mark Walsh.

Their report will be discussed by the AE Board and at the September AE conference in Merrifield, VA.

As a pilot event, the first Volunteer will be assigned to an outreach program for promising inner-city

youth in the San Francisco area called Seven Tepees. This program, co-founded and directed by AE Advisory Board Member Judge Daniel Weinstein, operates a year-round academic, mentoring, and counseling program as well as a summer camp for inner-city youth (<http://www.7tepees.org>).

Other sites that have expressed interest in receiving volunteers include the Bronx Peace Village (<http://www.urbanvisionsinc.org>) and the São Paulo favelas (<http://www.aikidoharmonia.com.br>).

Readers aware of other potential Aiki Corps sites should contact Mark Walsh at mark@aiki-extensions.org

Paul Linden Workshops Worldwide

AE Director Paul Linden will present a series of new workshops this fall. “Winning is Healing” will take place in Buenos Aires September 7-8 and 10-11, and in Berlin November 11-14. Designed to teach professionals working with abuse and assault survivors to use mind-body training exercises to assist healing, these exercises work with breathing, muscle tone, body use, movement flow, intentionality, and self-protection to develop the capacity for clear, powerful, loving, and effective ways of living.

Another workshop, “The Shape of the Self” (Ithaca, NY, October 29-30) examines how thoughts, feelings and beliefs shape and are shaped by muscle tone, breathing, body alignment, intention, and movement. By learning to understand and feel awareness, posture, and intention, participants will discover how more clearly to observe body and movement patterns, and through this to trace back to the hidden assumptions and strategies that rule and restrict their movements, actions, and lives.

For more information, contact Diana Fischman (Buenos Aires) at dfischman@brecha.com.ar, Richard Eshelman (Ithaca) at re16@cornell.edu or Mathias Nelle (Berlin) Mathias.nelle@tesionmail.de.



Paul Linden demonstrates postural realignment to a participant at Training Across Borders.

AE Member New Book: *Leading People* by Tim Warneka

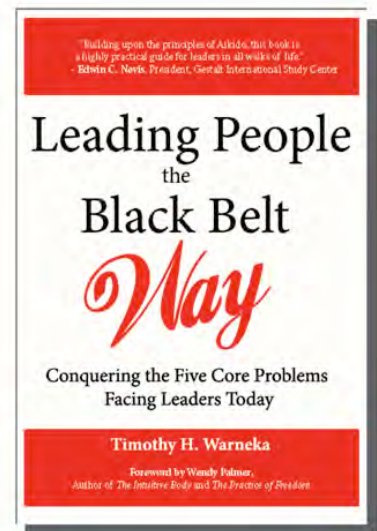
Leading People the Black Belt Way: Conquering the Five Core Problems Facing Leaders Today offers a practical, accessible guide to ways leaders can take control of their organizations, and to avoid or to fix common leadership mistakes.



Executive coach, consultant, and aikidoka, Tim Warneka reveals problems that can hurt an organization’s bottom line. He explains how novice and sophisticated leaders alike can work with confidence, make fewer leadership mistakes, and readily fix blunders they do make.

Tim challenges conventional wisdom with his views about what leaders really need to focus on, and his explanation about how some leadership

approaches make things worse. As scandals, accounting improprieties, and conflicts of interest have shaken many people’s faith in leaders, the author asks readers to reflect honestly on their own patterns and change in the direction of becoming more effective leaders.



Aiki Extensions Newsletter

The front cover shows images from the Zürich Aikido Camp: outdoor early morning training, and aikidoka hailing from (clockwise from top right) Israel, Scotland, Switzerland, and Jordan, having just been among a group who completed a collaborative aiki painting.

For comments, information, or submissions, write Karl Hakken at <karl@aiki-extensions.org>.

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 or subscriber complete the questionnaire at:

<http://www.aiki-extensions.org/join.html>

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 list-serve, communications with clusters, access to AE forums, newsletters, other publications, eligibility for AE grants, priority seating at AE conferences.

Dues: \$50 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 list-serve, access to AE forums, newsletters, other publications.

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

C. Non-Member Subscriber

Anyone may view the website, subscribe from there to the AE list-serve, 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.

http://www.aiki-extensions.org/join_news.html

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