

European Aiki Extensions Workshop in Namur, Belgium on March 24-25 2012

Aikido - an embodied Art of Peace

„Those who think deeply about Aikido feel that they must participate in the establishment of a universal system of truth and justice. It is our duty to serve as messengers and guides for world peace and universal brotherhood“.

Morihei Ueshiba: The Heart of Aikido, The Philosophy of Takemusu Aiki, p.30

Four board members of Aiki Extensions (www.aiki-extensions.org) will conduct this seminar, which will coincide with the 15th anniversary of the Kimochi Aikido Dojo of Namur, led by Christian Vanhenten sensei. The four sensei's are all members of the steering committee of the International Aiki Peace Week (www.aikipeaceweek.org), and this seminar will be an opportunity for Aikido practitioners and sensei's from all around Europe to gather and explore Aikido practice as an embodied art of peace.

The classes, given by the four sensei's will be:

Christian Vanhenten, 3. Dan (Belgium)

Flight or Aiki -- how to escape from our reptilian reflexes and move from anger to peace

When we are challenged or threatened, we can rapidly shift into the reptilian attitudes. Some people will fight and others will fly away. During this class, we'll examine how our bodymind reacts when we are attacked strongly and how we shift from the centered attitude to the fight/flight attitude. Then we'll explore ways to create the centered body and develop an aiki attitude.

Bertram Wohak, 5. Dan (Germany)

The moment when Uke encounters Tori

The most important moment in the encounter of uke and tori is the moment before the physical contact happens. In this instant, all that will follow is decided. In this class, we will examine different ways of "somatic linking" at this crucial moment and their effects on the outcome. Parallels to encounters off the mat will be shown.

Paul Linden, 6. Dan (USA)

The Power of Intention

When you decide to move, before there's visible movement, there's a readying of the muscles for a specific action. This involves projecting shaped thought into your muscles and through the space around you. Practicing Aikido on this level will improve your movement and your control of the attacker's movements. In addition, this level of practice can easily be extended into improving your physical efficiency and your emotional stability in daily life activities.

Quentin Cooke, 7. Dan (GB)

Finding the Harmony in Aikido,

Aikido simply uses martial technique to demonstrate that it is possible to find a peaceful resolution even in the most extreme circumstances. In this session, we will be examining how to find harmony within ourselves, by unifying mind and body. Then we will explore how to find the same unification with another person, even when they attack us.

For further information concerning this European AE-seminar please have a look at the website www.aikido.aikicom.eu

