

# About Aiki Extensions, Inc.

was established in September, 1998 to support and enhance communication among those who apply the practice and principles of aikido in venues outside of conventional dojo settings. The non-profit organization facilitates networks, issues publications, and provides resources that extend those applications to new sites and deepen the understanding of the practice of aikido.

## Aiki Waza Michi Shirube

Aikido training is a signpost to the Way  
—O' Sensei

**Strengthen existing efforts  
by constructing networks,  
enhancing communications,  
and providing resources**



**Extend aiki principles and  
practices to new training sites,  
problem situations,  
and areas of application**

**Deepen the teaching and understanding  
of aikido as a martial way**

## Extending the Aiki Way

Aikido can promote a way of living that is well suited for modern life. Challenges such as workplace stress, troubled youth, international conflict and environmental degradation – demand more sensitive and constructive relations among people.

The Aiki Way can teach us to respond to these issues constructively. The abilities it promotes are no less useful in managing conflicts and conducting negotiations than in responding to physical threats.

These challenges call for responses on many fronts. Some aikido practitioners believe that the ways of living and relating demonstrated by their unique discipline have much to offer – and that that its benefits can be extended to the wider community.

For years, aikido practitioners have explored ways whereby their way could be introduced into other spheres of life. In one instance after another, those interventions have successfully reconstructed personal lives and institutional functioning, often in dramatic ways. Now Aiki Extensions networks, promotes and supports such work around the world.

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## Areas of Application

The group pursues the goals listed above through such initiatives as:

- International conferences;
- Outreach projects;
- Training and research projects;
- Producing a newsletter;
- Maintaining a website; and
- Compiling an annual directory of members.

### Specific interventions include:

- Volunteers train children growing up in favela slums in Sao Paulo to cope with violence in everyday life.
- Military personnel learn ways to remain calm and focused in threatening situations.
- In urban high schools, aikido demonstrates how to resolve conflicts in non-violent ways.
- Artists and musicians apply aiki in their creative work.
- Aiki ideas have transformed relations between workers and management.
- Aikidokas from countries with histories of tension trained together at a Training Across Borders seminar in the UN buffer zone of Nicosia, Cyprus.



Visit our website at:

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