

INTRO

1] Raising kids well = the future of the world - stakes couldn't be higher

2] Raising kids ready to make peace where their parent's generation has not requires they learn differently than their parents did:

- either from different teachers
- with different curriculum
- or alongside different students

3] Teens are tribal as they create their adult identities

- trust their tribe above everything else
- future peace requires trust between leaders the current generation does not have
- creating peacemaking adults requires we create opportunities for teens to bond together despite their cultural differences

4] Overcoming divisions and cultural differences (Catholic/Protestant, European/Immigrant, White/Black, Arab/Jewish, Sunni/Shia, etc.) requires "forging" - like a blacksmith - hammering two different components together until they are one.

5] We MUST bring teenagers from all sides of conflict together so they form one tribe, and as that tribe, make them do something challenging together

6] What the challenge is doesn't matter, only that it be a challenge. A collaborative project at school, playing together on a sports team, a joint theater production, a charity effort . . . or martial arts

WHAT CAN YOUR DOJO DO?

Aiki Peace Week Teen Class: Have each student invite "the student most unlike them at school" for a special class (class will be free, no pressure to join (though perhaps some will), thank them for coming, explain the class is an exercise in understanding differences, and they've been invited because they seemed most likely to have something interesting to teach.

some exercises to understand "you":

- 1] push hands (*know own balance*)
- 2] unbendable arm (*know own power*)
- 3] "embrace dark side" ushiro ryote dori (*know own*

darkness) (exercise from Tom Crum where uke is portrayed as "the story we tell ourselves to justify not being more successful - things like "I'm not rich enough, or thin enough, or smart enough or I don't drive the right car or live in the right neighborhood, etc.)

then some exercises to understand "not you"

- 1] shomen uchi ikkyo (*what is the other person feeling?*)
- 2] Now, you are fire and they are water (white/black, male/female, gay/straight, rich/poor, etc.) *does it feel the same? how is it different? were you different or were they?*
- 3] switch roles - *is it different again? in the same way or a new way?*

and lastly - exercises about blending with someone else (via Jamie Zimron)

- 1] Salaam Shalom fists vs. fists irimi-nage (*did someone win?*) *Start fist to fist, struggle to dominate, but also try (won't work) to do a smooth irimi nage*
- 2] fists vs. open hands (*who's free to move to better place?*) *open hand nage will find it much easier to perform irimi nage*
- 3] open hands vs. open hands (*enjoy the dance*)

"THE REAL WORLD" DOES NOT MAKE RAISING KIDS EASY

Parent's busy, and teens feel they're progressively less relevant (*they're not*)

Living for college resume/exams exhausting - (*someone else's expectations*)

Young teens inherently vulnerable - *not fully baked - shell still soft*

Unfiltered exposure, via internet - to EVERYTHING . . .

(any weakness WILL be exploited)

1. pair with the person on the mat who seems LEAST like you. stand back to back. - *1 minute*
2. Generate 3 pieces of advice to your 13-year-old self - expressed in simple way - *1 minute*
3. Turn and share with partner (*pay attention, there will be quiz*) *1min*
4. Two groups join in circle - share your partner's advice - *2 min*
5. One person per circle shares single best advice with everyone *2 min*
6. Collectively decide which Aikido technique embodies best advice - *then perform 10 times each*

Anyone have a time machine? No? Then how will today's teenagers ever get this advice?

- can't be from themselves
- can't be from parents (*growing independence*)
- can't be from peers (*they don't know this stuff either*)
- MUST be from other adult (*coach, teacher, uncle, neighbor, priest*)

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