

Rediscovering Aikido

with Sensei **Don Levine**, Yondan

March 9, 2013, 10:00 AM to 3:30 PM

Sofia University Aikido Dojo | 1069 East Meadow Circle, Palo Alto CA

How can you re-vision your training & living patterns?

Suggested Donation \$100. Students \$25. All are welcome.

Proceeds to benefit Aiki Extensions projects:

- * Training Across Borders seminars
- * International Aiki Peace Week
- * Peace Dojos International
- * Aikido Ethiopia Project
- * Aikido in the Schools

Is it ok to define aikido as a Japanese martial art of self-defense?

Sensei Don Levine has trained for 33 years and holds the rank of *yondan* (4th-degree black belt) under Aikido Schools of Ueshiba. Currently head instructor of the Hyde Park Aikido Dojo as well as the University of Chicago Aikido Club, he has taught aikido classes in England, Ethiopia, Germany, Israel, Japan, and Palestine.

Levine Sensei has published articles on aikido in liberal education, somatic elements in social conflict, the martial ethos in Ethiopia and Japan, and on aiki elements in psychotherapy. Read at: donlevine.com/aikido



In 1998, Levine Sensei founded Aiki Extensions, Inc. in Chicago.

www.aiki-extensions.org

He has served as Dean of the College at the University of Chicago, consultant to the United States Government about Ethiopian affairs, and is the author of eight books.

What mat practices might enable us to do better in resolving social conflicts?

How can the roles of uke and nage be defined more expansively?

How can I blend aikido into my personal life more effectively?

For more information contact: staff@aiki-extensions.org