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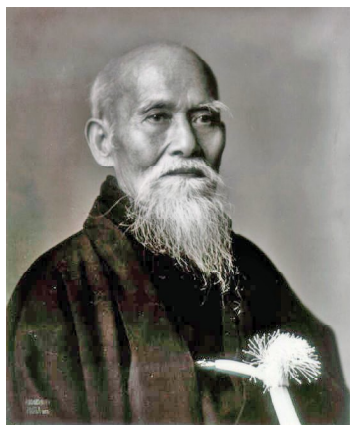
**Aikidojo Berlin participates in INTERNATIONAL AIKI PEACE WEEK**  
– Offering Free Conflict Resolution Classes to the public.

Berlin, Germany – Our lives would be so much better if we all had better tools for resolving conflicts. During the week of September 19-26, in honor of the annual United Nations Peace Day, Aikido schools around the world will offer to the public free classes focused on conflict resolution.



Aikido is a non-violent martial art. For many people outside Aikido, it is a new and surprising idea that physical practice with opponents is important in training yourself to receive opponents peacefully. Aikido techniques go along with the flow of the attack to control the attacker, ideally protecting the attacker from harm and

ending the confrontation as peacefully as possible. In Aikido, we repeatedly make the mental and physical adjustments necessary to replace fight-or-flight aggression and fear with calmness, inner strength and compassion. Through training, we gradually overcome the human body's aggressive reflexes. Training makes a peaceful reaction our default response in times of stress, conflict, or attack.



**“Aikido is not a technique to fight with or defeat the enemy. It is the way to reconcile the world and make human beings one family.” Morihei Ueshiba, Founder of Aikido.**

The free Aikido classes here in Berlin, conducted by Detlef Radüntz sensei of Aikidojo Berlin, will be held at from Monday September 20<sup>th</sup> to Friday September 25<sup>th</sup> at Kienitzer Str. 98. In addition to regular Aikido classes,

Detlef Radüntz sensei will conduct classes of teaching the peacemaking principles of aikido in a simplified way that participants will be able to learn quickly and use immediately.

**“The Art of Peace begins with you .”**

Conflicts in daily life disputes can be handled the same way Aikido deals with physical attacks. First join with the content and energy of the opponent's assertions; that is, find the core of the assertions and express an understanding that your opponent's views make good sense from his/her perspective. And then gradually add new material to lead the discussion where you wish it to go.

For more information on IAPW, and to see the worldwide list of participating dojos, go to <http://www.aikipeaceweek.org>.