

Your turn to practice!



Workflow

The Sequence

1. Choose first roles:
 1. Attacker
 2. Aikidoist
 3. Observer
2. Practice the situation, see right
3. Debrief (2 minutes):
 - Attacker: When did you feel that aggression energy went down?
 - Aikidoist: How was it for you?
 - Observer: What did you notice?
4. Switch roles:
 - Aikidoist becomes Attacker
 - Observer becomes Aikidoist
 - Attacker becomes Observer
5. Repeat until everyone has practiced all roles

Moves

- **Attacker:** 🤪 “Are you crazy? Did I hear well??? Are you telling me that we are all going to be sitting at the same computer while only one of us will be typing???”
- **Aikidoist:** Stepback, breath and center
- **Aikidoist:** A centered “Yes”

Safety Tips

- **Let's keep this place safe!**
- It's always ok to just observe if you don't want to participate
- Adapt the strength of the attack to the experience of the practitioner
- Take 3 deep breathes to calm down before each round
- You can always ask for a pause: Show your palm and breathe for a few seconds
- You can quit at any moment

