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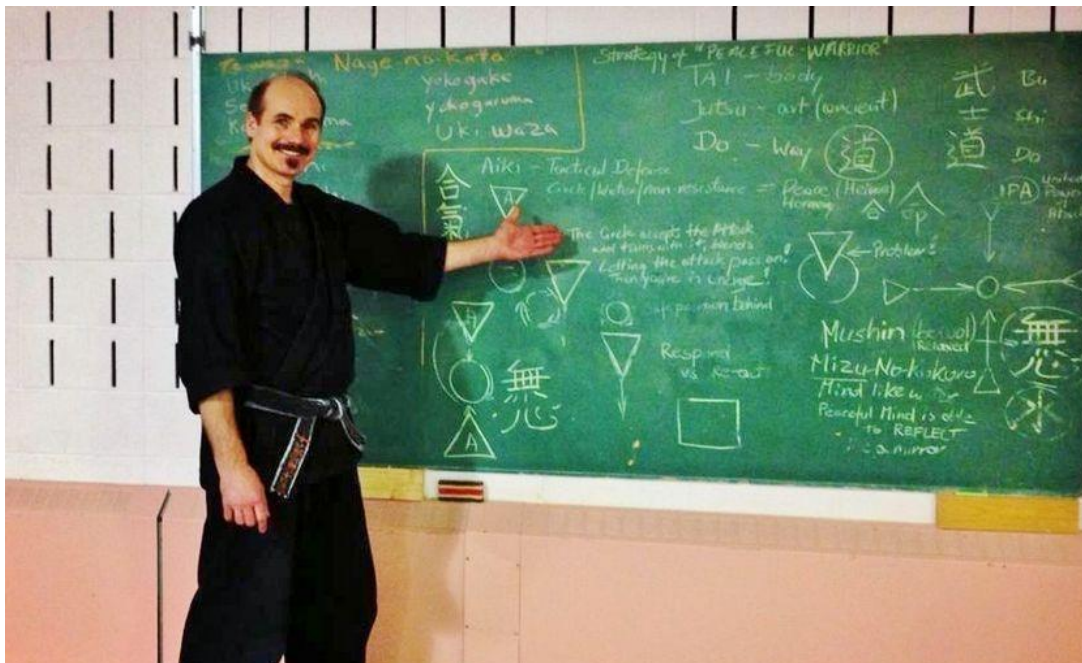
## YAMA “Peaceful-Warrior”, Anti-bullying School Program, Yukon 2013-14



*Walk the path from Victim to Victor!*  
*Part.3*

*The Schedule of the Program*  
*Incl. description of the very 1<sup>st</sup> five basic lessons*

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*Our Motto: “Empowerment through training and education where young people replace their fears with skills, knowledge and confidence.”*

## Each class includes:



*Calligraphy: "Respect - Unity - Peace - Love"*

1. **Building Confidence Lessons** – motivational basic teaching on self-improvement, living as a Peaceful-warrior by mastering body/mind through the spirit of excellence, and leadership skills. (This takes about 10min)
2. **Understanding Bullying** – here students will learn the basic lessons on how to deal with bullying combined the practical non-aggressive philosophy and theory of verbal self-defense, and analyze of the conflict and its peaceful resolution through re-direction of negative words and behaviour. (This takes about 10min)
3. **Empowering Body through Physical Training & Mastering Warrior Skills;** each class includes at least two/three practical self-defense techniques. (this takes about 45min):



*"Peaceful-warrior" Graduation at Vanier Secondary School, Whitehorse, Yukon, Feb.2013*

*135 students received their Certificates :)*



As we have observed running "*Peaceful-warrior*" school program, today's children and youth are unable to concentrate on the theory alone longer than 10-15min. and easily become bored. Therefore the best results are obtained by delivering the theory/philosophy in a small doses during practical physical activity in non-violent self-defense discipline (from which Yeshuado and Aikido are the best). Since the principles of practical and the verbal self-defense which we teach perfectly correspond with each other, students have no problem to connect them as one teaching and learn to apply them with interest and attentiveness.

The practical 10hrs Peaceful-Warrior Course is offered to local schools in the Yukon and can be run at the gym through different grade groups as PE classes. The maximum number of students at the class should be 20-30 at once, with additional supervision of a class teacher.



In the "*Peaceful-warrior*" program the verbal and the physical skills are tightly woven together and encompass various aspects of preventing bullying: building confidence and self-esteem, emotional self-control, communication, conflict management, and practical self-defense. All those must be trained together to be effective in the midst of conflict. Those crucial skills need time to be developed, so we propose min.10 classes for students to master it.

## Basic description of physical activities – the same for each class combined with various techniques of practical self-defense and its application:

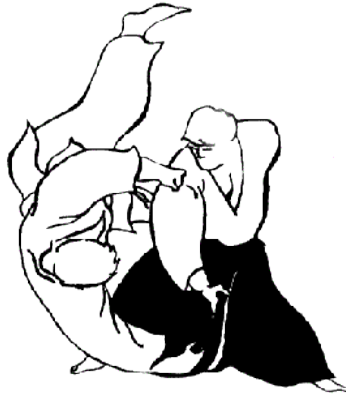
- a Peaceful-warrior warm up exercises;
- stretching and breathing;
- being like WATER Principle;
- learning coordination, balance, posture, motion, falls/rolls,
- ethics and non-violent philosophy and verbal principles of defense (“bully-prove-shield”) in action,
- Practical non-aggressive Self-defense techniques (Yeshua-Do [“Aiki”] principles:
  - TAI-SABAKI (body movements) - Principles of avoidance, deflecting, re-directing attack, and harmonizing with opponent.
  - Immobilizations – IKKYO, NIKYO, SANKYO
  - Throws – KOKYU-HO, KOTE-GAESHI, SHIHO-NAGE, IRIMI-NAGE, KOKYU-NAGE
  - Combinations; Practical application against 1, 2 and 3 opponents!



*Approx.120 Students (Grade 8-10<sup>th</sup>) practiced Verbal-defense and basic Aiki-tai-jutsu techniques, in Whitehorse Schools, Oct-Dec.2012*

# Here's the schedule of basic five lessons:

## Lesson #1



### 1. Discover Your Worth: Opening to Life. (Building Confidence lesson Part:1)

- Quotation from the wisdom of great Masters (class opening)
- You are the masterpiece, be yourself
- Self-worth and self-esteem
- The choices you make
- Self-reflection of your daily-life conduct
- Avoid the self-sabotage (words, thought, and actions)
- Trust your process for change

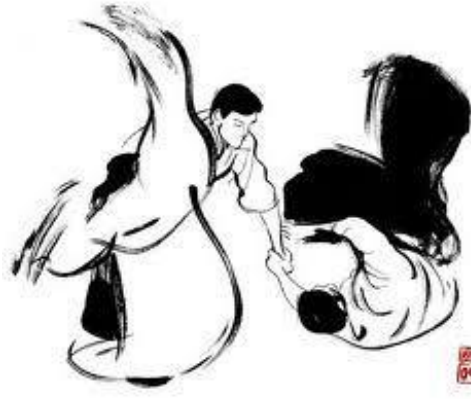
### 2. Understanding Bullying (1) - Introduction. "Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages." - Thomas Edison

- Whether verbal or physical — bullying hurts a great deal. It wounds self-esteem and, if unaddressed (unresolved) can escalate to where it results in severe emotional and physical injury. No child deserves this.
- Addressing the four most common types of bullying: Verbal bullying, Social Bullying, Physical Bullying, Cyber Bullying.
- **Watch your words!** (Teaching on how to use words) The old Samurai saying: “**Katsu-jinken vs. Satsu-jinken**” –Life-giving or Killing-sword! Words can be sharper than the samurai sword! **With words you can heal or kill!** Verbal attacks can be personally devastating – often more so than any physical attack. Know how to verbally protect yourself.

### 3. Empowering Body through Physical Training & Mastering Warrior Skills (physical activity and practical self-defense)

- Quotation from the wisdom of great Masters (class ending)

## Lesson #2



### 1. Reclaim Your Will-power: Power to Change. (Building Confidence lesson Part:2)

- Quotation from the wisdom of great Masters (class opening)
- Taking responsibility for change (be the change you wish to see in the world)
- Great strength of will reside within you, waiting for expression
- Reclaim your will-power
- Power of purpose/know your purpose
- Subconscious secret of motivation
- Excuses be-gone!
- Winning the battle of your will

### 2. Understanding Bullying (2) – Bullying is abusive treatment, the use of force or coercion to affect others, particularly when habitual and involving an imbalance of power. It may involve verbal harassment, physical assault or coercion and may be directed persistently towards particular victims, perhaps on grounds of race, religion, gender, sexuality or ability. In schools, where bullying occurs?

- The Bullying Cycle – bully/bullied/group/authority
- Three basic types of abuse – emotional, verbal and physical.
- **MUSHIN-無心** (P.1) – Identifying Anger Guard – Samurai warrior's philosophy how to keep yourself cool! Stay in control... and always relaxed/calm!

### 3. Empowering Body through Physical Training & Mastering Warrior Skills (physical activity and practical self-defense)

- Quotation from the wisdom of great Masters (class ending)

# Lesson #3



## 1. Fearlessness - Principles of Emotional Mastery. (Building Confidence lesson Part: 3)

- Quotation from the wisdom of great Masters (class opening)
- Accept your emotions; just don't let them run your life.
- An emotional self-assessment
- Different roots of feelings
- Denial of feelings and anger
- Emotional mastery/How to change negative emotions
- Fearlessness - Freedom from self-centered emotions

## 2. The Basic Bully-Proof Techniques (Part.1):

**Walking with awareness, calmness and confidence!**

**#1 You are what you Sound like** (Tone and level of communication)

**#2 You are what you Look like** (Your body posture and face speak much about you)

**#3 You are how you Respond** (Balance and chose right words)

## 3. TWO KINDS OF LANGUAGE

- Natural Language (Verbal Karate) vs. Tactical Language (Verbal Aiki-Budo) in negotiations brings down Resistance
  - **MUSHIN-無心** (P.2) – Don't let anger control you. Anger guards
  - What bugs you? Give it a name (recognize your weak points – name it, know it, own it.
  - Be assertive!
  - Address the problem.
  - **Practical Exercise #1; Anger Game.**
- ## 3. Empowering Body through Physical Training & Mastering Warrior Skills (physical activity and practical self-defense)
- Quotation from the wisdom of great Masters (class ending)



# Lesson #4



## 1. Face Your Fears: Living as the Peaceful Warrior. (Building Confidence lesson Part:4)

- Quotation from the wisdom of great Masters (class opening)
- Fear is a wonderful servant but a terrible master!
- We all face fears daily.
- Anatomy and the layers of fear; the zones of fear
- Fear limits your life
- Dealing with doubt and doing impossible
- Overcoming fear
- Practicing courage in daily life
- Farewell to fear.

## 2. The Basic Bully-Proof Techniques (Part.2):

- **PRINCIPLES OF AIKI COMBAT-** 合気 (Avoid – Blend – Deflect – Re-direct (Being like WATER - Tactical)
- Anti-bullying “Yeshua-Do/Aiki” - 合気道 principle: deflecting, blending and redirecting with words. (Short intro to Sensei Terry Dobson’s life and a way of mastering conflict without fighting)
- **Word Blocks, redirecting behaviour with words (1)** – Deflects/Redirects the person’s comments designed to calm (not escalate) the encounter.
- **Practical Exercise #2; Word Blocks Game.**
- (1) Using humor
- (2) Saying sorry

## 3. Empowering Body through Physical Training & Mastering Warrior Skills (physical activity and practical self-defense)

- Quotation from the wisdom of great Masters (class ending)



# Lesson #5



## 1. Tuning the Mind: Meditation - practical application.

- Quotation from the wisdom of great Masters (class opening)
- Difference between a warrior and a monk
- Anatomy of the mind
- Filters of the mind and communication
- How meditation works
- Being always present (NOW – Carpe Diem)
- Listening and Seeing and Speaking
- Relaxation and a One-Minute meditation
- How to control your thoughts
- “The sword is drawn” - Cutting off bad/negative thoughts!

## 2. MUSHIN-無心 (Part.3) – a Warrior’s Daily Meditation

- Breathing and focus
- The Basic Bully-Proof Techniques (Part.3):
  - #4 Avoid the Situation; How to avoid/ignore the bully?
  - #5 Use “I Feel” Messages
  - #6 Use Humor or Agree

### Setting a Boundaries

- #7 Practice being confident; Use your voice “Stop It!”
  - #8 Talk about it; Get Help from an Adult
  - #9 Don’t be angry; control your emotions. Body language.
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- Word Blocks, redirecting behaviour with words (2)  
Practical Exercise #3; Word Blocks Game.

- (3) Using Polite Threats
- (4) Working the Crowd/Audience

### 3. Empowering Body through Physical Training & Mastering Warrior Skills (physical activity and practical self-defense)

- Quotation from the wisdom of great Masters (class ending)

*....This ends the very 1<sup>st</sup> Five Lessons... To be continued.*





For more information please visit our websites: [www.yama-dojو.ca](http://www.yama-dojو.ca) and [www.yeshuado.com](http://www.yeshuado.com)

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*"The Way of the Warrior Is To Stop Trouble Before It Starts"*