

## Kreativität statt Kampf



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**(Reilly Keebler IV)**

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Ziel- Zentrum F. Interdis Jul 2009, 2009. Taschenbuch. Condition: Neu. Neuware - Sieben Autoren berichten über ihre Arbeit mit Aikido-Erweiterungen im Rahmen der Gewaltprävention und der Angsttherapie, in der Lebensberatung und im Konfliktmanagementtraining sowie in der Ausbildung von Körperbewusstsein. Aikido-Erweiterungen zielen darauf ab, die Übungsformen und Prinzipien des Aikido über die Grenzen des traditionellen Dojos hinaus zu tragen. Drei verschiedene Arten von Aikido-Erweiterungen wurden bisher konzeptionell entwickelt und praktisch erprobt: Konventionelles Aikido-Training in unkonventionellen Settings, die Verwendung spezifischer Aikido-Bewegungen 'jenseits der Matte' und die Anwendung von Aikido-Prinzipien auf nicht-körperliche Weisen. Die Autoren berichten anschaulich über ihre Erfahrungen mit Aikido-Erweiterungen u. a. in den Bereichen Stressmanagement, Konfliktmanagement, Traumaheilung, Leistungsverbesserung, Gewaltprävention und Körpertherapie. 135 pp. Deutsch.



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