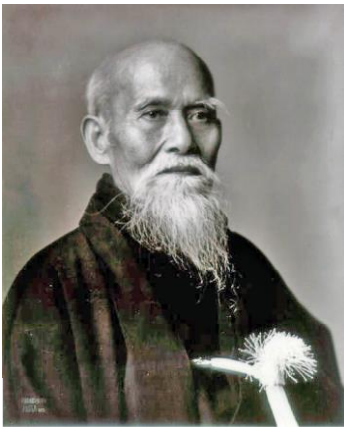


**Contact:** Jack Richford, available for interviews  
Shamokin Aikido Kai  
The Center for Movement Arts  
200 North Cherry Street  
Shamokin, PA 17872  
[www.tcmashamokin.org](http://www.tcmashamokin.org)  
TCMA@juno.com

**PRESS RELEASE –  
For immediate release**

Shamokin, PA – During the week of September 18 - 24, 2016, **Shamokin Aikido Kai will participate in INTERNATIONAL AIKI PEACE WEEK – offering free conflict resolution classes to the public.**



Aikido is a philosophy of peace expressed through a martial art. It is in the midst of an attack that we have the opportunity to practice peace. 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 the body 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.

**Tuesday September 20, 6-7:00 PM TAI CHI Adults**, A special class teaching Tai Chi and Qigong principles in an easy, non-strenuous way that can be learned quickly and used immediately.  
**Tuesday, September 20, 7:15 – 8:15 PM AIKIDO Adults**  
**Thursday, September 22, 4 - 6 PM Children's Peace Camp**  
**Saturday, September 24, OPEN HOUSE at the Center 10 AM -1:30 PM Children and Adults**, Two regular Aikido classes, paced for beginners, with a focus on peacemaking.

**International Aiki Peace Week** is scheduled to correspond with the **UN International Day of Peace** which is celebrated annually on September 21<sup>st</sup>. Read more about the UN event at their website <http://www.un.org/en/events/peaceday/>

Conflicts in daily life can be handled using the same principles that we learn training in Aikido on the mat when dealing with physical attacks. First respect and try to understand why someone behaves as they do. Explain that you understand why they might feel as they do and then gradually add new ideas to lead the discussion in a more positive direction.

Information on Shamokin Aikido Kai and The Center for Movement Arts, [www.TCMAShamokin.org](http://www.TCMAShamokin.org).  
For information on IAPW, go to [www.aikipeaceweek.org](http://www.aikipeaceweek.org).

**### END**

