

PEACE CAMP

Shamokin Youth Peace Initiative

Student Workshop Manual



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“We are what we repeatedly do. Excellence then, is not an act, but a habit.” ~ Aristotle

Introduction

“Explaining and understanding the nature of good leadership is probably easier than practicing it. Good leadership requires deep human qualities, beyond conventional notions of authority. In the modern age good leaders are an enabling force, helping people and organizations to perform and develop, which implies that a sophisticated alignment be achieved - of people's needs, and the aims of the organization.”

“The traditional concept of a leader being the directing chief at the top of a hierarchy is nowadays a very incomplete appreciation of what true leadership must be. Effective leadership does not necessarily require great technical or intellectual capacity. These attributes might help, but they are not pivotal. Good leadership in the modern age more importantly requires attitudes and behaviors which characterize and relate to humanity.”

“The concept of serving is fundamental to the leadership role. [Interestingly, the Japanese word SAMURAI, means “one who serves”] Good leadership involves serving the organization or group and the people within it. Ineffective leaders tend to invert this principle and consider merely that the leader must be served by the people. This faulty idea fosters the notion that leadership as an opportunity to take: to acquire personal status, advantage, gain, etc., at the expense of others, which is grossly wrong. Leadership is instead an opportunity to give; to serve the organization, and crucially the people too. [The motto of Rotary International is “Service Above Self”.] The modern notions of 'servant leader' and 'servant leadership' are attributed to Robert K Greenleaf (in his 1970 essay The Servant as Leader) however the philosophy and concept of leadership being a serving function rather than one that is served, is very old indeed and found in ancient civilizations and religious writings”. “Leadership is centrally concerned with people. Of course leadership involves decisions and actions relating to all sorts of other things, but leadership is special compared to any other role because of its unique responsibility for people - i.e., the followers of the leader - in whatever context leadership is seen to operate.”

“Many capabilities in life are a matter of acquiring skills and knowledge and then applying them in a reliable way. Leadership is quite different. Good leadership demands emotional strengths and behavioral characteristics which can draw deeply on a leader's mental and spiritual reserves.”

“The leadership role is an inevitable reflection of people's needs and challenges in modern life. Leadership is therefore a profound concept, with increasingly complex implications, driven by an increasingly complex and fast-changing world.”

The above quotations can be found at (<http://www.businessballs.com/leadership.htm>)

See also: Richford, J. (2001). Zen and The Art of Teaching Leadership URL:
<http://linezine.com/6.2/articles/jrzatlmbcm.htm>



Rotary International

Rotary is a worldwide organization of more than 1.2 million business, professional, and community leaders. Rotary club members provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. There are 33,000 Rotary clubs in more than 200 countries and geographical areas. Rotary's main objective is service — in the community, in the workplace, and throughout the world. The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life.

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

<http://www.rotary.org/en/MediaAndNews/TheRotarian/Pages/ridefault.aspx>

With these principles in mind, Rotarians end their meetings with the recitation of the following reflection:



THE FOUR-WAY TEST

of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Rotary and RYLA

Rotary Youth Leadership Awards (RYLA) is Rotary's leadership training program for young people. RYLA participants can be ages 14-30, but most clubs and districts choose to focus on a narrower age range, such as 14-18 or 19-30.

RYLA emphasizes leadership, citizenship, and personal growth, and aims to

- **Demonstrate Rotary's respect and concern for youth**
- **Provide an effective training experience for selected youth and potential leaders**
- **Encourage leadership of youth by youth**
- **Recognize publicly young people who are rendering service to their communities**

Annual RYLA events are designed for young adults with proven leadership ability and a commitment to community service. Whether you are a secondary school student, university student, or young professional, RYLA will help you discover your potential and develop the skills needed to be a leader in your community, career, and everyday life. Interested?

RYLA participants are usually nominated by local Rotary clubs, which often cover all expenses associated with the program. If you'd like to learn more about the RYLA program, contact your local Rotary club or ryla@rotary.org for details.

Through RYLA, youth can

- **Develop your leadership skills and character**
- **Gain exposure to a variety of issues and people**
- **Meet active community leaders**
- **Learn valuable information and career skills**

All the while, you'll also have fun, build friendships, and create memories that will last a lifetime.



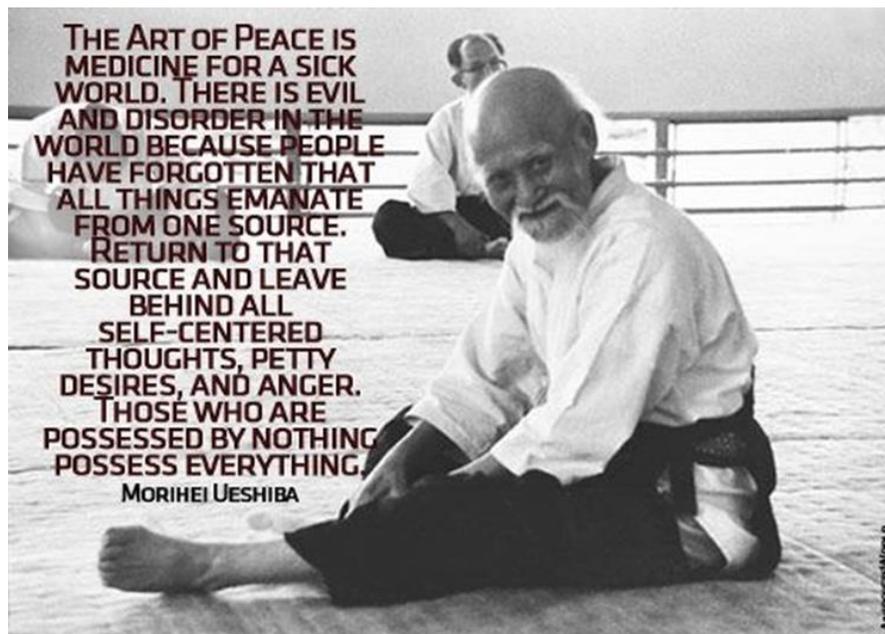
Aikido, The Art of Peace

What is Aikido? Aikido has been called “the way of peace” and “the non-violent martial art.” It is unique among the martial arts in that its purpose is to teach conflict resolution rather than effective fighting tactics.

Aikido has its origin in the centuries old traditions of the Japanese martial arts. Aikido is a form of BUDO (the way of the warrior/Samurai) originated by Morihei Ueshiba (1883-1969) about 1925. Like other zen disciplines it requires dedicated practice for many years to develop mastery.

Aikido is an effective martial art and a practical system of personal development. It translates universal principles, such as balance, center, and energy, into physical applications. Aikido teaches how to control conflict with minimum use of strength by blending with an attack and seeking the path of least resistance. The practice of aikido fosters intuitive understanding of natural law and peace of mind within the context of action. Practitioners experience pronounced benefits in many areas of their lives.

“A mind to serve for the peace of all human beings in the world is needed in Aikido, and not the mind of one who wishes to be strong or who practices only to fell an opponent. Aiki is not a technique to fight and defeat an enemy. It is a way to reconcile the world and make human beings one family.” - Master Morihei Ueshiba



Peace Camp (*Shamokin Youth Peace Initiative*)

The Peace Camp is a project that joins two complementary techniques of peaceful practice, one Eastern: Aikido, and one Western: conflict resolution, in a model of Peace Education that focuses on developing skills useful in all areas of personal and social concerns. Emphasis is placed on personal transformation, i.e. permanent disarmament within oneself. This model offers dynamic interpersonal experiences - physical, verbal, attitudinal, relational - to teach processes wherein conflict is used to achieve a satisfactory resolution for all parties, which is a necessary condition for any just and lasting peace.



Each year the president of Rotary International identifies a major theme. The 2012-2013 Rotary president is Sakuji Tanaka from Japan. His Theme for 2012-2013 is "Peace through Service."

In addition to the annual themes, Rotary International has a Future Vision Project that encompasses 6 Major Themes (Peace and Conflict Prevention/ Resolution, Disease Prevention/Treatment/ Water and Sanitation, Maternal and Child Health, Basic Education and Literacy, and Economic and Community Development)

Building on these Rotary International themes and the cultural traditions of Japan, the Shamokin Rotary is sponsoring a Peace Camp as a practical project to bring the theme and practices of Peace and Service to the youth of our area.



Leadership Group Games

Activity#1 Drawing on the Leader Within

Directions: Everyone has their own perception of the concept of leadership. In the space below or on a separate piece of paper, **DRAW** your picture of **LEADERSHIP**.

Reflective Questions for Experiential Activities

Activity#2 BIG WIND BLOWS



- 1) How did participants pay attention/engage in the game?
- 2) Are participants energetic or hesitant?
- 3) Are the statements very superficial (..have a blue shirt) or vulnerable (..have failed a subject in school).
- 4) How did the “Big Wind” statements help reveal participants’ experiences with leadership, conflict etc.

Activity#3 KNEES-to-KNEES



- 1) How did participants pay attention/engage in the game?
- 2) Are participants energetic or hesitant?
- 3) What did you learn about yourself, from the group participants, from the discussion questions?

Activity#4 SOFT BELLY – SOFT EYES

- 1) How did it “Feel” to do these centering exercises?
- 2) What did you notice? What difference does softening your tummy made?
- 3) What did you do to maintain your position and your balance?
- 4) Why did “Raising your eyebrow” cause you to become unbalance?
- 5) What happened in your body when you felt irritation, resentment, anger?
- 6) What do you mean by POWER?
- 7) How did your body FEEL when you were in conflict or being attacked? Were you aware of this state? How did you respond to this awareness?



Activity#5 HUMAN KNOT



- 1) How did it feel to be successful/unsuccessful? Blind? Muted?
- 2) What strategies did the group use?
- 3) Who were the Leaders/Followers? How did you identify those roles?
- 4) How did the group (team) reach consensus? How did the group communicate? (Blind/Muted)
- 5) Did everyone stay “Engaged” throughout the process? If not, why not? How did you deal with it?

Activity#6 CRAZY SOCKS

- 1) What did each participant have to do to successfully throw and catch the socks?
- 2) What type of pattern was created as socks were added to the game?
- 3) How did each student and the group as a whole deal with CHAOS/mistakes?
- 4) What types of leadership/followership processes were evident in this game?



Activity#7 CIRCLE-SQUARE-TRIANGLE



The qualities of the circle, the square, and the triangle are central to aikido.

The circle is smooth and fluid. It represents flexibility in motion, the ability to turn on a dime and move quickly in any direction. A circle typically seeks the path of least resistance. It has a smooth and non-threatening exterior but a strong, alert center that faces outward to all sides. Aikido techniques are often characterized as fluid and circular. However, concealed behind this soft exterior is a solid center that is the source of the aikido practitioner's strength and control.

The square represents that deep-rooted strength. It sits firmly on the ground, like the cornerstone of a tall building. The concept of fudoshin, the unmovable mind or unity of purpose and intent as referred to in Zen and the martial arts, is symbolized by the square. It also represents the four directions that the aikido practitioner defends against attack through the principle of aiki, the universal unifying energy.

The triangle has the same solid base as the square but pierces the heavens with its pointed top. An arrow seeking its target is a triangle. In aikido, the triangle symbolizes the concept of entry. By entering deeply into an opponent's attack the aikido practitioner takes control of the center ground and renders the attack harmless.

Seven Qualities of the Champion

Ancient as well as modern martial artists strive to master many different skills, not limited to self-defense. With this spirit this training can produce an individual who has gained inner peace and self-control through hard practice and meditation.....

Martial Arts

Quickness
Endurance
Timing
Power
Balance
Flexibility
Posture

Life

Alertness
Perseverance
Punctuality
Knowledge
Rationality
Gentleness
Honesty

Activity#9 EVALUATION

“I USED to Think....But NOW I Know!”

Purpose: Participants are asked to reflect on their own learning at the beginning of the workshop to the ideas at the end of the training.

Directions:

- 1) Fill in the chart below with reflections about how your ideas changed about Leadership at the beginning of the workshop and now at the completion of the workshop.
- 2) Participants should use Think-Pair-Share to share reflections with a partner or report to the whole group.
- 3) Participants can also share what workshop experiences helped them develop their ideas.

Topic: Leadership and Peace	
I USED TO THINK	BUT NOW I KNOW

Visual Learning/Project Zero/Harvard University

http://www.gips.org/assets/files/Learning/CheckingForUnderstanding/I_UsedtoThink_ButNowIKnow.pdf

Thoughts on PEACE

“If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work.”

- Thich Nhat Hanh, Buddhist Monk

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it. - Eleanor Roosevelt

An eye for an eye only ends up making the whole world blind. - Mahatma Gandhi

Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one.

- John Lennon

One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.

- Morihei Ueshiba

We make war that we may live in peace. - Aristotle

The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace. - Carlos Santana



Dynamics of Aikido

[This illustration due to O. Ratti from "Aikido and the Dynamic Sphere" (Tuttle 1970/94)]

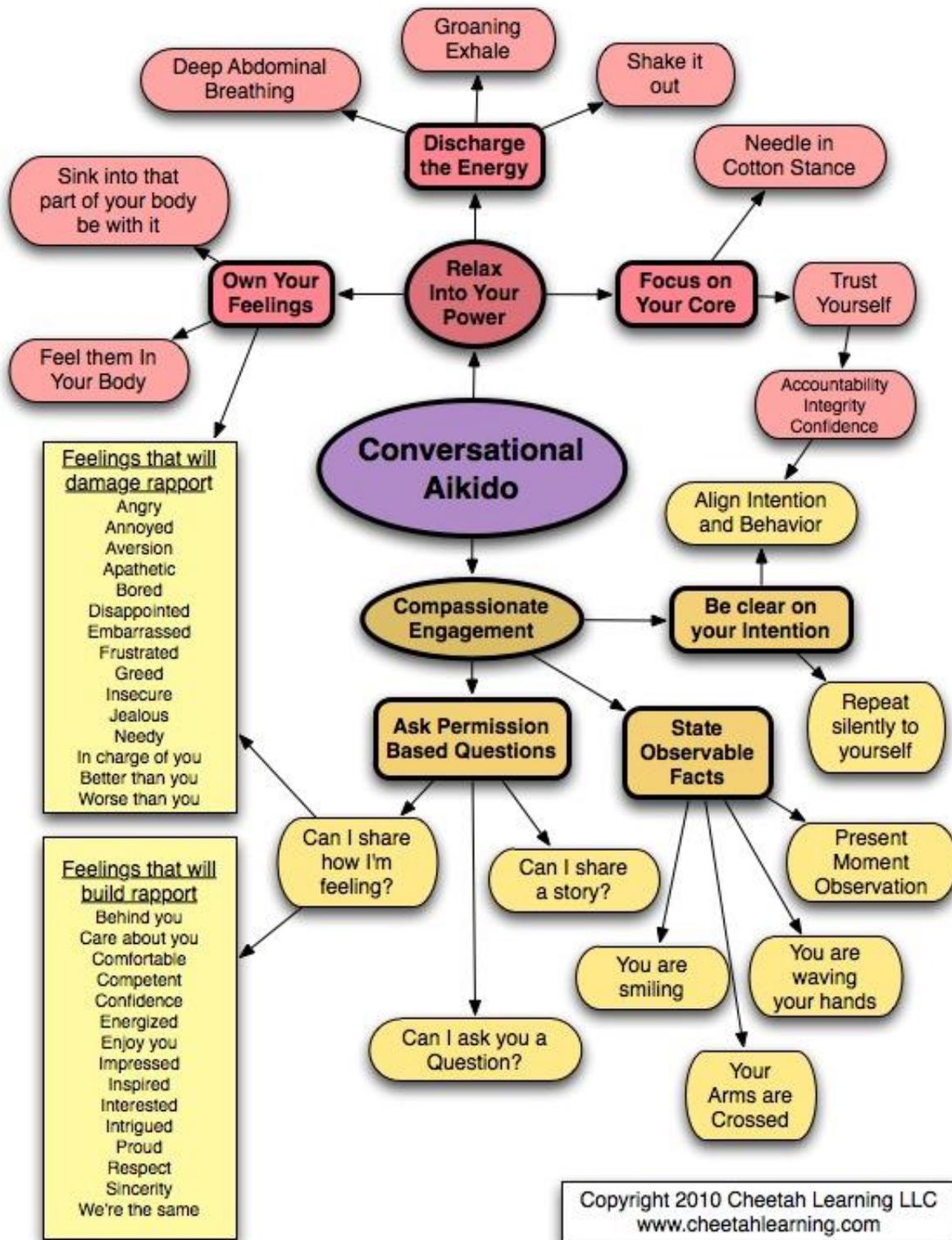
"The essence of all Aikido technique is spherical motion around a stable, energized center. Even when the direction appears to be straight forward or backward, close observations reveal the Aikidoist's movement to be circular. Some techniques may result in spectacular high-falls, others are small, deft movements to imbalance or immobilize the partner. Both kinds are achieved through precise leverage, centering, and the usage of inertia, gravity, and centrifugal and centripetal forces. An attack is neutralized through circular and fluid movements, and ultimately, the "attacker's" energy is mirrored back and oncoming energy is redirected to its source.

Aikidoists acquire a relaxed posture where the body's weight is focused towards the physiologic center in the 'hara' the lower abdomen. Gravity, no longer a force to be overcome, serves to support and stabilize posture. Ordinary movements appear graceful and economical. Centering is a physical, mental, and spiritual phenomenon -- the body's state becomes a metaphor for the inner condition and its expression in 'ki' life-force itself.

Increased stamina, flexibility, and muscle development are natural results of continuous training, yet the techniques themselves do not depend on strength for effectiveness. Aikido can be practiced by men and women of all ages. Aikido techniques utilize and develop a person's balance, awareness, and inner strength. Students of Aikido learn to remain calm in stressful situations, find alternatives to conflict, protect themselves and others, and gain a sense of discipline and persistence. Training is non-competitive, yet intense, as each person strives to "defeat" the discord within oneself in order to find inner and outer harmony. Most practice is done with a partner, each working on his or her own level of ability, alternating as 'uke' (attacker) or 'nage' (receiving and blending with the attack). Both roles are important, refining skills of situational awareness, timing and body control.

Through the practice of Aikido, cooperation, self-confidence and conflict resolution can be learned in an enjoyable atmosphere.

<http://www.aikidosantacruz.org/dynamics.html>



We Are the World

(Lyrics by Michael Jackson and Lionel Richie (1985) for USA for Africa, 25 years later 2010 for Haiti. The song have been presented by multiple groups on Youtube for various events)

There comes a time when we heed a certain call

When the world must come together as one

There are people dying

And it's time to lend a hand to life

The greatest gift of all

We can't go on pretending day by day

That someone, somehow will soon make a change

We are all a part of God's great big family

And the truth, you know,

Love is all we need

[Chorus]

Send them your heart so they'll know that someone cares

And their lives will be stronger and free

As God has shown us by turning stones to bread

So we all must lend a helping hand

[Chorus]

When you're down and out, there seems no hope at all,

But if you just believe there's no way we can fall

Let us realize that a change can only come

When we stand together as one

[Chorus]

We are the world, we are the children

We are the ones who make a brighter day

So let's start giving

There's a choice we're making

We're saving our own lives

It's true we'll make a better day

Just you and me



DECLARATION OF PEACE

“Peace Begins With You”

HIROSHIMA, 18 MAY 2013

All human beings have the right to live in a state of peace, free from violence, persecution, inequality, and suffering. As leaders and friends of the Rotary movement, united in service, we publicly declare our commitment to creating a more peaceful world.

We look to the future with the hard-earned knowledge of past lessons as our guide. We have come together in Hiroshima, a city that experienced the destructive consequences of war just a few generations ago. Out of the ashes of that terrible conflict, people decided to rebuild and move forward in the collective pursuit of peace. While the world must never forget the tragedy that took place here, Hiroshima's resurgence demonstrates the transformative, healing power of sustainable peace between nations.

We know that peace cannot thrive unless we are willing to work for it. Peace is a way of life, requiring steadfast commitment. “Peace begins with you” is our call to action, and each of us recognizes that we have a personal responsibility to answer it. Peace begins when all of us make a conscious effort in our daily lives to promote harmony with our neighbors and create friendships that transcend the divisions of nationality, politics, religion, and culture. Peace is sustained when we join together, work together, and in turn, inspire young people to hear the call to action and carry the pursuit of peace forward, generation after generation.

We express our desire for a peaceful world through the action of service. By serving and helping others, we gain empathy and understanding, build lasting bonds of friendship, and empower others to become peacemakers. Consider some of the ways that we have enhanced peace together through Rotary:

- ❖ To help mend international relationships that were damaged during two world wars, Rotary established intercountry committees, which facilitate humanitarian and peace efforts between countries. Today, nearly 250 intercountry committees are working to advance international understanding, goodwill, and peace.
- ❖ For more than 75 years, students and host families have broadened their horizons through Rotary Youth Exchange. Each year, more than 8,000 students in 80 countries have the opportunity to bridge cultures and enhance international understanding through short-term and long-term exchanges.
- ❖ Through The Rotary Foundation's Peace Fellowships, more than 700 Rotary Peace Fellows have earned master's degrees or professional certificates that enable them to pursue careers in peace-building and conflict resolution.

We urge everyone who shares our vision of peace to take action:

- ❖ Be a peace-builder in every interaction you undertake with your fellow human beings. Let every action be one that builds goodwill and better friendships.
- ❖ Use your voice and your vote to encourage your elected leaders to adopt peaceful conflict resolution practices instead of resorting to war.
- ❖ Reject the notion of enemies. Actively befriend people from countries that have traditionally had adversarial relationships with your own country.
- ❖ Provide opportunities for young people to develop their leadership potential and become active stakeholders in their communities.
- ❖ Connect with others to make a difference. There are Rotary clubs in more than 200 countries and geographical areas, working in more than 34,000 communities worldwide. Join us in advancing *Peace Through Service*.

Peace is not a final destination to be reached, but an active and continuous process. All of us are capable of becoming peacemakers in our own lives, and through our words and actions, we will demonstrate that peace is possible.



17-18 May 2013
Rotary Global Peace Forum
Hiroshima

The Rotary Foundation Future Vision Plan



PURPOSE

Simplify Foundation programs and processes consistent with the mission

Focus Rotarian service efforts where they will have the greatest impact by addressing priority world needs that are relevant to Rotarians

Offer funding options to help achieve both global and local goals

Increase the sense of ownership at the district and club levels by transferring more decisions to the districts and their member clubs

Advance understanding of the Foundation's work and enhance Rotary's public image

MISSION

The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

www.rotary.org/futurevision

AREAS OF FOCUS



Peace and conflict prevention/resolution



Disease prevention and treatment



Water and sanitation



Maternal and child health



Basic education and literacy



Economic and community development

Resources

Peace Corps Publications, URL:

<http://www.peacecorps.gov/index.cfm?shell=library.pubindex>

INEE Peace Education Programs, URL:

http://www.ineesite.org/post/peace_education_programme/

Peaceful School International, URL:

<http://peacefulschoolsinternational.org/psi-resources>

Volunteer Action for Peace – UK, URL:

<http://www.vap.org.uk/vap-s-toolkit-on-the-un-millennium/>

Peace coloring picture, URL:

<http://picturesforcoloring.com/2012/04/peace-coloring-pages-for-cute-children/>



The new symbol for peace. Rotary

rotary.org