

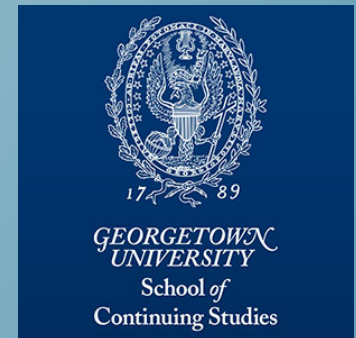
# VERBAL ATEMI A TECHNIQUE FOR CREATIVE DISRUPTION

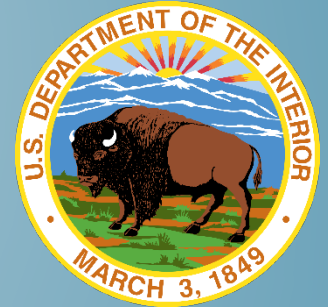
*Presented by Stephen Kotev*

*[www.StephenKotev.com](http://www.StephenKotev.com)*



Conflict Resolution Consultant  
offering mediation,  
negotiation, leadership &  
conflict coaching, facilitation  
services, training  
and somatic education







Chair of the ACR  
Taskforce on  
Safety in ADR

Certified instructor of  
Being in Movement®  
Embodied Peacemaking

Black Belt in Aikido and  
Purple Belt in Brazilian  
Jiu Jitsu

# OBJECTIVES:

- ❖ *To provide you with a different way of looking at confrontation/engagement*
- ❖ *To talk about an untapped resource in the Japanese martial art of Aikido*
- ❖ *To provide powerful examples of creative disruptions of high-conflict situations*

# GETTING TO KNOW YOU

- *A show of hands - how long have you been practicing/in the field?*
- *What would you like to learn today/what caught your attention?*

# WHEN WAS THE LAST TIME YOU DID SOMETHING TOTALLY UNEXPECTED DURING YOUR ADR/MEDIATION SESSION?

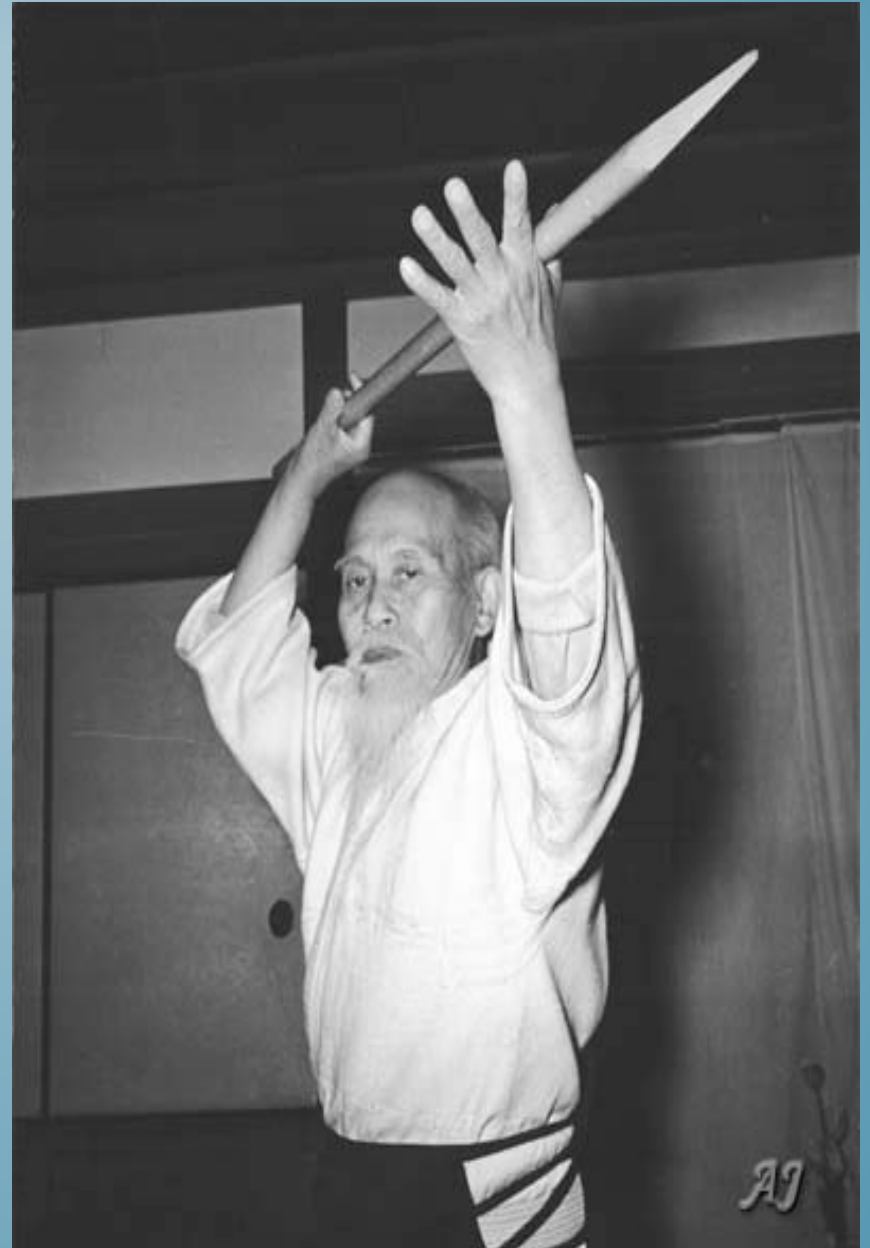
- *Take a moment to reflect*
- *Find a partner and share what happened*
  - *If you are participating remotely – email or text a friend*

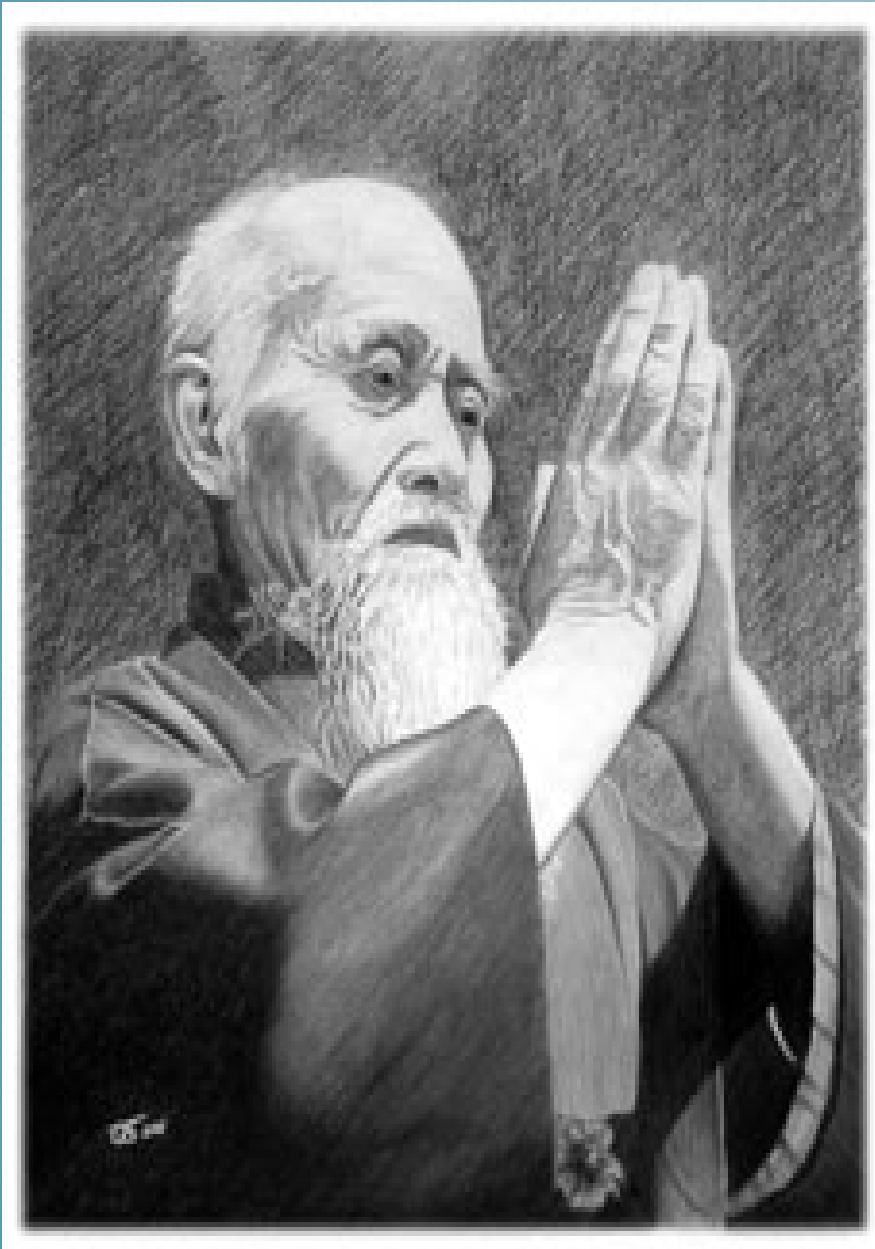
# 合氣道





*Morihei Ueshiba*  
*Founder of Aikido*





*A deeply spiritual man, Ueshiba strove to meld his spirituality with his martial practice.*

*He created Aikido as a way to transform the notion of warrior: from that of destroyer to protector.*

# A SHORT CLIP OF AIKIDO IN ACTION



- *Video Clip here*



Aikido is an untapped philosophical resource for ADR Professionals

# SHARED CONCEPTS AND PRINCIPLES BETWEEN AIKIDO & CR:

- Centered and upright posture
- Blending
- Relaxed response to attacks
- An ethical choice not to do additional harm to the Attacker
- Connection
- Irimi
- Atemi

# ATEMI

A strike meant to  
unbalance and  
surprise

*NOT injure the  
attacker*



# “YOUR SHOES UNTIED”







# VERBAL ATEMI

A creative technique used to  
disrupt a pattern of intent  
through unexpected and  
unorthodox means

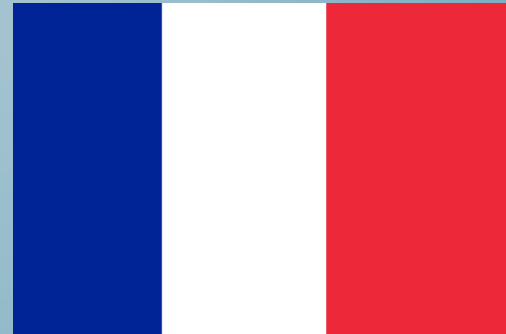
# STORIES OF VERBAL ATEMI:







+



+



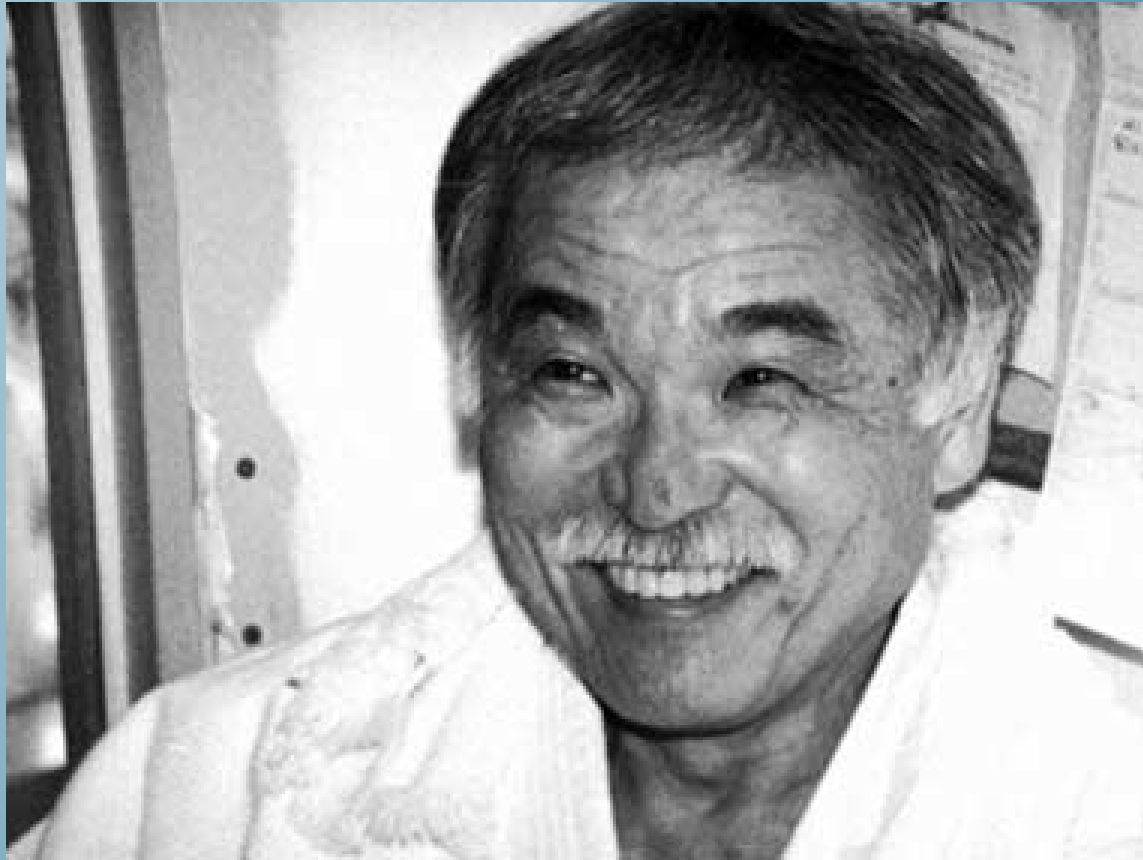
# CAPITOL HILL, WASHINGTON DC JUNE 16, 2007



*Video clip here*

“You have to  
hit them  
with love.”

Clyde  
Takeguchi  
Sensei





“Moving through  
the  
gaps in your  
mind.”

Tetsuzan Kuroda  
Sensei



# SWEET FRUIT FROM THE BITTER TREE



*61 Stories of Creative &  
Compassionate Ways out of Conflict*

— MARK ANDREAS —

Video clip here

OPENING  
PRESENTS  
  
BY  
  
DAVID CLARK





◀ NEXT LIFT ▶

LIFT  
1  
←

Please  
pass right  
inside the  
lift

LIFT  
2  
→

FOR  
SERVICE

PRESS TO  
CALL LIFT

STAND CLEAR DOORS CLOSING

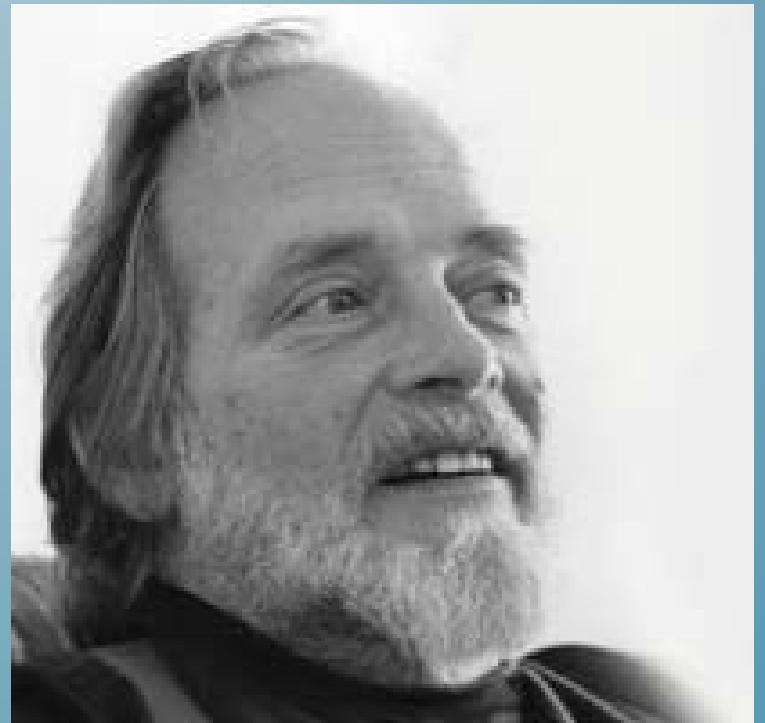
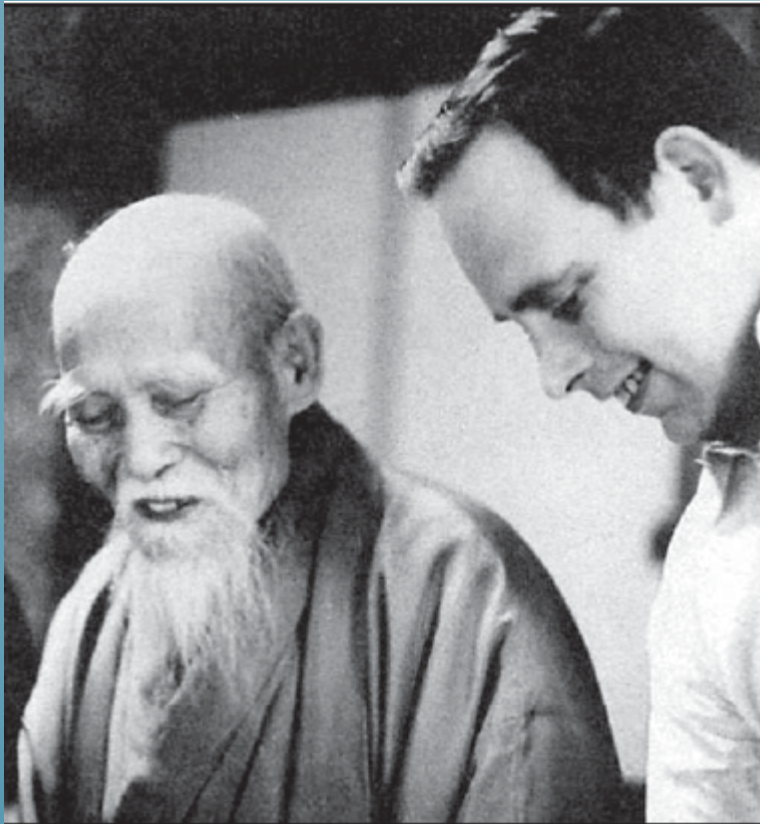
# THE HOMICIDAL PATIENT IN THE ELEVATOR BY

## MILTON H. ERICKSON

# A SOFT ANSWER

BY

TERRY DOBSON



# QUESTIONS?

# VERBAL ATEMI A TECHNIQUE FOR CREATIVE DISRUPTION

*Presented by Stephen Kotev*

*Stephen@StephenKotev.com*