

CONFLICT THEORY AND AIKIDO: The Aiki Way to Managing Conflict

This course has three aims:

- a. to expand knowledge about social conflict and ways of dealing with it;
- b. to explore bodymind reflexivity as a resource for cultivating self and understanding others.
- c. to introduce the practice of aikido, as a means for dealing with conflict and for cultivating selves;

I. SOMATIC AWARENESS AND AIKIDO

M, 9-27 *Aikido and Bodymindfulness*

1. Connections among body-feelings-mind-spirit
 - a. Mind > body (mental framing)
 - b. Body > feelings (postural affects)
 - c. Mind > body > energy (force of intention)
 - d. Body > perceptions > mind > spirit (relaxations)
2. Modes of learning through aikido
 - a. attending to bodymind experience
 - b. collaborative inquiry with partners training partners
3. Conditions of intense bodymind learning
 - a. dedicated place (*dojo*), uniform (*dogi*), attitude (*shugyo*)
 - b. disciplines of respect:
 - 1) for Place; 2) for self; 3) for partners; 4) for teachers; 5) for conversations; 6) for Truth

W, 9-29 *The mat-dojō as a place for learning the martial Way (budo)*

Respect in the dojo (*li / rei*)

Elements of martial practice:

Stance (*kamae; hanmi*). Changing *hanmi*. Stepping and pivoting.

Sitting (*seiza*). Rolling. Falling (backward).

Lowry, *Sword and Brush*: ch 1, “Do”; ch. 3, “Keiko”; ch. 35, “Rei”; ch. 40, “Shugyo”

“The Dojo and its Culture” (Selected Readings: A)

F, 10-1 *The mat-dojō as a place for learning about one's self*

Centering experiences. Testing for centering and ki extension. *Katate-dori kokyū-nage*.

“Why Aikido?” (Selected Readings: A)

Lowry, *Sword and Brush*: ch. 11, “Ki”; ch. 26, “Hara”; ch. 27, “Uke”

II. INQUIRY INTO SOCIAL CONFLICT

M, 10-4 *Broaching the study of social conflict*

1. Broaching the study of anything (stasis theory)
2. Commonplace questions:
 - a. Is it?
 - b. Why study it?
 - c. Defining it:
 - i. How define it?
 - ii. Why define it that way? (cf. “essentially contested concepts”)
 - d. How study it?

Simmel, “The Problem of Sociology”, “On Conflict”, “Competition” (SR:A)
Boulding, *Conflict and Defense*, pp. xv-xvii, 1-6 (e-reserve)
Coser, *The Functions of Social Conflict*: preface, introductory, props. 1, 2, 4, 5

W, 10-6 *Aikido practice as collaborative inquiry*

Attacking sincerely and falling safely (*ukemi*). *Katate-dori kokyū nage* (wrist-grab, breath-throw).

Lowry, ch. 39, “I: intent”

F, 10-8 *Investigating conflict on the mat*

Types of conjoint training. *Katate kosa-dori ikkyō* (cross-hand grab, first takedown).

Lowry, ch. 5, “Kata”; ch. 23, “Te”; ch. 24, “Kamae”

III. ELEMENTS OF CONFLICT

M, 10-11 *Motives, means, and consequences in conflictual interaction*

- Boulding, *Conflict and Defense*, pp. 7-18 (e-reserve)
- Coser, *Functions*, prop. 3
- Gelles & Straus, "Determinants of Violence in the Family," Intro, sec. 1-4 (e-reserve)

W, 10-13 *Elements of martial engagement*

- Distance and timing (*ma-ai*). *Katate-kosa-dori ikkyo. Yokomen-uchi waza.*
- Simmel, "Distance" (SR:A);
- Lowry, ch. 15, "*Hyoshi*", ch. 36, "*Ma*"

F, 10-15 *Types of attack and types of response.*

- Tai no henko* (three forms), *Musubi* (joining), *Katate-dori kokyū-nage*
- Saotome, "*Musubi*" (SR:A)
- Kriesberg, *Constructive Conflicts*, ch. 3

IV. ESCALATION / DE-ESCALATION: PERSONAL SOURCES

M, 10-18 *Paradigms of escalation*

- Kerr, "Chronic Anxiety and Defining a Self" (SR, B)
- Boulding, *Conflict and Defense*, ch. 2 (e-reserve)
- Coser, props. 5 & 6 (60-72)

W, 10-20 *Escalatory effects of different responses to attack*

- Counter-attack. Acquiescence. Moving off the line.
- Taking a hit. Offline with connection. *Munetsuki kokyū-nage.*
- Leonard, "Taking the Hit as a Gift" (SR:B)

F, 10-22 *Escalatory effects of different forms of aggressive expression*

- Expressing antagonism in a relationship. *Munetsuki kokyū-nage.*

V. ESCALATION / DE-ESCALATION: SOCIAL SOURCES

M, 10-25 *Social mechanisms for controlling escalation*

- Coleman, *Community Conflict* (SR: C)
- Parsons, "Racial and Religious Differences as Factors in Group Tensions"
- Kriesberg, *Constructive Conflicts*, ch. 6, "Escalating Conflicts"

W, 10-27 *Bodymind mechanisms for controlling dispositions to escalate*

- Positive receptivity. Reframing. *Munetsuki kote-gaeshi.*

F, 10-29 *Embodied responsive techniques for controlling escalation*

- Munetsuki waza. Irimi nage waza.*
- Kriesberg, *Constructive Conflicts*, ch. 7, "De-escalating Conflicts"

VI. VIOLENCE

M, 11-1 *Dimensions of violent engagement*

- Biological: Lorenz, *Aggression*, Intro, ch. 13;
- Wrangham & Peterson, *Demonic Males*, chs. 3, 4, 6 (7, 9 optional)
- Social-Psychological: Scheff, "Male emotions/relationships and violence: a case study" (e-res)
- Social: Coser, "Some Social Functions of Violence" (SR:B)
- Cultural: Sorel and Fanon, selections (SR:B); Fromm (SR:B)

W, 11-3 *Training for courage*

- Entering the line of attack. *Marubashi* training. *Katatedori irimi-nage.*
- Lowry, *Sword and Brush*, ch. 15 "*Shin*", ch. 19 "*Fudo*"

F, 11-5 *Staying centered under stress*

- Multiple attacks (*randori*). *Irimi waza.*

VII. NONVIOLENCE

M, 11-8 *Conceptions of non-violent engagement*

- James, "The Moral Equivalent of War" (e-reserve)
- Bondurant, *The Conquest of Violence: The Gandhian Philosophy of Conflict*, 3-41

Heckler, *In Search of the Warrior Spirit*: 84, 134-40, 197-203 (e-reserve)
Rosenberg, *Nonviolent Communication*, selections (SR:B)

W, 11-10 *Training for Calm Control*

Mushin, fudoshin, shomen-uchi ikkyo, omote.

Leggett, "Mushin" (SR:B)

F, 11-12 *Leading the mind*

Shomen-uchi ikkyo, ura.

VIII. MEDIATION

M, 11-15 *Third parties in the management of conflict*

Simmel, "The Nonpartisan and the Mediator" (e-reserve)

Kriesberg, *Constructive Conflicts*, ch. 8, "Intermediary Contributions"

Kagan, *Adversarial Legalism: The American Way of Law* 9-17 (SR: B)

Folberg, *Resolving Disputes: Theory, Practice and Law*: 95-97, 204-207

W, 11-17 *Mental states of conflict mediators*

Hovering awareness (*zanshin*). *Happo undo. Yokomen-uchi shihonage.*

Lowry, *Sword and Brush*, ch. 32, "Zan"

F, 11-19 *Position and timing in mediating conflict*

Conflicts with multiple parties

IX. AIKIDO AND KINDRED DISCIPLINES? OTHER ASPECTS OF CONFLICT?

M, 11-22 *Review*

W, 11-24 *Keiko Review*

X. THE AIKI WAY

M, 11-29 *The classical formulation*

Ueshiba, *The Spirit of Aikido*

Quotations from Aikido Masters (SR:B)

W, 12-1 *Keiko Review*

F, 12-3 *Optional keiko review*

XI. PUTTING IT TO THE TEST

M, 12-6 *Testing waza*

W, 12-8 *Final papers due*