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# PRESS RELEASE

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## *Living Aikido Life Offered Free To Public Schools*

(Traverse City, MI) - Born out of an era of tremendous suffering, Aikido is unique among martial arts. The founder, Morihei Ueshiba, was a highly skilled warrior who, after witnessing the destruction of WWII, turned toward peace and non-violence. With a slight shift in emphasis, he discovered that the lethal moves he once practiced could be used to



defeat an armed attacker without any violence. From this revelation the “art of peace” began its journey throughout the world, with more than two million practitioners today.

Living Aikido Life is the remarkable new documentary that provides a window into the world of those who continue to follow the founder’s vision. Produced by filmmaker Bogdan Heretoiu, the hauntingly beautiful film tells the stories of ten modern Aikido teachers and practitioners. Filmed in a style evocative of Akira Kurosawa, and featuring the stunning Sumi-e ink paintings of Mariusz Szmerdt, the film expertly weaves together candid interviews with aikido demonstrations to present a wealth of practical information for living in the spirit of mutual respect, cooperation, and conflict resolution.



MORIHEI UESHIBA

1883 - 1969

As the wisdom of these ten fascinating lives unfolds, viewers are invited into their own journey of learning and self-transformation.

Everyone who places an order of one or more DVD copies of the documentary has the option to nominate a public school in their community, and we will send them a free copy of the film.

"My goal is to make Aikido's principles of mutual respect, conflict resolution, peacemaking, and cooperation accessible to all students, teachers, school counselors, parents, and those who work in youth development," explains Heretoiu.



" Many Lives. Priceless Stories. One Dream. "

### ***"Inspiring"***

*The Living Aikido Life film beautifully captures the insightful thinking of leading sensei (Richard Strozzi-Heckler, Linda Holiday, Paul Linden, Jamie Leno Zimron, Molly Hale, and others) on the role Aikido plays in the world and the role it can play in our lives. ~ Robert Kent, President of Aiki Extensions and founder of the PeaceCamp Initiative (PCI).*

### ***"A wonderful look at the state of modern Aikido"***

*Bogdan Heretoiu's "Living Aikido Life" film is beautifully produced and professionally edited. I'd also like to mention the illustrations by Mariusz Szmerdt, which may not get much notice in a video production, and which were lovely.*

*"Living Aikido Life", in keeping with the title, is not a historical or technical film, but rather focuses on personal experiences and perceptions of the art and the art's implications for societal interaction. These are the strengths of modern Aikido, and what has allowed it to expand around the world.*

*If you are looking for insights into Morihei Ueshiba than this is not the film for you. On the other hand, if you are looking for insights into the current and future state of modern Aikido*

*then this film offers a valuable cross-section of some well known, and some not-so-well known instructors and students. I thoroughly enjoyed the film, it is a valuable look at the world of modern Aikido as it stands today, and where it strives to go in the future. ~*  
**Christopher Li, Aikido Sangenkai**

The film is available for purchase at the film's website:

**<http://LivingAikido.Life/shop>**

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