



VA 360°

Verbal Aikido®
for educational
establishments



Verbal Aikido®
From conflict to conversation







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What is the VA 360° project?

VA 360° is a set of training courses in Verbal Aikido over two years which aims to include:

- teachers and the teaching team of a school,
- the children's parents (who are interested in the project),
- all children in the establishment.

The objective of these training courses is to give participants the means to manage verbal attacks and the tensions of daily life. For more information on practicing Verbal Aikido, visit www.verbalaikido.org.



Why include VA 360° in an establishment project?

Verbal Aikido is an effective and fun method of peace education, accessible to everyone from 5 years old. Learning postures in this practice increases our ability to:

- communicate more calmly,
- distance yourself from criticism and verbal attacks,
- turn potential conflicts into conversations.



The long-term effects of including Verbal Aikido in a regular practice include:

- personal well-being through centering exercises
- the ability to listen in depth and benevolently thanks to “verbal stretching” exercises
- assertiveness in its expression thanks to exchanges on the “verbal tatami”



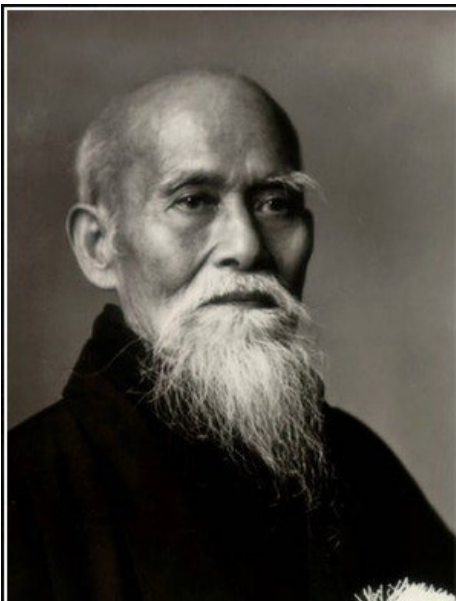


What happens in the workshops?

At the start of each workshop, the Official VA Facilitator collects the attacks, called “practice opportunities”. Any exchange that may have created tension can be a source of work for the workshop or the “dojo” (place of practice). Then the Facilitator “opens the dojo” with a greeting and continues with the regular dojo exercises:

- Centering (variety of techniques to land calmly)
- Verbal stretching in pairs (warming up the posture of neutral listening and centered expression)
- Illustration of VA techniques (using the attacks collected at the beginning)
- Supervised practice on the “verbal tatami” in groups of three or four
- Centering to find calm before continuing with your day

The exercises proposed in verbal dojo are strongly inspired by practices common in martial arts and particularly in martial Aikido. It's about developing reflexes that defuse growing tensions, while being respected and respecting your partner. These reflexes are acquired with regular practice, and it is recommended to find time to practice with other practitioners between sessions.



“True victory is victory over oneself”

Morihei Ueshiba, founder of Aikido



VA 360° training modules: Year 1

Typical rollout of “VA 360°” training modules Year 1

	Sept	Oct	Nov	Dec	Jan	Feb-May	June
Duration	2 hours	1/2 day	1/2 day	1/2 day	1/2 day	Regular VA follow-up sessions	45m-1hr
Group(s)	Teaching staff	Teaching staff	Teaching staff	Teaching staff	Teaching staff	In-class accompaniment of teachers	All Classes Kids' Dojo
Module/Content	Project preparation	VA 1.1 Workshop 1	VA 1.1 Workshop 2	VA 1.1 Workshop 3	VA 1.1 Workshop 4	Feedback & recap on activities	
Duration					≈1hr	45m-1hr Kids' Dojo	G R A D U A T I O N C E R E M O N Y
Group(s)					All Classes	All Classes	
Module/Content					1st Kids' Dojo with VA Instructor & Teacher	Once a month with VA Instructor & Teacher and regular practice in between with Teacher autonomous	
Duration	3 x 30 minutes	1.5 hours	1.5 hours	1.5 hours	1.5 hours	1.5 hours x 4	
Group(s)	Parents	Adult Dojo	Adult Dojo	Adult Dojo	Adult Dojo	Adult Dojo	
Module/Content	Introduction to VA 360° project	Mini-Workshop VA 1.1 n°1	Mini-Workshop VA 1.1 n°2	Mini-Workshop VA 1.1 n°3	Mini-Workshop VA 1.1 n°4	Mini-Workshops VA 1.1 n°s 5-9	

The first year of training consists of four training modules and a graduation event (the “white bracelet”) to mark the year’s accomplishment.

Teachers and support team

The training module for teachers and support staff (in light green above) starts first. It consists of an introduction and preparation for the project, followed by a standard VA 1.1 module (see annex). The recommended schedule is half a day once a month, for 4 months.

The parents

The training module for parents (in yellow above) is in “adult dojo” format, i.e., mini-workshops (90mins approximately). The content is essentially the same as the VA 1.1 module (see appendix). We organize 3 separate presentations of the project to parents at the beginning of the year in order to inform them of the importance of their involvement and to answer any questions they may have. Adult dojos take place once a month, usually in the evening, from October to June. At the end of the year, participants receive their certificate of achievement for level VA 1.1.





The children

The initial training for children is separated into 3 modules: under 6s, under 9s and under 12s. Each module is spread out over three years. Children under 6 will follow the “White Bracelet” module (see appendix), colored orange in the table above. Under 9s follow the “Yellow Bracelet” and under 12s aim to complete the “Orange Bracelet” before entering middle school.

Accompanied by the teacher, the VA Facilitator leads a one-hour dojo with the children, once a month between January and June in the first year. Between these monthly dojos, the teachers of each class take up and reproduce the activities in order to become familiar with the practice. This module is designed so that each child can achieve their goal. At the end of the year, we propose to organize an event (in light blue in the table) where bracelets are awarded upon completion of the training.



Support for teachers

Between January and June in the first year, teachers assist the VA Facilitator during one-hour dojos in their classes. The content of these dojos is detailed in the VA Facilitator Support Booklet, and teachers can reproduce the entire dojo or a selection of activities that they consider important to review in class. The VA Facilitator remains present to interact with the teachers and answer their questions during their intervention (in dark green in the table). In addition, we propose to organize formal exchanges to refine the delivery of activities and deal with any difficulties encountered in class.



VA 360° training modules: Year 2

Typical rollout of "VA 360°" training modules Year 2

	Sept	Oct	Nov	Dec	Jan	Feb-May	June
Duration	2 hours	1/2 day	1/2 day	1/2 day	1/2 day	Regular VA follow-up sessions In-class accompaniment of teachers Feedback & recap on activities	45m-1hr All Classes Kids' Dojo
Group(s)	Teaching staff	Teaching staff	Teaching staff	Teaching staff	Teaching staff		
Module/Content	Project preparation	VA 1.2 Workshop 1	VA 1.2 Workshop 2	VA 1.2 Workshop 3	VA 1.2 Workshop 4		
Duration	45m-1hr		45m-1hr		45m-1hr	45m-1hr Kids' Dojo All Classes Every 2 months with VA Instructor accompanying Teacher, and Teacher continuing autonomously in between	G R A D U A T I O N C E R E M O N Y
Group(s)	All Classes Kids' Dojo		All Classes Kids' Dojo		All Classes Kids' Dojo		
Module/Content	≈1hr with VA Instructor & Teacher		≈1hr with VA Instructor & Teacher		≈1hr with VA Instructor & Teacher		
Duration	3 x 30 minutes	1.5 hours	1.5 hours	1.5 hours	1.5 hours	1.5 hours Adult Dojo Mini-Workshops VA 1.2 n°s 5-9	
Group(s)	Parents	Adult Dojo	Adult Dojo	Adult Dojo	Adult Dojo		
Module/Content	Introduction to VA 360° project (pt2)	Mini-Workshop VA 1.2 n°1	Mini-Workshop VA 1.2 n°2	Mini-Workshop VA 1.2 n°3	Mini-Workshop VA 1.2 n°4		

The course of the VA 360° project in the second year is very similar to that of the first year. However, the teachers and possibly the teaching team benefit from the VA 1.2 (Advanced Practitioner) training and the children receive training with the VA Facilitator on alternating months. The training for parents is the same as in the first year.





Annex

Beginner (child) in Verbal Aikido [Better communicate and manage conflicts](#)

VA Level 1.0 “White Bracelet”

AUDIENCE

Children up to 6 years old

DATES

To be defined according to availability.

PREREQUISITES

The training is suitable for all levels, so there are no prerequisites to participate.

PLACE

On the site

DURATION

2 to 3 years, with regular sessions of ≈45 min.

NUMBER OF PARTICIPANTS PER SESSION:

- Classes of up to 30 children

Training accessible to people with disabilities. Contact us if necessary for a participant.

TRAINING OBJECTIVES AND TARGETED SKILLS

At the end of the training the participant will be able to:

- Recognizing and expressing principal emotions
- Knowing how to recenter to find a calm within
- Listen to others to understand their point of view (“attentive listening”)
- Use prompted Verbal Aikido techniques to defuse a conflict based on a real case

CONTENT

- Introduction to Verbal Aikido®
- Centering activities and emotional recognition activities
- “Attentive Listening” training through Verbal Stretching
- A selection of Verbal Aikido techniques adapted: better understanding others, in order to propose balanced outcomes for exchanges
- Putting techniques into practice based on real cases of conflict





Novice Verbal Aikido® Practitioner

[Introduction to conflict management](#)

VA Level 1.1 - Novice

AUDIENCE

Anyone wanting to develop and expand their relational skills.

DATES

To be defined according to availability.

PREREQUISITES

The training is suitable for all levels, so there are no prerequisites to participate.

PLACE

On site or online

DURATION

14 hours: 2 days (7 hours per day)
or 4 half-days (3.5 hours per half-day)

NUMBER OF PARTICIPANTS PER SESSION:

- Minimum: 3
- Maximum: 10

Training accessible to people with disabilities. Contact us if necessary for a participant.

TRAINING OBJECTIVES AND TARGETED SKILLS

At the end of the training the participant will be able to:

- Practice “enhanced” listening (neutral, available, open)
- Step out of the conflict while maintaining a connection with the other (finding a healthy distance)
- Know how to use Verbal Aikido® techniques based on a real case

CONTENT

- Introduction to Verbal Aikido practice and philosophy
- Centering and stabilizing one's posture: several techniques and practice of body centering
- Posture and listening training through Verbal Stretching
- A selection of Verbal Aikido techniques adapted: better understanding others, in order to propose balanced outcomes for exchanges
- Training to recognize destabilization and transform it into opening
- Putting tools into practice based on real cases of conflict





MODULE TITLE:

Advanced Verbal Aikido® Practitioner Communicate effectively & manage conflict

VA Level 1.2: Advanced

AUDIENCE

Anyone wanting to develop and expand their relational skills.

DATES

To be defined according to availability.

PREREQUISITES

Level 1.1 – Novice Practitioner is required to participate in the training

PLACE

On site or online

DURATION

21 hours: 3 days (7 hours per day)
or 6 half-days (3.5 hours per half-day)

NUMBER OF PARTICIPANTS PER SESSION:

- Minimum: 3
- Maximum: 10

Training accessible to people with disabilities. Contact us if necessary for a participant.

TRAINING OBJECTIVES AND TARGETED SKILLS

At the end of the training the participant will be able to:

- Put into practice a personal way to recenter in the face of aggression
- Create an opening to be heard in a conflictual situation
- Use a variety of movements to verbally accompany the other and harmonize an exchange

CONTENT

- 7 centering techniques, including custom centering and space management
- Dynamics of expression for greater effectiveness in conflict situations
- The Verbal Sensitivity Scale, and the management of criticism, judgments, objections, accusations and complaints
- 6 Verbal Stretching techniques to develop movements and posture
- An in-depth selection of 9 Verbal Aikido techniques and 4 sequences of movements (kata)
- Symmetrical and asymmetrical harmonies to better provide appropriate mutual directions
- Putting tools into practice based on real cases of conflict



Verbal Aikido®

Du conflit à la conversation



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