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## Creative Aikido

### Description

Just as Aikido uses the opponent's force to defuse a potentially aggressive situation, Creative Aikido does the same. It uses ideas of others and builds upon them.

### Category

1. Creative base
2. Energy
3. When people see too many obstacles

### Tags

1. Activity

### Meta Fields

**Debriefing** : The following questions might be useful to ask after the exercise:

- Was it easy/difficult to come up with a story?
- Was your expectation of the story similar/different to the expectations of your colleagues?
- What ideas surprised you the most?
- How did you feel participating in this type of collaborative task?

Source: The Art and Craft of Facilitating Learning Spaces, Kaospilot

**Outcomes** : The exercises are mind openers. They show participants that they don't have to compete with others' ideas, but rather, build on the ideas of their colleagues.

**Materials** : No materials needed

**Time** : 30'

**Methodology** : In this process, one person starts a story. The next person says "Yes, and what I love about that is..." continuing with "And we could also..." The listener can say "New Shot" if he wants the storyteller to offer a new story line. The storyteller can say "Shift" if they want to pass the story telling to someone else.

**Description** : Just as Aikido uses the opponent's force to defuse a potentially aggressive situation, Creative Aikido does the same. It uses ideas of others and builds upon them. The key principles of Creative Aikido are:

1. Accepting not rejecting
2. Integrating
3. Build on "be inspired by what you already have"
4. Offer back