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## Creative Aikido

### Description

#### 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 the story?
- Was your vision of the story similar/different with the vision of your colleague?
- What ideas surprised you the most?
- How did you feel participating in such a collective task?

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

**Outcomes** : The exercises is an open-minder. It shows participants that they donâ€™t have to criticise their ideas, but rather build upon ideas of their colleague

**Materials** : No materials needed

**Time** : 30'

**Methodology** : In this process, someone starts a story. The next person says â€œYes, and what I love about that is....And we could also....â€• The listener can say â€œNew Shotâ€• if he wants the story teller to try a new story dimension. The story teller can say â€œshiftâ€• if he wants to pass the story telling to someone else.

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

1. Accepting not rejecting
2. Integrating
3. Build on â€œ let it inspire what you already have
4. Offer back