

**Aikido and Women: An education in power not domination
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Abstract

Feminists' theories of power correspond well with the practice of the martial art of Aikido. They both emphasize nonviolent action, ecological systems rather than hierarchical-domination based systems, cooperation with others and ultimately connection to others as the basis for empowerment. This perspective changes the view of conflict from a contest to be fought to an effort for mutual understanding. The mental-physical movements of Aikido enable a student to learn and develop this type of power. Women practitioners of Aikido are defining a new pathway to formulating feminist power.