

# THE DOJO

BUSHIDO LEADERSHIP SCHOOL OF THOUGHTS, SKILLS & STYLE

TRAIN INSPIRE, MOTIVATE & EMPOWER

## USTEP AT WORK AT [THEDOJO.ORG.UK](http://THEDOJO.ORG.UK)

At The Dojo UK we have taking the fundamental ethos contained in the USTEP project and transferred them to projects and workshops that we have implemented at local, regional, national and international (EU) levels.

Below gives a tentative list of some of our projects with an USTEP philosophy:

- **Sport ID** – Kick Boxing for intercultural dialogue (EU project 2017-2018)
  - The rational of Sport Intercultural Dialogue (Sport ID) is thus: To use the principles, philosophy, ethos and fundamentals Kick Boxing as a metaphor and teaching tool to address Health & Wellness, Unmediated Psychological



Recovery [addressing emotional issues such as Stress, Frustration Release, Isolation, Social Exclusion], & Conflict Resolution [imparting the Principles of: Respect, Trust, Understanding, Equality, Acceptance, Fairness], to tackle: Exclusion, Racism, Discrimination, Violence [because

of origin, culture, tradition, rituals].

- **Tai Chi - Mindfulness in Motion** (2017 -)
  - To foster well being, health, keeping active and self defence through Tai Chi. The objective of these sessions is to teach the respective Clients to use martial arts (Tai Chi and/or Inclusion Tai Chi ) as a vehicle for improving: All-round

# THE DOJO

BUSHIDO LEADERSHIP SCHOOL OF THOUGHTS, SKILLS & STYLE

TRAIN INSPIRE, MOTIVATE & EMPOWER

health, Energy Level, Energy Management, Mental Agility. Mindfulness



- DRUM – Equality and Fairness through Tai Chi. Empowering those with



disability

- Self Mastery - Kick Boxing 4 Teachers (2018)
  - The aims of this workshops is to bring into play the rudimentary [fundamentals, concepts, principles and mental orientation] of Martial Arts, in this case Kick Boxing to Train, Inspire, Motivate and Empower (TIME) Teachers. Using the methodological approach of Learning by Movement (Kick Boxing principles, philosophy, fundamentals and drills) as a metaphor and tool for teaching and transferring the School of thought in the areas of:

- Rapid Cognition & Emotional Intelligence

- Dealing with Multiple Objectives



↳ Ltd

08860381

# THE DOJO

BUSHIDO LEADERSHIP SCHOOL OF THOUGHTS, SKILLS & STYLE

TRAIN INSPIRE, MOTIVATE & EMPOWER

- Conflict Resolution (Don't get cornered)

Our “Don't get Cornered” workshop was held in Hertfordshire, where Teachers from 4 different schools participated. During the session we explored what the expression “Don't get Cornered” means and how it applies to their environment.

- **Martial Arts and Cultural Inclusivity**



- 9 Steps to Cultural Inclusivity in the Dojo

- **Beyond Kicks and Punches** – on the 17th Oct 2017 we gave a talk to youth at Queens school in Hertfordshire on the added value of sports and the opportunities available to the under the Erasmus +



programme

- **Hertfordshire Employee Mentoring Programme** - Empowering youth dialogue though Kick Boxing – from July 2018 our Principal Instructor has been using the virtues of Kick Boxing as a Strategy for mentoring youths.

© [THEDOJO.ORG.UK](http://THEDOJO.ORG.UK) Ltd

08860381