

Judo for Peace



an IJF Programme

for Peace, Reconciliation and the Creation of a Better Society



Invitation

with the projected program

IJF Judo for Peace
instructor Course

12–15 October 2009
Bujumbura, Burundi





PHILOSOPHICAL FOUNDATION

The founder of Judo, Jigoro Kano made this statement:

“I believe that world peace and the welfare of humankind must be realized through the spirit that judo brings about.”

“When you practice judo, you must perfect yourself and contribute to society through this practice and you must emphasize the importance of this during your teaching to others.”

“Judo is not merely a martial art but rather the basic principle of human behaviour.”

These statements, based on respect for all human beings and education in order to understand others cultures and behaviours, are the philosophical basis of the Judo for Peace Programme.

Foundation to attain the program aims:

- Well trained judo instructors who are also educated in conflict resolution and cross cultural understanding shall develop sustainable systems for sports activities and building structures to achieve a more just society in conflict regions.
- Through voluntary work and commitment to the philosophy of the project, the instructors shall gain respect in the local community and use these positions to ensure commitment from all sides of the conflict in the reconciliation process.
- The Judo for Peace Program shall have a long-term effect in all aspects of the program’s interventions. One main goal is to develop sustainable infrastructures for judo clubs and the local communities

IJF Judo for Peace Instructor Course

Course dealing with the use of sport as a tool in peace and reconciliation processes and peaceful conflict resolution and human rights

Full days sessions start at 10 a.m. and end at 5 p.m.



12th October 2009

10.00 - OPENING

- Burundian Government Representative inaugural speech.
- **President Marius L. VIZER**
International Judo Federation (IJF)
- **Jan Eirik SCHIOTZ**
Director Judo for Peace Commission
Judo philosophy and values, fundament for judo as a tool
- **United Nations Office on Sport for Development and Peace**
United nations Millennium Goals, how can sport make a contribution

EXPERIENCE OF A JFP PROGRAM

- **Nicolas MESSNER**
Project Manager Turikumwe and member IJF JFP Commission

LUNCH

PEACEFUL CONFLICT RESOLUTION

- **Lillian Hjorth & Lars Petter Soltvedt**
 - Presentation of course leaders and participants
 - Introduction speech: Why a course in peaceful conflict resolution and human rights for judo instructors? (Inspiring lecture about the importance of "building bridges, not walls", internationally, nationally and locally)
 - Challenges for the participants in their work as judo instructors for youngsters (Group work)

JUDO SESSION

SUMMARY OF THE DAY

13th October 2009

PEACEFUL CONFLICT RESOLUTION

- Conflict and conflict resolution on different levels (international, national, individual) (Lecture)
- Self study, *Mind Over Muscle* and other texts

LUNCH

JUDO SESSION

- Conflicts: only negative aspects? (Group work with presentations in plenary session)
- How conflicts develop. The conflict spiral. (Lecture with examples)
- Individual conflict resolution: We always have a choice! (Exercise)

SUMMARY OF THE DAY

14th October 2009

HUMAN RIGHTS

"The new planet": Introduction to human rights

- Group work with presentations in plenary session
- Lecture: The history of human rights; the Universal Declaration of Human Rights: human dignity, equality and the non-discrimination principle. Rights for individuals - responsibilities for the states.
- Group work: Continuation of the exercise

LUNCH

- The international human rights system, including human rights in Africa. Positive results, challenges and dilemmas (Lecture and discussion)
- The civil society (Exercise)
- Human rights protection: The media, NGOs and individuals (Group work with presentation in plenary session)

JUDO SESSION

- Group work based on the book, *Mind over Muscle*

SUMMARY OF THE DAY

15th October 2009

PEACEFUL CONFLICT RESOLUTION AND HUMAN RIGHTS

- Minorities at risk? The relationship between the majority and the minorities. (Lecture)
- Human rights' dilemmas. Dialogue is the best way to solve conflicts! (Exercise)
- What has human rights to do with me? The individual responsibility (Plenary discussion)

LUNCH

- Reconciliation: Important, but difficult (Lecture)
- What can we do in our work as judo instructors and citizens? Summing up the seminar
- We all influence each other! (Exercise)

CLOSING SESSION

About the Teachers

Lillian HJORTH



Born and living in Norway. Lillian is a political scientist by education (University of Oslo). She is the Director of the Human Rights Academy, a Norwegian non-profit organization that works with education in human rights, multicultural understanding and peaceful conflict resolution in Norway and abroad. Target groups are teachers, pupils and students, refugees and immigrants, employees in the social and educational spheres, journalists, activists and persons working in the non-governmental sphere.

Lillian has 12 years of practice with organizing and implementing education programs in the Balkans, Russia, Belarus, the USA and Norway. She has written several books on these topics, among them, *Build Bridges, not Walls*. *Build Bridges* consists of 97 exercises in human rights, multicultural understanding and peaceful conflict resolution, all based on participatory methods.

The book is translated into Serbo-Croatian and Russian, with an English version forthcoming. *Build Bridges* is presented in an international compendium of good practices in Human Rights Education in the school system, which was published in 2009 by the UN High Commissioner for Human Rights (OHCHR), OSCE, The European Council and UNESCO. In 2005 Lillian lectured at the Bjørknes International College. From 1997 to 2007 she worked in the Norwegian Helsinki Committee. From 1993 to 1997 she worked in the Norwegian Ministry of Local Government and Labour.

Lars Petter SOLTVEDT

Ph.D. in Political Science, University of Michigan. Majors in International Relations and Comparative Politics. Minor in Quantitative Methods and Survey Research. GPA 7.27 out of 8.0. Title of dissertation: *The Opportunity Costs of Militarized Conflict and War in the Third World 1965-1992*.

Master of Arts in Political Science, University of California, Santa Barbara. Major in International Relations.

Associate Professor in Political Science, Faculty of Business Administration and Social Science, Buskerud University College, Norway. Responsible for the teaching of International Human Rights – elementary and advanced.

Program Director of Buskerud University College's program in Human Rights, Multiculturalism and Conflict Management in Sulaimania, Northern- Iraq.

Program Director of Buskerud University College's program in Human Rights, Multiculturalism and Conflict Management in Drammen, Norway. Member of the Board, the Norwegian Helsinki Committee.



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