

# **TEMPLE DOOR**

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**KUNSTVEREIN HARBURGER BAHNHOF  
Im Fernbahnhof über Gleis 3 & 4  
Hannoversche Str. 85  
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Zero-Sum Game  
vs  
Win-Win Solution

Not all conflicts are contests. Not every contest is a zero-sum game which requires a winner and a loser. Each conflict does require a careful assessment of what's really going on.

Competition creates the dynamics of a win/lose scenario. Oftentimes, with a moment of consideration, it is possible to envisage a win/win solution to any conflict— an outcome that results in mutual benefit and peace for all involved.

Winning as a result of defeating another is not truly winning.

There will always be another conflict to resolve. And another.

A simple desire for peace is all that is needed.

Attack Verbs:

Ignore	Rape
Lock Up	Hit/slap/beat
Restrain	Spit on
Shout	Silence
Criticize	Suppress
Not accept	Be arrogant to
Deceive	Doubt
Love Conditionally	Manipulate
Torture	Accuse
Lie to (Gaslight)	Abuse
Control	Expose
Leave	Withdraw (Love)
Belittle	Bully
Label	Provoke
Deny	Curse
Steal	Exile
Ostracize	Isolate
Invade	Give False Promises
Slander/Gossip	Threaten
Blackmail	Deprive
Passive Aggression	Offend
Hate	Dislike
Disempower	Emasculate/Castrate
Underestimate	Trespass

There are basically 6 possible reactions to an attack:



FIGHT BACK



GO AWAY



DO NOTHING



DECEIVE



DISCUSS



AIKI

The geometric shapes represent movement.

AIKI can mean physically changing your position so that you are facing in the same direction as your attacker, and can see things from their point of view.



AIKI can mean physically moving your attacker so that they are facing in the same direction as you, and have the possibility to see things from your point of view.



AIKI can also mean confluence. When two rivers come together from two different directions, and join, they then flow in a third, and new direction; this is confluence.



These are simplified definitions of Aiki.

### **Morehei Ueshiba (1883-1969), Founder of Aikido**

Aikido is a Japanese martial art that focuses on using the energy of the opponent to gain control, re-direct or throw them away from you. The aim of Aikido is to restore Peace and Harmony.

All movement in Aikido is circular. Even if it appears direct and linear, there are subtle spiral motions involved.

Aikido principles hold to a defensive mode rather than to an offensive one. A person loses his or her balance when aggression is allowed to run the mind. Balance is key for this strong, circular movement. Without balance, injury may result.

According to Morehei Ueshiba, Aikido is a martial art for people who desire true peace and have a commitment to building a heaven on earth by bringing people together in friendship and harmony.

The only competition you will find in Aikido is the most challenging type: You compete with the learned behavior within yourself that keeps you from being at peace and in harmony, and which keeps you from accepting, blending with, and executing a technique while caring for your partner. With Aikido the stronger person supports, guides, and nurtures the weaker. Therefore, both actually become stronger in their body and their being. Protecting your attacker along with yourself is the purpose and beauty of Aikido.

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“We must rely on the battle cry *Masakatsu agates katsuhayabi* [True victory is self-victory, a victory right here, right now].”  
-Morihei Ueshiba

What do I really care about?



**Psychodrama** is a form of therapy in which participants act out conflicts in their lives in order to overcome these issues. This usually takes the form of group therapy.

There are three steps involved in Psychodrama:

1. Warm-Up
2. Action
3. Integration and Sharing
  - How has the experience impacted you?

Psychodramatic techniques:

**Mirroring**

-The technique of having others act out your conflict, so that you can observe the action unfold.

**Doubling**

-A double is a stand-in who helps the protagonist express feelings by speaking and acting as them.  
-The protagonist can own or correct what is said and done by the double.

**Soliloquy**

-The act of speaking one's thoughts, regardless if anyone is there to hear them.

**Role Reversal**

-The protagonist plays the role of a significant person in their life.  
-Role reversal might be the most important technique for gaining insight, empathy and understanding of a situation.

The guiding principles behind Psychodrama are Creativity and Spontaneity. The idea is that if you create a situation consciously, you are able to take ownership of it. If I re-create an event that disturbs me, or act out an event that will take place in the future, I have stepped into what J.L. Moreno calls the "God Seat", the role of the creator. By becoming the creator or re-creator of actions, I have power over them, rather than the events having power over me.

## INVITATION TO AN ENCOUNTER

A meeting of two: eye to eye, face to face.  
And when you are near,  
I will tear your eyes out  
and place them instead of mine,  
and you will tear my eyes out  
and will place them instead of yours,  
then I will look at you with your eyes  
And you will look at me with mine.

J.L. Moreno, 1914

### **J.L. Moreno (1889-1974), Founder of Psychodrama and creator of Encounter Culture**

Born Jacob Levy Moreno in Bucharest, raised and educated in Vienna, and immigrated to New York City in 1925. Moreno was a psychiatrist, psychosociologist and pioneer of group psychotherapy initially recognizing and treating post traumatic stress disorder in veterans of World War I and working with prostitutes. *Stegreiftheater*, the Theater of Spontaneity, as developed by Moreno, is a theater of free will unrestrained by a script other than the one written by the players themselves- a theater of improvisation. Using improvised dramatizations, role-plays and other therapeutic, spontaneous dramatic expressions that utilize and unleash the spontaneity and creativity of the group and its individual members, Moreno saw "psychodrama as the next logical step beyond psychoanalysis." It is "an opportunity to get into action instead of just talking, to take the role of the important people in our lives to understand them better, to confront them imaginatively in the safety of the therapeutic theater, and most of all to become more creative and spontaneous human beings."

"Der Mann der Freude und Lachen in die Psychiatrie brachte."  
(*The man who brought happiness and laughter to psychiatry.*)  
-on the grave of J.L. Moreno

## Workshop Participants

\*Rafael Cunha D'Aló de Oliveira

\*Benjamin Hassmann

Alina Hellmons

\*Jule Kahrig

Mahya Ketabchi

\*Constance Strickland

Simon Sutcliffe

\*Ruben Van den Belt

Ian Waelder

Su Xia

Chao Zhang (Amy)

\*appearing on screen

Cinematography:

Richard Needham

with Rafael Cunha D'Aló de Oliveira

Alina Hellmons

Sound Recording:

Marian Metrup

Hair & Make-up:

Anna Lazzarini

Production Coordinator:

Davide Gambaretto

Movement Director:

Daniela Marcozzi

Aikido Instruction:

Massimiliano Furlanetto 7th Dan

Francisco Saia & Pasquale Micucci

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