

## Martial arts

## Coexistence through close combat

An Australian oleh instructor bridges the Jewish-Arab divide with karate

By Raphael Ahren

For his bar mitzvah, Danny Hakim received a year of karate lessons from his grandmother. "She thought that if I was going to do a sport, I might as well do something that would be worthwhile and enables me to defend myself," the Australian recalled.

Today, 38 years and several international championship titles later, it is clear his encounter with karate led to much more. After retiring from his successful fighting career, he founded a countrywide network of martial arts schools promoting coexistence between Jews and Arabs.

Budo For Peace, a nonprofit Hakim created after immigrating in 2003, counts 400 members from all reaches of Israeli society. A few weeks ago, the 51-year-old opened his 18th club in Jisr al-Zarqa, an Arab village north of Caesarea, with Minority Affairs Minister Avishay Braverman and Baroness de Rothschild, whose foundation sponsored the club, in attendance.

Hakim has a number of prominent friends, such as Diaa Hamad, first secretary at the Egyptian embassy in Tel Aviv. A black belt himself, Hamad told Anglo File, "the message of Budo For Peace is something that I believe in and that Egypt believes in."

Hakim says Budo is often mistranslated as "the path of martial arts," while it really means "preventing conflict through martial arts." "If a Jew and an Arab meet it breaks down ignorance and also fear, because we fear the others, the enemy, and vice versa," the Herzliya resident told Anglo File at a recent visit at a Jisr al-Zarqa community center, where about 30 teenagers with white



Danny Hakim with students. In karate, he says, "Your enemy is called your partner, not your opponent."

karate uniforms and yellow belts practiced kicks and punches. "In martial arts you're learning about fear, you're confronting fear when you're challenging someone and when you're doing it together, it adds another, positive dimension to the relationship."

Abed Elkareem, a 30-year-old Israeli Arab who teaches in the Jisr al-Zarqa club and several others, is convinced Budo For Peace helps the children respect others.

"When I teach at a Jewish school, they hear that perhaps my name

is strange but they see that everything else is exactly the same," he said. "It really doesn't matter, Arab, Jew - we're all together." Most Budo For Peace clubs cater to either Jews or Arabs.

Yet Hakim - a former member of the Betar youth movement - is especially proud of the few clubs where the two groups meet.

"Arabs and Jews are becoming good friends," he said, remembering his latest mixed program, where Orthodox children from the Galilee town of Mitzpeh Net-

ufa train with Bedouin and Arab peers from Budo For Peace's branch in Bu'eine Nujeidat.

"There is an 800-meter forest between Mitzpeh Netufa and Bu'eine Nujeidat, but the kids have never crossed it before."

One day, after practice, "a religious 13-year-old boy was sharing his views and almost had everyone in tears," Hakim remembers. "He said: 'I was really afraid of Arabs. And I never thought that I could go through the forest to the other side and be friends. And

here I am, playing with you Arabs' - he said it like that - 'and I can't believe it, being friends and practicing with you. I would never have imagined that.'"

Budo For Peace's successful approach has been borne out by surveys the nonprofit has conducted among participants, Hakim says. Before joining, only 50 percent of the Jewish children said they were willing to meet and spend time with their Arab counterparts, while 90 percent said so after a few lessons.

"They wear the same uniforms, so straight away they look the same," explains Hakim, who lived for 10 years in Japan, where he studied martial arts with actor Steven Seagal. "They do the same bow, they do the same movements, they use the same Japanese terminology. It's like using this as a third culture. It's not European culture, which has a history of imperialism, it's not American culture, which some people don't like. It's something different that is also very exotic."

Even the clubs where Arabs and Jews train separately - and only occasionally meet their counterparts at tournaments - contribute to a more peaceful society, Hakim says. With the help of textbooks, instructors teach the philosophy of Far Eastern martial arts, which he says isn't always martial at all.

"First of all, it's an art - it's not about how to beat up the other person," he says. "There is a symbiosis between you attacking strong and them attacking strong. If you do it with respect and self-control, you create a harmony. Your enemy is called your partner, not your opponent. They're your partner - you have a partnership when you're practicing."

## COMMUNITY LISTINGS

## Jerusalem

**Legacy Heritage Fund** presents "Combating Israel's Deligitimization: Debunking the Apartheid Myth" with panelists Prof. Gideon Shimoni, Amb. Dore Gold and DJ Schneeweiss of the Ministry of Foreign Affairs. Sun at 18.00, Menahem Begin Heritage Center, 6 Nahon St. (02) 565-2011.

**Hebrew U. Lecture "Genetics, Jews and the Arab-Israeli Conflict"** with Prof. Talia Parul, University of London. Mon at 11.00, Abba Eban Conference Room, Truman Institute, Mount Scopus campus. (02) 588-1641.

**Off the Wall Comedy Empire** presents David Kilimnick: Jerusalem's Comedian in a Tu B'Av Comedy Special for the Holiday of Love. "Find Me A Wife" with host Yehzekiel Laing. Thur at 20.30, 34 Ben Yehuda St., downstairs. (050) 875-5688.

## Sharon Area

**AACI Netanyahu "Coffee and... Snoring and Sleep Disorders"** with Dr. Albert Hachoen Saldou. Sun at 10.30. (09) 833-0950.

**AACI Netanyahu Cinema Club** presented by Irma Goodman of Beit Herut, films not usually shown on the big screen. Wed at 9.30. (09) 833-0950

## Haifa and North

**Nefesh B'Nefesh, Go North and ESRA** present David Kilimnick: Jerusalem's comedian in "Aliyah Monologues." Wed at 19.30, Karmiel Municipality Building, Karmiel. (04) 998-2871.

## Regular Events

**ESRAvision** This month's items: Ballroom dancing, a life-changing hobby; Blind dating among the orthodox Jewish community.

Rachael Langford discusses her new book, *The Tel Aviv Stock Exchange: Facing new challenges: Rappelling, Copper mines, rock carvings and geological landscapes in Timna National Park*. Anchored by Renee Singer. Wednesday morning 8.30, Thursday evening 8.00. Contact 98 on YES and HOT digital, (25 on HOT analog) and on MTV 3pm.

## Tel Aviv and Area

**Short Story Discussion Group** Mon. Noah (03) 648-5575

**Tanach (Bible) Study Group** An in-depth study of the Tanach with Rabbi Avraham Fischer. Wed at 09.45. Noah (03) 648-5575

**Camp Experts and Teen Summers** Free Service. Our services can help you choose the very best and most appropriate holiday and summer programs for children. Tel. (052) 221-2413

**Exercise for Seniors** Sundays at 11.00 and Wednesdays at 09.30. AACL (02) 566-1181

**Studio Art Class in Drawing and Painting** Sundays 20.30-23.30. Ben Simon (054) 521-6279

**Volunteers Required** to help needy Jaffa pupils with English one afternoon, two hours a week. Materials and guidance provided, no experience necessary. Marc (054) 755-2014, (077) 330-6788 (evenings)

**Short Story Discussion Group** Mon. Noah (03) 648-5575

**Beth Hatefulot** is looking for volunteers, living in the Tel Aviv area, to help instruct visitors in the permanent exhibition and study areas. Applicants should be able to speak Hebrew and English, have some knowledge of Jewish history and culture, enjoy dealing with the public. Liz Morris (03) 745-7808/6

**Kindermusik for Babies/Toddlers/Parents** Music and movement child development curriculum in English, parents and their children (6 months - 5 years) actively participate in our three levels of small size classes. Class for babies (6 - 18 months) opening now. Ramat Aviv, Susan Moinester, MIMed, (03) 641-1486, (054) 239-3605, kindermusik.org.il

**Refugee Aid Program** A group of students and young people is looking for more volunteers (particularly with cars) who wish to help bring donated food from the Carmel Market to African refugee shelters in south Tel Aviv. On Fridays, late afternoon. If interested, contact Jesse Fox at jessefox2@gmail.com or 050-434-6462.

**RESA - Rishon English Speakers' Association** Social meetings once a month. (03) 969-5693

**Shakespeare Meetings** Read his plays and discuss the commentaries, each 1st, 3rd (and 5th) Monday of the month; Play-readings, each 2nd and 4th Monday of the month, under the auspices of the Tel Aviv Community Theater, in Beit Ariela. Mike (03) 641-5878 or Ida (09) 955-0089.

**Holyland Hash House Harriers** founded

Sept. 1993, No. Hashes 666 as of Jan. 07) Runs every Sat. winter 15.00, summer 16.00, "runners/walkers welcome, family oriented Hash, dogs welcome. Avi "Dr. Do-Little" Fronkhorst (09) 767-1029, (054) 445-3106; Andy "Dead Boring" Fretwell (09) 955-2744, (054) 641-6222

**Kickboxing at Sunset** Welcome summer sunsets at the beach. Wed at 19.00, Hof Mitzitaim (054) 213-0925

**Oppenheimer Adult English Storytelling Center** Always thought storytelling was just for kids? Not true! If you want to hear and begin to tell - stories about Life, Death, Lust, Murder, Mayhem and Dragons. Oppenheimer Storytelling Center, First Fri morning of every month. Dvora (03) 741-2254

**Brain Upgrade** With Dvora Shurman, MA Certified in Brain Gym and Kinesiology (the brain/body connection). Course on Miracle Movements, Integration of Left/Right Brain, Stress Release and Memory Improvement. Last Sun of each month. (03) 741-2254

**Israeli Folk Dance** Mondays: Beginners, 19.00-20.00; Intermediate, 20.10-22.30. Tues: Couples, 19.30-01.00. Sat: Beginners, 11.00-12.00; Couples, 12.00-12.30 and 14.10-15.30. Seniors, 12.30-14.00. Country (Club) Newe Arvim, 24 Yehuda Hanasi Street, Ramat Aviv. Mike Verone (052) 489-1049

**AACI Book Club** Men and women, (03) 696-0389

**ESRA English Book Club** Mon at 20.30. (03) 732-0194 (Gil)

**ESRA Tanach Workshop Genesis** Study origins of humanity and the Jewish people with Rabbi Avraham Fischer. (03) 648-5575 (Noah)

**Jewish Family Research Association** Monthly meetings to find your Jewish roots. Branches in Tel Aviv, Petah Tikva, Ra'anana, Rehovot (www.genalogy.org.il). Contact Micha: (054) 478-8218, micha@genalogy.org.il

**MPH Creative Living Group (Meditation for Peace and Harmony)** Courses in meditation and spiritual development, as well as workshops and lectures. 24 Herzl St., Yehud. (03) 632-5445, menorah@bezeqint.net

**(ECG) Play4Elderly Projects** How to play with the elderly is not child's play! The Educational Centre for Games in Israel, 32 HaTabor St. (054) 471-7314

**Kabbala Class** Mon at 20.30. No background necessary. Tel Aviv, Modi'in, Chanan Brill (052) 763-7595

**AACI Senior Central Outreach Group** Needs volunteers to visit housebound seniors and elderly in nursing facilities. (03) 696-0389

**Singles Group, Over 60** Cultural activities for the young at heart. Adina (052) 848-1345

**Volunteers Needed** To help Jaffa school children with English one afternoon a week. No experience necessary. For further details contact Marc (054) 755-2014, evenings (077) 330-6788

## Jerusalem

**AACI Jerusalem** Weekly events. 2 Poalei Tzedek St. Details: (02) 566-1181

**Baby Shape A** fun, outdoor fitness program in the park for moms with babies in strollers. YMCA/ Great Shape (02) 625-8436

**Bollywood Dance A** fun, full body workout to infectious Indian music where you will learn the dances from Bollywood movies. YMCA/Great Shape (02) 625-8436

**The Israel Dalcimer Society** meets weekly in Jerusalem. All levels welcome. judimer@gmail.com

**Contra Dance** Monthly. Cyrelle Forman-Soffer calls the dances to live music provided by The Hazel Hill String Band. East Talpotei Community Center (Ole HaGardom 13). (052) 836-6715/ jerusalemcontra@yahoo.com

**Em I'm** Volunteer based home visiting program for new mothers, administered through the Hebrew University (02) 588-3372

**Ceramics/Pottery** Courses, workshops and studio space available in professional studio. All ages and levels welcome. The Jerusalem Ceramic Art Center, Talpotei. Contact Malloy at

American Friends of Magen David Adom invites all American tourists and others to take an hour to donate blood and save lives in Israel. For information on times and locations, who is eligible or how to arrange a blood drive for your group, please contact Jonathan Feldstein at 057-761-4220 or jfeldstain@afmda.org.

(054) 307-7058 or artworks@013.net. www.jerusalemceramicartcenter.com

**New Pre-School Children's Music Workshop!** New original music and movement workshop at the ICCY/Mercat Tarbut at 12 Emek Refaim, German Colony, Babies Boogie on Weds mornings from 11-11:45am (age 8-24 months); Toddlers Tango on Mon afternoons from 14:30-15:15 (age 2-4 yrs). For more info and to register, call (02) 566-4144 or email Emma Wolfin Golding at emma\_golding@yahoo.com

**Fitness Express A** 30-minute circuit workout. Sun-Thur. Hip Hop A fun aerobic workout to the latest Hip-Hop music using dance moves from MTV. For women only. Fri at 11.00. **Baby Shape** An outdoor fitness program in the park for moms with babies in strollers. Sun and Weds at 10.00.

**Pre-natal Fitness** A safe and effective full body workout for an enjoyable pregnancy and to prepare for labor. Sun and Thurs at 17.00. All at Great Shape/YMCA. (02) 625-8436

**Toddler Music and Movement** Instruments, creative and free movement, musical games and more. AM and PM. **Music and Baby Signing** Classes. Puppets, instruments, musical games and more. AM and PM. Old Katamon. Tanya (054) 571-8364

**Yiddish "Chug"** Interested in hearing, speaking, and enjoying Yiddish. Mondays at 16.30. NAMAT Bet Hachavera, 10 Shalom Aleichem St., Jerusalem. Prina (02) 563-7398

**Hansen Garden Committee** Together with The Society for the Protection of Nature in Israel, invites you to come and help restore this beautiful historic garden. Wed 16.00-18.00. Marcus St., Rehavia. Margaret (02) 673-8429

**The Yoga House** Classes for beginners, experienced students, women, men, only, pregnant women, pregnant women with partners, yoga for children, rehabilitative yoga, teacher training. Kiryat Hayovel, Jerusalem (02) 641-6181

**Wednesday Morning Seniors** Meet every Wed morning from 10-12. NIS 5 for members only. AACL, 2 Poalei Tzedek, Talpotei (02) 560-9111

**Tai Chi Every Thurs.** Advanced class 14.45-15.30; Beginners class 15.45-16.45. NIS 35 members / NIS 40 non-members. AACL, 2 Poalei Tzedek, Talpotei (02) 560-9111

**AACI Bridge** Mon 13.00-16.00, (02) 561-7151

**Creative Writing Workshops** Develop your own voice and write freely, techniques for coping with writing blocks. Small groups in Talpotei. Diane Greenberg (02) 671-9546

**Baby/Toddler - "Music with Sharon"** Enjoy a fun hour of songs, music, dance and percussion instruments, especially designed for mothers and babies from 4 months-2 years. Classes are on Mondays in Jerusalem at Yankuta, 11.00 and Talpotei, 16.00. (02) 993-8147 or (054) 531-5990

**Jewish Meditation and Neuro-Psychology** Course for beginners and advanced meditators - theory and practice led by Rabbi Dr. Natan Ophir. Sun and Mon at 19.00, Meorot, 21 Beitlar St., Armona-Talpotei; Tues at 16.45, Shorashim, Tel Aviv; Wed at 19.15, Nakor, 10 HaZeman Hesh St.; Thur at 14.30, Shorashim, 13 Shamai St. Further details: natan21@zahav.net.il, Tel. (052) 240-8822, (072) 232-6630, JewishMeditation.org.il

**Your Baby Needs Music** and movement classes for mummies and babies. Monday mornings 9.30am, 6-18 months; 10.30am, 1-3 years. Rochava, call Jackie (02) 999-5524 / (054) 533-9305. dcoria@zahav.net.il

**Are You an English Teacher?** Join the English Teachers Association of Israel and benefit from annual conferences, workshops and other events of interest to English teachers. (02) 500-1844 (Marna)

**Aquatic Exercise** Prevents osteoporosis. Morning and evening classes with certified instructor. At the Jerusalem pool, German Colony. (02) 673-5861 (Laine)

**Express and Explore Your Feelings Through Art** With Tammy Einstein, art therapist. Groups and individuals. Studio Indigo. (02) 673-5708

**The Israel Dalcimer Society** Meets Mon evenings in Jerusalem. All levels of dalcimer players welcome. For more info, contact judimer@gmail.com

**Contra Dancing** With a caller and live music. Kahilat Yediyah, Nahum Lifshitz 12, near Gad Street in Baka. Doors open 19:30, dance begins 22:00. Third Sat evening of each month. For more info and early bird discount, contact jerusalemcontra@yahoo.com

**Monday Evening Forum Lecture Series** Mondays at 20.00. Fuchsberg Center, Beit

Rapaport, 8 Argon St. (02) 625-6386

**Setting up and Running a Business** Courses for entrepreneurs and owners of small businesses. Courses offered by Mail, the Jerusalem Business Development Center in cooperation with AACI. 1-800-23-20-23, www.mail.org.il

**AACI Art with Gypsy Ron** Mon, Tues at 09.30. AACL Netanyahu

**AACI Translation of Documents and Reports** Tues 09.30. AACL Netanyahu **AACI Meet the Expert** Municipal Affairs with Moshe Shamir. Monday mornings, AACL Netanyahu

**AACI Meet the Lawyer** AACL Netanyahu, call (09) 833-0950 to make an appointment.

**ESRA Folk and Line Dancing** Thursday mornings. Folk & line dancing class for seniors, 09.00-10.00; Rikudei Am (Folkdancing) and line dancing for beginners and intermediate with Roni, 10.00-11.30. Beit Fisher, 5 Klausner St., Ra'anana. Great Shape/YMCA. (02) 625-8436

**Beit Israel "Philosophical Issues in the Weekly Parasha"** with Rabbi Yisrael. Tues at 19.00. 7/2 Ichivov, Sara (09) 862-4345

**ESRA Summer Program "Flowers with a Flair"** with Sandra Goudi. A chance to look and learn how to create your own personalized flower arrangements. Tues. (09) 748-2957

**ESRA presents Chi Gong (Qi Gong)** The exercise helps strengthen body and soul, preventing illness, improve balance, flexibility of the joints and slow down the ageing process. Tues at 08.15. (09) 748-2957

**New Synagogue** Weekly study with Rabbi Katz. Tues. (09) 862-2765

**Duplicate Bridge Club** under the new direction of Michael Belkin. Mondays at 20.00. Beit Fisher, 5 Klausner St. (052) 240-1383

**ESRA New Pre-schoolers Parents Group** led by Dr. Ornit Freudenstein, child psychologist. Mondays at 20.00. Judy (09) 748-2957 mornings only.

**New Group of Befrienders** Volunteers to visit people in need of company. Glenis (054) 773-4392

**Volunteers required in Ramat Hasharon** English for Schools. (09) 950-8371

**Volunteers required in Herzliya** English for Schools. (09) 957-1170

**Beit Israel** Rabbi Yisrael's Haftara study, Tues at 17.15; Rachel Holman's "Judging Judges"; Tues at 18.30

**Kahilat Torat Hayim - The Masorti (Conservative) Congregation of Herzliya** Friday evening service starts at 17:30; Shabbat and Matnas Mifal Hapayis, Keren Hayesod Street. (04) 900-0175, (04) 980-9387, (04) 992-7293. emetveshalom@googlegroups.com

**Yoga in English** For beginners 40+. Special groups for Senior Citizens. Haifa, Central Carmel. For details call (04) 836-1067

**Holdem or Foldem** Weekly Poker Club. Ra'anana. Ted (054) 482-1706

**Volunteers Required in Ramat Hasharon, Herzliya and Netanya.** Native English speakers help high school pupils prepare for their exams. Ingrid (09) 950-8371

**"English Without Borders" - Tutorial Program in Netanya** Additional tutors needed for High School students, in preparing for Bagrut exams. Iy (09) 887-4580

**and Israeli Folk Dancing** Thursday (19.30) and Sundays (20.00) with Israel Amrani. Beit Israel Duplicate Bridge Mon and Thurs mornings at 10.00. NIS 25, incl. refreshments. Bet Israel Ra'anana Masorti (Conservative) Congregation Borochov St., Ra'anana. For info call Colin Marks (054) 720-1911

**Coffee and Torah** The study of Tanach and lively discussion on its contemporary relevance, with Rabbi Stewart Weiss, each Weds morning, 8:15-9:45 at Bread and Breakfast Cafe, Giron Center, Ra'anana. In English, no prior knowledge necessary. Call (052) 242-8508 for details.

**Music Together A** fun family music program for parents and children up to age 5. If interested in a group in the Tel Mond area, call Sharon (02) 993-8147

**Hodev'adar Egalitarian Masorti Congregation** Rehov HaHish 8. Information (09) 766-2485

**Country and Western Line Dancing** With Sandy, Klar Vitkin, Mon at 20.00, (052) 545-7713

**Religious Services** Beit Israel Masorti Congregation, 19 Yehuda Hanasi Street,

Netanya. For details, please call 09-862-4345

**AACI Exercises for Women for the Prevention of Osteoporosis** Sun at 09.00. AACL Netanyahu. For further details (09) 833-0950

**AACI All Levels of Hebrew** With Atara Hadad. Tues 09.00-10.30. AACL Netanyahu

**AACI Art with Gypsy Ron** Mon, Tues at 09.30. AACL Netanyahu

**AACI Translation of Documents and Reports** Tues 09.30. AACL Netanyahu **AACI Meet the Expert** Municipal Affairs with Moshe Shamir. Monday mornings, AACL Netanyahu

**AACI Meet the Lawyer** AACL Netanyahu, call (09) 833-0950 to make an appointment.

**ESRA Knitting Circle** Need wool donations to knit for needy children. Tues at 10.00. Beit Hanoar, Rehov Ahuza, Ra'anana. Wendy (09) 774-3176.

**ESRA Bookshop** Thousands of secondhand books in English in all categories. Open Sun-Fri 09.30-13.00. 5 Klausner St., Ra'anana. (09) 748-2957

**HOD (Hebrew Order of David) Fraternal Organization** Meets last Wed of every month. (09) 745-4519 (Moshe).

**Jewish Family Research Association** Monthly meetings to find your Jewish roots. Branches in Tel Aviv, Petah Tikva, Ra'anana, Rehovot (www.genalogy.org.il). Contact Micha: (054) 478-8218, micha@genalogy.org.il

**She'arim Concert** Doors open Mon 11.00. 11 Kikar Atzmat Passage. (09) 884-0534

**Weekly Torah Portion** From a contemporary, psychological and feminist viewpoint. Fri at 10.30-12.00. Kahilat Netanya, 5 MacDonald St., Netanya.

**Jazz Appreciation Society** Do you like jazz? Want to know more? Social meetings, visits to clubs, talks. For details call Michael (09) 766-3284

**New Synagogue** Weekly study with Rabbi Katz. Tues. (09) 862-2765

**Weekly Torah Study and Discussion Group** With Lenore Levine. Wed at 09.00. For details (09) 862-4345

## Haifa and North

**New ESRA Branch** in Karmiel/Misgav area. For English speaking lectures, activities and volunteering. Frankie (04) 998-2871 or send email to esra.karm@gmail.com

**The GaliGolan List** A forum for English speaking residents. Subscribe: G