



Dr. Alex Channon: Embodying Anti-Violence: Using Values-Based
Pedagogy to Teach Consent through Martial Arts



Alex is a senior lecturer at the University of Brighton, teaching physical education and sports studies. Discover some very nuanced perspectives on violence and consent, and the complexity of the subject through martial arts.

TOP EMBODIMENT TIP: Think about what you are embodying and use that as a vehicle for learning and teaching.

How Can We Love Fighting When You Hate Violence?:

- Discussion on **why people in violent sports don't see these activities as "real violence."**
- What are the parameters for the interactions that constitute fighting or violence? E.g. normalizing violent actions can change the understanding of whether it is violence or not. (Boxing - is done with consent to be hit.)
- Discussion on making a language that can differentiate the different actions; (Is it violence or not? How is it perceived?)

The Embodied Understanding of Violence and Consent in the Martial Arts:

- **Martial art builds good character** - (does it really do that?)
- Research is less supportive; **some cases reflect that they do, some reflect that they do not build character.**

How Do We Teach Values through Martial Arts?:

- Values-based coaching.
- **Teaching specific values** through sporting activities.

The Love Fighting Hate Violence Project

- **Discussion on the making of the book, and exercises to learn about the topic.**
- Instruction given about the mechanisms: learning consent through fighting.
- Games for inspiring conversations with younger people in martial arts to help them understand the subject.

Questions:

- How to work with **men and women** training together? Learn about consent between men and women

Resources:

- ❖ **Book:** *The Love Fighting Hate, Violence Coaching Toolkit* (by Alex Channon and Christopher Matthews)
- ❖ **Email:** a.channon@brighton.co.uk, lovefightinghateviolence@gmail.com
- ❖ **Website:** https://www.researchgate.net/profile/Alex_Channon, www.lfhv.org,
- ❖ **References:** Christopher Matthews, Martial Arts Studies Research Network: <http://www.mastudiesrn.org/>



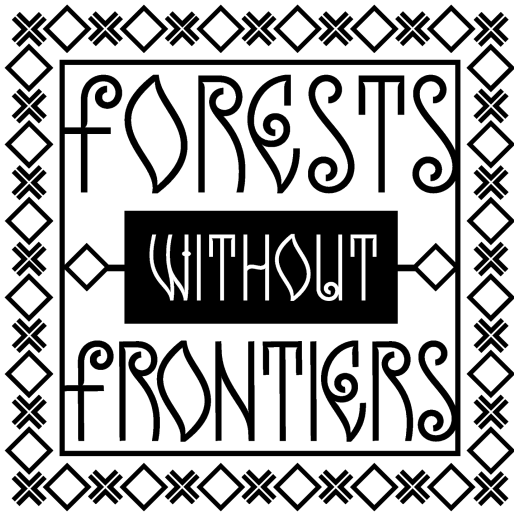
Alex Channon





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