



Sam Taitel: Existence as Protest: A Path Towards an Inclusive World



Sam Taitel is an Aikido Practitioner, and Social & Racial Activist, from the USA. Sam brings a valuable perspective from lived experiences as a queer Black Jewish womxn to the conversation for racial justice, as well as diversifying the martial arts world. Discover how finding your center can be a powerful tool in everyday interactions, and how we can use it to push back against the powers that be.

TOP EMBODIMENT TIP: Noticing where you are receiving from is the first step. You may not be centered, you may not be stable, but noticing is the beginning to that growth.

Existence as Protest:

- **It is not okay** that people's very existence is protest. We are asking for our very being not to be a protest.
- Being yourself makes the whole community stronger; diversify.

Aikido:

- Training from a very young age.
- Being a mixed-race person doing a Japanese martial art.
- **How are we received by the ground;** since the ground will not receive us, we need to change something about ourselves.

Centering:

- **The entire earth is supporting you.**
- How to approach embodiment; what works for you?
- My body is here for me to live and breathe. Let your tummy sink, and your breath go down.
- Being centered doesn't just make you safer. From a grounded place it makes you stable, so you can safely interact with the world.

Social Justice:

- Codeswitching: knowing the languages, but also **knowing how people will react.**
- How to talk to people who think differently from you.
- For a lot of white people right now, it is hard not to be the default.

Resources

- ❖ **References:** Dolita Cathcart, Sue Hall



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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