

It is always good to unwind, relax, and clear your mind. I cannot think of a better way of doing this than by practicing AIKIDO (a modern Japanese martial art rooted in the way of a Samurai.) I have been involved in AIKIDO on and off for over 30 years. After our children were born, I had a break for 15 years. Three years ago, my son Radek and I joined a DOJO in Worcester. It is such a great pleasure to get your bones thrown around and at the same time build community with many others who are working to bring peace to our society.

Tomasz Jaster, Lay Assumptionist

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