

Play Fight Fest: 13-16 June 2019

Présilly, France

Matteo Tangi Lineage

What is Play Fight? Playfight is a blend of play, mindfulness and conscious fight. A practice to create deep connection by safely using strength and welcoming our emotions.

Playfight is deep connection, with myself and others

Playfight aims to reconnect with our untainted nature, our strength and inner power, learning how to be authentic in relationship with others. We train as a conscious warriors and have fun like children!

Playfight combines conscious fight, play and mindfulness

Conscious fight to awake my body's intelligence, using strength in a safe and respectful way.

Play to rediscover ourselves anew. To be less serious and more playful, joyful and alive!

Mindfulness to observe what happens on a deeper level and to be more authentic.

Playfight is a personal journey and a tribal experience

Playfighters gather in *Circle*, and we Playfight in the middle. We bond, we relate and *we support each other*. We fight but there are *no winners or losers*. We use our strength but we don't hurt each other. We train as heartfelt warriors and warrioresses to *stop with violence* and develop peace.

DAY 1:

Logistics

Each day starts with logistics. Playfight preferable takes place in an enclosed space where delicate things can happen. It can also take place outside, in nature. The space has different area's (zones). There is the 'water area' since each playfighter should drink a lot. There is the 'stuff area', the place for all personal stuff. There is an altar on which participants can place objects that connect us with something bigger than ourselves.

There are four guardians:

1. The *air guardian* who takes care of enough fresh air in the space by opening up windows or doors, but also closing them when delicate things are happening inside.
2. The water guardian: some-one who takes care of the water. There should always be enough water around
3. Earth guardian: is responsible for a clean space and floor.
4. Fire guardian: takes care of the temperature in the space, and for the sacred fire on the altar. The fire will keep all of our intentions for the day.
5. Unnameable guardian: is responsible for time. Warns the participants five minutes before each start by using the voice and a sound.

Guardians are appointed for one day.

Practical:

- Switch off the phones;
- Agreement to the pictures that are being made during the play fight fest.

Introduction:

All participants place themselves on one line according to:

- Where you live and the distance to where we are now;
- Emotional, physical and mental distance or proximity to this playfight fest (bodily presence, emotional presence and mental presence);

- Biological age and the experienced age;
- Female/Male/No gender/Both genders;
- How female or male you feel (in energy, strength, power, softness, playfulness etc.)

Sitting close to each other in a circle (the knees are touching the knees of the neighbour). Closing of the first part of the day. When you speak of yourselves, please speak in 'I' form (not in terms of 'you' or a general tone).

After the first break: gather in a circle

Logistics:

- Buddy's: Look to the left of the circle. That's your buddy. With every start of the session you check if your buddy is here.
- Look to the right of the circle: That's the person that checks upon you. You inform that person whenever you have a delay.

Play Fight:

The purpose of playfight is **connection**. Connection with yourself, the other, the circle, the space and the world.

- It happens often that playfighters forget about themselves in a playfight. If that happens, a person in the circle says the word 'connection' and you are reminded to connect with yourself and the other playfighter.
- Safety: Playfight is a catalyst for inner work, a container. You can work on inner things only when there is safety. Playfight has only one rule: do not (intentionally) hurt yourself and others. You also need to be aware of non-intentional harm to the other.

You are fully responsible for your own safety and also for your own injuries. Be aware of your own (physical, emotional and mental) boundaries, your own flexibility. Does every-body agree?

Participants have to reply with a 'yes', eye contact has to be made with all the participants.

Big injuries should be avoided at all time. However: bruises happen. We call them 'playfight kisses', memories that of the play fight that will go away in a week. The participants might also feel inner muscle pain: we welcome this pain as long as it does not result in an injury. Through muscle pain we become aware of the inner tissues of our body.

The circle supports the playfighters: with attention, with energy, with the connection. In each game there's a referee and a time-keeper.

Code words:

CONNECT: make a connect with yourself and the other playfighter(s)

STOP: this you say out loud. When the stop word is mentioned, everything stops. Most of the time the 'stop' word is said by the playfighters but also some-one in the circle can say it out loud when he/she feels it is necessary. You can also double tap on the floor.

PAUSE: this you say more softly. Something is not really okay, it is not as radical as a stop, more a short intervention. First you say pause, then you talk.

NECK: the neck is a sensitive place. If the neck is being touched you tap twice on the floor or the circle may say 'neck'.

SPACE: the circle is there to provide safety and to guard the space. Playfighters move in the circle, when they move to the edges of the circle, you say 'space' or you use your body to show the edges of the space. Only the person that sits close to the edge that is being reached, says 'space'.

CLOTHES: do not grasp clothes, grasp body parts.

Introduction games: in duo's

- Touch the knee of the other person: each touch is a point (first contact, playful)
- Touch the ear of the other person softly, as in a caress: each touch is a point (more soft, indirect)
- Bring the feet of the other person together (resistance)
- Hold both feet of the other person to the ground for 3 seconds (weight).

Playfight:

You get a point every time you manage to hold the two shoulder blades of the other playfighter for three seconds on the floor. When the connection of the shoulder blades is broken, even for a split second, you start counting again.

Three rituals:

1. Encounter

Connect as conscious warriors. The Playfighters sit facing each other in the middle of the Circle, join their fists and say "Playfight!". The Game begins in which each Playfighter tries to pin back the other as many times as possible in a defined time frame.

A participant enters the middle and invites other participants to join him/her in the play. This can be:

- an invitation to a specific person;
- a general invitation to the group;
- invitation with a request (with a female, with someone with the same weight, a gentle fight etc.)
- it is also possible to appoint two other persons in the circle.

The person that receives the invitation, answers with a clear yes or no.

Then the play fighters sit in front of each other. First, connect with yourself, then connect with the other.

When you are ready, you lift your fists. Touch the fists of the other playfighter and say 'playfight'.

A non-intentional playfight takes 7 minutes. The timekeeper gives a reminder when two minutes are left.

Referee has authority of the play. The playfighters have authority of their own body and the body of the other playfighter.

The timekeeper announces when the playfight is over ('Time is over'). The circle claps (first time).

2. Appreciation

Appreciate and honor the other. The Playfighters come back to sit in the middle of the Circle and, facing each other, they hold hands. One at a time, they share what they appreciated about the other. The Circle witnesses in silence.

The playfighters gather together in the middle of the circle and hold each other's hands. Share appreciation with each other, personally addressed: 'I appreciate your...'. The playfighter ends with saying 'thank you'. Both playfighters express their appreciation and say thank you. They let go of the hands. The circle claps (second time).

3. **Feedback**

Listen to what the Circle has felt. The Playfighters turn to sit back to back and listen in silence while the people in Circle share what touched them. Not advice or opinions but personal sharings about how they felt during the Encounter.

The people in the circle expresses appreciation and give feedback. The circle feeds back to the playfighters. The playfighters say 'thank you'. No judgements. You can use imagery or symbols. 'I saw two brothers meeting after a long time'.
The circle claps (third time).

Ritual is over. The playfighters give each other a hug and say 'thank you', then they go back to the circle.

The center is open again.

Drink plenty of water in-between the playfights. In the playfight it is not prohibited to stand, however, the body is more vulnerable in standing position. No (ear-) rings or other kind of jewelry are allowed in the playfight.

Emotional safety: What do you do when people become emotional?

- don't feel pity;
- ask: 'What can I do for you?'
- ask: 'Are you okay?'
- if some-one becomes really emotional, you can put a mattress on the floor, so that person can stay close to him or herself
- sexual safety: sexual energy is accepted, as long as you don't fire it to the other person. No sexual harassments are allowed, no kisses or other sexual behavior.

If there's a weight difference (> 20 kilo) then the playfighter can put a limiting factor unto himself or the other person.

Ninja game:

In a circle. One leg in front, the other to the back. Hands together. Say 'Ninja' together and take a ninja position.

Goal: slap the hand of the other person. If you are the only person left in the circle, you win.

You try to slap the person on your left. One person at a time.

If some-one slapped your hand, you put that arm behind your back.
You have to leave the circle, when your other hand is slapped too.

Direct movement. Ninja poses and ninja sounds.

Bunny: two hands in front of you

- if you're too slow;
- if you talk;
- if you cheat.

Variant: you can also do the ninja game on the floor, in a circle. Every-one sits down, arms and legs are lifted in the air. This time you have to hit the feet of another person with your leg.

Team playfight:

Two (or more) playfighters play against another team of playfighters. One playfighter of the first team

holds a fist against the playfighter of the other team. The team member put their hands on each others shoulders.

HELP: you can ask for help for 30 seconds.

5 Pillars of Play Fight:

1. **Safety:** Playfight is a space where we use our strength to relate to one another consciously. Our aim is to provide you with a safe space where you can express yourself authentically. Safety is both physical and emotional. We welcome and honor the feelings of every participant.
2. **Circle wisdom:** During a Playfight, you are not alone. There is a whole Circle supporting you. Around you and your match, the Circle observes, feels, protects, engages and supports you. Playfight builds tribe, companionship, brotherhood, and sisterhood.
3. **Play:** To play is the base of growth and learning. Kids do it all the time! They use their bodies, strength, creativity and feelings to connect, getting to know each other and themselves. Growing up life becomes more serious, we forget our innate playfulness and learning become a mind process instead of a full body journey. Playfight reclaims the lightness and foolishness to express our inner child!
4. **Inner warriors:** In a Playfight we don't see the other as an enemy or an opponent. We see an ally, and together we train our inner power. We learn to stop wasting time and energies in opposing to what you don't like, and instead transform it into something beneficial. We Playfight with different people, bodies, strategies, and we learn to adapt, react fluidly, be centered and move through the challenges on the way!
5. **Emotional intelligence:** Emotions are capable of moving mountains, or freezing an instant and often in our daily life we suppress or ignore them. In Playfight we welcome and give space to them. Learning to use them is part of our journey.

DAY 2: intentional playfight

Warm-up in pairs on the ground: massage the body of the other person.

Four basic emotions

anger	sadness
joy	fear

Negative	Positive	Negative	Positive
Anger		Sadness	
Tyran	Warrior	Victim	Healer
Destructive Uncontrolled Violent Pain Aggressive Against Quilt	Protection Motor Action Constructive Decision Making Connection Clarity	Weakness Pity Self-Victimizing Unproductive Closed Isolated Childish Girlish Emotional	Relief Let go Emotional Shower Share Acceptance Empathy Silence
Joy		Fear	
Gremlin	King/Queen	Anxious	Ninja/Sorcerer
Too much Fake Superficial Ephemeral Hiding Ignorant Naive Awkward Selfish Inappropriate Mocking Suspectable	Lightness Spontaneous Releasing Uplifting Energizing Connecting Loving Opening Community Present	Weak Paralyzing Childish Avoidant Irrational Blinding Stuck	Activating Protective Instinct Survival Alert

Exercise: Exploring Emotions and Archetypes

Walk in the space.

Embody each from the 8 emotions that are listed above, don't dramatize, just feel them inside of you, feel how they shape your movements.

Snap your fingers: embody the archetype, choose a partner, make eye contact.

Feedback

Bunny-Bunny Game

In a circle.

Bend the knees rhythmically. Say: 'bum-cha-bum-cha'.

Bunny-bunny to yourself.
Bunny-bunny to another person in the circle.
This person takes it on.
Bunny-bunny to yourself.
Bunny-bunny to another person in the circle.
Etcetera.

Speed up.

More complexity:

Two people besides the bunny make a circle movement with one arm and shout 'talkie-talkie-talkie', 'talkie-talkie-talkie'.

DAY 3

Warming-up in trio's: one person lies on his back. The other two persons stretch the limbs (first all together, then diagonal).

Group Hug 1:

Sit together in a close circle, knees touching the knees of your neighbours.
Stand up together.
Put your head on the shoulder of the person on the right.
Put your head on the shoulder of the person on the left.

Lifting up the legs:

Sit together in a close circle, knees touching the knees of your neighbours.
Put your hands over the shoulders of your neighbours. Lift first one leg up, then both of them. The persons besides you have to take in your weight. (Not every-one is lifting his legs up at the same time. Number 1 lifts legs up, number 2 carries weight, number 3 lifts legs up, number 4 carries weight etc.)

Group Hug 2:

Stand close to each other in a circle. Put your hands over the shoulders of your neighbours. One person breaks the circle and slowly walks inside so that bodies spiral into each other.

Lifting up:

One person on the ground, on his back. The others in two lines, grabbing each other's hands under the body and slowly lifting the person up. Small wavelike movements. Putting the person back on his feet again.

Playfight blindfolded:

One person in the middle of the circle is blindfolded. The other playfighters (can be every-one in the group) enter one by one the circle. The one who is blindfolded has to guess who the other person is. This game is all about sensing and making a connection with the other. It is also possible that no-one enters the circle: then the blindfolded person has to connect with the empty space.

Unutterable sentences in your own language: tongue breakers

In a circle, first slow, then speeding up. The person who fails, has to leave the circle. The person who is the last one in the circle, wins.

- De poes poept op de pas gepoetste poef
- De kat krabt de krullen van de trap
- De knecht snijdt recht en de meid snijdt scheef

- Moeder snijdt zeven scheve sneden brood
- Als een potvis in een pispot pist zit de pispot vol met potvispis
- Op de koele kalie liep een kale koelie met een kilo kali op zijn kale kop
- De koetsier poetst de postkoets met postkoetspoets.
- Kapper Knap, de knappe kapper, knipt en kapt heel knap, maar de knecht van kapper Knap, de knappe kapper, knipt en kapt nog knapper dan kapper Knap, de knappe kapp