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## **FIRST TRIP OF THE WARRIORS FOR PEACE ACADEMY TO SOUTHERN NEGROS** **(Training of Future Trainers)**

The Warriors for Peace Academy trainees left Bacolod City on March 22, 2008, at around 7:00 AM, together with their instructors and adviser. It was a long and tiring five-hour ride, but the "Warriors" were still very excited to see and practice with the community.



Arrived to the site around 12 noon, the journey was very slippery due to the heavy rainfall in the previous days. The truck has to be left behind almost half a mile from our destination.



After having lunch, the first practice was held at the basketball court. The "warriors" wore their *gi* (aikido uniform) and shared their aikido skills with the participants from the community.



The community people were very glad to see us again since we have not been there for almost a year.



Life goes on in the hinterlands. Being farmers, they have to cultivate the land and dry their harvest.



After the practice the Warriors have to satisfy themselves with candle light in the evening.



The next day, hours before the departure, the “warriors” had their last practice with the community early in morning (6:30 – 8:30 AM).



Around 9:30 AM, after breakfast, the “warriors” departed for Bacolod City.



This trip has been an unforgettable experience to the Warriors. The muddy road, the long and tiring walk will always be memorable. Some of them were a bit surprised that some of the community members who practiced with them still knew some aikido movements despite our long absence (almost a year).

The next trip will be on Feb. 29 – March 1, 2008 this time with the HELP for Peace coordinator, Dr. Richard Kochoa (*The Barefoot doctor*).