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Aikido in the Heart of Africa. In January 2020, Josh Gold, Executive Editor of Aikido Journal, sat down with Richard Strozzi-Heckler Sensei at his ranch in Petaluma, CA to discuss some of his innovative projects. Richard Strozzi-Heckler, PhD, is founder of Strozzi Institute and has spent over four decades researching, developing, and teaching leadership and somatics to business leaders, executive managers, teams from Fortune 500 companies, NGOs,

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