



# Aikido of Phoenix

Satori Dojo Newsletter

February, 2002



## SENSEI'S CORNER

Konichiwa Deshi!

February is already upon us and the year seems to be picking up speed every day! Time does indeed fly when you are having fun. It has been a great start to the new year and I hope you all are enjoying it. As many of you know, I have been spending a great deal of time talking about awareness. That is the ultimate goal of budo; to stop an attack and control things before they become ugly. Our training should be as much about the energy relationship we have with the world as it is about technique. I encourage you all to "plug in" to things around you. Try to feel the dynamics of events as much as you see them. This will help you to be a true Budoka.

Last month, I asked for volunteers to take on projects for the dojo. I have had a good response, but want to get the positions assigned as soon as possible. Please take a look at the list below and contact me if there is an area you would like to take charge of.

-In Oneness,

Sensei

### **2002 Aikido of Phoenix Projects**

**Canned food drive to culminate in November**

**Adopt a Family for Christmas**

**Formal ball for fundraiser (open to public)**

**Demonstrations**

**Television / Media exposure**

## THE CHANDLER KIDS' CORNER

Greetings from the kids' classes! The year is moving right along and so is our training. Your hard work will pay off in ways besides testing for rank, but that too will come. Keep up the good work and make yourself proud.

During the month of January there were more times than usual that I was absent. Between both kids getting sick, the car accident and then my visit to my sister's in New York I felt January just flew by. I'm looking forward to an uneventful February. ☺

Even though I was gone a lot Thor was able to keep classes going so your training was uninterrupted (Thank you, Thor!☺). In the younger class we focused on some basic techniques – yokomenuchi kokyunage, wrist escapes, and tai otoshi.

In the older class our focus was on practicing techniques from the three different strikes with an

emphasis on yokomenuchi (circular strike to side of head). We also worked with the two-hand grab from behind as well as katatori (lapel grab).

Thor and I split the class a couple of times into kihon (beginners) and advanced students. This is working out great in my opinion. It makes for smaller groups, which helps in giving more personalized instruction as well as addresses more directly the individual needs of students. I think you are all doing wonderful in focusing on what your group is doing. Thank you.

Mark your calendars. On Tuesday, Feb. 26 we will be in room 110. They will be holding a recital in room 109 on that night so we were asked to move. No problem.

One final note, please be sure you and your family ALWAYS wear your seatbelt and that younger children ALWAYS ride in a carseat. My two children and I were able to walk away from our recent car accident because we were properly restrained. Unfortunately the car was totaled, but that is nothing to what could have happened. I still shake my head when I think about how the life I know could change in a blink of an eye. I thank God I still have Elora and Ranon as well as myself, but life has never been so precious to me as it is now. Take care of each other, watch out for others, be aware and slow down. Nothing can be more important than you and your family's lives. Enjoy each other NOW! May God bless and watch over you.

Teresa Mastison Sensei

## GLENDALE GAZETTE

I want to commend the students at the Glendale dojo for their hard work and efforts on the mats, especially the kids. Everybody is working hard and I see real progress being made. We have explored combination techniques and tried new techniques using the aiki taisos that we have been learning. The kids are putting a lot of effort into their training and their hard work is paying off. Keep up the great work everybody!

We have a few new students who started in January and February. Welcome to each of you. Aikido can be a confusing art with new ways of moving and new names to learn in Japanese. Keep paying attention on the mats and soon these new things will start to make sense. When you watch the other students and see how

much they seem to know, remember that they were brand new students once also. We each have had our first day on the mats and together we soon make sense of all these new ideas. If you have any questions don't hesitate to ask.

Our Kamiza (the display at the front of the dojo) has been given a facelift. Instead of a bare table sitting in front of exit doors, it now has a black tablecloth with a red sash down the length of the table. The backdrop is a red curtain and my new katana sits in its stand on the table. The tablecloth and curtain were Laura Rackoczynski's idea and Betty Glynn, the grandmother of one of the students, lent her sewing skills to make the curtain. Jurek Rackoczynski made the curtain rod and set the hangers. My thanks to each of them for this great addition to the dojo! Look for a picture of the Kamiza in this newsletter.



That's all of the news from Glendale. Many of the circumstances that have kept me off of the mats at Chandler for the past year seem to be leaving my sphere of life. I have greatly enjoyed getting back into training again and look forward to renewing old friendships with the long time students and getting to know the newer students at the Satori dojo in Chandler. If things keep on as they have been, I will again become a familiar face in Chandler. See you there!

Until next time... Sayonara!  
Russ Fleegle Sensei

## SEMPAI'S COLUMN

Hello Everyone,

I hope everybody is doing well. I have some informational tidbits here for your personal enjoyment:

- Aikido journal has four (4) different screen savers available online. Web Address: [www.aikidojournal.com](http://www.aikidojournal.com)
- An Aikido calendar is being offered online by Two Cranes Aikido. Web Address: [www.twocranesaikido.com](http://www.twocranesaikido.com)  
Flyers are also available on the DojoCho's table.
- Mary Heiny Seminar (Apr 6-7, 2002) Flyers are available on the Dojo Cho's table.
- Matsuri Festival, Feb 23 & 24 10:30am-4:30pm daily. This year's theme "Yabusame" (archery on horseback).

These are the only updates I have as of now. When new items become available I'll let everyone know.

Be safe in your everyday life and on the mat.  
*"There are no strangers in this world, just friends we've never met."*

In Oneness  
Sempai

## PROMOTIONS AND TEST CANDIDATES

### Invited to test:

**Hachikyu** – Ethan Elder, Jacob Elder, William Nelson, LeeAnn Quinn, Dylan Courtney

**Shichikyu** – Macaley Fields, Aiden Lerew, Jennifer Dinsmore, Zachary Alonzo, Katelin Radosevich

**1<sup>st</sup> Stepping Stone** – David Garner, Echo Estes

**2<sup>nd</sup> Stepping Stone** – Evan Estes

### Promoted:

**Hachikyu** – Sara Carson, Scott Carson, Tyler Hare

**Shichikyu** – Felicia Bravo

**2<sup>nd</sup> Stepping Stone** – Shantanu Bala

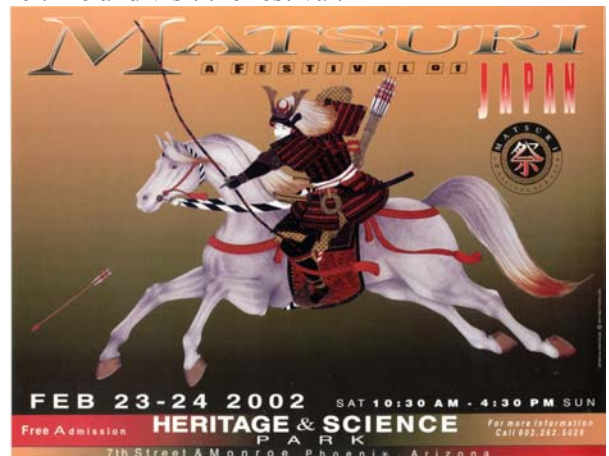
**3<sup>rd</sup> Stepping Stone** – Jade Mirasol

**Rokkyu** – Daniel Wolstenholme

**Shodan** – Jerzy Rakoczynski

## MATSURI FESTIVAL

The 2002 Matsuri Festival of Japan is coming! It is always a good time and I encourage you all to take some time and visit the festival.



## PROFESSIONAL LISTINGS

**Personal Training:** Fred Mastison is a certified personal trainer and is able to help you meet ALL of your fitness goals. He offers complete training as well as single session consultations to design a diet and workouts. A complete list of services and rates is available by visiting our web site: <http://www.AikidoOfPhoenix.Com> and click on Personal Training or you may call 480-963-8014.

**Mary Kay Beauty Consultant:** I have samples galore and would love to share all the latest with you. Mary Kay has a 100% satisfaction guarantee (replace, exchange, or full refund) so you have nothing to lose. Give Teresa a call at 480-963-8014 for a free facial or if you would just like to look at what's available. *Also, if your birthday is in February let me know, you'll be treated to an additional 15% discount on any purchase made during the month.*

**Gunsmithing:** Mike Meacham is a licensed gunsmith and photographer with a shop in west Phoenix. He works on all types of weapons, but specializes in shotguns. He is equipped to do precision TIG welding on gun parts, knives, swords and other items as needed. He does photography of fine guns, swords, artwork, and portraiture. By appointment only. Call 623-849-6022

**Medicine Consultant:** John Scanlin is a Pharmacist that may be able to help answer questions or help you understand the world of medicine. Call him at 480-821-0249

**Web Page Designer:** For help with any and all of your web page needs, please contact Pam Armstrong. She provides a vast knowledge and skill in the web page realm. 480-821-5097

**On-Site Computer Technician:** Jim Fleegle is an A+ certified computer technician with over 8 years of experience. He provides in-home computer service to diagnose and repair hardware and software problems, upgrade components, build computer systems, and design and install small networks. You can reach him at his home number (602) 253-8689 or his cell phone after 5:00 p.m. (602) 332-8689.

**Diamondback Realty:** Ron Norris, former student and parent of two students in the kids' class, has ventured into the real estate business. If you have questions or needs pertaining to real estate please give him a call at (480)726-6876 or check out his website at [www.ron@diamondbackrealty.com](mailto:ron@diamondbackrealty.com).