



Aikido of Phoenix

Satori Dojo Newsletter

March, 2002



SENSEI'S CORNER

Konichiwa Deshi!

I would like to speak this month about expanding your training. We are lucky to live in an area that sees many great martial arts instructors visit. I encourage you to have the courage to visit seminars by other instructors. They can be very enlightening and are essential to your development as a true Budoka. Anyone can stay inside their own dojo and feel good about



themselves. I expect more from you than that. By visiting other dojos and listening to what other instructors say, you learn things you may have never picked up before. I realize that it can be unnerving to go to a seminar where you may not know one person. But, through discomfort and personal sacrifice comes growth. This growth is on many levels and not just limited to your martial prowess. This is especially true for the higher ranking students. Your needs are different from the brand new student and your growth will begin to depend more on your overall exposure and personal development.

Over the next few months, we are going to have access to some of the best martial arts instructors in the world. I can only hope that you take the step and make the commitment to go beyond what you are now. Seminars can be as much fun as they are educational. Please take a close look at the upcoming seminar section this month and make plans to take advantage of this great opportunity!

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

I hope this finds everyone healthy and happy. During the month of February the younger kids' class was able to work on the strike yokomenuchi (circular

strike to the side of the head) as well as the technique kokyonage. We first practiced the aiki taiso that go along with this attack and defense combination – udefuri and udefuri chayoko. With continued practice these motions will become even more fluid and we'll move with more energy. I'm pleased with the progress I've seen so far.

During the older kids' class our focus was on the grab ryote tori (two hand grab from the front). From this grab we worked a buffet of techniques including tenchinage, reverse kotegaeshi, shihonage, zenponage, and double nikyo. We looked at how one technique is related to another and how you aren't locked into doing just one technique from a particular attack. As your training continues and you focus on the big motions of individual techniques you begin to see similarities between different techniques. When you begin to see the relationships between techniques you begin to move away from the details that keep your motions choppy and go toward a more fluid general motion that comes from your center. Some of you may know what I mean, but if you don't just keep practicing and you'll know what I mean when it happens for you.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. During February, the kids had quite a variety of training. They took a good look at a technique called munetsuki – sankyo. Munetsuki is a punch to the center of the body. Sankyo means "third control" and it is the third wrist stretch that we do during our warm-ups. It's a way of controlling the hand by twisting it around and holding it upside down. Once they had their partner in the sankyo hold, the kids discovered that we use a sword cutting motion from the shoulder to the waist on the opposite side to control where "uke", the person who attacks, goes. In Aikido, we use sword cutting motions to lead our partners to the mat or to throw them. Some time was spent on practicing dive rolls over each other and also over different sized gymnastic blocks. During randori, defense against multiple attackers, the belted students got to defend themselves against different attacks and up to three attackers. Everybody did a great job and I'm pleased with the way the kids keep working hard. Keep up the good work!

In the adult class we are taking a look at how kihon, or basic, movements and motions apply across a variety of techniques. As we practice the many techniques of Aikido, it is easy to lose sight of how those kihon movements form the foundations of each technique. As I have stressed before, it is essential that each time we enter the dojo we have a state of mind known as shoshin, or “beginner’s mind”. We need to approach each session as if it was our first day in class, ready to take in everything that we can. Even the most basic lesson contains a wealth of knowledge if we just open our mind and fill it up.

The illness that swept Arizona in the past weeks finally caught up to me and I had to miss a weekend session of classes in February. My thanks to Jurek & Laura Rackoczynski for filling in for me while I was out.

Finally, I know that I speak for everybody in offering my condolences to Bryan Walker on the passing of his mother. When one of our Aikido family is in pain we all feel it and our hearts go out to Bryan during this time.

Until next time...Sayonara!
Russ Fleegle Sensei

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu – Ethan Elder, Jacob Elder, William Nelson, LeeAnn Quinn, Delana Garner, Madison Adler, Daniel Benton

Shichikyu – Macaley Fields, Aiden Lerew, Jennifer Dinsmore, Zachary Alonzo, Sam Cutruzzula, Kailey Mattheisen, Grant Swenson

1st Stepping Stone – David Garner

2nd Stepping Stone – Kelly Daley, Jonathan Wahlstrom

Promoted:

Hachikyu – Dylan Courtney

Shichikyu – Katelin Radosevich

1st Stepping Stone – Echo Estes

2nd Stepping Stone – Evan Estes

UPCOMING SEMINARS

Vince Morris Sensei Returns to Goshin Dojo

Sensei Vince Morris, of Nottingham, England will be back for his fourth annual appearance in the Valley to present several seminars on Friday and Saturday, March 15 & 16. In

addition to being one of Great Britain’s most prominent



martial artists, (he studied Shotokan for many years, and was a longtime member of the British National Team.) Sensei Morris travels internationally (he’s taught in Russia, Belgium, Hong Kong, Malaysia, and the USA in the past few years) teaching special tactics for Law Enforcement and elements of the Military as well as karate students. This background provides a unique and continuous opportunity for his techniques to be “field tested” and proven over and over again in “real world” situations. (His stuff HAS to work – lives depend on it!) Among the subjects Vince will be covering this year include:

Personal Hostage Defenses – proven defensive and offensive tactics against the bad guys in today’s world. Particularly relevant at this time, and this year he will be adding a special timely segment on “**Quick and Effective Hijacker Take-outs,**” drawn straight from today’s headlines. **With the increasing occurrence of hijacker and screwball incidents in the air, this training becomes increasingly vital for citizens.**

The Rules of Combat – From Vince’s acclaimed book of the same name – the principles that govern all successful combat and self defense encounters.

Use of the body’s Vital Points - as always, Vince includes the use of vital points in his techniques. Additionally, as one of the world’s leading authorities on kata and interpretation, most of Vince’s material comes right out of practical kata applications. And, as one of the hardest working, open and accessible seminar presenters you’ve ever studied with, his three hour class will certainly give you your money’s worth. (For more information, visit his website at <http://www.kissakikarate.com>)

When? Friday, March 15, from 7 to 9 PM – location to be announced – **\$24.95** if preregistered by Thurs., Mar. 14 (\$29.95 at the door).

Saturday, March 16, from 1 to 4 PM (at Goshin) - \$39.95 if preregistered by Thurs., Mar. 14 (\$49.95 at the door)

Special Youth Class (age 6 – 11) Saturday from 11:30 – 12:30 AM \$14.95 Youth Class (\$11.95 Youth BBC members)

Where? Goshin Karate & Judo Academy – 6245 E. Bell Rd. #120 – Scottsdale, AZ 85254

CALL TODAY! Phone 480-951-2236

Email goshinkarate@aol.com

Aikido Seminar with Mary Heiny Sensei 6th dan.

April 6 & 7



Heiny Sensei has been a student of Aikido for over 30 years. She began her study in Japan in 1968. Heiny Sensei returned to the United States as a Sandan in 1973. Since that time she has

taught in Santa Cruz, CA, The seminar will be held at Aikido of Tucson. The seminar is being sponsored by Aikido of Tucson and Aikido at the Center. For reservations and information call 520-887-3986 or email kristen@tracmedia.com.

Aikido Expo May 3-5 Las Vegas

The Aikido world will be coming to Las Vegas this spring to experience the largest Aikido event the US has seen in a decade. There will be seminars by the highest ranking instructors in the worlds as well as exciting demonstrations. Cost is \$250.00 if you register before March 25th. After that it is \$300.00. This will be the chance of a lifetime to see these instructors all together. Please visit: www.Aikidojournal.com for more information.

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 March 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 Fleege 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.