



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

April, 2002

SENSEI'S CORNER

Konichiwa Deshi!

What is Budo? This question was posed to me recently and I thought it would be interesting to explore it here with everyone. Budo, literally, is the "Study of the way". This definition is not very helpful if you are looking for any depth though. Budo is much more than what it may appear in a definition. Budo is less of a singular concrete creature and more of a principle that surrounds the martial way. People that study Budo, engage in life differently than people that simply study a martial art. They apply the lessons of the dojo to everyday life. Sometimes the application is simple and obvious and other times it is very profound and only seen by the Budoka. Regardless, they make an attempt to change who they are and what they do in order to achieve a hard to describe harmony in life.

A common misconception is that Budo is the study of war. This is not completely untrue. In order to be a Budoka of depth, you must understand the ways of war. To do otherwise is denying reality. "Only the dead have seen the end of war". Equally however, students of Budo seek peace in all things with conflict of any kind being a last resort. This does not mean that Budoka should shy away from conflict. It simply means that one should explore other possibilities before they draw their sword. If no other alternative exists, then you must be able to wield a blade.

The battles we fight today rarely involve a sword. They are battles fought in boardrooms and living rooms. Regardless of the nature of conflict, you must try to find a peaceful alternative if at all possible. The most dominant trait of seasoned Budoka is the ability to step back from a situation and evaluate it without emotion.

The greatest battle we will ever fight in our lives is with ourselves. We constantly are in conflict with our ego and self-pride. The true Budoka realizes this and makes a conscious effort to factor this into any decisions they make. Do not let your ego put you into a corner you can not escape from.



In the end, Budoka seek peace, prepare for war, and do their very best to become more than they are. By doing this they make the world a better place.

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

First I want to thank Thor and Gene for helping with the kids' classes during our unrepentant trip to Kansas at the beginning of March. My father-in-law passed away and we had to return home for the funeral. That's always a hard thing but it is so much easier when you don't have to worry about the day-to-day activities you are leaving behind. Both Thor and Gene show a dedication that is exemplary and I thank them for that. Thank you also for all the words of comfort and prayers that were said on our behalf. It is all appreciated very much.

During the month of March we had a number of students prepare for testing so much of our class time was tying in techniques they would need to know for their tests. We also discussed two fundamental philosophies to Aikido: ki and shodo-o-seisu.

Briefly, ki is the energy that all things have. It comes from your center (area just below your belly button). We use our ki to help us move without "muscling" which is how a smaller person can have so much success in Aikido. Learning how to utilize and sense ki is a lifelong task, but your continuous training allows you to enjoy small steps of success along the way. Being aware and focusing on what is going on are two ways you can help develop your ki. Also, when you are practicing on the mat really think about moving your whole body, that will help you move from your center too. Another thing that has helped me develop my ki is to make sure that I don't hold my breath when I tumble, do the hand stretches or do techniques. Exhaling when executing the motion seems to help the mind focus and allows you to move better.

Shodo-o-seisu literally means "controlling the first move". It ties closely to ki because you have to be aware and sensitive to ki in order to be able to do this. It does not imply that you attack or do something first, rather it means once an attack or motion is initiated you are there ready to react. On a much higher level it also means that you develop your sensitivity to ki to such a level that you literally can sense that something is about

to happen and can act to control the situation before it even happens.

Beyond these philosophical topics we also dealt with overhead strikes. In the younger class we related that to someone trying to hit us on the head with an object (hockey stick, golf club, the list is endless). The first thing you want to do is GET OUT OF THE WAY, then you can try technique. We practiced a kokyonage motion that involved pulling the elbow down after you get out of the way sending the attacker falling down.

In the older kids' class we practiced the aiki taiso (exercise you do by yourself) called tenkan and then related that to techniques; munetsuki reverse hijiotoshi and shomenuchi ikkyo. Aiki taiso can really help you practice your ki extension and they can also help your techniques. When we do aiki taiso in class really pay attention so that you can also practice it at home. The time spent on these exercises will really pay off in smoother and more effective techniques.

I'd like to extend a warm and sincere welcome to all our new students. Please ask if you have questions about anything. We are glad you are with us. Have a good month of training!

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. The weather is starting to warm up and, just as sure as day follows night, the scorching days of summer are just ahead. Now is the time to develop good hydration habits so that when summer finally arrives we will be used to consuming larger quantities of water. As I've admonished in the past, soda, coffee, tea, beer, etc., are not a substitute for good old H₂O. A small reduction in the proper amount of water for our bodies over time can lead to muscle cramps and an accumulation in waste poisons that aren't being flushed out of our systems properly, along with many other nasty little side effects like an increase in headaches. For those of you who are new to the valley or have been here for a short while, remember that we have two seasons here: "Isn't it beautiful?" and "Good lord, it's HOW hot?". Drink plenty of water.

Recently, some of the students in the kids' classes have been transferring to the next age group class. For the older class, this means that some of the kids are trying the adult class. I have extended an open invitation to those in the older kids' class who are old enough and big enough to try the adult class. One student has made the transition and several have expressed an interest. We may see them visiting the adult class this month and, if they are comfortable there, they may become permanent students in that class. This is a very positive event and I am looking forward to seeing some of my older kids make the move to the adult class.

There are several new students joining the Glendale dojo this month. Welcome to each of you. I hope that your time with Aikido of Phoenix is enjoyable. Don't hesitate to ask if you have questions or concerns about any aspect of dojo life. I will always find the time to address a student's needs, as will my Sempai, Jurek.

Until next time...Sayonara!

Russ Fleegle Sensei

SEMPAI'S CORNER

Konichiwa Everyone,

First off I would like to congratulate all who have been invited to test (thank you Sensei for my seiza bench). I have no doubt you will do an excellent job on your test.

Use the coming weeks wisely in preparation for your test. You'll have a limited amount of time and before you know it the dreaded test day is here. Cover the entire spectrum; etiquette, technique, and philosophy. Think outside the box when preparing for a test.

The Vince Morris seminar was excellent. I had bruises for two weeks afterwards. His hands are so quick; it's just amazing to watch. Beyond all that he expounds the same Budo philosophy as Sensei. Everyone that attended had an excellent time.

During this last month I've had the opportunity to watch the lost interview of Bruce Lee on TV again, along with an interview of Jet Li. They talked about the same ideas of Budo as Sensei. Moving from one's center and start each day as a beginner, remember there is always something to learn each day from somebody or something.

Remember to watch out for yourself and your training partners. Keep hydrated with the coming weeks the temperature will continue to rise. We do not need heat casualties, be smart about this both on and off the mat.

In oneness, Sempai

Ai-ki cannot be exhausted,

By words written or spoken.

Without dabbling in idle talk,

Understand through practice .

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Shichikyu – Eric Choate, Emily Lehman, Joelle Radosevich, Lauren Schmidt, Brian Sherman, Andrew Tallman, Devon Tallman, Jade Tallman, Maddison Tallman

2nd Stepping Stone – Emilee Sparks

3rd Stepping Stone – Billy Bishop

Rokkyu – Matt Uhl, Wayne Johnson
Gokyu – Tom Filardo, Jeff Jungck
Yonkyu – Darrell Wyatt, Karen Fabiano
Sankyu – James Nydegger, Robert Vaughn, Fred Wahlstrom
Nikyu – Jim Garner, Andrea Short

Promoted:

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

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

1st Stepping Stone – David Garner

2nd Stepping Stone – Kelly Daley, Jonathan Wahlstrom

VINCE MORRIS SEMINAR

A big thank you to all the students that made it to the Vince Morris Seminar in Scottsdale last month. It was a great seminar and we all learned a great deal. I was very proud of everyone who attended. We were the only Aikidoka in a large group of Karate practitioners. Vince Morris was impressed with our spirit and was not shy about saying it. Great job to you all!!

-Sensei



UPCOMING SEMINARS

Aikido Seminar with Mary Heiney Sensei 6th dan.

April 6 & 7



Heiney Sensei has been a student of Aikido for over 30 years. She began her study in Japan in 1968. Heiney 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 April 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 is 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) 738-1047.

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.

