



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

June, 2002

SENSEI'S CORNER

Konichiwa Deshi!

First and foremost I would like to say thank you to all of you who contributed towards my birthday gift. I was touched by the focused effort on the part of the student body (and driven by a select few). The trip to St. Louis will be a twofold event for me. First is the training camp which should prove to be very good. I will be taking advantage of training with several of the world's best martial artists as well as taking part in a law-enforcement techniques program. Second is that I will be present to be inducted into the United States Martial Arts Hall of Fame. It is a true honor and I am proud to represent the dojo in this capacity.



As many of you know, I am not a big fan of asking for money from people for much of anything. I feel that people should give of their own desire and not through guilt or pressure. I have been associated with groups that felt the student body should foot the bill for everything from birthday gifts for the Sensei to tires for his car and other absurd things. I guess I just got a distaste for it and went completely in the other direction.

In many traditional settings the dojo takes care of everything for the sensei. It can range anywhere from events such as seminars to the extremes like food and expenses in everyday life. I like to think that there is an acceptable middle ground in there somewhere. I think that you have all found that middle ground and I am thankful. Thank you again!

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

The month of May was a good one. Thank you all for working so hard. All the new students are getting used to how class works and they are doing a great job of catching on.

During this past month the younger class worked on defending against a grab to the shoulder area (katatori) and we learned how to do a pin. The two techniques we practiced were kokyonage and sankyo. We learned how to pin our attacker after we took them down too. For many, this was the first time doing that and I was impressed at how well everyone did.

In the older kids' class we worked several techniques from the katatori grab: ikkyo, nikyo, sankyo and sankyo to a choke. While working with the sankyo techniques we practiced three different takedowns – the pin, the forward extension and the backward extension. I could see some real progress by the end of the month. I'm proud of the work I see students doing together. I was especially proud to see that when we worked on the sankyo to a choke that students were extra careful with each other when they were taking down their partners. This is potentially dangerous and I'm glad to see students taking care of each other. Thank you for using good judgment and energy.

The extension class is going well. I thank Caleb for helping out in this way. I have already begun to see some dramatic improvements in ukemi (tumbling). I hope that we can keep this extension class going once Caleb leaves for college. He will be able to help out during the month of June but will be going to Tucson the beginning of July. I am in search of another person to help out in this capacity and will let you know if we can continue the extension class. Keep your fingers crossed☺

During June there will be two days that I will be out of town, but Caleb has graciously taken on the task of teaching in my place. Class will be on as scheduled during my absence on June 18 and 19 however, there will not be the extension class. I will try to remind students of this but it would be helpful if you marked your calendars as well. Thank you.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. We have several new students starting with us this month. Welcome to each of you. Aikido is a very unique and exciting martial art and offers new challenges whether at the kids' level or the adult level. Parents: be patient with your children as they explore this new learning experience. Aikido is an art that takes time to grasp. I have seen students come in

with no martial arts experience and make amazing strides in their study. My goal is to help my students succeed. Please don't hesitate to ask if you have any questions or need advice on helping your children at home with their practice.

We recently went through a series of tests in the youth classes. Congratulations to each of the test candidates on a job well done. All of the kids on the youth classes are doing a great job with their practice. Thank you also to the students who acted as Uke for the test candidates. By accepting this responsibility to help a test candidate prepare for testing you are showing that you care about your fellow students. This is a mark of maturity in each of you that I take note of. Keep up the great work!

We held a yard sale in May as a fundraiser. I want to thank each of the students and parents for contributing items to be sold. A special thanks goes to Kate Reiner for offering her home as the sale site and to Bill Barnes & Jurek Rakoczynski for assisting with the sale. The sale was a success and the few unsold items were taken to the Chandler dojo where they are also having a yard sale.

As I mentioned in last month's column, we received some new mats from Glendale Recreation. We now have 1,000 sq ft of mat space. There's plenty of room if any of the Chandler students wish to attend classes in Glendale. The Glendale Community Center North, the location of the Glendale dojo, is used by many other classes and groups. This leaves the floor in somewhat less than desirable condition as far as cleanliness is concerned. We have acquired some mops and buckets and, before the adult classes, the adult students mop the floor in an effort to have as clean a dojo as possible. This is done in the 15 minutes between the older youth classes and the adult classes. Please be careful when you enter the dojo during this time as the floor may be wet in places.

That's the news from the westside.

Until next time...Sayonara!

Russ Fleegle Sensei

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu - Krissy Johnson, Elora Mastison, Colleen Bruffy

Shichikyu – Alexandra Brown

1st Stepping Stone – Danielle Brown

Rokkyu – Bill Barnes, Cory Hare, Phillip Snider, Carolann Quinn

Promoted:

Shichikyu – John Barkley, Greg Saenz, Joshua Cakebread

1st Stepping Stone – Dominic Lopez, Ethan Berkson, Ben Pavone

2nd Stepping Stone – Kyle Radosevich, Emilee Sparks

Gokyu – Tom Filardo, Jeff Jungck

Yonkyu – Darrell Wyatt, Karen Fabiano

Sankyu – Fred Wahlstrom

ASSISTANT FOR CHANDLER CHILDREN'S CLASSES NEEDED

Beginning this July there will be an opening for assistant instructor for the children's classes. If you have an interest in taking your Aikido to the next level and have an interest in possibly teaching yourself someday, this is the position for you. Duties for this position include: helping to set up for class (4:30ish), being uke for Sensei during class and helping students with their stretches, hand undos, tumbles and techniques during training. The assistant is another pair of eyes and hands for Sensei during class. This person needs to be patient, encouraging and willing to help anyone at any time. There is a generally set timeframe we need the Assistant instructor for but are willing to work with people who have limited availability. There may be times when Sensei is absent and the assistant would teach in her place if at all possible. The assistant instructor will also be in charge of supervising the Extension class that is held on stage from 5:30 – 6:15. This is a time for students to get extra mat time and to practice things that are giving them a hard time or they just want to get better at. The Extension class is an informal setting and no formal "lesson" will be given.

If you think you would like to help out the children's classes in this way please see Teresa for details. If you can't help out for the entire time, but are willing to help out when you can or supervise the Extension class that would also be greatly appreciated, again see Teresa.

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.

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

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) 738-1047.