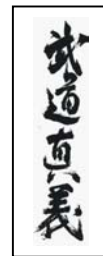




Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

July, 2002

SENSEI'S CORNER

Konichiwa Deshi!

I have been excited to see so many new faces in the dojo. As I have said in the past, everyone comes to Aikido for their own reasons. Some come for fitness, some for self-defense skills while others seek philosophical exposure. In the end, you can get it all from Aikido. What I have found over the years is that you get more out of Aikido than you may originally plan. It is very hard to separate the different pieces of Aikido for individual consumption. You tend to get the whole package even though you may not realize it.

I find this to be very similar to life as well. When you become involved in something you tend to pick things up from that experience that you may have never known. This may not always be good. Take care to be aware of your environment. Be vigilant about the life you live and your exposure. I believe that it is always best to surround yourself with people that you feel have good qualities and possess traits you would like to emulate. These good things can rub off. In the end, a warrior seeks warriors. Keep up the good work!

-In Oneness,

Sensei

THE CHANDLER KIDS' CORNER

We've had a large number of new students join us in June. Welcome to each and every one of you. I hope your time with Aikido of Phoenix is rewarding, fun and full of learning. If at any time you have a question please don't hesitate to ask me. You can reach me through email at fmastison@hotmail.com or by phone at 480-963-8014. I'm usually at the dojo well before the 5:15 class so you can come early to talk or you can catch me after class as well. My goal is to be as available as possible so that any concerns or questions can be addressed. I have found that the more informed a person is the more they get out of the experience, so ask away!☺

During the month of June the younger class focused on the shoulder grab (katatori) and the punch to the stomach (munetsuki). We practiced several techniques from both these attacks concentrating on moving the whole body. Of course, getting out of the way is the primary step but once that is achieved coordinating hands, feet and body into one fluid motion

does indeed take lots of practice. I'm pleased to see students working well together.

In the older class we were working with some less traditional techniques right before the new session began and I was impressed with all the students' willingness to try these "different" techniques. We worked several techniques from a 2-person grab and we also worked some ground defenses (where someone is sitting on top of you). We finished the month with randori (multiple attacker exercise). All students did a great job of spinning, twisting and concentrating on one attacker at a time. I can't wait to see how the randoris will look the next time we try them. It's nice to take a break from the "regular" techniques once in awhile and be sure we'll do them again in the future.

On Tues., July 23 our class will be moved to room 110 due to a recital that night. This means that there will be NO extension class on Tues., July 23. If you attend the extension class you might want to mark your calendars now so you don't forget.

At the end of July my family and I will be traveling to Kansas for my brother's wedding as well as Sensei's induction into the Martial Arts Hall of Fame. This means that I will be gone on Tues., Jul. 30 and Wed., Jul. 31 but James Nydegger will be teaching in my place. Extension class will be held as scheduled too.

I want to wrap this column up by thanking my assistant, Caleb Sparks, for all his hard work and dedication. He has gone back to school down in Tucson and I wish him all the best.

With Caleb leaving I have had to recruit new help and am pleased to announce that James Nydegger, Wayne Johnson and Stacy Kvale have all volunteered and committed themselves and their time to help me before and during both children's classes. This means that the extension class WILL CONTINUE uninterrupted at this point. I can't thank these people enough for their support and help. I also must thank the people who come to the kids' classes to help out whenever their schedule allows and also the parents who get on the mat to work out with their kids. All of you are very important to the success and enjoyment of our children's classes. Domo arigato, deshi!

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. Last month many of the kids went on vacation, leaving the classes somewhat smaller than they have been for quite some time. This has left me with more time to focus on the students who are in class and help them work on some of the little things that they need to make their practice better. Everybody did a great job in June and I saw many of the kids make progress in moving from their centers and controlling their partners. Keep up the good work everybody!

One of my assistants with the kids' classes, Laura Rakoczynski, is suffering from some shoulder problems that has left her unable to participate in class or even help with the kids' classes. She is going to take some time off and try to get her shoulder fixed. Laura is a very dedicated aikidoka and has been an invaluable help to me in the dojo for a long time. Join with me in sending your positive Ki her way to help her with her healing. Just thinking about a person and wishing the well will extend your Ki to them so please keep Laura in your thoughts. Jurek Rakoczynski will continue to help me with the kids' classes. He has been helping with the kids for almost as long as Laura and has also been a great asset. If any of the Glendale adults would like to lend a hand, occasionally or on a regular basis, please let me know. Rank is not a criteria. A genuine desire to help is the most important qualification.

The Glendale location has always lacked a place from which to hang bottles for sword cutting practice. Now that I have a katana that will cut, I have designed and made a cutting stand. On Saturday, June 29th, we gave it its first tryout. I'm happy to report that the stand passed with flying colors as did the students. Everybody did an outstanding job of cutting, from the youngest of my students in the adult class (11 yrs old), to the most experienced students. Everybody came away with all limbs and digits intact and hopefully gained a new insight into the concept of relaxing and moving with an object instead of forcing their way through a situation. This is one of the important lessons of our weapons training and is one of the reasons why we train with implements that seem to contradict our peaceful philosophy. Now that the stand has proven successful, we will have more cutting classes in the future. Save those bottles!

Three of my adult students tested for Rokkyu on the 28th and I want to end this column by congratulating them. Each did an outstanding job. I was impressed and proud, as they should be. Testing should not be a focus or goal of training, but when testing comes, it is a time to "prove" yourself under pressure. Congratulations on a job well done!

That's the news from the westside.
Until next time... Sayonara!
Russ Fleegle Sensei

SPECIAL TEST NOTICE

Martial Arts are based on student responsibility. The cleaning of the dojo and other aspects of the budo life have always fallen into the hands of the students. Additionally it is the students responsibility to take care of all registration and paperwork in a timely manner. There has been a disturbing trend that has started in regards to test applications. On many occasions we have not received them until after test, or the night of the test. This can not continue. On the application it states that it is due to the instructor no later than one week prior to the test date. This time frame will now be strictly enforced. If your application is not returned, you will not test. I do not want this to appear to be a punitive measure because that would be a misinterpretation. This is simply holding you accountable for a well understood responsibility. Please see us if you have questions.
-Sensei

UPCOMING SEMINAR

On Saturday and Sunday July 20th and 21st Aikido of Phoenix will be holding a seminar taught by Mastison Sensei. This will be a Budo seminar and will be broken into 3 sections. Traditional Aikido, Knife and Gun defenses, and street survival. This will be a fantastic seminar and will be well worth attending. Please see Dojo Cho or Lucy Morris for more information. You can see a seminar flyer by visiting the web site:
www.Aikidoofphoenix.com



PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu – Jordan Savoca

Shichikyu – Alexandra Brown, Holly Swenson

1st Stepping Stone – Danielle Brown, Aryel Nigrovic, Alexander Dorr

Rokkyu – Carolann Quinn, Mia Nyman-Poulin

Promoted:

Hachikyu – Krissy Johnson, Elora Mastison, Colleen Bruffy

Rokkyu – Bill Barnes, Cory Hare, Phillip Snider, Jeff Bruce

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.