



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

August, 2002

SENSEI'S CORNER

Konichiwa Deshi!

Well, I have finally returned from my trip to St. Louis and the United States Martial Arts Association National Training Camp. I am pleased to let you all know that it was a fantastic time. I had the opportunity to train with some of the best martial artists in the world. There seemed to be one thing that I learned that really rung through. All martial arts are simply a variation on a theme. At the highest levels, there is very little that separates one art from another. Techniques and forms are just a means to an end.

I am thankful that so many of you helped to make this happen for me. I spoke to dozens of instructors and our dojo is by far the envy of the camp. Over time I will be incorporating a few things into our classes that I learned at the camp. I would encourage everyone to take part in next year's camp. It would be well worth your time and effort.

I was a bit apprehensive about the camp in that I did not know anyone very well. My apprehension was quickly put to rest though by all the friendly people that I met. I have been around martial arts organizations for years and have never found one to be this open and friendly.

The time that I had in St. Louis also allowed me time to reflect on our dojo and my hopes and plans for our future. I have come up with a general plan of action to help our dojo become even better. One of our major goals is to re-locate into our own facility where we can expand our class offerings. The only way this will happen however is if we have a solid financial base. After much thought and debate we have decided that it is going to be necessary for Aikido of Phoenix to raise fees. Starting on October 1st, 2002, the following rates will apply to both the Chandler and Glendale dojo. Young Kids class: \$35 per month, Kids and Adult classes: \$40.00 per month, Families: \$60.00 (in Chandler only). Fee increases are always controversial in some fashion or another. I can tell you that if we could charge \$5.00 per month and achieve our goals, we would. But the reality of the situation is that in order for us to grow and be able to service our existing student base, this is needed. In comparison I can tell you that the average cost for a martial arts class through a rec. center is about \$60.00 per month per person. In a regular dojo, the average cost of Aikido classes is \$70.00 per month.

I do hope that this does not cause anyone a financial hardship. If you are unable to pay the new fees, or ever have a problem, please speak to us and we can work something out. Once again, thank you all for your support and I look forward to our future.

-In Oneness,

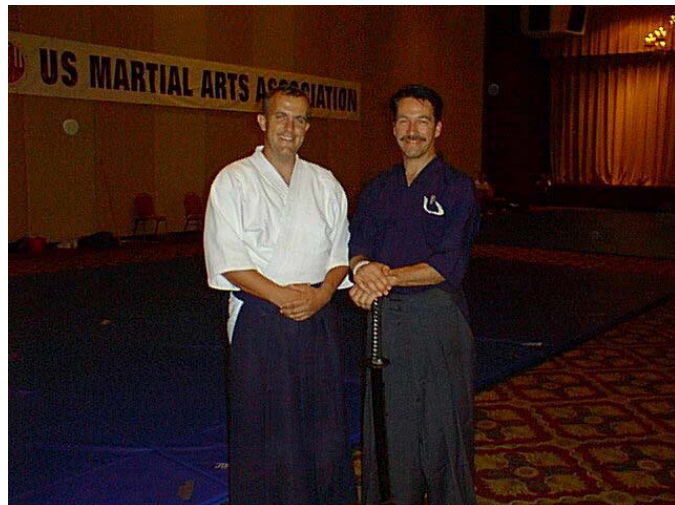
Sensei

PHOTOS FROM THE NATIONAL TRAINING CAMP



Richard Bustillo Sifu

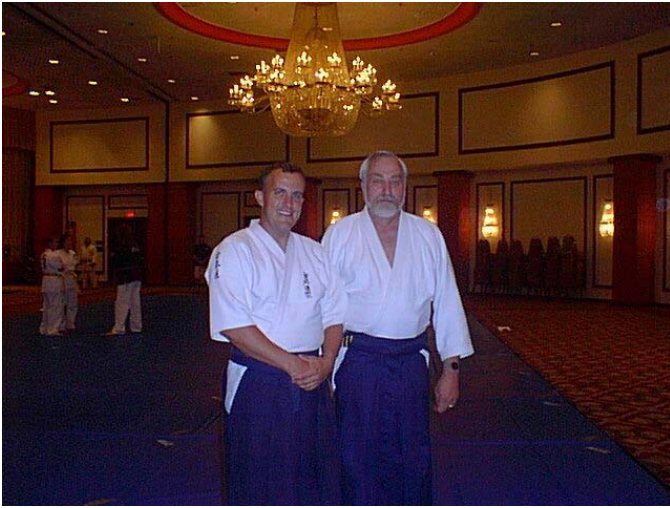
One of the original students of Bruce Lee – Studied with him until his death



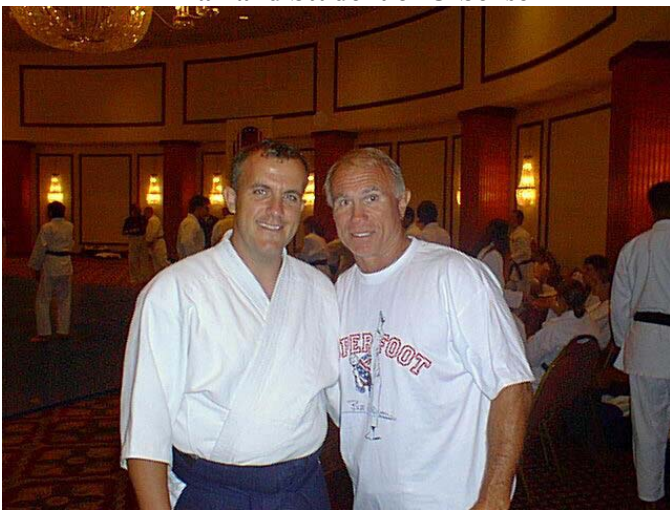
Russell McCartney Sensei

**Founder and Chief Instructor – Ishi Yama Ryu
Battojutsu**

**World record holder in Tamishi giri – 1186 cuts
without a miss in just over an hour**



**Walter VonKrenner Sensei
7th Dan and Student of O'Sensei**



**Bill "Superfoot" Wallace
Kick Boxing Legend and multiple time world
champion**

THE CHANDLER KIDS' CORNER

During the month of July both classes focused on the attack munetsuki – straight punch to the abdomen. From that attack we practiced several different techniques with the idea that if one doesn't work another one will. I will mention the names of the techniques but unless you've been training for an extended time you probably won't remember what technique goes with what name, but try anyway☺. The techniques we practiced in the younger class were kotegaeshi, sankyo and hijiotoshi. In the older class we did the same three but added funakogi, kaitenage, zemponage and ikkyo.

The techniques are taught in steps but the final goal is be one fluid motion. This can be very difficult, but it's a main reason we train. We practice in a safe environment, breaking technique down so we can "see" what it looks like and then practicing it over and over so it can become smooth and effective. When training is sincere and diligent the techniques will become less stiff and more fluid. This takes time – lots of time. One way

I would encourage any student of Aikido (adults too) to study and train fluidity is to practice with a "ghost". Start by finding a technique you are fairly comfortable with and then imagine your attacker (closing your eyes can help). Now, go through the motion of the technique slowly and deliberately, extending ki throughout the entire process. Try to "feel" the attacker as you move through the technique. Do this on both sides as if you are testing. The key is to go slow and deliberate trying NOT to stop at all during the technique. Doing this kind of exercise can reap great benefits especially if you do it sincerely. When this kind of approach is taken to your training both with a "ghost" and with a real partner you will see dramatic improvement.

Thank you all for training so hard. I look forward to seeing how far you will go this month.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. The "dog days" of summer are here and in Phoenix that means high heat and increased humidity. It is a time when our bodies naturally tend to slow down and try not to generate more body heat than is necessary. We can become a bit sluggish, both physically and mentally. This can affect us on the mats, a place where we need to have a sharp focus and awareness of everything around us. Just being aware that this is happening is half of the battle. The other half is to keep our minds and bodies alert as we train. Get plenty of rest, eat a bit less than you normally would, and drink plenty of water. If you're feeling a bit tired and depleted, come to class anyway. The interaction with other students and the extension of Ki in an Aikido dojo are great ways to revitalize your energy.

Welcome to the new students who have joined us recently. The students at Aikido of Phoenix are a friendly and helpful group, at both locations. Don't hesitate to ask a student if you need help with some aspect of dojo life. This applies to both students and parents of the youth students. We have been blessed with some of the best "aikido parents" anywhere. They are involved and very helpful. They are a great asset to the dojo and I would like to thank them for all of their contributions over the years. Domo Arigato Gozaimashita!

On a personal note, I had a hernia operation on Tuesday, July 30th. As of the writing of this column, that was five days ago. I seem to be healing okay but it will be a few weeks before I am able to resume my training at the Chandler dojo. Until then, I will be on the sidelines observing and taking notes. I will be teaching at the Glendale location with Jurek's assistance. My thanks to Jurek for taking the reins of the dojo the weekend after my surgery while I have been recuperating. My special thanks to his wife Laura, who

came back from her own healing process to help him with the youth classes. As I said in last month's column, Laura is a very dedicated Aikidoka.

Speaking of Jurek and Laura, they will be hosting a potluck summer party at their house for all students of Aikido of Phoenix on Saturday August 17th. This has become an annual affair and a great way to get to know some of your fellow students outside of the dojo. They have a pool so bring your suit. Parents are welcome. Check the sign-in tables at either dojo for more information. Hope to see you there.

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

SEMINAR A SUCCESS

The First Annual Aikido of Phoenix Budo seminar was a great success! We had many participants and everyone had a great time. We raised over \$800.00 toward the upcoming Christmas party. We look forward to doing it again next year!
-Sensei



PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu – Tyler Rosales, Colton Rosales

Promoted:

Hachikyu – Jordan Savoca

Shichikyu – Alexandra Brown, Holly Swenson

1st Stepping Stone – Danielle Brown, Aryel Nigrovic

2nd Stepping Stone – Tessa Abrams

3rd Stepping Stone – Cater Abrams

Rokkyu – Carolann Quinn, Mia Nyman-Poulin
Stanley Oehrlein

GLENDALE TO HOST POTLUCK SUMMER PARTY

Jurek and Laura Rakoczynski are hosting a party for all students of Aikido of Phoenix on Saturday, August 17th. This will be a potluck affair with a side of swimming and plenty of good times, so put together your favorite dish and grab your suit. Parents are welcome. See the sign-in table at either dojo for flyers. See you there!

HELP DURING CHILDREN'S CLASSES APPRECIATED

I want to thank all the students who help with the children's classes. My appreciation is deep rooted and I feel extremely blessed to have each and every one of you as students of Aikido of Phoenix. Since Sensei and I have returned from our trip and I struggle to get back into the routine of things I'm reminded of how much time and energy it takes to prepare the dojo for class and then to teach class. I am so grateful to James for teaching while I was gone and also for the help others provided by coming early to help set up the dojo. It would be extremely difficult to do without their help – thank you. There was a time when classes would have to be cancelled if Sensei or I had to be gone. It's nice to know that there is little interruption in the dojo when we are absent.

If you've ever considered participating in the children's classes there are a few helpful hints I'd like to pass on. I mention these because if you are on the mat during a kid's class more than likely you will be asked to help out in some way. The main thing is to focus and pay attention to what the instructor is saying during the demonstration. If and when you are asked to help students it is very important you try to keep what you say and what the instructor said parallel. Short and simple work best for younger students. The more you talk the more unclear it gets. Let the instructor do the rambling☺ The other thing that is most important is to be sure you demonstrate only that which the instructor demonstrated. That is where your focus is most needed. Watch the instructor during the demonstration and then be ready to help students do the same. If you ever have questions about what is supposed to be practiced please ask before showing a student. You are actually being a great role model if you ask questions about technique before showing students the details. I want students to know that one way to find out something is to ask. Techniques can be tricky and difficult even for adults, so please be sure to watch and listen to the instructor carefully. You'll be an even greater help to students you assist if you follow what the instructor says and does as much as possible.

The final hint I'll pass on is to be ready to extend positive energy. People of all ages, but especially kids, need encouragement and a reason to try again. This is where you really play a major role. Pay attention to the words and tone of voice you use when interacting with children. Remember that any effort is good and if a correction is needed you might suggest they "try it this way".

Thank you again to all the people who help out with the children's classes. You make it even more

enjoyable to teach because I know the students and I are getting the benefit of your presence. Thank you.

Teresa Mastison Sensei

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.