

合氣道

Aikido of Phoenix

武道直義

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

September, 2002

SENSEI'S CORNER

Konichiwa Deshi!

As Aikidoka we always try to blend with things and allow the uke to lead themselves into a position where we gain control. This is difficult at times because of the nature of our world. There is so much violence and cruelty simply for its own sake. It takes a special person to rise above all of this to help make sense of life and the world.

We use the dojo as a test and practice ground for harmony. We openly offer our bodies to our partner with the understanding that they will take care of us and not use the opportunity to vent a personal thought. I would be lying if I said that this trust was never violated. As nage you must understand that if true growth and development is to occur, then you must honor the gift that has been presented you in the form of the uke. You must let go of the fighting mind and strive to embrace harmony as opposed to dominance.

From time to time we all find people that fight technique or put more into the technique than we can physically handle. These people are unable to understand the truth of Aikido. I often see the first example; stopping or resisting technique. They often say "That technique will not work...see I can stop you". Well, that is fine except for the fact that: 1. They know what technique is coming. 2. The nage is rarely going full speed. 3. If the technique fails then I would immediately go into another technique or atemi to get the ball rolling again. People that do this often see themselves as superior in some way when in fact they are demonstrating the exact opposite.

I can just encourage you to not be like this. First and foremost is that it is not the role of the uke to resist a technique unless that is what the sensei has taught. We grow when we work together to better understand



technique, Aikido, and life. The world is a lonely place when you are all alone. Take your time in Aikido to enjoy peace and harmony. In a nutshell...play nice.

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

The month of August was the beginning of a move to the "mental" training of aikido. I started tying the philosophical aspects of aikido to the techniques as well as relating them to everyday life. We began our exploration with two questions – What is aikido? and What is ki?

Briefly, aikido is made up from three characters: Ai meaning blending or harmony, ki meaning energy, and do meaning the way or path. Put them all together and you get the way of blending with energy. Ki most simply is the energy that all things have.

Students were asked to begin exploring these concepts on their own by trying to see how aikido helps them outside the dojo and practicing extending positive energy (ki) in their everyday lives. Training without purpose is just motion. By contemplating what aikido is and trying to feel and extend ki your training becomes purposeful and you develop as a person.

Strive to grow in everything you do, always wanting to improve, not to be the best but because it's worthy of your best efforts.

We'll continue with our exploration of aikido concepts in September with shodo-o-seisu and dochu no sei.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. I'd like to begin this column by thanking Jurek & Laura Rakoczynski for opening their home for our annual summer pool party. Everybody had a great time and it was a good time to get to know each other a little better outside of the dojo.

Summer is winding down (although you'd never know it from the temperature!) and

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everybody is finishing their vacations and getting back to work and school. Welcome back to all of the students who were gone for the summer. I hope that each of you had a great time and I'm glad that you've resumed your training. Welcome also to the new students who have joined us this month. I hope you find your time at the Glendale dojo rewarding.

There are a number of Aikido seminars taking place this month. You can find information on them at the sign-in table. I encourage all of the Glendale adult students to consider attending one or more of these. There is much to learn about Aikido that can be obtained at the seminars along with meeting new Aikidoka from other schools. Life long friendships can result from your experiences at the seminars along with a new perspective on the art.

During the summer we pushed ahead in the kids' classes and explored some areas of Aikido that haven't been looked at in great detail before, such as knife defenses, ground defenses, and kaishi waza (reversal techniques). For some of the kids, it can be frustrating to move from one technique to another. I just want to reassure the kids and parents that we always come back to the basics as we push ahead in our training. These "first looks" at techniques will serve the students well the next time that we do them. I have had numerous students come back to a technique and find that it made sense the second time due to the earlier exposure. Aikido is about much more than just mere technique. The principles and motions that we study serve the greater aims of the art and, to that extent, the techniques become a way to study them as well as being very powerful defense techniques.

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

SEMPAI'S CORNER

Hello Everyone,

I hope you're all doing well. School is back in session for the little ones and those of us that work in the education field.

Well it's hard to believe that just four short months ago Thor departed us to become a soldier again. Now he'll be returning to visit us in about a week. His stay will be short, about 14 days, then he'll be off to visit his family in the New England area, then off to work wherever that may be.

The Ikeda seminar will take place the first weekend of this month in Prescott. I highly encourage you to try and attend. Seminars are an excellent tool to

expand your training knowledge and perfect your technique. They offer you the challenge of training with people you don't know and to develop personal contacts.

On a personal note I would like to thank those of you who helped to move Pam this last weekend into her new home, it took us just over four hours to accomplish that. I would also like to offer my personal congratulations to Russ Fleegle Sensei on his invitation to test for Nidan in November.

That's all I have for this month. Remember "There are no strangers in this world, just friends we've never met".

In Oneness
Sempai

"IT'S THE BEGINNING OF THE MONTH ALREADY?"

Beginning this month the Chandler dojo will be mailing out friendly reminders to students who have not taken care of their registration responsibilities by the middle of the month. If there is ever a problem and you won't be able to register by mid-month please let Teresa know. Unless you communicate otherwise we can only assume if registration hasn't occurred by mid-month that there's been an oversight and a friendly reminder will be sent.

It is the student's responsibility to register for class in a timely manner. This means students should fill out the registration form and pay by the 10th of each month. If you know you won't be able to train for the entire month then registration is not required. But if you train – however sporadically it may be – then you are expected to register.

As always, if there are financial difficulties please talk to Teresa. Scholarships are available.

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu – Sho Shapiro, Patrick Stenquist

1st Stepping Stone – Alexander Dorr

2nd Stepping Stone – Timmy Fleegle, David Garner

3rd Stepping Stone – Kelly Daley, Conner Nigrovic

Rokkyu- Stanley Oehrlein

Nidan (2nd degree black belt) – Russ Fleegle

Promoted:

Hachikyu – Tyler Rosales, Colton Rosales

CLASS FEES TO INCREASE

SOON

Class fees for both the Chandler and Glendale dojos will soon be increased by \$10 a month. Because the community centers are on different session schedules we will be starting the increase beginning in November for the Chandler dojo and beginning in January for the Glendale dojo. The new fees are as follows:

Chandler – Aikido for Younger kids \$35
Aikido for youth/adults \$40
Family rate \$60

Glendale – Aikido for youth/adults \$40

As always if there is a problem with paying the new fees PLEASE talk to Sensei Mastison, Sensei Fleegle or Teresa. Scholarships are available.

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.