

合氣道

Aikido of Phoenix

武道直義

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

November, 2002

SENSEI'S CORNER

Konichiwa Deshi,

I want to take this opportunity to thank all the students that made the great effort to take part in the annual Fall Camp in Williams. It was a great time as well as a very productive time. It settings like this we are able to cover things in much greater detail than we normally can. I find sessions like this to be priceless training opportunities. I am able to get to know people better as well as the opposite. I would like to thank Jim Clark specifically because it was his cabin and property that we used for the camp. It is a beautiful area and one that is very intense with Ki. There is something to be said for spending time with nature away from phones and the grind of day to day life.

I hope that everyone who was able to attend got something out of the camp. From good friends to intense training sessions, the camp had it all. I have included several photos from the camp below. Thank you all again and I hope to see more of you next year!

-In Oneness,
Sensei





THE CHANDLER KIDS' CORNER

October was a great month! Besides our usual training we ended the month with two days of nothing but ukemi (tumbling). There were adults and kids everywhere enjoying themselves while they worked on specific ukemi skills. Each adult had 2-3 kids that they went through all the ukemi skills and worked on anything that was needed to improve those skills. Advanced skills like crossovers and breakfalls were also attempted and practiced. It was awesome to walk around and watch lights being turned on, smiles on faces after trying something new or "getting" something old and everyone enjoying themselves while working hard on their ukemi. Ukemi is such an important part of our Aikido training because it allows us to practice techniques without fear of falling. Once you get over the fear of falling, flipping or going down in anyway you open the door to really "feel" and experience the technique.

A huge thank you goes out to all the adults who helped: James Nydegger, Wayne Johnson, Mia Poulin, Fred Wahlström, John Scanlin, Scott Brown, Mike Jandura, Mario Nigrovic, and Carolann Quinn. Without you folks this would not have happened. Thank You.

As Thanksgiving quickly approaches I just want everyone to know how grateful I am for everyone in the dojo. This includes all the students and their parents as well as all the adult helpers. You make me smile all the time and I sincerely love to spend time with you all. Thank you for your good energy. May it come back to you tenfold.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. I would like to take this opportunity to invite everybody to my Nidan test, Friday November 15th at the Glendale dojo. Class will start at 7:00 PM. Adult students should be in uniform and on the mats. Kids should be in street clothes and will sit in the spectator chairs. There will not be any kids or youth classes that night as I will be preparing for my test. I look forward to seeing everybody there and will consider it an honor to have each of you at my test.

On Saturday, November 2nd, we held a yard sale to help raise money for the Christmas party. Thank you to everybody who contributed items to be sold. I would also like to thank JoAnn Alston for selling the items and Jurek Rakoczynski for coordinating the event. We raised \$60.00, which will help to reduce the cost for everybody attending the party.

There will not be any classes over Thanksgiving weekend, November 29th & 30th. I will be holding a special class for the adult test candidates on the 30th and students who are testing on December 6th will pre-test that day. Students are welcome to stop by for the pre-testing. I will announce the exact time of the pre-test during class this month.

As Thanksgiving draws near, I have been increasingly aware of the turmoil and strife that exists in our world. Everywhere you look, there are people who seem bent on creating as much havoc and destruction as they can. Suicide bombers, snipers, leaders determined to conquer and destroy other nations and ethnic groups within their own borders. The list goes on and on. I would like to say that I am extremely grateful for the existence of an art like Aikido that shows us a better way to deal with the world around us. Through Aikido we are shown a way to get along with those who would cause us harm or just try to upset our sense of harmony and balance. As you sit down to your Thanksgiving meal at the end of the month and reflect on those things for which you are thankful, remember Morihei Ueshiba, the founder of Aikido, and give him a nod of thanks for having the vision to see a better way of living than lashing out at our adversaries and adding to the negative Ki that seems to exist in so many. Have a wonderful Thanksgiving holiday and may peace and serenity be yours.

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

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu – Adam Daley, Sidnee Hall, Dalton Manganello, Nicholas Gregory, Sean Scott

Rokkyu – Joelle Radosovich, Javier Arenas

Yonkyu – JoAnn Alston

Sankyu – Martin Heinrichs

Nikkyu – Jerry White

Nidan (2nd degree black belt) – Russ Fleegle (Nov.)

Sandan (3rd degree black belt) – Teresa Mastison (Dec.)

Promoted:

Hachikyu – Brittney Barnes, Julian Preciado

1st Stepping Stone – John Barkley

AWARDS BANQUET AND CHRISTMAS PARTY

You and your family are cordially invited to attend this year's annual Aikido of Phoenix's Awards Banquet and Christmas Party. It will be held on Saturday, December 14 with dinner starting at 6:30 p.m. This is a semi to formal attire event and will include: a catered dinner, awards for all students in the children's classes and special awards for the adult students, a special visitor with goodies for all the kids, prizes to be won and a DJ who will provide music and entertainment. This promises to be the best Christmas party in Aikido of Phoenix's history. We hope that you and your family can make it.

The cost for this event is as follows: adults (12 yrs +) - \$20 per person, kids (5-11 yrs.) - \$15 per person, children under 5 are free. Please fill out the sign up sheet at your respective dojo AS SOON AS POSSIBLE so we can get an idea of how many people to plan for. There will be only one choice for dinner (menu is with the sign up sheet) and we ask that adults accompany any children through the serving line.

The event will be taking place at Desert Cross Lutheran Church Community Center located in Tempe (Warner and McClintock). Maps will be provided as the party draws near.

CLASS FEES INCREASE IN EFFECT

The new class fees for the Chandler dojo are now in effect. New class fees for the Glendale dojo will go in effect starting January 2003. The new class fees are as follows:

Chandler: 5:15 class - \$35.00

6:00 and 7:00 class - \$40.00

family rate - \$60.00

Glendale: all classes - \$40.00

Please visit with Sensei or Teresa if this new fee causes any problems.

CHANDLER CLASS SCHEDULE CHANGES

The Chandler dojo will hold classes in room 110 on Wednesday, November 20. Times for classes remain the same, just a different room. Isn't it nice that we have advanced notice?☺

CHANDLER CLASSES ON DURING THANKSGIVING WEEK

The Chandler dojo WILL be holding classes as scheduled during the week of Thanksgiving.

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.