



Aikido of Phoenix



Satori Dojo Newsletter



WWW.AikidoOfPhoenix.Com

December, 2002

SENSEI'S CORNER

Konichiwa Deshi,

The Christmas season is upon us and like magic there seems to be a difference in the way people act. For the most part, this season sees people acting with more good will and kindness. What's more interesting is how contagious it can be. Even after swimming through the seas of shoppers, we still find it easier to smile and laugh.

It is my belief that this is what O'Sensei wanted the world to be like every day. The genuine caring and love that fills the air is the basis for true peace. I believe that the actions and feelings of people during this season provide immense hope for people like me. This hope is based on one simple principle. If people are capable of even a short span of good will, then it proves that they are capable. If they are capable, then there is hope that one day, we may see a time when people of goodwill live in peace.

May this season bring you peace and joy. May you see inside yourself the truth of budo. The truth that the most powerful force in existence is love. I have included a poem that brings me hope during this and all seasons. Merry Christmas to you all.

-In Oneness,
Sensei

*Peace on earth
Can it be
Years from now perhaps we'll see
See the day of glory
See the day when men of good will live in peace,
Live in peace again
Peace on earth. Can it be*

*Every child must be made aware
Every child must be made to care
Care enough for his fellow man
To Give all the love that he can*

*I pray my wish will come true
For my child
And your child too
We'll see the day of glory
See the day when men of good will live in peace
Live in peace again
Peace on earth...Can it be*

THE CHANDLER KIDS' CORNER

November was a month of variety in the kids' classes. We covered a rather difficult technique I call the jitterbug. We also worked ground defense, two-man techniques, kicks, and randori. And we also began exploring with the exercise kokyudosa which is a ki extension exercise.

It was exhilarating to watch the students use the same basic principles but through different techniques. What I saw was very enlightening. The techniques were so new and varied from what we are used to that I got a good sense of how individuals move from their centers, how they move their whole bodies and their overall fluidity. When you are concentrating on new motions and steps your body resorts to using what it is most comfortable with and used to using in order to move and perform the technique. I liked what I saw☺ Thank you for working so hard!

I would like to let you know that on Wed., Dec. 11 there will be NO KIDS' CLASSES. I will be testing for Sandan (3rd degree black belt) that evening. The test begins at 7:00 and the dojo will have to be specially arranged and I will be preparing myself as well. I would be honored if you would come to observe my test. You will see many things that you already know and many things that look familiar. It always feels good to know people are there to support you. If you come you do not have to wear your uniform. Regular street clothes would be just fine. The test will take about an hour and you are welcome to stay afterwards for a short potluck gathering.

I look forward to 2003 because of the wonderful people we have in this dojo. You all are a source of joy and never ending smiles. I can't wait to see what we will accomplish in the new year. I wish you all the very happiest of holidays and pray that you all know peace and joy with your families. May God continue to bless you.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. I would like to take this opportunity to thank everybody who was able to attend my Nidan test. Your presence was very much appreciated and your energy helped sustain me throughout the evening. A special thanks goes to my

Uke, Jurek Racoczynski, whose sacrifices for the past three months made it all possible. Domo arigato gozaimashita.

December will be a bit disjointed at the Glendale dojo class wise. There will be testing during the adult class on Friday Dec. 6th & 13th and pre-testing on the 7th. Saturday, Dec. 14th is the Aikido of Phoenix Christmas party so there will not be any classes that day. Saturday, Dec. 21st, there will be a party for the Glendale children and youth students at the dojo during the scheduled time period, 2 PM til 4 PM. I will be sending out information via e-mail and will have flyers at the dojo. There will not be any adult class that day as the adults gather at Jurek & Laura's house for their annual Christmas party. There will be classes on Friday, Dec. 20th and also on the weekend between Christmas and New Year's Day, Dec. 27th & 28th.

2002 has been a year of hope, determination, renewal, and faith. We have seen our lives changed in many profound ways and at times it seems as if our way of life is never going to be the same. Throughout these shifting flows of history I have come to find that my stable rock in life is built upon my family and friends, both in and out of the dojo. I take great comfort in the fact that, as the world changes and the future is unclear, there is strength and unity in those closest to me. The Ki that binds the universe also binds us together and, as we share that energy and love, we are woven into a tightly knit blanket that keeps each of us safe. May each of you have a wonderful holiday and may the new year bring each of us closer together.

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

SEMPAI'S CORNER

Konichiwa Everyone,

I hope everyone had a good Thanksgiving holiday and looking forward to Christmas, as a time to spend with loved ones.

This last month has been an exciting one. I had the opportunity to observe some really fantastic tests. Russ had his Nindan test in Glendale, which was an excellent display of skill. My hat goes off to Jurek and his fabulous ukemi. Scott had an excellent Nikyu test in Chandler. My congratulations also go out to Bryan and his daughters Jamie and Katie for their excellent test. All of you keep up the good work.

I have added two books to the dojo library in Chandler they are:

Aikido Shugyo by Gozo Shioda and Aikido Talk by Susan Perry. These and the other books and videos are available to the student's in Chandler to check out.

I am currently working on an activity calendar that will be on the Dojo Cho's table. This will list all

Aikido and martial arts activities that are happening in Phoenix and around the state of Arizona. It will also include the dates for the Aiki Expo to be held in Las Vegas and the National training camp location to be announced held by the USMA.

I am currently looking forward to this year's Christmas party which will be held on the 14th of December. It will also be a celebration party of sorts for Teresa Sensei since her Sandan test will have taken place just three days prior on December 11th. I hope all you can be there to observe her test in person.

That's all I have. Remember, please be safe in everything you do on and off the mat.

In Oneness
-Sempai

A NOTE ON UKEMI

I need to take a moment and address a growing trend in ukemi for tests. I think it is best described by naming it...*Super Turbo Ukemi!* Ukemi that leaps tall buildings in a single bound. Ukemi that explodes with breakfall after breakfall. And ultimately ukemi that distracts from the real star of the show, the nage.

I appreciate all the ukes' desires to help make their partner look great, but too much is, well...too much. A breakfall is not required for every technique. A good uke follows the lead of the nage and falls to protect themselves. The ability to breakfall is indeed an important one. It must be tempered however with the more important skill of following the technique.

Do not throw yourself into breakfalls just to dress up a technique. Save your bodies for the times when a breakfall is really needed!

-Sensei

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Rokkyu – Joelle Radosevich, Javier Arenas

Yonkyu – JoAnn Alston

Sankyu – Martin Heinrichs

Nikyu – Jerry White

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

Promoted:

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

Nidan – Russ Fleegle

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.

CHANDLER CLASSES DURING DECEMBER

The Chandler dojo will NOT have classes on Tues., Dec. 24, Wed., Dec. 25, Tues., Dec. 31 and Wed., Jan. 1. Please enjoy this time off to spend some quality time with your family, friends and loved ones. Rest, relax and we'll see you again in 2003☺

PHILLIP PORTER SENSEI COMING TO ARIZONA

Mark your calendars now for Sat., Jan. 4 and Sun., Jan. 5. O'Sensei Phillip Porter is a 10th Dan in Jujitsu and 9th Dan in Judo. He will be sharing his expertise in submission grappling using his unique Matrix teaching system. It's sure to be a valuable learning experience for all who attend.

The seminar will be held at the community center of Desert Cross Lutheran Church in Tempe (8600



S. McClintock). The schedule for both days will be the same: 9:00 am – 12:00 noon and 2:00 pm – 5:00 pm. The cost for the entire seminar is \$100 or you can attend 2 sessions for \$50. Please see Mastison Sensei for registration forms or if you have any questions. Information is also available on our website: AikidoOfPhoenix.com.

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.