

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

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武道直義

SENSEI'S CORNER

Konichiwa Deshi,

I am compelled to congratulate everyone on a fine job at the Vince Morris seminar recently. I hope that everyone enjoyed themselves and learned something as well. Morris Sensei touched on many points that you have heard many times before. Before all things, a budo must be martial in nature. To be any less is a betrayal of its' roots.

Aikido many times is seen as an art that is more internal and less based on application. This is a shortsighted view of Aikido and one that I am personally trying to change. As students of Aikido we must strive to keep the art a viable form of self-defense while still exploring the many other fruits of training.

The techniques and methods used by Morris Sensei are very different from what you see day in and out in classes, and yet they are the same. We share a destination, but choose different vehicles to arrive there. You are all the future of Aikido and ambassadors of the art. I encourage you all to make a commitment to make your Aikido powerful and effective. With this attitude, a strong and resilient Aikido will survive.

Morris Sensei enjoyed our group and the seminar. I thank you for being the outstanding students that you are. I am looking forward to next year already!

-In Oneness,
Sensei



THE CHANDLER KIDS' CORNER

I want to thank all the students who took my challenge from last month about finding Aikido outside the dojo. Students have shared things that they have noticed and we've had some good discussions because of their observations. Thank you for your willingness to share as well as taking the time and energy to follow through with my challenge.

In the dojo we had a great month of training. The younger class worked on shomenuchi ikkyo, munetsuki funakogi and yokomenuchi kokyunage. We ended the month with a little bit of ground defense work as well as some randori, which is always fun and exciting.

The older class practiced both irimi and tenkan forms of shomenuchi ikkyo, then we added munetsuki hijigatame, ryote tori shihonage and ryote tori tenchinage. Besides techniques we have begun to really study the "ki" in Aikido. Ki extension is vital to effective technique but it is also vital in being the best person you can be. You should always extend positive energy to everyone with whom you have contact. This makes for the best possible situation. Instead of making matters worse by demonstrating a negative attitude or a hostile reaction, you help diminish a potential confrontation by having a positive attitude and putting forth good ki. Only by actively thinking about your ki and how it is affecting others will you begin to see the importance of good ki in making your life and the lives of those around you better. It can be accomplished through every action we do no matter what it is. Extending positive energy to help make the world a better place can be done by everyone no matter what rank you are or what you are doing.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. February was a special month here at the Glendale location. On Friday, February 28th, we were fortunate to host a special seminar by Shihan Vince Morris Sensei on pressure point and vital point applications in the martial arts. It was a very enjoyable and enlightening evening. Morris Sensei lectured on many items relating to the proper application of martial technique and it was of particular interest to me to see how many of his applications

correlate to the principles that we study in Aikido. We in the martial community study many different arts but there is a common thread of truth that weaves through all of them. He very aptly illuminated the fact that there is much to be learned from all martial arts study.

I want to thank all of the students who showed up early to get the dojo ready for the seminar. These students gave a lot of their time and energy in order to make the dojo as clean and presentable as possible. A special thanks goes to my Sempai, Jerzy Rakoczynski for overseeing the work and making sure that everything went smoothly. We are fortunate to have the Community Center North for our training. As with all community centers, we share it with numerous other classes and organizations. By the time we arrive at the dojo on Friday nights, it usually needs some attention paid to the floor. The City of Glendale is experiencing a budget shortfall and their janitorial budget has been cut back. As a result, I may be calling on the Glendale students to help more with keeping our dojo clean. This has traditionally been the duty of the students of a martial school. As with all of Aikido, we have an opportunity to blend with this situation and take care of it instead of letting it become a problem.

In closing, I offer this quote from the founder of Aikido, Morihei Ueshiba: "Be grateful even for hardships, setbacks, and bad people. Dealing with such obstacles is an essential part of training in the Art of Peace." (The Art of Peace, pg. 86.)

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

CHANGES MADE TO KID'S RANK APPLICATION

A parent and teacher recommendation form has been added to the application process for all children testing for rank with Aikido of Phoenix. This form requires the student to acquire the signature of his/her teacher to show they are being a good citizen and student in the school setting. The parents are asked to go over three questions that the students must answer pertaining to their personal lives and how Aikido is influencing them. Once this form is completed and returned then a test date is selected and the student prepares.

We are also asking that the student invited to test be responsible for choosing his/her own uke (partner). The person they select should be at the same rank or above. Once an uke is chosen it is up to the testee and his/her uke to be sure to get together to practice. This can happen at the dojo or you can prepare outside the dojo by "walking" through the techniques – doing everything except the throwing part. You can also practice by visualizing. If done sincerely and slowly, visualization can be very effective and helpful.

Be sure to ask if you have any questions about anything on the test or the test forms. There may be short periods of time during class where we will review techniques that will be on a test, but you should not depend on these opportunities. It is your responsibility to fully prepare for your test.

PROMOTIONS AND TEST CANDIDATES

Invited to Test:

Hachikyu – Clayton Carpenter, Savanna Smith, Junior Smith, Vivian Pham, Eric Keller, Connor Poulin, Foster Laidley, Garrett Laidley, Keilani Akagi, Natalie Barkley

1st Stepping Stone – Joshua Cakebread, Grant Swenson, Jennifer Dinsmore

2nd Stepping Stone – Ethan Berkson

3rd Stepping Stone – Shantanu Bala, Jonathan Wahlström, Tessa Abrams

4th Stepping Stone – Kelly Daley, Cater Abrams

Promoted:

Hachikyu – Adam Stringham, Nadirah Shorter, Maria Romero

Shichikyu – Patrick Stenquist, Sho Shapiro

Rokkyu – Nick Schioppa

NEED TILE INSTALLED?

Darrell Wyatt has been in the tile trade for over six years and has worked with everything from ceramic to natural stone. He does installations of any size and also does repairs. He has competitive prices for quality craftsmanship. If you have any questions call Darrell at 602-570-7277.