

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

April, 2003



SENSEI'S CORNER

Konichiwa Deshi,

We have recently had to say good-bye to one of our own. Pat Musselman and his wife are on their way to Colorado as I write this column. It is an unfortunate event in budo that people are not always able to stay forever. Some people stay a day, others stay for decades. Regardless of the length of their stay, we miss them all. Pat however will be missed a bit more by myself. Pat exemplified what Aikido was about. He seeks peace in his daily life and is in constant internal study of the nature of Aikido and Budo. He is selfless and willing to give you anything to help the dojo. With all of these fantastic attributes, Pat is an excellent instructor. He was able to touch many lives during his time here in Arizona.

Pat was not the perfect student. I say that because the perfect student does not exist. Without a dojo of perfect students we are forced to grow and evolve. I use people such as Pat as an example for upcoming students as well as seasoned students. They help us all to find our place in Aikido, in the dojo, and in the world. Not every student will have the commitment of Pat, but a few select individuals will. Some of those individuals will be looking for a role model. I can honestly say that Patrick Musselman is an exceptional role model.

We wish Pat, and all students that have come and gone through our doors nothing but the best.

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

I would like to extend a special welcome to all our newcomers this month! We hope you enjoy class and that your training in Aikido is beneficial to you in many areas of your life.

I would like to bring to your attention the welcome letter that you should have all received when you signed in for class for the first time. Please read this carefully and talk to me about any concerns or questions that you may have. This also goes for those parents of students who have been with us for some time. The information contained in the letter is important and I'd

like to be sure everyone reads it. If you haven't received a copy check the sign-in table or see me for a copy.

Also in the new student packet was a Student Information Sheet that I would appreciate getting filled out for each student. If you don't recall ever filling one out before please check with me. I like to send out notes to students occasionally as well as need to be able to contact you about dojo happenings so this information is important for my files. Thank you for taking care of this.

All the other information in the new student packet is for your reading pleasure. I hope you find it informative and interesting. Please ask if questions pop up while reading anything.

Now, for what we did in class during the month of March. We were able to touch on an area that doesn't usually get much attention. Weapons training is a great way to round out your regular practice in that it provides a whole new way of approaching your open hand work. With a weapon in your hands the level of awareness naturally goes up for both uke and nage which we are always striving for and it also forces you to move just a little quicker when someone is attacking you with a weapon in their hands. You just get a better feel for the technique when you are more focused and with weapons you are definitely more focused. We specifically worked with the bokken (wooden sword) and then brought various things from home that we thought could be used as weapons. We had baseball bats, golf clubs, sticks, a tennis racket, an umbrella and, I believe I even saw a big wrench. These are all excellent tools that can be used in defending yourself, but they can also be used as weapons against you. We practiced some familiar Aikido techniques against these weapons and had a great time discovering that we can move the same no matter what is in the hands of the attacker. That's a good feeling. We will be incorporating weapons training a little bit each month so that we can benefit from the more focused training. Thank you all for being respectful to your fellow students with the weapons. It's important that we all feel safe in order to practice something that is potentially unsafe. You are all such good students. Thank you for training so hard. I'm honored to be your teacher and pleased with what I am seeing in class. Keep up the good work.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. We have had a number of students join us recently. Welcome to each of you. I hope that you find your time here enjoyable and rewarding. Always feel free to ask questions if you don't understand something about our dojo or training.

I'd like to commend the Glendale students for their hard efforts recently. Everybody has been working hard on the mats and off the mats as well as situations arise that we must take care of. I recently watched the adult students cleaning the mats. Everybody pitched in and sought out duties in that effort. It is that kind of dedication that keeps a dojo alive and growing. I have trained at dojo in the past where the students showed up for class and left afterward and nobody was involved with anything going on other than their own training. Those dojo do not exist today, even though they had a well qualified sensei leading them. The children are working hard as well. As I watch them practice I am very pleased with the effort that they put forth. Thank you all for your hard work and dedication.

There will be testing in the adult class on April 25th. Adults: please be sure to be in class for this important event. Supporting your fellow students is vital in our dojo and in the study of Aikido in general. There will be testing in the children's and youth classes on the 26th. There will be classes on April 18th, which is Good Friday and the following Saturday, which is the day before Easter.

A special thanks goes to Patrick Stenquist's father for donating a fungicidal cleaner for the mats. There is nothing like a very clean set of mats when your face is being repeatedly thrown to them! Also, a special thanks to Karen Radosevich and Kyle for making cookies for the students who cleaned them. Your participation and efforts as "Aikido parents" is greatly appreciated. Domo Arigato Gozaimashita (Thank you very much for what you did)!

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

SEMPAI'S CORNER

Konichiwa,

March brought springtime to the valley and Kevin Murdock down from the great white north of Wyoming for a short visit. Kevin was able to attend the Vince Morris Seminar (pain endurance test) before continuing onto Tucson for some law-enforcement training (camping out in the desert). A visit to South Mountain preserve with Sensei and the Yudansha for videotaping/tanning operations. It was an enjoyable break from all the hard work. Helping Pat and Chelse pack for their move to Colorado closed out the month.

On that note I would like to thank all of you who showed up on Sunday to help out with the loading of the U-haul.

My congratulations go to Pat on his promotion to Sandan (3d degree). He is fully deserving of this honor. It has been an honor and will always be for me to call Pat my friend. I have known Pat since I first stepped onto the mat at Fort Riley. Pat took over the Fort Riley dojo when Sensei and Teresa moved here to Phoenix in 1994. Pat has fulfilled many roles in our time together: fellow student, uke, mentor, teacher, but most of all my friend. Pat is a spectacular Aikidoka. His knowledge of the art is immeasurable. All of us have felt his presence on and off the mat. He will definitely be missed.

My congratulations go out to all who have been invited to test. The months ahead will offer many challenges in training, testing, seminars, and daily life. You just have to find that balance. Stay focused. Until next month, train safe and enjoy life.

In Oneness
Gene Potocki,
Sempai

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

Promoted:

Hachikyu – Connor Poulin, Foster Laidley, Garrett Laidley, Natalie Barkley

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

2nd Stepping Stone – Ethan Berkson

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

4th Stepping Stone – Kelly Daley, Cater Abrams

Invited to Test:

Hachikyu – Clayton Carpenter, Savanna Smith, Junior Smith, Vivian Pham, Eric Keller, Aidan Lerew, Keilani Akagi, RJ Ayala, Anthony Fuentes, Jennifer Hyunh

Rokkyu – Jade Mirasol, Katelin Radosevich

Gokyu – Bill Barnes, Cory Hare

TO PARTY OR NOT TO PARTY?

Please read the attached survey on the back of this newsletter. It is important that all students/parents provide their input so we may come to a conclusion that best represents the whole group. I believe the information is self-explanatory but if you have any questions see Sensei or Teresa. Thank you in advance for your honest and prompt reply.

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.