

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

July, 2003



SENSEI'S CORNER

Konichiwa Deshi,

I have been very impressed with the effort people are putting into their test preparation and execution. Testing is an important time in an Aikidoka's training because they are required to expand their abilities and perform under pressure. As you have all noticed, there is a written criteria and then there is what actually takes place. I encourage you to follow the criteria and use it for the framework in your preparation. However, do not be surprised when I change things up.

I feel that many times, the uke's role is unsung. It is not only the uke's role to take ukemi for the promotion candidate, but in almost all cases, they act as a mentor of sorts. I always encourage you to use a person of higher rank as an uke. You get the benefit of their experience during training and practicing for the test. It is not the responsibility of the uke to teach you the criteria, but rather to share their insights into their execution during tests.

Finally I will say this, watch closely. I have seen many versions of our bowing protocol over recent times. Do not overlook this portion of the test. It says volumes about your focus and skills. If you are unsure, ask. Keep up the good work.

-In Oneness
Sensei

THE CHANDLER KIDS' CORNER

I'd like to begin this month's column with a gigantic THANK YOU to my assistant, James Nydegger, for teaching classes during my absence. It's such a wonderful feeling to know that when I need to be gone that classes can go on as usual and that the students are able to continue their training without interruptions.

The kids and I had a wonderful time in New York visiting my sister, her husband and their new baby girl. My mother and father were also able to come up during our visit, which was an added bonus for us since they live in Kansas and we don't get to see them very often. Even though our visit was memorable and treasured it's always great to get home and back into our normal routines.

We had quite a few new students join us in June and even with the bigger than normal classes we were

able to accomplish a lot. Thank you to all the students for paying attention and doing your best.

In the 5:15 class we learned how to get out of the way (blending), how to attack properly (yokomenuchi) and how to defend against such an attack (kokyunage). We also covered some basic escapes from a wrist grab as well as an arm grab, how to use our center to be "heavy" and how to take someone down if they grab us by the shoulder area (katatori kokyunage). That's a lot of stuff for a group of beginners. Good job! We will revisit these and all the other techniques we will learn again and again because, of course, we don't get everything the first time. So, if you don't understand something or don't think you got enough practice during class be assured we will be doing them again soon.

During the 6:00 class we primarily worked with the attack to the side of the head (yokomenuchi). We practiced the techniques iriminage, kokyunage, kotegaeshi, ikkyo, nikyo, and sankyo. Wow! You guys got a lot of techniques in this month too. Thank you for working so hard.

It's a real pleasure to work with all of you, especially when you train so hard. Thank you and I'll see you on the mat☺

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. There were three adult tests in Glendale last month. I have to say that I was extremely pleased with the efforts put into preparation for these tests by the candidates and also very pleased with the test results. The students in Glendale are maturing in Aikido in ways that affect students from "first-timers" to the more experienced aikidoka. Keep up the hard work. Your efforts are showing in many ways!

The kids are working hard also. As I watch their Keiko, practice, I don't see a lot of fooling around. Everybody is struggling to learn the different techniques that we practice and, even more important, they are working hard on improving the ones that we have already studied when we look at them again. If I didn't know better, I would think that everybody is getting a boost from the hot weather! Along with the Shugyo, hard training, make sure that you are drinking plenty of water. It's very easy to dehydrate at this time of year.

One of our students is going through a very special time right now. Please see the announcement in this issue to find out what.

Glendale's Community Center North, the building in which we practice, has two very noisy air conditioning units, one of which never shuts off. They make it difficult to hear what is being said during class. I have always encouraged parents to stay and observe classes. Recently, we seem to have a number of siblings along with parents. Please encourage your children to play quietly during class time. It doesn't take too many small voices to create a volume that becomes disruptive to the class. Thank you for helping me with this.

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

Just a reminder, Independence Day, July 4th, falls on a Friday this year. As a result, there will not be any classes in Glendale on that night. There will be class on Saturday, July 5th, as usual.

SHE'S HAVING A BABY!

It is my extreme pleasure to announce that Jo Ann and Tom Alston are expecting their third child in December. Jo Ann has been a vital part of the Glendale dojo for the past couple of years and all of us here in Glendale are anxiously looking forward to being aunts and uncles! Eventually, we expect to have more Alstons in the dojo as Jo Ann and Tom raise their family. Congratulations to both of you!

Fleegle Sensei

REGISTRATION INFORMATION

I just wanted to let those who are new to the Chandler location know how registration works if you plan on continuing to train with us. Because we are the only class that the center offers on a continuing basis there's always some confusion after the first month of a new session. We're not on the website or in their computers after the first month because we don't follow their usual format of having a start and end date.

All you need to do is fill out a registration form and attach your payment to the form and put it into Teresa's blue file tray. The registration forms and the blue file tray are both on the sign in table. When you fill out the form leave the class code box blank. The community center does take credit cards or you can pay

by cash or check (made out to City of Chandler). I take all registration forms to the office each night of class to ensure that they don't get lost and that the same person gets all our registrations. We've had good luck with this system. If you have any questions please don't hesitate to ask me.

PROMOTIONS AND TEST CANDIDATES

Promoted:

Rokkyu – Dan Walch, Ross Gubrud
Gokyu – Wayne Johnson, Phillip Snider
Nikyu – Fred Wahlström

Invited to Test:

Hachikyu – Kyle Backer, Christopher Wiley, Zach Sampo, Chris Ortiz, Anthony Ortiz
Shichikyu – Sara Carson, Scott Carson
2nd Stepping Stone – Timothy Fleegle, John Barkley
Nidan – Jim Clark

AIKIDO VIDEOTAPES AVAILABLE

Mastison Sensei has completed two videos and they are now available in VHS or CD (for computer). They are entitled **Student Guide to the Fundamentals of Aikido** and **Kobudo: A Study of the Weapons of Budo**. They are an excellent supplement to the Student Manual as well as to your personal Aikido training and self-defense. The Student Guide video covers all the basics of your training with wonderful close up footage of how to do everything. It goes through all the hand undos, aiki taiso, ukemi, weapons forms, test etiquette and more. The Kobudo tape covers how to use the jo, bokken, obi (belt) and kuboton as tools of self-defense. The cost is \$20.00 for either videotape/CD. If you are interested in obtaining either one of these please see Teresa.

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.