

# Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

August, 2003



## SENSEI'S CORNER

Konichiwa Deshi,

I am excited to see some new faces in the dojo. As I have said in the past, everyone comes to Aikido for their own reasons. Some come for fitness, some for self-defense skills while others seek philosophical exposure. In the end, you can get it all from Aikido. What I have found over the years is that you get more out of Aikido than you may originally plan. It is very hard to separate the different pieces of Aikido for individual consumption. You tend to get the whole package even though you may not realize it.

I find this to be very similar to life as well. When you become involved in something you tend to pick things up from that experience that you may have never known. This may not always be good. Take care to be aware of your environment. Be vigilant about the life you live and your exposure. I believe that it is always best to surround yourself with people that you feel have good qualities and possess traits you would like to emulate. These good things can rub off. In the end, a warrior seeks warriors. Keep up the good work.

-In Oneness  
Sensei

## THE CHANDLER KIDS' CORNER

I hope you all were able to enjoy your time off from school and somehow rejuvenated yourself to be ready to give your best in school this year. Practice your Aikido training every day by being aware of what's going on around you and thinking about the choices you make. You can only control yourself but a lot of the times your actions can determine what others do as well. Be a good role model and good person. Be aiki and blend with whatever comes your way.

During July the younger kids' class practiced using their center by being pushed up against a wall and being sat on. We focused on the idea that when you are "pinned" it doesn't mean that you are a goner. You just have to move a little differently than you may be used to, but as long as you can still move then you can do something. This is a very important belief that can only be instilled over time. Never give up. There is always a way.

In the older kids' class we pretty much focused on the attack munetsuki (punch to the abdomen). We were able to get in a lot of different techniques. We practiced ikkyo, nikyo, sankyo, zemponage, shihonage, iriminage, reverse hijiotoshi and kokyunage. That's a lot of different movements, but it's easier to concentrate on the technique when it's the same attack. Once the technique is engrained your muscles develop a memory and the next time you do the technique no matter from what attack it will come a little easier.

We ended the month with an ukemi day, which is when helpers come and all we do is work on our ukemi skills (tumbling). It's always a wonder to see the progress of students after an intense practice like this. I personally believe that the stronger your ukemi skills are the more progress you will make in your Aikido training. The safer you feel about falling down or being thrown the more willing you will be to really give it your all in class.

I want to thank all the people who came to the kids' classes to help out with Ukemi Day. I appreciate your time and energy and the effort you extended to help the kids. I saw and heard lots of good things. The kids love it and so do I. Thank you.

Teresa Mastison Sensei

## GLENDALE GAZETTE

Greetings from Glendale. There were a number of students gone on vacation during the past two months who have returned this month. Welcome back to each of you. Welcome also to the new students who started this month. At Aikido of Phoenix we have an "open door" policy and try to make ourselves accessible to the students. I can be reached at home: 623 556-4347, by cell phone: 623 326-6493, and by e-mail at [fleeglesan@yahoo.com](mailto:fleeglesan@yahoo.com). Please always feel free to contact me with any questions or concerns.

The monsoon season has finally arrived and, as I do each year, I want to remind everybody to drink plenty of water. Most of us live in air conditioned environments and when your body is not used to the heat and humidity, it loses water faster than those who spend a great deal of time in the heat and have become acclimated to it. If you find yourself becoming very thirsty during a half hour or so of exercise in an air-conditioned room, you're probably already partially dehydrated. Drink plenty of fluids every day this time of

year. Don't wait until shortly before exercising to try to make up for the lack of water.

Labor Day weekend falls in August this year. Labor Day is September 1<sup>st</sup>. There will not be any classes in Glendale on that weekend, August 29<sup>th</sup> and 30<sup>th</sup>. I'll be sending an email out later this month as a reminder.

On the sign-in table at the Glendale dojo, I have roster sheets for each class with the students' names printed on them and a column for each class in that month. Parents, please make sure that your child signs in each day when they enter the dojo. These rosters help me keep track of how often a student is attending class.

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

## **PROMOTIONS AND TEST CANDIDATES**

### **Promoted:**

**Hachikyu** – Kyle Backer, Christopher Wiley, Zach Sampo, Chris Ortiz, Anthony Ortiz

**2<sup>nd</sup> Stepping Stone** – Timothy Fleegle, John Barkley

### **Invited to Test:**

**Hachikyu** – Jacob Greathouse, Joe Bailey, Brian Dumas, Joe Coon

**Shichikyu** – Nicholas Gregory

**1<sup>st</sup> Stepping Stone** – Alexander Dorr

**Rokkyu** – Alan Baker

**Nidan** – Jim Clark

## **CLASS LIMITS NOW IN PLACE FOR CHANDLER**

Please note that for students of the Chandler location there is now a class limit on the number of students who can register for class. The City informed us last month and asked us to pass on the information to our students. What this means is that registration will be on a first come first serve basis. We don't anticipate having to turn anyone away because of this but we never know how many people are going to sign up for class once the quarterly Break Time brochure goes out. This

past June we had a huge enrollment in the kids' classes, which is what prompted the City to initiate this cap. But once July came the numbers went down and now that August is here they are even lower, so we don't anticipate any problems with current students. We just want you to be aware of the limit, as it is possible that if you don't register early and we have a big surge in enrollment you may not be able to train. If this were to happen you could register really early for the following month and then continue your training. To avoid problems and possible breaks in your training be sure to register early. The City takes credit cards, cash and checks (made out to City of Chandler). You can register at the front office or through Teresa. If you have any questions please contact Teresa at the dojo or via email ([ftmastison@hotmail.com](mailto:ftmastison@hotmail.com)). Thank you for your attention to this matter.

## **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.