

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

September, 2003



SENSEI'S CORNER

Konichiwa Deshi,

I have often spoke about the need for Aikido to be taught and studied as a Budo. Many people may have a basic understanding of this but in time it will sink in more than it did the day before. I believe that Budo is really the way of peace and not of war. I also believe however that to enjoy peace you must be capable and willing to wage battle if the need arises. Many Aikidoka misunderstand O'Sensei's teachings as pacifism. They openly say that all conflict is bad and that physical conflict must be avoided at all costs. This is a dangerous philosophy and one that is eating away at the reputation of Aikido. A warrior never seeks battle for they know that in time battle will probably find them. I will also say that many of these people that hold these beliefs hold other "worldly" views that are more utopian than realistic. I am never one to discourage hope for a better world, but I am one to say that you are here, and you are now. To deny that for a fanciful self-indulgence is a recipe for a life of denial. We must all walk a path that exists where we are. We can do our best to improve our world and our time, but we must acknowledge that we are still here and now.

People base their reality on their perceptions of the world and its' inhabitants. We see things the way we want to see them. So many people are POSITIVE that their way of thinking is the RIGHT way of thinking. I can only say that as Aikidoka we must keep an open mind and accept that the world is an ever-changing place. 1500 years ago, people KNEW the world was the center of the universe. 500 years ago, people KNEW the world was flat. 100 years ago, doctors were drilling holes in people's heads because they KNEW the evil spirits would escape. Just think what you will know tomorrow.

-In Oneness
Sensei

THE CHANDLER KIDS' CORNER

Wow, September is already here. I hope you all have had a smooth start to another school year. Don't forget to use your Aikido training outside the dojo (inside the classroom, on the playground, at the park, in the library, etc.) by extending positive energy, being

aware of what's going on around you and just being the best person you can be. This is what your training is really about – what kind of person are you and how do you interact with those around you. Remember that you are in a constant state of change. You are always learning, growing and developing. No one is perfect, but you can always make progress. Good luck with integrating your training into your everyday life.

In the younger class we worked with two strikes – munetsuki and shomenuchi as well as reviewed some basic techniques in preparation for some tests. From the punch to the abdomen (munetsuki) we practiced sankyo and from the strike to the top of the head (shomenuchi) we practiced a kokyunage. We then reviewed a couple of basic escapes if grabbed by the wrist or arm and how to drop our bodies to trip an oncoming attacker (tai otoshi).

The older class also focused on techniques from munetsuki and shomenuchi. We were able to add pins as well as add a few extra techniques. The advanced part of class were able to address all three basic strikes and get in a randori which is always fun.

One thing I am going to focus on in both classes is to emphasize and encourage fluidity. I teach technique in steps, which seems very logical but as a result techniques tend to be choppy. This is no problem unless this is the only way it is practiced. So, as the younger students are already getting good at reminding me, I will try to not talk as much when demonstrating the techniques☺ and focus more on slowing the technique down and not stop as often. We should all strive to talk less and move more deliberately from start to finish. Help each other out by reminding yourselves and your partners to train slower, smoother and with less talking. Thanks for your efforts and here's to fluidity in motion. Have a good month of training.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. Recently I had the pleasure of announcing the upcoming birth to one of the Glendale dojo's students, JoAnn Alston. Now it is my sad duty to announce that JoAnn and her family are moving. They are re-locating to Freeport, Illinois, approximately 100 miles northwest of Chicago. JoAnn is looking for an aikido dojo in that

area. If anybody knows of one, e-mail me at fleeglesan@yahoo.com and I will pass it on to her. I haven't found one in my web searches but there are always dojos that don't make the directories. We will all miss JoAnn and her uplifting smile and wish her and Tom the best, knowing that their paths will cross ours again.

On Saturday, August 23rd, we held a surprise end of summer ice cream social for the students in the children and youth classes. All of the kids had a good time and even the parents got a few "licks" in. I was particularly pleased to see the kids find ways to entertain themselves with the items on hand at the dojo. They truly lived the spirit of co-operation inherent in aikido training. I'd like to extend a special thanks to the parents who brought extra items for the party. Thank you very much for your generosity.

I will not be at the dojo on Sept. 19th and 20th. I am going to the Aiki Expo in Las Vegas that weekend. This is my first attendance at a really large aikido seminar and I am looking forward to it very much. There will be classes that weekend. Jurek Rakoczynski will be teaching in my stead, along with assistance from his wife, Laura.

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

CHANDLER REGISTRATION INFORMATION

For the Chandler students I just wanted to let you know some information concerning registration and the new class limit that was recently initiated. I was told by the office that you are now able to register for up to three (3) months in advance. If you try to do this and are told you can't please let me know. Mike (head office guy) has assured me this is possible, but as there are many people who work the front desk dissemination of information may be slow or misunderstood. Please let me know if you have problems registering for more than one month at a time. Also, our total number of students is suppose to stay the same but within the three different classes we have the numbers may go up and down as long as the overall number stays within the limit. If you try to register and they tell you that the class is full, please come talk to me as it may just be a matter of shifting numbers between the classes.

The office is under some rigid budget restraints and they are doing everything in their power to follow the directives they are given without disrupting classes. Please be nice to the office people when you register and

if there is a problem remember that it's not their fault for this situation. Whatever issues arise we'll be able to figure something out. They are working on changing the current way of doing things, but of course these things take time and patience. I appreciate what the office has done and continually does for us. They are very willing to work with us to solve any problems that may come up, but we must be as aiki as possible. Blending with whatever comes our way is the path of a true warrior.

Please talk to me if you have any questions, concerns or problems that arise. Thank you for your continued patience and understanding with this situation.

Teresa Mastison Sensei

PROMOTIONS AND TEST CANDIDATES

Promoted:

Hachikyu – Jacob Greathouse, Brian Dumas, Joe Coon

Shichikyu – Nicholas Gregory

1st Stepping Stone – Alexander Dorr

Nidan – Jim Clark

Invited to Test:

1st Stepping Stone – Sho Shapiro

2nd Stepping Stone – Joshua Cakebread, Dominic Lopez

Rokkyu – Alan Baker, Gene Schafer

SENSEI APPOINTED STATE DIRECTOR

On August 8th, Sensei was appointed to the State Director for the International Martial Arts Council. It took place at the annual Martial Arts Hall of Fame Banquet, which closed out three days of training at the National Training Camp in Dallas. It was a very educational camp one filled with new friends and great training. Gene Potocki sempai accompanied Sensei and enjoyed the intense training sessions and wide variety of arts represented. It was a good example of harmony in the martial arts and proof that we are truly one family.



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.



2nd Annual Aikido of Phoenix Fall Camp



**October 11th & 12th, 2003
Clark's Cabin - Williams, Arizona**

It's time again for the annual retreat to the mountains and training camp for Aikido of Phoenix Students. Everyone is encouraged to attend! This will be a great camp! The training schedule is as follows:

Saturday, October 12th

8:00 am to 8:45 am - Misogi / Ki Studies

9:00 am to 11:30 am - Gun and Knife Defenses

1:00 pm to 3:30 pm - Dealing with Multiple Attackers

Sunday, October 13th

8:00 am to 8:45 am - Misogi / Ki Studies

9:00 am to 11:30 am - Takemusu Aiki (Free Flow Aikido)

This seminar is open to students related to Aikido of Phoenix only. Family and friends, as always are more than welcome. All participants must be 18 years old or above. Students under 18 must be accompanied by an adult. Students wishing to bring small children need to bring another adult to watch the children while class is in progress. No babysitting will be provided. No pets please. Fee for the seminar is \$30.00 per participant. There is limited space indoors and will be open on a first come first serve basis. There is a great deal of floor space, so bring a sleeping bag and pillow. A kitchen is available as well as outdoor fire pit. Participants are responsible for their own food and drink. In a nut shell, pack like you are going camping. The weather can be cool in the evenings so pack accordingly. If you have questions about what to bring and what not to bring, speak to Sensei.

This has been a great camp over the years and this year will be no exception. Besides the great training, it has also been a time to get to know your fellow Aikidoka better while enjoying beautiful Northern Arizona. We will be covering some new areas this year and I look forward to exposing everyone to some other aspects of Aikido. I hope to see you all there.

- Sensei

*For More Information See the Dojo Cho, Fleegle Sensei, Jim Clark, or Sensei
Maps will be available.*