

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

October, 2003



SENSEI'S CORNER

Konichiwa Deshi,

As we have now completed another Aiki Expo, I am once again convinced that we are following a strong path. There were many different styles and schools in attendance which is always an enlightening event. There were good classes, better classes, and as always classes that did not need to take place. I am very proud of all of our students that attended the expo and feel that they set a fantastic example of what Aikido is meant to be.

The dojo schedule will begin to slow down a bit now as the end of the year sneaks up on us. I will pass on information on upcoming camps and seminars as they are brought to my attention. I have always said that seminars are a good place to train. They are intense and a good way to push yourself. Keep up the hard work!

-In Oneness
Sensei

THE CHANDLER KIDS' CORNER

Welcome to all the new students who have joined us in September. It's been a pleasure getting to know all of you. I hope your time with us is enjoyable and educational and please don't hesitate to ask if you have questions of any sorts.

During September the younger class worked with the yokomen attack (circular strike to the side of the head) and became very good at moving around the attacker's energy as we did the "udefuri dance" and the "1, 2, 3 down" exercises. We then moved our focus to how to move our bodies to help us be difficult if someone is grabbing us from behind. We learned how to be heavy and to use our legs to do a mule kick. During all this we talked about how it is vital to use your voice as well. Let the whole world know that you should not be going with this person ("Help! This isn't my mom" or something to that effect). Don't stop moving or shouting. You may not see anyone around, but shout anyway as someone may hear you and call for help without you knowing. Be the most difficult kid to manage in a situation where someone is trying to take you away. We also practiced what I call the "butt-to-the-gut" to help create space enough for us to escape a bear hug grab. We also worked some ground defenses and

learned the importance of "exploding" our energy to dislodge the attacker off to the side so we can manage to get to our feet.

It was a fantastic month for the younger group. I am amazed at how much information we covered not to mention the progress you each made in your tumbling. Wow! You all did a GREAT job of focusing and trying your best. Keep it up!

In the older class the first half of the month we focused on the attack munetsuki (punch to the abdomen). We practiced the techniques ikkyo, nikyo, sankyo, kotegaeshi and hijiotoshi. The second part of the month our focus was on the attack shomenuchi (attack to the top of the head) and we worked ikkyo, hijiotoshi and then a combination ikkyo to a sankyo. We were able to work out a lot of details and the students made great progress.

On Wednesdays we split the class into Kihon (basic) and advanced levels. The Kihon group continued to work on the abovementioned skills. The advanced group practiced techniques from oncoming ushiro tekubi tori (2 hand grab from behind). Oncoming means that the attacker is moving as opposed to being static or still once the grab has been made. It changes the entire dynamics of the technique and takes a little getting used to. I was extremely pleased with how well these students adapted. They really focused and were able to get a lot out of our time together.

Thank you to all for working so hard in class. The benefits are far reaching if you allow it. Be aware and be positive in all you do and everywhere you go.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. As I announced in last month's column, JoAnn Alston has left the dojo and moved to Illinois. Before she departed, we were able to hold a surprise going away baby shower for her at the dojo. She was completely surprised and we all had a great time showering her with gifts and food. I believe that once a connection is made with someone, it is never broken and JoAnn will be with us as we will be with her. Her baby is due in December and I hope to have pictures to share with everybody then.

On a personal note, I was able to attend the Aiki Expo in Las Vegas this year. It was a very enlightening time as I was exposed to concepts that I have been aware

of for some time but hadn't thought of in the way that they were presented. Hopefully, I will be a better Aikidoka and instructor for it. I also got out of there without leaving any of my hard earned money at the tables or one-armed bandits so it was a success all the way around! My thanks to Jurek Rakoczynski for taking care of things while I was away and to Laura Rakoczynski for assisting. Domo Arigato Gozaimashita!

Aikido of Phoenix is a family oriented dojo and as such, we encourage parents to stay and watch while their children practice. We also encourage parent participation during the kids' classes. If you are ever interested in stepping on the mats to try class with your child (at no charge), feel free. I have seen a number of students come from this experience. I also appreciate the fact that parents juggle many things in order to bring their children to class, including having to bring younger siblings. From time to time, the younger kids can make a fair amount of noise. With the noise of the air conditioning system at the Glendale dojo, it can make it hard for me to hear the children when they ask questions. As a point of consideration, I would appreciate it very much if parents would take a crying child or one who is making loud noises outside for a few minutes. Sometimes a change of scenery is enough to calm a child. Thank you very much for this consideration.

That's the news from the Westside.

Until next time... Sayonara!

Russ Fleegle Sensei

WHAT'S EXPECTED OF YOU BEFORE CLASS BEGINS

With all the new kids we have in the children's classes it seems a good time to review what is expected of students before class begins. When you step onto the mat you are expected to be ready to train. This means that you begin by warming up your body with stretching exercises like the ones we use in class. Once your legs, back, shoulders, neck are loosened up then you can proceed to tumbling. Practice going forward, backward, even dive rolls and crossovers can be practiced (please, no break falls as this is too dangerous without proper supervision). Once you have done your tumbling then you can move on to shikko and practice all the various things you know how to do while on your knees (turning, spinning, going backwards, skipping, aiki taiso, airplane shikko, etc.). You don't get good at something unless you practice. If you are having a hard time with something then before class is an excellent time to enlist the help of me, James, an adult helper or one of the older students. If you still have time after you've done all this then you can get with a partner and work on some of the techniques you remember and can do. Again, if you need help just ask. You can even practice ki breathing and the stillness exercise maybe thinking about what's to

come in class, trying to let go of the hectic day you had or just feeling yourself breathe and relax.

Now, if you read carefully you will see I never mention shikko tag, running, chasing of any kind, doing gymnastic-type activities, kicking or anything that you have not seen during class. You are to warm up your body AND mind before class by focusing on what it takes to prepare for class. Please remember to follow these guidelines so you do not have to be removed from the mat before class.

When you are warming up before class please be aware of the people around you to avoid crashing into anyone. Thank you very much for your attention to this matter. If everyone does what is expected then you will get the most out of your time before class and no one will get hurt☺ Thank you very much!

Teresa Mastison Sensei

PROMOTIONS AND TEST CANDIDATES

Promoted:

1st Stepping Stone – Sho Shapiro

2nd Stepping Stone – Joshua Cakebread, Dominic Lopez

Rokkyu – Alan Baker, Gene Schafer

Nikyu – Lucy Morris

Invited to Test:

Rokkyu – Patrick Stenquist, TJ Healy

Gokyu – Javier Arenas, Joelle Radosevich

Nikyu – Bryan Walker, Martin Heinrichs

Ikkyu – Robert Vaughn

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.**