

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

November, 2003



SENSEI'S CORNER

Konichiwa Deshi,

This month I want to briefly discuss the principle of Kokyu. We use the term a great deal in Aikido, and as with so many things we take a general explanation and live with it. Kokyu is something however that I feel everyone should have a strong and deep understanding of. Kokyu generally means breath. It is so much more than just the act of breathing though. Kokyu is the circulation of ki and air throughout your body and therefore essential to existence.

呼吸法

So, am I saying that you need to learn how to breathe? Well, yes to a certain degree. Most people breathe in a shallow quick fashion. It is much healthier to breathe deeper and slower. Take a deep breath and fill yourself from the bottom of your abdomen to the top. Now slowly exhale. Repeat this several times. Deep breathing such as this has two profound effects on the body. First is that it more effectively oxygenates the blood. It also helps slow and clear the mind. These two combined make for a healthier mind and body. You are less affected by stress and disease.

In a sense deep, kokyu focused breathing is the key to a better life. It is also the key to more effective Aikido technique. You are more relaxed and able to flow better. With some focused effort in the beginning, deep kokyu style breathing can become second nature and will occur without effort. Give it a try!

-In Oneness
Sensei

THE CHANDLER KIDS' CORNER

During the month of October the younger class primarily focused on the attack yokomenuchi (circular strike to the side of the head). We practiced getting out of the way first then moved onto several techniques to effectively deal with such an attack including kokyunage, funakogi and even randori (multiple attackers). We ended the month with a review of the basic wrist escapes, arm grab escape and finally tai otoshi (body drop).

In the older class we covered ikkyo, nikyo and sankyo from katatetori hantai (cross body grab) as well as from ryote mochi (two hand grab). Many times you can execute the same techniques even though you are attacked differently. Once you begin to see how the technique works and how you need to move you can easily apply it to situations that are somewhat similar.

On Wednesdays the kihon (basic) class focused on techniques from the grab katatori (lapel grab). We did kokyunage, ikkyo, nikyo, sankyo and also added an atemi to our sankyo techniques. Atemi is a distractionary strike that takes the attacker's mind off of their grab just long enough to help you regain the advantage. It doesn't even have to be an actual strike. It can be something you say or do that catches the attacker off guard (clicking your fingers in their face, pinching their nose, tickling under their arm, etc.) Once their attention has been disrupted you have a much easier time at being able to move yourself into a position that allows you to do a technique. I was very proud of the group for not going crazy with the atemi and being careful with their ukes. I'm anxious for the next time we add atemi to our techniques.

The advanced students worked on techniques from oncoming ushiro tekubitori (two hand grab from behind). They worked on kotegaeshi, funakogi, kaitenage, ikkyo, and sankyo. They also applied the same techniques to ushiro tekubitori kubishimi (one hand grab with a choke from behind). These students are doing a great job of blending with the oncoming attack. Doing techniques from motion is oftentimes easier, but not at first. You have to get used to the attack coming at you from a different way and you have to constantly blend. It's all this blending that makes Aikido such a beautiful, flowing art that can look so easy.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. Things are going to get very busy here in Glendale as we move toward the holidays. We will be hosting the Aikido of Phoenix Christmas party on Friday December 5th. Look for the flyer on the sign-in table for more information. Also, there will not be any classes over the Thanksgiving weekend, Nov. 28th and 29th.

I received an e-mail from JoAnn Alston recently. She and her family are doing great. They're in a new house and are adjusting to the weather (it's in the mid 40s for the highs). They've decided to name their baby Dillon (must be a boy!). I'll pass on the news from them as I receive it.

We have lost another dedicated student except during the summer. Patrick Stenquist, a young man in the adult class, has recently joined the Sea Cadets with a goal of joining the U S Navy one day. Because of his very busy schedule, he will only be training with us during the summer. Patrick has proved himself to be a very mature teenager and I'm sure that he will succeed in his goal. Please join with me in sending him our positive Ki to help him along the way.

We are going to expand the training schedule here in Glendale. I have secured Sundays from 1 PM until 4 PM on an as needed basis for an open workout session. I will be addressing this more with the students as I will have to schedule these sessions in advance. If there is enough interest and participation, we may be able to make this a permanent part of the Glendale schedule.

I want to end this column by wishing everybody at Aikido of Phoenix and your families a very happy and safe Thanksgiving. No matter what our circumstances in life, we are truly a fortunate group and very blessed to have come together to study this great art at Aikido of Phoenix. Happy Thanksgiving to each of you!

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

A NOTE FROM SEMPAI

Konichiwa,

Well it's been a while since I've written an article for the newsletter. Life caught up with me, now I'm back in charge☺.

This month has been very busy for me as an Aikidoka; testing, seminar, self-defense classes, and just plain training. As for the testing the past few months, I have witnessed some outstanding tests to date. I would like to thank Rob Vaughn and Jolle Radosevich for allowing me to observe their tests. Both of you inspire me to train harder.

The seminar up at Jim Clark's cabin with Sensei was an excellent training opportunity to push your personal envelope (a personal misogi at altitude). It caused everyone to lose a few brain cells both from the altitude and the knowledge being passed on by Sensei.

I've gotten e-mails recently from Pat Musselman and Thor Mailloux. Pat is now teaching with Aikido of Northern Colorado. He and Chelse are doing great, they are enjoying the four seasons. Thor is still in Biap, Iraq (Baghdad International Airport) he was recently awarded

an Army Commendation Medal for rescuing a civilian from a crashed helicopter.

I look forward to training with all of you. Enjoy the upcoming holiday.

In Oneness,
Gene Potocki, Sempai

AIKIDO OF PHOENIX CHRISTMAS PARTY

Mark your calendars, put on your fancy clothes and plan to attend this year's Aikido of Phoenix Awards Banquet and Christmas Party. It is to be held on Friday, December 5 at the Glendale dojo. . We will be having a potluck dinner followed by an awards ceremony. A special visitor will be stopping by and there will be music to dance by and lots of room to mingle.

The cost is \$5.00 per person or \$10.00 for a family. Please sign up and pay before Thanksgiving. There will be sign up sheets at each dojo.

The potluck dinner will begin at 6:00 p.m. and will be organized as follows. Please bring enough of your item to take care of 10 people.

If Your Last Name Begins With...Bring

A – F	Main Dish
G – L	Side Dish
M – R	Dessert
S – Z	Drinks

All utensils, cups, plates, napkins and ice will be provided. Please mark any containers you bring and provide serving utensils for your particular dish.

We will be providing our own music this year so we are encouraging anyone who is attending to bring along their favorite CDs. Please be sure your selections are appropriate for all ages and are in good taste. If you do bring music please be sure to mark everything that is yours so we don't have a difficult time returning them to you.

Directions to the Glendale dojo:

Take I-17 North to Thunderbird. Go West (left) on Thunderbird to 59th Ave. Go North (right) on 59th Ave. The dojo is about ½ block up on the right (there is a light there) at a community center that is attached to a fire station. The physical address is 14075 N. 59th Ave. It takes approximately 45-60 minutes (depending on traffic) from the Chandler dojo.

IS THERE A DJ HIDING IN YOU?

We are looking for someone to be in charge of the music for our Christmas party on Fri., Dec. 5. If you are interested in helping us out please talk to Sensei, Teresa or Fleagle Sensei. You would just need to be the person who gets the music started and keeps it going. If you have your own CD player and music, great, but if not, we can find the equipment for you. Music will be

provided by anyone who is attending as well as your own selections.

CHANDLER DOJO SCHEDULE CHANGES

The Chandler dojo will NOT have class on the following dates:

Tuesday, November 11 (Veteran's Day)

Wednesday, December 24 (Christmas Eve)

Wednesday, December 31 (New Year's Eve)

Their WILL be class on Wednesday, November 23, the day before Thanksgiving for anyone who may be around and is interested in training.

WHAT'S EXPECTED OF YOU BEFORE CLASS BEGINS

This is worth repeating. The following was written with younger students in mind, but most of the information is pertinent to any Aikidoka.

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

"OH, SENSEI"

Welcome to the first installment of a column designed to answer common questions in a public format. These are questions that many people have regarding Aikido and may be hesitant to ask for a number of reasons. I always encourage you to ask questions. If you have a question you would like me to address, please drop me a note or get it to the Dojo Cho, or Fleegle Sensei.

I see students sitting on the sides of the mat sometimes. I assume they are injured or have a problem. What do I do if I need to just sit and watch class? From time to time students may need to just sit and watch class as opposed to taking part. Be it a twisted ankle or any other reason. It is proper etiquette to speak to the Sensei and tell him that you will be unable to participate in class, but that you would like to still stay and watch. Unless you tell the Sensei what is going on, he will have no idea why you are just sitting there.

At times I see newer students making minor and sometimes major breaches in etiquette and protocol. I feel like I should say something, but do not want to overstep my bounds. Every one of us had to at one point step onto the mat for the first time. We did not know where and when to bow, or what was what. It is the job of the more senior students to educate junior students on etiquette and what is appropriate in the dojo. This is especially true for those in hikkama. Teaching a person or correcting them should always be done in a compassionate fashion without the attitude of "I am a higher rank so you have to listen to me". This goes for all aspects of dojo life that the Sensei may not be aware of. Be compassionate and understanding. Simply and politely explain to the person what is appropriate as opposed to scolding them for their error. It is an extremely rare day when someone does something inappropriately just to be spiteful.

I have worked with a student that seems to be more combative. They tell me I have to "move" them and they try to stop my technique. What is worse though is that they go fast and hard on throws (faster than I can fall right now) and I am afraid of getting hurt. This is a major problem, which I will absolutely not tolerate. These are the same people that act appropriately when I am around and then change after I walk away. When confronted with a person like this, simply say, "I don't believe this is the way Sensei wants us to train". Tell them that you want to work together and learn the technique. If they continue, then simply excuse yourself and move to another partner or join in as a group of three. At an appropriate time, inform the

Sensei, Dojo Cho, or Sempai of what is going on. This is a serious problem and one that must be addressed right away. I will not tolerate this type of bully behavior and violators face dismissal from the dojo.

PROMOTIONS AND TEST CANDIDATES

Promoted:

Rokkyu – Patrick Stenquist, TJ Healy

Gokyu – Javier Arenas

Yonkyu – Joelle Radosevich

Nikyu – Bryan Walker, Martin Heinrichs

Shodan – Robert Vaughn

Invited to Test:

Hachikyu – Hyrum Ormerod, Derrick Eckstein, Zachary Irvin, Ben Coody, Nolan Coody, Allysia Perparos, Christopher McKimmey, Courtney McKimmey

Shichikyu – Elora Mastison, Adam Daley, Foster Laidley, Garrett Laidley, Eric Keller

Rokkyu – Emilee Sparks

Ikkyu – Jerry White

AIKIDO VIDEOTAPES AVAILABLE

Mastison Sensei has completed several videos and they are now available in VHS or CD (for computer). Following is a short description of each tape and it's cost. If you are interested in obtaining any of these please see Teresa.

Officer Survival-Patrol to SWAT - \$20.00

This tape covers open hand defenses, weapon retention, knife defenses and much more. This was designed to supplement direct instruction for today's law enforcement professionals.

Go Kihon Aikido Waza - \$30.00

This tape was made with the goal of exposing students to five kihon (basic) techniques and their application to all the basic attacks.

Student Guide to the Fundamentals of Aikido-\$20.00

This tape was developed in an attempt to help you understand the basics of Aikido and dojo life. It covers ukemi (tumbling), etiquette, undos (hand exercises), aiki taiso (exercises you do alone), weapons, and history.

Kobudo - \$20.00

This tape touches on the fundamental of the weapons of Budo. We look at two common weapons as well as two that are rarely seen in most dojos. The weapons that are covered are the bokken (wooden sword), the jo (wooden

staff), obi waza (belt) and the kuboton (small, key chain style stick).

WEAPONS FOR SALE

Qty.	Weapon	Wood	Price
2	Bokken	White Ash	\$40
1	Bokken	Red Oak	\$35
2	Bokken	Hickory	\$50
1	Shoto	Hickory	\$50
2	Tanto	Bocote	\$25
1	Tanto	Osage orange	\$25
2	Tanto	Hickory	\$17
6	Tanto	Purple heart	\$20
2	Jo	Purple heart	\$55
1	Jo	Hickory	\$45

Contact Jim Clark at the Chandler (Satori) Dojo

NEW SWORDS

Sensei has made arrangements again with a major sword distributor to buy a number of swords at a discounted price. The katana that has got the most attention thus far is called the "Practical" katana. It has a forged steel blade and is made for serious cutting. This is a real carbon steel sword and not a stainless steel imitation. The price on the sword is \$200.00. You can see all the swords that are available right now by visiting our web site and clicking on Budoworks. See Sensei with any questions.



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.

WEAPON BAGS & UNIFORM MENDING

Need a good weapons bag at a good price? If so, contact Sonia Wells (480-241-8570). She has handmade weapon bags in a variety of shapes and colors to choose from. And if your gi needs some mending, you can also give Sonia or Lucy (480-241-8569) a call to mend, hem or make minor alterations to your gi and/or hakkama.

Aikido of Phoenix & U.S. Marine Corps Reserves

are teaming up to make this another great holiday season!



The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys and distribute those toys as Christmas gifts to needy children within our local community. Once again, Aikido of Phoenix has been selected as a collection site in support of the Program.

How can you help?

Between November 4th and December 16th bring in a new unwrapped toy during class nights. There will also be a collection box at the Christmas party on December 5th.

Power in Numbers

To support our efforts, K-Mart located at Baseline and I-10 (next to Arizona Mills Mall) is having an Aikido of Phoenix shopping morning on December 6th starting at 7am. All Aikido of Phoenix Aikidoka and their family members will receive 10% off all regular priced items in the store. So, you can help out those in need and save a little money on your own Christmas shopping as well.

Hate to or have no time to shop?

Not a problem! We have friendly shopping elves who, will gladly take your cash donations and purchase the toy(s) of your choice. Contact Lucy Morris to arrange.

For additional question:

Contact Lucy at 480-241-8569 or email LIMorris@msn.com

