

Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

December, 2003



SENSEI'S CORNER

Konichiwa Deshi,

As the holidays get into full swing we need to be even more vigilant in the protecting ourselves from would be thieves and attackers. The holidays are a joyous time for most, and an opportunity to prey on people for others. The one single most effective form of self-defense is awareness. By keeping your eyes and ears open you can prevent serious danger from getting close.

As you go from store to store, I encourage you to keep your items locked in your trunk. By leaving your purchases on a car seat in plain view you are providing a temptation for thieves. This is a good rule to follow at all times even outside of the holidays.

Do not carry large amounts of cash on your person. If you are simply a cash person, then be careful not to display your money. Keep it broken into pre-set amounts and only take out into plain view what you need at that moment. NEVER count your money in public.

As you leave the mall or other shopping area, make sure you have your eyes and ears open. Move directly to your car. As you approach, look around the vehicle and make certain that it is clear. Once at your car, get in and lock the doors. This may sound paranoid, but that is not the intent. Do not see it as searching for "bad guys". Instead think of it as looking for a person you may know. Search the crowd for friendly faces and you will still be looking at the crowd.

Lastly I will tell you to listen to that small voice inside your head. If an alarm is going off in your head saying that danger is near...listen to it. This does not mean you are psychic; it is a natural skill that all people possess. Most people however, dismiss this ability as an overactive imagination.

All these put together can help you enjoy the holidays without hassle or tragedy. Please feel free to email me with any questions you may have. I wish you all the happiest of holidays!

In Oneness
Sensei

THE CHANDLER KIDS' CORNER

We've been busy! There are so many hard working kids in these classes. I just want to thank you

all for the effort you are putting forth – and to the parents for getting the kids to class☺

During the younger class we reviewed the following techniques: yokomenuchi kokyunage, katatori kokyunage, munetsuki kotegaeshi, munetsuki sankyo and ushiro tekubi tori sayunage. That's a lot of techniques and I'm so proud of the amount of focus and effort.

We also had a lot of great tests in the younger class. Each individual did their personal best and all of them should be proud. I know I am.

During the older class we reviewed some basics (ushiro tekubi tori kotegaeshi, munetsuki kotegaeshi and sankyo) as well as a few others (ryote tori tenchinage, katate tori hantai ikkyo and nikyo). I realize that these names may not mean much to you when you read them, but after some time you will start to remember what the techniques look like in writing too.

We had several tests in this class too. Every test looks different even if it's for the same rank. Testing is such a personal thing. There are some basics everyone at a certain rank will know but not everyone will execute the techniques the same or with the same amount or kind of energy. That's a personal development, a journey each person takes at their own pace. That's why the amount of time you "put in" doesn't play a huge factor in when you test. It's more about what I see and feel when you are on the mat. Train diligently and with a good attitude and be patient. Your time will come.

I just want to end this column by wishing each and every one of you the happiest of holidays. It's my personal belief that God has blessed me richly with allowing me to get to know each one of you. I wish you all peace, health and happiness. God bless you!

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. As this year closes, I want to congratulate the students at the Glendale location on their hard work and dedication this past year. Everybody has given their utmost in training and in the activities related to dojo life. I also want to thank the parents for their continued support, not only of their children but of the dojo as well. Many of the parents here in Glendale are dedicated participants in our dojo who volunteer their time for our activities. They make

the work of running a dojo much less by their efforts and I appreciate their support very much. Domo arigato gozaimashita! Thank you very much!

It has been almost five years that I have led the students here at the Glendale location. We have a diverse group made up of different races and creeds and each person brings a different set of life experiences to the dojo. During that time I have had many conversations with a number of students and parents concerning philosophy and religious beliefs and have heard others in the dojo doing the same. One thing that has always stood out to me is the harmony with which these discussions are held. I believe very sincerely that the positive atmosphere created by the flow of Ki in the dojo contributes to this phenomenon. O'Sensei's greatest desire was that Aikido be a vehicle to bring peace to the world. I like to think that in some small way, we here at Aikido of Phoenix have helped to fulfill some of that desire. As each of you celebrates this holiday season I want to wish you a very safe and joyous season and extend my hope for a continued positive life as we enter the new year.

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

CHRISTMAS PARTY TO BE HELD DEC. 5

Don't forget about the Christmas Party and Awards Banquet this Friday at the Glendale dojo (directions at the end). It will be a potluck dinner beginning at 6:00 p.m. and we will have an awards ceremony following dinner. All children who have participated in class will be awarded a participation award and there will be special awards given to adult students. After the awards are handed out we will have loads of fun which will include a special visitor with goody bags, raffle prizes to give away, face painting, your name written in kanji, origami projects, games, a piñata to crack open, music to enjoy and wonderful conversations to be had by all. Come all dressed up so we can see what each other looks like without a gi on! 😊

Also, Friday, Dec. 5 will be the last chance you have to bring in a toy for our "Toys For Tots" program. See the flier at the end of the newsletter for details.

If Your Last Name Begins With...Bring

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

*If you are able to bring a little extra of whatever you are bringing and/or an extra 2 liter bottle of soda/drink it would be greatly appreciated. We're just

a tad bit short on the main and side dishes and we would like to have plenty to drink so people can sip on something throughout the evening.

*We would also like to remind parents and kids to be mindful of their first time through the line for food. We want everyone to be able to enjoy a full dinner before any seconds are taken.

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

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.

CHANDLER DOJO SCHEDULE CHANGES

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

Wednesday, December 24 (Christmas Eve)

Wednesday, December 31 (New Year's Eve)

"OH, SENSEI"

This column is dedicated to answering dojo questions for all deshi to hear. If you have a question, get it to Sensei before the first of the month.

What are you looking for when you decide to test a student? This is a question that has run through everyone's mind at one time or another. This is all based of course on the rank the person is at and what they will be tested for. Generally I am looking for several things: commitment to training, seriousness in training, sincere effort and technical skill. All of these together tell me everything I need to know about you as an Aikidoka.

What can I do outside the dojo to help me with my technique? I would encourage you first and foremost to live an aiki life. Be kind and harmonious as much as possible and your technique will improve. Physically I encourage you to do your aiki taisos. These are fantastic exercises that will help you to develop a great sense of center as well as improve your body motion.

PROMOTIONS AND TEST CANDIDATES

Promoted:

Hachikyu – Hyrum Ormerod, Derrik Eckstein, Zachary Irvin, Ben Coody, Nolan Coody, Allaysia

Perparos, Christopher McKimney, Courtney
 McKimney, Charis Royal

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

Rokkyu – Emilee Sparks

Ikkyu – Jerry White

Shodan – Laura Rakoczynski

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 | Hicko | |

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

