

# Aikido of Phoenix

**Satori Dojo Newsletter**

**WWW.AikidoOfPhoenix.Com**

**February, 2004**



## **SENSEI'S CORNER**

Konichiwa Deshi,

In Aikido we talk a great deal about applying things to your everyday life. This can take on many different forms. From the way you act around your family to your interaction with strangers and the public. It seems that much is made about our interaction with the external world. However, I would encourage you to look inward as much as you do out. How you treat yourself and how you feel about yourself truly define you as a person. Each and every person has something that makes them unique and potentially an incredibly positive part of the human society. The thing that many times separate people is their self image and self esteem. A true student of the way understands that you must master yourself first and foremost. Do not see it as a battle however, but rather an acknowledgement of your being. Treat yourself, as you wish others would treat you. Believe that you are capable of anything and an essential part of the lives of many people. Respect yourself and do not shy from your path. Do not let others define who you are. Avoid negative aspects of life, be they harmful relationships or self-abuse.

Once you understand that you are deserving of the same respect you should pay others, then you will act in ways that draw that respect. People with destructive lifestyles live the way they do because they do not respect themselves, and in the end others. Seek peace inside and accept nothing but strong effort on your part to be more than you are now. Keep growing and pushing yourself and life will be rich.

In Oneness  
Sensei

## **THE CHANDLER KIDS' CORNER**

We had a new session start in January and I would like to extend a warm welcome to all our new students. Questions are always welcomed so I encourage you to ask if you have concerns, doubts or just want to know more. I, or any of the other students will be glad to share what we know.

In the younger class we practiced the shomen strike (strike to the top of the head) and learned the first thing you always do is get out of the way. After that we did a technique called hijiotoshi and another one called kokyunage. We then worked on a great technique for

little bodies and that is tai otoshi (body drop). Everyone had a great time "tripping" the adults who were helping and I thank everyone who helped out. The kids were able to get in a lot more practice because you allowed yourself to fall down and get up a zillion times☺ We ended the month with the circular strike to the side of the head, a strike called yokomenuchi, and we did several things with that. We did the udefuri dance (doing the exercise with a partner and you look like you're dancing), the 1,2,3 down exercise (taking your partner down on the 3<sup>rd</sup> turn) and finally we did the actual technique called kokyunage. These kids did an awesome job! The new kids for getting on the mat and trying something new and the old kids for being great role models and helpers. Way to go everyone!

In the older class we worked with the 3 major strikes – shomen, yokomen, and munetsuki. From shomenuchi we worked ikkyo and hijiotoshi. From yokomenuchi we worked zemponage, shihonage and kotegaeshi. And from munetsuki we worked ikkyo, nikyō, sankyō, kotegaeshi and reversed hijiotoshi. That's a lot of techniques but since we've done them before (and we'll do them again☺) they get a little easier each time and we can move quickly through them. We ended the month with a little exploration of self-defense from a frontal two-hand choke. We learned there are several very sensitive areas that if pinched, poked or pushed just right are very effective at allowing you to escape.

The advanced students spent Wednesdays working with oncoming ushiro tekubi tori. We worked with the techniques reversed hijiotoshi, kaitenage, funakogi, ikkyo and sankyō. We also threw in a choke with this attack (called ushiro tekubi shimi). The added choke allows you some interesting choices but you can still do all the same techniques as if they weren't choking you.

We had a great month of training and I hope you all continue on the path you've already started. You'll see great progress working as hard as you have been. It's a pleasure to teach you. Keep up the great work.

Teresa Mastison Sensei

## **GLENDALE GAZETTE**

Greetings from Glendale. I'd like to start this column by acknowledging all of the hard work put in

lately by the kids in both classes. Everybody is working very hard and paying very good attention to what we are doing on the mats. I'm very proud of the way all of you are practicing and trying your best to learn Aikido. Keep up the good work. I'm very pleased with how you are doing.

On the subject of hard work, the dojo is off to a good start with the Sunday open workouts. Contrary to what I have said in past newsletters, we won't be able to have the building every Sunday due to policies of Glendale Parks and Recreation. We will be able to secure the building some Sundays each month. I will pass on which Sundays as I am able to obtain them. I encourage those who aspire to move ahead with their studies to take advantage of the days that become available. It is only with Keiko, hard work and training, that we move into the deeper understandings of Aikido.

There have been several new students joining the Glendale dojo recently. Welcome to each of you. Even if you have studied another martial art or studied Aikido at another dojo, the ways of a particular dojo may seem different to you. Always feel free to ask any questions that you may have. And, enjoy your time on the mats. Aikido will provide you with years of training, exploration and discovery, not only of the art but of yourselves as well.

That's the news from the Westside.

Until next time... Sayonara!

Russ Fleagle Sensei

## **AIKIDO OF PHOENIX HAS NEW PHONE NUMBER**

Aikido of Phoenix has a new phone number. As of the printing of this newsletter, it will be in effect. The new number is 480-699-2334. Thank you!

## **PROMOTIONS AND TEST CANDIDATES**

### **Promoted:**

**Hachikyu** – Jesse Cakebread, Samuel Lopez, Guy Sheppard, Steven Santiago

**Rokkyu** – Steven Celis, Robert Worsley

**Gokkyu** – Gretchen Sherman

### **Invited to test:**

**Hachikyu** – Steven Abdi-Moradi, Austin Wiskow, Troy Francis, Yelena Shepard

**Shichikyu** – RJ Ayala, Natalie Barkley, Adam Stringham

**1<sup>st</sup> Stepping Stone** – Holly Swenson

**2<sup>nd</sup> Stepping Stone** – Sho Shapiro, Grant Swenson, Aryel Nigrovic

**3<sup>rd</sup> Stepping Stone** – Joshua Cakebread

**4<sup>th</sup> Stepping Stone** – Shantanu Bala, Kyle Radosovich, Tessa Abrams

**Rokkyu** – Laura Carpenter, Cater Abrams, Kelly Daley, Conner Nigrovic

## **PHOTOS AND HOME MOVIES TO DVD**

Do you have some great family movies on VHS or photos that you would like converted onto a DVD? Budoworks Multimedia Services is a full media transfer service. If you want to preserve your memories, the best way to do it is to capture them into DVD. We can create fantastic photo montages and exciting and fun slide shows set to music. Great for gifts. Contact Sensei or Dojo Cho for more information!

## **AIKIDO VIDEOTAPES AVAILABLE**

Mastison Sensei has completed several videos and they are now available in VHS or CD (for computer). We also have DVD format – please add \$5.00 for DVD. Following is a short description of each tape and its 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).

