

# Aikido of Phoenix

Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

May, 2004

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## SENSEI'S CORNER

Konichiwa Deshi,

I was recently asked an age old question. How often should I practice? This is a question that instructors have faced for centuries and is still one that has no concrete answer. As a general guideline, practice when you can. It stands to reason that if you jump into it and practice too much, you will burn out and leave the art. If you do not practice enough, your growth will be slow and you will become frustrated and leave the art. We must seek the middle path that provides us the best of both worlds.

We must go further however and look at what constitutes practice time. If you are only practicing Aikido in class, your development will be slow. I have stated in no uncertain terms that you should practice outside the dojo as well. Aiki Taisos are a great single person exercise that helps develop good motion. A more advanced and much more effective method of practice is the non-physical application of technique and principle. Try to blend and be sensitive to your environment. This is the highest level of Aiki and one that takes the most practice to master.

When you are in class, make sure that you make the most of it. From the minute you arrive in class, get yourself ready for physical training by training your mind. Class begins the minute you walk in the door. The more your mind is in an Aiki state when we begin, the better off you will be. If you have studied other arts in the past I commend you. At the same time I will tell you not to practice that art in the Aikido dojo. We must focus on our task at hand. Anything other than that is a distraction.

I encourage you to find your balance in practice time. You ultimately will be the only one who can say what is right. Thank you all for the intense effort that you put into your training. I am proud of every student in the dojo.

In Oneness  
Sensei



## THE CHANDLER KIDS' CORNER

Welcome to all our newer students. I hope you are finding your time with us enjoyable. Please remember to ask if you have questions pertaining to anything. For anyone who has not trained in a martial art before there may be lots of things you are unsure about or are just curious about. The only way to get answers is to ask questions. The students and I will do our best to help you.

At the beginning of April I held a special self-defense class for both children's classes. It was well attended and I appreciate everyone coming. It was great to see a lot of friends here too. We covered some basic information concerning keeping yourself safe and practiced some techniques in the event you are grabbed. We had so many good questions and ideas about scenarios. Just talking about it made me feel better because then I knew the kids were thinking about it (for at least that little while) and that means they are that much more mentally prepared for such situations. If you were unable to attend or missed picking up the handout that was available please click on this link to print it out for yourself. And, of course, if you have any questions don't hesitate to ask. [DOWNLOAD KID SAFE INFO](#)

During April in the younger class we covered two techniques from a shoulder grab. We practiced escaping from this kind of grab (remember going under the bridge and twisting?) and we also did kokyunage (where you helped your partner fall by sliding your arm down their arm). We also worked hard on a two-hand grab from behind. We did the technique called kotegaeshi (wrist turn out). Everyone did a great job of trying and working hard. These motions will seem strange and weird for a while, but after you spend some time with them they will become easier and more natural. Of course, if you've been with us for some time then you were able to fine-tune your technique just a little bit more.

In the older class we started learning the first form with the jo (straight staff, which means a straight stick☺). It's been remarkable for me to watch this class respond to working with the jo. We had 25-30 people swinging their jo around and had no injuries! That says a lot about individuals being aware of their surroundings and paying attention to what's going on around them. Good for you!

We were able to get through all 22 steps by the end of April and are now working on details. Once you have the general idea of all the motions and how they fit together you can break it down into sections and work out the kinks, which is what we will be spending most of May on. If you are finding a particular section difficult then that's the section you should focus on, not "getting all the way through it". Working on small bits until you are comfortable with them and then moving onto the next section will reap you a crisper and better jo form in the long run then trying to run through all the steps without giving attention to details. That's something to think about as we continue our study with the jo.

For your information classes will be moved to Room 111 on Tues., May 18 and Wed., May 26. Also, on Wed., May 26 I will be out of town attending a graduation but classes will be held as usual.

Keep up the great work everyone! See you on the mat.

Teresa Mastison Sensei

## **GLENDALE GAZETTE**

Greetings from Glendale. This month there are a number of students who have either reached milestones in their lives or have been recognized for outstanding achievements. I would like to devote most of this month's column to recognizing them within Aikido of Phoenix.

First, the older kids had been studying Jo Gi 1 during April. This was their first exposure to this fairly complicated form. Sho Shapiro, one of the students in the older class, is also studying Shotokan karate and participates in tournaments. The day after we finished our studies of Jo Gi 1, Sho performed it in a weapons kata competition at a local tournament and took 3<sup>rd</sup> place, which is a trophy position. This is quite a feat for anybody just learning the form. Congratulations Sho!

There are several graduates at the Glendale location this year. Katelin Radosevich is graduating from jr. high school and is moving on to high school in the fall. T. J. Healy and Amy Doppler both are graduating from high school this month. Congratulations to all three on the completion of these phases of their education.

Amy also has won a \$1,000 scholarship for personal growth and accomplishment during her years in high school. She plans on attending Glendale Community College and applying the scholarship there. She was interviewed by Channel 3 News for this award. Congratulations Amy!

Joelle Radosevich has spent the past three years participating in a program called Best Buddies. This is a program in which a student pairs up with a challenged student and spends time with this person. Joelle and her "Best Buddy", another student in her school, and their sponsors have been selected to travel to Hyannisport, Massachusetts to participate in a 90 mile bike ride to

raise money for the organization. Joelle and her Best Buddy were featured in the Arizona Republic and Joelle was interviewed by Channel 12 News for her selection in this program. Congratulations on this honor and recognition Joelle!

We live in a time when students are given news time for cursing and disrespecting their teachers, committing crimes, and in general living to the lowest level that they can. The students that I have recognized in this column represent the best of their generation. They work hard and strive to excel. Their positive attitudes and achievements give me hope for the future of our society. I am very proud to call them my students!

There will not be any adult class on Saturday, May 22, so that the Glendale students can participate in the picnic being held in Chandler to celebrate Mastison Sensei's birthday. There will be the kids' classes that day for those who can't attend the picnic. The Glendale dojo will be closed the following weekend, May 28<sup>th</sup> and 29<sup>th</sup> for Memorial Day weekend.

Until next time...Sayonara!

Russ Fleegle Sensei

## **SEMPAI'S CORNER**

Konichiwa my fellow Aikidoka,

Last month I had my first opportunity to teach a Kihon class at the Glendale dojo (as part of the new Kihon instructor rotation). It was a truly enjoyable experience; all of the students were highly motivated. It is one thing to teach classes in an environment where you basically have grown-up and to teach in one where the only time the students see you are a few times each year for testing.

Teaching Aikido, as a Kihon instructor is one of my favorite challenges or passions. Following are some of the issues I have to deal with while preparing to teach class. What point do I want to emphasis during the lesson? What principle do I want to emphasize during the execution of the technique? Which philosophy helps best illustrate the technique? It's not as easy as it sounds or reads in print. You still have to stand up in front of people and execute technique. Since no two instructors will teach the same way, this brings a new dimension to the Kihon class, which I hope all of you enjoy. This is something the older students in the dojo never had the opportunity to experience.

A few of our fellow Aikidoka helped me with a move this last weekend and in the course of packing they came across my nidan test. Personally, in my own opinion, it is not one of my best showings. While watching parts of the test I was able to notice the differences in the way I move now as to back then during my test. Hopefully, in another twenty years, I'll be able to flow with the Uke, as Sensei does.

Overall I am truly grateful to you, Sensei, for all that you have taught me, There is still so much more for me to learn. I'll just take it day-by-day.

In closing I would like to wish Sensei a very happy birthday this month with many more to follow☺.

In Oneness

Gene Potocki, Sempai

## **PROMOTIONS AND TEST CANDIDATES**

### **Promoted:**

**Hachikyu** – Mikaela Carpenter

### **Invited to test:**

**Shichikyu** – Clayton Carpenter

**Sankyu** – Karen Fabiano

## **CHANDLER ROOM CHANGES FOR MAY**

The month of May will have two room changes for the Chandler dojo. Classes will not be affected except for their location. On Tues., May 18 and Wed., May 26 classes will be held in Room 111, which is two doors down.

## **DOJO PICNIC - MAY 22**

Mastison Sensei's birthday is May 21 and to help celebrate we are having a potluck BBQ on Saturday, May 22 at Arrowhead Park in Chandler. There are sign up lists at both Chandler and Glendale for students and their families to let us know how many people are coming and what items they are bringing. There are still plenty of slots for food to sign up for. We don't very often get together outside the dojo so it's always a nice relaxing time for everyone to visit without getting thrown around☺.

The picnic hours will be from 3:00 – 8:00 p.m. The park is called Arrowhead Meadows and is located in Chandler at 1475 West Erie. This is between Dobson and Alma School just north of Chandler Blvd. Pick up a map at the dojo.

Feel free to bring whatever park/picnic games and stuff you want to make your time even more enjoyable. Also, there is a pool there. If you'd like to take a dip don't forget your swimsuit and stuff. Of course, everyone should bring their sunscreen and hats.

We hope that you are able to spend a little time with us relaxing and enjoying good company.

## **GARAGE SALE TO RAISE MONEY FOR CHRISTMAS PARTY**

For those students new to Aikido Of Phoenix we have an annual Christmas party that we try to make very

memorable. The party includes dinner, awards ceremony, a special visitor, activities and more. This year's party will be held in the Chandler Community Center's multi-purpose rooms (all 3 big rooms) on Fri., Dec. 3 and we are already making plans for a great event.

To help offset the costs that go along with putting together this kind of event there is a charge for students and their families to attend. We try to keep this charge minimal by raising money throughout the year. We create a special fund to help pay for the expenses. The more money we raise the less each person has to pay for the Christmas party.

This garage sale will be our first fundraiser. Please look through your stuff at home and see if there might be something you need to get rid of and help out our efforts too. You can bring your stuff to the dojo or drop it off or call to have someone pick it up. You don't have to have a lot of stuff to contribute. Put it together with everyone else's stuff and I'm sure we'll have a great sale!

The sale will be Saturday, June 3 and will be held at Mastison Sensei's house in Chandler. Location and maps will be available at each dojo as the date gets nearer. The person to call for pick up will be Teresa Mastison Sensei at 480-699-2334. Also, if anyone has a folding table we could use for this event we would greatly appreciate it.

Thanks in advance for your help and donations. We'll let you know how much was raised. If you would like to help out in some way just talk to Teresa.

## **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!

## **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 onto DVD. We can create fantastic photomontages and exciting and fun slide shows set to music. This is a great idea 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 DVD format. Following is

a short description of each tape and it's cost. If you are interested in obtaining any of these please see Teresa.

**Women's Self-Defense & Personal Pertection - \$30.00**

This DVD is designed to provide you with the fundamentals of self-defense. From grabs and chokes to strikes and kicks, you'll see a wide variety of techniques that you can practice to increase your chances of escaping and surviving an attack.

**Officer Survival-Patrol to SWAT - \$25.00**

This DVD covers open hand defenses, weapon retention, knife defenses and much more.

**Go Kihon Aikido Waza - \$35.00**

This DVD 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-\$25.00**

This DVD 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 - \$25.00**

This DVD 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).

**For Real Estate Needs** – Trudy Abrams would love to help you with any and all of your real estate needs. Give her a call at 480-632-4183 or 602-920-4381.

**Looking To Build a House?** - If you or anyone you know are interested in having a home built, we offer a \$1,000 referral fee. For more information or if you have any questions call Bill or Trudy Abrams at 602-920-3285

