



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

June, 2004

SENSEI'S CORNER

Konichiwa Deshi,

What exactly is Budo? This question was posed to me recently and I thought it would be interesting to explore it here with everyone. Budo, literally, is the "Study of the way". This definition is not very helpful if you are looking for any depth though. Budo is much more than what it may appear in a definition. Budo is less of a singular concrete creature and more of a principle that surrounds the martial way. People that study Budo engage in life differently than people that simply study a martial art. They apply the lessons of the dojo to everyday life. Sometimes the application is simple and obvious and other times it is very profound and only seen by the Budoka. Regardless, they make an attempt to change who they are and what they do in order to achieve a hard to describe harmony in life.

A common misconception is that Budo is the study of war. This is not completely untrue. In order to be a Budoka of depth, you must understand the ways of war. To do otherwise is denying reality. "Only the dead have seen the end of war". Equally however, students of Budo seek peace in all things with conflict of any kind being a last resort. This does not mean that Budoka should shy away from conflict. It simply means that one should explore other possibilities before they draw their sword. If no other alternative exists, then you must be able to wield a blade.

The battles we fight today rarely involve a sword. They are battles fought in boardrooms and living rooms. Regardless of the nature of conflict, you must try to find a peaceful alternative if at all possible. The most dominant trait of seasoned Budoka is the ability to step back from a situation and evaluate it without emotion.

The greatest battle we will ever fight in our lives is with ourselves. We constantly are in conflict with our ego and self-pride. The true Budoka realizes this and



makes a conscious effort to factor this into any decisions they make. Do not let your ego put you into a corner you cannot escape. In the end, Budoka seek peace, prepare for war, and do their very best to become more than they are. By doing this they make the world a better place.

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

I'd like to extend a warm welcome to all our newcomers in the Chandler dojo. I hope you find your time with us fun and enlightening. Feel free to ask questions whenever they arise. I'm at the dojo getting ready by 5:00 so you can come early to visit or catch me between classes, after the 6:00 class or give me a call at 480-699-2334.

In the younger kids' class we practiced the strike munetsuki (punch to the abdomen) and worked the techniques called kotegaeshi and sankyo. There's a lot of moving parts with these and we'll be spending more time on them in the near future. We also spent a little bit of time working with the jo, (a straight short stick) which is a traditional Aikido weapon. We learned how to hold it as well as help our partner fall down by pushing when they pull and pulling when they push. We also learned a basic technique with the jo that moves the jo between your partner's legs and makes them fall down backwards. It was a lot of fun using the jo and we'll be using them again soon.

In the older kids' class we had another exciting month of training with the jo. We continued to review and practice the form jogi I. We then began to practice jowaza (techniques using the jo). Using the jo to apply technique is essentially the same as open hand but you have to overcome the physical obstacle of the jo. Once you realize that the motions are the same as open hand techniques using a jo then becomes as easy as the open hand techniques. I find it helpful to pretend I don't have a weapon in my hands and this usually gets me past the hurdle of "what do I do with this stick in my hand?" Working with the jo actually improves the execution of your open hand techniques because when you have any weapon in your hand you must extend your energy through the weapon and beyond to be effective. This is what you should strive to do with open hand techniques

as well, but until you have something physical in your hand it may be difficult to "feel" it.

We were able to practice the techniques ikkyo, nikyo, sankyo, shihonage and kotegaeshi with the jo. The techniques don't look exactly like they do with open hand but the motions and effects are the same. I think I even saw some light bulbs go on once some connections were made☺. I was very pleased with how well the students worked with the jo as well as with their partners. Thank you for being respectful of the weapon and to your partners.

I will be traveling to Kansas to visit my new nephew the week of June 13 but classes will go on as usual. With all the wonderful helpers I have you probably won't even realize I'm gone☺. I'll be back the following week.

I look forward to another month of great training. See you on the mat!

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. In May the kids at Glendale were exploring different aiki taisos and techniques that apply to them. I am particularly pleased with the younger kids, all of whom were able to perform Tenkan Undo. This aiki taiao seems simple at first glance but can be very difficult for young kids to understand. All of the younger kids, including new students, gained a new understanding of this aiki taiao. The older kids have been studying the jo along with their aiki taisos and empty hand techniques. In one case, we were able to tie the aiki taiao, open hand techniques and jo techniques together so that they could begin to see the relationship between all of Aikido's movements. We will be continuing this study into June.

June is usually a time of new enrollment, especially in the kids' classes. At the time of this writing, I don't have the new roster. In anticipation of new students, I would like to welcome each of you to Aikido of Phoenix. Whether you're here for one month or plan on studying Aikido for the rest of your life, I encourage you to get the most out of your time here with us as you can. Even a small exposure to an art as powerful as Aikido can have profound effects on your outlook on life and relationships with others. At the core of our art is a philosophy of cooperation and blending in our interactions with others. As you study this art, keep in mind that aggression and a desire to defeat others only causes defeat in ourselves. A genuine desire to end the conflict and a calm mind and spirit are the "secrets" to Aikido. Open your mind to a different way of dealing with conflict and aggression. Enjoy your training and never hesitate to ask questions.

Last month we held a garage sale to help Joelle Radosevich and her Best Buddies organization raise money for a charitable bike run. I'm pleased to announce

that our efforts, along with other fund raising efforts by Joelle's group helped the Best Buddies group raise the \$6,000 that they needed plus \$350 more, which was donated to charity. Thank you to everybody who contributed items for the sale and who helped store and deliver those items. Your generosity and compassion helped those giving teens to further give of themselves. Everything we do affects everything around us. Your actions had a very positive effect on many people. Thank you again.

Bill Barnes had knee surgery on May 25th. He had multiple tears in two ligaments and the meniscus. He is doing fine and we wish him a speedy and successful recovery. I am having a second knee surgery on July 1st to correct any damage that may be in the knee and also to assess the condition of my knee. With any luck, I will gain some more use of my knee and will be able to resume my studies in the near future. In the mean time, I will continue to lead my students in their studies and observe the classes in Chandler to keep current on techniques that Mastison Sensei is teaching.

That's the news from the Westside.

Until next time...Sayonara!

Russ Fleegle Sensei

NEW STUDENT INFORMATION FOR THE CHANDLER DOJO

The most common question from new students at the Chandler dojo is how do I get a uniform? It's pretty simple. The uniform (called a gi) costs \$18 for kids and \$25 for adults. When you think you are ready to have one (there is no requirement) then you pay Teresa, she orders it and you get it about a week later. Again, you do not have to have a gi, but if you choose to get one that's all there is to it. See Teresa if you have any questions.

The other question that comes up a lot has to do with registering. We do not have any contracts or have a charge for individual classes. There is simply a monthly fee that each student needs to pay if they plan on training that month. The Chandler community center has made it possible for students to register for up to 3 months at a time if you want to do it that way. There are registration forms at the dojo if you'd like to take care of registration there or you can do it at the office. You can pay with cash, check or credit card. If you think you will be with us for many months and want to streamline your registration process each month see Teresa and she'll explain how to do that.

If you're a parent who has a child in class you are invited to join us on the mat at any time. It's a great activity for you to do together and it really helps you understand what they are going through. Plus you will be better able to help them at home if you have some actual experience doing the same thing. If you try it and would like to continue training then the Chandler dojo

has a family rate of \$60 a month and then you are also able to attend the adult class, which is from 7:00 to 8:30 on Tues. & Wed. Something to think about☺.

“AN EVENING WITH KIDS” **CHANDLER PROGRAM HIGHLIGHTS** **COMMUNITY CENTER CLASSES**

Mark your calendars for Thursday, July 15. The City of Chandler is putting on a program called “An Evening with Kids” and its goal is to showcase some of the opportunities the city offers through its park and recreation department. Even though the program says it’s an evening with kids ALL programs (including adults) are encouraged to participate. We are going to be a part of this program with each class putting on a 3-5 minute demonstration of Aikido. This will be a great opportunity to show people what Aikido is all about (so many think it’s like karate) and to show off our wonderful students☺. We will have demonstrations from the young kids class, the older kids class, the adult class and a weapons demonstration.

The children’s classes will have a sign up sheet to help Teresa prepare. If you are going to be here and are willing and able to participate in the program then you are asked to sign your name to the sheet. Details about the program will be available as soon as I get them.

PROMOTIONS AND TEST **CANDIDATES**

Promoted:

Shichikyu – Clayton Carpenter
Sankyu – Karen Fabiano

Invited to test:

Hachikyu – Nicholas Luongo, Tessa MacPherson
Nidan – John Scanlin
Sandan – Gene Potocki

GARAGE SALE SET FOR JUNE 5 **MONEY RAISED WILL GO INTO** **CHRISTMAS FUND**

For those students new to Aikido Of Phoenix we have an annual Christmas party that we try to make very memorable. The party includes a potluck dinner, an 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 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!

We are also going to have a snow cone machine along with lemonade and goodies (cookies, brownies, muffins etc.) to help attract people and boost sales☺. If you’d like to bake a dozen cookies or make some goodies that can be individually wrapped that would be awesome! You can bring items to the sale on Sat. or drop them off at the house anytime beforehand.

The sale will be Saturday, June 5 and will be held at Mastison Sensei’s house in Chandler. Location and directions will be available at the dojo. 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.

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 (Teresa) 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 its cost. If you are interested in obtaining any of these please see Teresa.

Women’s Self-Defense & Personal Protection - \$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.

