



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

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SENSEI'S CORNER

Konichiwa Deshi,

Aikido is a very disciplined art that is steeped in a philosophical foundation. The corner stone of this is our commitment to only doing what is necessary in the name of defense. Over the years, Aikido has been both applauded and persecuted for this belief. Much of what people see in regards to this philosophy however is through fleeting glimpses, or through very vocal and mostly pacifistic members of the Aikido community. It is a misperception that Aikido is a pacifistic art. A true Aikidoka knows not only is it their right to defend themselves from physical harm, it is a responsibility. The small mind cannot understand that there is a very big difference between defending yourself with restraint, and simply pounding someone needlessly. A warrior understands that there are times and circumstances, which dictate that you move with serious intent to seriously disable or possibly kill a person. That same warrior also knows that there are times when this extreme amount of force is unnecessary. Sometimes the most effective technique is to walk away.

The interesting part about this philosophy is that it is truly a warriors' philosophy and one that has been around for ages. There are many Sensei around in many arts that teach this but Aikido is the most well known of this group. This philosophy is used outside the martial arts community as well. Currently in the US Navy SEAL training programs, they have developed a program called CQB (close quarters battle). While SEALs have been actively working CQB for decades, they have now developed a new twist. This twist is the introduction of inner warrior development. The core of this program is to teach new operators the need for ultimate control and acceptance of their warrior status.



They are taught that there are times when the techniques and actions they use must be lethal. While at the same time they are taught that it is not a warrior's path to maim or kill someone that does not deserve it.

So many times our path of peace is seen incompletely or in the wrong context. I encourage each of you to embrace this ultimate warrior philosophy and make it a part of you. Be kind to all people. Seek peace in all things. Try to see the good in life. Avoid unnecessary battle, but if drawn into it – move with control and focus. Do not hesitate to draw your sword but make certain that it needs to be drawn. Always remember. It is the duty of the strong to protect the weak.

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

Welcome to everyone who is new to Aikido of Phoenix. I hope your time with us is enjoyable as well as educational. Please ask me or any of my helpers if you have any questions.

During the month of June the younger kids' class worked on the munetsuki strike (punch to the abdomen), getting out of the way of an attack and we worked on several techniques as well. The techniques we practiced from munetsuki were kotegaeshi and reverse hijiotoshi. We also practiced tai otoshi (body drop) and yokomenuchi kokyonage. That's a lot accomplished in one month especially with all the new students we've had join us this past month. It just goes to show what you can do when you put your mind to it and work hard. Thanks for all your efforts. You are great students. Keep up the good work.

In the older kids' class we finished up our study of the jo by doing jodori (taking the jo away from the attacker). We worked on a couple of kokyonages, shihonage, ikkyo and nikyo. I saw a tremendous amount of effort from students when working with the jo. Thank you for respecting the jo as a weapon and respecting your fellow student by exercising care when working out together. I look forward to the time when we revisit the jo.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. On July 1st I had knee surgery and wasn't able to be at the dojo the following weekend. Mastison and Teresa Sensei took time out of their busy schedules to cover classes for me. I know that all of the Glendale students benefited from their classes. It is good from time to time to have a different point of view on the same techniques. Something that didn't quite make sense will often fall into place when someone else says the same thing in their own way. It allows us to see things from a new perspective. My surgery went well and I am currently in the recovery and rehabilitation stage. Thank you to everybody who sent me e-mails of support. It means a lot to me.

As usually happens in the summer, we had some new students join the kids' classes this month. Welcome to each of you and to your parents as well. Please don't hesitate to ask if you have any questions concerning the dojo, training or anything else.

The Glendale dojo was also presented with a new addition last month. Ross Gubrud has given the dojo a new picture of O'Sensei, the founder of Aikido, along with a new stand for display. It is a copy of a formal photo taken of O'Sensei in full dress uniform and is quite striking. Thank you Ross for this generous gift to the dojo!

As I end this column, I want to remind all of the Glendale students that the monthly registration fee is due before the beginning of the month's classes, per Glendale Parks and Recreation requirements. We allow registration to be turned in during the first week of classes each month. Any deviation from this schedule must be cleared through me. Thank you for taking care of this monthly requirement.

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

SEMPAI'S CORNER

Konichiwa,

First off I hope that all of you had an enjoyable holiday with your family and loved ones.

Next I would like to thank everyone, my fellow Aikidoka, family members, parents of students and friends who came to observe my test. Thank you so much for your support.

I look at the testing process as a challenge, a validation of your spirit. All of us need to be challenged in some way. It is what makes us human. We have to be ready to push ourselves further than we have ever gone before when it comes to testing. No two tests will ever be the same. It all comes down to the mental and physical preparation.

During the physical preparation for a test, we have to cross train: run, lift weights, or ride a bicycle.

This is the misogi that must be performed during the test preparation. We have to practice techniques, aiki taisos, and weapons forms. On the mental side we need to take the opportunity to explore all the facets of techniques, principles and philosophies. Look at it from all angles, dissect it and make it our own. This is the time when our growth as an Aikidoka occurs. We have to be in our best shape physically and mentally when the test date arrives. We have to be ready at all times as life is a test.

No matter who we are, we are still human and will make mistakes. The key is how fast do we recover, learn and continue on with the task at hand. Whether it is Aikido or our job, staying focused on the now, not what just happened. We cannot undo what has already happened; we can only influence what will happen in the present. This is what we should focus on for testing, test preparation and ultimately life.

Remember to keep a balanced life. If invited to test don't forget about the other commitments you have outside the dojo.

Finally I offer my congratulations to those of you who have been invited to test. I look forward to observing some outstanding test by some fabulous Aikidoka.

Gene Potocki
Sempai

PROMOTIONS AND TEST CANDIDATES

Promoted:

Hachikyu – Nicholas Luongo, Tessa MacPherson

Sandan – Gene Potocki

Invited to test:

Hachikyu – Bowen Clark, Ryan Coody, Oliver Dorr

Shichikyu – Derrick Eckstein, Ben Coody, Nolan Coody

1st Stepping Stone – Nicholas Gregory, Foster Laidley, Garrett Laidley

2nd Stepping Stone – Eric Keller, Jenny Dinsmore, Alex Dorr

Rokkyu – Lonnie Graham

Gokyu – Niko Huffman, Matt Uhl, David Keller, Steve Celis, Nick Schiopu

Nidan – John Scanlin

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 (the heavier judo-style gi is available for \$45). 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 TO BE** **HELD JULY 15**

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 show is scheduled to begin at 6:00 p.m. with a “meet and greet” time beforehand (beginning at 5:00) with hotdogs, chips and soda available for \$1.00. We are the second group to perform and our estimated time to be on stage is 6:25. Please arrive at the Chandler Center for the Arts no later than 5:45 p.m. Be sure to wear your uniform if you have one. Your parents will need to be in charge of your shoes, as we won't have a place to store them. We will be gathering in the “recital room”, which is on the right hand side of the main lobby. The MC will actually call “Aikido of Phoenix” to

the recital room around 6:00 to get organized before going on stage. We will enter the stage from the right and exit on the left. Parents will be able to pick up their children on the left side of the lobby and you are welcome to return to your seats to enjoy the rest of the show or you may choose to leave. If you have any questions please ask Teresa in class or call her at 480-699-2334. Thanks again for helping us make a great show as well as show others what Aikido is all about.

SUMMER RELIEF PACKAGES

We have all seen people standing on the corner asking for donations and many times with children. They are all there for a million different reasons. One thing holds true however, regardless of why or how – they are there. Some people help, some don't and that is life. As warriors however, we should help when we can, simply because we can.

Our plan is to put together summer survival kits. Each bag would include a bottle of water, a protein or power bar, loose change, a small tube of sunscreen and anything else we can think of. Once these bags are assembled, you will be able to take one, or more, and hand them out when the opportunity arises.

We are looking for donations of anything you think would go well in these bags. Donate what you can and we will assemble the bags. The desert sun (even in town) is harsh at best and can be deadly. If you feel compelled to help, then please do. See the Dojo Cho or Sensei with questions.

-Sensei

CHANDLER DOJO TO ADD **ANOTHER KIDS CLASS**

Beginning Tuesday, July 20 the Chandler Dojo will be offering another class of “Aikido for Younger Kids” (for ages 5-8). This class will begin at 4:30 and end at 5:00. It will be the same as the 5:15 class as far as what is taught and I will use the same class format. We have had a consistent surge of new students and hopefully this extra class will help lower the numbers so everyone can get the most out of class.

If you are currently attending the 5:15 class you are invited to come to the 4:30 class if it fits into your schedule. This class is being offered to help disperse the number of students over two class periods so it will be necessary for you to decide which class time will work better for you. You won't be able to attend both classes. However, if the need arises and you need to switch class times once in awhile this should not cause any problems.

I hope the addition of this class helps some of your schedules. I know it will help tremendously with the number of kids on the mat in one class. Thank you for all your patience.

GARAGE SALE EFFORTS PAY OFF

Aikido of Phoenix had a garage sale on June 5 to help raise money for the annual Christmas party. It was a huge success and a great deal of fun. We raised a total of \$250! Thank you to everyone who donated items, helped out at the sale, made goodies to sell or stopped by for moral support. Our Christmas fund is well on its way now.

RAFFLE DRAWING TO BE HELD IN AUGUST

Our next fundraiser to add to our Christmas Party fund is to hold a raffle. We will use the month of July to gather donations for the raffle prizes and tickets will be available starting in August. The drawing for all the prizes will be held at the Chandler dojo on Wednesday, August 25.

At this time we are looking for anyone who may want to make a donation for the raffle prizes. This can be anything – a gift card (movies, bookstore, coffee shop etc.), something special you make or do, or a service you offer. Some items that are already offered will be free month of classes, handmade paper stationery set, a carved bokken, the production of a DVD from family pictures or a special event and a wooden carved kanji wall hanging. Please consider making a contribution to our raffle. If you have an idea for a raffle prize or would like to offer a donation please talk to Teresa or call her at 480-699-2334. We appreciate everyone's efforts in making this a prosperous raffle. Once all the prizes are determined, we will create a flyer with all the prizes to be won so people buying tickets will have an idea of all the prize possibilities. This should help you showcase the prizes and may encourage the sale of tickets.

Raffle tickets may be sold to anyone you know. Details on how to get tickets, etc. will be in the next newsletter. Tickets will be available for sale the first class in August.

All donations will need to be turned in by Wed., July 28. You can give your donations to Teresa any time before that if you choose.

DOJO DINNER AND A MOVIE

Come and join us Sunday, July 25th for "The Bourne Supremacy", the sequel to "The Bourne Identity" and afterwards we will grab some dinner. The location of the movie will be at the Harkins theatre at Chandler Fashion Square. This theatre has a childcare facility. The time of the movie and dinner location will be announced soon. If



you have questions, see Lucy or give her a call at 480-241-8569.

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.

Landscaping Needs? – Jamie Ristau can help you with your palms and trees, sprinkler systems, clean-ups and hauling, home improvements and maintenance. Give him a call at 480-899-9282 for a free estimate.



Clarence Wimple discovers that a home-study course in the martial arts is more difficult than he originally anticipated.

