



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

September, 2004

SENSEI'S CORNER

Konichiwa Deshi,

This month I would like to present something new to the dojo. As you are all aware, testing is a very important topic for me and one that I take very seriously. Testing can and should be a stressful time that challenges the candidate. What makes a major difference on the actual test though is preparation. If you are well prepared then you will excel on your test. Your best chance to improve your overall test performance lays in your choice of uke. A good uke can make the difference between a good test and an exceptional test.

It is on this subject that I would like to expand this month. The role of the uke has always been a focus of ours in all aspects of Aikido. In testing though, the role of the uke is greater. With the current development in the dojo I am now going to put even more responsibility on testing ukes. I would like all test ukes to take a more active role in the preparation of the test candidate. In essence, I want you to do everything in your power to make certain that your partner is ready to test. More formally you will be responsible for the following: To the best of your ability -

Test candidate must know and perform proper test etiquette

All kihon techniques must be executed as per standard

Test format must be followed and understood

Make certain that test candidates get enough practice time to excel on their test while not over-training

Make certain they are able to perform aiki taisos

If weapons are involved, make certain they are proficient in the forms

This has led to a change in testing protocol in that now you will be required to use an uke at or above the rank you will be testing for. This is a mentoring program above all things. Ukes should respect the role they need to play in this and not let it become an issue of ego. Test candidates will need to listen to their uke for

many reasons. The primary one being that the uke has already taken this test and can help you prepare. If there are problems or questions during test preparation it is a shared responsibility to communicate with me.

I am implementing this new twist on ukemi simply because I can. What I mean by that is this; the overall skill base that ukes possess today is strong enough for me to ask this. This is simply another tool to help you improve as an uke and in the end as an Aikidoka. In the end I would say choose your uke carefully. If you are asked to take ukemi for a test, weigh your responsibilities before you say yes. When there is a commitment between you both, then fantastic things will come of it. Thanks for working so hard.

-In Oneness,
Sensei

THE CHANDLER KIDS' CORNER

I would like to extend a warm welcome to everyone who is new to the dojo. It is good to have you with us and if you have any questions please don't hesitate to ask.

August was our first full month of having 3 children's classes and I'm pleased with how it has helped. Besides reducing the class size some it has inspired us to try other strategies to help increase our effectiveness as well as allow students to get more out of each session and help make class even more enjoyable. In case you are not aware I'm referring to the addition of the 4:30-5:00 class. Anyone in the 5:15 class is welcome to come to the 4:30 class instead if it fits into your schedule.

I so appreciate your patience as we try different ways to give the students what they need at their level. When we first started everyone fit together so well there was no need to differentiate, but now we have such a diverse student base that we need to do something so that students can continue to make progress.

I look forward to the months ahead as we continue to try new things in an effort to give your children the best Aikido experience possible.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. This column is being written at the end of August and I anticipate having some new students join us in September. Welcome to all of you who have joined us in September. If you have any questions please don't hesitate to ask.

This is the time of the year when we are passing the end of summer and are just waiting for the temperatures to realize it! It's still going to be over 100 degrees for quite some time. Keep drinking plenty of water. It is still very easy to get dehydrated just mowing the lawn or playing outside for a while.

There will be classes over the Labor Day weekend, Friday, Sept. 3rd, and Saturday, Sept. 4th. There will not be an open workout Sunday, Sept. 5th. The rest of the Sundays should be available for adult open workout. Announcements are made each Saturday at the dojo.

Last month I reported that Laura Rakoczynski had to put her training on hold for the foreseeable future due to physical limitations. Laura is a very dedicated member of the dojo and when I put out a call for volunteers to help oversee the children's and youth classes, Laura answered and has been at the dojo assisting once again. My thanks go out to her for her selfless dedication.

That's the news from the Westside.

Until next time... Sayonara!

Russ Fleegle Sensei

AIKIDO OF PHOENIX **ANNIVERSARY**

September, 2004 marks the ten year anniversary of Aikido of Phoenix. In September of 1994, we started our first dojo here in Arizona at 67th ave. and Encanto in the West valley. Less than a year later we opened the Chandler dojo. It has been a wonderful ten years and we thank you all for your support and dedication to making this a fantastic dojo. We look forward to the next ten years with great anticipation.

PROMOTIONS AND TEST **CANDIDATES**

Promoted:

Hachikyu – Bowen Clark, Ryan Coody, Oliver Dorr, Wil Brown, Michael Garland

Shichikyu – Derrik Eckstein, Ben Coody, Nolan Coody, Anthony Ballero

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

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

3rd Stepping Stone – Sho Shapiro

Rokkyu – Lonnie Graham

Gokyu – Nick Schiopu, Steve Celis

Invited to test:

Hachikyu – Keiloni Graham, Owen Sise, Aimee Flores, Dalton West, Sarah Peterson, Amanda Peterson, Kyle Casey, Kameron Casey, Melanie Cuthbertson, Skyler Hugo, Zach Hugo, Aaron Thorp

Shichikyu – Steven Abdi-Moradi, Alexander Le, Yelena Shepard, Guy Sheppard

Gokyu – Laura Carpenter

Shodan – Andrea Short

RAFFLE DRAWING WINNERS

On Wednesday, August 25 we drew names for all the raffle prizes. We raised \$250 with this event! And it will all go towards our annual Christmas party, which will be held Fri., Dec. 3 at the Chandler dojo. The winners in the drawing are:

Movie baskets (3) – Deanna Camelin, Ken Martin, Cater Abrams

\$40 in Fiddlesticks FunBucks – Nick Schiopu

Handmade paper card set – Ken Martin

Handcrafted beaded bracelet – Eric Edwards

Travel First Aid Kit – Mark Brown

One month free training – Charis Royal, Dalton West

Weapons bag – Jami Zelinko

Handmade bokken – Deanna Camelin

Carved bokken – Alex Dorr

Kanji wallhanging – Laura Carpenter

Handmade tanto – Elora Mastison

Personal DVD creation – Eric Romine

Handmade cards – Aimee Flores

Thank you for supporting this event and enjoy your prizes! ☺

ANNUAL FALL CAMP TO BE **HELD IN OCTOBER**

Aikido of Phoenix's annual fall camp will be held this year on Oct. 9 & 10. You are encouraged to arrive Friday night (Oct. 8) as training begins early Saturday morning. If you cannot come Friday night you are welcome to come whenever you can. It will be held at Jim Clark's cabin in Williams, AZ (approx. 3 hrs. from Chandler) and is open to all students in the adult classes. Children (families) are welcome as long as there is an adult available to be with them at all times. There will be a sign up sheet at each dojo. The cost will be \$30 for each person training. The cost is \$40 for a family. Jim has detailed directions on how to get there and maps will be provided to those who need them. There is lots of floor space for sleeping as well as a couple of couches/futons. There is plenty of room for tents/trailers outside if you'd prefer to do that. There is also 2 bathrooms with showers and a full kitchen with refrigerator, stove and microwave. You may use the house appliances or cook over the fire when available

(weather permitting we traditionally cookout over the fire Sat. night.) Please bring whatever you need to take care of yourself. Here are some of the things you should be sure are on your list: bedding, food for all snacks and meals, drinking water, warm clothes for evening, towels (you should be able to get in one shower as his tank is only so big).

This year the focus of training will be on weapons so you will need to bring your bokken, jo and tanto. The format of training will go something like this: Friday night – arrive, relax and enjoy the company

Saturday – Morning session (8 – 11am)

Break for lunch around 11:00

Afternoon session (1 – 4 pm)

Evening – relax, eat, stare at fire and chat☺

Sunday – Misogi session (30-60 mins.) before morning training

Morning session (8 – 10ish)

Lunch and clean up (everyone pitches in to clean the house, haul trash home and generally make sure the place is cleaner than when we got there)

Jim and his family are gracious enough to let us use their place and we like to show our gratitude by being sure we take care of everything and leave it in even better condition than when we arrived. In addition to your own things please consider bringing some of the following so we can help restock what supplies we use while there:

Paper towels, napkins, paper plates, toilet paper, and trash bags (we have to take the trash with us).

If you have any questions please talk to Sensei, Teresa, Jim or other students who have attended before. It's always a wonderful, relaxing time. A great time to focus on your training and be out in nature. Please consider joining us as we enjoy the beautiful weather and an awesome training experience.

PHOTOS AND HOME MOVIES TO DVD

Do you have some great family movies on VHS or photos that you would like converted to 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 to 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 it's 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.

