



Aikido of Phoenix



Satori Dojo Newsletter

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October, 2004

SENSEI'S CORNER

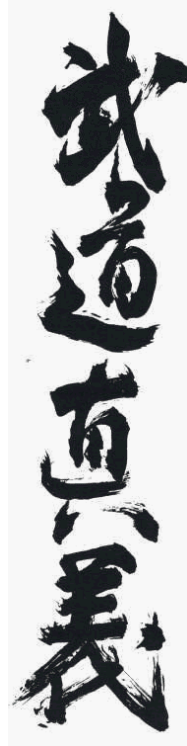
Konichiwa Deshi!

What 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 from.



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

Welcome to all the new students who have joined us lately. It's a pleasure to have you in class and I hope you find your time with us enlightening. Please don't hesitate to ask if you have any questions.

During the month of September we have seen a lot of learning, developing and training going on. Thank you all for working so hard. I would like to publicly express my immense gratitude to all the helpers who make what we do in the children's classes possible at all. Without the help of my assistant instructor, Robert Vaughn, and the volunteers who come and help out in each class (Wayne Johnson, Gene Schafer, Jim Clark, Laura Carpenter, John West, Emilee Sparks, Mia Poulin) it would be next to impossible to effectively teach as many students as we have. Thank you all for your dedication, hard work and willingness to share your skills with the kids. It allows us to share Aikido with that many more people. Domo Arigato Deshi!

We spent the month of September experimenting with splitting each class into groups in order to allow more one-on-one instruction time and to meet the needs of the wide range of skills we have in each class. Thank you all for your patience as we have tried to accommodate all the needs of our students. These groupings help newer students feel less intimidated, allow veteran students to continue their progress and be challenged, and gives the helpers and me the opportunity to get "nitty-gritty" with students' techniques to catch mistakes early and help them hone their individual skills. It's also letting us get to know the kids better. Each class is a great bunch of kids!

In all the classes we focused on learning some fundamental principals of Aikido. We discussed the meaning of Aikido, Ki, and Shodo-O-Seisu. Briefly, Aikido means the blending of all energy, Ki means energy, and Shodo-O-Seisu means control the first move. As you grow in your training the meaning of these principles grow and develop with you. I encourage

you to study on your own the meaning they have for you and how they can influence your personal life.

We also practiced some fundamental aiki taiso, which are exercises you do by yourself. We worked on udefuri chayoko, tenkan, shomenuchi ikkyo, and tenchin. Don't worry about remembering the names. You will see them often enough that eventually the names stick😊. When doing an aiki taiso it's important to remember to move from your center, extend energy and focus. We count first then move. Each exercise has two parts. You count "one" then move, count "two" then move. Aiki taiso are a great way to practice at home and I encourage everyone to do that. We try to practice aiki taiso that directly relate to technique we do in class but whatever exercise you practice it will help you with ki extension and moving from your center.

See you on the mat for another great month of training!

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. Last month some of the kids tested for rank. I'm very pleased with how each of them did on their test and I would like to congratulate them all for working so hard during the past month getting ready. All of the other kids also did a great job practicing and some of them are now ready for testing. See the test invitation list for their names. When I see how hard the kids work practicing and trying their best to learn the aiki taisos and different techniques that we do in Aikido, I am very glad that I have had the opportunity to help them learn Aikido. Parents, thank you also for taking time out of your busy schedules to get the kids to class. I know full well how hard it can be to find the time in our lives to do for our kids and I appreciate your efforts very much!

There will be open workouts each Sunday at the Glendale dojo from 1 pm til 4 pm this month except for October 31st. Adults are welcome to come and practice their techniques and hone their skills. Students from both dojos are welcome. Feel free to take advantage of this workout time, even if you have just recently started training. There will be someone there who can help you practice what you have learned.

We had several new students join us in Glendale this month. Welcome to each of you. We welcome any questions or concerns that you have. Feel free to ask at the dojo or e-mail me at fleeglesan@yahoo.com. I also have a concern at the Glendale location. There is still a great deal of noise during the kids' classes. We are a very family oriented school and encourage parents to be at the dojo during class. If you bring younger children to the dojo, please bring quiet toys and activities for them. Coloring books and crayons is a great example. It is very difficult to hear in the dojo due to the noise from the A/C vents, which run continuously. The students have a hard

time hearing me if there are a number of kids and parents talking during class. Thank you for your consideration

That's the news from the Westside.

Until next time...Sayonara!

Russ Fleegle Sensei

PROMOTIONS AND TEST CANDIDATES

Promoted:

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

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

Gokyu – Laura Carpenter

Shodan – Andrea Short

Invited to test:

Hachikyu – Jami Zelinko, Jake Rueter, Gabrielle Chavez, Eric Romine, Ruben Rivera, Bradley Blakely, Emily Blakely, Sarah Meacham, Mimi Zumbo, Sarah Zumbo

Shichikyu – Ian Williams, Cody Geno, Wil Brown, Anthony Fuentes

Rokkyu – Ken Martin

1st Stepping Stone – Elora Mastison

ANNUAL FALL CAMP TO BE HELD OCTOBER 9 & 10

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.

“AIKIDO FOR KIDS” TO START AT SNEDIGAR

Starting Thursday, January 13, 2005 Aikido of Phoenix will expand their children's classes to the Snedigar Sports Complex in south Chandler. The classes will be for youth only with “Aikido for Younger Kids” (ages 5-8) going from 4:00 to 4:30 p.m. and “Aikido for Kids” (ages 9 & up) going from 4:45 to 5:45 p.m.

At this point in time classes are scheduled for **Thursdays only** and will cost \$20 a month for the younger class and \$25 for the older class. We will have a family rate of \$40 a month for 2 or more people. As with our classes at the Community Center we will hold classes on a monthly basis and registration will need to occur each month you train. Due to mat restrictions and until we see what kind of response we get from this expansion the class is limited to 20 students in each class. If the demand is there adjustments will be made to accommodate our needs. The Snedigar staff is excited to have us there and eager to help us out any way they can.

Unfortunately we will not be able to “exchange” training locations. What this means is that if you

register at the Chandler Community Center that is where you will need to attend classes. You will not be able to attend classes at Snedigar unless you register for the Snedigar classes. If you would like to train at the Snedigar location in addition to the Community Center location you will have to register at both locations.

I'm excited about this new opportunity. Please feel free to share this new location and time with anyone in that area who you may think is interested in Aikido. There will be a mailer going out soon to all current Chandler students highlighting this new information and we invite you to share that with interested people. If you have any questions please direct them to Teresa Mastison Sensei at the dojo or at 480-699-2334.

AIKIDO CHRISTMAS PARTY TO BE HELD DEC. 3

Mark your calendars now so you can attend our annual Aikido Christmas party and awards banquet. This year it will be held Friday, December 3 at the Chandler Community Center (we get all 3 multi-purpose rooms☺). We will have a potluck dinner beginning at 6:30 followed by the awards banquet. All children who have participated in class will be awarded a special certificate recognizing their efforts and there will be special awards given to adult students. After the awards are handed out we will have tons of fun which will include a special visitor with goody bags for all the children, activities for kids like face painting, origami projects, games as well as an O'Sensei theater (on stage) showing the founder of Aikido in his prime. We will have music for dancing or listening provided by our very own Michael Hayden.

There will be a sign up sheet at each dojo along with a breakdown of who brings what (according to your last name) for the potluck as the time gets nearer. Hope to see you all there.

NEW REGISTRATION PROCEDURE FOR CHANDLER

Starting January 2005 there will be a new registration procedure for the Chandler dojo. The fee that you currently pay will be broken into two parts: a registration fee paid to the City of Chandler and an instructor's fee paid to Aikido of Phoenix. The fee will be broken down into a 20/80 split meaning 20% of your current fee will go to the city for a registration fee and 80% of your current fee will go to Aikido of Phoenix for the instructor's fee. Following is a break down of fees:

Community Center Rates:

Aikido for Younger Kids: city - \$7, instructor - \$28

Aikido for Kids/Adults: city - \$8, instructor - \$32

Family rate: city - \$12, instructor - \$48

Snedigar rates:

Aikido for Younger Kids: city - \$4, instructor - \$16

Aikido for Kids: city - \$5, instructor - \$20

Family rate: city - \$8, instructor - \$32

How you register may change slightly depending on how you usually pay. If you pay by check then you will need to write two separate checks (one to the city and one to Aikido of Phoenix). If you pay by cash then there's no change (the office can usually make change in order to split the fee). However, if you pay with a credit card there will be a slight change when it comes to paying the instructor's fee. As we do not have a credit card machine to accept payment at the dojo we will have a page on our website that you can pay the instructor's fee through Paypal for one, two or three months at a time. Payment for the registration fee by credit card will remain the same as the city will be processing it.

If you have any questions please don't hesitate to ask me. I thought if you are given a couple months notice by the time January gets here everyone will be ready to make the change and it will all go smoothly. Please see me if you need clarification of any kind. I am only too happy to answer any questions.

Teresa Mastison Sensei
480-699-2334

HAPPENINGS

In this section we will high light events from the previous month.



Robert Vaughn, Jim Clark, and Gene Potocki take part in the annual training camp with Ikeda Sensei



Sensei teaching at the annual fall Budo camp in Kansas



Sensei teaching an Aikido Seminar for Pat Musselman Sensei in Colorado.

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 you 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