



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

November, 2004

SENSEI'S CORNER

Konichiwa Deshi!

I would like to speak this month about expanding your training. We are lucky to live in an area that sees many great martial arts instructors visit. I encourage you to have the courage to visit seminars by other instructors. They can be very enlightening and are essential to your development as a true Budoka. Anyone can stay inside their own dojo and feel good about themselves. I expect more from you than that. By visiting other dojos and listening to what other instructors say, you learn things you may have never picked up before. I realize that it can be unnerving to go to a seminar where you may not know one person. But, through discomfort and personal sacrifice comes growth. This growth is on many levels and not just limited to your martial prowess. This is especially true for the higher ranking students. Your needs are different from the brand new student and your growth will begin to depend more on your overall exposure and personal development.



Sensei and Fumio Demura Sensei

This next year, we will have access to some of the best martial artists in the world through seminars. These seminars will be both local and national. I can only hope that you take the step and make the commitment to go beyond what you are now. Seminars can be as much fun as they are educational. Please take a close look at the upcoming seminar section this month on our website (aikidoofphoenix.com) and make plans to take advantage of this great opportunity!

-In Oneness,

Sensei

THE CHANDLER KIDS' CORNER

Greetings from the Chandler kids' classes! We've had a busy, but productive month in all three classes. Thank you all for working hard and giving your

best. I saw a lot of **shugyo** and **chudo** being practiced and it makes me proud! ☺

We spent the first two weeks discussing and practicing the principle **chudo**, which we learned means "the middle path" – not too much, but not too little. We found lots of examples of how we can practice chudo in our everyday life with my favorite being brushing your teeth. If you brush too hard your gums bleed. If you brush too soft your teeth don't get clean. I hope you keep looking for ways to incorporate chudo in everything you do (and say ☺).

The last two weeks we learned about **shugyo** which roughly means "working hard, putting forth your best effort all the time (even if you're tired), intense personal training". This principle was a little more difficult to explain and understand. Each person's understanding of shugyo (as well as other principles) will grow and develop as the student does, but hopefully through shugyo it will be an enlightening time. I encourage you to think about, talk about and read about Aikido and Aikido philosophies. Aikido Shugyo: Harmony in Confrontation by Goza Shioda is a good book about shugyo. He helps put the principle into concrete examples and from that you can start seeing how shugyo can be applied to your personal life.

Other things we covered this month included practicing aiki taiso (exercises you do alone). We focused on udefuri chayoko, tenkan, shomenuchi ikkyo and sayundo. From these exercises we applied the motions into techniques from various attacks. In the older class we took one attack and found at least five different techniques (sometimes more) that we could do.

We also had an "open workout" one class where students preparing for tests were able to practice with their ukes and other students were able to work on things that they felt needed a little extra attention or learned something new. I thought all the students did a great job with this "less structured" style of class. Thanks for staying focused in your training.

Thank you all for demonstrating good ki in class and shugyo in your training. Keep up the good work.

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. In October I had more kids test for rank. At the risk of repeating myself from

last month's column, I have to say how pleased I am with the performances of all of the test candidates. Keep up the great work everybody!

There will be open workouts every Sunday in November at the Glendale dojo from 1 pm til 4 pm except for the Sunday of Thanksgiving weekend. There will not be any classes on the Friday after Thanksgiving, November 26th. There will be classes on that Saturday.

Some of you may have notice that the dojo is considerably quieter than before. The air conditioning system has been switched to heat and the fan is cycling off and on, just like a real system! There is still a real need to have spectators in the dojo keep noise to a minimum. Everybody has taken steps to insure this from last month and I thank you all for your consideration. Keep up the great work parents!

It's that time of the year again when we stop and reflect on our lives as we prepare to give thanks with a gathering of family and friends around a great meal. I have always realized how fortunate we all are to live in a country where we are generally safe and secure, and where we can enjoy a lifestyle envied by much of the world. As I grow older and reflect on the strife and misery that plagues much our world, I have grown to a new and deeper understanding of our blessings. My wish for each of you this Thanksgiving season is that your life is as full and as rich as it can be and that each of us extends that wish to those who struggle just to maintain an existence in the troubled parts of our planet. Have a safe and happy Thanksgiving!

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

PROMOTIONS AND TEST CANDIDATES

Promoted:

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

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

1st Stepping Stone – Elora Mastison

Invited to test:

Hachikyu – Jonathan Bowen, Jack Bryant, Ruben Rivera

1st Stepping Stone – Charis Royal, Adam Daley

2nd Stepping Stone – Holly Swenson

3rd Stepping Stone – Grant Swenson, Aryel Nigrovic

Rokkyu – Ken Martin, Tessa Abrams

Gokyu – Kelly Daley, Conner Nigrovic, Cater Abrams

Yonkyu – Ross Gubrud, Javier Arenas

Sankyu – Cory Hare

ANNUAL FALL CAMP A SUCCESS

A big thanks to everyone who attended the annual training camp this year. It was a huge success and everyone enjoyed themselves. We are excited about next year's camp already!



“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 visit from Santa with goody bags for all the children, crafts and 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 Chandler student, Michael Hayden. There will also be raffle prizes to be given away. We hope to have something for everyone to enjoy and that everyone takes advantage of this time to get to know one another.

The cost to attend this event will be minimal thanks to our fundraising efforts. For a single person the cost will be \$5, for a couple it will be \$10, and for a family (more than 2) the cost will be \$15. Please sign up and pay before Thanksgiving. With the Christmas party the first weekend in December we only have 4 weeks before the big event.

The following is a breakdown for the potluck dinner. Please bring enough of your item to serve 12 people. If your last name begins with:

- A-F Main dish
- G-L Side dish
- M-R Dessert
- S-Z Drinks

This will be a semi-formal event and we look forward to seeing you and your family at this great annual celebration. If you have any questions please call 480-699-2334.

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 at the dojo we will have a page on our website that you can pay the instructor's fee through Paypal (an internet based merchant credit card company) for one or three months at a time. Sensei has created a special payment page on our website for students wishing to pay via credit card. Using Paypal allows us to take credit card payments without having to collect any personal information ourselves. It is easy to use and is free. To see our payment site click on: http://www.aikidoofphoenix.com/payment_s.htm. This option will be available starting January 2005.

Payment by credit card for the registration part of the fee 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

Pat
Musselman
Sensei of Aikido
of Northern
Colorado
performing
tameshigiri at the
annual Aikido of
Phoenix Fall
Camp.



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 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

