



Aikido of Phoenix



Satori Dojo Newsletter

WWW.AikidoOfPhoenix.Com

January, 2005

SENSEI'S CORNER

Konichiwa Deshi!

I'd like to wish a happy New Year to you all. I am very excited about the upcoming year and all that we have planned already. The Dojo Cho and myself feel blessed to have so many supportive and gifted students. As we enter this New Year I will strive to make 2005 better than 04. We are always trying to do more and be better at what we do and this year will be no different.

I am a firm believer in the setting of goals. I also believe that an essential part of personal development comes in the achievement of goals and the path we take in order to achieve them. Many people bounce through life with no direction. I encourage you

in this New Year not to simply make a new years resolution, but instead commit to becoming more. Make plans to expand yourself. Seek out events and opportunities and write them into your calendar. Do not relegate it to some metaphysical enlightenment that you secretly hope will happen one evening in front of the TV. Growth comes through work and exposure. Aikido is as much about personal growth and mastery as it is physical technique. Do not ignore an essential portion of your training. The lessons of Aikido are taught in the dojo, but they are mastered in life. I look forward to working with you all in the great New Year!

-In Oneness,
Sensei



大日本居合道八番町会会長 範士 成瀬 栄広 先生

THE CHANDLER KIDS' CORNER

Welcome one and all and Happy New Year! I hope this New Year is one filled with love and happiness for you all. It's such a pleasure to have you join us on the mat. Please sign your name in the sign-in book each time you come to class.

During the month of December the younger classes worked with the cross body grab (katatetori hantai) and applied the techniques ikkyo and nikyo. We then worked on the two-hand grab from behind (ushiro tekubitori) and applied the technique kokyunage. These are more than the basic techniques for children but I was pleased with how the kids were moving.

In the older class we worked with the two-hand grab from the front (ryote tori) and applied the techniques zemponage, tenchinage, shihonage and reverse kotegaeshi. We also practiced on dealing with two people grabbing you at the same time (ni uke waza) – each person grabbing your wrist with their two hands. We had to practice moving from our center especially and not get tied up in the fact that there are two people grabbing you. Once you start moving it really isn't that hard to maneuver out of the grabs. We applied a kokyunage, shihonage and a nikyo-ikkyo combination. It was great fun plus teaches us that even with two people grabbing you can still move and defend yourself. We ended the month with some suwari waza, which is where you and your partner are both on your knees. Everything you do from standing in Aikido you can do from kneeling. It's a wonderful way to practice moving from your center as well as improves your shikko skills. You learn quickly when in seisa if you are trying to muscle technique or moving from your center.

The Aikido principal that we discussed and focused on in all classes this month is a principal called dochu no sei. This means "calmness in action". We train our bodies for health and to build skills, but we train our minds so we can deal with whatever life has in store for us. Keeping yourself calm in the midst of chaos is a skill everyone should try to master. Of course, "chaos" takes many forms and is different for each person. You are the only person who can "train your mind". Take your training seriously and get the most out of it. Think about what is taught, read, practice the techniques as well as the principals, and try to apply what you learn in your everyday life. Strive to be a better person than you are right now and it will be a great New Year for you!

Teresa Mastison Sensei

GLENDALE GAZETTE

Greetings from Glendale. I hope that everybody had a safe and happy holiday. One of the Glendale

students, Ethan Berkson, fell from a horse just before Christmas and broke one of his vertebrae. I've spoken with his mother and he is doing well and didn't suffer any permanent damage but will be out of class for 3 to 4 months while he mends. I wish Ethan a speedy recovery. He will learn some important lessons in patience over the next few months!

As of the writing of this column, I haven't seen the January rosters but we usually have some new students start this month. I want to extend a warm welcome to all new students who may be starting with us. Please don't hesitate to ask any questions that you may have, both students and parents. It's my goal to help you have a positive experience in the dojo.

There will be open workouts for the adult students on Sundays this month from 1 to 4 PM. This is a great opportunity to practice techniques that you have learned and wish to study more. A great way to start the New Year!

That's the news from the Westside.

Until next time...

Russ Fleegle Sensei

SEMPAI'S CORNER

Konichiwa,

Happy New Year. I hope all of you had a safe and enjoyable holiday season with your family and loved ones.

This year will provide plenty of new training opportunities to explore. With the permission of Sensei I'll be posting an upcoming seminar list on the Dojo Cho's table. It will list all of the seminars that are being held in the valley and other local cities in the state (ie: Tucson, Flagstaff, and Prescott). The list will include web site addresses, points of contact, and cost if it has been posted. The big one is we were notified by Professor Marty Cale that the National Training Camp/Hall of Fame will be held the last weekend of July in Chicago. I've already made plans to attend this event.

I am also in the process of updating the dojo library list and the phone roster. These should be ready by mid month. Both are kept on the Dojo Cho's table.

I'm looking forward to a great year of training with all of you and making new acquaintances.

In Oneness
Gene Potocki
Sempai

PROMOTIONS AND TEST CANDIDATES

Invited to test:

Hachikyu – Jonathan Bowen, Fernando Torres, Eric Roshak, Marie Oldums, Isaiah Oldums, Sidharth

Kolkasni, Julia Talarico, Olivia Talarico, Matthew Fornek, Alexandra Fornek, Ameenah Graham, Lena Mooney, Patrick Grantham, Marisa Corsi, Kaylen Langelier, Melisa Beukema

Shichikyu – Raquel Dumas

CLASS LOCATION CHANGES FOR CHANDLER

Please note that for the months of January and February the Chandler classes will be in room 109 on Tuesdays and in room 111 on Wednesdays. The Senior Center is undergoing some renovations and needs the room with the stage (rm. 109) on Wednesdays. It's a little inconvenient switching back and forth but we are fortunate to have a place to train and not get totally displaced. Thank you for your patience and understanding.

SNEDIGAR CLASSES START JANUARY 6TH, 2005

It's a week earlier than I reported last month but classes at the Snedigar Recreation Center are ready to begin on Thursday, January 6. There are two classes available. The children's class is designed for kids age 5–8 years old and the youth/teen class is designed for kids age 9-13 years old. 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 \$30 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.

If you are interested in registering at the Snedigar location AND the Chandler location please see Teresa. Registration for both centers can be handled at either location.

If you have any questions please direct them to Teresa Mastison Sensei at the dojo or at 480-699-2334.

NEW REGISTRATION AT CHANDLER STARTS JAN. 2005

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 - \$6, instructor - \$24

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. 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 city's part of the fee will remain the same, as the city will be processing it.

To make things easy you can register at the dojo. Just put your registration form along with your payment in Teresa's blue file box and she'll take care of it for you. If you pay by cash she'll even make the split for you meaning you can bring cash for class fee (\$35, \$40 or \$60) and she'll be sure the city gets their fee. Please see Teresa if you have questions or need clarification of any kind.

Teresa Mastison Sensei
480-699-2334

UPCOMING EVENTS & CLASSES

This section highlights upcoming events and special classes offered by Aikido of Phoenix. For more information see the Dojo Cho or visit the web site seminar page:

<http://www.aikidoofphoenix.com/Seminars.htm>

Jan. 8th Chandler– Advanced Edged Weapons Course. 9:00 am to 1:00 pm. Upstairs from the Chandler dojo. Fee: \$40.00 See Sensei for details or visit the web site: <http://www.aikidoofphoenix.com/knifeclash.htm>

Jan. 22nd Chandler– Women's Self-Defense Course with Gene Potocki Sensei. 10:00 am to 2:00 pm. Chandler Parks and Recreations Center. See Potocki Sensei for details.

Jan. 29th Chandler – Kid Safe Personal Protection Class with Teresa Mastison Sensei. 10:00 am to 11:00 am Chandler Parks and Recreation Center. See Teresa Sensei for Details.

Feb. 5th Glendale – Women's Self-defense course with Mastison Sensei. Sponsored by Glendale Parks and Recreation Department. 10:00 am to 2:00 pm. See Sensei for details.

Feb. 11th – 13th Jackson, Wyoming – Aikido Seminar with Fred Mastison Sensei. Hosted by Aikido of Jackson Hole. See Sensei for details or visit the web site: <http://aikidoofphoenix.com/jacksonseminar.htm>

Feb. 26th Glendale - Kid Safe Personal Protection Class with Teresa Mastison Sensei. 10:00 am to 11:00 am Sponsored by Glendale Parks and Recreation Department. See Teresa Sensei for Details.

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

