



Aikido of Phoenix

Teaching Aikido as a Complete Budo

Satori Dojo Newsletter

June 2005

Sensei's Corner

Konichiwa Deshi!

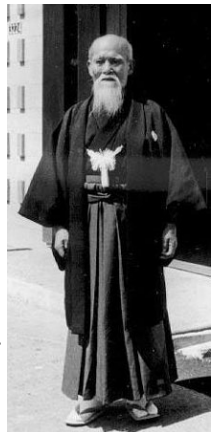
I was standing in the dojo recently and overheard a long standing student visiting with a newer student. The more experienced student was regaling the newer student with stories and declarations of how much harder tests and training was when he was coming up through the ranks. It took me some time to regain my composure after almost laughing myself to tears. What is interesting is that this very same subject came up this last weekend during a seminar I was teaching in Kansas. Essentially the question was this: "Did martial artists in the old days train that much harder and more intensely than we do today?" The answer is no. It is all based on perception. The student who was telling his painful training stories is no different from martial artists 100 years ago.

There seems to be some innate human desire to have suffered more to achieve a goal than those that follow you. With this, our own perceptions of training and our memories begin to melt into this mold. Certainly certain aspects of training or testing may have been different, but the grand difference between then and now is almost purely perception.

It is my firm belief that martial artists even in the beginning of study did not train any more intently or sincerely than we do today. Certainly their training conditions were harsher, but that does not directly equate to more effective or intensive training.

You should understand that martial artists today are no less skilled and serious as those of the past. As long as you are sincere and serious about your training, you are able to belong to a long martial tradition of excellence in body, mind and spirit. I encourage you to understand your role in the continuation of the martial tradition. Understand that even in today's electronic and detached world that in the essence of what we are lies in our actions and devotions. To choose the path of Aikido or any other Budo is to seek more than simple gratification and stimulation. I congratulate you on your decision and challenge you to be more.

In Oneness,
-Sensei



Did martial artists in the old days train that much harder than we do today?

The Kids' Corner

What is Aikido? If you look it up in the dictionary you find, "a Japanese method of self-defense in which one's opponent's strength and weight are used against him". That's a pretty good description, however it lacks depth as there is much more to Aikido. The word Aikido is made up of three characters: Ai—meaning to blend, Ki—meaning energy, and Do—meaning the way. So, all together they mean "the way of blending with energy". This just begins to scratch the surface of Aikido's vast definition because it uses the word way. Way indicates a 'way of life', a philosophy by which someone lives their life.

I realize that children don't necessarily chose to practice a martial art because of its philosophical teachings, but they get them anyway because they

are intertwined so tightly. This is why I personally feel so strongly about teaching Aikido to children. You can't train in Aikido without practicing compassion, awareness, moderation, kindness, conflict resolution, ki extension and other positive characteristics. How to avoid trouble before it has a chance to escalate is talked about frequently. Once a threat is neutralized by applying a joint lock, a pin or helping the other person fall down, escaping is encouraged or, if appropriate, possibly talking to the person to determine the cause of the attack. Communicating anything "weird" that makes you uncomfortable to your parents/caregivers is constantly stressed. Keeping yourself safe is the top priority which includes thinking about your options and what you can do in a given situation. This kind of training is priceless when it comes to self-

defense. A prepared mind is more able to calmly decide what to do if a real attack occurs. During class all kinds of questions and scenarios come up and we discuss them. This can help boost confidence since the mind is more prepared in the event of an attack than if one has never thought about it.

This is why we've been teaching classes through the community center for almost nine years. There's an ongoing need. You can learn some important things in a class that's an hour or two long, but to gain the skills necessary to build confidence takes ongoing training. The more a person trains the more prepared and confident they become. It's not about the rank achieved. It's about training your mind and body to work together to help keep yourself safe. O'Sensei dreamed that Aikido could help make the world a better place. We help by being the best possible

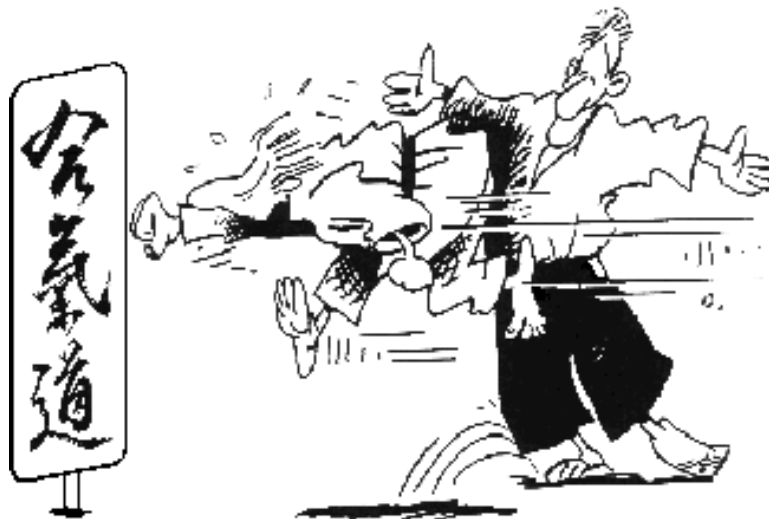
people we can be, which I believe means being aware, kind, helpful and compassionate. Being these things decreases the chance of your being attacked because confident, aware people are less likely to be victimized. I know for a fact that practicing these "philosophical" ideals along with the physical techniques eventually become second nature. I've been training for almost 17 years and I have never had to use any physical techniques to protect myself. Who knows how many attacks I've deterred because of my awareness and self-confidence? This is the intangible part of Aikido that eludes a lot of people.

Everyone comes to Aikido for their own reason—and they are all right. I just wanted to give you something to think about and to let you know what I think Aikido means.

Teresa Mastison Sensei



A prepared mind is more able to calmly decide what to do if a real attack occurs.



Promotions & Test Candidates

Promoted:

Hachikyu—Emily Andera, Lauren Andera, Kiley Allen, Grady Allen

Shichikyu—Ryan Coody, Sidharth Kulkarni, Jami Ze-linko, Dalton West

2nd Stepping Stone—Adam Daley

3rd Stepping Stone—Alex Dorr

Rokkyu—Shantanu Bala, Kevin Boesel

Sankyu—David Keller

Invited to Test:

Hachikyu—Tristan Britt

Shichikyu—Skyler Hugo, Zachary Hugo

1st Stepping Stone—Nicholas Luongo, Ian Williams

4th Stepping Stone—John Barkley, Aryel Nigrovic

Ikkyu—Fred Wahlstrom

Upcoming Events

JUNE

18 Kid Safety Class—Chandler

Teresa Mastison Sensei will be conducting a self-defense class for kids age 5 and above on Saturday, June 18 from 10:00 am to 11:00 am. The class will be held at the Senior Center Multipurpose room which is part of the Community Center. Flyers will be available at the dojo.

JULY

28-30 Defensive Tactics Instructor Certification Course—Chicago

Mastison Sensei will be teaching this international certification course in conjunction with the IMAC National Training Camp. This course is open to all sworn law-enforcement officers as well as serious martial artists interested in entering the DT field. See Sensei for more

details or visit the web: <http://www.aikidoofphoenix.com/dtcertification.htm>

Late Summer

An Aikido of Phoenix gathering is being planned for late summer in the Glendale area. This will most likely be a picnic type event at a city park or one of the water parks. Details are being worked out now and information will be available as soon as possible.

OCTOBER

7-9 Annual Aikido of Phoenix Fall Camp – Williams, AZ

This will be our annual trek up to the lovely North country of Arizona to train and have a great time. Jim Clark once again has been kind enough to allow us to invade his property and train in a fantastic setting. This is open to all Aikido of Phoenix students and everyone is encouraged to attend. See Sensei or the Dojo Cho for

Aikidoka Out & About



Sensei throwing Justin Zirkle at the first annual “Fight for the Cure” Martial arts diabetes charity event. Sensei joined two other instructors from around the U.S. to teach and raise money to help find a cure for diabetes.

Special Announcements

Helpers needed for children’s classes: Teresa Mastison Sensei is looking for adults who may be interested in helping out in the children’s classes in **Chandler AND Glendale**. If you have a desire to step up your training then this is the thing to do it. You may help out on a consistent basis or just whenever you can. No specific rank is required. All you need is a willingness

to help kids and a kind, encouraging attitude. If you have an interest or any questions please speak with Teresa.

The Aiki Store

Fundamentals of Aikido

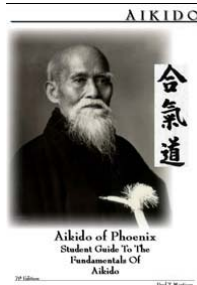
\$25.00

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.

The Aikido of Phoenix Student Guide to the Fundamentals of Aikido

\$15.00

This is our dojo student manual and it covers all aspects of dojo life and related information. From test criteria to Aikido history this is your best source for detailed information on the specifics of our school and style. They are available from the Dojo Cho, Teresa Mastison Sensei.



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).

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.

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.

They're Cute...They're Cuddly...They're Free

Our cat Socks has become a mother of four recently and we have two kittens left up for adoption. If you are interested in adding a cute little kitten into your life, please see the Dojo Cho. Click the link to see a little video:

<http://www.AikidoOfPhoenix.Com/kittens.wmv>



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