



Aikido of Phoenix

Teaching Aikido as a Complete Budo

Satori Dojo Newsletter

September 2005

www.AikidoOfPhoenix.Com

Sensei's Corner

Konichiwa Deshi!

I am excited to see some new faces in the dojo. As I have said in the past, everyone comes to Aikido for their own reasons. Some come for fitness, some for self-defense skills while others seek philosophical exposure. In the end, you can get it all from Aikido. What I have found over the years is that you get more out of Aikido than you may originally plan. It is very hard to separate the different pieces of Aikido for individual consumption. You tend to get the whole package even though you may not realize it.

I find this to be very similar to life as well. When you become involved in something you tend to pick things up from that experience that you may have never known. This may not always be good. Take care to be aware of your environment. Be vigilant about the life you live and your exposure. I believe that it is always best to surround yourself with people that you feel have good qualities and possess traits you would like to emulate. These good things can rub off. In the end, a warrior seeks warriors. Keep up the good work.

-In Oneness
Sensei



Be vigilant about the life you live and your exposure.

The Kids' Corner

It can't be said enough: your training begins the moment you come into the dojo. It actually never ends. It began with the first class you ever attended and it has been going on ever since even though you may not be aware that it is. How much you get out of your training depends on you. You can come to class ready to train through listening and hard work or not. You can try to incorporate what you learn into your everyday life or not. You can practice the exercises, techniques and philosophies or not. You can think about how Aikido can help you and others or not. It really is a very personal decision. Everyone comes to Aikido for their own reason. And every reason is right

for that person. With this in mind I'd like each student to consider a few things. Why are you training? How is your training going? Are you training with focus? Do you see yourself making progress? Are you helping or hindering others from making progress?

Now, with those questions in mind I'd like to remind all students of a few expectations that I have for all the kids' classes:

* Don't step on the mat unless you are ready to train. This means your gi is all tied up including the belt., you have used the bathroom and have finished all your chit-chatting. When you step onto the mat it means you are ready to train.

* If you're on the mat before class begins you

warm up by doing the body stretches, hand stretches, and ukemi (tumbling). If you still have time before class then you may get a partner and practice techniques that have been taught before or you can sit and ki breathe. Please do not play games before class. This is a time for you to focus and get mentally ready for class.

* Listen attentively and carefully. Pay attention to everything Sensei says. Be mindful that when you whisper/talk when the instructor is talking you may be preventing others from hearing and learning. Be aware of what's going on around you especially when you're working out with a partner. Don't ruin their training time by being disruptive, loud or uncooperative. We don't have a lot of time to work out with our partners. Take advantage of the time by focusing your training and let the learning happen through repetition.

* Remember to ask questions. If you don't understand how a technique works, if you're stuck on what to do next, or if you have any questions relating to Aikido—ASK! My motto is, "if you don't know, ask".

These are just a few of the things I expect before and during class. Each of you need to think of the questions I posed at the beginning of this article and think about how you are doing. Help your training by focusing and being aware. Apply what you learn to your everyday life. Extend positive energy and be kind.

Thank you for the hard work I do see and the progress that is being made. Now, take it to the next level. Consciously think about your training, in and out of the dojo.

Thanks for training.

Teresa Mastison Sensei



*How much
you get out of
your training
depends on
you.*

Promotions & Test Candidates

Promoted:

Hachikyu— Max Gutierrez, Tracy Forth, Robert Buster, Robbie Bernal, Jessica Lister, Brooke Lister, Thomas Skalsky, Zarin Tuten, Quinn Zapata, Robert Rivera, Katrina Khoo, Isaiah Nixon, Jack Rynd

Shichikyu— Marie Oldums, Isaiah Oldums

1st Stepping Stone— Guy Sheppard

2nd Stepping Stone—RJ Ayala

Rokkyu— Sho Shapiro, Joseph Luongo

Invited to Test:

Hachikyu—Madeline Rueter, Austin Kim, Alex Shearer, Erin Ross

Shichikyu—Eric Roshak, Fernando Torres, Lena Mooney, Salia Levy, Kaylen Langelier, Julia Talarico, Olivia Talarico

2nd Stepping Stone—Adam Stringham, Elora Mastison

Rokkyu—Roland Pittman, Rudy Ayala

Special Announcements

Uniforms

Just a brief reminder that if you have a uniform, you need to wear it to class. We ask that you do not wear "half" uniforms such as t-shirts with your gi pants and rank belt. Make sure your sleeves and pant legs are either hemmed or rolled up. For sleeves, they need to be past the wrist bone and for pants they need to be above the ankle bone. If you wear a hakama your pants should not be visible. Lastly, just a note on putting on your pants:) Gi pants are very baggy which allows them to be worn very high on the hips. You should pull your pants up at least even if not above your belly button. When you tie your belt now, it will be below your pants string which gives you double support for your pants. There are not many things more embarrassing than having your pants fall off in class. In the end, take care to keep your uniform clean and wear it as a reflection of yourself.

Chandler Dojo: Please remember to include an extra \$1.00 to the City's Fee when you register. The city increased their fee beginning this month. The Instructor Fee is the same. This change only affects the downtown Chandler dojo. As a reminder the fees are listed below:

4:30 & 5:15 class	city fee—\$8	inst. fee—\$28
6:00 & 7:00 class	city fee—\$9	inst. fee—\$32
Family rate	city fee—\$13	inst. fee—\$48

Glendale Dojo: Please mark your calendars. There will be NO CLASSES on Fri., Oct. 7 or Sat., Oct. 8. We will be at the annual Aikido of Phoenix Fall Camp in Williams, AZ. Classes will be as scheduled on Sat., Oct. 1 and will resume on Fri., Oct. 14.

All Dojos: Please remember that for each month that you register you need to fill out a registration form and SIGN it. The registration form is also the city's liability waiver and they need it signed each and every month a student is enrolled in class. Thank you for your attention to this matter.

Upcoming Events

SEPTEMBER

Sept. 23-25 — Annual Midwest Budo Camp -Topeka, KS

It is that time of the year again when students of Budo from around the country descend on Topeka for the annual Budo camp. This fantastic camp is held at a local camp property surrounded by 100 year old trees and lake. It is one of the best events of the year. Contact Sensei for more information.

[Click Here for more information](#)

OCTOBER

Oct. 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 with any questions.

DECEMBER

Dec. 2 Annual Aikido of Phoenix Christmas Party and Awards Banquet

Mark your calendars now for our annual Christmas party to be held on Friday, December 2 at the Chandler dojo.



4TH ANNUAL
AIKIDO OF PHOENIX
FALL CAMP
OCTOBER 8TH & 9TH
CLARKS CABIN - WILLIAMS, ARIZONA



It is time once again for our annual retreat to the high country. This is the highlight of our training calendar and an event that should not be missed!

This years schedule:

Saturday, October 8th

9:00 am Ki Breathing

10:00 am Takemusu Aiki
free flowing technique

12:00 lunch

2:00 pm Kokyunage

4:00 pm - End of training day

Sunday October 9th

9:00 am Ki Breathing

10:00 am Kaieshiwaza
Reversal techniques

12:00 Clean up

This camp is open to any and all Aikido of Phoenix students and direct friends of the dojo. Families are encouraged to attend. All participants must be 18 or accompanied by a parent or guardian. Students wishing to bring small children must bring another adult to supervise them during training. No child care will be provided. There is a great deal of room inside the cabin, but it is available on a first come first serve basis. You are welcome also to bring camping equipment if you wish and camp on the property. Please plan for camping style accommodations so bring sleeping bags etc. Participant are responsible for their own food and drink. A full kitchen is available as well as an outdoor firepit. Showers will be available on a limited basis. There is no local trash service so plan on taking home a bag of trash with you. The weather can be cool and wet at times so dress and pack accordingly. Due to the nature of the camp and area we are in we have the following restrictions in place: No smoking, or open fires outside the firepit, No pets, No firearms without expressed permission from Sensei and Jim Clark. If you have questions about anything, see Sensei.

Seminar Fees: \$25 for individuals, \$35 for families

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The Aiki Store

Fundamentals of Aikido

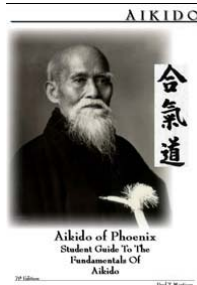
\$25.00

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

\$25.00

This DVD was made with the goal of exposing students to five kihon (basic) techniques and their application to all the basic attacks.

Kids Aikido

\$25.00

By popular demand we have put together a production that covers all aspects of fundamental kids Aikido featuring Teresa Mastison Sensei. This DVD covers:

Hand stretches

Tumbles

ALL basic technique

Test etiquette

Additionally ALL of the children's rank tests are demonstrated.

This is a fantastic supplement to training!

Advanced Knife defense

\$25.00

This DVD is an advanced look at edged weapon defenses. It covers all angles of attack and discusses movements, body mechanics as well as solid technique. This DVD is for any student interested in improving their knife defense skills.

Friends of Aikido of Phoenix

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"...to learn and to serve!"
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