



# Aikido of Phoenix

Teaching Aikido as a Complete Budo

## Satori Dojo Newsletter

October 2005

[www.AikidoOfPhoenix.Com](http://www.AikidoOfPhoenix.Com)

### Sensei's Corner

Konichiwa Deshi!

As I return from teaching a seminar in Kansas I am once again reminded how similar the views are of serious Budoka. Regardless of art, those that are serious about Budo seem to end up on the same page regarding philosophy. This view is one based on the desire to make the martial arts a dignified and serious pursuit worthy of a lifetime of dedication. It goes beyond "playing" martial arts by competitions. It is more about the essence of Budo which is ultimately the pursuit of personal improvement and enlightenment.

Each person comes to Aikido for their own designed reasons. They stay though because they find something there that they need and enjoy. The serious study of Aikido is not something that can be accomplished from the sidelines or by simply belonging to a club. It must be lived to truly be understood. Just as the Samurai lived the code of Bushido, we too must strive for such focus. I heard this exact thought phrased four different ways from four different Senseis this last weekend.

What we ultimately get from our dedication and study is up to the individual on the path. Many people confuse a leisurely and unfocussed stroll along a route as following the path. It can not be something

that is done in a passive fashion. It must be an active and intentional event that directs your life. Only through intense dedication can you understand.

This can all sound very "Kung Fu" and "Karate Kid" ish, but it is true none the less. The code of Bushido is actually very simple and yet challenging because it tampers with our comfort levels and paradigms. I encourage you to look at the code of Bushido and see if it is a part of your life. Good luck to you all in your journey.

-In Oneness  
Sensei

- o **Jin: benevolence**
- o **Gi: honor or justice**
- o **Rei: courtesy and etiquette**
- o **Chi: wisdom, intelligence**
- o **Shin: sincerity**
- o **Chu: loyalty**
- o **Koh: piety**

*Just as the Samurai lived the code of Bushido, we too must strive for such focus.*

### The Kids' Corner

Using your center is a daily focus in Aikido, but this past month we looked at using our center in a slightly different way. Blending with oncoming energy is fairly straightforward when you are standing and can move freely on your feet. But when you are pinned against a wall or are on the ground with someone on top of you your "center" seems moved. In reality it isn't but it sure feels different.

We practiced being pushed up against a wall with multiple people. We discovered that even though your shoulders were being pressed firmly to the wall that you were still able to move from your center and "wiggle" out of the hold.

We then took that same concept of being pushed against a wall and took it to the ground. Now, you are being pushed against the ground with someone sitting on top of your center. With focused energy we practiced "exploding" through your center and ejecting the person on top of you.

It can be very intimidating to have pressure applied with a lot force that it can momentarily paralyze you from doing anything. But once you've regained your composure you simply focus on moving yourself through your center and you'll be amazed at what you can "move".

This all sounds so easy and in theory it is. However, it takes lots of practice to make it happen.

We have to overcome the initial urge to “fight” or “push back” when we have someone pushing us against a wall or sitting on top of us. We have to fight the urge to move the other person and instead focus on moving only yourself. This is a very hard concept to do on a consistent basis, which is why people train for years and years.

Being pinned against a wall or on the ground are two situations that even people who have trained for years (myself included) still struggle with because they are situations that aren't practiced as regularly. We are used to moving out of the way, blending, moving in circles etc. when we are standing being attacked or grabbed, but when the scenario

changes so drastically so does our mind. It's great to mix up our training a bit to open the mind to new areas that Aikido can help you. I hope that our exploration of ground work did that for you. We will be doing that again, sooner rather than later as I saw a lot of good ki extension as well as moving from your center. I was proud of all of you.

Watching you all move so well was very encouraging and it makes me excited to see what else you can do. Keep up the hard work, it's paying off.

Teresa Mastison Sensei



*This all sounds so easy and in theory it is. However, it takes lots of practice to make it happen.*

## Promotions & Test Candidates

### Promoted:

**Hachikyu**— Madeleine Rueter, Austin Kim, Alex Shearer, Erin Ross, Oliver Hermosillo, Carlos Pelayo

**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

**Nikyu**—Niko Huffman

### Invited to Test:

**Hachikyu**—Samara Brown, Karsten Locano, Joseph Valencia

**Shichikyu**—Erika Rand

**1st Stepping Stone**—Ryan Wiskow

**2nd Stepping Stone**—Natalie Barkley

**Rokkyu**—Rudy Ayala

**Yonkyu**—Kelly Daley, Emilee Sparks

**Ikkyu**—Darrell Wyatt

## Sempai's Notes

Konichiwa,

Well here I am between camps, I've just returned from the Kansas Budo camp sponsored by Gary Boaz Sensei of Professional Martial Arts, a long time student of Sensei's and friend of mine.

Now I have to prepare for the next camp being held this coming weekend in Williams, Arizona where we get to learn from Sensei as he instructs in a seminar format. It is one thing to see him teach at the dojo on a daily basis and another to observe him teach at a seminar. I encourage all who can attend to do so; there is much to be learned.

The theme for the Kansas camp was simple: connection, extension, and control. Simple enough to write down, difficult to put into practice. The instructors who taught at this year's camp regardless of the style they teach professionally (Shaolin Kempo, Shotokan Karate, Kyusho Jitsu, or Aikido) emphasized these principles in each of their classes. It is truly amazing to attend a class and see just how little difference there is between different styles of Budo. The other amazing facet of this camp was when the instructors weren't teaching they were there in class along side the other participants training just as hard. The old adage you are

forever a student of the art was truly evident at this event.

Most, if not all of the classes took place out on an open field under a giant Osage orange tree. The student's ukemi skills were definitely put into use. There is a difference between falling on a mat and falling on the ground. Granted the grass seemed much more forgiving at times than the mats. Overall with seventeen hours of training crammed into two days taxed all of us. Good hard, sincere training is what it is all about. The principle of shyugo was evident throughout the weekend.

The added benefit of this weekend was a mini reunion of former students from the Manhattan / Fort Riley, Kansas dojos - Kevin Murdock, Pat Musselman, Gary Boaz, and myself. It's not often that there is an event that we can all attend at the same time due to personal commitments and we enjoy each other's company.

Overall I would to thank Gary and his students for hosting an excellent camp. The time spent training on the mat and socializing off was well worth the trip.

Congratulations to all who have been invited to test. I look forward to watching some excellent tests.

In Oneness,  
Gene Potocki, Sempai

## Special Announcements

**Christmas party is almost here!** This year the annual Awards Banquet and Christmas party will be held on Friday, December 2 at the Chandler dojo. There will be NO GLENDALE classes that night. This will be a potluck dinner so sign up sheets will be available soon. There will also be a nominal fee for individuals and families. We will have a reception period at the beginning, then the awards ceremony, followed by dinner and then dancing (DJ). We will have lots of activities set up for kids/parents to do and we have some special activities planned for the group as well. The event will begin around 5:30 and end around 10:00. Santa always finds his way to this event too. We plan on having disposable cameras again so everyone can help capture the fun and excitement. Last year's memories have been scrapbooked and will be available for all to see soon. We always have a great time and hope to see you and your family there. Look for the sign up sheets at your dojo.

**Snedigar:** Just a reminder that the older kids' class time begins at 5:30 and will end at 6:15. We originally went to 6:30, but with the other classes that Snedigar holds we need to be out of the room by 6:30 so class will end at 6:15.

**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

### 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. More details in the *special announcement* section of this newsletter. Watch for sign up sheets and more information at each dojo as the time gets nearer.

## Aikidoka Out and About

Here are photos from the 2005 Budo Camp in Kansas!



## The Aiki Store

### Fundamentals of Aikido

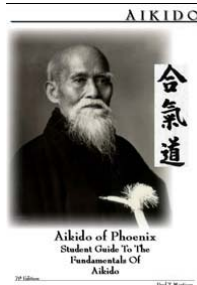
**\$25.00**

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

**Four Peaks  
Chiropractic**

930 W. Broadway, Suite #7  
Tempe, AZ 85282  
ancnearuzicka@hotmail.com

**Dr. Andréa J. Ruzicka**  
Chiropractic Physician

480.829.9593 office  
480.829.9594 fax  
602.320.6909 mobile

"...to learn and to serve!"  
**Infinity Herbs**  
**Cindy C. Meacham**  
Natural Health Consultant, N.S.P.  
NSP Trained Herbal Specialist  
Certificate in Family Herbalism, C.C.N.H.  
(A.B.C., A.H.G.)  
Member No. 1273046-4 **623-849-1477**

**Aikido of Phoenix**  
**Www.AikidoOfPhoenix.Com**  
**480-699-2334 AikidoOfPhoenixi@Cox.Net**