



Aikido of Phoenix

Teaching Aikido as a Complete Budo

Satori Dojo Newsletter

November 2005

www.AikidoOfPhoenix.Com

Sensei's Corner

Konichiwa Deshi!

I had an interesting discussion recently with a student from 16 years ago. It had to do with the current state of the Aikido community and martial arts organizations in general. The essence of the conversation was based around his desire to become an independent dojo. This can be a very challenging thing for a Sensei. It takes a very different point of view and a great deal of self-confidence to make a step such as that. You can not spend a great deal of time worrying about what the rest of the Aikido community thinks of you. What I found interesting however was that it equated so well to who we are as individuals in Aikido and in life.

It is very easy to go through life with the blessing and acceptance of those around you. Even if that acceptance and blessing costs you part of who you really are. Most people are content to simply fit in. While it is essential to have harmony with society, I will express my opinion that sacrificing your own personality and spirit to be accepted by others is not the way of a warrior.

We must have the courage to be ourselves and grow as individuals in order to truly experience our complete capacity. It takes a great deal of courage to be yourself because in many way it expresses

your uniqueness. To have your own opinions and thoughts can make you appear different in the eyes of those around you. Now understand that being different for the sake of simply being different is the act of a childish and selfish mind. To be sincere in honoring who you are is the greatest thing we can do for ourselves.

As Aikidoka we should attempt to be more than we are. This can be challenging because it makes you different. The heard of society is content to live their 8 to 5 with a quick pizza and a night of reality TV. You, however have the opportunity to grow past this. You all have the capacity to be exceptional. It takes courage to be exceptional because in a society that encourages mediocrity you will stand out. I encourage you to have the courage to stand out. Be strong enough to be different. Do not get tied up in the minutia of day to day life. By being more, those around you will gain from your efforts. Choose the warrior's path. While it is the more difficult path, it leads to a greater life.

-In Oneness
Sensei

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The Kids' Corner

This past month we had the pleasure of having a guest student. Paul and his parents were visiting the Phoenix area from England and since Paul has been training in Aikido for a couple of years now they thought they'd look up Aikido in the Phoenix area to see if Paul could train while here. He was able to train in Glendale as well as in Chandler. I'm so glad they contacted us and made arrangements for Paul to be in class. They are lovely people. Paul being in class speaks volumes of his and his parents' character and level of commitment to his training. He has given us an outstanding example of going outside one's comfort zone. I wonder if I were on vacation in

another country would I bother to look up an Aikido school and train with people I've never met?

I think it also speaks well of the Aikido community. Aikido draws like-minded people and by it's very nature is open to having visitors from other dojos. I've already received an email from Paul thanking me and all the students for the time he spent with us. He enjoyed himself and was very grateful for being made to feel welcomed. This makes me feel proud that Aikido of Phoenix students made a visiting student feel welcomed.

That's what I feel Aikido is all about. Once you start training it sort of gets into your system and if you really enjoy it then you miss it when you don't

train. At Aikido of Phoenix we strive to make people feel welcomed. We help new students feel a little more comfortable by having an experienced student be a helper to them. We change workout partners often to expose students to as many different energies as possible. We try to set an example for all the students. Extend positive energy and do the best you can. Treat yourself and others with respect.

You can't go wrong with these kinds of attitudes and behaviors. It helps you be strong when you get outside your comfort zone. Maybe it'll give you the courage to go to a different dojo someday when you're on vacation.

Thank you for being great ambassa-

dors for Aikido of Phoenix and Aikido in general. By treating others with respect and kindness and training hard you show others the best of your Aikido training. Thank you.

Teresa Mastison Sensei

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Promotions & Test Candidates

Promoted:

Yonkyu—Emilee Sparks

Invited to Test:

Hachikyu—Samara Brown, Karsten Locano, Joseph Valencia, Rhiannon Horn, Michael Martin, Cody Chapman, Sarah Chapman, Elliott Clark, Kori St. Marie, Michael Skalsky, Ryan Moyer, Allison Moyer, Matthew Wachter, Nicholas Wachter, Nicholas Wright, Mason Minitti, Kelsey O'Brien, Ellen O'Brien

Shichikyu—Erika Rand, Garrett Rand, Jonathan Dinges,

Sarah Meacham, Darian Clark, Kaeloni Graham, Oliver Dorr

1st Stepping Stone—Ryan Wiskow, Skyler Hugo, Zach Hugo, Dalton West

2nd Stepping Stone—Natalie Barkley, Nicholas Luongo

3rd Stepping Stone—Nicholas Gregory, Foster Laidley, Garrett Laidley

Rokkyu—Rudy Ayala, Aaron Shramek, Zachary Sampo

Gokyu—John West

Yonkyu—Kelly Daley

Ikkyu—Darrell Wyatt

Special Announcements

Sign up for the Christmas Party! 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. Each dojo will have sign up sheets for attending and for the potluck. The first letter of your last name will determine what you will bring for the dinner. The fee for attending is \$5 for singles, \$10 for couples and \$15 for 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 at 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 are available for all to see. We always have a great time and hope to see you and your family there. Look for the

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.

sign up sheets at your dojo. Please call 480-699-2334 with any questions.

Upcoming Events

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. Don't forget to sign up at your dojo. We need to get an accurate count of how many people plan on attending as well as a list of food for the potluck to help you in deciding what you'll bring for the dinner.

Aikidoka Out and About



Here is a blast from the past! 1992—Pat Musselman and Kevin Murdock Sensei's do a demo with Mastison Sensei in Manhattan, Kansas.