



Aikido of Phoenix

Teaching Aikido as a Complete Budo

Satori Dojo Newsletter

February 2006

www.AikidoOfPhoenix.Com

Sensei's Corner

Konichiwa Deshi!

This month I would like to talk about etiquette. More specifically, etiquette observed when visiting another dojo or seminar. It has been painfully brought to my attention that even the most senior Aikidoka can still be unaware and rude in another person's dojo. As your Sensei, it is my responsibility to make certain you are educated on how to behave at another dojo.

Understand that I do not see this as a problem in the dojo. Nor has there been any complaints made to me. Quite to the contrary. However, with the influx of new students it is a good time to review these principles.

The primary point you need to observe is harmony. You need to be aware of what is going on around you and blend in. If they are doing their ukemi different, then so should you. The old cliché of "When in Rome" defiantly applies when visiting outside your own dojo. Do exactly as the instructor tells you and never do variations. This is a simple aspect of etiquette that holds true even in your own dojo. Stay away from phrases like "We do it like this". Simply train.

If you are corrected, say thank you and modify your behavior. Do not take it personally. You must be gracious and humble in your visit. Never go to a

dojo with the intent of showing anyone how good you are. It rarely ends well.

In the end be mature, serious, and humble and it will serve you well. The martial arts is littered with people trying to fill holes in their lives through showing off and seeking to instill awe in those around them. This is childish at best and a complete abandonment of the principles of Budo at worst. Be above pettiness and selfish actions. There is a great Samurai poem that summarizes these principles well: *Shiwa*

Hito No Sakiinjtie Vo-Oh

Urei Hito No Tanoshimite Nochini

Mutute Tanoshimu



The Samurai is the first to suffer anxiety for human society and the last to seek personal pleasure.

-In Oneness

Sensei

The Samurai is the first to suffer anxiety for human society and the last to seek personal pleasure.

The Kids' Corner

This month I'd like to address the role of the uke or partner. When you train in Aikido you need a body in order to practice the techniques. On the surface it seems like such a small part in the overall picture of Aikido. You attack your partner, fall down, get up and do it again. It can seem very routine. But in fact, it is the cornerstone of your training. Without a good uke your progress would be greatly affected.

So, as an uke you have a monumental responsibility to your partner and your partner to you. There are so many reasons for training in Aikido but one of the most common is for self defense. In Aikido you are learning skills that could someday save your life.

And it is for this reason that I want to discuss the important job that the uke has in everyone's training.

As an uke you must be focused on what the instructor demonstrates so you are able to attack properly. Never do your own thing or work variations of techniques. You and your partner should do what the instructor demonstrated and that's all. As an uke you must be focused on your partner so you can give them the most sincere opportunity to practice and improve. Remember, you are helping them learn potentially life-saving skills. As an uke you must attack (striking, grabbing, kicking) with sincerity, intensity and control. With sincerity means that you attack realistically. You have to "pretend" that you are the bad

person and you really attack your partner. That requires paying attention and knowing what to do. You know what to do by watching, listening and asking questions. As an uke you are allowing your partner to practice important self defense skills. This should be looked upon as a very serious matter. Although we have a lot of fun doing it we also need to remember the seriousness of it as well. With intensity means you are giving your partner a real attack with energy. This allows your partner to get a feel for the attack and to practice how to deal with it. With control means you are always aware of yourself, your partner and what's going on around you. This is for safety. If you attack your partner but aren't paying attention to whether or not they're ready then it's going to be very hard for you to stop if they

don't get out of the way. Then someone gets hurt.

Without a good uke it would be very difficult to learn Aikido. Take your job as uke very seriously. By being a good uke your Aikido will improve. Being on the receiving end of technique allows you to gain an interesting perspective of how the technique works and feels. This will help you when it's your turn to execute the technique. But it will only help if you are aware, focused and ready to see what the opportunity has to offer. We only have a short amount of time in class. Take advantage of each moment and get the most out of your training by being the best uke you can be.

Thanks for all your hard work.

Teresa Mastison Sensei

Being a good uke is the cornerstone of your training...and comes with a monumental responsibility.

Promotions & Test Candidates

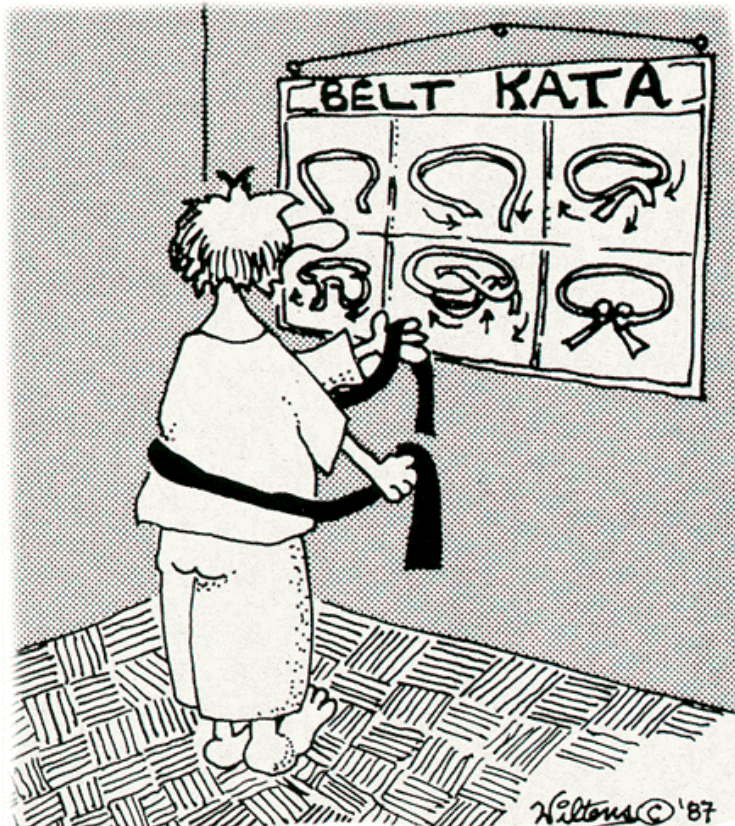
Promoted:

Hachikyu—Alexa Gregg, Maggie Sullivan, Joey Sullivan, Jacob Sullivan, Aidan Nixon, Priscilla Wright, Morgan Minitti

1st Stepping Stone—Bowen Clark

Invited to Test:

Rokkyu—Dustin Klempel



Clarence Wimple discovers that a home-study course in the martial arts is more difficult than he originally anticipated.

Just WHO is that?

Over the next few months we will explore more details and history of influential Aikidoka and other Budoka that have influenced our dojo. This month we look at Rod Kobayashi Sensei. Kobayashi Sensei was the head of the Seidokan organization that I was a member. It was through Kobayashi Sensei's request that Teresa Sensei and I came to Arizona. I owe him a great deal.

Roderick T. Kobayashi was born in Hawaii and raised in Japan by his grandfather who was a Buddhist priest. Since his youth, he had been deeply involved in learning the history and philosophy of budo (Japanese martial arts).

He was first introduced to Aikido by his father who had great influence in inviting Master Koichi Tohei, who was then Chief Instructor of Aikido at the Aikido World Headquarters in Japan, to Honolulu in 1953. However, his formal training in Aikido did not start until 1957, after his 3 years of military service. His first teachers at the Hawaii Aikikai were master: Yukiso Yamamoto, Kazuto Sugimoto, and Isao Takahashi. These masters were the first students of Tohei Shihan, the foremost authority on Aikido and Ki in the United States. Each of these masters was unique in his own way, and had a great influence in Kobayashi's understanding of Aikido and Ki.

Kobayashi's training with Master Tohei began in 1961. He trained under Tohei Sensei whenever possible in Japan, Hawaii and the continental U.S. He received his Shodan (1st degree black belt) in 1962. He assumed the responsibilities of the President and Chief Instructor of the Western States Aikido Federation until 1974. He was promoted to the rank of Godan (5th dan) in January, 1972. In September, 1973 Kobayashi was promoted to Rokyudan (6th degree), or master teacher.



In May, 1974, when Master Tohei founded his own system of Aikido, Shishin Toitsu Aikido, Rod Kobayashi began assuming the responsibilities of both the Chief Lectureship of Ki Development and the Chief Instructor of Shinshin Toitsu Aikido of the Ki Society Western USA.

Kobayashi began lecturing for the Physical Education department of the California State University, Fullerton in 1972. His goal was to establish a program at the University which would develop and certify well trained instructors of Aikido and Ki.

In March, 1981, Rod Kobayashi resigned from the Ki Society International and branched out to establish his own system of Aikido: Seidokan Aikido. Seidokan Aikido emphasizes the balanced practice of principle and techniques. The purpose of the system is to further develop Aikido so that it is better suited for the modern way of life.

The Doshu has accepted Seidokan Aikido as a legitimate system of Aikido. He and Kobayashi Sensei agreed that they shared the same goals and accepted the same fundamental principles of Aikido.

In February, 1989, Rod Kobayashi and his associates organized the Seidokan Institute, Inc., a non-profit California corporation to share the principles of Seidokan Aikido to those who wish to learn them and apply them in their everyday lives without the practice of self-defense arts.

On June 17th, 1995, Kobayashi Sensei passed away, at his home in Downey, California. He is succeeded by Stewart Chan, chief instructor of the Aikido Institute of America.

Upcoming Events

February _____

4th - Glendale, Arizona

Women's Self-defense Class

Fred Mastison Sensei - Chief Instructor-Aikido of Phoenix

This will be a four hour class focusing on skills women need in order to defend themselves from physical assault. This will be a hands on class where you will work technique and discuss principles of defense. Open to ages 13+. Class will be held at Fire Station 156 - 6801 West Deer Valley Rd. . Fee is \$30.00.

11th - Glendale, Arizona

Kid Safe

Teresa Mastison Sensei

Teaching Your Young Child To Be Safe- This class will focus on teaching children skills to help keep them safe in today's world. From how to deal with strangers and self-defense techniques, to the use of 911 and fire survival skills, this class will cover it all. The class will be informative and fun. Taught by Teresa Mastison, 15-year veteran of self-defense and personal protection instructor. Ages 3-7. One hour class. Cost \$20.00.

March _____

3rd-5th- Jackson, Wyoming

Aikido Seminar

Fred Mastison Sensei - Chief Instructor - Aikido of Phoenix will be conducting an Aikido Seminar hosted by Aikido of Jackson Hole. This will be a fantastic seminar covering all aspects of Aikido. The seminar is open to all styles . The Seminar will be held on Friday evening, most of the day Saturday, and half of Sunday. We look forward to seeing you there!

7th - Jackson, Wyoming

Advanced Defensive Tactics Course

Fred Mastison - President of Force Options Tactical Training Solutions

This course is designed to enhance existing defensive tactics skills and to introduce new techniques and principles. This course is being hosted by Grand Teton National Park. Space is limited. Officers from outside agencies are encouraged to attend and will be approved on a case by case basis. In that there is a limit on space we encourage you to contact the coordinating officer to secure your spot.

Aikidoka Out and About—Kyusho Seminar 2006



Sempai works with Shawn Steiner Sensei



Sempai and Steiner Sensei work with Kevin



Nikko training with Darrell



Boaz sensei receives a gift from the dojo



Boaz Sensei working Kyusho on Mallory