



Aikido of Phoenix

Teaching Aikido as a Complete Budo

Satori Dojo Newsletter

May 2006

www.AikidoOfPhoenix.Com

Sensei's Corner

Konichiwa Deshi!

I would like to speak this month about expanding your training. I just returned from teaching an Aikido seminar at Fort Hays State University in Hays, Kansas. I received a very warm welcome followed by some sincere, hard training. The students there were models for budoka serious about their training.

It makes me thankful to know that we are lucky to live in an area that sees many great martial arts instructors visit. I encourage you to have the courage to visit seminars by other instructors. They can be very enlightening and are essential to your development as a true Budoka. Anyone can stay inside their own dojo and feel good about themselves. I expect more from you than that.

By visiting other dojos and listening to what other instructors say, you learn things you may have never picked up before. I realize that it can be unnerving to go to a seminar where you may not know one person. But, through discomfort and personal sacrifice comes growth. This growth is on many levels and not just limited to your martial prowess.

This is especially true for the higher ranking students. Your needs are different from the brand new student and your growth will begin to depend more on

your overall exposure and personal development.

Over the next few months, we are going to have access to some of the best martial arts instructors in the world. I can only hope that you take the step and make the commitment to go beyond what you are now. Seminars can be as much fun as they are educational. Please take a close look for upcoming seminars and take advantage of these great opportunities!

-In Oneness
Sensei



Pat Musselman, Jim Clark, Gene Potocki, and John Scanlin at the annual Ikeda camp in Prescott 2001

Seminars can be as much fun as they are educational.

The Kids' Corner

We've had many students test recently so I want to review what it means to acquire rank and to wear a colored belt in our dojo.

Everyone starts at the white belt level. The term white belt means you are at the beginning level and you either have a uniform with a white belt or you don't have a uniform and you wear regular clothing. Once you've trained for awhile and have shown enough progress you will be invited to test for rank. If you successfully pass your test you will be awarded a colored belt. In our dojo the kids' ranks go in this order: green, orange, orange with up to four stripes added (each stripe being a separate test).

When a student passes his test there is a small ceremony where I present the student with his belt and a special certificate. It is this certificate on which I want to focus. Just before I give it to the student I say the words, "...this student is promoted to the rank of ___ with all the rights, responsibilities and privileges pertaining thereto." These words, I know, get lost in the overall excitement of just completing a test and hearing it every time someone is promoted. But I'd like you to think about it now.

As the instructor I have the duty and responsibility to teach you the fundamentals of Aikido and when I see a student show a certain level of understanding and ability I invite them to test. I do not invite

students on a whim or just because they've been training a long time. They really have to demonstrate the skills necessary for that rank. With this in mind the words I read at the belt ceremony should have a huge impact on each student. When you get your new belt it's not just a new belt for you, but it's also a sign to everyone else that you have worked hard and have shown a certain level of understanding. With each test a student passes I expect more and more out of them. Not just in being able to execute techniques but also in overall behavior, willingness to help others, being a good role model and being a positive ambassador for the dojo as well as Aikido.

I also hope that you take your rank seriously on a personal level as well. Not only should you be a good ambassador for our dojo, but also for yourself. The pride you have in yourself will be reflected in your behavior

towards yourself and others. You should always strive to do your best in everything. Sometimes this means you focus on just one issue and make small steps in improving. Working towards a goal be it Aikido, school or something personal is always worth the effort.

Of the words, "...rights, responsibilities, and privileges pertaining thereto" I've emphasized the *responsibilities* pretty hard. That's because that is the area that requires the work. The *rights* and *privileges* happen on their own.

Take your *responsibility* seriously and work hard to be an exemplary ambassador for yourself.

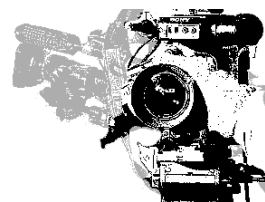
Teresa Mastison Sensei



The pride you have in yourself will be reflected in your behavior towards yourself and others.



Aikido of Phoenix is now offering DVD Production Service for Tests



We are now offering a new service! We will record your test (or your child's) and produce a professional DVD for you to share and review. Each test will be recorded and digitized. We will then produce a high quality DVD of the test with music and test information (date, rank etc). This is the perfect opportunity to capture once in a lifetime events and have them recorded onto DVD. See Teresa or Sensei for more information.

Price: \$15.00—Includes one complete DVD with hard-shell case. Extra copies are just \$5.00 each.

We have made a short sample. Because of file size limitations, quality on this sample is not as high as it is on DVD. If you are interested, please see Teresa Sensei.

[Sample: http://www.aikidoofphoenix.com/testdvdsample.wmv](http://www.aikidoofphoenix.com/testdvdsample.wmv)

Promotions & Test Candidates

Promoted:

Hachikyu—Runa Nakamura

Shichikyu—Isaiah Nixon, Quinn Zapata, Jack Rynd, Katrina Khoo, Kori St. Marie, Madeleine Rueter, Elliott Clark

1st Stepping Stone—Fernando Torres, Olivia Talarico, Julia Talarico, Lena Mooney, Salia Levy, Jake Rueter, Kaeloni Graham, Erika Rand, Rachel Boesel, Matthew Boesel

2nd Stepping Stone—Ian Williams, Ben Coody, Nolan Coody, Charis Royal, Guy Sheppard

3rd Stepping Stone—Adam Daley, RJ Ayala, Adam Stringham, Nicholas Luongo

Rokkyu—Aryel Nigrovic, Alisha LeGere, Brian Solmundson

Gokyu—Aaron Shramek

Yonkyu—Conner Nigrovic

Invited to Test:

Hachikyu—Xavier Robinson, Jack Littler, Giovanni Ortega

Shichikyu—Samara Brown, Rhiannon Horn

1st Stepping Stone—Sarah Meacham, Ryan Coody, Darian Clark

3rd Stepping Stone—Natalie Barkley

Rokkyu—Steve Clymer

Gokyu—Rudy Ayala

Sankyu—Emilee Sparks

Nikyu—Dave Keller

Sandan—Jim Clark

What's An Ambassador?

I am directing this article to all the kids in the kids' classes, but really it's applicable to any student of Aikido.

An ambassador is anyone who represents someone or something else. An ambassador for Aikido of Phoenix is anyone who takes classes with us. When you began your Aikido training you took on a responsibility to live by higher standards. You may not have been aware of that decision but by continuing your training, by acquiring rank in Aikido you have chosen a path that means always striving to be your best. This is not always easy. Aikido, and I, expect you to treat others with respect and kindness, help others in need, be a positive role model for others to follow and to do the right things. That's a tall order to fill, but you can do it. I've watched many of you grow up over the years and am so pleased with what I see. We really do have nice people in our dojo. It's a joy to teach you.

Please remember these things when you are out in public and especially if you have your uniform on. When people see a kid with a martial arts uniform on and especially if they have a colored belt they get an

impression from your words and actions. Let them get the best possible impression by acting and talking in a respectful way. Self-control needs to be exercised at all times, not just on the mat. A good opportunity to practice this is when we take a water break or if you are outside waiting for a class to finish. If your training time is over or hasn't started yet and you're waiting, you are still a student of Aikido and an ambassador. You should conduct yourself in a controlled fashion and demonstrate the principles of Aikido.

I want you to consider what kind of ambassador you are. By your words and actions will people get a positive impression of Aikido?...of you? Think about how you treat others, how you deal with conflicts, what you do when you're mad.

I just wanted to give you something to think about in relation to your Aikido training. Maybe these ideas will help you get even more out of your training. We can always improve.

Teresa Mastison Sensei

A Note For Parents

I'd like to ask for your help in reinforcing the concepts that were discussed in "Kids' Corner" and "What's an Ambassador?" I hope you agree with me that Aikido has the potential to really help your child grow and mature into an even more responsible and caring person.

Please talk to your child about these articles as well as other things that come up in class. If you're not in the dojo during class please ask them what we covered, things we talked about and share your thoughts and ideas. If you are in the dojo during class be sure to review or discuss what happened in class. There may not always be something to discuss but a great habit is formed if you continually ask not to mention a line of

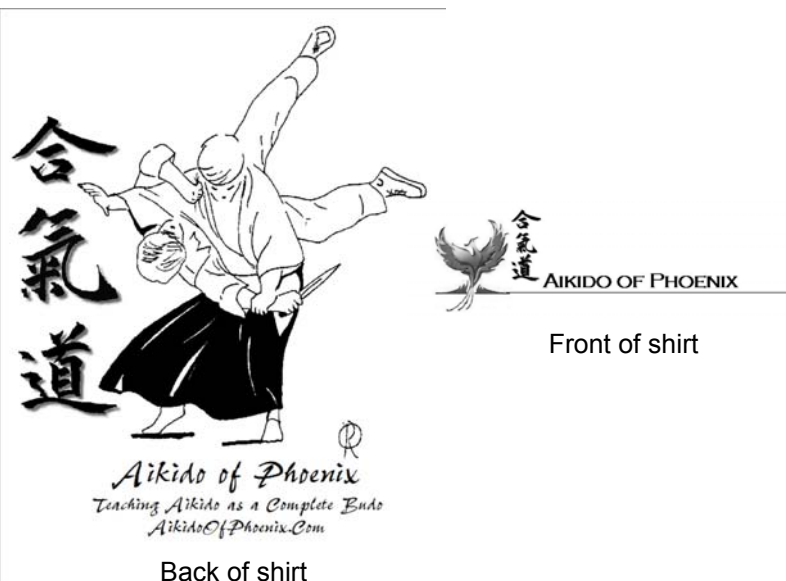
communication is kept open for the future.

Thank you for being so supportive and encouraging by bringing them to class consistently. You really are doing them a huge service by giving them this opportunity to learn some valuable life skills. I appreciate your trust and hope that if you ever have any questions that you don't hesitate to ask.

Teresa Mastison Sensei

New Aikido T-shirt! Taking Orders Now!

We are now taking orders for the new Aikido of Phoenix t-shirt. This will be a great 100% pre-shrunk cotton high quality shirt. The shirt will be a sage color with black lettering. We will take orders through May 25th. Cost will be \$15.00 and payment is needed at time of order. You may also order shirts online at AikidoOfPhoenix.com/tshirt.htm. Or see Teresa Sensei for details.



Upcoming Events

Defensive Tactics Instructor Certification Course

July 13-15 St. Louis, Missouri

Mastison Sensei will be conducting a three day defensive tactics instructor certification course. The course is open to all sworn and non-sworn officers. It is additionally open to serious martial arts students preparing to teach in the DT field. Visit: <http://www.aikidoofphoenix.com/dtcertification.htm> for more information or see Sensei.

Kids' Safety Class

June 24, 10:00—11:00, Chandler

Teresa Mastison Sensei will be conducting a class on practical self-defense for kids. The class is held at the Senior Center which is just across from the parking garage behind the community center in Chandler. This class is geared for kids age 5 and above. Parents are encouraged to stay and watch. There will be fliers about this class at the dojo. Feel free to share this information with your friends or bring them with you. The cost is \$20 per participant—\$4 city registration fee and \$16 instructor fee.

Dojo Notes

- No classes in Glendale on May 26th & 27th— Memorial day weekend.
- Congratulations to Joseph Luongo of the Glendale dojo. He has been asked to serve in the role of Sempai (senior student) for the Glendale dojo.
- There have been 2 changes made to the adult test criteria. First is that you will no longer be asked to perform ukemi. Second is that we will no longer ask to see the pin from shihonage. Please execute this technique as a throw.
- There has been a slight change to the kids' test criteria as well. Kids will no longer need to demonstrate shikko separately.

- As summer quickly approaches, we would like to remind everyone to make sure you keep yourself and your gi clean. A second gi is a good way to avoid moving into your laundry room:)



Aikidoka Out and About

Aikido Seminar at Fort Hays State University—Kansas



L to R—Sensei, Gary Boaz Sensei & Rich Lisichenko Sensei

My fantastic hosts at dinner after the seminar.