



**AIKIDO OF PHOENIX**

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

## ***Aikido of Phoenix Newsletter***

### ***FROM TERESA MASTISON SENSEI***

“The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and manifest your innate enlightenment. Foster peace in your own life and then apply the Art to all that you encounter.”

-a quote by O'Sensei from the Art of Peace

What more is there to say? Except that this little book (which could fit into your pocket) is full of the thoughts and sayings of O'Sensei. It is truly worth a read and one you'll find draws you back again and again.

When you look at your training in Aikido from this perspective, then there is no doubt what you must do. Train every day, train everywhere, and train in everything you do. You must constantly strive to improve yourself no matter what it is. Every day make a difference no matter how small the task or effort.

Simply put, train hard and always do your best. Good luck in everything you do!

### ***FROM JOHN SCANLIN SENSEI***

“Iron is full of impurities that weaken it; through forging it becomes steel and is transformed into a razor-sharp sword. Human beings develop in the same fashion.” O'Sensei

“Progress comes to those who train and train; Reliance on secret techniques will get you nowhere.” O'Sensei

“Fall down 7 times, get up 8.” Japanese proverb

Shugyo: The day-to-day (and year-to-year) struggle to overcome obstacles that attempt to keep us from reaching our goals. It is perseverance, not giving up when we easily could, to “stay with it” until the job is finished. In Aikido, it's dedication to training, coming to class consistently and bringing our best effort. While there are no evil Ninjas, Dragons, or playful Tengu (sword-wielding spirits) to fight through to get to the dojo, there may be obstacles to overcome on the way. It might be work projects to complete, kids to take care of, homework to complete, house to clean, injuries, etc (or maybe we're just tired from a long day), but you take care of these and come to class anyway. Believe me, these efforts are noted and appreciated.

I will try to respect your efforts by bringing the best and most enjoyable Aikido training I can. Arigato gozaimasu.

Congratulations to Chris and Avi on their tests. Great job!

Keep the spirit strong!

### ***FROM LUCY MAILLOUX SENSEI***

Class is off to a great start! We have started our weapons work and for February we are focusing on the jo and will be moving on to the bokken in March. We are fortunate that we practice an art that offers so much versatility and an unobstructed range of possibilities. We continue to focus on the importance of committing oneself to the techniques while remaining open to other options. Being able to see a technique from various angles can help to better understand it. I have seen nikyo, ikkyo, sankyo, etc., demonstrated to me numerous times, yet I still have a lot to learn about them and probably always will. I have learned, especially now, that in order to be a good teacher, you have to remain a student.

As martial artists we have to embrace that there are various stages of training. It took me some time to understand this and I found for me that this applies not only in Aikido but also at the gym, work and at home. O'Sensei said that there are three stages of training for Aikido, and they are:

#### **Stage One:**

Put the mind in order; in harmony with universal function. This makes the mind the dutiful servant of the will so that it is no longer moved by senses or whims of the ego. This promotes clear judgment and direct perception, which makes spontaneous movements possible. Masakatsu

#### **Stage Two:**

Harmonize the body, our entire being with that same universal order. The mind-body unification (shin shin toitsu) is the start of self-mastery. Agatsu

#### **Stage Three:**

Put the Ki that unifies mind and body into harmony. One loses all sense of knowing anything, all skillfulness is gone, and there is no difference between oneself and anyone else. Katsu Hayabi

These stages are difficult, yet they are essential in your success as Aikidoka. Letting go of all ego and that which you *think* you know is an effective path to learning. There is one important point that should be stressed whether you are a beginner or have years of experience, and it is this: the secret of aikido is daily training - consistent, unwavering devotion to one's practice. If you consistently come to practice...you will progress! Also, keep in mind that training does not always occur on the mat, there are many Aikido lessons that can be learned during our daily activities.



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In closing; although they assumed these positions late last year, I would like to formally announce that I am fortunate to have Thor Mailloux as Sempai of the South Chandler dojo and Amanda Redington as Dojo Cho. Thor and Amanda have been instrumental in our efforts to build the South Chandler location and in ensuring that we are following in the tradition of Aikido of Phoenix. Thor has been with Aikido of Phoenix since 1994 and actually relocated from Kansas to Arizona in order to continue studying under then Chief Instructor Fred Mastison Sensei. Amanda has been studying Aikido since 2007 and is a very natural fit and effective as Dojo Cho.

As always, remember to train for success, learn to anticipate and overcome obstacles, and failure comes when you do not sincerely dedicate yourself to your commitments and accept that you will not succeed.

Snedigar Students: If you are interested, meet at Sensei's home for breakfast at 9 am on Sun., Feb. 28. Afterwards, we will take the light rail to the Festival.

### ***FAMILY RATE CHANGE FOR CHANDLER AND SOUTH CHANDLER (SNEDIGAR)***

Beginning June 2010, the city portion of our family rate will change. The City of Chandler will no longer offer a family rate for the city fee. Instead, each person who registers for Aikido will pay an individual city fee. By making this change the city will align all their classes to reflect the same policy across the board. We are the only class that offers a family rate which has caused some frustration and confusion. Currently, you can view the Aikido class information online, but you cannot actually register because the computer system is not set up to handle the family rate. In addition, the fees currently listed online are incorrect because the system is unable to distinguish between family and individual rates and charges both. With this change, it will be possible to register for Aikido online and the information posted will be correct.

This change, however, will increase the amount families pay the city, but the instructor fees will remain the same. Currently, the family city fee is \$17. When this change goes into effect, each participant registered for class will pay the city fee for an individual - \$8, \$11, or \$13 depending on which dojo and class is attended.

As always, we want to make Aikido available to anyone who truly wants to train. If this change creates a problem we ask that you talk to us and we will figure something out. The City of Chandler has scholarships available that may be able to help.

### ***KIDS' CORNER***

Ki (energy) is the cornerstone of Aikido. But, how do you practice ki? Following are some fun and simple ways you can practice extending your ki or becoming sensitive to the ki around you:

Mentally extend your energy (ki) towards someone who's not looking at you. As you extend your energy just engulf (surround) them with your energy and see if they fidget or turn to look at you. Your energy being directed at them may cause them to feel something. Try this with your pets too and see if they react. This also works in reverse. Have you ever felt like someone was watching you and when you looked around someone was? Start paying attention to how you feel around others.

Another way to practice extending your ki is to make eye contact and to verbally greet people. It can have a dramatic affect on the people you meet. Even if you are just passing by, look at them and say "hello". Your "hello" or smile you give can change their day. Once their day has been affected by your warm greeting and smile, they are more likely to be in a better mood, which then affects how they interact with others. Eye contact does amazing things too. Look at people in the eyes when you are talking to them or just saying hi and watch their response. If you smile at the same time you usually get an even bigger response. It doesn't cost anything and it makes people feel special to be looked at and smiled at. In these cases, I like to think of my energy as a warm ray of sunshine (even though I usually think of my energy as water) that is going to make this person feel warm and cozy.

Practice extending your energy everywhere you go - at school, on the playground, at the store, with your family and pets, with your teachers. Also, watch how other people greet each other or what they do when they pass by someone. When you're standing in the checkout lane, watch how the other people interact with the clerk or the other people in line. Once again, people watching can provide a lot of entertainment as well as training opportunities. Have fun!

### ***RANK PROMOTIONS***

***Hachikyu*** (green belt) - Asher Nixon, Mariam Ayesh, Abdullah Ayesh

***Shichikyu*** (orange belt) - Chris Rivette, Alison Eierdam, Phillip Eierdam, Greyson Garlick

***Rokkyu*** (yellow belt) - Chris Dennis, Avichal Jha

### ***SELF-DEFENSE CLASS TO BE HELD AT SOUTH CHANDLER DOJO***

Lucy Mailloux Sensei will be conducting a self-defense class on Saturday, February 27 from 10:00 am to 12:00 pm at the South Chandler dojo. There will be no regular Aikido class that day due to this special class. The class will cover basic self-defense techniques including grabs, chokes and knife defenses. You do not have to be an Aikido of Phoenix student to participate so tell your friends and family or bring them along. Cost will be \$25 per participant. See Lucy Mailloux Sensei for registration and payment. You can contact her through our website at [www.AikidoOfPhoenix.com](http://www.AikidoOfPhoenix.com).

### ***BOOKS RELATED TO AIKIDO***

Following is a list of books related to Aikido that you might find interesting. You are welcome to check out a book through the Chandler dojo or pick a title and check it out of a public library.

Abundant Peace - John Stevens  
Aikido and the Dynamic Sphere - Adele Westbrook/Oscar Ratti  
Aikido Basics - Lynn Seiser  
Aikido for Self Discovery - Stan Wrobel  
Aikido in Three Easy Lessons - Richard Moon  
Aikido: The Heavenly Road - Kenji Shimizu  
Art of Peace - Morihei Ueshiba (O'Sensei), John Stevens  
Enlightenment Through Aikido - Kanshu Sunadomari  
The Essence of Aikido - Bill Sosa

### ***SPECIAL BOKKEN FOR SALE***

Due to an ordering mistake we have a 1 1/4 inch diameter jo staff available to anyone who is interested. Our regular jo staffs are 1 inch in diameter, but this may work for anyone with big hands or prefers a thicker feel to their jo. Our jos usually cost \$20, but we will sell this one for \$10. It is made out of red oak and should provide you with a long life of training. Please contact Teresa Mastison Sensei if you are interested.

### ***FOLLOW AIKIDO OF PHOENIX ON FACEBOOK***

Become a fan of Aikido of Phoenix. Go to the Aikido of Phoenix facebook page and become a fan. Get all the latest and up-to-date information on classes and events.



### ***AIKIDO OF PHOENIX WEBSITE HAS A NEW LOOK - CHECK IT OUT!***

The Aikido of Phoenix website has a new look. Chandler student and sempai, Daniel Horn, has worked incredibly hard on updating the site to better serve our students and promote our dojo. New to the site is a shopping cart that will allow online purchasing of uniforms, equipment, DVDs, and instructor fees. There will also be photo albums loaded with pictures from classes at each of our three locations as well as pictures and videos from special events and happenings.

Our website is [www.AikidoOfPhoenix.com](http://www.AikidoOfPhoenix.com) - check it out!

### ***AoP T-SHIRTS COMING SOON!***

We are in the planning stage of creating a new t-shirt for Aikido of Phoenix. It's been a few years since we've had a t-shirt available for the dojo. Once the details have been worked out we will begin taking orders. We will be going with a cotton/polyester blend t-shirt with a design on the back and our Aikido of Phoenix logo on the front. In the past the cost was \$15. We hope to keep it around that same price. We will have kids' and adult sizes. Watch for ordering information at your respective dojo.

***MATSURI:  
A JAPANESE FESTIVAL***

Each year Phoenix holds a Japanese festival, called Matsuri. It is held on the last weekend of February. This year it is Feb. 27 and 28. It is a celebration of Japan in the heart of downtown Phoenix at the beautiful Heritage and Science Park. It is a wonderful combination of Japanese culture and shows off the diversity of the Japanese American community.

Bring your family to partake in the beauty and excitement of both traditional and modern Japanese food, art, crafts, culture, music and so much more.

Admission is FREE for the whole family.

Check out their website at [www.azmatsuri.org](http://www.azmatsuri.org)



***IF YOU'RE IN THE NEIGHBORHOOD...:)***

In case anyone will be traveling in the Scotland area this March, check out this seminar. The seminar will be held Mar. 19-20, 2010 at the Edinburgh International Climbing Arena in Ratho, Scotland. Their website is [www.AikidoScotland.org](http://www.AikidoScotland.org). 6th degree black belt, Daniel Toutain, will be instructing. It's always interesting to see what other Aikido dojos are doing around the world. Check it out.

***UPCOMING SEMINAR***

Arizona Aikido's Annual Winter Seminar  
with  
Kevin Choate Sensei, 6th Dan  
Chicago Aikikai

The Seminar will be held at Longview Elementary in  
Phoenix  
(SE corner of 12th St. & Indian School Rd)  
February 19 - 21, 2010.

Schedule:

Fri. - 7:30 - 9:00  
Sat. - 10:00 - 12:00  
Sat. - 2:30 - 4:30  
Sun. - 10:00 - 12:00

Fees:

Full Seminar \$90  
Sat. only \$60  
ingle class \$30

Register online at:  
[www.azaikido.com](http://www.azaikido.com)

For more information, call or email Don Crawford at:  
480 - 456 - 0995 or [AZAikido@cox.net](mailto:AZAikido@cox.net)





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