



The Official Publication of the Asahi Schools of Aikido

"A pebble cast into a pond creates ripples. Aikido is the pebble. We are the ripples."

Asahikan Dojo welcomes **Heidi Shimmelbusch**

Testing Dates

Test dates are as follows:

-April 22nd, Wednesday 7pm

-April 25th, Saturday 10am

Be sure to review the **Handbook** for testing material. Testing fees are due prior to testing date. Testing is pass or fail. Good luck!

All Youth and Adult students will need to fill out **Kyu/Dan Testing Applications**. These applications serve as a guideline and record. Forms are available on the web.

2009 Visiting Instructor Schedule

April 18th Saturday

Yukio Utada Shihan 9am – 12noon \$75.00

No Children's Class

June 13th Saturday

Rob McKweon Sensei 11am \$20.00

September 12th Saturday

Chuck Mann Sensei 11am \$20.00

November 7th Saturday

Ben Cliver Sensei 11am \$20.00

Aloia Sensei will be teaching at the **Doshinkan Dojo** on **Friday, September 11th** at 6:30pm.

Dojo Spring Cleaning

Spring Cleaning is scheduled for **Friday, April 17th** at 7pm. Help get ready the Dojo for **Utada Kancho's** visit.

Kenshu Training

A **monthly intensive training** class will be held at the Dojo starting **Friday, April 24, 2009** at 7pm. Mat fee is \$20.00. Please inform the **Dojo Uneisha** by **April 22nd** of your planned attendance.

Utada Kancho Seminar – see flyer

Asahikan is honored to host **Yukio Utada Kancho** for a morning seminar on **Saturday, April 18, 2009** from 9am until 12noon. All Youth and Adult students are invited to participate. This is a great opportunity to train with a *Shihan – master of the art*. Utada Sensei has been training for over 40 years. Kancho is also the head of the *Aikido Association of North America* and Chief Instructor at the *Doshinkan Dojo* in Philadelphia. Mat fee is \$75.00.

We look forward to seeing everyone there. OSU!

There will not be Children's Aikido Class on Saturday, April 18th in light of Kancho's visit.

Children's Make up Class will be **Friday, April 17th** at 6pm.

Administration Corner

If anyone has questions or concerns, please feel free to contact me at admin@asashidojo.com.

Cheri Poole

Asahikan Dojo Administrator

Now Available!

Aikido – an art in motion - Control
Featuring Mike & Pam Aloia Sensei
on DVD and available worldwide!

Instructors Class

The next Instructors Class will be held on **Sunday, May 3rd** at 12:30pm.

Please contact the **Dojo Uneisha** for scheduling issues, questions and a manual.

Advertising Space available in the newsletter and Dojo website. If interested please contact Sensei.



Monthly training fees are due by the 10th of each month. This includes all programs. A late fee of \$10.00 for any monthly dues collected after the 10th must be included with payment. If you need to take a leave of absence, please be kind enough to inform Sensei. If you have any problems regarding a timely payment, please feel free to discuss the issue with Sensei. Thank you for your cooperation.

If anyone would like to contribute some writings to **ASA Asahikan Dojo's Aikido Now**, please send them to Sensei at newsletter@asahidojo.com. We look forward to hearing from you.

Message Board If you have not already signed up for the **ASA Message Board** we urge you to do so. It is fast, easy and free. Show your support. Get involved!

Why is the Message Board Important? The Message board is a great tool to help the members of the Dojo stay in touch, be informed and creates an opportunity to express experiences, observations or just to get others input. The Message board also offers the chance to connect with people outside our Dojo – others who may share many of the same experiences. If you haven't signed up – do it today and see what connection you can make.

Visit our **web site** for our *monthly message, current/back issues of Aikido Now, supplies and DVDs, the message board and a current listing of events and schedules.*

Check out our full line of Asahi Apparel items at Café Press!

Why do We Test?

Many of us do not like the idea of testing. Just the mere thought sends a rush of panic through our being. On some level this is a good thing. Students often confuse testing with rank. Yes, testing does involve the ability to progress through rank but that is not the meaning of the test itself. Testing is a vital part of our training. Without it, we have nothing to gauge our progress on. Many times, just preparing for the "test" itself brings training up to a higher level. And as our level of training raises so does our ability and understanding. The domino effect is a focused, positive and productive growth experience, not only for the person testing, but also for the entire Dojo. Others are infected with the drive to hit the gas and work harder to achieve new levels. Preparing for a test is a way to lead by example. If there were never a challenge, what would you aspire to? How would you train? How would we know how far we have come? The test itself is the true assessment of character and development – not the rank. How you approach the test and the time – before, during and after, is what defines the progress and the results.

Osu!

-Michael Aloia Dojo Cho ASA

Dojo Etiquette

Keeping the training area clean

Keeping the entire area clean, the mat, dressing rooms, closets and seating area, is an essential part of daily training. Everyone must participate in the ritual of care and maintenance of the entire Dojo. This includes: sweeping, vacuuming, trash removal, dusting, organization of the closet and common areas. *The Dojo is a place where we regularly meet to explore and discover the many facets of aikido.*



Yukio Utada Sensei
7th Dan Shihan
Doshinkan Aikido

SPRING FLING SEMINAR
ASAHIKAN DOJO AIKIDO

SATURDAY, APRIL 18, 2009
9AM - 12 NOON \$75.00

50 WEST 3RD AVE
COLLEGEVILLE, PA 19426

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www.asahidojo.com

Aikido Association of North America

