



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 Aaron Clark!**

**Wednesday Evening Class Schedule change:**

**Children's Class: 6:15 – 7:15pm**

**Adult Class: 7:15 – 8:15pm**

**Begins April 7, 2010**

**Spring Fling 2010 is Coming!**

**Special Aikido's Unseeing Eye Workshop**

**Friday, April 30th 6pm - 8pm**

**Limited to only 10 people. Cost \$25**

**Spring Fling Day May 1st**

**10am – 12:30pm**

Come and enjoy games and focused activities to celebrate the new season

**Dojo Picnic to follow at Waterworks Park in Trappe** – only one mile from the dojo. Please bring a covered dish for all to enjoy.

Sign up sheets will be at the dojo. Please see the ASA Events coordinator for additional details.

The events of Spring Fling are helping raise money for a new pad on our crash mat!

**Updated Children's Handbook**

Available now online is our updated 2010 Children's Aikido Program Handbook. Please take the time to visit the site and download this revised edition.

**Children's Weapon** set are available for order.

**Asahikan Dojo will be participating in the International Aiki Peace Week** scheduled to be held in September 2010. This is a movement within the Aikido community to make others aware of the aiki principles as well as spreading a message of peace and understanding. More information can be found at [www.aikipeaceweek.org](http://www.aikipeaceweek.org).

**YouTube Channel: AsahikanAikido**

**Kyu Testing** will be scheduled later this month. Please check the list at the Dojo for dates and times. A completed testing application and photo along with the correct testing fee is due one week prior to scheduled testing date and time. Regular class attendance as well as seminar/workshop attendance is part of the requirements for advancement consideration. Please review the 2010 Handbook for a complete list of details and procedures.

**As of April 1, 2010**, Asahikan Dojo will no longer be affiliated with Doshinkan Aikido International. In a continuing effort to move forward, progress and grow as a dojo and as a community as well as furthering the growth of the individual, ASA Asahikan Dojo will return to its roots of Aikido as an Aikikai learning institution. Our collective move will bring us closer to the Founder's vision of the art, placing us in alignment with Aikikai Hombu dojo, Japan. More details regarding association membership, benefits and ranking will be forthcoming. Please remove all AANA/DAI patch from your gi. If you have any questions please feel free to see Sensei.

*If you are unable to attend class, please be courteous and inform the Dojo of your absence. Classes are for students not for instructors.*

*For respect and as a courtesy to the Dojo, your instructors and fellow students please inform Sensei and/or the Dojo Uneisha of your absence from class. Class times are scheduled for students' to train. Thank you for your consideration.*



**Monthly training fees** are due by the 10<sup>th</sup> of each month for all programs. A late fee of \$10.00 for dues collected after the 10<sup>th</sup> must be included with payment. If you need to take a leave of absence (3 months or more – injury, travel, major illness, etc) please be kind enough to inform Sensei. To be considered a full and active Dojo member, dues must be kept current.

Any problems regarding a timely payment, please feel free to discuss the issue with Sensei. Thank you for your cooperation.

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.*

**Asahikan DVDs Now Available!**

- Aikido 1, 2, 3 - a beginner's first steps
- Buki Tori 3 disc set
- Aikido – an art in motion  
*Movement, Connection & Control*
- The Perfect Storm – *Women in Aikido*
- Essential Defense System 3 vol set

Since 2006 Asahikan DVDs have sold worldwide and are available online at [www.asahidojo.com](http://www.asahidojo.com) or by contacting Sensei.

**How Aikido Can Change the World  
by Michael Aloia Sensei**

available online at [www.asahidojo.com](http://www.asahidojo.com)  
*Now featured in TKD Times*

**52 Pick Me Up**  
by Pamela Aloia Sensei  
*available exclusively at*  
[www.solangel.com](http://www.solangel.com)

**New “Find Your Way” logo**  
*Asahikan Aikido Apparel at Café Press!*

*Check us out on Facebook! Look for  
Asahi Dojo, Asahikan Dojo and Asahi  
Schools of Aikido.*

*Asahikan Wallpaper Desktop available  
online at [www.asahidojo.com](http://www.asahidojo.com)!*

*Together we learn, together we grow.*

**When one door closes...**

We all have heard this expression: when one door closes another one opens. It is simply saying that each time we feel we have reached a moment or circumstance where what we thought was good or promising, we then find out may not be worth the time or is not delivering the positive effects we had hoped for, another opportunity will arise more to our liking and more suitable for our needs. Though at the time while the first door is closing, it is often difficult to see the possibilities of another door opening to shed light on the situation. But those additional doors are always there, even when things are going good. We must not allow ourselves to get so fixed on one thing that we lose sight of all that is around us.

Aikido gives us the same scenarios. We move in one direction and then we find that it is not the best place to be, so we look or feel to make a change of direction, we find the path of least resistance. The path of least resistance does not mean we look for the easy way out but rather we find what works best for the situation and those involved including ourselves.

Opportunity is also available to use on the mat and off the mat. Find your way to opportunity.

*Michael Aloia ASA Dojo-Cho*

**Technique Anatomy**

**Nikkyo** – second control/technique

Nikkyo can be performed either from a static grab or by capturing an advancing attack such as a punch or over head strike. Nikkyo is the immobilizing of uke's wrist joint simply by locking the joint, creating a level and applying pressure. The joint locked is used primarily as a temporary pain infliction to off balance uke and continue with a takedown or pin. Application of the lock is done by positioning uke's wrist and hand, the blade of the hand facing upwards, with opposite hand – coming from the inside, against your shoulder region. With your other hand, place your forearm atop of uke's trapped arm along the elbow – your arm and uke's elbow should be parallel to the mat. Apply pressure by levering the hand upward, then down and in to center.

