



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 Ryan Dankanich, Caroline Schultz, Marcus Travizky, Alex Cavalieri and Daniel Cavalieri.**

**Shodan Testing (1<sup>st</sup> Dan)**  
**Adult – Saturday, August 1<sup>st</sup>**  
**11am until 1:30pm**

**2009 Visiting Instructor Schedule**  
**September 12<sup>th</sup> Saturday**

**Chuck Mann Sensei 11am \$20.00**

**November 7<sup>th</sup> Saturday**

**Ben Cliver Sensei 11am \$20.00**

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

**Weapons Workshop**

**Tachi Tori – August 21, 2009 7pm**  
\$20 advance payment due 8/19/09.

**Weapons Workshop I 2009**  
**Tanto Tori DVD Now Available - \$12.00**

A **DVD** for the recent **Jo Tori Workshop** will be available later this month.

**Utada Kancho 35<sup>th</sup> Anniversary Seminar and Demonstration**

This year marks both **Utada Kancho's** 35th year teaching Aikido in the United States and the founding of the **Aikido Association of North America (AANA)**. To celebrate, a seminar on **Saturday, October 10, 2009** at the Kendrick Recreation Center in the

Roxborough section of Philadelphia will be held. Followed by a demonstration on **Sunday, October 11, 2009**, at the Mandell Theater on the campus of Drexel University, Philadelphia. **There will be no class at Asahikan Dojo on Saturday, October 10<sup>th</sup>.** Please join us in celebrating this milestone with Kancho.

**Aloia Sensei's Book Now Available!**  
**How Aikido Can Change the World** available online at [www.asahidojo.com](http://www.asahidojo.com), [Amazon.com](http://Amazon.com), [BarnesandNoble.com](http://BarnesandNoble.com), [Borders UK.com](http://BordersUK.com) and [Ebay](http://Ebay).

**Sensei** will also be releasing a new guide titled **Essential Basics of Self Defense** based on the popular *Essential Defense System* DVD series. **Essential Basics of Self Defense** explains several misconceptions beginners tend to confront in the initial stages of training, while emphasizing the many benefits a properly taught and embraced personal protection program has to offer.

A limited number of copies will be available with a Computer DVD of the **EDS Vol I** disc. Copies will be available **August 10, 2009**.

**Change through Balance**, written by Aloia Sensei, will appear on Wisdom's August webzine at [www.wisdom-magazine.com](http://www.wisdom-magazine.com).



**Monthly training fees** are due by the 10<sup>th</sup> of each month. This includes all programs. A late fee of \$10.00 for any monthly dues collected after the 10<sup>th</sup> 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](mailto: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!

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!**  
**Weapons Workshop I 2009**  
**Tanto Tori DVD**

***Aikido – an art in motion***  
***Movement, Connection & Control***  
*featuring Michael & Pam Aloia Sensei*

***The Perfect Storm – Women in Aikido***  
*with Pamela Aloia Sensei*

***Essential Defense System***  
*with Michael Aloia Sensei*

This three volume set covers the use of aiki principles in self defense situations.

**Administration Corner**

Thank you for your continuous support! If anyone has any questions or concerns, please feel free to email me at [admin@asahidojo.com](mailto:admin@asahidojo.com).

**Cheri Poole**  
**Asahikan Dojo Administrator**

**Aspire to Inspire**

When we find our selves on the cusp of accomplishment, many of us go and tell those closest to us of what we have achieved. We express our joy and excitement while we bask and glow from the compliments our success has afforded us. But soon that excitement begins to fade – from others and with our selves. We diligently begin again on the road to triumph looking for our fifteen minutes of fame so to speak.

I offer an alternative to prolong the excitement, to drive the journey, to share the joy. Rather than look for acknowledgement through the compliments of others, seek out the rewards by aspiring others to do what you have done, share with them the journey of your experience.

Through your actions and with your guidance, others may in turn come to know the same joy by actively participating in the experience. The saying goes “misery loves company”, well the same is true for joy and happiness. Excitement is contagious and so is accomplishment. By helping others you help yourself. By inspiring others you inspire yourself. You create a chain reaction – those who you inspire will inspire someone else, and they will inspire another and so on. In the end you create a chain of events that affect the universe, your universe.

Aspire to achieve, but allow those achievements to inspire all.

Osu!

*-Michael Aloia Dojo Cho ASA*

***"Anything unattempted remains impossible"***  
***-unknown***

*Check out our full line of Asahikan Apparel items at Café Press!*  
**Store name: Asahikan Aikido**

