



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:
Annelise Aloia and Jess Bennett

Adult Kyu Testing
Wed., Dec. 9st, 2009 at 12 noon and 7pm.
Mon., Dec. 21st at 12 noon
Tues., Dec. 22nd at 7pm

Adult Dan Testing will be Monday, December 28, 2009 at 12 noon.

Thank you for supporting our 2009 Visiting Instructors series.

The Dojo will be closed:
Thursday, December 25, 2009
Friday, December 25, 2009
Thursday, December 31, 2009
Friday, January 1, 2010

Classes resume Saturday, January 2, 2010 at 10am and 11am

New Year Opening Ceremony
We will be holding our **New Year Opening Ceremony** on **Saturday, January 2, 2010** at 11am. Please join us as we kick off the new year aikido style!

ASA Pottstown Aikido Classes
In the coming weeks the class schedule at P-town will be expanding including a 9am Saturday morning Women's Aikido Class

Holiday Party
Asahikan's 6th Annual Holiday Party is scheduled for **Saturday, December 19th** at 12:45pm. A Food/supply list is posted in the Dojo.

2010 Monthly Training Fees
In an effort to continue to maintain the Dojo properly and offer the current diverse training schedule, **Asahikan Dojo Adult Program's** monthly training fees will increase effective **January 1, 2010**. Please see Sensei if you have questions or concerns.

Asahikan Aikido Apparel at Café Press!

New 2010 ASA Handbooks
New Handbooks will be sent via email to all active members. Please make note of the changes to the curriculum as well as Dojo etiquettes and protocols. All standards and practices contained within the Handbook will be strictly enforced. This is a mean to better unify the Dojo community here at Asahikan. Please see Sensei or the Dojo Uneisha if you have any questions.

Pam Sensei has released a new book titled, **52 Pick Me Up - a weekly inspirational roadmap to inner awareness**. The weekly writings include modern metaphors with easy-to-relate-to methods connected to attaining inner spirit awareness. Copies are available exclusively at www.solangel.com.

If you have not seen Aloia Sensei's article, *"The 7 Virtues of the Modern Warrior"*, which was published in the 30th Anniversary issue of TKD Times, visit our **Monthly Message** page on the website to download your copy.

Check out our new **Media Page** to the website. This page is accessible from the "Aikido" link via the "Asahi Media" link. Promo videos, *desktop icons and wallpaper* are now available.

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

If you had not had a chance to schedule a **Waza Video Session**, please see the Dojo Uneisha for available times.

Enjoy the Holiday Season!



Monthly training fees are due by the 10th of each month. This includes all programs. A late fee of \$10.00 for monthly dues collected after the 10th 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.

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.

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.*

Holiday Gift Drive

With the Holiday season upon us, Asahikan Dojo will once again help provide area families with some additional joy during this time of year. Along with KenCrest, we are asking members to donate Holiday Gift Cards to families in need. Cards such as Wal-Mart, Target, Home Depot, Acme etc... A little can go a long way. Please have donations in by **Saturday, Dec. 19th**. Thank you for your support!

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

Asahikan DVDs have sold worldwide and are available online at www.asahidojo.com or by contacting Sensei.

How Aikido Can Change the World
by Michael Aloia Sensei

available online at www.asahidojo.com

Now featured in TKD Times

Asahikan Aikido Apparel at Café Press!

What is the Significance?

Many of the Japanese arts wear the traditional hakama as part of their training, including Aikido. Some forms of the art permit students to wear them as soon as they start, where others only when yudansha ranks are achieved. Some make them optional. But what is its significance?

Samurai wore hakama but so other classes of people. Some believe that each of the seven folds represent the seven virtues of the warrior. Others will say it was used as a means to hide movement of the feet, distract an opponent in battle or even create the illusion of floating. And some say it was just a part of everyday wear used by the culture we have chosen to study.

Working with the belief that hakama are worn by those who have achieved the yudansha rankings – the first being shodan let us consider the following:

Hakama signifies the next level of training – the beginning, sho - to begin. We must in a sense relearn what we have been taught. Such as how we move changes because of the hakama. We must allow the hakama to enhance our movement not hinder it. We must use it as a tool to learn how to flow. It is yet another extension of who we are.

We learn to care for it; folding it, cleaning it, etc., as we care for ourselves and our training. In the purest sense it is a re-commitment to what we have chosen to be.

Osu.

Michael Aloia ASA Dojo-Cho

Technique Anatomy

Kokyuho – breath method, is the leading of uke into nage's center only to follow through sending uke back the way they came.

Nage must catch uke's center by moving the inside elbow up and along uke's vertical center line. The movement follows the path of a circle on its edge and corresponds with nage's breathing. As nage inhales uke is drawn in, as nage exhales uke is thrown back.

