



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."

ASA welcomes **Sean Brown and Teddy Keenan**

AANA 2009 Dues

Please take the time and join or renew your AANA membership for 2009. Visit www.doshinkan-aikido.org. All ASA Youth/Adult students must be registered with the AANA to be considered for testing.

Cheri Poole-san has been appointed **Asahikan Dojo Administrator**. Cheri-san can be reached at admin@asahidojo.com for all matters relating to students.

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, March 6th** at 6:30pm and **Friday, September 11th** at 6:30pm.

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

Kangeiko – Winter Training 2009

Friday, February 13th 7-9pm

Saturday, Feb 14th 8am – 10am

Sunday, Feb 15th 9am – 12 noon

\$55.00 fee

Administration Corner

Thank you to everyone who has promptly and completely turned in their 2009 Membership applications. If you have not done so, you will not be able train until they are handed in.

I also applaud those who have paid their Aikido Association of North America (AANA) annual dues. This affiliation is an important part of our training and these dues must be paid in order to be considered for advancement by Sensei.

Thank you to Dillon-san for initiating the new dojo cleaning procedures. We are fortunate to have a place to train and it is important that we respect our space by keeping it clean for all. Thank you for your continued diligence in this matter.

Donation request:

The monthly dues we pay strictly support our physical training space. It does not cover cleaning supplies, water, cups etc. Previously, supplies had donated by a few individuals. I will now take over procurement of all such supplies. I ask that everyone make monetary donations throughout the year as they are able. I will keep up with these funds and use them to purchase supplies as needed. Please place your donations in the small manila envelopes located near the payment box, mark the outside of the envelope with "Supply Donation" and place it in the black payment box in the lobby of the dojo.

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

Cheri Poole
Asahikan Dojo Administrator



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!

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

Annual Meetings with Sensei
Sensei will be conducting **annual student reviews** for those interested in discussing their training and progression for the New Year. If you desire a meeting with Sensei, please contact him with several suggested dates and times. This is an opportunity to set goals and fine tune your training objectives.

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

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

Feeling is Believing

The saying goes “seeing is believing”. Many times that is the case. People can talk a good game but seeing it for one’s self is the icing on the cake. Aikido though is different. Sure, seeing may make a believer out of some. But is what they are seeing really happening? Or is it so prearranged that you’re seeing only what they want you to see? True aikido is not something you can see, but something you feel, whether you are uke or nage. It comes from inside and expands out and beyond. The art is the movements we do and the philosophies we strive to live by. But the martial aspect is the intent of those movements and how we chose to apply the philosophies. Aikido – good to the last drop because feeling is truly believing.

Osu!

-Michael Aloia Dojo Cho ASA

Dojo Etiquette

There is a growing need for students to leave the mat during regular training. Students should not be leaving the mat for any reason unless directed by Sensei, for an emergency, to tend to a visitor – if they are designated to, or they have been properly excused by the Sensei. Leaving the mat to get a drink is disrespectful, even more so if Sensei has not been asked.

There will be times when the training may become too much for us all. If it becomes an issue, it is the student’s responsibility to excuse themselves to the side of the mat and properly take seiza or approach the instructor to ask to be excused. At which time, the student should tend to their needs and quickly return to the mat to continue training, as appropriate.

