



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: Daniel and Samantha George and Jason Acree.

Congrats to:
Dillon Poole on his advancement to Shodan

KANGEIKO
Asahikan Dojo Winter Training 2010

Friday, February 12th 7pm - 9pm
Saturday, February 13th 8am - 10am
Sunday, February 14th 9am - 12 noon
Cost: \$55.00 - sign up by Feb 10th.

Kangeiko is a traditional practice in many Japanese arts. It is a way to strengthen your mind, body, spirit and sense of community.

The Spirit of Winter Training is to challenge yourself and meet that challenge successfully!
True victory is victory over one's self.

A sign-up sheet will be at the Dojo.

Gambatte! – keep going and do your best.

Aloia Sensei teaching at the Doshinkan Dojo
March 5, 2010 6:30pm
September 10, 2010 6:30

Aloia Sensei will again be instructing at Utada Kancho's dojo the Doshinkan in Philadelphia. Please join Sensei on Friday, March 5, 2010 at 6:30pm.

All students are invited to attend.

Visiting Instructor Seminars

Rob McKeown Sensei
June 5, 2010

10am Children's Seminar \$10.00 mat fee
11am youth/Adult Seminar \$20.00 mat fee

Chuck Mann Sensei

November 6, 2010 11am \$20 mat fee

Sign-up sheets will at the Dojo

Mark Your Calenders!

Utada Kancho Seminar at Asahikan
Saturday, April 17, 2010 10am until 1pm
\$75.00 pre registration
\$85.00 day of seminar

Children's Aikido Class
for Saturday, April 17th will be held at 9am
until 10am in light of the seminar.

Bring a Parent Friend Day At Asahikan
Saturday, February 20, 2010
10am Children's class – Bring a Parent
11am Adult class – Bring a Friend

Completed and signed Release Waivers will be required for all participants prior to the class.

Flexibility & Yoga Class

12 week Session beginning Thursday, March 4, 2010 at 6:30pm

Through the use of common yoga stretches and poses, gain that flexibility you always wanted or used to have!

Bring your own mat, water and towel.

Mats will be available for \$1 per class.

The class will run from 45 minutes to an hour long on Thursday nights.

12 week session is \$120. Family rate: \$120 for the first and \$108 for the second.

Registration is due by March 1st.

2010 Monthly Training Fees

A reminder regarding the increase in program fees for 2010.

New 2010 ASA Handbooks

New Handbooks are available online.

Kyu Testing has been scheduled. Please check the list at the Dojo for dates and times.

AANA/DAI Yearly Dues

AANA/DAI yearly fees are now overdue and will only be accepted online at www.dai-aikido.org.



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.*

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

52 Pick Me Up

by Pamela Aloia Sensei

available exclusively at

www.solangel.com

Asahikan Aikido Apparel at Café Press!

Check us out on Facebook!

Asahikan Wallpaper Desktop available online at www.asahidojo.com!

Why Aikido Has So Many Grabs

Grabs, mochi, are an essential building block for technique development. They are stepping stones for the student to work from the static to movement. We have many: katatetori – direct grab, kosatori – cross grab, katatori – shoulder grab, morotetori, two hands on one grab, ryotetori, both wrist grab, eritori – lapel grab, hijitori, elbow grab as well as ushiro mochi – rear grabs. A variety of combinations can be used.

Grabs create a scenario. Grabs teach us to work inside our personal space. Grabs create a sense of immobility both physically and mentally.

A variety of grabs provide a variety of situations creating a variety of options.

Grabs provide lessons to hone our movements by employing kihon dosa at its most elementary function. This allows us to process. This allows us to learn and grow.

Grabs play a major role in learning to see and feel connection. The same technique may need to be modified for execution depending on the type of grab engaged.

Grabs are a vital tool in Aikido advancement.

Osu!

Michael Aloia ASA Dojo-Cho

Technique Anatomy

Koshinage – hip throw, is a throw created by nage, which takes uke over the hip and into a fall.

By entering low and bending the knees, nage must correctly position themselves just below uke's center creating a fulcrum. This movement, along with a constant lead on uke's arm, causes the break fall.

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

