



"A pebble cast into a pond creates ripples. Aikido is the pebble. We are the ripples."

HAPPY NEW YEAR!

ASA welcomes **Larry Tarr, Len and Sam Mathias, Ed Kolodziej and Ryan Sussman.**

Welcome the **Lansdale Dojo Members**

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.

2009 Handbooks

Updated **Youth/Adult Handbooks** will be sent via email in the coming weeks. Please see Sensei if you do not receive one.

Brazilian Jiu-jitsu Night

BJJ returns to the **Asahikan** on **Tuesday, Jan 13, 2009 at 7:45pm.** Mat fee is \$5.00.

Congratulations to Pam Sensei on her recent promotion to **Sandan** on **December 5, 2008.**

Thank you everyone for your participation in our **Annual Holiday Family Donation**. Your efforts brought joy to those in need this past Holiday Season.

Dojo Member Applications for 2009 are now due. A photo is needed with each application. Please see Sensei if you have any questions.

All Youth and Adult students will need to fill out **Kyu/Dan Testing Applications.** These applications will serve as a guideline and record. Forms will be available on the web site starting in **2009.**

No Falls Aikido Class

The Dojo now offers a **"No Falls" Aikido Class** for students who may be unable to take ukemi (falls) on a regular basis. This class is open for all ASA students. All the benefits of aikido will be covered such as Basic movements, Weapons and Techniques. Practice of standing ukemi will be discussed and demonstrated. Classes are held on **Monday evenings at 6pm.**

The Dojo is closed January 1, 2009.

Classes resume **Saturday, January 3, 2009** at 11am with our **New Year Opening Ceremony.**

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

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.

This Year's focus is Moment – setsuna

Live and train in the moment. Celebrate this time with making it the best.



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.*

Mark Your Calendars

We are pleased to announce **Asahikan Dojo** will be hosting a seminar with **Utada Kancho** on **Saturday, April 18, 2009.**
More details to come.

Value it

We hear a lot about value these days. What value we get for the money we spend or the time we invest. Products and services are built on the notion that if we own it or

use it we add value to our lives. But is it really valuable? It can only be valuable if we truly value it. If not, it's just more clutter in our lives. We need to discern what constitutes value - our families, friends, our job or careers, how we spend our time and what we fill our days with, better yet what we fill our thoughts and hearts with. What we determine to be of value should not be swayed by advertising and marketing campaigns but rather by how it helps us grow and become a better individual. How does it affect our lives and how it causes us to affect the lives of those around us?

This year the focus of the Dojo is Moment. In Japanese it is setsuna. It is a poetic using of the word signifying living in the moment or instant. It asks us to make each moment we live count not just for us but for everything and everyone – use each moment, each instant to make a positive lasting effect on the world. Only you can value its importance, its pure power: thus valuing who we are and what we can become. With value then comes the responsibility to be true to it – to inevitably being true to you.

Value what you do, the choices you make, the people around you. But most importantly value who you are and what you will become.

May this year be of value to you.

Osu!

-Michael Aloia Dojo Cho ASA

