



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."

HAPPY NEW YEAR!

Asahikan Dojo celebrates 10 years!

Asahikan Dojo welcomes George Renda

Adult Dan Testing will be Saturday,
January 9th at 11am

Congrats to:

Tim Cormican on his advancement to Nidan,
Dillon Poole on his completion of Soto Deshi,
Shawn McIlvaine on his acceptance as new
Soto Deshi.

The Dojo will be closed:
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!

2010 Monthly Training Fees

In an effort to continue to maintain the Dojo properly and offer the current diverse training schedule, **Asahikan Dojo Adult and Children's Program's** monthly training fees will increase effective **January 1, 2010**. Please see Sensei if you have questions or concerns. Monthly Paypal payments will need to reflect the increase and updated buttons have been setup on the website.

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 means to better unify the Dojo community here at Asahikan. See Sensei or the Dojo Uneisha with questions.

2009 Holiday Drive

Thank you for your participation in our **Annual Holiday Drive**. Your efforts and consideration in providing aid to those in need during the recent Holiday Season is inspiring and greatly appreciated. We each have the power to make a difference in another life – big or small - a positive difference none-the-less.

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.

AANA/DAI Yearly Dues

All current Adult program students will need to renew their membership with the **Aikido Association of North America/Doshinkan Aikido International** this month. The cost is \$25. New members to the organization are to pay \$35 for the first year. to be recommended for testing and advancement requires all students to be current members in good standing with the AANA/DAI. If you have any questions please see Sensei or the Dojo Uneisha.

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

Asahikan Aikido Apparel at Café Press!

2010 focus – Jouju – Accomplishment

*"We are the music makers.
We are the dreamers of dreams."
-Willy Wonka*



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 Desktop Icons available online!

***New Year Message from Sensei
Accomplishment – Jouju - 2010***

As we stand at the beginning of yet another new year, we are offered an endless opportunity of choices. These choices will ultimately create more opportunities which in turn create more choices. This is a grand experience and one solely unique to the individual. Since each of us sees the world in a different way our experiences, our opportunities, our choices can only be the same - unique. Many of us find true exhilarating excitement in what lies ahead – facing the unknown, facing the challenge and accomplishing the task before us. As 2010 begins and through its duration, our focus this year is jouju – accomplishment. All that we do and say and strive to become is an accomplishment. Jouju is both singular and plural, thus, putting no limit to or on what we can achieve.

Accomplishment without boundaries, without limitations gives us the freedom to truly be who we are – at all times without fear or reservation. Our accomplishments can be big or small, for ourselves and for others, done alone or with a group. How we choose to define them is not as important as making the steps we take to bring them about. Only we can make it happen. Only we have the power – the power of decision.

Aikido is our common denominator. It is the stepping stone to greatness of self. What will you be this year?
What will you accomplish?
The answers are limitless.

Happy New Year.

Osu!

Michael Aloia ASA Dojo-Cho

Technique Anatomy

Koykunage – breath or timing throw, is the spontaneous directing or redirecting of uke's forward energy by nage.

Precise timing and speed allow nage to capture uke's energy and break their balance causing a fall.

