



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."

Testing will be held:

Ikkyu Testing (1st Kyu)

Adult – Saturday, July 25th 11am

Shodan Testing (1st Dan)

Adult – Saturday, August 1st
11am until 1:30pm

2009 Visiting Instructor Schedule

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, September 11th**
at 6:30pm.

Weapons Workshop

Jo Tori – July 24, 2009 7pm

\$20 advance payment due 7/22/09.

Asahikan DVDs Now Available!

Aikido – an art in motion
Movement, Connection & Control
featuring Michael & Pam Aloia Sensei

The Perfect Storm – Women in Aikido
with Pamela Aloia Sensei

Essential Defense System

with Michael Aloia Sensei

This three volume set covers the use of aiki
principles in self defense situations.

Featured in TKD Times

Aikido – an art in motion DVD series is
now a featured product in the international
magazine TKD Times.

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

Aloia Sensei's New Book

Now Available!

How Aikido Can Change the World

The new paperback book written by **Michael Aloia Sensei** is available online at
www.asahidojo.com.

How Aikido Can Change the World

discusses Aikido beyond the physical aspects. While Aikido is a physical martial way, its philosophies and peripherals carry over far into a practitioner's world if proper focus and realization are maintained. Sensei conveys his expedition of the art gained through personal



experience, exploration and integration. How Aikido Can Change the World will provide further insight as the Aikido practitioner develops and grows. Get your copy today!

Administration Corner

Thank you for your continuous support!

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

Cheri Poole

Asahikan Dojo Administrator



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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, supplies and DVDs, the message board and a current listing of events and schedules.*

Sacrificing to Commit

Consider what it takes to be well versed in something. If you spent an hour a day, everyday, for the next five years doing one thing, you would be considered an expert. But what is the key ingredient to become accomplished in this endeavor? Commitment. And only through sacrifice are we able to commit fully to the task. Sacrifice is the cornerstone of accomplishment. It is the fuel that keeps the home fires burning as we venture towards perfection. It is the price of mastery.

Commitment and sacrifice go hand in hand and can be regarded as one in the same. When we sacrifice we are showing our commitment to the process,

our desire to make it happen. Parents, make countless sacrifices for their children, demonstrating their commitment of love to provide a better world for them.

As martial artists, we sacrifice our time, our strength, our comfort, ourselves by committing to journey the path to personal enlightenment.

Has your commitment lead you to sacrifice? If so has it paid off? If the endeavor is not worth the sacrifice, then neither is the commitment.

Osu!

-Michael Aloia Dojo Cho ASA

"It's a rough road that leads to the heights of greatness."

-Seneca

Dojo Etiquette

Dogis are required by all students to be worn for all scheduled Asahikan training sessions. It is understood that at times students may unknowingly misplace or forget certain pieces of their uniform: pants, belt, etc.... These times should be far and few between since it is common and appropriate attire for all classes. To help in the effort, Asahikan Dojo provides donated dogis for such times as a students in not completely prepared for class. Donated items are limited. It is the student's responsibility to be prepared for class. If you would like to donate your old (freshly washed) uniform to the Dojo, please bring it to class and give it to Sensei or the Dojo Uneisha. If the time arrives that you may need to borrow a donated item, please be sure to take the item home, wash it and return it to the Dojo.

www.asahidojo.com

