



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 Will Dyer!

Congrats to **Antonio Aloia** for being accepted as a **Junior Soto Deshi** for the **Summer 2010**.

What a fantastic month June was at Asahikan Dojo! Training, testing and a boat load of seminars rounded out the month.

Adult Kyu Testing

Saturday, July 10th at 11am – 2nd kyu

Wednesday, July 28th at 7:15pm

A completed testing application and photo along with the correct testing fee is due one week prior to scheduled testing date and time. Regular class attendance as well as seminar/workshop attendance is part of the requirements for advancement consideration. Please review the 2010 Handbook for a complete list of details and procedures

Aikido Friendship Gathering

Thank you **Steve Trinkle Sensei** and members of the **Kenkyukai PA Dojo** for joining us on **Saturday, June 5** for a great time of training and share! We look forward to seeing you again soon.

Porter Sensei

ASA had the rare opportunity to host a seminar with Judo great **Phil Porter Sensei, 10th Dan** on Friday, June 18th. Sensei demonstrated that age has no bearing in the martial arts if one is focused, dedicated and truly approaches their craft with an open mind and heart.

Matsuda Sensei

ASA hosted a special workshop with **Glen Matsuda Sensei, 6th dan**, Shihandai on Saturday, June 26th. Sensei was a direct student of the late Toyoda Shihan.

Café Press Store: Asahikan Dojo
AsahikanAikido – Youtube Channel
Asahikan Dojo on Facebook

Aikido Now – the web magazine

ASA has released its first episode of Aikido Now exclusively on the Youtube channel **AsahikanAikido**. Check out *episode one – Aikido an introduction* at http://www.youtube.com/watch?v=-Ft3NsoH_Cg. Look for more episodes to be released.

Updated Shomen at Asahikan

We recently had an update to our Dojo's Shomen. Thanks to **Cheri and Jerry Poole** for their generous donation of the fine wood as well as the guys from **Better Living by Design** for their work on the new installation. Additional upgrades at the Dojo will continue to take place over the summer months.

European Release

Sensei's book, "**How Aikido Can Change the World**" will be officially released throughout **Europe in July**. The book has already received positive feedback in Europe and worldwide.

Become a fan of **Aloia Sensei's book How Aikido Can Change the World** on **Facebook** and help spread the word!

Asahikan Dojo will be participating in the International Aiki Peace Week scheduled to be held in September 2010. This is a movement within the Aikido community to make others aware of the aiki principles as well as spreading a message of peace and understanding. More information can be found at www.aikipeaceweek.org.

Additional Kyu Testing for Adults and children will be scheduled later this summer. Please check the list at the Dojo for dates and times.

If you are unable to attend class, please be courteous and inform the Dojo of your absence. Classes are for students not for instructors.

A reminder to keep your gi clean!



Monthly training fees are due by the 10th of each month for all programs. A late fee of \$10.00 for 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.

Any problems regarding a timely payment, please feel free to discuss the issue with Sensei. Thank you for your cooperation.

Visit our **web site** for our *monthly message, current/back issues of Aikido Now, media page, supplies books and DVDs 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

Since 2006 **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

Essential Basics of Self Defense by Michael Aloia

available online at www.asahidojo.com

52 Pick Me Up by Pamela Aloia

*available exclusively at
www.solangel.com*

New “Find Your Way” logo

Asahikan Aikido Apparel at Café Press!

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

Together we learn, together we grow.

Have a Goal

It is one thing to say what you want. It is another to actually go out and do something about it. Each day we stand before endless possibilities. Each day offers us the time to make those possibilities real and make them our own.

Goals help us determine which possibilities we want to make possible in our own world. Goals make us accountable for progress. Progress affords us the opportunity to reach more of our goals. Goal setting is contagious; it is infectious, not only with others but more importantly within ourselves. We become our very own model of personal success – our very own support system, our own sideline cheerleader. Goals keep us focused especially during the difficult times. They provide drive, determination, and purpose. Goals are the backbone of accomplishment. And accomplishment, no matter how big or how small, is true and honest success.

Aikido does the same. It challenges us, and those challenges drive us to accomplish and succeed. It offers us the possibilities of who and what we can be. It drives us to be our personal best while giving us a purpose of being better every single day. Aikido allows us to succeed – it wants us to succeed. And it all starts with a goal.

Michael Aloia ASA Dojo-Cho

Technique Anatomy

Gokkyo – fifth control/technique

Gokkyo resembles the movement of ikkyo except that the hand controlling the wrist is inverted with palm upward placing the thumb towards uke's hand. Maintaining control of uke's elbow is crucial as nage rolls the elbow to move uke forward and down to a pin. Maintaining control of the elbow also enables nage to avoid being hit. Nage can either take uke across the front or around in a downward spiraling movement.

