



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 Billy Oughton.

Congrats to Dillon Poole. Dillon-san has been accepted by Sensei as **Soto Deshi** for *Asahikan Dojo*.

Testing will be held:

Youth -Wednesday, June 24th 7pm
Adult – Saturday, June 27th 11am

Ikkyu Testing (1st Kyu)

Adult – Saturday, July 25th 11am

Shodan Testing (1st Dan)

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

Asahikan Dojo will be hosting AANA Senior Instructor **Rob McKweon Sensei** on **Saturday, June 13th** at 11am \$20.00 by June 11th, \$25 day of the seminar.

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.

Instructors Class

The next **Instructors Class** will be held on **Sunday, June 25th** at **12:30pm**.

Asahikan DVDs Now Available!

Aikido – an art in motion
Movement, Connection & Control
featuring Mike & 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.

Aloia Sensei's New Book

How Aikido Can Change the World

The new paperback book written by **Michael Aloia Sensei** will be available online in **June** 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.

Reserve your copy today!



Administration Corner

A few things to keep in mind:

- **Kyu Rank** application forms (fully completed including a photo) and testing fees are due **ONE WEEK PRIOR TO YOUR TEST DATE**. *No application – no test.*
- All **Adult and Youth members** ranked **5th Kyu** and above are required to purchase their own weapons. These may be kept at the dojo or brought to class each time. Please mark your weapons with your name if you plan on leaving them on the rack at the dojo. If you have not purchased your weapons set, please contact me to make these arrangements immediately.
- All **Adult and Youth members** are required to join the AANA and should have received a patch upon doing so. Please sew this patch on you the back of your gi, centered just below the collar. If you have lost your patch or are in need of additional ones, you may purchase these from the dojo. Please let me know if you are in need of one or more and I will place an order.
- The **Asahikan Dojo patch** is available for \$8 each. Sensei would like each of us to wear this on the left sleeve of our gi. If you do not have one, please email me to make arrangements to acquire one.

As we all become busy with our summer schedules and vacations, please be mindful of informing Sensei when you will be unable to attend class.

Does everyone know how to locate the forms and handbook link on the website?? This is a private link, set up by Sensei, to allow only Asahikan members to access it. Please email me if you do not know how to find this. I will email the link to you and I suggest you place it in your “favorites” or bookmark it in your computer for future reference.

Any donations to the water/cup/cleaning supplies fund are greatly appreciated. Please place your donation in the black payment box in the dojo lobby and note “supplies” on the envelope.

Until Sensei has fully recovered from his recent injury, additional Dojo events, clinics, special classes, etc., may be postponed until sometime later in the summer.

Announcements will be made regarding rescheduling of these events.

Thank you for your understanding and continuous support!

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

Cheri Poole
Asahikan Dojo Administrator



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.*

Moving Forward

Many of us have been faced with the challenge of dealing with an injury – big or small. For some, that injury has placed a handful of roadblocks along your daily route – causing that route to be altered or even worse in deadlock. A few days after my injury I spoke with Utada Kancho. We discussed how these “roadblocks” are a part of our training. They work to define our strengths and cause us to enhance our shortcomings. These challenges identify our true character. And when faced with them, we must stand before them and press forward. The nature of our intent will forge the success of meeting the task. We must look beyond and not dwell on circumstance. See

ourselves where we want to be and take the steps to get there. Often these types of “roadblocks” can stall even our best of intentions and stunt our strongest of efforts. But as each of us has a role in aikido, so does the roadblock. Allow that role to do what it is designed to do and in turn, you do what you are suppose to do – look ahead and move forward. Osu!

-Michael Aloia Dojo Cho ASA

*“Our greatest glory is not in ever falling,
but tin rising every time we fall.”
-Confucius*

Dojo Etiquette

With the summer months ahead, please be sure to regularly wash and thoroughly dry your dogi after each training session. If possible, purchase a second dogi so a uniform is always ready and properly suited to train.

The wearing of jewelry – rings, earrings, necklaces, bracelets, etc., during training is not permitted at the Dojo. These items can cause injury to another and yourself. Please make sure to remove any items and store them with your belongings in the changing room. If you are uncomfortable leaving these items in the changing room, consider leaving them at home.

Advertising Space is available in the newsletter and on the Dojo website. If interested please contact Sensei.

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

