



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 Christopher Haldis!

ASA will be hosting a **Special Workshop** from **Dr. Frank Gallo Sensei**, *Tactical Specialist and Eastern Regional Director of the Aikido Association of America*. Gallo Sensei will be at the dojo on **Saturday, June 26th** from 11am until 2pm. Mat fee is \$40.00 with pre registration. Mat fee day of the event is \$45.00. A sign-up sheet will be available at the dojo.

**Aikido Friendship Gathering** with **Asahikan Dojo** and **Steve Trinkle Sensei** and members of the **Kenkyukai PA Dojo** will join us on **Saturday, June 5, 2010** from 11am until 1pm. Donations are being accepted.

**Spring Fling Day** was a great success. With your support we have managed to collect enough funds to purchase a new crash mat cushion. Thank you for your support!

**Aloia Sensei** wrote an article for **Aikido Journal**. If you missed go to **the monthly message page** and check it out.

#### Code of Conduct – Children's Class

A Reminder to please read, sign and return the Rules of Conduct page (last page of the new Handbook). Both student and parent signature required.

**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](http://www.aikipeaceweek.org).

#### Flexibility/Yoga Class

We will be extending our Flexibility/Yoga class throughout June. Walk-ins welcome!

**Asahi Schools of Aikido** is happy to announce the addition of an **Aikido Club at the Episcopal Academy** in Newtown Square. Under the supervision of **Ryan Dankanich** (band director at EA), a small group of high school students will learn the philosophies of Aikido, and learn basic movements, ukemi, and waza. We hope to be able to offer the assistance of any available sempai for occasional workshops and special events. Ryan-san is looking forward to creating awareness of Aikido to a new group of individuals, and the personal benefits of teaching basic techniques to others.

**Additional Kyu Testing** will be scheduled later this month and throughout the summer months. Please check the list at the Dojo for dates and times. 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.

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

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

*For respect and as a courtesy to the Dojo, your instructors and fellow students please inform Sensei and/or the Dojo Uneisha of your absence from class. Class times are scheduled for students' to train. Thank you for your consideration.*

**Café Press Store: Asahikan Dojo**

**YouTube Channel: AsahikanAikido**



**Monthly training fees** are due by the 10<sup>th</sup> of each month for all programs. A late fee of \$10.00 for dues collected after the 10<sup>th</sup> 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, 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

Since 2006 Asahikan DVDs have sold worldwide and are available online at [www.asahidojo.com](http://www.asahidojo.com) or by contacting Sensei.

#### **How Aikido Can Change the World by Michael Aloia Sensei**

available online at [www.asahidojo.com](http://www.asahidojo.com)  
*Now featured in TKD Times*

**52 Pick Me Up**  
by Pamela Aloia Sensei  
*available exclusively at*  
[www.solangel.com](http://www.solangel.com)

**New “Find Your Way” logo**  
*Asahikan Aikido Apparel at Café Press!*

*Check us out on Facebook! Look for  
Asahi Dojo, Asahikan Dojo and Asahi  
Schools of Aikido & How Aikido Can  
Change the World.*

*Asahikan Wallpaper Desktop available  
online at [www.asahidojo.com](http://www.asahidojo.com)!*

*Together we learn, together we grow.*

#### **To What Degree?**

Waza is a difficult thing. There is so much involved, so much taking place in just a few seconds as we interact with our partners. All cylinders are firing – physical, mental, emotional and often forgotten, the spiritual as well. We all face the challenges to make the technique work. We go out of our way to accomplish this and often this results in a modification of the original technique.

Though technique modification is an example of aiki at its very essence, it is how we choose to modify that demonstrates our true ability to use the technique and its design. An encounter of sorts is unpredictable. There are many factors existing including the unknown. Things can change in less than a heartbeat. So what we set out to do initially might not be what we wind up with in the end. Someone zigged and we zagged. So modification is greatly needed to keep the upper hand. But to what degree do we sacrifice the integrity of technique as we modify? There is a method to the seeming madness. We are given a set of principles to follow coupled with guidelines or parts that are involved in every waza. Believe it or not, using muscle strength is not one of them. The principles are movement, connection and control.

They are used at each part of a technique: irimi – entering, kuzushi – taking of balance, and kake – execution. Adhere to these and technique will work regardless of the modifications needed to employ.

**Michael Aloia ASA Dojo-Cho**

#### **Technique Anatomy**

##### **Yonkyo – fourth control/technique**

Yonkyo, also resembling a sword grip, is applied at the inside of the wrist along the thumb line. Working from the sankyo position, nage rotates the top hand inward to the inside of uke's wrist. The hand grasping the fingers also rotates, but outward, and maintains the grip to the fingers helping expose the inside of the wrist. Using the pad of the index finger of the top hand, nage applies pressure up then down along the radial nerve of uke's arm. The lower palm half of nage's top hand should rest in uke's lower palm half – again squeezing with the lower three fingers. Nage moves in and down taking uke to the mat where the technique is further applied.

