



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."

AANA 2009 Dues

There are still a few Dojo members who need to have their membership renewed for 2009.

Please take the time and join or renew your AANA membership for 2009.

Visit www.doshinkan-aikido.org.

All ASA Youth/Adult students must be registered with the AANA to be considered for testing.

2009 Visiting Instructor Schedule

April 18th Saturday

Yukio Utada Shihan 9am – 12noon \$75.00

No Children's Class

June 13th Saturday

Rob McKweon Sensei 11am \$20.00

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, March 6th** at 6:30pm and **Friday, September 11th** at 6:30pm.

All Youth and Adult students will need to fill out **Kyu/Dan Testing Applications**. These applications serve as a guideline and record. Forms are available on the web.

Testing Dates

Testing dates are as follows:

-March 23rd, **Monday** 12noon & 6:30pm

-March 24th, **Tuesday** 7pm

-March 28th, **Saturday** 10am

-April 13th, **Monday** 6:30pm

-April 25th, **Saturday** 10am

Please review the **Handbook** for testing material. Testing fees are due prior to testing date. Testing is pass or fail. Good luck!

Escrima Seminar

Asahikan will be hosting an afternoon seminar with **Great Grand Master Atillo**, head of the *Balintawak Escrima System* on **Saturday, March 21, 2009** from 1pm until 6pm. Seminar cost is \$100.

Administration Corner

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

Cheri Poole

Asahikan Dojo Administrator

Available March 15, 2009

Aikido – an art in motion - Control
Featuring Mike & Pam Aloia Sensei
on DVD and available worldwide!

Utada Kancho Seminar

Asahikan is honored to host **Yukio Utada Kancho** for a morning seminar on **Saturday, April 18, 2009** from 9am until 12noon. All Youth and Adult students are invited to participate. This is a great opportunity to train with a *Shihan – master of the art*. Utada Sensei has been training for over 40 years. Kancho is also the head of the *Aikido Association of North America* and Chief Instructor at the *Doshinkan Dojo* in Philadelphia. Mat fee is \$75.00.

There will not be Children's Aikido Class on Saturday, April 18th in light of Kancho's visit.

We look forward to seeing everyone there. OSU!

Instructors Class

The next Instructors Class will be held on **Sunday, March 22nd at 1pm**.

Please contact the **Dojo Uneisha** for scheduling issues, questions and a manual.



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

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

Don't Look to be the Best

With so much competition in the world, it is, at times, hard to just be. We are often plagued with a race for a better or more high paying job, a bigger home or faster car, the latest in technological gadgetry or the affection or acceptance of our peers. This can be depleting on all levels.

If we always look to be the best we must always compete. Being the best is a temporary state – like 15 minutes of fame. There will always be someone better. Once you are the best, where is there to go?

Rather, if we choose to be good at what we do, we create and maintain a level of consistency - one that is always improving, always getting stronger. Striving to be the best in something is but for a given moment in time. Endeavoring to be good means maintaining a level of skill over a long period of time – a lifetime

In Aikido we strive for the long term. We look to continue our journey of growth and discovery far into the twilight years and beyond. Being the best is an achievement. It separates us from the pack but even with that its rewards are short lived. Our endeavor to be good at what we do, however, is a commitment towards excellence everyday in everyway. Osu!

-Michael Aloia Dojo Cho ASA

Dojo Etiquette

Acknowledging a senior student or instructor is a universal practice in all Japanese martial arts, aikido is not excluded from this practice.

It is appropriate and expected for junior students to formally rei – bow – to their seniors or instructors.

When Sensei or the Dojo Cho enters the Dojo, students should take the time to properly recognize his /her presence by stopping what they are doing and offering a rei and hello. This practice continues while on the mat to both seniors and instructors. This is common courtesy and respect. It is nothing new to the martial artist, regardless of national origin, and must be a regular and diligent practice in the Dojo.

