



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."*

### Aloia Sensei teaching at the Doshinkan Dojo

**March 5, 2010 6:30pm**

**September 10, 2010 6:30**

Aloia Sensei will again be instructing at  
**Utada Kancho's** dojo the **Doshinkan** in  
**Philadelphia**. Please join Sensei on  
**Friday, March 5, 2010** at 6:30pm.

All students are invited to attend.

Attendance will count as a seminar  
requirement.

### Children's Kyu Testing

We will conduct a test for our Children's  
Aikido Class on **Saturday, March 27<sup>th</sup>** at  
10am

### Visiting Instructor Seminars

**Rob McKeown Sensei**

**June 5, 2010**

10am Children's Seminar \$10.00 mat fee

11am youth/Adult Seminar \$20.00 mat fee

**Chuck Mann Sensei**

**November 6, 2010 11am** \$20 mat fee

Sign-up sheets will be at the Dojo

### Mark Your Calendars!

**Utada Kancho Seminar at Asahikan**

**Saturday, April 17, 2010 10am until 1pm**

**\$75.00 pre registration**

**\$85.00 day of seminar**

### Children's Aikido Class

for **Saturday, April 17<sup>th</sup>** will be held at  
**9am until 10am** in light of the seminar.

**Asahikan Aikido DVDs** are now available  
online on demand at **GoldStar Video**. Visit  
our **Events** web page and click on the **On  
Demand Banner** at the top of the page.

### Flexibility & Yoga Class

**12 week Session beginning Thursday,**

**March 4, 2010 at 6:30pm**

Through the use of common yoga stretches  
and poses, gain that flexibility you always  
wanted or used to have!

Bring your own mat, water and towel.

Mats will be available for \$1 per class.

The class will run from 45 minutes to an  
hour long on Thursday nights.

**12 week session is \$120. Family rate:  
\$120 for the first and \$108 for the second.**

Registration is due by March 1<sup>st</sup>.

**Kyu Testing** has been scheduled. 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.

*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.*



**Monthly training fees** are due by the 10<sup>th</sup> of each month. This includes all programs. A late fee of \$10.00 for monthly 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.

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](mailto:newsletter@asahidojo.com). We look forward to hearing from you.

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)

**Asahikan Aikido Apparel at Café Press!**

**Check us out on Facebook!**

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

**There is always something else...**

Making a commitment is certainly no small feat. Having the courage to agree to take on an ongoing responsibility takes courage. Staying with that commitment and honoring it in the good times and the not so good times demonstrates strength and maturity. Life seems to throw a lot of things our way and for most, it is an everyday achievement of scheduling, juggling, coordinating and maintaining - sometimes more than we can chew. But we persevere.

Your Aikido training is a commitment you personally made to yourself - whether you realized it at the beginning or not. Aikido is not just another physical activity and it is far from a sport. Aikido works from the outside in and the inside out simultaneously.

Commitment affords us the right to say our time is precious and that we matter.

Commitment makes a statement of what is important in our lives. Commitment shows the world we have a purpose and we can make a difference.

Aikido has committed to you, for the betterment of you. Your presence does have a purpose and it does make a difference – to the community and to you. Honor that commitment. Life will continue to throw things our way, There will always be something else. When will we take the time to make the time given to us for ourselves rather than to something else? There is only one you, and you have a choice.

Osu!

*Michael Aloia ASA Dojo-Cho*

**Technique Anatomy**

**Shihonage** – *all/four directional throw*

While grasping uke's wrist, Shihonage is the forward entering underneath uke's arm from the outside by cross stepping with the inside leg (closest to uke) and raising uke's arm just above eye level. Continuing with a kaiten turn as uke's arm is lead in a halo motion around nage's head and down to center. At the complete of the kaiten uke's arm is bent at the elbow and close to their head. The body is arched back and off balanced. Finish the movement by advancing on the front foot taking uke to the ground for a pin.

