



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 Jim Patrick!

**The dojo will be closed Monday, May 31, 2010
Happy Memorial Day!**

**Spring Fling Day May 1st
10am – 12:30pm**

Come and enjoy games and focused activities to celebrate the new season

Dojo Picnic to follow at Waterworks Park in Trappe – only one mile from the dojo. Please bring a covered dish for all to enjoy. Sign up sheets will be at the dojo. Please see the ASA Events coordinator for additional details.

The events of Spring Fling are helping raise money for a new pad on our crash mat!

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.

Asahikan Dojo will be hosting a special visit from **Ken Clark Sensei** from **Jiki Shin Kore Dojo Shin Sogo Aikido** in Orlando, Florida on **Monday, May 3rd at 12 noon**. Clark Sensei has been training over 30 years and will be instructing the noon class. He has trained under both Yamada Sensei and Saotome Sensei. Please join us as we welcome Clark Sensei to Asahikan Dojo.

Donations for this event are welcome.

Flexibility/Yoga Class

There will be no flexibility class held on April 29th. A make up class scheduled on **Monday, May 3, at 7:35pm.**

Kyu Testing scheduled for Saturday, May 8, 2010. Please review the Handbook.

Additional Kyu Testing will be scheduled later this month. 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.

We are currently working on scheduling a **Friendship Gathering** with a neighboring Aikido dojo. This event will take place on a Saturday. We hope to have details in the coming weeks.

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 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, 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 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

52 Pick Me Up

by Pamela Aloia Sensei
available exclusively at
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.**

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

Together we learn, together we grow.

When this happens... I will...

I recall hearing many times from particular people years ago that they were not able to do something because something else had not happened. One popular expression was "When I win the lottery, I will...". Another popular one was "When I retire I will...". Maybe you heard them too in one way or another. I always thought these were peculiar sayings, though I must admit found myself repeating them at one point in my life. I suddenly realized to wait is to want and wanting is not having. And I was not content with not having experiences in my life. Why do we create these periods of wanting for ourselves? What are we waiting for? Why are we waiting to live life?

It is as if we create believable and acceptable excuses for ourselves. "I will start Aikido once I am in shape", where the mere physical involvement will deliver that which you are wanting to achieve. "When the kids are older I will make more time for myself", as if your time now, for you, does not matter. What do we lose in the process?

What are we giving up or denying ourselves? The ability to live and share in the experience has been neglected or forgotten. Rather than making a distinction- this and that, make it one goal – this is how I will be, that is what I will become.

Ben Franklin said it best, "Don't put off tomorrow what you can do today". There really is no time like the present – and that is life's real gift.

Michael Aloia ASA Dojo-Cho

Technique Anatomy

Sankyo – third control/technique

Sankyo resembles the sword movement of *hasso*. *Nage*, using their inside hand, grabs *uke's* hand at the blade – *nage's* pinky, ring and middle fingers inside the palm. The thumb and the index finger are placed at the wrist. Pressure is applied with the three bottom fingers, much like a sword grip. *Nage's* free hand assists by grabbing *uke's* fingers with the palm inward. Together, *nage* brings *uke's* arm back and out at the same time, keeping it aligned with their center, locking the wrist joint and taking control of the elbow.

