



"A pebble cast into a pond creates ripples. Aikido is the pebble. We are the ripples."

ASA welcomes Alex Kabrich and Jessica Weigel!

Adult Kyu Testing is scheduled for Saturday, May 14th at 11am.

FREE Monthly Dojo Raffles

Each month the Dojo will raffle off an item of interest. Members who wish to participate will be asked to drop their name into the raffle box located at the Collegeville Dojo. A winner will be drawn at a specific date. **This month we are raffling off a 30 minute session with Sensei**

March's Winner: Chris Haldis

April 16th 10am Aikido Fall-A-Thon
ASA will be hosting a Fall-A-Thon to assist the St Jude Research. Collect your pledges and join us!

Free Female Safety Clinic April 17th
1pm - Pottstown with Aloia Sensei
Discussions will include awareness

ASA 2011 Spring Fling/Art Show
Friday, May 6th 6:30pm Art Show
Sat., May 7th Spring Fling Class 10am
Spring Fling Picnic 1pm

Toyoda Sensei Weekend Seminar at Asahikan Dojo Collegeville
June 3rd 6pm -9pm
June 4th 10am-1pm & 3pm-6pm
June 5th 10am-1pm

ASA Member Art Show for Japan

In light of recent world events involving Japan, ASA will be hosting a **Members Art Show on Friday, May 6th** at 6:30pm. All ASA members are asked to contribute at least one piece of original artwork for the show and auction. All proceeds will go to support the **Japanese Disaster Relief Effort.**

You do not need to be an artist to participate! The event, which will coincide with our **Annual Spring Fling**, is to demonstrate our support for our Japanese counterparts. Members will also be encouraged to invite family and friends to the art show where all works of art will be on display and for sale.

Join us on Facebook and help Asahikan Dojo reach a 1,000 friends

To help spread the message of our art and our program we are asking everyone to join us as we look to increase our Facebook friends total to a 1,000 and beyond! Become a friend today and be a part of the experience.

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

Join us in Pottstown for Class on Tuesday and Thursday evenings at 7pm!

Together we learn, together we grow.

What We See & What We Do

We come to class and we watch the demonstration and Sensei teaches a technique we have seen many times before. There are both verbal explanations as well as physical demonstrations. Again we have seen it countless times and have performed it even more countless times before. But have we really?

Once we have established we have seen something before, our minds tend to glaze over what is happening now. We immediately have a tendency to fill in the rest with what we have perceived as our prior experience. This will often cause us to miss any new information that may be introduced or previous information that is being relayed in a new way. We also miss out on the opportunity to review. Once the teaching demonstration is complete, we make our way to training with a partner. Here is where our dismissal or glazing over instruction comes into play. We tend to repeat a technique much in the same manner we have countless times before. If those countless times before included struggle, balance issues, frustration, we set in motion much the same. Even if in the past we have performed the specific technique in a manner befitting a representation of the art, we may have missed the subtleties of what the technique offers. In essence our tendency to revert back to what we think we know and what is really happening become blurred or misconstrued – the learning process has stopped. We now fall prey to repeating prior mistakes yet unknowingly accepting them as proper technique because we come to know them as the norm of what we do. Making a change at this point will become difficult. More to come...

Michael Aloia - ASA Dojo Cho

Check out the New Article in EMS Pro Magazine co-authored by Aloia Sensei! Visit our website's 'Monthly Message' page for the link.

Monthly training fees are due by the 5th of each month for all programs. A late fee of \$10.00 for dues collected after the 5th 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, media page, supplies books and DVDs and a current listing of events and schedules.*

Since 2006 Asahikan DVDs & Books have sold worldwide and are available online at www.asahidojo.com or by contacting the Dojo

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

If you have an old gi – consider donating it to the dojo. Donated gis are used in various ways, assisting our members when needed.

A reminder to keep your gi clean!

Contact us:
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