



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

ASA welcomes Keagan Brown and Travis Manning!

FREE Monthly Dojo Raffle
This month winner of a copy of *How Aikido Can Change the World* is: **Ronald Wegrzyn**

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

There will be several Aikido Demonstrations and testing throughout the weekend. Everyone is invited to attend dinner with Sensei during his visit. A Saturday evening group dinner has been arranged.

Reminder: There is no Children's class on Sat. June 4th at 10am.

ASA Kyu Testing
Children's Kyu Testing is Saturday, June 25th at 10am

Adult Kyu Testing is Saturday, July 30th at 11am.

Please have testing forms and fees completed and submitted two weeks prior to testing date.

A reminder to keep your gi clean during the warm summer months!

ASA Art Show/Spring Fling 2011

Thank you everyone who donated time, effort and talent to make our first **Member Art Show** a success. With your support we were able to raise **\$1,000.00** to donate to the **Red Cross** towards the **Japan Disaster Relief fund**.

Check out the new article: Personal Wellness - part 1, by Aloia Sensei and Pam Sensei in the June 2011 issue of **EMS Pro Magazine**. A PDF download can be viewed on the **Monthly Message** page of the website.

Essential Defense Female Safety and Self Defense Workshop - \$25.00
Sunday, July 10th 1pm – 4pm at the **VMSC of Lansdale, Lansdale, PA** with **Aloia Sensei** and **Operational Medical Research Group** -
www.medical-intel.org

Join us on Facebook! 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 at our Pottstown Dojo for Class every Tuesday and Thursday evening at 7pm!

Together we learn, together we grow.





Training

Training can be considered the meat and potatoes of what we do as martial artists. Training defines our actions, reactions and responses as it refines our awareness, focus and ability to formulate mentally, physically and spiritually.

Through training, we find the means to further our knowledge about the art as well as furthering our personal insight of ourselves. We have questions, training has the answers.

Training, at times, will put us in uncompromising positions, challenging us to better ourselves and best our last outing. Training will push us to the brink of our limits yet comfort us and reward our efforts just when we need it. The training will never abandon us and forego the relationship it builds with us. It will always be where we left it - waiting for our return. It does not look to sever the symbiotic bond merely for the sake of convenience, lack of interest or trend. It has too much invested.

The training is always there and always ready to do its job. It is unwavering yet flexible to our needs of the moment, always offering what it takes to reach the next level.

Training ensures that we are on the path and remain on the path. Training is a lifetime pursuit and is always present.

Michael Aloia - ASA Dojo Cho

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:

Asahi Schools of Aikido

ASA Asahikan Dojo

ASA Pottstown Aikido

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www.asahidojo.com

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Check out our **Children's Program** newsletter and website at:
www.aikidonowkids.com

