

You're receiving this newsletter because you want to stay in touch with us. Not interested anymore? [Unsubscribe](#) or visit www.asahidojo.com.
 2 great locations – **Collegeville and Pottstown** – 1 great Art! **Expect, Experience, Excel – Martial Arts Make a Difference!**
“A pebble cast into a pond creates ripple. Aikido is the pebble, we are the ripples.”



The Official Publication of the Asahi Schools of Aikido

Welcome to Asahi!

ASA welcomes:

Vera-Michele Workman, Meilyr Haldis & Jeremy Burke!

Welcome back to Shawn McIlvain!

Asahi News

New Daytime Aikido Class Added

We have added an additional daytime Aikido class for the Fall! Class will be held on **Tuesdays morning at 10am**. We look forward to seeing you on the mat.



Flexibility Class Returns for the Fall

ASA Fitness/ Flexibility class starts on **October 13th**, and

every **Thursday at 7pm** and run until **November 17th**. The 6 week session fee is \$60 or \$12 for each individual class.

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- **Asahi News & Articles:** *Dojo Cho article*
- **Event Schedule:** *Halloween Class, Fall Festival, Boot Camp*
- **ASA Products:** *Books and DVDs*
- [Check out our Children's Website & Newsletter](#)

Asahi Events

October 2011

- October 3, 2011 Monday Evening class begins at 7pm
- October 8, 2011 Saturday ASA Assistant Instructor Class 9am
- October 13, 2011 Thursday Flexibility Class 7pm
- October 22, 2011 Saturday ASA 9th Annual Fall Festival 10am – 12:30pm
 Party at 1pm – Bring food!
- October 23, 2011 Sunday Shofuso Tour
- October 29, 2011 Saturday Halloween Class 10am
- October 29, 2011 Saturday ASA Assistant Instructor Class 9am

November 2011

ASA Kyu Testing TBA

Monday Evening Class New Start Time

Starting Monday, October 3rd, the Monday evening class will now begin at 7pm and run until 8pm. Class will also be a "regular Aikido class" open to all members. Please make note to the schedule change for your attendance.

Asahi Schools of Aikido – Aiki Peace Week 2011

ASA again participated in the International Aiki-Peace Week, September 18th through the 24th. Classes focused on conflict avoidance, management and resolution. The general theme of the week was "Giving Way". Lessons were drawn from Aloia Sensei's books, [How Aikido Can Change the World](#) and [Rescuer Mindset](#).

Women's Defense Workshops

As a driving force in the continued education and development of the public safety and civilian sectors, Asahi offers Basic and Advanced Personal Defense Workshops for Women exclusively through the Essential Defense System (E.D.S.) with Aloia Sensei – Check out a full E.D.S. schedule at www.essentialdefensesystem.com.

The next scheduled Defense Workshop is Saturday, November 5, 2011, 10am to 1pm, Limerick Firehouse, Limerick, PA. Cost \$50.00. Register online at www.medical-intel.org.

ASA Fall Festival Weekend 2011



The ASA Annual Fall Festival is scheduled for Saturday, October 22nd starting at 10am. A small party is scheduled to follow the event at

November 5, 2011 Saturday EDS Women's Defense Workshop Limerick
November 12, 2011 Saturday ASA 2011 Aiki Boot Camp 10am
November 24- 25, 2011, Dojo Closed for Holiday

December 2011

December 10, 2011 Saturday ASA Assistant Instructor Class 9am
December 17, 2011 Saturday ASA Holiday Party 1pm
December 24, 2011 Saturday Dojo Closed holiday
December 31, 2011 Saturday Dojo Closed Holiday

January 2012

January 2, 2012 Monday ASA New Year opening Ceremony 6:30pm

See all events at www.asahidojo.com

Forward to a Friend

Know someone who might be interested in Asahi or Aikido?
Why not forward this email to them. Make a difference one person at a time.

Contact Us

- newsletter@asahidojo.com - email
- www.asahidojo.com
- www.essentialdefensesystem.com
- www.solangel.com
- www.aikidonowkids.com
- www.rescuermindset.com



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the dojo. Members are asked to bring food, snacks and beverages to celebrate the annual season festival.



We will continue our festivities the following day, **Sunday, October 23rd**, with a tour of **Shofuso Japanese House** in Fairmount Park. Please contact the [ASA Events Coordinator](#) for details.

ASA supports the Guardian Angels



Congrats to **ASA Dojo Cho Michael Aloia Sensei** and **ASA Events Coordinator Jessica Bennett** on becoming full

members of the Guardian Angels Pottstown Chapter. Graduation ceremonies took place on Sunday, September, 18th and were conducted by **GA Founder Curtis Sliwa**. Aloia Sensei was also recognized for his time, effort and support by receiving the organization's official Certificate of Appreciation. *"It only takes one man, one woman to make a difference"* says Curtis Sliwa. [Read P-town Mercury article](#)

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A Brief Q&A with Aloia Sensei

Aikido Now: *What are the principles and concepts that you advocate at your dojo?*

Aloia Sensei: With regards to technique, we stress three principles: movement, connection and control. These three elements allow us options as well as maximum efficiency and effectiveness. Nage, the thrower, must employ these principles to successfully execute any given technique. Movement makes us less of a target and places us in the proper positions. Connection is both the mental and physical contact we make with our attacker - we are actively engaged in what is happening now. Control enables us to follow through with the correct intention for the level of conflict - not



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Featured in TKD Times, on Amazon and Barnes & Noble



doing more than is needed to defuse the situation while keeping ourselves safe.



With regards to the personal development of each student, we encourage everyone to keep a focused, yet open mind to their training. Everything

and everyone has so much to offer. If we are closed minded we miss the opportunity to grow. Our community kun or motto at the dojo is, "Together we learn, together we grow". Without the interaction of others, we will not progress, both in the art and in life.

AN: How do you approach teaching a variety of students?

Sensei: Sometimes finding the balance between what is my way of training and what is the best way to train the students can be challenging. Each of us has our own personal set of rules and methods. These methods will at times determine how hard you push your own students. This influence can be positive or not so positive. Pushing students who are not yet ready to move from their comfort zones may have negative results and, in some cases, cause the student to give up. This is not the intent. But rather, learning to know when to push and when to pull back gives the student room to grow and integrate knowledge, and enables them to exceed their own expectations not just the instructor's. Aikido has taught me this.

AN: Why do you think it is important for people to learn a martial art like Aikido?

Sensei: Martial arts make a difference in the individual and in the community. Budo builds character and motivates us to be self-disciplined and self inspiring.



Budo also makes us accountable for our words and actions. Sports, though having many health and fitness benefits, promote people to compete with one another and at times win at all costs. Certain sports programs tend to

ASAHIKAN AIKIDO DVDs



Aikido 1, 2, 3 - a beginner's first steps

Includes basic falling and movement exerci along with the first five techniques, weapon knee walking and so much more.

Buki - empty hand defenses

3 disc set covering empty hand defenses against the bokken, jo and tanto.



Aikido an art in motion: Movement

Focusing on the principle of movement, kotegaeshi, sumiotoshi, koshinage, kokyuh kokyunage and ukemi as examples.

Aikido an art in motion: Connection

Focusing on the principle of connection, A variety of techniques are illustrated with a focus on the connection of uke and nage.



Aikido an art in motion: Control

Focusing on the principle of control with explanations regarding the three parts of a and paths of execution.

The Perfect Storm - a Woman in Aikido

A woman's application of Aikido with a focus on the natural, flowing yet dynamic movement of the art.



Essential Defense System

Aiki principles are applied to self defense situations and encounters. Simple and effective movements are demonstrated. 3 volume set.

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convey an aggressive approach when faced with an opposing force - sometimes the end justifying the means. Aikido teaches us to give way, either blending with the situation or allowing it to pass completely. We are held accountable for our choices; we learn responsibility. What we choose may not only affect us but others as well. Aikido is not a sport; it is a way of life.

AN: *What insights can you share with those who want to pursue their interest in Aikido?*

Sensei: There is no time like the present. In Japan they say "naka ima", meaning "in the now". We must seize the moment because we are only given one of that particular moment and we must make it the best moment we can. Once it is gone, it is in the past and we have no way to recapture it. The future has not happened yet and has infinite possibilities. All those possibilities rest on the one single moment – the now.

The road is not an easy one but one that comes with many rewards. Aikido is a culture, a community and a way of being. We meet many people along the way; we may travel to different places to train, each having their own unique experience. We grow internally as well as externally. This growth is only possible if we remain both focused and open. We must know our path but be willing to change the route when needed.

Read other published article by Aloia Sensei [here](#)
Book a workshop or seminar with Aloia Sensei – [Contact us](#)

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“Together we learn, together we grow.”



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