



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

Testing

Adult Kyu Testing will be Mon., Nov. 9, and Sat., Nov. 21st, 2009. Children's Kyu Testing will be Sat., Nov. 21st at 10am

2009 Visiting Instructor Schedule

November 7th Saturday
Ben Cliver Sensei 11am \$20.00

The Dojo will be closed:

Thursday, November 26, 2009
Friday, November 27, 2009

New Location of Aikido Classes

We are pleased to announce we have begun aikido classes in the **Pottstown area**. Classes are held every Thursday evening at 7pm on the 2nd floor of **Pottstown Karate** – located at 21 North Hanover Street. **In the coming weeks the class schedule at P-town will be expanding including a 9am Saturday morning Women's Aikido Class**

Asahikan Embu

Members of **Asahikan Dojo** participated in the **35th Anniversary Embu Celebration** for Utada Kancho on Sunday, October 11th held at the Mandell Theater at Drexel University. A video of the performance is now available on Youtube and at our website on the "Aikido" page. Everyone did a fantastic job. Their time, effort and support were greatly appreciated both from Aloia Sensei and Utada Kancho. **Here are just some of comments from the Asahikan Embu:**

- AWESOME!!!!!!!!!! Very cool, you guys did great!!!!!! Rob Benedetto, DSMA
- You guys were looking awesome!! – Lou
- “Nice” – Rob Sensei P-town Karate
- “Great job!” – Sifu Ralph
- “...Your school should be proud of your great demonstration.” – Janine
- “Awesome demo guys - thanks so much for being an integral part of this event!”
- Eric Sensei

Aloia Sensei's writings will splash the pages of the **30th Anniversary Issue of Tae Kwondo** January 2010 issue. His article, *"The Modern Warrior and the Seven Virtues of the Way"* will hit the newsstands in December and will be available on the Dojo website.



Martial Arts Connector, an online budo publication from Belgium, will run a featured interview with Aloia Sensei and Asahikan Dojo this month. Visit <http://www.samurai-sword-shop.com/connector/>

We have added a **Media Page** to the website. This page is accessible from the "Aikido" via the "Asahi Media" link. Promo videos and *desktop icons* are now available. *Asahikan screen savers and wallpaper* will soon be added.

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

Asahikan Dojo has released a new DVD geared just for the beginning student of Aikido. This DVD covers *basic ukemi, kihon dosa, the first five techniques, kihon buki and so much more*. The DVD features **ASA Instructors** along with **Sensei**.

This DVD is now available and is being offer for free to new Asahikan Members.

Holiday Party

Asahikan's Annual Holiday Party is scheduled for **Saturday, December 19th** at 1:45pm. A Food/supply list will be posted in the Dojo.

For respect and as a courtesy to the Dojo and your instructors, please inform Sensei and/or the Dojo Uneisha of your absence from class. Class times are scheduled for students' to train.

How Aikido Can Change the World by Michael Aloia Sensei

available online at www.asahidojo.com
Now featured in TKD Times



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

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. 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 includes: Tanto, jo and bokken empty hand defenses. *These DVDs are great for test prep*

Aikido – an art in motion

Movement, Connection & Control

featuring Michael & Pam Aloia Sensei

The Perfect Storm – Women in Aikido

with Pamela Aloia Sensei

Essential Defense System

with Michael Aloia Sensei

This three volume set covers the use of aiki principles in self-defense situations.

DVDs are available online at www.asahidojo.com or by contacting Sensei.

Asahikan Aikido Apparel items

available at Café Press!

Store name: Asahikan Aikido

Find the Possibilities

Every time we walk on the mat we are presented with new challenges, new ideas, new roads and new discoveries. Even if we have seen it before or are doing it again, it is different nonetheless. A different, day, a different time, a different partner, a different mindset. Each time becomes like the first time. And in it self is a unique experience – one that should be embraced and honored.

How often do you get the chance to try something again and work at making it better? In a world that boasts, “you don't get a second chance to make a first impression”, our return to the mat is a gift of purity and one of profound growth potential.

Why waste it? Why take it for granted? Consider all the possibilities and make the most of it. Very few of us ever get the chance to do what we love all the time. The world offers so many distractions, that at times we may find it difficult to find the joy in anything let alone what we love to do. So with that hour or two, every so many days we spend with others on the mat, we should strive to enhance the magnitude and impact of that experience – so as to have it carry over and last until our next gathering. With this spark of excitement, the potential for self-discovery and growth is boundless and endless. Time may have a limit but learning, growth and experience do not. Find it – find the possibilities!

Osu.

Michael Aloia ASA Dojo-Cho

Technique Anatomy

Iriminage – entering throw, is the forward entering in on uke's attack, taking their balance and throwing.

As nage enters in, they lead and control uke by the attacking arm and rear of the neck. Bringing uke into the outside shoulder, nage traps uke's neck while extending the same outside arm up under uke's chin and following through, causing uke's head to move back prompting a rear fall.

