



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."*

### Testing

**Adult – Mon, Oct. 12<sup>th</sup>, 6:30pm**

### 2009 Visiting Instructor Schedule

**November 7<sup>th</sup> Saturday**

**Ben Cliver Sensei 11am \$20.00**

### 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 2<sup>nd</sup> floor of *Pottstown Karate* – located at 21 North Hanover Street.

### Utada Kancho 35<sup>th</sup> Anniversary Seminar and Demonstration

To celebrate, a seminar on **Sat., Oct. 10<sup>th</sup>** at the Kendrick Recreation Center in Roxborough will be held. Followed by a demonstration on **Sun., Oct. 11<sup>th</sup>**, at the Mandell Theater on the campus of Drexel University.

Members of **Asahikan Dojo** will be participating in the demonstration on Sunday. Tickets are available.

**No classes will be held at Asahikan Dojo on Saturday, October 10<sup>th</sup>.**

*More information and sign can be found at [www.doshinkan-aikido.org](http://www.doshinkan-aikido.org).*

***Together we learn together we grow!***

In light of the upcoming *Anniversary Celebration* for Utada Sensei, **Aloia Sensei** had the opportunity to conduct an interview with Kancho and discuss his thoughts on aikido and his vision for the future. This interview has been published at *Aikido Journal Online*.

**Aloia Sensei's** writings will also splash the pages of the **30<sup>th</sup> Anniversary Issue of Tae Kwondo Times**. His article, "*The Modern Warrior and the Seven Virtues of the Way*" will hit the newsstands in January 2010.



**Facebook Asahikan Dojo** now has a profile on **Facebook**. We invite you to be a part of our community.

*Asahikan Aikido Apparel items available at Café Press!  
Store name: **Asahikan Aikido***

*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** available online at [www.asahidojo.com](http://www.asahidojo.com)



**Monthly training fees** are due by the 10<sup>th</sup> of each month. This includes all programs. A late fee of \$10.00 for monthly dues collected after the 10<sup>th</sup> 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](mailto: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!**

**Weapons Workshop I 2009**

**Tanto Tori DVD**

**Weapons Workshop II 2009**

**Jo Tori DVD**

**Weapons Workshop III 2009**

**Tachi Tori**

*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](http://www.asahidojo.com) or by contacting Sensei.

**Attitude of Gratitude**

Sometimes with all that our lives seem to throw at us, we tend to forget the positive affects of being grateful - even for the events that are initially perceived as not so

positive. But when we do invoke gratitude throughout our days, it changes the experiences we have. For instance, last month I was dealing with a long time irate customer. One day, an email from this customer entered my inbox and I actually found myself thinking about being upset and uptight about the new correspondence. But then I consciously made the decision to not be. I smiled and said in my mind "thank you for providing me this challenge today." After saying a silent prayer for myself and the customer, I picked up the phone to make the call. Interestingly enough, the conversation included no complaints, no finger pointing, and no raising of the voice as previous experience had been the norm. Instead, the conversation maintained focus on the facts, and the customer even agreed to a previously provided solution from our team. After planning the steps to implement our agreement, I hung up the phone quite content in the way the experience unfolded - all because it began with a conscious choice to be grateful for it.

Since then, I have tested this approach with some of the more difficult situations in my life - specifically relationships that aren't working real well, including, at times, the relationship I have with myself. I have found that in the space of gratitude, stress melts away and opens up the path to cooperation, letting go, growth, and where applicable, resolution. Try it out for yourself (on and off the mat) and see the difference it makes for you and those around you.

Osu.

*Pamela Aloia ASA Sensei-Cho*

**Technique Anatomy**

**Kotegaeshi – wrist control**, is the capturing of uke's wrist and using it to further off balance uke by locking the wrist and causing a fall.

Nage must place the thumb of their inside hand on the back of uke's hand creating a leverage point. This causes uke's wrist to lock. Nage's free hand then assists by cupping uke's fingers enhancing the leverage and securing the lock. It also points to the direction of uke's fall.

