



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."

The Dojo will be closed Monday, September 7, 2009 for Labor Day

Testing

Adult – Sat, Sept. 19th, 11am.

Adult – Mon, Sept. 28th, 12noon

Congrats to:

Antonio Aloia - T-san has completed the **Summer Junior Soto Deshi Program** by attending four or more classes each week.

Marcus Travitzky – Marcus-san has been accepted into the **Fall Soto Deshi Program**.

2009 Visiting Instructor Schedule September 12th Saturday

Chuck Mann Sensei 11am \$20.00

November 7th Saturday

Ben Cliver Sensei 11am \$20.00

Additional Class Times for the Fall

We are considering a **Thurs class** at 7pm – let us know if interested.

Fridays at 12noon starting **Sept. 4th**

Utada Kancho 35th Anniversary Seminar and Demonstration

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

No classes will be held at Asahikan Dojo on Saturday, October 10th.

www.doshinkan-aikido.org

Aloia Sensei will be teaching at the **Doshinkan Dojo** on **Fri., Sept. 11th** at 6:30pm. All Asahikan Youth/Adult students are invited to attend. There is no mat fee for this event. Car-pooling will be available from the Dojo to the Doshinkan at 5:15pm. If interested please let the Dojo Uneisha know.

Totally Green

The dojo website is now 100% green! The energy grid used for hosting must maintain a full supply of power without overflowing. When wind power is added to the grid through Renewable Energy Certificates, the amount of energy produced by fossil fuels is reduced. As a result, our current hosting agent is 100% powered by renewable energy, which means our site is completely green.



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.

**Weapons Workshop DVDs
Now Available - \$10.00 each**
Tanto Tori - Jo Tori - Tachi Tori

How Aikido Can Change the World
available online at www.asahidojo.com



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Administration Corner

September

Thank you very much to those who regularly donate to the water and supply fund. The demand for water greatly increases in the summer, so please consider dropping off a monetary donation if you have not done so. Your participation in this effort is greatly appreciated.

Dojo Cleaning:

It is privilege to have a dojo in which to train. With this privilege comes the responsibility of keeping the space clean for all students and observers. With that in mind, EVERYONE, with the exception of Aloia Sensei, are expected to clean immediately after the conclusion of class.

The cleaning that should be done each time is as follows:

- Cobwebs on the ceiling are to be knocked down.
- The mat is to be swept and mopped using the mat cleaner provided.
- Dressing rooms are to be dusted and vacuumed.
- The Shomen and weapons racks, along with any wall hangings and pictures are to be dusted.
- The lobby space is to be dusted and vacuumed.
- Trash should be compiled into one bin and taken out as needed.

Should you like to continue training after the formal conclusion of class, please assist in the general cleaning, participate in the additional training and then re-mop the area of the mat that you used.

Reminder: When you take home the yellow mop heads and/or rags for washing-Please return them promptly.

If you have any questions regarding cleaning, please see any Instructor or Senior Student.

Thank you in advance for your attention to this matter and for your continuous support!

If anyone has any questions or concerns, please feel free to email me at admin@asahidojo.com.

Cheri Poole
Asahikan Dojo Administrator



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.*

NEW Asahikan DVDs Now Available!
Weapons Workshop I 2009
Tanto Tori DVD
Weapons Workshop II 2009
Jo Tori DVD
Weapons Workshop III 2009
Tachi Tori

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 Apparel items at Café Press!
Store name: Asahikan Aikido

Believe in the Fairy Tale

Take a moment and remember the reason why you began your study of aikido. Consider all the thoughts, visions and emotions that rushed your senses as you made the decision to take your first class. Remember the feeling as you first stepped onto the mat, as you watched your first demonstration, learned your first technique, made your first throw and received your first ukemi. These moments, these feelings, that adrenaline fueled your early development and progression. They laid the groundwork of enlightenment and put to rest any doubts you may have had. That excitement swelled in you and flowed over to life outside the dojo and burned in you until you made your return to the mat. This was a time when you believe the impossible to be possible – that you were capable of anything. You were up for the challenge.

So what has changed? Aikido still offers the same things that lured you to it in the first place. The challenge still stands. The challenge has not diminished. But what the challenge does do is change as you change. It sets new boundaries, it proposes new tests to confront –from within and without.

Take a good hard look and remember the time when you believed in the fairy tale. Find it in you to make it reality again.

Osu!

-Michael Aloia Dojo Cho ASA

Technique Anatomy

Sumiotoshi – corner drop, is the off balancing of uke by nage side stepping the initial advance while extending uke's arm and cross stepping in sending uke falling backwards.

Nage's movement shifts uke's weight to the outside and rear, an area that is unprotected and unstable. By keeping uke's arm extended through the entire movement, the arm follows the same path as nage's side step and cross step.

