

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 – Collegetown 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."



Welcome to Asahi!

ASA welcomes:

Bill Smith, Tiffany Nguyen and Norman Nguyen

Asahi News

EMS Pro Magazine Articles

ASA instructors Michael Aloia and Pamela Aloia has penned several influential and informative articles in recent issues of EMS Pro Magazine focusing on the need for mind, body and spirit awareness and oneness. Check out the April through September 2011 issues. PDF downloads available at www.asahidojo.com/monthly_message.html.

Asahi Schools of Aikido – Aiki Peace Week 2011

ASA will be once again participating in the International Aiki-Peace Week, September 18th through the 24th. Classes will focus on conflict avoidance and resolution. Lessons will be taken from Aloia Sensei's book, [How Aikido Can Change the World](#). Join us as we do our part in making a difference through Aikido!

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.

FREE Aikido Class and Demonstration

In this issue — September 2011 Vol. 9 Issue 9

- [Asahi News & Articles](#)
- [Event Schedule](#)
- [ASA Products](#)

Asahi Events

September 2011

ASA Kyu Testing TBA

September 5, 2011, Monday Dojo Closed

September 10, 2011, Saturday ASA Aikido Demo/Free Class Pottstown

September 18 -24, 2011 Aiki Peace Week

September 24, 2011 Saturday ASA Instructor Meeting 1pm

October 2011

ASA 9th Annual Fall Festival TBA

ASA Assistant Instructor Classes Saturdays

November 2011

ASA Kyu Testing TBA

November 5, 2011 Saturday EDS Women's Defense Workshop Limerick

November 12, 2011 Saturday ASA 2011 Aiki Boot Camp 10am

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

The ASA Pottstown Aikido Dojo will be hosting a FREE Aikido Class and Demonstration at the North Hanover Street dojo on Saturday, September 10th at 1pm – 2nd floor tatami room. This event is open to anyone and everyone interested in experiencing the art of Aikido first hand.

Asahi Schools of Aikido supports the Guardian Angels

Several ASA members, including Aloia Sensei, have joined the ranks of the local Pottstown Chapter of the Guardian Angels. Aloia Sensei currently serves the Chapter's position of Trainer. Since its inception in November of 2010, the P-town GA have been patrolling the neighbors making a difference. In September, GA Founder Curtis Sliwa will personally induct the P-town Chapter with a Graduation Ceremony on Sunday, September 18th, slated to be attended by state and regional GA representatives as well as P-town Law Enforcement and local Public Officials.

[Back to top ^](#)

Getting Better Together

By Michael Aloia Dojo Cho ASA

Each of us wants to improve the things we do – the person we are. Great pains are often taken to achieve such a goal. We work longer and harder, even to the point where we sacrifice many of the enjoyments in our lives. All in the hopes of getting better. This is true in life and in Aikido.

With life, however, many of us choose to go it alone – making the journey solo. In Aikido we are fortunate enough to have a support system at our disposal every step of the way. Aikido is an interactive and connective relationship. There are many levels to this relationship: *uke and nage, kohai and sempai, teacher and student, dojo and member and art and practitioner*. Through these relationships each of us are given opportunity to learn, grow and progress as we experience and excel – together.

The relationship, however, requires both parties to be actively engaged in pursuing to “get better”. It cannot be one sided. Individually and collectively the goal is to improve and to properly achieve such feats necessitates a trusting and cooperative relationship. Trust ensures no harm will come to us as we challenge each other to train at the highest levels. Without trust, hesitation, doubt and apprehension exist. Cooperation refers to each participant, being actively engaged, fulfill their role intended for quality training – no more, no less. This does not mean we just take falls or go through the motions – this is compliancy and often leads to incomplete training and bad habits. Thus, the true meaning of technique and a deeper understanding is lost.

As we challenged ourselves personally – individually, we are in turn challenging our partners individually and collectively. Simply put we must get better for others to get better and others must get better for us to continue to improve. It is a symbiotic co-existence. We get better together.

Read other published article by Aloia Sensei [here](#)

[Back to top ^](#)

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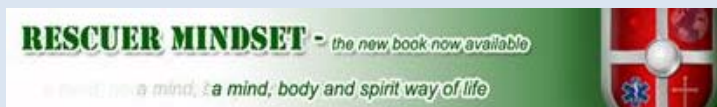
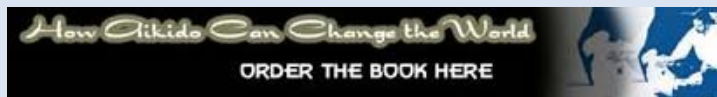
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Featured in TKD Times, on Amazon and Barnes & Noble





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"Together we learn, together we grow."

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ASAHIKAN AIKIDO DVDs



Aikido 1, 2, 3 - a beginner's first steps
Includes basic falling and movement exercises along with the first five techniques, weapons, 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, kokyuhō, 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 throw 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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[Back to top ^](#)

Asahi Schools of Aikido - Asahikan Dojo www.asahidojo.com
50 West 3rd Ave, lower level, Collegeville, PA 19426 610-489-6281
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