

Achieving Goals

Collegeville martial arts school, Asahi Schools of Aikido Asahikan Dojo, located at 50 West 3rd Ave, recently celebrated a milestone within their organization. The school's head instructor, Michael Aloia Sensei, was promoted to the rank of Yondan, 4th degree black belt, in the Japanese art of Aikido. Aikido uses the energy of another and redirects it to diffuse and control a situation. Aikido stresses the principles of balance, coordination and control while helping its practitioners obtain a calmer state of being from within.

"I am very honored to have been given this opportunity", Aloia said. "Being able to do something that you are passionate about is reward enough. The dojo affords me the chance to live that passion while helping others achieve their goals", he added.

The promotion, held on Sunday, October 7, 2007, was under the auspices of Yukio Utada Sensei, 7th degree black belt. Utada Sensei, who is a direct student of Yoshinkan Aikido founder Goza Shioda Sensei, has been teaching Aikido in the United States for over 30 years. He is also the President of the Aikido Association of North America (AANA) and founder of Doshinkan Aikido International (DAI).

The Collegeville location offers Aikido classes for men, women, youth and children. Classes are held everyday. Individuals interested in Aikido are welcome and invited to come by for a free trial class. More information can be found at www.asahidojo.com or by calling 610-489-6281.



Michael Aloia Sensei demonstrating an Aikido throw at Asahikan Dojo in Collegeville