



AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

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This is our second issue. We received many words of encouragement and congratulations for our first issue and we wish to take this opportunity to say thank you to all of our friends and members in the dojo.

HONORED GUESTS

Mr. Tom Clements, a student from Northern California, trained in our dojo for about two weeks while in Los Angeles on business in September. He said he really enjoyed training with us. We hope he will come visit again soon.

Mr. Collins Smith, Chief Instructor of the Bermuda Aikikai, joined our practice for three days while in L. A. His visit was perfectly timed with our Culver City demonstration in which he was able to participate. Collins has extended an invitation to all our members whenever they are in Bermuda. What a wonderful place to practice Aikido!

SEPTEMBER DEMONSTRATIONS

Our demonstration at the Japanese Village Plaza on September 7th was a big success for our first exhibition in the Little Tokyo-Downtown area since the opening of the dojo. The response was very good. Many of our members came out to help answer questions and pass out flyers along with the many members who participated. Everyone was treated to a box lunch after the demonstration.

The 1985 Martial Arts Expo in Culver City on September 21st was also a big success. For most of our members, it was the first time to see many other styles of martial arts. It was a gruelling experience on the whole with the long wait and very bad mats.

"BEST DOJO"

We are listed in L. A. Weekly's Best of L. A. of 1985 as the "best dojo" in Southern California. It is in the issue of September 20 thru 26th.

PROMOTIONS

The following students have been promoted for their excellent progress.

Mr. James Beal	Sixth Kyu
Mr. Douglas Hoover	Sixth Kyu
Mr. Harvey Klee	Sixth Kyu
Mr. Christopher Olivas	Sixth Kyu

NEW MASCOT

Our latest life-member of the dojo is a 90% German Shepperd doggie who made the dojo his permanent abode recently. Her name is "Michiko" or "child of the Way" after the "way" (Do) in Aikido. Everyone is afraid Sensei is arranging new clean-up assignments.

CHATTERTON'S BOOKSHOP

Chatterton's Bookshop celebrated their Grand Re-Opening in September. The owner, Mr. Koki Iwamoto, is a member and student from the old Hollywood dojo. He did a lot to help us build our present school. His shop is well stocked now with many good books on Zen and macrobiotics especially. Also, "Aikido" by Grandmaster Kisshomaru Ueshiba is available there. Chatterton's is located on 1818 North Vermont Avenue just below Franklin Avenue in Hollywood. It's about ten minutes from the dojo on the Hollywood Freeway. For info,

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please call (213) 664-3882. Visit Koki, say hello and browse.

NUTRITION CORNER - HOW TO COOK BROWN RICE

Brown rice is one of the most important foods for our health. It is nutritious and high in fiber content. It strengthens the immune system against disease and has been known to reverse the ill effects of many health problems. Here are simple directions to prepare delicious brown rice. Please remember that brown rice must be chewed well - at least fifty times per mouthful. Take a mouthful, put down your fork or chopsticks and chew properly.

To cook brown rice in a covered pan. Please do not use aluminum pots. Two cups of brown rice is enough to serve two to three people.

1. Measure two cups of brown rice into a pan and gently rinse in cold water under the tap.
2. Drain and add $2\frac{1}{2}$ cups of water.
3. Place on high heat covered until it reaches a high boil.
4. Turn down the heat immediately to a very low simmer and maintain this to 50-55 minutes. Allow it to cool for about 15 minutes and it is ready to eat.

Left over brown rice can be stored in a plastic container in the refrigerator for up to 4-5 days. If you cook extra brown rice, you can have one or two more meals or snacks.

How to prepare fried rice with left-over brown rice. This is excellent for lunch or a snack.

1. Finely chop your vegetables such as onions, green onions, carrots and parsley. Bean sprouts and string beans are also good.
2. Add a little sesame oil or good vegetable oil to an iron frying pan or skillet.
3. Add vegetables and stir.
4. Add brown rice, stirring continually, breaking up the rice gently with a wooden spatula.
5. Add sea salt or soy sauce to taste and it's ready to eat.

For meat lovers, you add any kind of cooked meats such as ham, beef, chicken or pork or any left-over meats from the previous meals. You can also add an egg and stir while cooking the rice. Another special dish is to saute fresh shrimp separately. Cook the the fried rice as usual but add curry powder to taste. When finished, mix in the shrimp and garnish with cooked green peas. When cooking with meats, you can also add finely chopped fresh ginger or garlic to improve the taste.

"CELEBRITIES"

Having taught Aikido for many years and having been featured in many articles, many, many people are always coming up to me to introduce themselves or talk about Aikido. Being quite well known in this way, some may even say that I am a "celebrity." Recently, I found out just how well known I am. I was walking the dog the other day and someone came to me and said, "Oh, you must be the Aikido teacher because I recognize your dog."

TRUE HAPPINESS IS TRUE HEALTH

We often think that if we are healthy then we will be happy so off we go to the gym or aerobics class. Or off we go to the store to buy \$100.00 jogging shoes. But isn't it the other way around? To be happy is true health. Please do not think that happiness rests solely in having your own way about everything. When we are happy, we truly appreciate all the Nature has provided for us. There is always so much to be thankful

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for. When we are unhappy, we always feel cheated or deprived. We always feel like we never got a fair shake. That is why we close ourselves inwardly and block ourselves up. Then it becomes a question of power or money. This is unhappiness. Always count your blessings and you will find that you have much, much more than what you have lost in this world and in your own lives. This is true happiness which leads to true health.

"JU-NIN TO-IRO" - TEN DIFFERENT PEOPLE, TEN DIFFERENT COLORS

Everyone is different. For every ten people we meet, we meet ten different colors or personalities. Sometimes, in training, we choose who we want to practice with. This means, "I want to practice with you because you are like me." It is ridiculous to choose when no one is like yourself. When we know that even our parents are not like ourselves, how can we expect others to be the same? It is important to get along with everyone, especially in our training and in our daily lives. It is not always possible but we must try our best. I think this is the most difficult skill to develop in Aikido.

GOOD BOOKS TO READ

(These are all my personal favorites which have encouraged me in my training. It is a partial, very subjective selection.)

Zen and Japanese Culture by D. T. Suzuki.

Zen Mind, Beginners' Mind by Shunryu Suzuki.

Aikido by Kisshomaru Ueshiba.

One Straw Revolution by Masanobu Fukuoka.

Refining your Life by Kosho Uchiyama.

The First and Last Freedom by J. Krishnamurti.

The Awakening of Intelligence by J. Krishnamurti.

The Art of Teaching by Gilbert Highet.

IAIDO STUDENTS

Training swords and cleaning kits are available in limited quantities. Please see Doug if you are interested. To order the hakama, please see Kathy.

"RIGHT EFFORT"

"The most important point of our practice is to have right or perfect effort. Right effort directed in the right direction is necessary. If your effort is headed in the wrong direction, especially if you are not aware of this, it is deluded effort. Our effort in our practice should be directed from achievement to non-achievement.

Usually when you do something, you want to achieve something, you attach to some result. From achievement to non-achievement means to be rid of the unnecessary and bad results of effort. If you do something in the spirit of non-achievement, there is a good quality in it. So just to do something without any particular effort is enough. When you make some special effort to achieve something, some excessive quality, some extra element is involved in it. You should get rid of excessive things. If your practice is good, without being aware of it you will become proud of your practice. That pride is extra. What you do is good, but something more is added to it. So you should get rid of that something which is extra. This point is very important, but usually we are not subtle enough to realize it, and we go in the wrong direction."

From Zen Mind, Beginner's Mind, by Shunryu Suzuki.