



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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## THIS IS OUR PREMIER ISSUE.

Our ACLA Newsletter is created with the hope to strengthen the bond of friendship and understanding among members and friends of the dojo in the spirit of Aikido. We hope our publication will encourage and enrich your training in addition to informing you of our training schedule, special events and workshops.

## DEMONSTRATIONS

We will be participating in two big demonstrations this month. On September 7th, we will be opening the Martial Arts Festival to be held in the Japanese Village Plaza here in Little Tokyo. We will be doing two half-hour demonstrations at 1:00PM and 3:00PM. On September 21st, we will also be in the Martial Arts Expo '85 at the Veterans Memorial Auditorium in Culver City at 7:00PM. Everyone is welcome to come to support the dojo. We will need lots of people to help pass out flyers and answer questions.

## PROMOTIONS

The following promotions were made on August 29, 1985.

Ms. Anouk Markovits	5 Kyu
Ms. Julia Armagnac Maher	5 Kyu
Mr. Don Vaughn	5 Kyu
Mr. Michael Harrow	5 Kyu
Mr. Susumu Itano	4 Kyu
Ms. Kathi Norklun	4 Kyu
Mr. Eric Stout	3 Kyu
Mr. Victor Rodriguez	3 Kyu

Congratulations and keep up the good work.

In addition, Ms. Kathy Heinemann has just returned from the East Coast Summer Camp in Massachusetts and successfully passed her examination from First Degree Black Belt. Congratulations to her also.

## IAIDO

After a short vacation of several months, we are now resuming our Iaido training again this month. Classes are expanded to Wednesdays from 8:45PM to 9:45PM, Saturdays from 9:00AM to 9:45AM and Sundays from 8:30AM to 9:30AM. Although prior approval for joining classes is still required by Sensei, classes are basically open to all students now without the previously three month Aikido training requirement. You do need an adequate training sword and hakama.

## CHECK OUT THE YELLOW PAGES

Several of our members have donated funds to finance an ad in the Yellow Pages to help out our dojo. The Ad just came out in August and has been a great success. We have eight new members last month which is a record for us. The ad is designed by our member and resident artist, Mr. Mark Komuro. If you care to help out also or make a small contribution, please contact Mr. Douglas Firestone or Ms. Kathy Heinemann. It will be greatly appreciated.

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#### TO YOUR HEALTH

The following article is taken from the University of California, Berkeley, Wellness Letter, Volume 1, Issue 12, for September, 1985.

"Myth: No Pain, No Gain."

Fact: pain is a danger signal from your body that you ignore at your peril. Many people see pain and discomfort as signals that their exercise program is really working. In fact, it is a sure sign that an exercise program is causing harm. Pain is not something to ignore or invite: it is a message from your body that you ought to heed. A severe, sharp pain can be a symptom of hazardous stress on your muscles, skeletal system, or cardiovascular system - and a sign that you should stop what you are doing at once. If this pain occurs in the chest or neck area, you should see a physician immediately.

Soreness, however, is another matter: it is usually a symptom that you are not warming up sufficiently before exercise, or that you are working too long or too hard. Soreness need not make you stop, but it should make you slow down, warm up a bit more, and moderate your activity. You build muscles and endurance by stressing your body, not by hurting it.

#### NUTRITION CORNER

As you become more and more involved in your training, you will begin to think more about taking better care of your health. Good nutrition is a key factor in this. The simplest and most common step a student makes is usually switching from white bread to whole wheat bread. Regretably, most so-called "whole wheat bread" on the market shelves today is essentially white bread colored brown with caramel or molasses. White bread is made with refined flour in which the bran and wheat germ kernel is removed. It is done purely for looks to increase its marketing ability as a more attractive product. The wheat germ kernel is the most important nutritional factor of wheat. In addition, bran is an essential source of fiber. Please check labels carefully when you buy wheat bread. Your best bet is to look for breads made with "stone ground" wheat or breads which do not use refined flour. Also, many breads are loaded with sugars to "improve" its flavor; these breads are useless to your health. A wonderful alternative is to make your own breads. It's cheaper, healthier and tastes much better. There are now many good cookbooks on the market today with recipes for good home-baked breads. In the markets, a good whole wheat bread costs the same as white bread.

To quote a modern sage, Masanobu Fukuoka, in the One Straw Revolution:

"In seeking the essential nature of man, no matter how you go about it, you must begin with consideration of health. The path which leads to right awareness involves living each day straightforwardly and growing and eating wholesome, natural food."

#### DAILY PRACTICE: "DO, GAKU, JITSU"

In our daily practice, it is important to keep in mind three words, "Do, Gaku, Jitsu." "Do" means the Way or the Way of Aikido which we embrace with sincerity and honesty in our training. "Gaku" means study. It is important to study all aspects of the art. No matter is too small for our attention or to be overlooked. "Jitsu" means reality. To embrace the Way and pursue your studies is useless without application into all of your daily activities. We should always try to carry the spirit of Aikido into everything we do. We should always try our best. We should always think of others, We should always respect Nature.

#### NEXT ISSUE

If you wish copies of our newsletter, you may pick them up at the dojo. Friends and inactive members may send in their address printed clearly and enough postage stamps for the number of issues required. We will try to publish our little bulletin every month.

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DOKA - POEMS OF THE WAY

The following excerpts are poems written by the Founder of Aikido, Master Morihei Ueshiba expressing the essence of Aikido. We should always keep his words in mind when we are practicing and in our daily lives. These are taken from the book, "Aikido," by Kisshomaru Ueshiba.

As "ai" (harmony) is common with "ai" (love), I decided to name my unique budo "Aikido," although the word "aiki" is an old one. The word as it was used by the warriors of the past is fundamentally different from mine.

Aiki is not a technique to fight or defeat the enemy. It is the way to reconcile the world and make human beings one family.

The secret of Aikido is to harmonize ourselves with the movement of the universe and bring ourselves into accord with the universe itself. He who has gained the secret of Aikido has the universe in himself and can say, "I am the universe."

I am never defeated, however fast the enemy may attack. It is not because my technique is faster than that of the enemy. It is not a question of speed. The fight is finished before it is begun.

When an enemy tries to fight with me, the universe itself, he has to break the harmony of the universe. Hence at the moment he has the mind to fight with me, he is already defeated. There exists no measure of time - fast or slow.

Aikido is non-resistance. As it is non-resistant, it is always victorious.

Those who have a warped mind, a mind of discord, have been defeated from the beginning.

Then, how can you straighten your warped mind, purify your heart, and be harmonized with the activities of all things in Nature? You should first make God's heart yours. It is a Great Love, Omnipresent in all quarters and in all times of the universe. There is no discord in love. There is no enemy in love. A mind of discord, thinking of the existence of an enemy, is no longer consistent with the will of God.

Those who do not agree with this cannot be in harmony with the universe. Their budo is that of destruction. It is not constructive budo.

Therefore to compete in techniques, winning and losing, is not true budo. True budo knows no defeat. "Never defeated" means "never fighting."

Winning means winning over the mind of discord in yourself. This is to accomplish your bestowed mission.

This is not mere theory. You practice it. Then you will accept the great power of oneness with Nature.

A mind to serve for the peace of all human beings in the world is needed in Aikido, and not the mind of one who wishes to be strong or who practices only to fell an opponent.