

# 羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

940 E. Second Street #7  
Los Angeles, California  
90012  
(213) 687-3673

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan

United States Aikido Federation, Eastern Region

Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

\$2.95

April 1, 1997

Volume XV. Number 4.

## In This Issue:

San Francisco:  
Master Adam Hsu.

Visiting the New  
San Francisco Aikikai

Guests from the  
Omiya & Shoheijuku

More on Fujita  
Masatake Sensei

## New San Francisco Aikikai

During Sensei's visit with Master Hsu, he was able to visit the new San Francisco Aikikai Sunday just before his return back to Los Angeles. Con't.



Aiki Doshu & Ichizuka Sensei with fan presented to our Dojo.  
At the Aikido World Headquarters Aikikai

## Dojo Treasure Arrives From Japan

On their last visit to our Dojo, four members of the Omiya Dojo, Mr. Yutaka Sezaki, Mr. Takayoshi Azuma, Mr. Tadashi Sakurai and Mr. Tateo Sakurai presented Sensei with a beautiful white fan. It was suggested that the fan would be greatly enhanced if it had Doshu's writing.

The group took to the fan back to Ichizuka Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many, many requests for his writing, some people, according to Ichizuka Sensei, waiting more than three to four years. Recently, Doshu finished the writing and returned it to Ichizuka Sensei. Ms. Chiharu Ikegami of the Omiya Dojo who recently moved to Los Angeles, hand carried it from Japan on February 26th. Chiharu-san will soon be joining our practice as soon as she settles down with her job in Torrance.

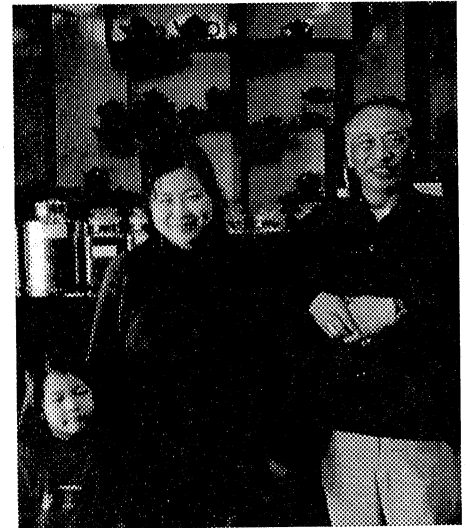
## Visiting Master Adam Hsu:

Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and instruct his students and assistants throughout the San Francisco Bay area. Master Hsu is also working on his new book. Due to a persistent cold, Sensei missed Master Hsu's kind invitation to celebrate the Chinese New Year's with him and his school on Feb. 7th. but was able to arrange a trip from Feb. 21st through the 23rd to meet with the book editor from Tuttle who was scheduled to meet with Master

**Aikido Center of Los Angeles  
NEWSLETTER**



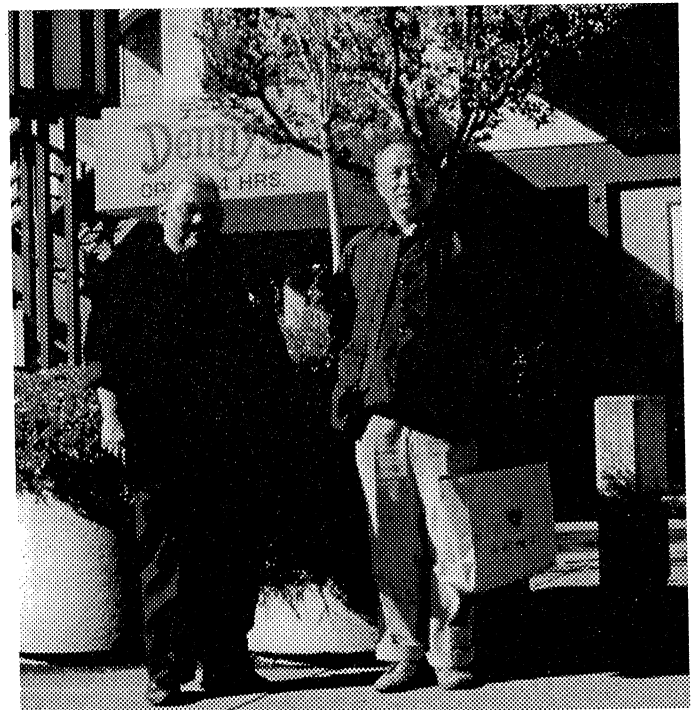
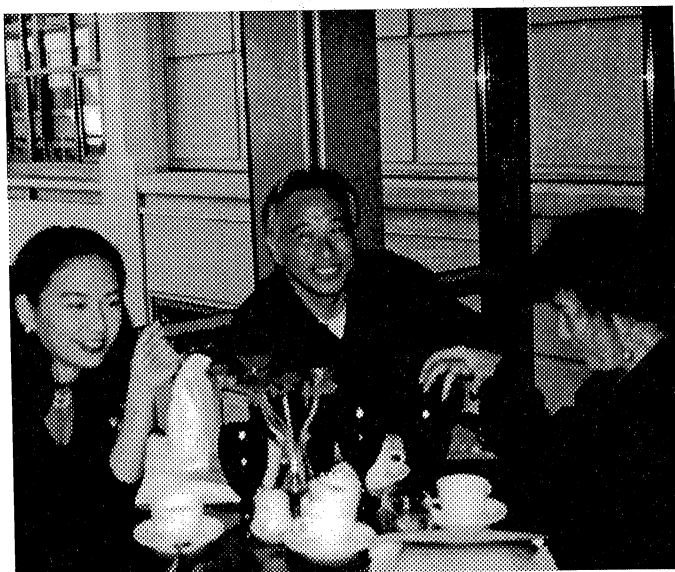
With Master Hsu & students at Panhandle Park in Golden Gate Park, San Francisco.



With owner and daughter of the Imperial Teahouse in San Francisco's Chinatown. Sensei's very favorite place whenever he visits San Francisco.



Above: Students practicing hard while Master Hsu is in town.  
Below: Master Hsu with his daughter, Helen (left), and one of his senior students, Marie Anthony (right). At the Miyako Hotel in Japan Town with Sensei having coffee.



With Master Hsu in Japan Town. Feb. 22nd.

Hsu during that weekend on his way from the Phillipines and Japan to his home office in Massachusetts. Sensei arrived Friday and checked into the Miyako Hotel and spent the afternoon in Japan Town. He met with Master Hsu on Saturday and spent the entire day with him. Having a Japanese breakfast in Japan Town, we hurried to his San Francisco class in Panhandle Park. By noon,

# O-Sensei's Annual Memorial Service

April 26, 1997  
6:30pm

O-Doki Reception  
From 7:30pm

Everyone is welcome.

## Dojo Treasure con't.

The fan reads "The One Path of Aikido. Aikido Doshu Kisshomaru Ueshiba. February 1997." It is beautifully written and is now a treasure of the Dojo and a reminder of Doshu's teaching and how we must conduct ourselves in our daily practice. The fan will be brought out for display on very special occasions in the Dojo. We thank Doshu for his kindness and generosity and also Ichizuka Sensei and all the members of the Omiya Dojo for all of the trouble they went through for us and our Dojo.



Sensei at the San Francisco Aikikai.

## Master Adam Hsu continued:

we headed for Chinatown and had lunch at a Chinese Hyakka restaurant before walking around Chinatown which was in the midst of their annual New Year's Celebration and was totally packed with people. Sensei had tea at his favorite spot in San Francisco, the Imperial Teahouse, before heading back to Japan Town to meet up with Master Hsu's daughter, Helen, who just finished her day's classes. The whole group went into Foster City for a nice Chinese dinner and headed back to the hotel but not before stopping for a cup of coffee. Master Hsu spoke at length about his book, Kung fu and the future of martial arts in this country and in his own homeland, China. He also spoke about teaching students, their ability to learn and the correct way students should progress and study in their training. It was, as usual, a tremendous learning experience for Sensei who continues to enjoy meeting Master Hsu.

Master Hsu returns to Taipei sometime in the beginning of March where he is actively teaching Kung fu and may return to San Francisco sometime in June or July. Sensei has been acquainted with Master Hsu for the last 20 years ever since Master Hsu first came to this country. His new book is tentatively entitled, "The Kung Fu Way" and will certainly become an instant classic when it is published. We all wish Master Hsu great success and good health with his Kung Fu in Taipei and in San Francisco.

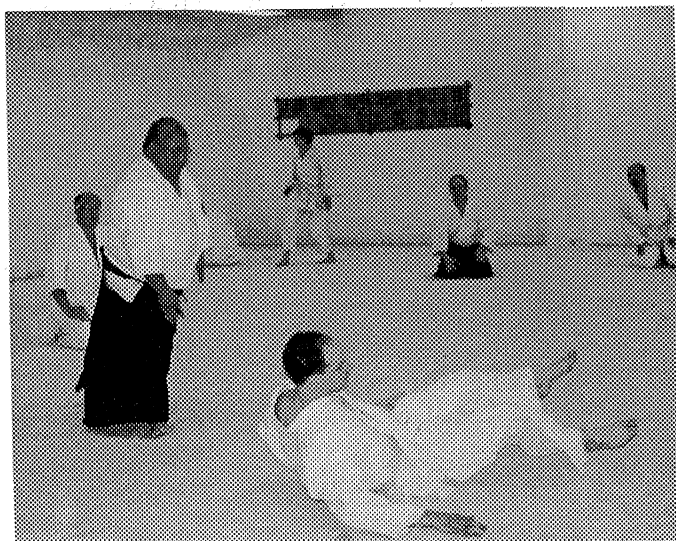
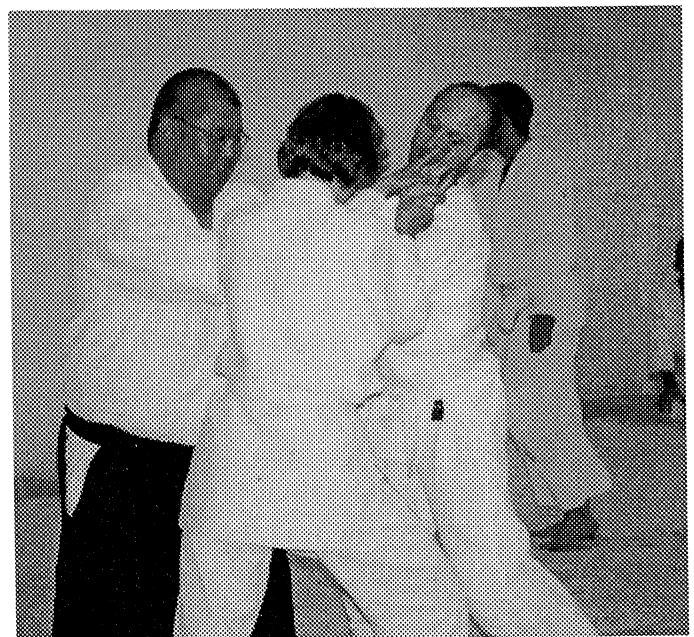
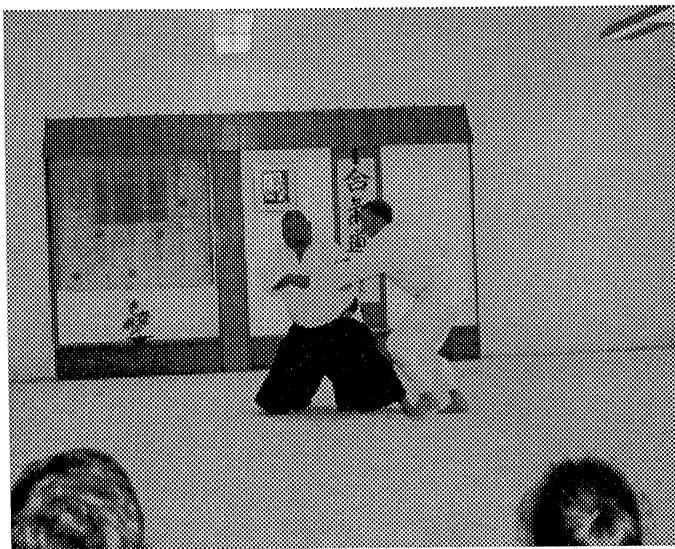


## Sensei Visits San Francisco Aikikai:

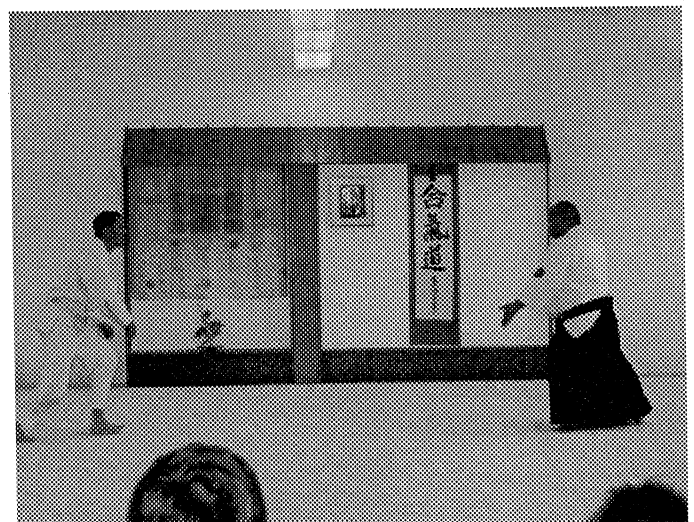
The newly relocated dojo is run by Joe Poslums Sensei, 4th dan, and is a student of Kanai Sensei of the New England Aikikai and Yamada Sensei of the New York Aikikai. Sensei called to wish them congratulations because he missed their grand opening and Poslums Sensei invited Sensei to teach their Sunday morning class. Immediately after class, they took Sensei to the airport for his return back to Los Angeles. According to Sensei, this is a very nice dojo with many good students.



Sensei with Joe Poslums Sensei and members of the San Francisco Aikikai. Poslums Sensei is sitting on Sensei's right side.



During Sunday morning class at the San Francisco Aikikai



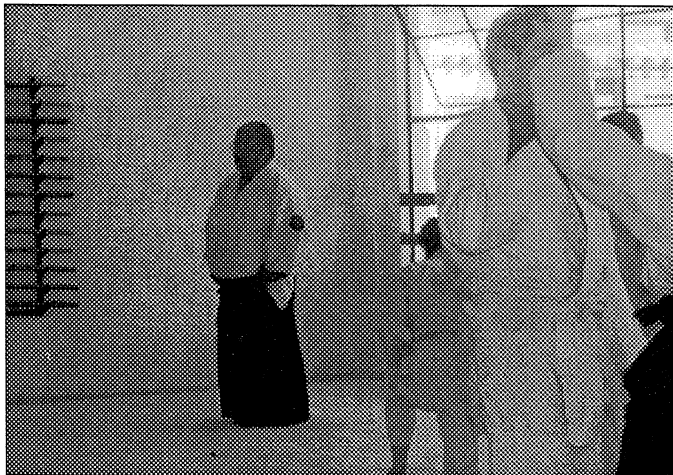




The writing in Doshu's hand reads: The One Path of Aikido. Aikido Doshu Kisshomaru Ueshiba. February, 1997. The fan was presented to Sensei by members of the Omiya Dojo and Doshu added his writing through the kind efforts of Ichizuka Sensei.

## Sensei Featured in Comparative Techniques- Inside Kung fu Magazine

Sensei is being featured in a Comparative Techniques feature article in Inside Kung Fu magazine written by editor, David Cater. The article will feature twelve other top martial artists in the country including Takayuki Kubota and Fumio Demura Sensei. A series of 12 techniques were taken at Inside Kung Fu Magazine on March 4, 1997.



During Sunday morning class in San Francisco. Sensei: "A very nice dojo and many good students."

## Congratulations

are in order for Suganuma Morito Sensei and his Shoheijuku Dojo presenting their 11th Aikido demonstration on March 22nd in Fukuoka, Japan.

## Our Prayers:

Our prayers go to Sumio Hirakawa Sensei of the Shoheijuku Dojo who passed away on March 21, 1997, due to illness. Hirakawa Sensei visited our Dojo several years ago and is our very, very good friend & supporter.

## Kenny Furuya Visits Hombu Dojo and the Omiya Dojo

Between March 19th through the 30th, our Kenny Furuya, Assistant Instructor 2nd Dan, will be visiting the main company of his work in Osaka, Japan. On the weekend of March 22nd-23rd, he is scheduled to visit Hombu Dojo in Tokyo and the Omiya Dojo in Saitama Prefecture. Tokyo is about a three hour trip from Osaka by the Shinkansen or "Bullitt Train." All the arrangements for his visit to Hombu Dojo and Omiya is being arranged by Ichizuka Sensei. Many of the Black Belts and some of the students made a collection of \$200.00 which will cover Kenny's round trip bus ticket to Tokyo.

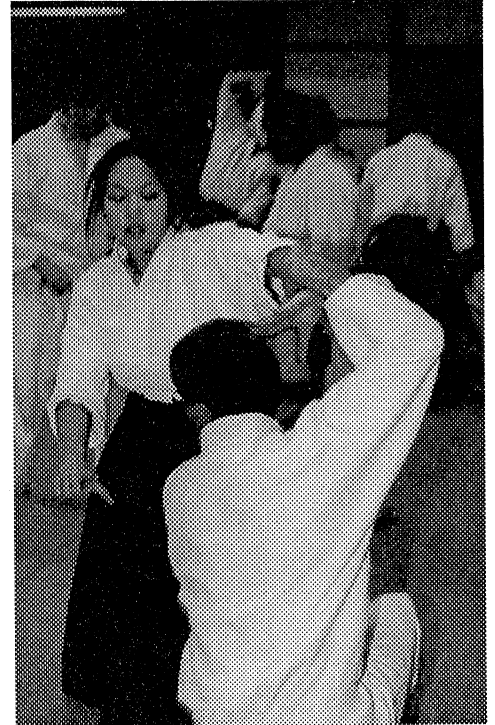
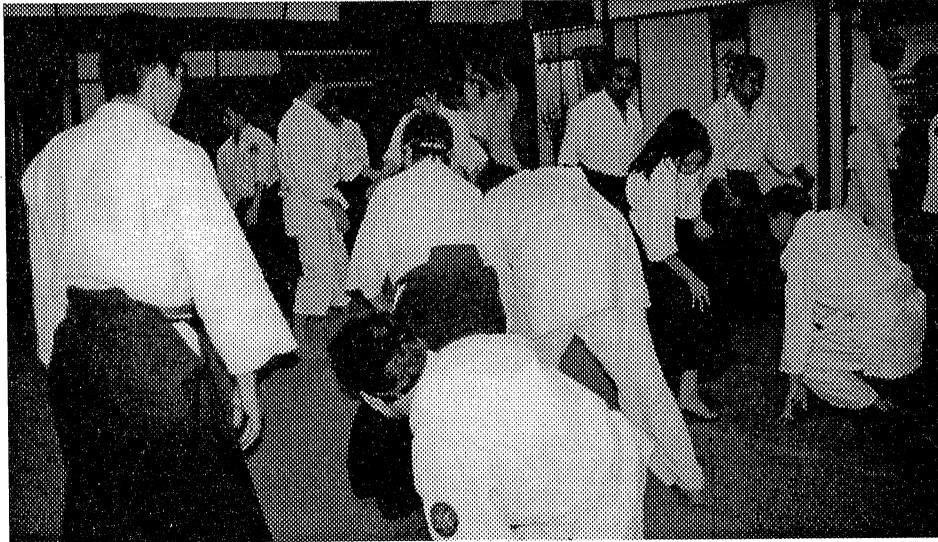
### SCHEDULE:

March 21st: Depart for Tokyo.

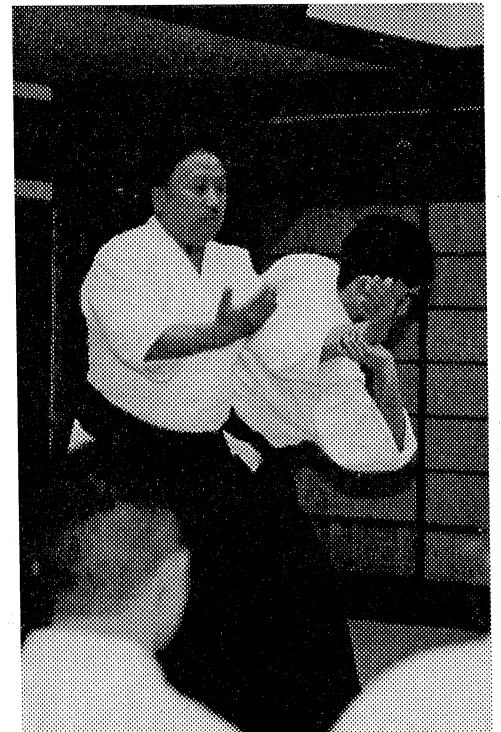
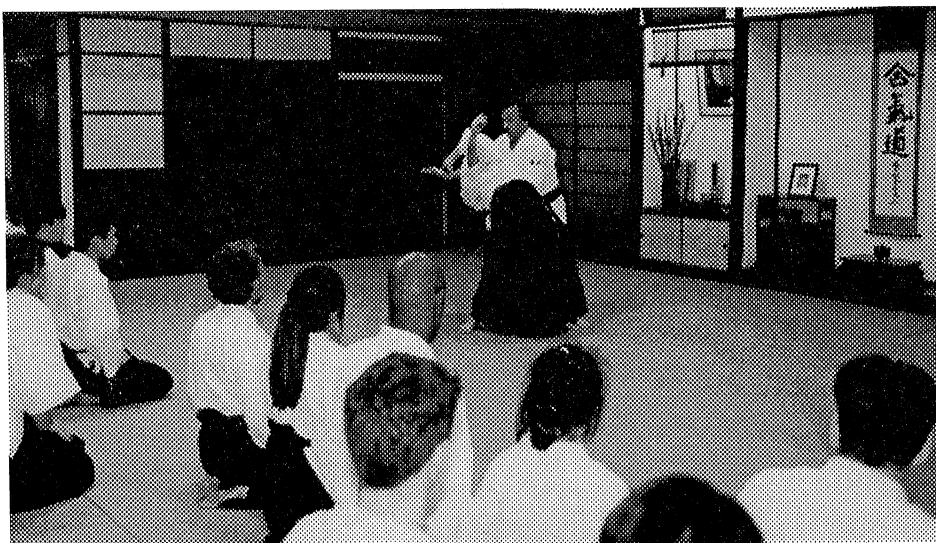
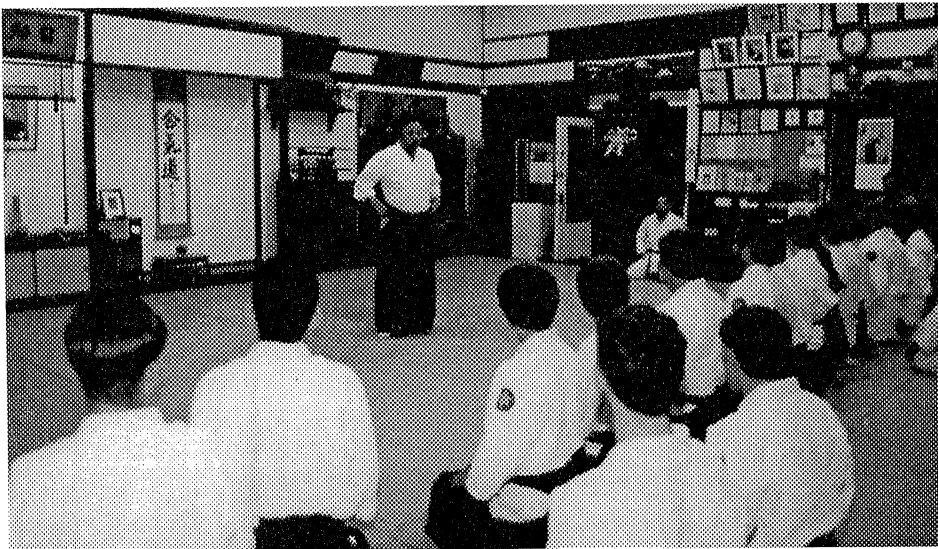
March 22nd: Meet Ichizuka Sensei and members of the Omiya Dojo at the Shinjuku Station. Proceed to Hombu Dojo for practice and introduction to Doshu. Tour Tokyo before heading to Saitama Pref., the Omiya Dojo. Practice in the evening at the Omiya Dojo.

March 23rd: Participate in the Omiya Dojo Aikido Demonstration all day. Party in the evening before returning to Osaka to work at his company.

## More of Fujita Masatake Sensei's Visit From Hombu Dojo:



More scenes from Fujita Masatake Sensei's visit to the Dojo on Feb. 5th. Fujita Sensei is the General Secretary of the Aikido World Headquarters and this is his second visit. Many of our students were in attendance and enjoyed his class greatly. Above: Mari Masumoto practicing hard.



**Aikido Center of Los Angeles  
NEWSLETTER**

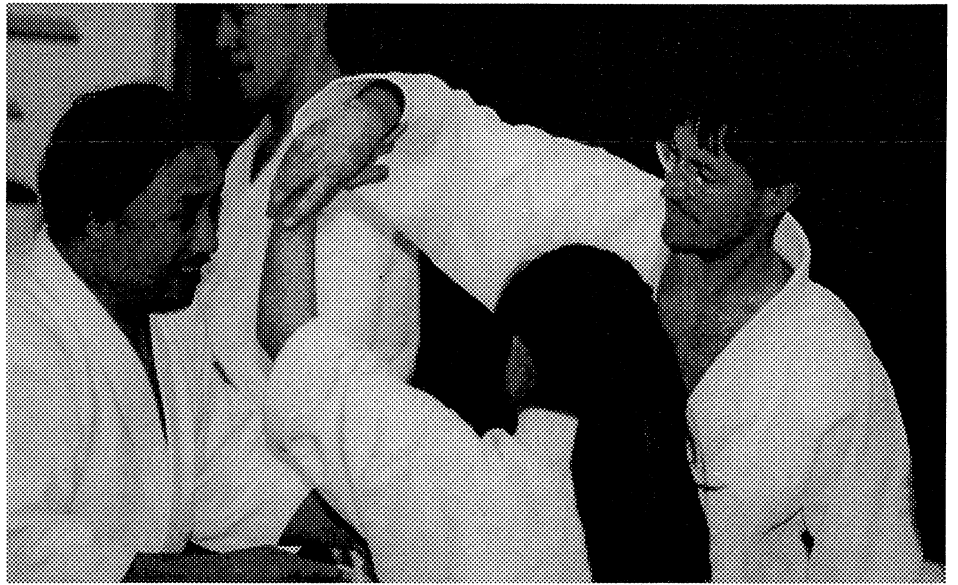


Above: With Peo Lopransri.

Above right: With Mari Masumoto and Bill De'Angelo.

Middle: With Richard Eloriagga and Chris Madamba.

Bottom: With Vincent Calderon.





## **Iaido Practice:**

We have a slight morale problem in our Iaido class. Students doing the same thing, class after class, month after month, year after year, and still Sensei reprimands everyone for their lack of progress. Obviously, this is not fair! This is unjust! It's only because he doesn't like me! As the teacher, believe me, I know all the answers which spue forth from the mouths of my students. For the same reason, it is the reason why our Iaido class does not grow. I am not only a bad teacher, but a bad business-man as well!

I was watching a PBS program on Chinese Brush Painting the other day. The instructor is a Dr. Ning Yeh who teaches at the college level in Fountain Valley somewhere. I have watched his program several times on re-runs because I think he is a good teacher as well as an excellent master of Chinese painting. (I warn you he makes it look much, much easier than it actually is.) In a recent rerun of his series, he began by showing the proper handling of the brush. It is actually quite awkward until one becomes accustomed to the unusual hand position. Quite amusing to my mind because he is usually quite sympathetic to the Western mentality, he said: "This is the proper way you must handle the brush. If you can't -- TOO BAD! You have to hold this way!"

When he said this, I immediately thought of my own Iaido students. It is really not a question of time, we have to practice the technique until we get it right. There is no question about it. It is important to do it right, - not how fast can we do it. If it takes a month or if it takes a year - most importantly, we must always keep in mind the correctness of the technique. Doing Iaido is certainly not waiting for your order at the drive-up window of Taco Bell where there is a second-hand ticking away to measure how fast they can bring it to your window. The one time I saw this, I felt like saying: "I have an extra minute - why don't you take your time a little and make me something good?" No - not in this day and age - fast is better - and who cares if it is good or not!?

## **Important Dates:**

**April 8th. Budo Study Class**  
7:30pm. Bring "Kodo" & notebook & writing tools.

**April 12th. Iaido Intensive**  
6:30am. Breakfast-Meeting.

**April 26th. Black Belt & Instructor's Intensive Seminar**  
6:30am. Breakfast-Meeting.

**April 26th. O-Sensei's Memorial Service at 6:30pm. Reception from 7:30pm.**

**May 3-4th. Children's Day Festival-Asian Pacific Martial Arts Demonstration. All Day.**

**July 12th. Lotus Day Festival Aikido Demonstration. Echo Park**

**July 26-27th. Higashi Obon Fest. Martial Arts Demonstration.**

**August 9-10th. Nisei Week Aikido & Traditional Martial Arts Demonstration. JACCC Plaza.**

**Next Budo Study Class is  
April 8th from 7:30pm.**

**A&E Cable's Ancient  
Mysteries Series will feature  
Sensei's interview on the  
Samurai, May 22nd.**

Tentative schedule.

**Kodo Listed in Dharma  
Communications 1997  
Catalogue**

*Book: In our rapidly changing world we desperately grasp at the new and innovative ideas in search for something fulfilling and lasting. In the process we cast away valuable teachings preserved by generations of dedicated teachers of martial and spiritual arts. This book by Kensho Furuya, an accomplished Aikido master, is a refreshing and revitalizing step back into the past to rediscover the ancient ways and to tap a wellspring of always available wisdom. Order B-133.*

From the Zen Mountain Record, Mt. Tremper, New York.

## Condolences

*Our deepest sympathies & condolences  
go to Mrs. Keiko Hirakawa and  
Family and Members of the  
Shoheijuku Dojo on  
the tragic passing due to illness of*

**Sumio Hirakawa Sensei**

March 21, 1997

## School In Japan

Reprinted from the Los Angeles Times,  
March 3, 1997 Edition.

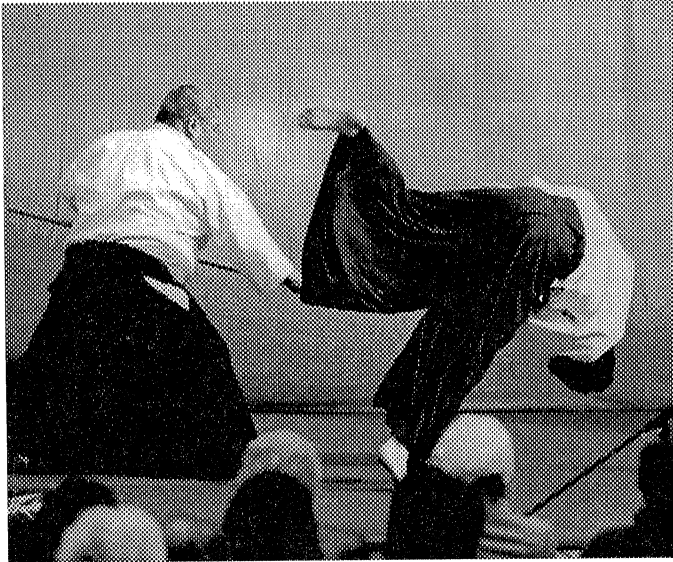
*Regarding the Feb. 16. article about cram schools for Japanese preschoolers; Sure, the Japanese culture can be viewed as being a trifle extreme, especially to our Western mind-set. On the one hand, they have a culture that takes education and manners very seriously--perhaps too much so. On the other hand, we have an American culture where teenagers can't speak even one sentence without using the words "you know" or "like" at least five times.*

*I've seen our future politicians, lawyers and business leaders and frankly, I'm worried. It's from Japan, with it's serious approach to education, that the future scientists, astronauts and innovators will come. America, wake up!*

I doubt if anyone can say with all honesty that the cramschool system and the highly competitive entrance exams which are required at the kindergarten, elementary school, high school and college levels to get into a good school are the perfection of a public educational system. Yet, it does produce results. I believe that the one important matter is the "respect for education" along with a clear understanding of the "importance of education." In this country, California's math levels in the school system, according to Feb. surveys, are the lowest and equals the normal levels in 3rd world countries. We also claim that we do not have enough money or budgeting to improve our schools not realizing that the budgets in Japan are normally only 1/3 that of this country. High school graduate statistics are in the high 90's in Japan, in this country, only 50-60%. In the Japan the illiteracy rate is not quite 2%, in this country around 45-55%.

In the processing of practicing Aikido in our Dojo, I hope the students also appreciate education and the importance of learning. But mostly importantly of all, "how to learn." Learning is not something which ends with your high school graduation party. It is a life-long practice - rich, rewarding & healthy.

## More from the Beverly Hills Multi-Cultural Demonstration Feb. 2nd.

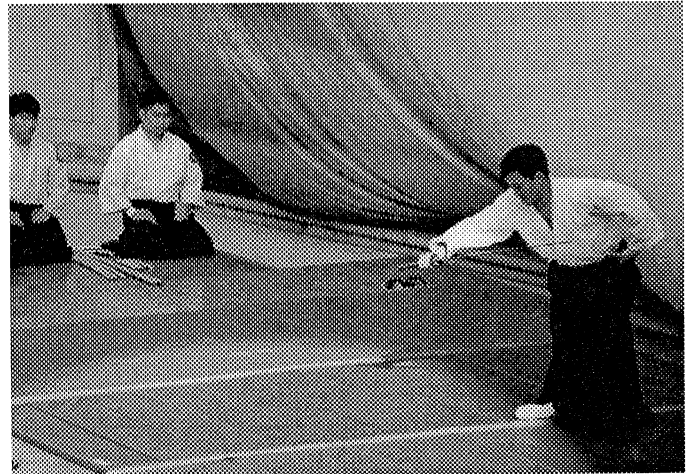


Furuya Sensei executing Jo technique.



Kenny Furuya demonstrating defense technique against yokomen-uchi with tanto or knife. Uke is David Ito.

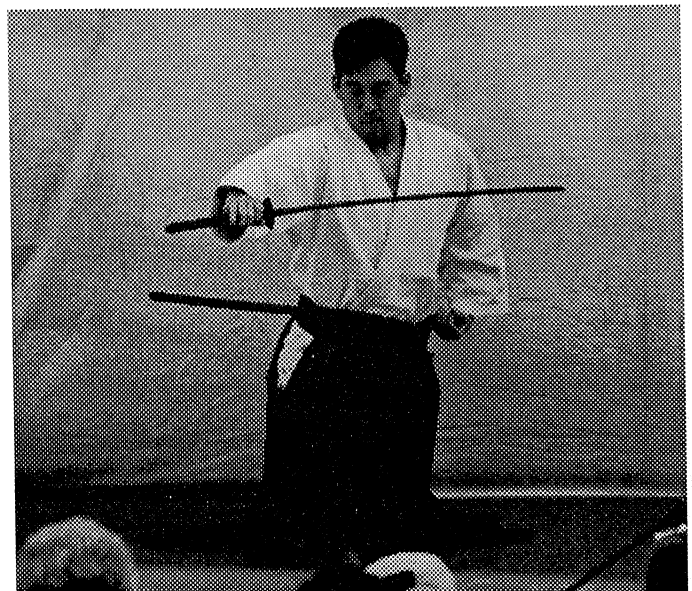
Many Thanks goes to our Instructors for the great demonstration. Also our sincere appreciation goes to Dr. Cheryl Lew and Larry Armstrong for helping out at the demonstration. We always need volunteers and helpers at these special events.



Ken Watanabe demonstrating Hasegawa Eishin Ryu Iaido.



David Ito.





## Sensei's Message: CHARACTER OF STRENGTH Or Rather STRENGTH OF CHARACTER

I have told this story many times, quite a few years ago, I remember discussing martial arts with a good friend of mine, one of the top kali-eskrima masters in the area, Guro Richard Bustillo. Discussing how to evaluate and teach students, we talked about strength, speed flexibility, etc. - the usual topics of martial arts instructors. Of course, we are always aspiring to "strong" students, or, at the very least, "quick learners." Several years later, we had the same discussion, but this time, after he had been managing his school for some years, had rather changed his answer. This time, when I asked, "what is the most important quality to see in a student?" He immediately replied, "Attitude."

We are almost tired of the typical line in present day "karate" movies and kung-fu "chop-socky" flicks, about the aspiring student who is weaker than his classmates but has a good character and honest face and his much stronger more skilled nemesis who always displays a bad attitude and must constantly re-enforce his selfish perception that he is better than anyone else. Of course, after many hardships and difficult training, the good, weaker guy wins the day and the bad guy is put in his place. I am not knocking this genre, I love this story (as many times as I have seen it) and, often wish, "life would imitate art" (if there is any chance at all these movies could really be classified as "art.")

As one develops in strength and skill, the student has not advanced one inch without advancing, cultivating, developing or maturing in his character. Merely to develop a little strength and skill in Aikido and lord it over your classmates and others trying to prove that you are superior to them or that you can easily "beat them up." Only proves one thing - that the student does not understand what Aikido is all about in the least. This is a very tragic but too often occurring episode in Aikido practice.

In many respects, life has not become that much more complicated. Certainly human nature has not changed so much over the last million or so years. We do have many more choices than before and perhaps this makes life seem more complicated.

As one develops his skills in Aikido, he should, at the very same time, develop his character, emphasizing humility, modesty, respect, charity, selflessness and wisdom. Practice should not be only for one's self but also to help the other person, your partner, to develop himself as well.

### CATAGORIES OF SO-CALLED "STRONG" PEOPLE:

**Mr. Gross Beginner:** Learns a little technique and throws hard not knowing his own strength, or throws accidentally hard, or is not accustomed to adjusting to his partner. Forgivable but should be advised.

**Mr. Incredible Hulk:** Always throws hard without realizing it. Also, why his mother has no good china dishes left in her china cabinet. Needs constant friendly reminders and much more training.

**Mr. Smart Ass:** Knows he's throwing his partner hard but pretends like he isn't or pretends he doesn't know anything about it and denys it strongly. Requires more training with some of the stronger, more aggressive black belts.

**Mr. Red Cross:** "I'm injured so you can't throw me hard, but I am well enough to cream you." Needs real reason for band-aide.

**Mr. Wonder(ful):** "Was that hard? I don't believe it!" Needs reality-check or strong nikyo or more time with Mommy at home.

**Dr. Frankenstein:** Kills on sight. (Should be killed)

**Mr. God:** "I can throw you hard because I am better than you but at least you deserve to know your betters, slime!" Needs one-way transfer ticket to another dojo or at least, another altar or pedestal.

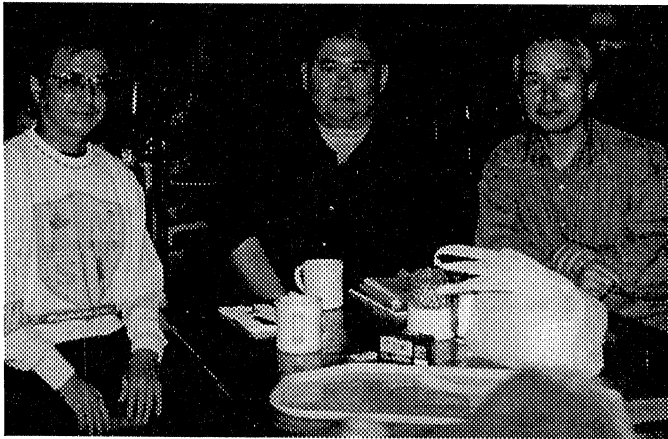
**Mr. Heaven-sent:** I'm so good, you may bask in a small corner of my glorious light, if you don't get in my way. (No hope!)

**Mr. Former Student:** No comment.

**Mr. New Aikido Master:** Double no-comment.

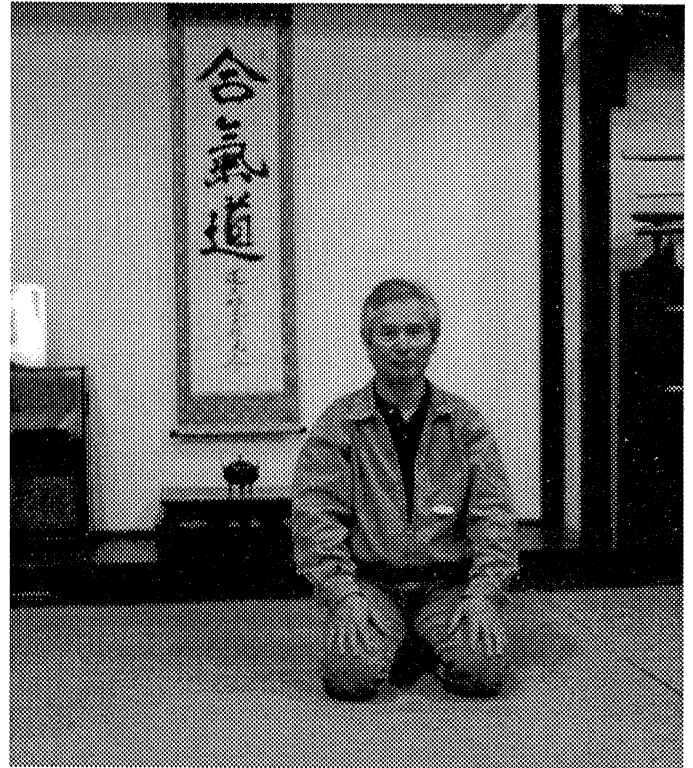
## From the Shoheijuku Dojo, Fukuoka, Japan: Mr. Junzo Kusukubo

On Feb. 9, in the late evening, I received a garbled telephone call at the Dojo in Japanese. Two people were trying to talk at the same time so I did not understand what was going on at first. But a Japanese tour guide in Los Angeles was trying to reach me to introduce a Mr. Junzo Kusukubo, a student of Morito Suganuma Sensei in Fukuoka, Japan. This was Mr. Kusukubo's first trip to the US and he was afraid that no one here spoke Japanese and was very hesitant to call me. Just before leaving Japan, he met with his teacher and when he mentioned that he would be in Los Angeles, Suganuma Sensei told him to definitely contact me and also gave him some gifts to give to me. When he told Suganuma Sensei of his fears that he couldn't speak any English at all so that he was afraid to contact me, Suganuma Sensei told him, according to his story, that "our Dojo was more Japanese than a Japanese dojo" and he would have no trouble with us. He seemed to be surprised and relieved on the phone that I did, in reality after all, speak Japanese.



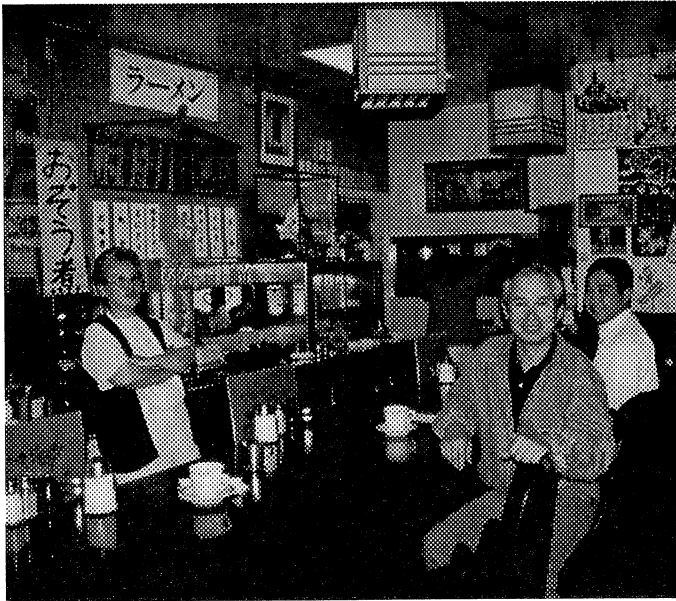
Mr. Tatsuki Umemura, Sensei and Mr. Junzo Kusukubo, both are students of Morito Suganuma Sensei of the Shoheijuku Dojo in Fukuoka, Japan, visiting Los Angeles for the first time.

From our telephone conversation, he was staying at the Figueroa Hotel in downtown not far from the Dojo, so I immediately went to the hotel to meet him in the lobby for a cup of coffee. I met him and another friend, Mr. Tatsuki Umemura who was also a student of Suganuma Sensei. He was in a group of



Mr. Kusukubo visiting our Dojo for the very first time: "It's more Japanese than Japan!"

ten who were on vacation in Los Angeles sponsored by their company. They arrived that Sunday, Monday they were off to the Universal Studios, Tuesday - Disneyland, Wednesday - the Grand Canyon, Thursday - back home already. It was indeed a whirlwind tour of Los Angeles and what an old, dark, gloomy, hotel they were staying in - one block from the Pantry! They said that it was a strange hotel and the food was not very good and that they were very tired. I invited them to dinner on the next day, Monday, unfortunately, Mr. Umemura had to stay with the tour group. I took Mr. Kusukubo along with Kenny to Beckham's Place in Pasadena for a nice prime rib dinner. He mentioned on Sunday that he had steak for dinner in the hotel and that it was not very good and very tough. He couldn't understand why he was told he could get a good steak in the United States. He seemed to thoroughly enjoy the prime rib at Beckham's - and the atmosphere there is very comfortable so it was the first time he could really relax and enjoy himself in a strange country. Although he said it was much too big - the biggest piece of meat he ever saw for one person - it was so good he managed to eat the



At the Tokyo Gardens in Little Tokyo. Sensei introduced Mr. Kusukubo to the owners because they are from the same area in Japan. What a surprise for everyone! They are neighbors in the same neighborhood, except the Ishii's of Tokyo Gardens arrived to America 30 years earlier.

whole thing. He said it would be a waste to leave such a delicious steak. I think he couldn't get over the fact that he was in this country speaking Japanese with a (Japanese) American.

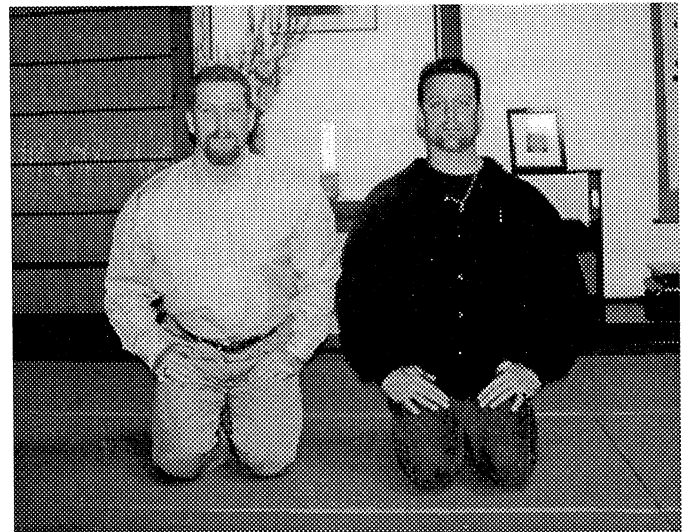
We showed him the Dojo and he was very surprised and exclaimed that they don't have such a Japanese style dojo in Japan! He took many photos of the Dojo to show to his friends in Japan.

I also took hm around to the Tokyo Gardens restaurant in Little Tokyo because I knew the owners came from the same area as Mr. Kusukubo. He was totally surprised because when he met them, we discovered that they not only came from the same area but, indeed, the very same neighborhood! Although the Tokyo Gardens owners have been in this country for more than thirty years, they had a lot to talk about. - Mr. Kusukubo never imagined that he could met his same people in the United States of America. As we dropped him off at the hotel, he said that this would be the very best part of his vacation in America.

Bring a New Friend to the Dojo.  
Help Support Our Membership Drive

## Special Dojo Guests: Lance Harris & Jeff Langton, From "Kata King" Eric Lee

I received a call from an old friend Eric Lee, one of the top Kung Fu masters in the country who has also starred in quite a few action and martial arts films. He is known as the "King of Kata" in the competition circuit. Several of his students had read KODO and when they mentioned it to Eric and found out that we are old friends, they insisted on meeting me and came to the Dojo on February 14th. Eric could not come at the last minute being busy preparing to go out of the country to film his latest movie, "China Joe." One guest was Lance Harris of Bushido Life Assurance according to his business card and a long time martial artist, the other guest was Jeff Langton of his own Back Alley Gym and he has been in many movies - many which I recognized immediately. When they came, what surprised me the most was that they had brought their copies of KODO, all worn out, dogged eared and filled with underlinings and highlighted passages. They asked questions about various topics in the book for a good two hours before we went to lunch. I was surprised how closely they have studied the book and how well they understood much of its content. They complimented me by saying that it was one of the best books they have ever read on the martial arts. I hope they come to visit the Dojo again.



Lance Harris & Jeff Langton, students of Eric Lee and great fans of KODO: Ancient Ways.



## **Correspondence:**

**Bob Miner from Tennessee** left a telephone message: "I really enjoyed your book, KODO. It is one of the best books I have ever read on the martial arts." (Feb. 20, 1997).

"I want to express my gratitude for your embracing hospitality when I visited you at your magnificent Dojo on 2-14-97. It was a truly memorable experience for me. I had, as you may remember, some questions which I felt were unclear to me or "fuzzy" at best. Your explanations and interpretations helped me and continues to help me with scenarios and issues that occur in mine and my families lives.

I am in awe of your monastic fortitude and commitment you have sacrificed for your passion of Martial Arts as well as humanity. I cannot express my sincerest thank for all your efforts and every exuded in your book, "KODO". The contents are for me the finest compilation of lessons, wisdom, reference sources I know of on this subject. I look forward to sharing other time together in the future. "To know others is wisdom to know one's self is truly enlightenment." Thank You from all of my heart.

Sincerely, **Lance Harris,**  
**Santa Monica, CA. (Feb. 22, 1997).**

. . . . Turning to another subject, recently I met and talked with the Bookstore Manager (Buddhist Bookstores of America) at the Buddhist Churches of America Hdqs. in San Francisco. I'm happy to inform you that she repeated several times that she regarded your book, Kodo, as a valuable addition to their collection and that relative to other books, it was selling very well. Take care and best regards,  
Gassho, **Rev. Tetsuo Unno,**  
**Pasadena, CA. (Feb. 26, 1997).**

Trans. from the Japanese:

Greetings. I apologize for causing you trouble by calling you by telephone the other day when you are so busy. I hope that you cold is much better. We have managed to return to Japan without incident.

Also, to be treated to the delicious prime rib which

we just cannot enjoy in Japan actually made the steak which we received in our hotel taste very bad in comparison. You really gave me some fond memories of America, thank you very much.

Also, I gave the two Dojo Mugs to Suganuma Sensei and Suganuma Sensei gave one cup to me as a souvenir which I will always treasure. I have also enclosed some photos. I apologize for sending my greetings so late. I look forward to the time when we can meet in Fukuoka.

PS: Please give my regards to Mr. Kenny Furuya.

**Junzo Kusukubo, Shoheijuku Dojo**  
**Fukuoka, Japan. (Feb. 27, 1997).**

Dear Sir, before anything else we'd like to make you acquainted with the profound need we feel of expressing our gratitude towards you. The reason for it is that we have adopted your tape course "The Art of Aikido" as the core or main body of the teachings we have devoted ourselves to learn and practice. It's been extremely difficult for us to get the course not only because of the money; but also because of the fact that we had to buy it another country. We felt most motivated by your words when we heard you mentioning how long it had taken you to establish your center in Los Angeles. Please, let us tell you that your words prompted us to imagine how difficult it should have been for you in the very first times, and that our present situation, despite the fact that we haven't got a school of Aikido of our own which forces us to practice in several different places and sometimes under quite stressing circumstances is surely nothing in comparison to what you had to endure.

We are proud of having accepted you as our Aikido Sensei and spiritual guide.

What comes next is very boring, but it's the only way we have thought of getting some direct supervision of how good or bad we are interpreting the lessons contained in the tapes. This is the idea: perhaps some student of yours has the opportunity and interest of travelling to Cuba as a tourist, if such is the case, we could provide him/her with "good

**Aikido Center of Los Angeles**  
**NEWSLETTER**

company and a place to stay offered with much love and true friendship" and in turn we could benefit from his or her undersanding of Aikido.

Hoping always the best, respectfully,  
**Josere Pena Pesosno**  
**Holguin, Cuba (January 28, 1997)**

Your book, KODO The Ancient Ways has been an incredible learning experience. Second only to the Holy Bible, your lessons and inspirations have taught me how to begin dealing with many aspects of life:

self-development by developing others  
growth, humility, focus, self-discipline  
Simplicity and economy of all things in life, and  
the understanding that whatever we think we know,  
we know little - very little.

I have finished studying about half your book; I am reading it slowly so as to absorb as much as I can. Your writings are like a light helping me to find things our about the world, about people, about life, and about myself. Often I turn to your book and find renewal in purpose, strength, and better focus. When I turn to your book, I learn from that progress and growth take time,  
that although there is no goal line, I must keep pursuing the goal - regardless of the time it takes,  
the effort must be uninterrupted,  
the mind must be that of a child - open and uncluttered,  
the pain involved can be a helpful tool, and  
that what I know is like a speck of dust on a large beach, a candle among the stars.

I want to thank you for your lessons and for giving me so very much. The words "Thank You" are totally inadequate to convey the gratitude I feel. I will try to thank you by trying to be worthy of your instruction, and incorporating all I can into the aspects of my life. It was a great honor to have spoken with you (on the telephone the other day.)

**Philip Binstock,**  
**Encino, California**  
**March 10, 1997**

Editor's Note: Many, many thanks for your very beautiful and generous letter. However, please do not compare my book with the Holy Bible or say the name of my book in the same breath. Although I am a Buddhist, I still do not want God to strike me down with a fiery bolt of lightening.



With Yoshiyuki Shichiku-Warabiza Musical Director, Hajime Nishi-shamisen, and Aya Ota-Japanese & Okinawan folk dance at Olvera Street mexican Restaurant.

### **From the Warabiza, Akita Prefecture:**

How are you? Thank you for the great time while we were in LA. From LA, we went to San Jose, Seattle and San Antonio and returned to Japan on Feb. 10th. It's snowing in Akita but it will soon be spring. We are all fine and want to come to LA again. If you ever come to Akita Pref., please, by all means, come to visit us.

**Maika Hayashi, Warabiza Folk Dance & Song Troop**

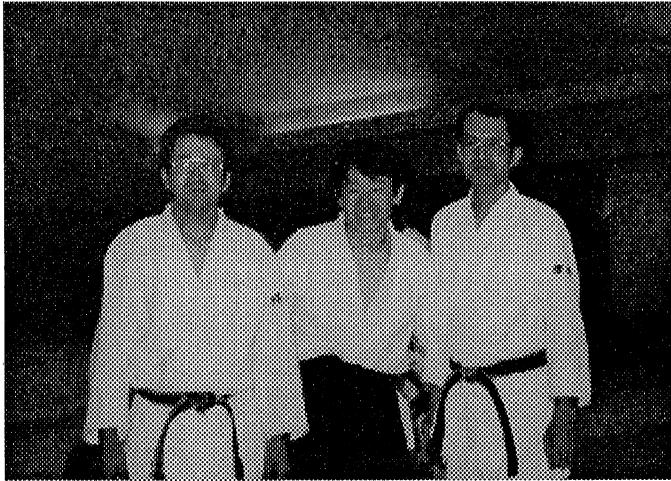
## **KODO Ancient Ways:**

KODO is tentatively scheduled to be in the annual Spring catalogues for the following:

Buddhist Bookstores of America (San Francisco)  
Spring Catalogue  
Bodhitree Bookstores Spring Catalogue  
Zen Mountain Center Spring Catalogue  
Aikido Today Magazine Spring Catalogue

Related by Sensei: in February, when I first arrived in San Francisco and checked into the hotel, I went to the Kinokuniya Bookstore nearby in Japan Town. I saw three copies of KODO on the shelves. Later in the evening, when I went back to the bookstore to browse again, there were only two copies. This made me feel very good. On Sunday, when I visited the San Francisco Aikikai, two of their students asked me to autograph their copies. They both said that they really enjoyed the book.

## From the Omiya Dojo, Japan



Mr. Tsuguta with the Sakurai brothers at the Omiya Dojo in Saitama Pref., Japan.

### *Correspondence:*

From Mr. Haruo Tsuguta: (Trans. from Japanese)  
Japan is still very cold. I hope Furuya Sensei is doing all right. I really had a good time in Los Angeles. I never even thought I could have such a good time in Los Angeles. All the people in your Dojo are wonderful making a truly wonderful Dojo. Thank you so much.

Today, Feb. 7th, I went to the Omiya Dojo and reported to Ichizuka Sensei about my trip and also gave him the gift you prepared for him. I plan to visit Hombu Dojo on Feb. 12th. Thank you for all the gifts you gave me, I consider them my treasures.

Also, I hope I can come to Los Angeles again, I have become a fan of your Dojo. Thank you for all that you have done for me during my stay in Los Angeles. Thank you very much.

From Haruo Tsuguta:

(In English) Dear Friends in LA Dojo:

Thank you from the bottom of my heart for your generous hospitality. I can't remember ever having enjoyed myself so thoroughly anywhere.

I not only enjoyed myself immensely, but I feel relaxed and refreshed as I haven't felt in many months, when I joined "keiko" at LA Dojo.

You've been more than kind, and I won't forget it. I hope to have the opportunity of reciprocating your kindness.

(In Japanese) To David who took me to Universal Studios and shopping although he had so much school homework, to Ken who came to pick me up at the airport although he had a cold and had to take a leave of absence from his work, to Kenny who took me to the airport although he had a cold and had no voice, to Curtis Westfall who took me to Italian cuisine on my last day, to James Doi who has been doing Aikido for 30 years, to all the students who took their photo with me (in the Dojo) to the smiling pediatrician, Cheryl Lew, and to everyone in the Dojo, I would like to express my heartfelt thanks. Also, Ms. Murakawa, please do well on your Black Belt Test!



Mr. Tsuguta practicing at our Dojo during his first visit to Los Angeles. "I want to come back to LA again soon!"

Also, my very, very heartfelt thanks to Furuya Sensei who did everything for me.

Also, I would like to come to Los Angeles again. Thank you for your hospitality.

If you ever have a chance to come to Japan, please contact me.

Finally, I pray for the success and health of the Aikido Center of Los Angeles. With many thanks again for all you did. **Feb. 8, 1997. H. Tsuguta.**



## Greetings from the Omiya Dojo



Members of the Omiya Dojo, Saitama Pref. Ichizuka Sensei is in the center with the Dojo Fan.



Omiya Dojo Children's Class. Below: Kuki Aikido Dokokai (Kuki Dojo).

## LA: Furuya Dojo

Reprinted from the Omiya Dojo News.

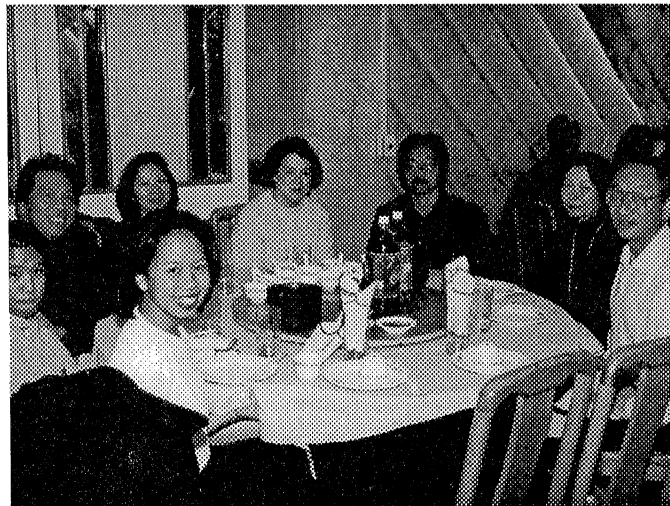
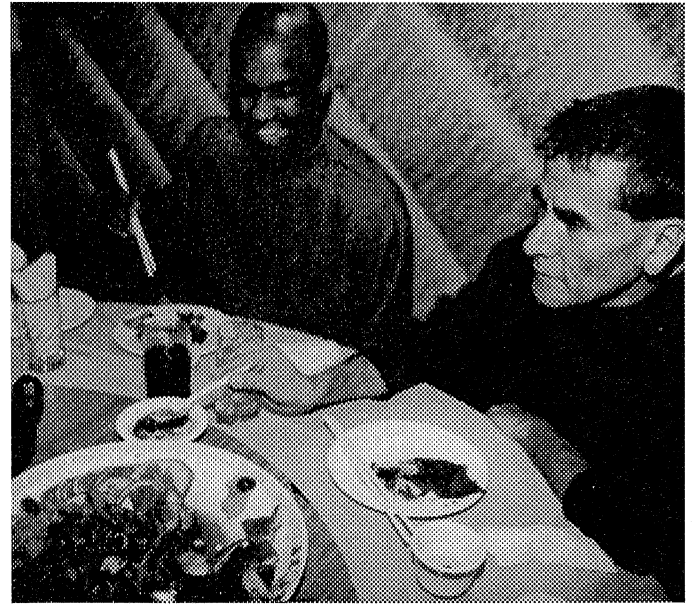
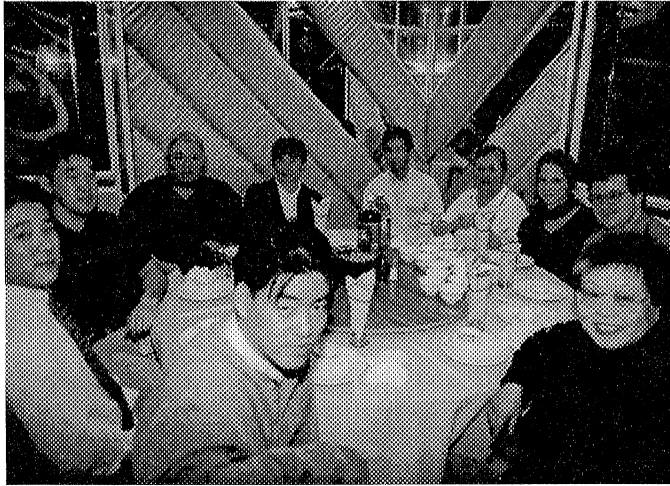
By Haruo Tsuguta, 1st Dan. Trans. ex Japanese. About 3 years ago when the Omiya Dojo visited Los Angeles, I was not able to go because I just changed work. And now 3 years later, I make this trip alone. Just 2 1/2 days in January, I have made such enjoyable memories which I will never forget as long as I live. On the first day, I attended their New Year's Party and Mr. Doi's 30th Anniversary Celebration. Of course, I also practiced each day and was impressed with all the students' seriousness, earnestness and correctness of technique. I was so encouraged to recall something which most



of us have forgotten in our own Aikido practice. It was also so very nice to see how well the Dojo was so smoothly managed. I felt the atmosphere was just like our dojo in Japan. I would like to thank the Furuya Dojo for all of their hospitality.

## Our New Year's Party Family Album:

More from our New Year's Party at the ABC  
Restaurant. A lot of good food & friendship.



## Yamanashi Kenjinkai New Year's Party March 9th

Twenty-five members of the Yamanashi Kenjinkai met at the Akasaka Hanten Restaurant in the Weller Court in Little Tokyo to celebrate their annual New Year's Party. Their President is Sensei who was commended for his contributions to the organization.

## Volunteers Needed!

Our Dojo Needs Assistants & Assistant Instructors for our ever-growing Children's Class. Please help out! All senior students and black belts welcome.

Saturday: 12:45-1:45pm

Sunday: 9:00-10:00am

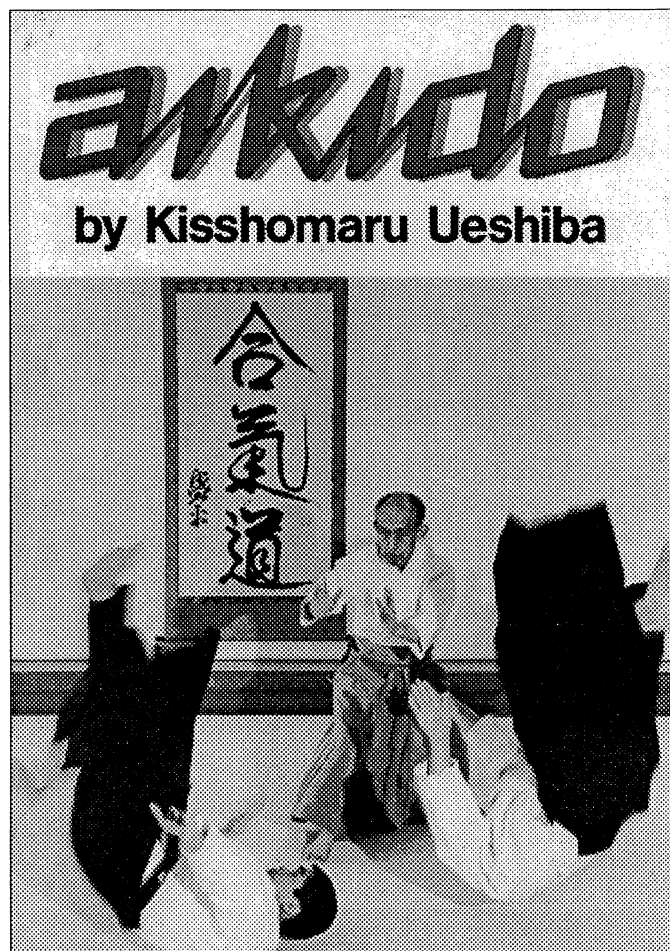
## Thank You!

Many thanks to Norman Lew, 2nd Dan, for repairing and installing the new outside Dojo lights. Many, many thanks.

Many thanks to everyone who donated towards Kenny Furuya's bus ticket to Hombu Dojo from Osaka to Tokyo. The generous contributions came to \$200.00 which converted into 23,000 yen. A great help!

## Official Dojo Embroidered Jackets

Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each. In sizes: small, medium, large and extra large.



Doshu's book, **Aikido**, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving, and the book will no longer be available.

It is very strongly recommended that if you don't have this book, buy a copy now while a few copies are still on the stands. Don't wait too long! It sells for about \$28.00.

## © Copyrighted & All & Rights Reserved

The Aikido Center of Los Angeles Newsletter is published monthly by Rev. Kensho Furuya & the Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

Donation of \$2.95 per issue for non-members. \$2.00 donation for active members of the Dojo.

Annual Subscription Fee: \$35.00 donation to become a Supporting Member. Overseas members: \$50.00 annually.

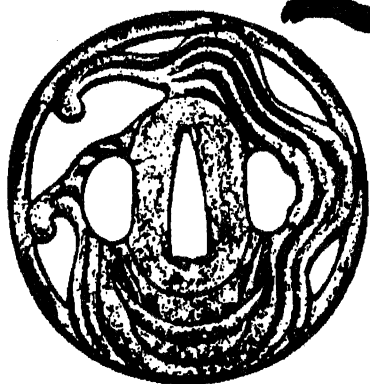
No portion of this Newsletter may be copied, used or published without written permission from the Publisher.

# KODO

Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist

古  
道



by Kensho Furuya

## KODO

Ancient Ways:  
Lessons in the Spiritual Life  
of the Warrior-Martial Artist

Rev. Kensho Furuya

Please place your orders through: Aikido  
Center of Los Angeles.  
940 E. 2nd St., #7, LA, CA 90012

Send Remittance of  
\$16.95 + \$3.00 S&H  
payable to ACLA

Please indicate if you would like a copy  
signed by the author.

### ACLA Dojo Newsletter Subscriptions.

The Dojo Newsletter is published monthly by the Aikido Center of Los Angeles. Subscriptions are available for a \$35.00 donation for 12 issues (one year). Each issue is generally 16 pages and your donation covers our costs of printing and postage.

Please support the Aikido Center of Los Angeles and send your remittance in for a yearly subscription and, at the same time, become one of our special Supporting Members. We really appreciate your support and thank you for your encouragement of our training.

Please send remittance to: The Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

### Complete Japanese Sword Appraisal & Restoration.

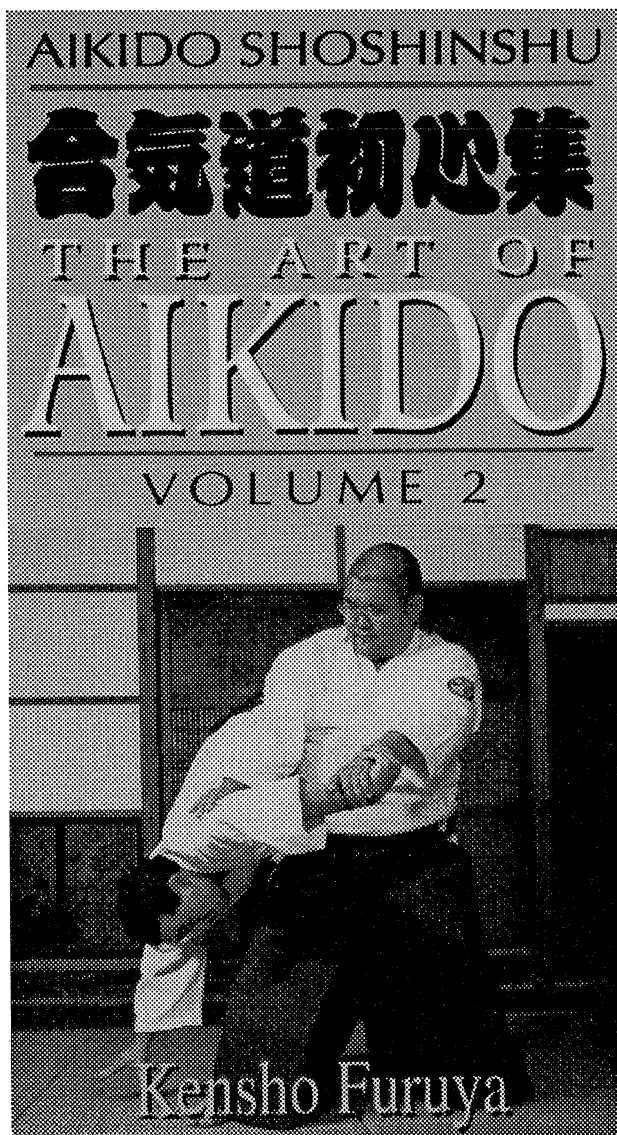
Expert opinion & appraisal on Japanese swords.  
\$50.00 per sword.

Complete services for restoration of Japanese art swords and Iaito training swords including polish, handle wrapping, scabbard lacquer work, etc. All work done by masters in Japan. Prices for services do not include shipping and insurance fess.

### Mogito - Iaido Training Swords Available for Order.

Iaito (Mogito) training swords can be ordered from Japan. These are all custom-ordered and custom-made. Prices will include shipping and handling.





## AIKIDO SHOSHINSHU The Art of Aikido Video Series

### Comprehensive Instructional Aikido Videos 9 Volumes Complete

By Rev. Kensho Furuya, Aikido 6 Dan

*"Top Rated"* - Karate Illustrated  
*"Impressive Scope"* - Aikido Today  
*"Exhaustive"* - Aikido Journal  
*"The Best"* - Student, Singapore

\$39.95 each + \$5.00 S&H  
Complete Set Special: \$300.00

Free shipping in U.S. for Complete Set Special.  
International Mail requires additional S&H \$25.00.

Please allow two weeks for delivery.

For further information: please call: (213) 687-3673

"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . This is a thoughtful and professional series of impressive scope. A worthwhile investment." **Susan Perry, Editor-in-Chief Aikido Today #44, Vol. 9, No. 6.**

"First rate!" **Inside Kung Fu Magazine.**

"The best I have ever seen!" **Aikido student, New York, New York**

"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes." **Stan Pranin, Editor-in-Chief, Aiki Journal, April 1995.**

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . . **Dr. Taitetsu Unno, Smith College, Eastern Religions. The translator of "The Spirit of Aikido" & Aikido teacher.**

## Aikido TRAINING SCHEDULE

### **BEGINNING & OPEN CLASSES**

Monday thru Friday Evenings  
6:30pm-7:30pm

Monday, Tuesday & Thursday Evenings  
7:50pm-8:50pm

Tuesday & Thursday Mornings  
7:00am-8:00am

Saturday Mornings  
10:15am-11:15am

Sunday Mornings  
10:15am-11:15am

### **ADVANCED & INSTRUCTORS' CLASSES**

Bring bokken, jo and tanto.

Wednesdays  
8:00pm-9:00pm

Saturday Mornings  
11:30am-12:30pm

### **CHILDREN'S CLASSES**

Saturday Afternoons  
12:45pm-1:45pm

Sunday Mornings  
9:00am-10:00am

## Iaido TRAINING SCHEDULE

### **TRADITIONAL JAPANESE SWORDSMANSHIP**

Tuesday Evenings  
7:30pm-8:30pm

Saturday Mornings  
9:00am-10:00am

Sunday Mornings  
8:00am-9:00am

Every third Saturday of the Month  
6:30am-8:30am

Monthly Meeting follows.

## **SPECIAL MONTHLY SEMINARS**

### **BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR**

Every Last Saturday of the month  
6:30am-8:30am

Instructor's Meeting follows.

### **IAIDO INTENSIVE SEMINAR**

Every 2nd Saturday of the month.  
6:30am-8:30am

General meeting follows.

### **BUDO & SWORD STUDY CLASS**

Every 2nd Tuesday of the month.  
7:30pm-8:30pm