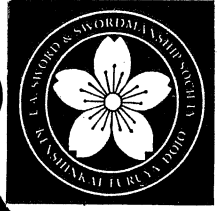


AIKIDO CENTER OF LOS ANGELES NEWSLETTER



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
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society
Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

\$2.95
Donation

April 1, 1998

Volume XVI. Number 4.

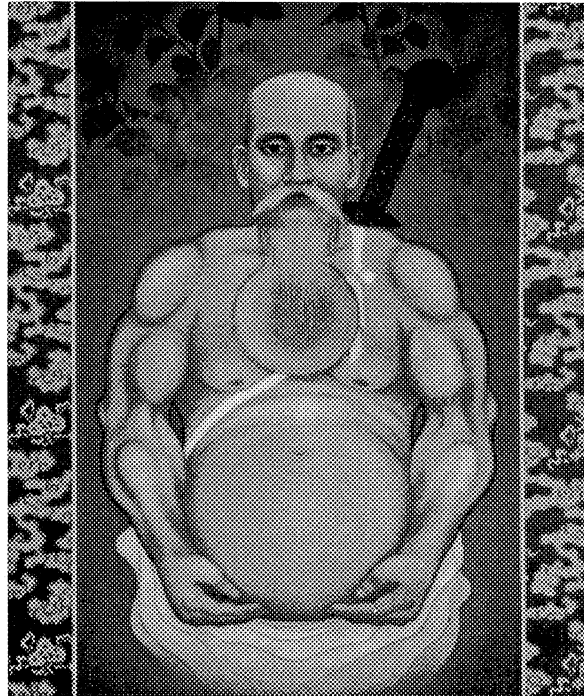
Morihei Ueshiba O'Sensei's Memorial Service

April 26, 1998, Sunday

11:00am: Special Practice
12:00pm: Service
1:00pm: Reception

*Everyone is cordially invited to
Attend Our Service to remember
O'Sensei, The Founder of Aikido,
Who passed away 29 years ago
On this day.*

**For the Reception,
Please RSVP by 4-20-98.**



The Founder of Aikido Ueshiba O'Sensei

Upcoming: Special Practice Ichihashi Shihan From Hombu May 20th.

N. Ichihashi Shihan, 8th Dan, will be conducting a Special Practice on May 20th along with six Hombu Instructors. 6:30pm-8:00pm.

The Special Practice will be followed by a Welcome Party Reception from 8:30pm. Place to be announced.

Our Major Dojo Clean-Up on May 17, Sunday, from 10:30am. All students are welcome to help out. We will need extra vacuum cleaners, rags, buckets and lots of spirited elbow-grease. All volunteers are welcome to help out.

*Children's Essay Contest 1st Place Winner:
Mitchell Okamoto. Congratulations!*

Dojo Goes Underwater



Dojo underwater on March 9th from broken water main, undergoes major clean-up and repair. We need everyone's prayers and energy.

March 15th Open House.



Kenny Furuya demonstrating during our successful Open House.

NOTICE: Our Monthly Black Belt Intensive Seminar will be rescheduled to April 18th for this month only.

Meaning of O'Sensei's Memorial Service April 26th.

We have been commemorating O'Sensei's Passing since his death on April 26, 1969. This is a custom which is very important in the East and especially among the Japanese. It is a way to remember and honor our ancestors, family and teachers and maintain our roots. Students in our Dojo can be referred to as *mago-deshi* or "grand-students" of the Founder. Now and in the future, there will be less and less instructors who have had a direct connection with the Founder of Aikido. Keeping the memory of O'Sensei alive will become harder and harder. Today, few dojos commemorate this event. Every year Doshu makes a pilgrimage to the Aiki Shrine in Ibaragi Prefecture where a memorial service is conducted. Nowadays, many Aikido students make the pilgrimage with him. I hope our Dojo will always keep this tradition alive.

In general, the Memorial Service is most regularly observed in Buddhism and such ceremonies are very rare in Shinto. Doshu conducts a memorial service for O'Sensei with the Omoto Sect but this is a service specially designed for O'Sensei. The Zen Buddhist which we conduct in the Dojo is quite simple.

We make offerings of flowers and confections to O'Sensei's Memorial Tablet in the place of honor in our Dojo. The priests recite the Heart Sutra of Supreme Wisdom and offer incense. Each member of the congregation then offer incense. Incense is nothing more than a gift to O'Sensei's memory. In offering incense, one bows, takes a small pinch of the dust like incense, brings it to his forehead as a sign of respect, then places it on the burning charcoal in the censer. Immediately, a beautiful scent of incense rise up to O'Sensei. One bows and returns to his seat. It is very simple and actually quite beautiful. The sound of the priests reciting the sutras is calming and beautiful. We hope everyone will attend our service. After the service, there is a reception called "o-doki" in which we take the priests for a meal as a token of appreciation. This is also part of this custom. The ceremony usually takes no longer than 25 minutes. It is the most appropriate time to remember O'Sensei.

Hanamatsuri Festival Aikido Demonstration April 5, 1998

The annual Hanamatsuri Festival celebrating the Birth of the Buddha, sponsored by the Los Angeles Buddhist Churches Federation, will be held in the Japanese Village Plaza in front of Enbun Market in Little Tokyo on Sunday, April 5, 1998. We will present a demonstration of Aikido and Iaido from 1:15-2:15pm. Everyone is welcome to attend. And bring your friends!

Special Practice

**N. Ichihashi
Shihan**

Hombu 8th Dan

&

6 Hombu Instructors

May 20, 1998

6:30-8:00pm

Welcome Party

8:30-10:00pm

Tadashi Sakurai, Omiya Dojo To Visit May 1-4th.

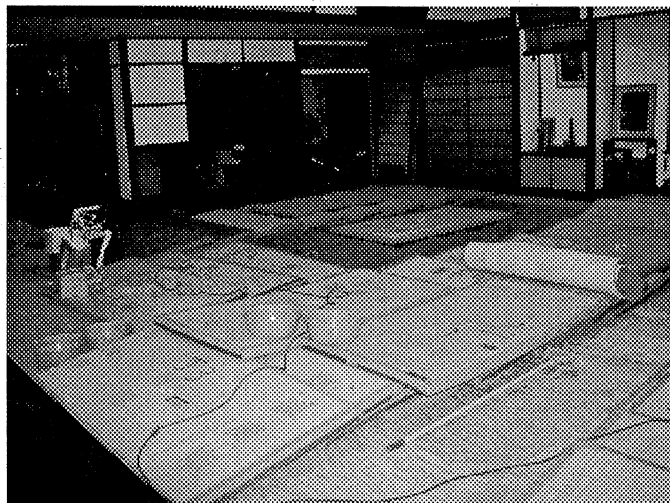
Tadashi Sakurai, 3rd Dan, of the Omiya Dojo will once again visit us. This will be his 3rd trip to our Dojo, his first visit was with Ichizuka Sensei of the Omiya Dojo and 20 black belts several years ago.

Douglas Lew Achieves Coveted Eagle Scout Rank

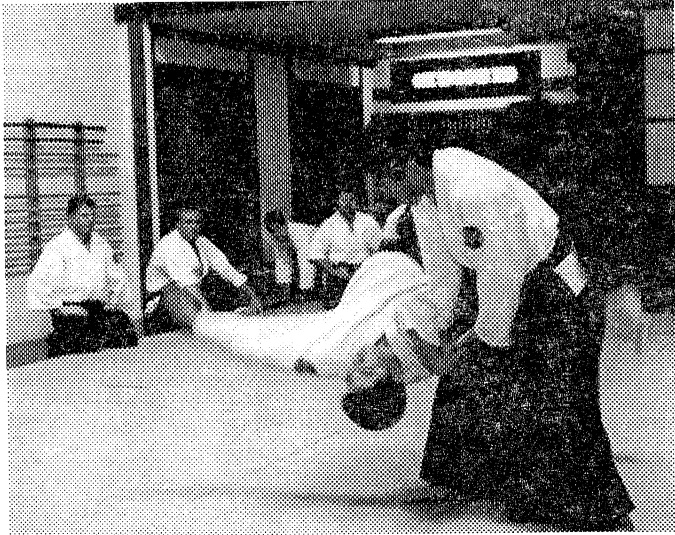
Congratulations to Douglas Lew, 1st Dan, who was awarded the highly coveted Eagle Scout on March 16, 1998.

Dojo Waterworld March 9th

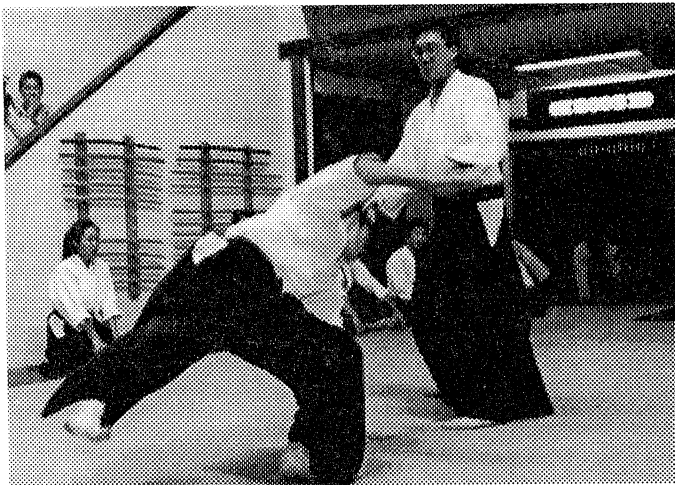
On the evening on March 9th, the hot water pipe on the second floor suddenly broke inundating the entire first and second floors under water. It occurred around 9:30pm and Sensei was not able to stop the water by himself due to the corroded pipes and there was no turn-off valve. Gary Myers and Ken Watanabe were the first to arrive. The fire department came but were not able to turn off the main water valve at the front of the building because it was corroded too. They finally managed to turn off the water at the shared water heater in #8 on the other side of the building. The water was finally under control around 12:30am at night. Later, James Doi, David Ito, Curtis Westfall and Mike Dotzenrod arrived and spent all night with the six firemen of the LAFD cleaning up all the water. Ken Watanabe took the next day off to help with the clean-up. As the second floor filled with water, it began to cascade over onto the mats on the first floor, covering all the mats and running out the door. Damage was extensive including the 2nd floor, the back wall and ceiling of the 1st floor, and our tatami mats.



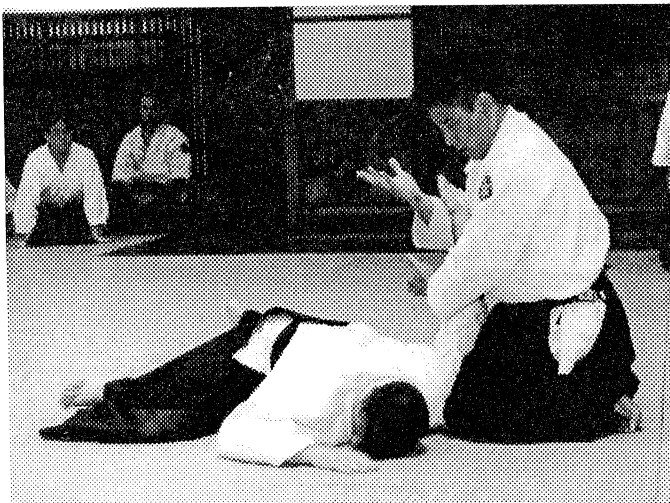
Dojo Open House March 15th.



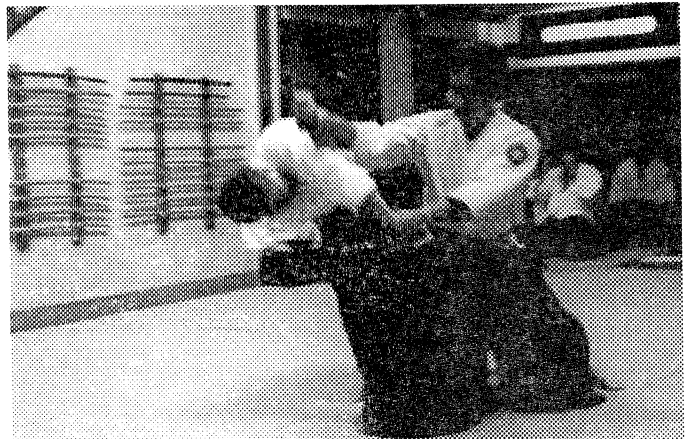
James Doi



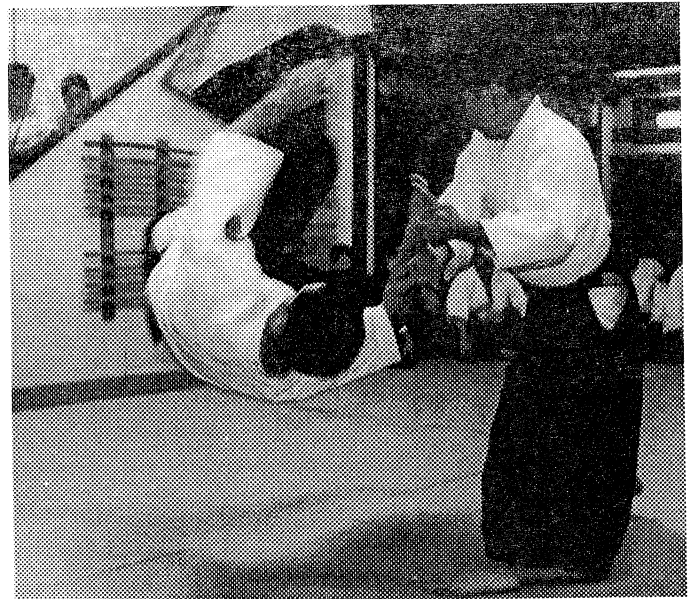
Ken Watanabe



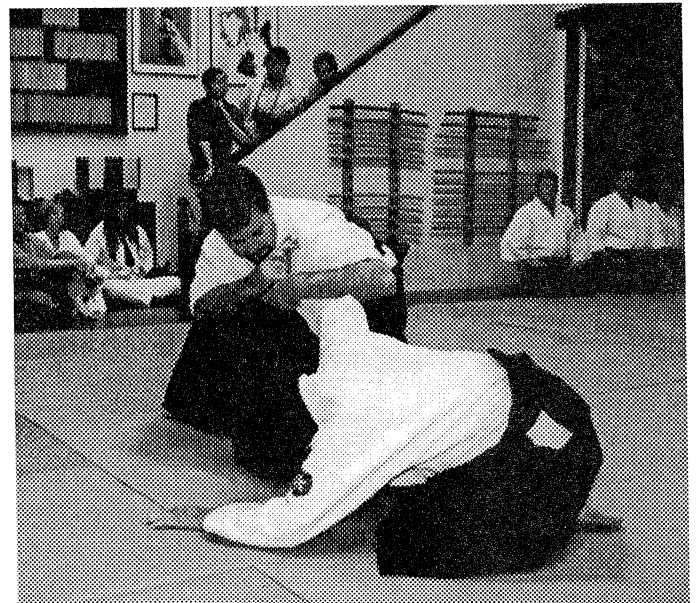
David Ito



Norman Lew

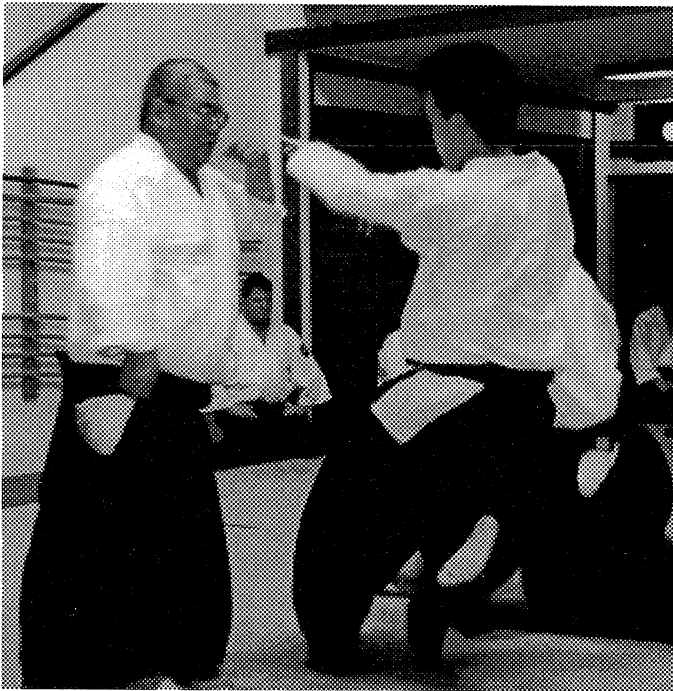


Kenny Furuya

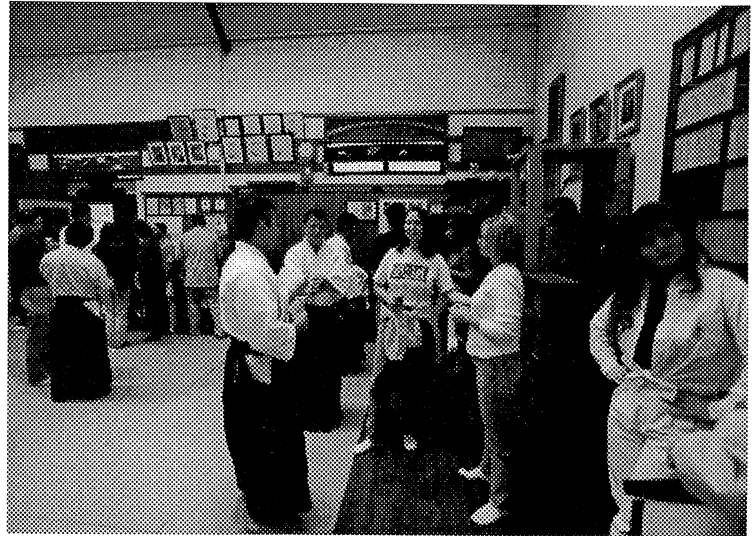


Curtis Westfall

Guests At Our Open House

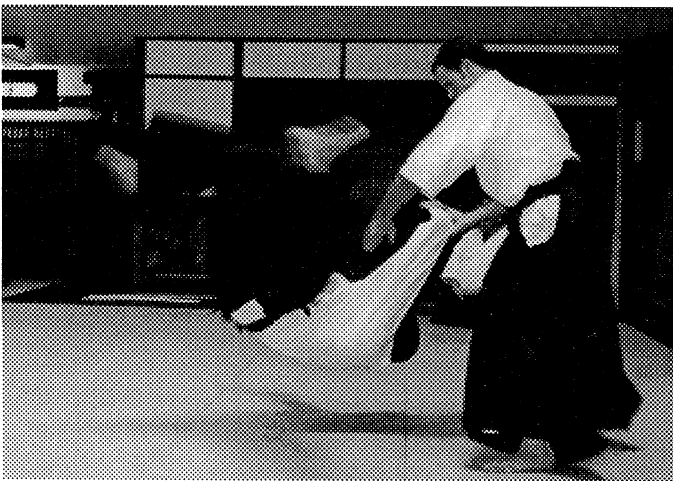


Sensei

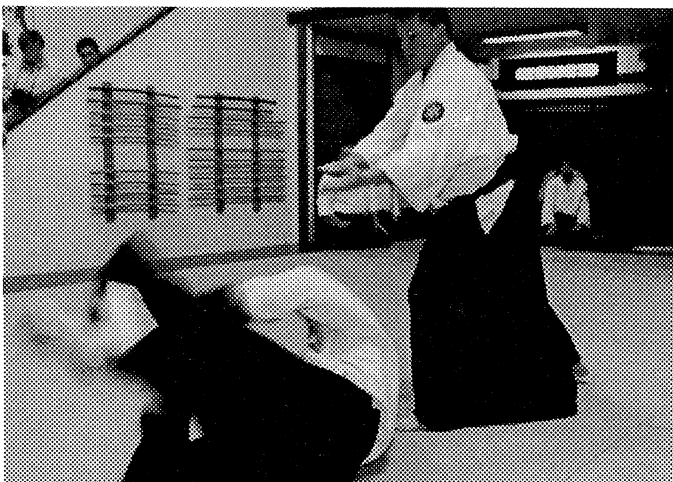


Many Thanks

Our Open House was a big success with many guests in attendance and our students had fun enjoying talking with all the people. Participants in the demonstration were James Doi, Ken Watanabe, Kenny Furuya, Norman Lew, Curtis Westfall, David Ito, Scott Howard, Mike Dotszenrod, and Tom Williams. Larry Armstrong and Cheryl Lew were in charge of the photos. Many thanks for everyone's help.

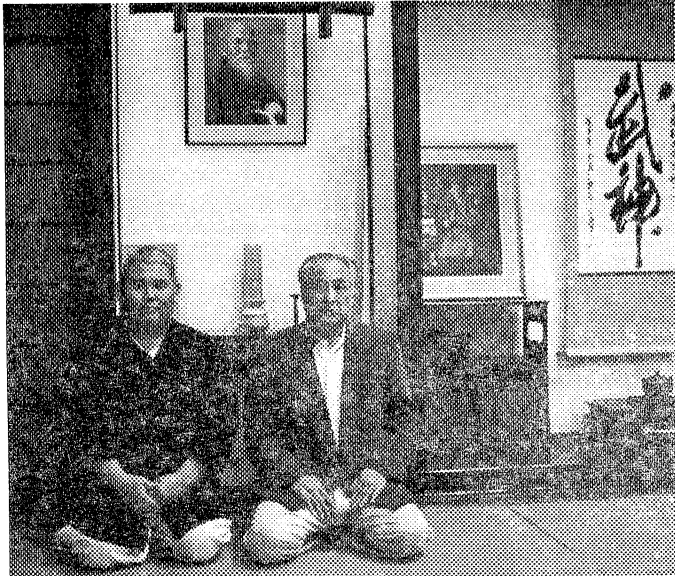


Mike Dotzenrod



Scott Howard

Honored Visitor: Kawaguchi Morihide Sensei



Kawaguchi Morihide Shihan from the Shinseikan Dojo visited our Dojo on March 14, 1998 with his daughter-in-law and grandson who live in Los Angeles. Kawaguchi Sensei is an old acquaintance of Doshu.

Correspondence:

February 17, 1998

My name is Jason Smith. I am 25 years old. I've always wanted to learn Aikido but there is a small problem, I live in Texas. Is there a way I can learn Aikido by video and mail a video a video test to you and then you mail a video response back. . . I know you are a traditonalist and probably don't believe in studying that way. But please give me a chance to show you how good I can learn . . .

Jason Smith, Rt. 3, Box 201-A, Dublin, Texas

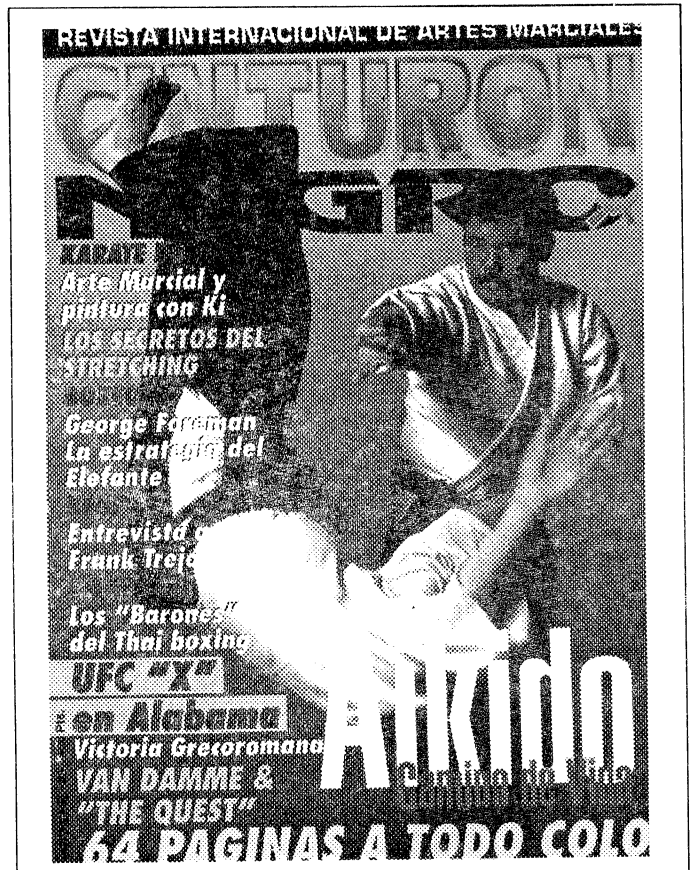
February 17, 1998

My name is Will Walker and I am from Pocahantas, Arkansas. I am 13 years old and take an Okinawan Martial Art called Shorin Ryu Kenshin Kan. My grandmaster is Fusei Kise of Okinawa, Japan. I have been taking Shorin Ryu for two years and enjoy studying traditional martial arts. I recently saw you on the A&E special, Martial Arts. I was highly impressed by your knowledge and skill. . .

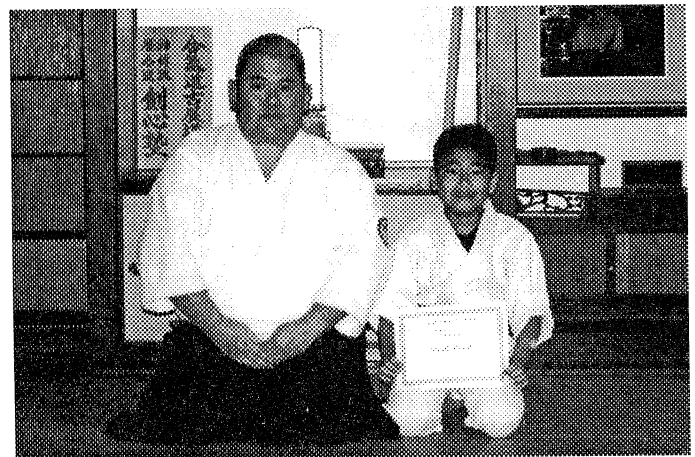
Will Walker, 1411 Dunn St., Pocahantas, AR 72455

March 20, 1998

Just a note to let you know that on March 16, 1998, I was advanced to the rank of Eagle Scout. I wanted to thank you for your letter of recommendation. I'm sure your letter helped. A date for my investiture ceremony has not yet been set but I hope you will be able to attend. Again thank you for your faith in me. Douglas Lew



Centuron Negro Magazine from Spain. Submitted by Santiago



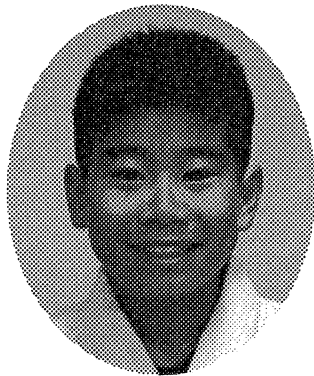
Sensei with Children's Essay Contest Winner, Mitchell Okamoto.

CONGRATULATIONS! Isamu Ichizuka Sensei

This month, Isamu Ichizuka Sensei of the Omiya Dojo received a Special Award from the Governor Tsuchiya of Saitama Prefecture for his efforts in Education. This is a very special honor and the first time it has ever been awarded to an Aikidoist. Many Congratulations and Best Wishes to Ichizuka Sensei for this very special honor.

Children's Essay Contest: Winning Entry

Aikido



By Mitchell Okamoto, 10

When I started Aikido 1 1/2 years ago, I wasn't very good and now I am better. When you start something new, don't get discouraged if you are not as good as everyone else. I try to keep up and do my best. I got better and I improved.

When I first started I asked myself, "Why am I doing this?" As I improved, I felt better about myself. I got a higher self-esteem because I believed that I could do it and I tried my hardest. Now I know I am better because I can tell I'm improving because I was promoted and received a new belt. I felt proud of myself and so I tried harder in practice.

Aikido has helped me because whenever I fall down or trip at school, I roll correctly and I don't get hurt. Aikido has helped me with my reflexes, made me more alert, made me more flexible, make me stronger, and faster. Aikido has also changed the way my friends treat me. My friends don't mess with me anymore because they know I take Aikido and they think I am going to throw them across the school.

I don't like Aikido because it's a lot of work. I get tired but we still have to push ourselves and try to keep up with the more advanced students in the class. It isn't fun getting thrown around and *eating* mat. When you practice with one of the Sensei you get spun around and totally wiped out. I would rather be doing other things but, it does help me with my technique, my self-confidence and my self-esteem.

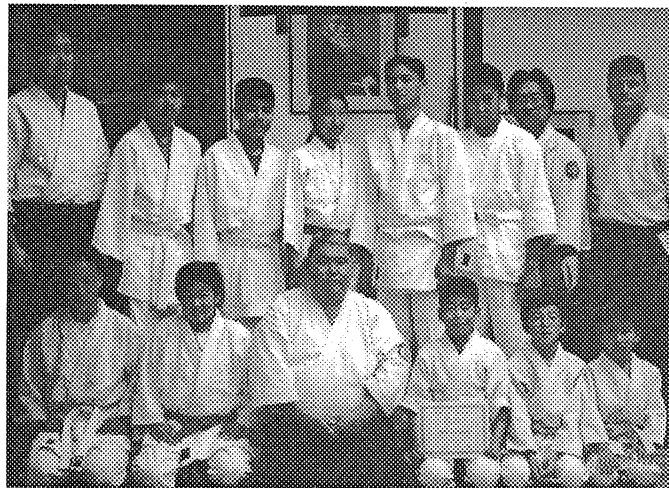
It also teaches me to be willing and try to do my hardest. You can achieve anything if you go to class and are willing to try your best. Sometimes you have to give up stuff you like to achieve something. Some of the things I miss are sleep-overs at relatives' or friends' houses or going to sleep late before Aikido the next day.

Aikido isn't just throwing and tossing people around it is also

balancing, jumping and rolling. We balance on one leg, we balance and walk on belts, we balance with plastic cups on our hands and head, we jump over sticks, we jump over other students in our class and we roll across and around the Dojo.

My teachers are Ken and Kenny who have taught me how to roll properly so I won't get hurt. Sometimes I do get hurt at the Dojo because I don't roll properly and I hit my head. They also taught me many techniques so if someone grabs me, I can flip them over or pin them to the ground. The other students in class also help me in Aikido by practicing the moves or techniques with me so I could do them correctly.

I like Aikido because not only is it fun, but it also gives me a good workout. There is one disadvantage in Aikido is that I have such a good workout I sweat a lot and I need salt in my body. I drink Gatorade for my salt, but sometimes I leave my Gatorade at home so I get sick because I don't have enough salt.



Mitchell with Sensei and our Children's Class.

In the Dojo you must show respect and bow when you enter and leave. You must bow to your partner before and after you practice a technique. If you are late for class, you must wait for the Sensei to give you a signal for you to come, then you bow, move on the mat, and bow again. At the end of class, we bow to everyone in the class to thank them for helping you for being there and practicing with you.

In the future I hope to excell and improve in Aikido. When I get better I can really be able to help other students in class and I hope I can remember the names of the techniques.

Mitchell Okamoto

Congratulations

To Mitchell for this Winning Essay. We hope others will try harder next time. Mitchell received 1st Place and a \$50.00 prize for this entry. Mitchell is 10 years old and recently, his sister, also joined our practice. Mitchell's father, Miki, is a member of Higashi Honganji Buddhist Temple and helps and supports us with our Higashi Obon Aikido Demonstration every year.

A Brief History of Our Dojo

People come and go and few are left who remember the beginnings of our Dojo. For everyone's interest, I thought I would recall a brief history of our Dojo in celebration of my 40th year in Aikido and the upcoming 25th anniversary of our Dojo next year.

I returned from my training at Hombu in 1969 but had no intention of opening a Dojo because I was well aware of all the difficulties in trying to maintain one. I travelled all over the country training at many schools to see for myself what was going on in Aikido. This was the year O'Sensei passed away. By 1972, there were many problems in Aikido due to many splits and teachers breaking away from Hombu. It became very difficult to practice where one wanted to simply because of all the politics going on at the time. Because of this, in 1974, I opened a small Dojo in Silverlake and practiced with many students. We did not even have a sign and training was very tough. I shared a big gym with my gymnastics teacher.

However, in 1976, the building's owner passed away and it went up for sale. The gymnastics coach bought another place in Hollywood and asked me to continue teaching Aikido and help him to develop this new place. Unfortunately, the location was very bad and it was very difficult to keep Aikido going on here. I tried hard for nine years but only got into debt. During this time, we were honored to have Kisaburo Osawa Sensei, 9th Dan, visit us from Hombu. Kazuo Chiba, 8th Dan, Yoshimitsu Yamada, 8th Dan, and Mitsunari Kanai, 8th Dan, taught many seminars here.

In the Olympic year 1984, The gymnastics teacher decided to expand his classes because gymnastics for kids at this time was very popular and somehow, we were put out into the cold. It was good timing, I thought, because I had become a full-time Aikido teacher several years previously and we needed a nicer, bigger place and also a Dojo where we could practice Aikido exclusively seven-days a week. Suffering so long in a rather run-down, dirty, place in a bad location, I promised my students and my seniors that "I would build the most beautiful Dojo in the world." This would be my lifetime dream.

I didn't have any money, so I borrowed money privately and sold my possessions to get some capital together but it was difficult to find the right place. We looked all over Los Angeles and, either the place was no good for practice, it was too expensive or the location was no good. In the meantime, one teacher gave up hope that I could ever build this Dojo and, since I lost my old place, ordered me to commit hara-kiri in apology. I asked that everyone wait because I still had hope and knew I could do it somehow. It was a very difficult time and time was running out.

One dream was to build in Little Tokyo but at the time, there were no vacancies and it was impossible to find an adequate

space without spending a great deal of money. We thought of the neighboring Artist District which was becoming very popular at the time but each space we saw needed a great deal of money for massive clean-up and renovation. By this time, I had only 5-6 students left - the rest all went to other dojos. No one can blame them for this. By now, I had about 8 letters ordering me to kill myself in shame and failure.

Finally, we found a place on Traction and 3rd in the Artist District. It had not been rented for over a year and the agent was anxious for me to have it and get my check. He called the owner for his okay that this space would become an Aikido dojo but by mere coincidence, the owner was having coffee with two of his friends - both Aikido instructors in Venice. I never really knew these people or associated with them because of their bad reputation. They told the owner not to lease it to me and that they would take the space themselves just to stop me. The agent was very upset because I had my checkbook out at the time but, since these people wanted it, I just didn't want it anymore. I felt it was contaminated by their bad energy. Later, they were forced to lease it from their friend as they promised and moved all their students from Venice to Downtown LA. Obviously, it was a ridiculous proposition and within six months they closed down completely.

When I decided against this place, I pointed over to another building which the agent up to now refused to show me because he thought the space was not very good. But it was my last ditch effort, so, with nothing to lose at this point, I insisted that he show me this "odd, funny shaped" space. I looked inside for one minute, walked one time around the whole building and told the agent I'll take it. He was surprised and asked me to think it over but I said no - I wanted it right now. Very luckily, he said that he was off to Boston that evening and he had no time to do a credit check on us so, if I really wanted it, he would accept a check right on the spot. He said I looked okay and hoped I wouldn't change my mind about the funny space that had 3 floors and a 45 foot ceiling. I believe this was "our space" because any credit check would have put me out of the running, we had no good credit in the bank. One further bit of luck, he had mentioned that another person had looked at the very same space one day earlier but he didn't think he would take it because, and I still don't know why to this day, the agent didn't like this space. When I got home, so exhausted from being rejected from the first place by "fellow" Aikido teachers who I don't even know to writing a big deposit for our new Dojo, I think I was shaking. Suddenly I got a call from the agent just before he was boarding his plane at LAX. He had stopped by his office and said that there was a message from the guy who had seen it earlier that he would take it. He said that if I had waited over the weekend to decide I would have lost it to this guy. He said I was very, very lucky. I thought so too. I think it was our good karma.

Because I signed for our Dojo so quickly and a few of my

Aikido Center of Los Angeles NEWSLETTER

most committed students did not like the idea of being in Little Tokyo or the Artist District and because it was an ugly, impossible space and hard to find in the middle of an alley, they objected to my decision and quit. I loved the space and thought it was great and I liked being in the alley where we could have privacy and peace and quiet. Even my father came to look at the space and said, "I am not impressed at all," and almost refused to lend me any money. No one liked our new Dojo and with everyone wanted to crucify me, it was very lonely. Somehow, I borrowed some money which I am still trying to pay back 15 years later and began to work. The very first thing was to put up the practice area so we could begin training again. Second my father helped to put up the dressing rooms. We had a big argument - imitation wood paneling looks nothing like "real" wood as far as I was concerned - and no one knew what I was talking about when I said I was trying to build an "authentic, Japanese Dojo." It was such a ridiculous idea that my father thought I was crazy and hopeless and decided not to help me anymore and most of my other students left. One more letter: "Kill yourself and apologize." I pleaded with everyone: "Please wait, please have patience," I thought everyone would change their mind when the Dojo is finished. I worked on the Dojo from six in the morning to sometimes 12 at night. Sometimes straight through the night. I had to get it finished as soon as possible. Some new students were practicing on the mat while I was pounding on nails from above. It was so crazy at that time. Somehow, I feel I never recovered from this period in my life. It took me two years to get the Dojo as it should be but I having been working with the Dojo continually and 15 years later, I am still not finished.

During our early construction, I was standing in the middle of first floor thinking about how to building a nice "tokonoma." Every traditional dojo has a nice tokonoma and I wanted one where we could place O'Sensei's picture in a place of honor and beauty. Just as I was staring at the wall, an old man tapped me on the shoulder. "What is he doing here," I thought. "What a bother, I have no time for people!" The old Japanese man asked me what I was concentrating on staring strangely at the blank wall. "What a bother I thought."

Very curtly, I told him: "I'm trying to build a tokonoma!" in a tone also meaning "get out of here!" I was so surprised when he replied very calmly: "Maybe I can help you, I am a Japanese carpenter who just moved in next door to you."

Several reasons why I couldn't continue as I wanted. We ran out of the little money we had. We needed to concentrate on building the membership and training. And most tragically, my mother went in for triple-by-pass surgery. It was successful, but soon afterwards, my father went in your the same surgery and it was a disaster putting him into a coma.

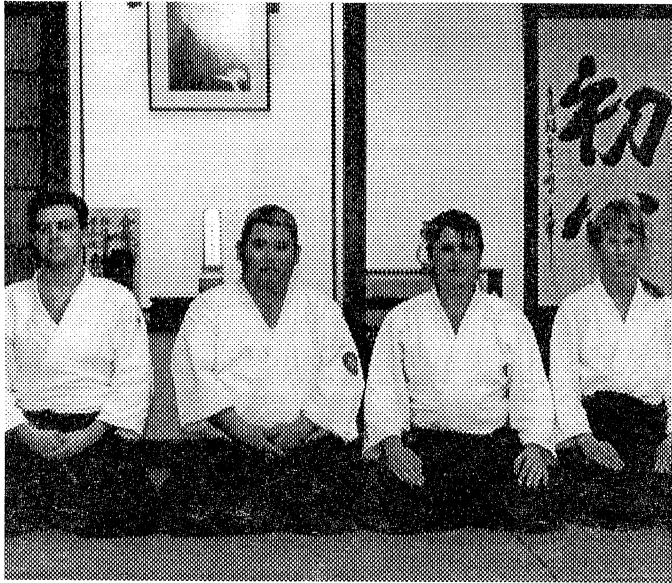
My mother took the blame for this because she had encouraged him so much for the surgery because it had done wonders for

herself. Despite the miraculous recovery from heart surgery she began to not feel well collapsing while taking care of my father in the middle of her own rehabilitation. I went back and forth from the Dojo to my home. Trying to take care of both matters. Later, my students declared: "We don't know why you didn't have a nervous breakdown!" My grandmother tried to help out and while assisting my mother, fell and broke her hip. She joined both my mother and father in the living room of my Altadena home which now looked more like a crowded hospital. My mother was diagnosed with cancer of the stomach and she underwent an operation which later became cancer of the liver. Along with my mother, my grandmother was also diagnosed with cancer of the liver and my father still remained comatose. Around 1986 sometime (I try not to remember), my father and mother were both determined as "terminal" and all insurance stopped. My grandmother put up her house for sale to take care of her own medical expenses and that of my parents but the monies were stolen away by greedy relatives. Medical and hospital expenses were tremendous - we still could not even pay the monthly rent for the Dojo and I had sold most everything I had in the world. In 1988, both my parents and grandmother died within 6 months of each other. My mother was 63, my father was 67 and my grandmother was 88. The added funeral expenses were almost unbearable. In 1988, I was ordained and decided to devote my life to the priesthood.

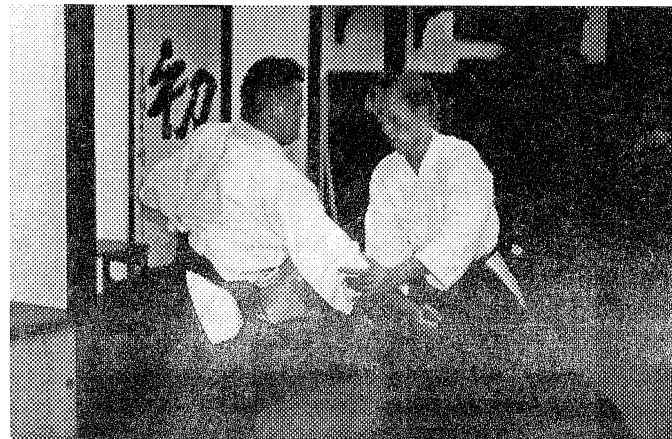
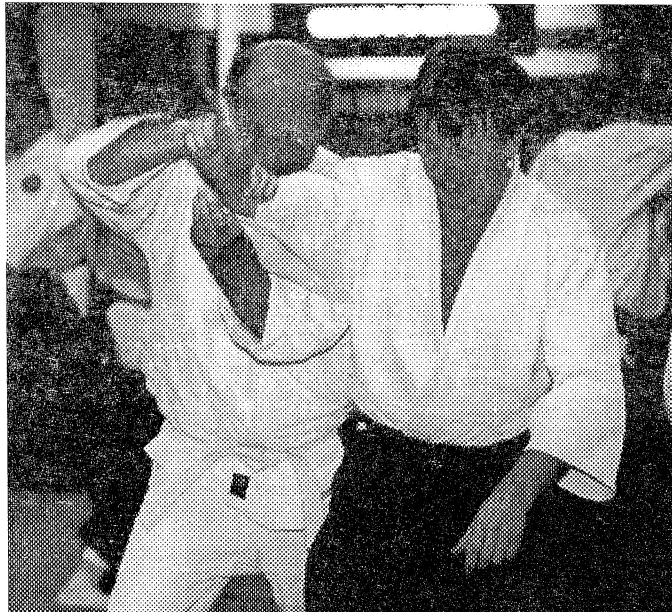
During these difficult times around 1990-92 (I still try to forget), I had left much responsibilities to my senior, most trusted, students. Tragically, Dojo monies, as little as they were, disappeared and many of my black belts left the Dojo and built their own school several miles away. Even to this day, I still find things missing. The greatest shock happened when I realized some of my notes on Aikido have also mysteriously disappeared. My health, I felt, was failing me. I had been treated so badly by the other priests in the temple that I was forced to leave, this was around 1992. My only hope for some kind of salvation, I believed, had been stolen away for me. Years later, it still causes me great pain and suffering. The betrayal of my students - one I supported for ten years grooming him into a fine instructor and the other I had saved his life just before he had a heart attack, rushing him to a hospital during the middle of class. Somehow, they hate me for this. What is this world coming to?

The last five years or so have been for healing and recovery. I have a good handful of students who I can trust, I hope, and in the future entrust the Dojo to. I think my health is greatly ruined but I must recover. I don't want to fight anyone anymore. A little afraid of people I hardly go beyond the walls of the Dojo anymore. In 1998, I still have great hope, but there is still a lot of work to be done. My greatest joy is seeing my students grow. Life is changing. This year I'm 50. My Zen teacher just passed away. And now

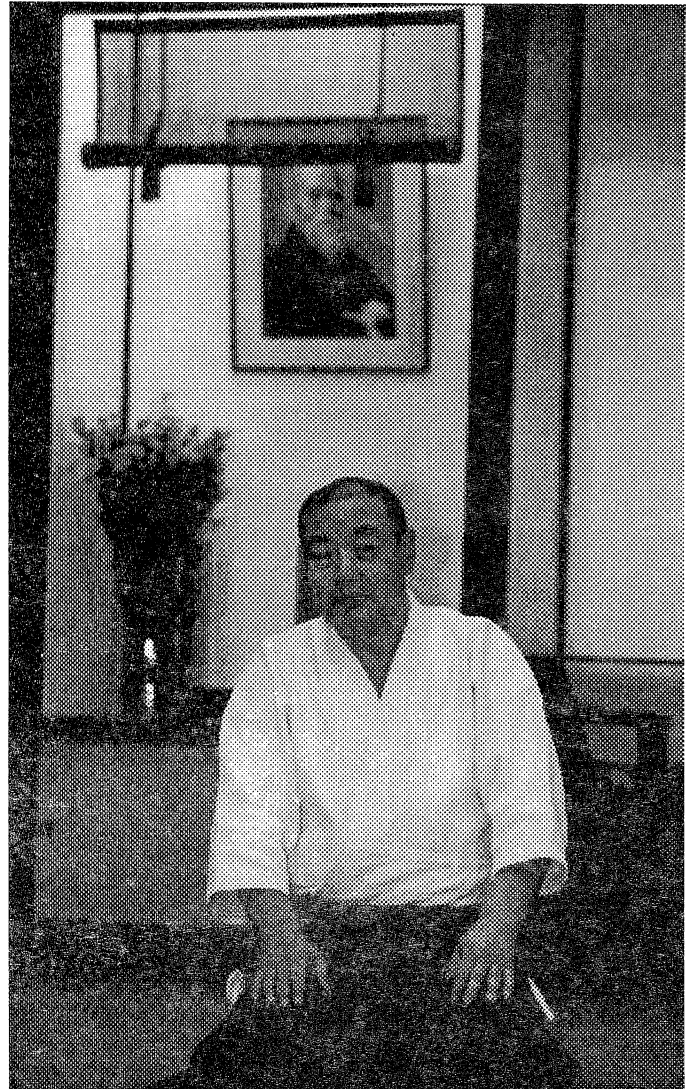
Our Dojo Friends:



Left to right: Eduardo Germanov, 4th Dan, from Bulgaria, Dirk, 3rd Dan, & Doris, 2nd Dan, Dohse from Germany.



Welcome Again!



Norihiiko Ichihashi Sensei will be returning to the Dojo in May and again in June. We welcome him again.

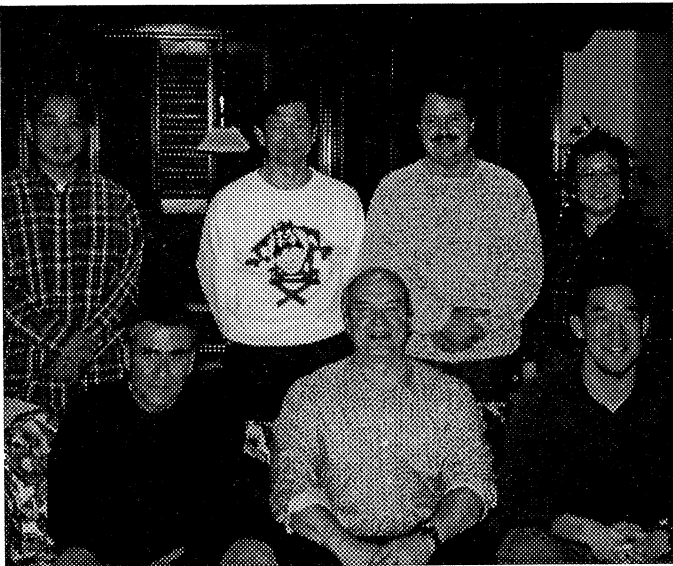


Left: Dirk and Doris during practice. Above: Eduardo during his visit from Bulgaria.

Congratulations

Furuya Sensei Celebrates his 50th Birthday on April 25, 1998

Party in the Dojo from 11:30am after Practice



Iaido New Year's Party

Iaido Department celebrates New Year's Party on February 7th at Gary Myers' beautiful house in Duarte. We had salad, lasagne and lots of garlic bread.

Cool Rain Productions

Many thanks to Cool Rain Productions catalogue for their very nice commentary on KODO. We appreciate their kindness. We quote:

The book that no martial artist should overlook! This book written by Kensho Furuya is a collection of forty-one essays. Each essay brings with it the inspired teaching and wisdom of the ancients. Focused on bringing martial arts back from its mad rush toward becoming mere sport, KODO reflects on the deeper aspects of the martial arts as a way of human development. Although a sixth Dan Aikido instructor, Furuya Sensei's book is by no means directed solely at Aikido students. In fact, we suggest every instructor read this important book and see that a copy reaches the hands of each of their students. - Cool Rain Productions.

Important Dates April 1998

- | | |
|---|---|
| April 7 | Budo & Sword Study
Class. 7:45pm |
| April 11 | Iaido Seminar 6:30am
Monthly Meeting 8:30am |
| April 18
(Rescheduled one
week earlier this
month) | Black Belt Seminar
6:30am-8:30am
Instructor's Meeting
Follows. |
| April 25 | Sensei's 50 Birthday |
| April 26 | O'Sensei's Memorial
Service & Reception |

Happy Birthdays for April

Frances Yokota 04-09-73. Ox
Richard Kageyama 04-10-46. Dog
Gary Myers 04-12-49. Rat
Ken Watanabe 04-12-69. Cock
Curtis Westfall 04-20-60. Rat
Tom Williams 04-23-52. Dragon
Furuya Sensei 04-25-48. Rat
Mike Dotzenrod 04-28-68. Monkey
Dana Frank 04-30-62. Tiger

Many Thanks:

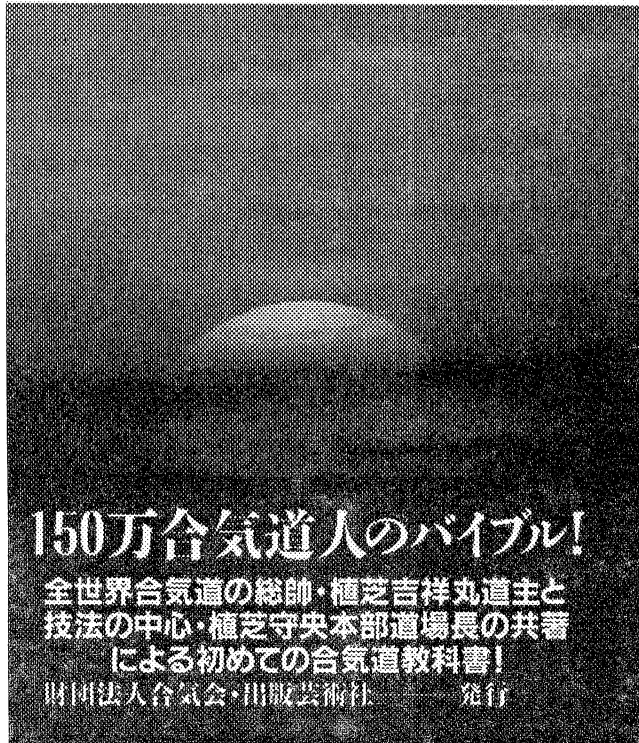
To Cheryl Lew for Dojo attendance and birthday records. To Norm Lew for our Dojo electrical work. To Andy Kissel for Dojo carpentry. To Mike Dotzenrod for our new Dojo map in our new flyers. To Ken Watanabe for daily clean-up before class.

The Martial Arts Special

Shown on A&E Cable TV is available on video cassette through A&E. The Dojo has received many calls and letters throughout the country from its debut. All were very complimentary about our Aikido segment.

規範 **合気道** 基本編

合気道道主 植芝吉祥丸 著
本部道場長 植芝守央 著



KIHAN AIKIDO

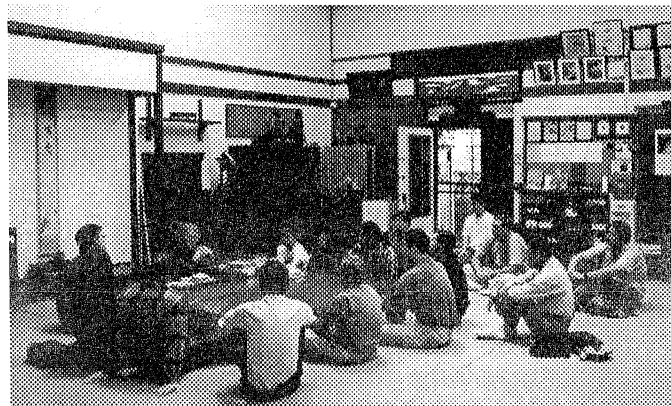
Fundamental of Aikido

By Doshu & Dojocho Moriteru Ueshiba

The latest reference book on Hombu Aikido by Doshu and Dojocho with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."

Japan Culture Lecture Series

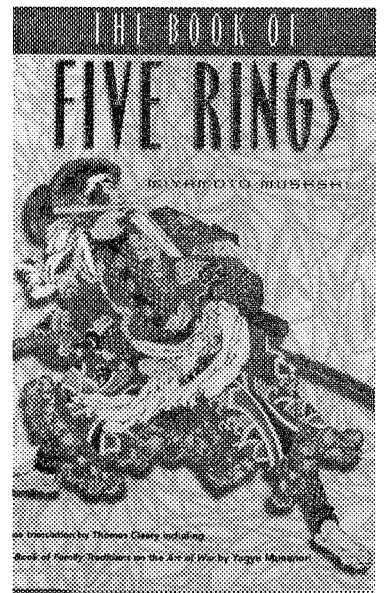
On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



ZEN & JAPANESE CULTURE

By D. T. Suzuki

Excellent sections on Japanese swordsmanship, the Samurai and the tea ceremony.



THE BOOK OF FIVE RINGS

By Miyamoto Musashi

Also includes translation of the **KADENSHO** by Yagyu Munenori. Trans. by Thomas Cleary. Very good reference book.

羅府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER
Volume XV, Number 4
April 1, 1997
\$2.95

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (313) 887-3873
Affiliate: The Aikido World Headquarters, 17-18 Hibiya-dori, Bunkyo-ku, Tokyo, Japan
United States Aikido Federation, Eastern Region
Aikido Haha Hachioji, Los Angeles Area & Surrounding Area
Office of the President: Hanko Yonemitsu, 4010 Kato, San. Calif. (Yonemitsu) Prefecture Association.

In This Issue:
San Francisco Master Adam Hsu
Visiting the New San Francisco Aikikai
Guest from San Diego Shojiro
New San Francisco Aikikai
Daring 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, Calif.
Visiting Master Adam Hsu:
Dojo Treasure Arrives From Japan

On their last visit to our Dojo, four members of the Onyia Doga, Mr. Yushu Sasaki, Mr. Takayoshi Arima, Mr. Tadashi Sakurai and Mr. Taro Sakura presented Sensei with a beautiful white fan. It was reg-
garded that the fan should be greatly honored 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 or four years. Recently Doshu finished the writing and returned it to Ichizuka Sensei. Mr. Chikara Haganami of the Onyia Doga who recently moved to Los Angeles, hand carried it from Japan on February 26th. Chikara-san will soon be posing our practice in soon on the letter down with his job in Torrance.

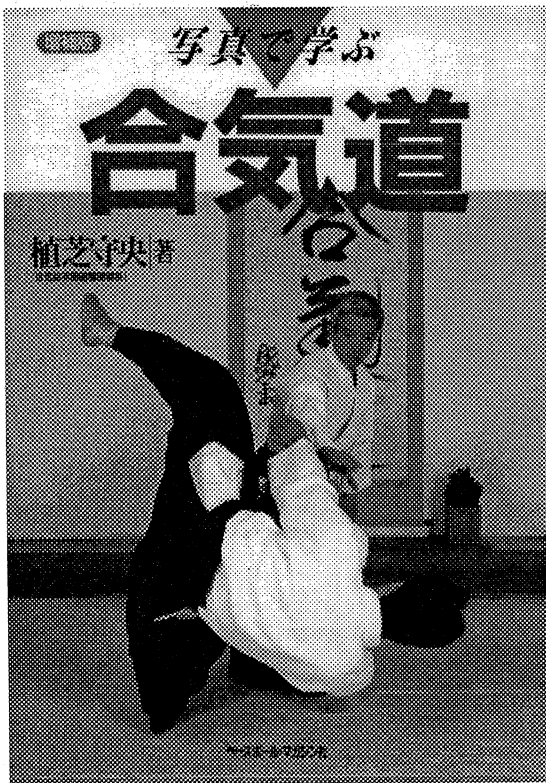
DOJO NEWSLETTER

Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students. Your donations are welcome please add a little extra for postage outside of the US. Everyone is welcome and invited to support our work. Many Thanks.

MA Training Magazine: Our "Ancient Ways" Column

Please look for Furuya Sensei's regular column, Ancient Ways, in MA Training Magazine published by Black Belt Magazine, Ohara Publications. The column is in its 11th consecutive year and was voted "most popular" and "most widely read" in 1996 and 1997. You can subscribe to MA Training by contacting Ohara Black Belt Publications in Santa Clarita, California.

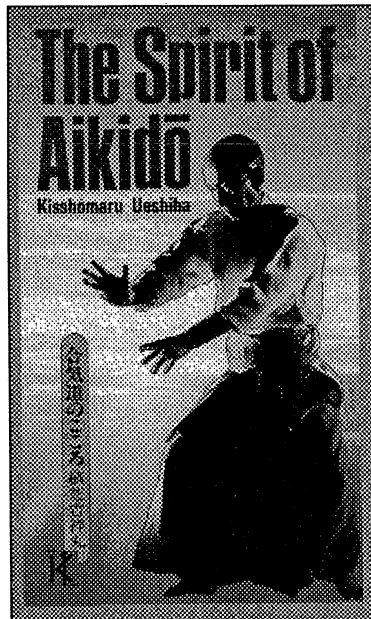
Aikido Center of Los Angeles
NEWSLETTER



SHASHIN DE MANABU AIKIDO

By Dojocho Moriteru Ueshiba

Hombu Aikido techniques demonstrated by Dojocho Moriteru Ueshiba. In Japanese but self-explanatory and an excellent reference source.

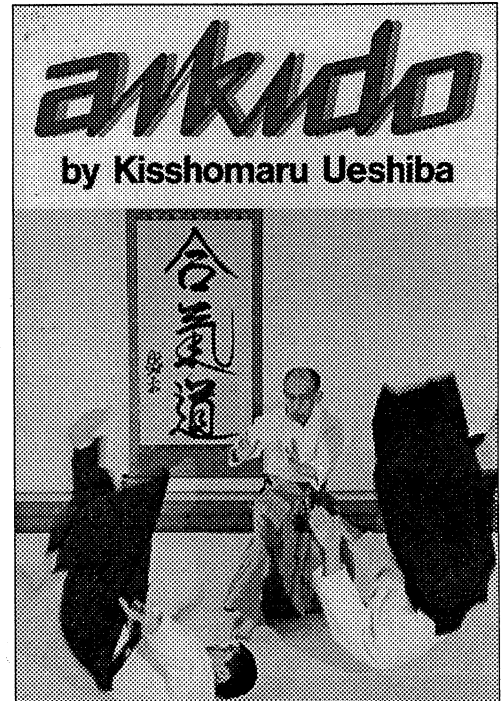


Recommended Reading:

THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido. Very important for your training.



Highly Recommended Reading:

AIKIDO

By Doshu Kisshomaru Ueshiba

Doshu's book is one of the best books available today on Aikido technique. It is very strongly recommended.

**Introduce Your Friends
To Our Dojo**

Bring your friends to the Dojo and encourage them to join our Practice. Send them one our new Dojo Flyers or Newsletters.

**Japanese Art Swords
Appraisal & Restoration**

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders.

**JAPANESE SWORDS &
RELATED ITEMS WANTED.
BOUGHT & SOLD**

Please make your inquiries to Rev. Kensho Furuya, c/o Aikido Center of Los Angeles, 940 E. 2nd St., #7, Los Angeles, CA 90012. (213) 687-3673. By appointment only.

Official Dojo 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.

Official Dojo T-Shirts, Patches & Mugs

T-shirts: \$15.00 each. Mugs: \$9.00 each. Patches: \$5.00.

Uniforms, Hakama, Obi, Bokken & Jo

Available by order. Also, high quality uniforms and equipment custom ordered from Japan.

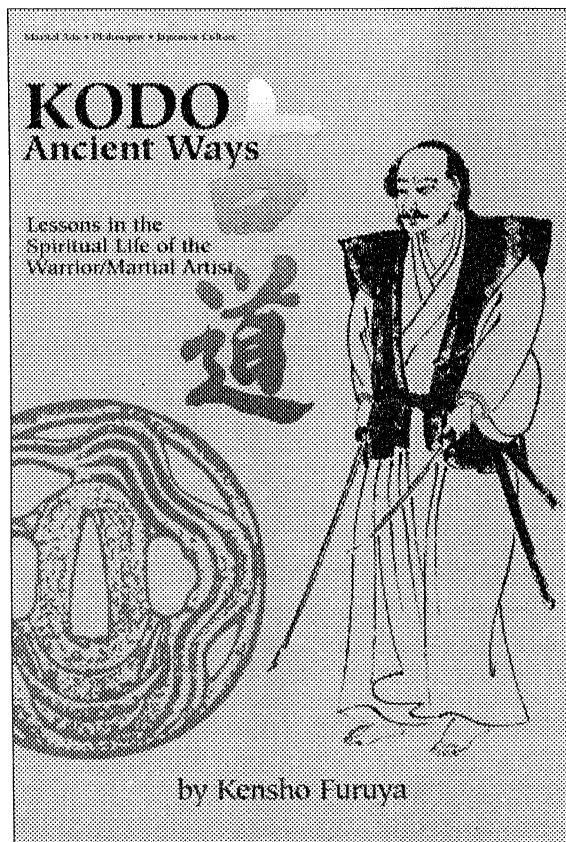
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Photographer: Larry Armstrong
Legal: Curtis Westfall



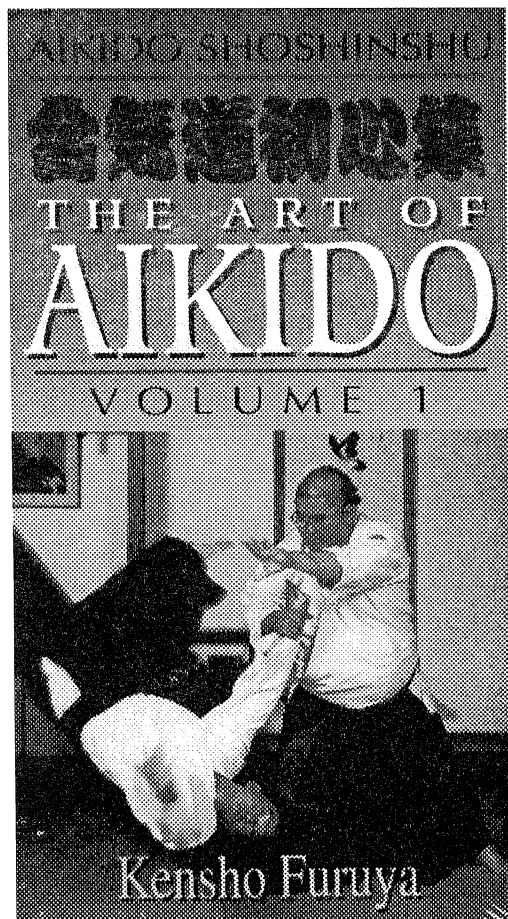
KODO

**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

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Payable to Aikido Center of Los Angeles
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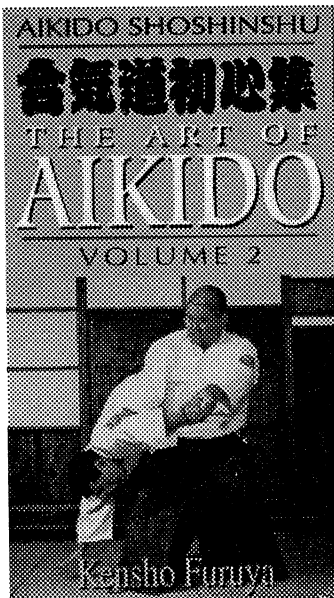
*“Top Rated” - Karate Illustrated “
“Impressive Scope” - Aikido Today
“Exhaustive” - Aikido Journal
“One of the Best”*

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International Mail requires additional S&H \$25.00.

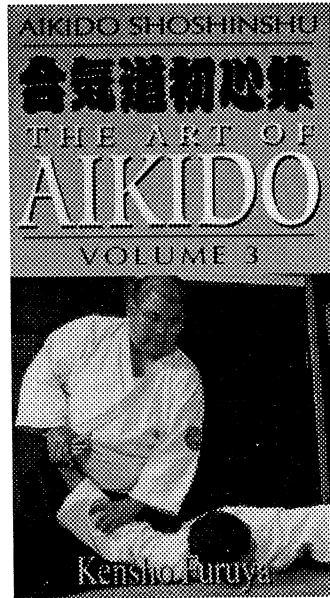
All books and videos are available in our Dojo.
Please inquire about dojo and quantity discounts.
For further information: please call the Dojo: (213) 687-3673

AIKIDO SHOSHINSHU

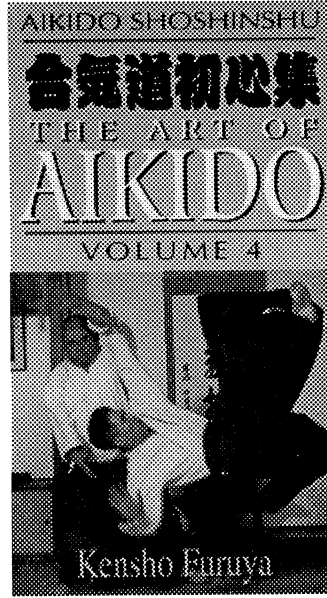
The Art of Aikido Instructional Video Series



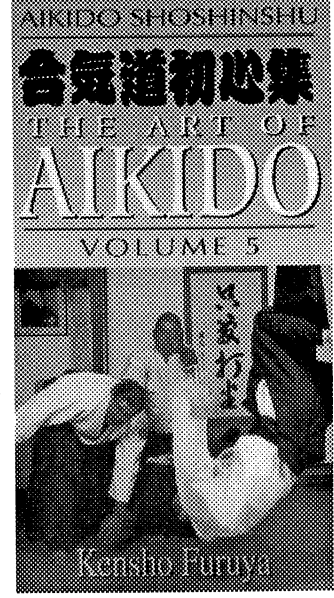
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo
& Gokyo



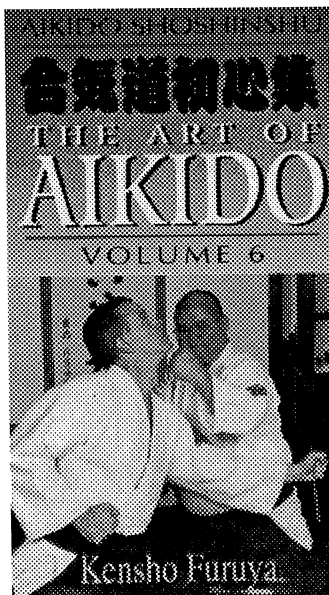
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



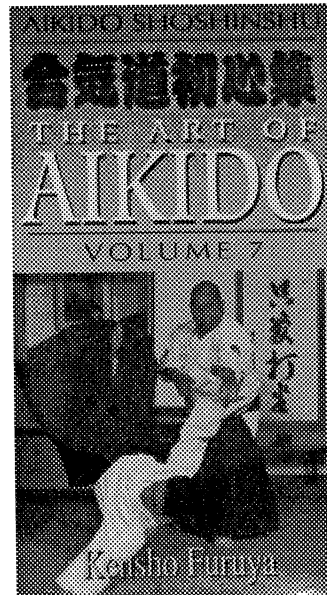
Katatetori Ryotemochi: 2-hand.
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



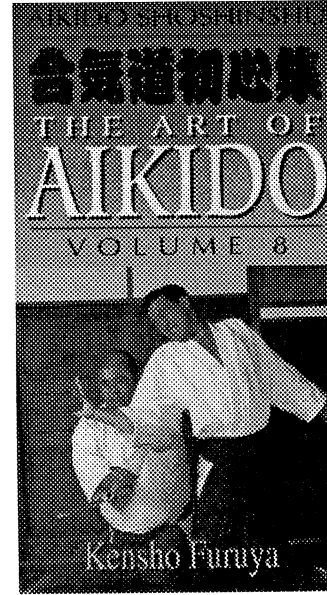
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



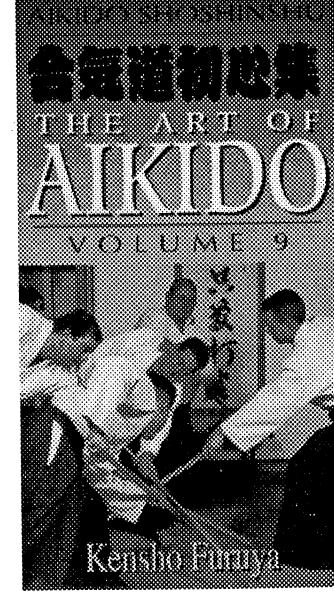
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the
side of the head & neck.



Shomenuchi: Direct strikes.
Ushiro-waza: Attacks from
behind.
Ushiro Katatetori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
Ryokatatori.



Atemi-waza: Striking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.

Complete 1st Degree
Black Belt Examination
Requirements Demonstrated by
Black Belt Candidate.

Aikido

TRAINING SCHEDULE

Adult

BEGINNING & OPEN

Monday thru Friday Evenings

6:30pm-7:30pm

Monday, Tuesday &

Thursday Evenings

7:45pm-8:45pm

Saturday & Sunday Mornings

10:15am-11:30am

Adult Intermediate (3rd Kyu and Up)

Saturday Mornings - 9:00-10:00am

BLACK BELT SEMINAR

Bring bokken, jo and tanto.

Black Belts & Instructors'

Last Saturday of the Month

6:30-8:30am

Instructor's Monthly Meeting follows:

8:30-10:00am

CHILDREN'S CLASS

5 - 16 yrs old

Sunday Mornings: 9:00am-10:00am

Beginner's & Parents welcome.

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active students alike, are cordially welcome to join us. Thank you.

Iaido

TRAINING SCHEDULE

**TRADITIONAL JAPANESE IAIDO
SWORDSMANSHIP**

Saturday & Sunday Mornings

8:00am-9:00am

IAIDO INTENSIVE SEMINAR

Every 2nd Saturday of the month.

6:30am-8:30am

**BUDO & SWORD
STUDY CLASS**

Every 1st Tuesday of the month.

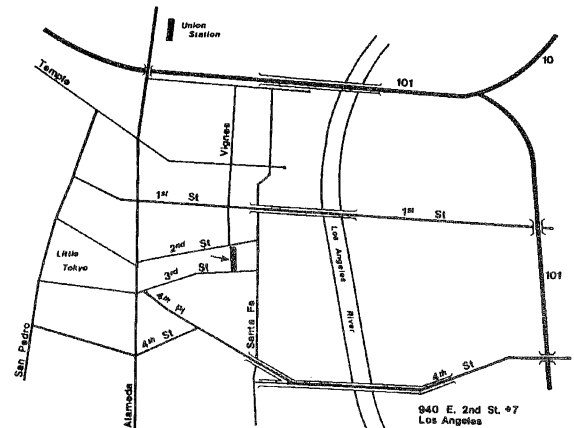
7:45pm-9:00pm

Group Study & Discussion of

Aikido philosophy, Japanese art & culture, martial arts, & Japanese sword appreciation. Everyone is welcome.

About the Dojo:

"More Japanese than Japan," is the popular comment by visiting guests from Japan. It is built in the style of a 17th cent. Samurai mansion. The purpose of this unique style is to create a serene, private and beautiful environment for the serious pursuit of Aikido training. The Dojo is considered one-of-a-kind outside of Japan.



We convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. **Easiest Way:** From Alameda go east on 1st St and make right turn on Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for wooden fence and garden.