



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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

August 1, 1988
Volume 3. Number 8.

SCHEDULE OF EVENTS FOR AUGUST

August 6, 1988
6th Annual Nisei Week Aikido & Iaido
Demonstration 2:00pm
Little Tokyo Square-Yaohan Mall

August 6, 1988
Aikido Exhibition - Opening Ceremonies
Nisei Week Coronation Ball
Bonaventure Hotel 8:00pm

August 7, 1988
6th Annual Nisei Week Aikido & Iaido
Demonstration 2:00pm
Little Tokyo Square-Yaohan Mall

August 12-19
New England Summer Camp

August 13 & 14, 1988
Japanese Village Plaza Nisei Week
Aikido Exhibition
Times to be announced.

September 5, 1988
Labor Day Holiday
Special Morning Class 9:00am to 10:30am.

September 16, 1988
Lecture: Introduction to Japanese
Swords 7:30pm to 9:30pm

September 17 & 18, 1988
Japanese Village Plaza Annual Martial Arts
Festival.

October 1-2, 1988
Special Seminar with Yoshimitsu Yamada Sensei,
7th dan. Chief Instructor of the New York Aiki-
Kai.

YAMADA SENSEI'S SEMINAR

As noted in the Schedule of Events, Yoshimitsu Ya-
mada Sensei, 7th dan, will be visiting the dojo on
October 1st and 2nd for a special seminar. Every-
one, beginning through advanced students, are
urged to attend. There will be two classes each day.

Seminar Schedule:

Saturday, October 1, 1988
10:00am to 11:00am (Open)
11:30am to 12:30pm (Open)

Saturday, October 1, 1988
Welcome Party
7:30pm
Everyone is invited.
Details upcoming.

Sunday, October 2, 1988
10:00am to 11:00am
11:30am to 12:30pm

The fee is \$40.00 for the seminar.
\$25.00 for one day. Pre-registration is currently
being handled by Mr. Bill Heath, Mr. & Mrs. Dan
Eaton, and Mr. Brigido Anaya. Please see them for
further information. Please consult Mr. Douglas
Firestone for seminar information.

STUDENT PROMOTIONS

Effective as of August 15, 1988

1st Kyu
Mr. Allan Hardy
Mr. Sumet Likhitsotthiwong
Mr. Mark Moore

2nd Kyu
Mr. Lee Hart
Mr. Kim Smith

3rd Kyu
Mr. Sukkoo Lee
Mr. Morgan Weisser
Mr. Glenn Guzman
Mr. Callahan Fitz-Cope
Mr. Brad Rader
Mr. Henrique Morimura
Mr. Jun Chong (Honorary)

4th Kyu
Mr. Mark Francis
Mr. Keiko Tomatsu
Ms. Chris Prejean
Mr. John Dillon
Mr. Bill Gillespie
Mr. George Jackson
Mr. Ric Jones
Mr. Kemp Crawford
Mr. Shawn Pak

5th Kyu
Mr. David Wisotzki
Mr. Bill Jackie
Mr. Steve Ostreicher
Mr. Raymond Reyes
Mr. Art Martinez

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continued:

5th Kyu

Mr. Koichi Matsumoto

Mr. Art Martinez

Mr. Norihiro Miyazato

Mr. Kenneth Goni

Mr. Michael Tereschuk

Mr. Tom Baker

Mr. James Borja

Mr. Tom Valera

6th Kyu

Mr. Mario Gonzalez

Mr. Dale Hodson

Mr. Duffy McHugh

Ms. Andrea Guild

Ms. Esther Tudor

Mr. Kameo Nakashima

Mr. Mel Smith

Mr. Phil Ebbert

TRAINING SCHEDULE CHANGES

We are temporarily closing the Saturday afternoon class at the San Fernando Valley Aiki-kai until September.

We will be opening the 7:30pm class on Fridays for beginning students from August 15, 1988.

ADVANCED CLASSES

Advanced classes are open to 3rd kyu grade holders and above. Beginning students who may wish to attend the advanced class but do not hold the required grade may still receive special permission from the Chief Instructor. Students currently with special permission but holding ranks lower than 3rd kyu are:

Mr. Mark Francis

Mr. Kemp Crawford

Mr. Shawn Pak

Mr. Ric Jones

Mr. Bill Gillespie

Mr. George Jackson

This is a special honor which students should not abuse.

Advanced students should attend an appropriate number of dopen classes as well as the advanced classes. Advanced students who may temporarily have difficulty in keeping up with the advanced classes should concentrate on and attend the open classes more conscientiously.

DOJO PATCHES

We have just received our new shipment of dojo patches. They should be worn on the upper area of the left sleeve. It would be nice if every member has one. They are \$5.00 each.

THE MEANING OF TRAINING

Many Aikido masters agree that Aikido is 100% training. We often discuss the techniques and philosophy of Aikido, but rarely do we discuss the meaning of our training. It is through our training that we can realize the Aikido techniques and the meaning of its philosophy. But, through a discussion of technique and philosophy, we can never understand what training is.

The meaning of training varies with each individual student. His experience, direction and goals all mold the shape of his training and how he expresses his Aikido. However, it cannot be the product of a fragmentary understanding of Aikido nor can we really pick and choose what we like and dislike about Aikido. Aikido, we must always keep in mind, is an integral art. For example, attempting to separate Aikido into two areas of physical and mental training is like trying to extract the taste from the apple itself.

Trying to communicate the meaning of training is one of the most difficult tasks of the instructor. Techniques can be a matter of memory and repetition and philosophy can easily turn into metaphysical argument or mental gymnastics. Again, it is simply another form of exercise. Training, finally, is a matter of the heart. Training must be dictated by our strong desire to learn and study. Dogen, a great Zen master, often wrote that the student can only achieve enlightenment through the "Way Seeking Mind" or the mind which is constantly seeking, constantly hungering for knowledge and understanding. This is the guideline for training. It is difficult to communicate this just as it is difficult to describe the taste of the apple to another person. We can only give that person the opportunity to taste the apple for himself. The experience becomes the teaching itself.

The dojo must be the perfect environment for training. The teacher, as the custodian of the art, protects this form as a fertile field where students may nurture and mature. The dojo is not a showcase or stage where teachers perform as entertainers. Therefore, students must always keep in mind that the dojo is where they must devote their energies to their training. Especially, in our society today, we have so much that we do not treat our lives seriously. And, everything is at our disposal for

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our self-centered amusement. Before, we know we have wasted our lives.

All of our activities should be seen from the standpoint of our training. As we don't pay much attention to the important but very fine details of our lives, we must begin to concentrate our hearts (and not just our bodies) on everything we do in Aikido and pay very close and very careful attention to everything.

On the mats, we often lose sight of our footwork or where we put our feet. They are our own feet and not one else's and we have managed them this long so they shouldn't be difficult to work at all. And yet, they give us so much trouble. Even in a simple chore of sweeping, we should concentrate on doing the job well and not simply going through the motions. When we don't pay attention, the sweeping becomes too rough, the straws break off and the broom soon becomes worn out and another new one must be purchased. And, pieces of broken broom are scattered about the mats waiting to poke someone in the eye during practice. It is our inattention and lack of concentration that not only creates waste but endangers the welfare of our friends as well.

We must not turn the dojo into a playground where we continue the mindlessness and waste of our lives but we should concentrate our energies on every single moment at hand as an integral part of our Aikido training. Aikido, itself, is not difficult to learn. But, to achieve the awareness and sensitivity that Aikido requires is very difficult, I believe.

In the tea ceremony, every motion has its rule and yet, by the master, every movement becomes natural and beautiful. It is beautiful because it is pure and there is no wasted energy or motion. The essence of tea is in the four words, "WA - KEI - SEI - JAKU" as taught by Sen no Rikyu, the founder of the tea ceremony. The words mean: Harmony, Respect, Purity and Beauty. We might think of these as the teaching of Aikido as well.

Students should appreciate more the very nice dojo they now have and use it fully for their training. We always waste and lose what we don't respect or appreciate.

Aikido, like our lives, is never an easy matter to deal with and yet they are very strongly interrelated. Our lives add to our training and our Aikido training adds much to our lives. However, our

Aikido can be like a cool breeze in summer. If we are not paying attention, we've missed it and it can never be found again.

WORDS OF APPRECIATION

As the Chief Instructor of the Aikido Center of Los Angeles, I would like to take this opportunity to express just a little of my thanks and appreciation to all of my students who made contributions and sent flowers to my mother's funeral. After a very long illness, she passed away quietly in mid-July and services were held at the Zenshuji Soto Mission nearby the dojo.

It has been a trying and very difficult time for me and I also thank my many students who gave me their support and time throughout this last year. Although it is a personal matter for myself, the problems of my mother's illness were compounded by the illness of my father and my grandparents. This was a terrible drain of energy for me.

Everyone can continue to support me by devoting their energy to their training and becoming fine students of Aikido. I hope as my students grow, they will soon realize how important and necessary Aikido can be for one's life.

I feel badly for my mother because I have devoted my entire life to Aikido and did not spend much time with my mother nor do very much for her in her lifetime. I am quite sure that she never really understood what Aikido was nor understood quite well what I was doing. However, devotion creates faith. At first, I quite thought that now there is something missing from my life but I find that ultimately, that is not so. We make sacrifices because of our training and perhaps we feel we are missing something or we are being left out. Aikido, in no way deprives us of anything, indeed, it is a way to complete our lives.

In making ourselves complete, in improving our character, in building up our physical and spiritual strengths, we can ultimately bring happiness to all of those around us.

True happiness does not lie in obtaining happiness for one's self; true happiness lies in creating happiness for others. I only fear that most of us do not know what true happiness is. I think it can be discovered within your training. It is something we must all search for because, for most of us, the happiness we think we have found is not happiness at all.

The sun shines on the highest and lowest places yet its brightness prevents us from seeing what it is.



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SEMINAR

with

YAMADA YOSHIMITSU SENSEI, 7TH DAN

**Direct Student of the Founder of Aikido, Ueshiba O-Sensei
Chief Instructor of the New York Aiki Kai
Technical Advisor for the United States Aikido Federation
Eastern Region**

OCTOBER 1-2, 1988

Saturday

10:00am to 11:00am

11:30am to 12:30pm

7:30pm

Welcome Party

Sunday

10:00am to 11:00am

11:30am to 12:30pm

Everyone is invited regardless of rank (beginning and advanced students) or dojo affiliation. Yamada Sensei, one of the pioneers of Aikido in America today, is a 7th dan Shihan and one of O-Sensei's personal disciples (uchi-deshi). Due to his very busy schedule, we are only able to invite Yamada Sensei to the Los Angeles area only once or twice a year. Please do not miss this very important and very instructional seminar.

The Aikido Center of Los Angeles is located in downtown/Little Tokyo at the corner of Second and Vignes Streets, just east of Alameda St. and one block west of Santa Fe St. We are conveniently close to all freeways.

For further information, please call the dojo: (213) 687-3673.



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DOJO TRAINING SCHEDULE

Effective as of August 1, 1988

Open and Beginners' Classes

Monday-Wednesday-Friday Mornings 7:00am to 8:00am

Monday through Friday Evenings 6:15pm to 7:15pm

Monday-Thursday-Friday Evenings 7:30pm to 8:30pm

Saturday Mornings 11:30am to 12:30pm

Sunday Mornings 10:15am to 11:30am

Advanced Classes (3rd Kyu and Up or Chief Instructor's Approval)

Tuesday Evenings 7:30pm to 8:30pm

Saturday Mornings 10:15am to 11:15am

Weapons Class (Staff and Bokken)

Wednesday Evenings 7:30pm to 8:30pm

Muso Shinden Ryu Iaido (Chief Instructor's Approval)

Wednesday Evenings 8:45pm to 9:45pm

Saturday and Sunday Mornings 9:00am to 10:00am

San Fernando Valley Aiki Kai

Thursday Evenings 7:30pm to 8:30pm

Dojo Rules

1. Please maintain a regular training schedule.
2. Please notify the instructor of all leave of absences.
3. Dangerous, rude or improper behavior will result in expulsion.
4. There are no refunds, exchanges and no make-up classes.
5. Dues must be current before entering training area.
6. Please help to keep the dojo clean and in good order.
7. Please work in harmony with your fellow classmates.
8. Always keep in mind that the dojo is a sacred place for Aikido training and spiritual discipline.

The Aikido Center of Los Angeles is affiliated with the Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan under the direction of Grandmaster Kisshomaru Ueshiba.

The Chief Instructor is Mr. Daniel M. Furuya, United States Aikido Federation, Eastern Region.