

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Los Angeles, California
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Affiliation: Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
United States Aikido Federation, Eastern Region
Santa Monica Branch Dojo, 2300 Santa Monica Blvd., Santa Monica, CA. 90404
Nihon Iaido Kenshin Kai - Japanese Sword & Swordsmanship Society c/o ACLA

August 1, 1995

Vol. XIII. Number 8.

55th Annual
Nisei Week
Aikido
Exhibition

August 20th
JACCC Plaza
2:00-3:00pm

Special
Lecture by
Dr. T. Unno
August 16th
In the Dojo

Aikido &
Human
Spirituality



JACL member practices self-defense moves on Assistant Instructor, Andy Kissel. May 13th.
Special Self-Defense Seminar for the South Bay Japanese American Citizens League.

Many thanks to all the members and friends who helped out with the many O-bon demonstrations in July and with our bi-annual tatami cleaning day on June 8th.

Aikido Center of LA

DOJO FUND RAISING EVENT

As most people know, the Aikido Center of Los Angeles tries desperately to preserve the environment of the traditional dojo as place for one's training and emphasizes the cultural and spiritual aspects of Aikido as a martial art and as fine art exemplifying the best of Japan's cultural

Cont.

Special: "Health Issues in Summer Aikido Practice" by Dr. Cheryl Lew



MARIA MURAKAWA
is one of the 1995
Miss Nikkei
Candidates.

**West Covina Community
Center Demonstration
July 1st & 2nd.**



**Lotus Festival Demo
July 9th.**



More in the September Issue.

55th Annual Nisei Week Festival
Special Lecture

by
Dr. Taitetsu Unno

**"Aikido & Human
Spirituality"**

**August 16, 1995,
6:00pm-7:00pm
at the Dojo**

Dr. Unno is the translator of "The Spirit of Aikido" by Doshu and the "Sword of Taia" a noted classic on martial arts. A veteran Aikido teacher and well known professor of religion at Smith College in Massachusetts, Dr. Unno will visit the Dojo and present a special lecture.

Everyone is invited to attend. Please bring your friends.

After the lecture, there will be a welcome reception at the Tung Lai Shun in San Gabriel. \$20.00 per person. Please make your reservations with Ken Watanabe before August 14, 1995. Very limited seating.

ACLA Newsletter

© 1995 Aikido Center of Los Angeles
Kensho Furuya

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Letters:

JACL Self Defense Workshop

Responses from members of the Japanese American Citizen's League Youth Group from the South Bay Sector regarding our self-defense workshop on May 13, 1995.

Dear Mr. Furuya and the "Furuya Black Belts:"
Thank you so much for the self-defense demonstration. . .it was truly educational and will hopefully be useful if we're ever caught in that situation. Hopefully one day in the future we'll be able to hold another one. By the way, thanks for the great discount! Oh, and the sodas! You as well as your "Black Belt Squad" are quite talented and should be commended for using them for good and for the welfare of the Asian/Japanese American community!! Thanks again!

Monica Nakamine

Hi, everyone! Just wanted to thank you all for teaching us those fun self defense moves! I had so much fun! Thanks for taking time out to help us! I'm actually thinking of taking some Aikido lessons.

Kim Hirano

Thank you for the wonderful enlightening experience.

Ryan Nagahori

Thank you for teaching moves I plan to remember for a lifetime. Even now, I practice the moves. . . 'cause you never know when you'll need to use it! Thank you for the valuable lesson.

Christine Sato

Thanks a lot for the self-defense class. It was fun & we learned a lot!

Matt Masuda

Others:

Let me begin by expressing what an honor it is to have the opportunity to write to someone who, in my opinion, is a living bridge between Aikido in Japan and Aikido in America. That's not to mention an accomplished Aikidoist, teacher of the martial way and budo scholar.

My name is Brent Magnussen and I am a beginning Aikido student practicing Aikido with a small group of students at my college. Since I began my study of Aikido, almost a year, it has had a very positive influence on my life. Aside from the fact it is a martial

way; which is the arts secondary purpose in my opinion, its true essence of "polishing the self" is what drives me to not only continue to practice but also; to incorporate its teachings in my daily life. I seem to be more sensitive to people around me, more understanding of who they are and where they are coming from. This has not only helped me at school and at work but Aikido has also helped me to improve my relationships with my family and friends. I think I'm a little uncoordinated so that's probably why I tend to emphasize the mental aspect rather than the physical technique of Aikido. But as long as I'm getting something positive from the training is all that counts. After all, O-Sensei did say Aikido is for everyone; talented or untalented.

I recently purchased your nine volume video series The Art of Aikido and all I can say is WOW! The tapes are of the highest quality in both presentation and instruction. Sensei, I must tell you how gifted an instructor you are. Your humble modesty and caring spirit has touched my fellow students and I pronounce. I have never learned so much about Aikido and its philosophy before. My techniques have improved so much due mainly to your incredible teaching ability when demonstrating a technique and also in part to your inspirational discussions with the viewing student.

When I graduate from college, I would like to continue my training with you and your students at your dojo. Until then, perhaps I could practice at your school while I'm on summer vacation. Someday I would like to teach Aikido and maybe open my own school and give back to an art that has already given me so much. . . .

Thank you so much for taking time to not only read my letter but for answering my questions as well. I've enclosed a check for \$30.00 to pay for a year's subscription to your dojo newsletter. I would also like more information on the Aikido Center of L. A. such as what the school offers, fees, training schedule, etc.

Please let me thank you again for providing inspiration

Brent Magnussen
Whittier, California

Editor: Thank you for your subscription donation, for purchasing our video series and your "too enthusiastic" letter.

Pasadena Buddhist Church Obon Demo July 15th.



Members of the Pasadena Obon Demonstration.



Ken Wantanabe demonstrating jō-long staff.

New Dojo T-Shirts Coming Soon

The Dojo has ordered new T-shirts which are now in production. They are light grey with the Dojo design in purple on the back and green on the front. The T-shirts will help raise some monies for the Dojo. Your donations and support are greatly appreciated. T-shirts are \$15.00. Sizes are XXL, XL, L and M. Please order your new t-shirts now!

Very Special People:



Mrs. Nobu Yamamoto, David's grandmother, a lively 94 years old, made a donation of \$200.00 to the Dojo. Many, many thanks for your generous support of the Dojo. Mrs. Yamamoto with David Ito and other members of the family.



Ms. Hannaiyeh of Pasadena with one of her students, Brandon Ramirez visited Dojo on June 30th.



Farewell Party for Klaus Lindenberg of the Santa Monica Banch Dojo at the ABC Seafood Restaurant in Chinatown. Klaus returns to Germany where he will continue his Aikido study under Asai Sensei. We will miss him!

JACCC Kid's Discovery Workshop July 21st.



About thirty kids participated in an Aikido workshop at the Dojo under the JACCC Kid's Discovery Program held during the summer every year. Kids saw an Aikido demo and participated in many activities including ukemi and kid's sumo.

Important Dates

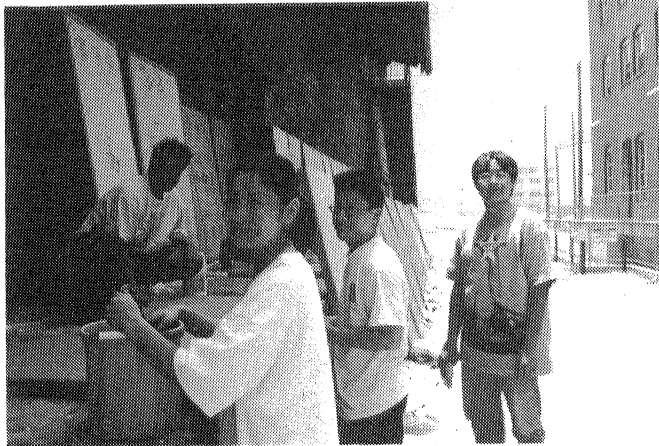
55th Annual Nisei Week Japanese Festival



August 16th.
Special Lecture by
Dr. Taitetsu Unno
from Smith College, MA.
"Aikido & Human
Spirituality"
In the Dojo, 6:00pm.

August 20th.
55th Annual Nisei Week
Aikido Exhibition.
JACCC Plaza
2:00pm-3:00pm

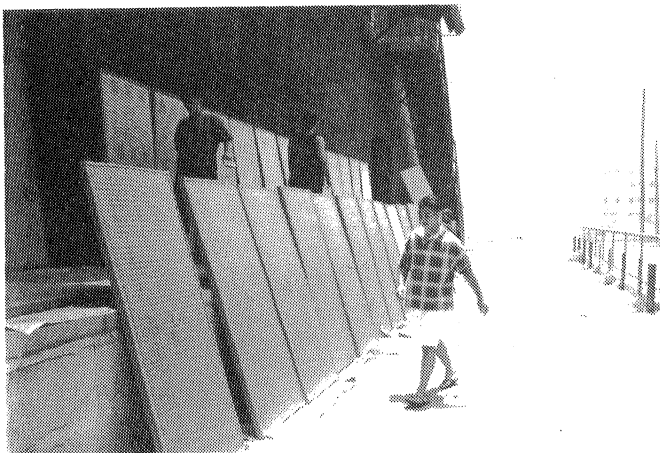
Annual Dojo Tatami Cleaning July 8th



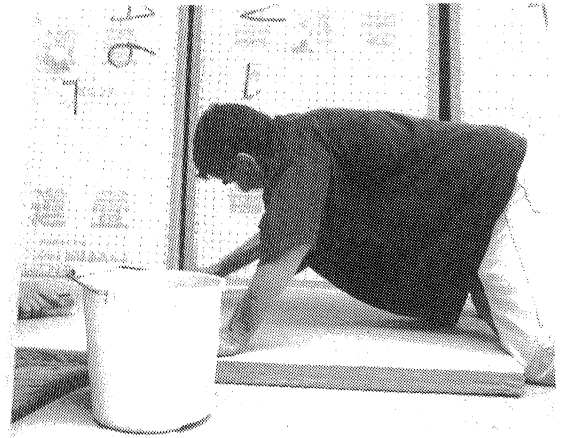
Smile while you work.: Maria Murakawa, David Ito, Joon Jung and Raul Betancourt.

Many members of the Dojo took time off from their busy summer schedules to wash the mats and give them their annual airing on a very, very hot, very humid Saturday afternoon, June 8, 1995. The mats were taken outside and washed and cleaned. The support floor was also cleaned and aired out and a new moisture absorbent covering was laid. It is important to air-out and re-arrange the mats at least every six months to help them last as long as possible.

Volunteers were: James Doi, Ken Watanabe, Kenny Furuya, David Ito, Richard Eloriagga, Steve Sahl, Raul Montolfo, Raul Betancourt, Daniel Cristea, Maria Murakawa, Joon Jung, Keith Hardine.



Tatami mats being washed and aired out in the sun.



Richard Eloriagga, Assistant Instructor, working hard by himself as usual.

Sensei's Message:

THE ART OF TEACHING Part II

The Fallacy of Duality

For most of us, we look at everything in terms of their opposites. Strong and weak. Right and wrong. Good and bad. Rich and poor, etc. Especially in martial arts, we continually refer to "yin and yang" or the two poles of positive and negative. The "Tao Te Ching:" speaks about conceiving the concept of "weak" only because we create the concept of "strong." We can add "night and day" to these categories. But if we say night causes day or day causes night we run into many problems. In Buddhism, day is day and night is night. In science, we only refer to the rotation of the earth. We can hardly say one causes the other although it really seems to appear that way in the casual observance in our daily lives. "Life and death" poses another interesting problem. Some say life leads to our death or we are dying as we live, etc. Death is an absolute so few will say "death causes life." But isn't life an absolute as well? Perhaps, life offers too many changes, too many surprises, that it is too difficult for us to see it as an absolute. How can anything so tenuous as life be absolute? Some might say. In martial arts, cont.

described under "early signs" above) should be treated without professional medical consultation. The student should stop practice and rest, "cooling down." If recovery of strength occurs within a few minutes, then practice can be resumed cautiously. However, if muscle weakness, cramping or unsteadiness, particularly if light-headedness develops, then practice should be discontinued for the remainder of that class and fluid, electrolyte and carbohydrate replacement should proceed right after class. This replenishment should include one or two liters of an electrolyte/carbohydrate solution within 15 - 30 minutes. This should be followed by consumption of one or two bananas. A more substantial meal can follow once the student feels a little more steady and any nausea has resolved.

Should any of the more serious signs or symptoms of heat exhaustion occur, practice should be stopped immediately. The individual needs to be assessed to determine capability of beginning oral fluid or electrolyte replenishment. Any students experiencing or appearing to have alterations in mental state, inability to remain upright without lightheadedness or extreme unsteadiness or any more serious signs, needs to be evaluated in a professional medical setting!!! **Remember that people manifesting alterations in mental state are generally not capable of making appropriate decisions for themselves and may need to be helped to obtain appropriate medical attention.**

Much of what we do in our everyday Aikido practice is to learn self-discipline in the carrying out of physical tasks in an ego-less manner. This practice tends to and should engender a degree of dispassionate stoicism in all of us which is intrinsic to self discipline and cultivation of an inner spiritual serenity. Nevertheless, disregarding in ourselves or in our practice partner's signs and symptoms of

impending physiological disruption really represents a degree of egotism and hubris in practice which has no place in the martial arts practice in our Dojo. Mindfulness must be extended to the physical states of our bodies and those of our partners. This kind of practice will ensure minimal risk in injury and that we all make the right kind of progress in Aikido.

Primary reference for this discussion include:

Roy, S. and R. Irvin: Sports Medicine--Prevention, Evaluation, Management and Rehabilitation. Prentice-Hall. 1983.

Ellis, B.: Heat Illness of Athletes, in **SPORTS AND EXERCISE MEDICINE**, Ed. S. C. Wood and R. C. Roach. Lung Biology in Health and Disease. Marcel Dekker. 1994.

Sensei's Message con't.

Life is life and death is death. We are alive and, for one reason or another, we are dead. In Buddhism, it is said there is no life and no death; no life and no no death. In Christianity, we say there is life after death.

The problem gets bigger when we lump these dualities into more general categories. On the positive side, there is life, good, right, rich, strong, tall, handsome, popular, talented. On the negative side, there is death, bad, wrong, poor, weak, short, ugly, hated and clumsy. Who doesn't do this in the back of their minds? Yet, if you think about it a little, look at all the problems it causes. Because one is rich, doesn't mean he is right. And because one is ugly, doesn't mean he is bad. Because one is poor, doesn't mean he is clumsy. Because one is tall, doesn't mean he is rich. What ridiculous generalizations to make! Yet, on the mats, in the dojo, we do it all the time.

In our Dojo, do not judge your partner so quickly. Because one is weak, does not make him wrong. Because one is strong, does not make him right. We often say "might is right" when it

Con't.

Sensei's Message con't: should be "right is might." People always confuse this. Yet, in real life, right is not always strong. Weak is not always poor. and un-talented is not always bad.

In the back of our heads, we are always thinking, "because I am stronger, I am right." This is not real Aikido practice, this is only a primitive form of fascism. At the same time, people who say, I am clumsy so I should quit are mistaken in exactly the same way. On one hand, we are trying to dominate others. On the other hand, we are trying to find a reason to quit. It is the same fallacy.

Suganuma Sensei of the Shoheijuku Dojo in Fukuoka made a calendar for his students. It is unusual because there are no numbers or dates on it. You turn the page every day and you have a new saying to live by. You can use this calendar over and over again, every day, every month and every year. One particular day catches my attention on the same day each month:

You say, "I don't have the time!" You must be joking! It's simply you don't want to do it! (*Jikan ga nai? Jodan de sho! Yaru-ki ga nai!*)

Although we should warn ourselves not to be confused by dualistic thinking, at the same time, we must appreciate the "order of nature." There is high and low. We look up to the heavens and we look down at our feet. Weaker people should not act strong on the mats. Yet strong people should appear a little weaker (humility). A wrong should be corrected, but a good thing should not be boasted about. When you are right, don't say so much. When you are wrong, apologize to yourself and others, correct it and get on with your life.

Strength tempered with humility, Balance tempered with adaptability. These are the virtues of the Aikido-ist. In martial arts it is said: "Movement in stillness, stillness in movement." Everything compliments each other. New students should respect their seniors and instructors, yet instructors should not use their seniority for personal advantage. Seniors guide the juniors. When practicing with a weaker student, become a little weaker. When practicing with a stronger person, become a little stronger. It is common for students to always try to prove their strength. The problem is not in the strength in which they apply the technique. It is much deeper. To see the source of the problem and how to best correct it, is the duty of the teacher. This requires much study.

MORNING CLASSES

**Mondays & Thursdays
7:00am-8:00am**

**Dojo Open
for Individual Training
Monday thru Thursdays
6:00am-7:00am**

It is recommended to bring your training partner.

Everybody Welcome

Once during the construction of the Dojo, it was hard to align some of the support beams because the walls were not perfectly straight. How can we adjust these beams to the crooked walls we all thought. There was a master carpenter from Japan in the Dojo at the time and he said something very interesting which I have never forgotten. He said: "It makes no difference how crooked the walls are, whatever beams you put up yourself must be perfectly straight." Don't adjust your work to the incorrect measure. Always let the incorrect measure adjust to the correct one.

In practice, if the other person is incorrect, don't adjust to his mistake. You must always practice correctly yourself. Some use the excuse of students practicing incorrectly to start throwing harder, using more force, and trying to injure their partner. This is incorrect practice. Help him and guide him through with your own movement. As we mentioned at the beginning of this article, because you are right, does not mean you will be the stronger. In most cases the truly stronger one must bear the greater burden of humility and weakness to be true to his art.

SUMMER HEAT: Health Issues during Summer Aikido Practice

By Dr. Cheryl Lew, MD, 1st Kyu.

With the arrival of more typical summer weather, it seems appropriate to consider a number of problems which may have significant impact on Aikido practice.

One of the most desirable consequences of regular and vigorous Aikido practice is the development of improved aerobic conditioning for all ages of students. Aerobic conditioning simply means that one's heart and lung function become optimal for supplying the oxygen and metabolic demands of well conditioned and developed skeletal muscles at maximal workloads. All of us who practice Aikido can attest to the fact that our muscles must work at maximal or nearly maximal load for a sustained period of time during an hour long class. Therefore we develop significant physiological work ability and endurance for the prevailing conditions of our usual practice.

However, it is important to understand the term "prevailing conditions" in order to maintain a suitable workout or practice routine without incurring potential health risks. Conditions which may influence practice including environmental temperature, humidity, altitude and so on. The quality of practice may also depend on specific conditions exhibited by the student: e.g. general health, nutritional status, conditioning state, adequate rest, concurrent or recent interval illness, and injury status.

Given no change in the student's overall physical status, the onset of warm weather places an additional burden of workload for

effort on the part of the student. This is because the increased ambient temperature increases the demand for heat dissipation mechanisms that may already be at nearly full function in the actively exercising individual. Therefore, the increases in heart rate, respiratory effort, skin circulation and sweating which ordinarily take place during workout, must also accommodate the additional heat accrual from the environment. Furthermore, if environmental humidity is increased (as sometimes happens during summer weather), sweat evaporation (an important body cooling mechanism) does not occur efficiently. This is why we all feel as if we are working "twice as hard" doing the same level of training in August than in November. With an increased work load, overall water loss from sweating and respiration may lead to more dehydration than usual with concomitant increases in core temperature.

Acclimatization is possible and occurs for most of us over the first few weeks of summer. This allows us to accommodate to the increased work of practice, so that we should generally feel more comfortable by mid-summer. However, it is important to recognize that we may need to pay close attention to pacing our workouts until acclimatization takes place so as to avoid some of the potential complications of practicing in very warm weather.

Since one of the benefits of Aikido practice is the development of mental discipline and intense focus of attention on the practice itself, it is often easy to disregard subtle signs from our bodies that the pace of work should be altered in response to the prevailing conditions. In addition, since Aikido practice is also driven by intense focus on working with partners, our intrinsic pace of work is frequently entrained to the pace of our partners, who may have greater physiological tolerance of adverse environmental conditions.

Summer Heat con't.

In order to derive the maximal physical and mental benefits of Aikido practice, it is necessary to engage in **safe** practice. During the summer, this means avoiding heat exhaustion and head illness. This also means early recognition of the development of these problems in oneself so that the work pace can be adjusted and appropriate measures to correct these problems can be accomplished. This also means that we should be vigilant about the status of our practice partners and help them to learn to identify in themselves incipient heat illness.

The earliest symptoms of heat illness include: more than ordinary fatigue, fairly acute onset of muscle weakness, tingling or cramping (even tetany--that is acute, painful, virtually intractable contraction of isolated muscle or muscle groups) in any of the muscles; lightheadedness; faintness; nausea. The individual appears flushed. These symptoms are probably most proximately due to relative dehydration and also to body electrolyte shifts (sodium, potassium, calcium and even magnesium).

In later stages of this syndrome, throbbing headache, severe nausea, unsteadiness, profound dehydration, hyperthermia (elevated body core temperature) or hypothermia, alterations in mental state and in extreme instances convulsions can occur. The individual may appear pale with skin cool to the touch despite an elevated core body temperature. Needless to say, there is great benefit to prevention and early/timely treatment of heat illness so as to avoid the later, extreme symptoms.

Prevention is the most important to the management of heat illness syndromes. Our usual diet should always include fresh salads, vegetables and fruits which assure replenish-

ment of body electrolytes. Also adequate water or fluid intake **before** practice is critical. That is the "tank" needs to be filled beforehand. For most of us, a liter (about 32 oz.) of fluid within a couple of hours before practice should be adequate. Some of us may have a greater tendency to develop "heat cramps" or severe muscle pain, contraction and/or weakness during vigorous practice. In that case, fruits rich in potassium, such as bananas can be helpful in ensuring adequate potassium stores and even a little carbohydrate energy boost.

Some of the clinical or symptomatic signs of heat illness may not become readily apparent until after practice is ended. During warm weather, and probably all year round, we need also to replenish after practice the fluid lost in sweat and the electrolytes. While plain water tempers immediate thirst, unless we are going to be consuming salty foods or electrolyte laden foods at the same time, one of the commercially available sports electrolyte solutions should be consumed--one or two liters--depending on how much sweat is lost during practice. Many people find the sweetness of the solutions distasteful. However, some amount of sugar--usually as a mixture of glucose, sucrose and fructose--is necessary to enhance electrolyte transport from the stomach and intestines into one's blood stream and tissues. Soft drinks usually have some electrolytes as well as sugar in them, but the carbonation may be bothersome to some people experiencing even a moderate degree of dehydration. We must all pay attention to how our bodies tolerate these substances and then choose the appropriate fluid replacement source accordingly. During seminars, or when more than one class is taken, it may be necessary to consume an adequate amount of electrolyte solution between practices.

Only the mildest forms of heat illness (as

Dojo Fund Raising Event con't.

heritage. Our Dojo maintains a full schedule of classes seven days a week including holidays. We produce a high-quality monthly Dojo Newsletter such as the one your are reading now, mostly at Dojo expense.

The Dojo has done alot. We contribute our time and energies to all cultural and communities activities in Little Tokyo and the Los Angeles area including the Children's Day Festival, Nisei Week, the Lotus Festival, and many local Obon Festivals including the West Covina Community Center, Higashi Hongwanji Buddhist Temple, Pasadena Buddhist Church and Sozenji to name a few. We have participated in some of these demonstrations annually for more than 20 years. In addition, Furuya Sensei writes regularly for Martial Arts Training magazine - the popular "Ancient Ways" column, and Budo Dojo magazine and has contributed to many others including Australasian Fighting Arts, Ultimate Warriors - featured on the cover in April, and Inside Karate.

Our goal is \$10,000.00. We are asking that each student, friend and supporter kindly donate \$100.00 or more , although donations of any amount will be appreciated. We believe that it is not too much to ask in light of the work and contributions the Dojo has made to each individual and the community in general. Help to preserve and support our Dojo. Your donation is greatly needed and very greatly appreciated, especially at this time.. A special account has been opened for you. Our continued work depends on Your Support. Thank you so much.

In Gassho,

*Aikido Center of Los Angeles
Reverend Kensho Furuya*

Dojo Fund Raising Event

Goal: \$10,000.00

**Donations: \$100.00 or
more.**

**Donors of \$1,000.00 or
more will receive "The
Art of Aikido" Nine
Volume Set as a token
of our gratitude.**

Please help the Dojo!

**Published Monthly by the
Aikido Center of Los Angeles**

Kensho Furuya, Publisher

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Annual Subscription \$30.00 donation.
\$3.00 donation per issue.

All monies & donations go towards the
publication and shipping of this Newsletter

Please subscribe & don't miss an issue.

Important Dates:

August 4th. Sword Study Class from 7:30pm.

August 11th. Budo Study Class from 7:30pm.

August 12th. Dojo Clean-up. Everyone helps. Bring rags & plenty of elbow grease.

August 16th. Dr. Taitetsu Unno visits Dojo for Special Lecture. 6:30pm-7:30pm.

August 19th. Iaido Intensive from 6:30am. Practice for Demonstration.

August 20th. Nisei Week Aikido Exhibition. JACCC Noguchi Plaza from 2:00pm - 3:00pm. (No Santa Monica class today.)

August 26th. Instructor's Intensive Seminar from 6:30am.

September 4th. Labor Day Holiday.

Mid-September. Master Hsu Seminar is tentatively scheduled.

Morning Classes

We have Morning Workouts on Mondays and Thursdays from 7:00am - 8:00am.

Bring a friend to join our practice.

To All Black Belts:

**Instructor's Workshop
August 26th, Saturday
6:30am-8:30am**

Bring jo and bokken. Monthly Breakfast Meeting follows.

Please help a friend

**ASIANS FOR
MIRACLE MARROW
MATCHES**



Asian bone marrow donors are in great need. Please contact: Tony Osumi, Japanese Task Force Coordinator: (213) 626-3406, (213) 626-3827.

Tell Your Friends about Nisei Week!

August 16th
Special Lecture:
"Aikido & Human Spirituality"
By Dr. Taitetsu Unno
6:00pm in the Dojo

August 20th
Aikido Exhibition
JACCC Plaza
2:00pm-3:00pm

KODO

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

Coming Soon!

May 6th
Children's Day Festival
Demonstration Video

The 1st Asian Pacific Martial Arts Festival demonstration video will be edited by our student, David Berver, and made available for sale as a fund raiser for the Dojo. Coming soon!

"The Art of Aikido"

Aikido Shoshinshu

Nine Volumes Complete

Nine hours of comprehensive, very detailed, instruction in traditional Aikido by Rev. Kensho Furuya.

*\$300.00 special discount price
for the complete set.*

*\$39.95 per volume (\$359.55)
plus shipping & handling*

Upcoming Books By Kensho Furuya

THE TAO OF AIKIDO

Comprehensive volume on basic Aikido techniques and the spiritual aspects of practice, emphasizing Aikido in the philosophy of daily living.

ANCIENT WAYS

The very popular "Ancient Ways" column will now be in book form covering the column appearing the MA Training Magazine over the last eight years. This column was elected as most popular and well read column in a national survey in 1993 and 1994 consecutively.

Future Publications

**INTRODUCTION
to the
JAPANESE SWORD**



Submissions of newly published books and videos, and the most recent issues of magazines and newsletters may be sent to: *The Book Page*, 5-11-21-106 Koenji Minami, Sugunami-ku, Tokyo 166 Japan.

Reviews

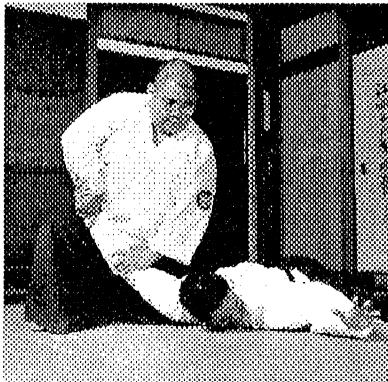
Aikido Shoshinshu: The Art of Aikido. Produced by Unique Publications. Presented by Kensho Furuya. Burbank, CA: Unique Publications, 1994. Color VHS. 9 vols. US\$39.95 (+ shipping & handling) each. Available from 1-800-332-3330, Unique Publications Video, 4201 Vanowen Place, Burbank, CA 91505. Special set discount is available. Kensho Furuya may be contacted at the Aikido Center of Los Angeles, 940 East Second St #7, Los Angeles, CA 90012, or call 213-687-3673.

I first met Kensho Furuya about 1964 at the Los Angeles Aikikai while he was still a teenager. I remember too that we took our shodan tests together in front of Koichi Tohei Sensei in August of 1965. Furuya later spent time at the Aikikai Hombu Dojo in Tokyo for intensive training in 1969. Along the way he received college degrees from the University of Southern California and Harvard.

Furuya has devoted himself to aikido for over thirty years and presently operates a full-time dojo in Los Angeles. He is also adept at iaido, an ordained Zen priest and frequent contributor to several martial arts magazines.

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.

With cordless microphone pinned to his keikogi, Furuya explains in detail as he performs the scores of techniques included in



Rev. Kensho Furuya

these tapes as though conducting a class in his dojo. Several camera angles and close-up shots focus on important details. His explanations are conversational in tone and consequently easily followed. The camera work is excellent throughout and there is sufficient repetition of techniques to allow one to thoroughly grasp essential points.

Furuya's aikido shows the influence of several teachers who have had prominent roles in his aikido formation. In particular, I noticed movements and explanations drawn from Koichi Tohei Sensei's teachings of the 1960s. Also, the influence of Aikido Doshu Kisshomaru Ueshiba and other Hombu Dojo shihan is evident. Emphasis on ki no nagare or flowing movements is seen in his techniques and explanations.

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.

Stanley A. Pranin

Aikido: The Heavenly Road. Kenji Shimizu. Chicago, Berlin, Tokyo, and Moscow: edition q, inc., 1994. ISBN 1-883695-02-3. 175 p. Illustrated with photos. 8½" x 12" hardbd. \$29.95. To

order call 1-800-421-0387.

Technical volumes are a real challenge to produce, and an even greater challenge to produce successfully. Kenji Shimizu's *Aikido: The Heavenly Road* is particularly successful in its presentation and selection of technique—nearly one hundred are included—and less so in its text and translation. The technical photographs are well reproduced and easy to follow, and the explanations, though sketchy, connect clearly with the illustrations. I especially like the occasional use of overhead sequences. The photos are presented as cut-out from their backgrounds, which reduces distractions, but sometimes results in very blocky silhouettes of fine details such as fingers. Some readers may not be happy with the paucity of detailed explanation in the technical text, but for those who would use this book as a memory-jogger or as supplemental study to a well-supervised training program, this should present no problem. I found the selection of techniques very interesting, since many correspond to ones that appear in Tomiki aikido's series of *koryu no kata* (classical forms). Those who are studying these forms might benefit from comparing our versions of the techniques with the way Shimizu Sensei performs them. The group of escapes/releases provided at the very end also provide quite good study material.

Given that the bulk of the volume is its pictures (in addition to the technical sequences, there are a number of quite beautiful aikido photographs), perhaps the textual shortcomings can be excused. The very brief history of aiki-jujutsu that Shimizu provides is not based on the most recent historical evidence, and could be misleading. The translations are sometimes a bit strange, for example "blade-hand" for *tegatana* (hand-blade), or "passive body movement" for *ukemi* (receiving technique). And in the introduction, we have a discussion of "atemi-

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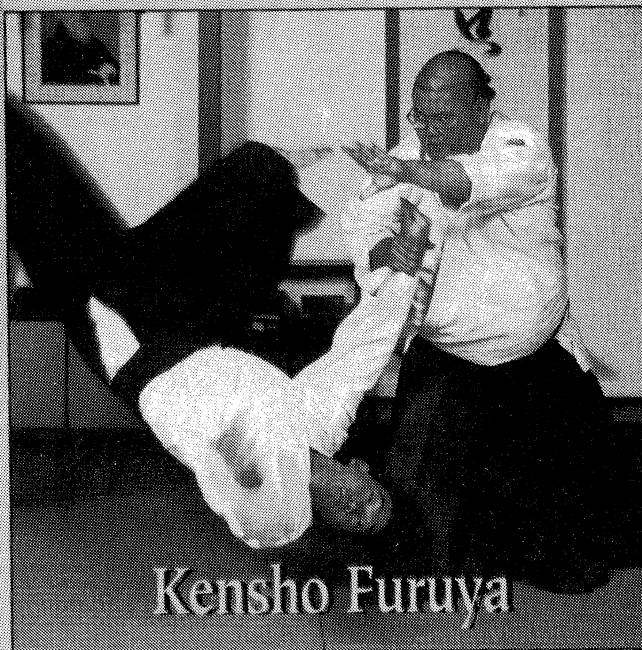
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