

羅府合氣道学院古屋道場



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

Los Angeles Sword & Swordsmanship Society Kenshukai Headquarters

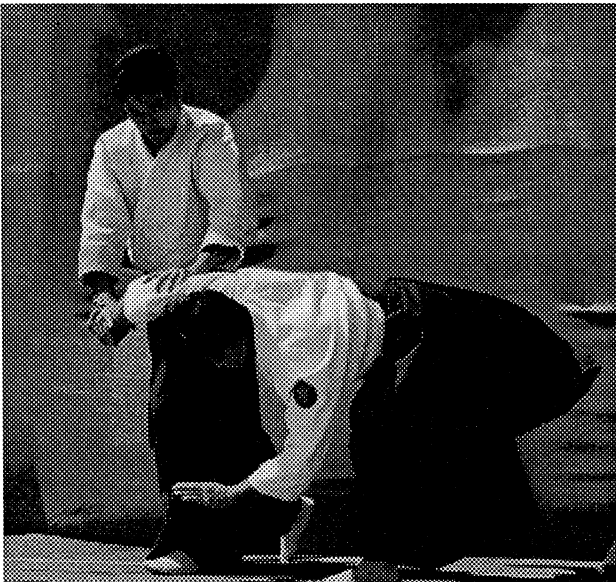
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association.

\$2.95
Donation

August 1, 1998

Volume XVI. Number 8.

Higashi Obon Martial Arts Festival. July 25-26.



EVERYONE WELCOME!

54th Nisei Week Aikido Exhibition

August 2, 1998 12-2pm

In the Dojo, 940 E. 2nd Street #7, Little Tokyo

54th Nisei Week Martial Arts Exhibition

August 15-16th 12-4pm

Higashi Hongwanji Buddhist Temple
505 E. 3rd Street, Little Tokyo, Downtown LA

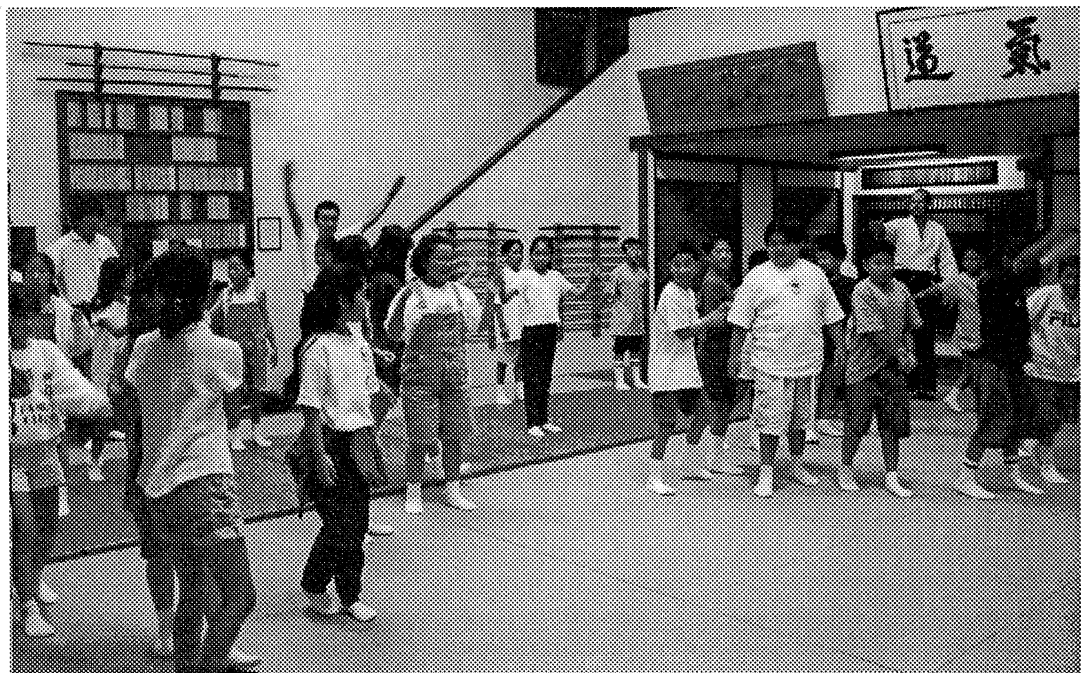
Admission Free. Bring All Your Friends.

Everyone is welcome.

Enjoy this rare gathering of martial arts masters.

SAISHIN DOJO KID'S SUMMER SCHOOL

Many young people of the Saishin Dojo Summer Session warming up for Aikido. Sponsored by the Nishi Honganji Buddhist Temple and Senshin Buddhist Temple under the direction of Rev. Mas Kodani. Many thanks also goes to Mrs. Bessie Tanaka who manages and coordinates the popular summer school for children. June 29th thru July 24th.



Nisei Week Martial Arts Exhibition

August 15-16, 1998

August 15th - Saturday

Muso Shinden Ryu Iaido

12:00 - 12:20

Aikido Center of Los Angeles

Shotokan Karate

12:30 - 12:50pm

Richard Kageyama - Monterey Park Karate Club

Los Angeles Police Dept. Arrest & Control Unit

1:00 - 1:20pm

Sgt. Robert Teramura - Arcon Unit

Shito Ryu Karate

1:30 - 1:50pm

Fumio Demura - Itosu Kai Karate

Kodokan Judo

2:00 - 2:20pm

Tom Shimoji - Pasadena Judo Club

Kendo

2:30 - 2:50pm

Masashi Shikai - Chuo Kendo Dojo

Naginata

3:00 - 3:20pm

Helen Nakano - Torrance Naginata Dojo

White Lotus Sil Lum Kung Fu

3:30 - 3:50pm

Douglas Wong & Carrie Ogawa Wong
Sil Lum Kung Fu

Aikido

4:00 - 4:20pm

Rev. Kensho Furuya - Aikido Center of Los Angeles

August 16th - Sunday

Muso Shinden Ryu Iaido

12:00 - 12:20pm

Aikido Center of Los Angeles

Goju Ryu Karate

12:30 - 12:50pm

Takafumi Hamabata - West Covina Karate Eibukai

Filipino Kali Eskrima

1:00 - 1:20pm

Richard Bustillo - IMB Academy

Shito Ryu Karate

1:30 - 1:50pm

Fumio Demura - Itosu Kai Karate

Los Angeles Police Dept. Arrest & Control Unit

2:00 - 2:20pm

Sgt. Robert Teramura - Arcon Unit

Ryobu Kai Karate

2:30 - 2:50pm

Kiyoshi Yamazaki - Ryobu Kai Karate

Kodokan Judo

3:00 - 3:20pm

Aki Yokoyama - West Covina Judo Club

Shotokan Karate

3:30 - 3:50pm

Richard Kageyama - Monterey Park Karate Club

Aikido

4:00-4:20pm

Rev. Kensho Furuya - Aikido Center of Los Angeles

Program subject to change.
Admission free. Everyone is welcome.

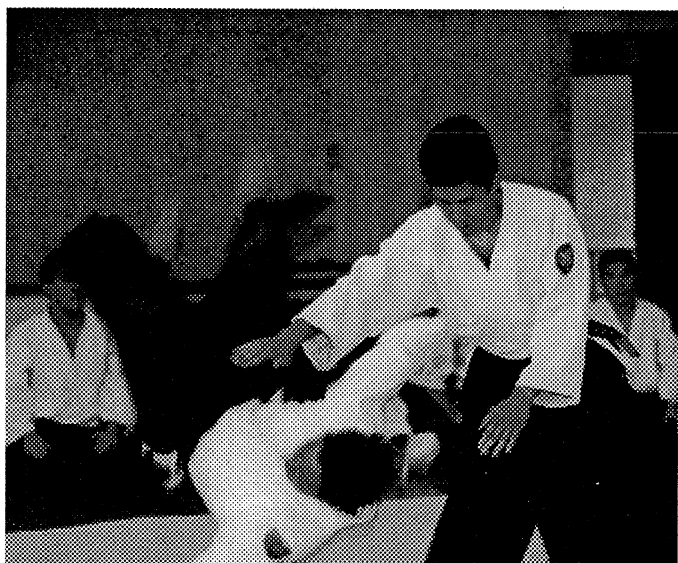
The Higashi Hongwanji Temple is located on 3rd St.
between San Pedro & Central Sts. in Little Tokyo
Plenty of street parking.

In Appreciation:

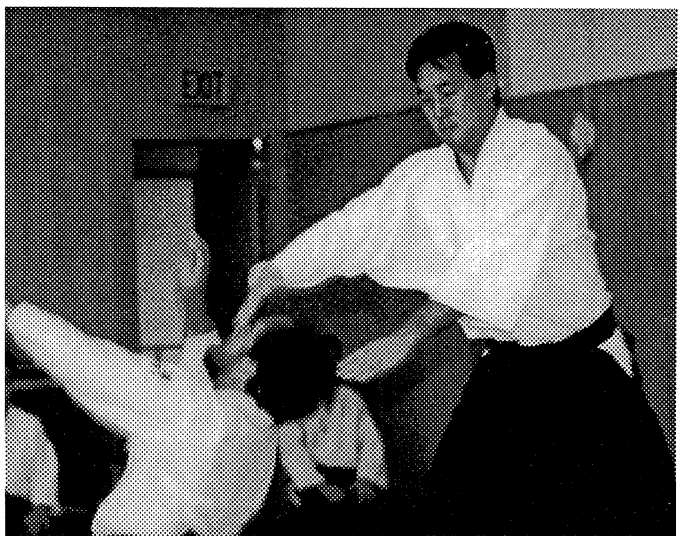
We would like to thank the Higashi Hongwanji Buddhist Temple and all of their members for generously supporting our Nisei Week Martial Arts Exhibition this year. We deeply appreciated their efforts in our behalf. In Gassho.

ACLA

Aikido Center of Los Angeles
NEWSLETTER



James Doi demonstrating with Kenny Furuya.

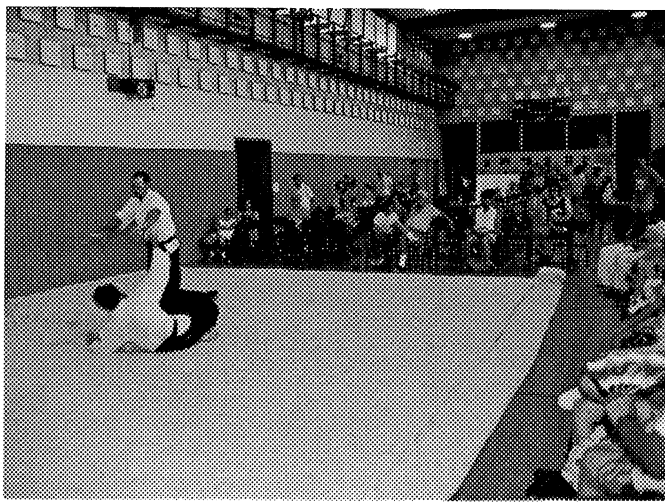


Ken Watanabe demonstrating irimi-nage.

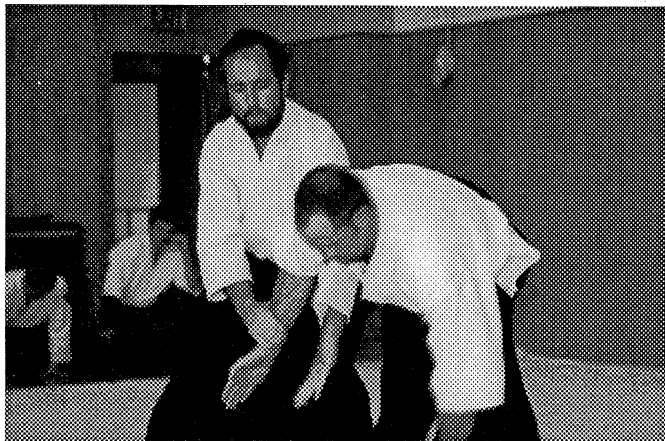


David Ito executing kokyū-nage.

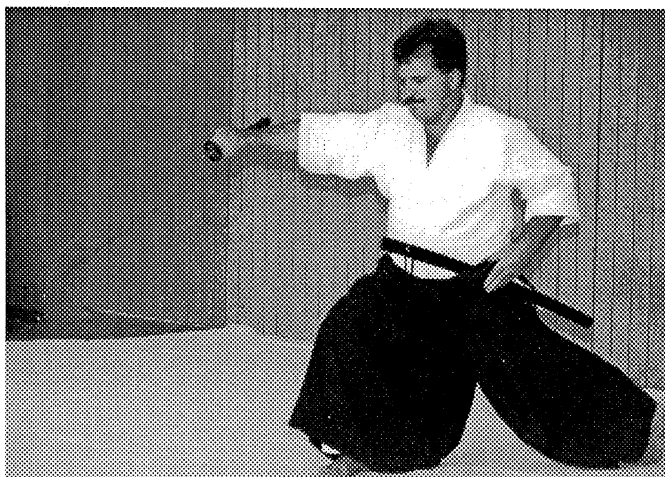
Pasadena Buddhist Church Obon Aikido Demonstration July 18.



In the Pasadena Buddhist Church gymnasium for our Obon Aikido Demonstration at the invitation of Rev. T. Unno.



Andy Kissel demonstrating with Mike Dotzenrod.

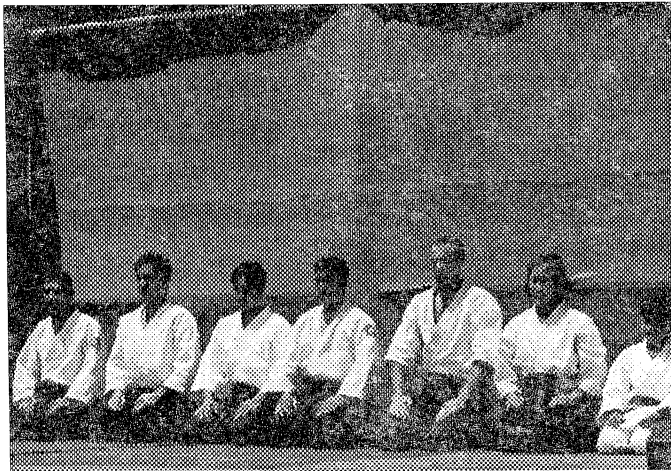


Curtis Westfall demonstrating *chiburi* in Muso Shinden Ryu Iaido is a member of our Iaido Department, Kenshinkai.

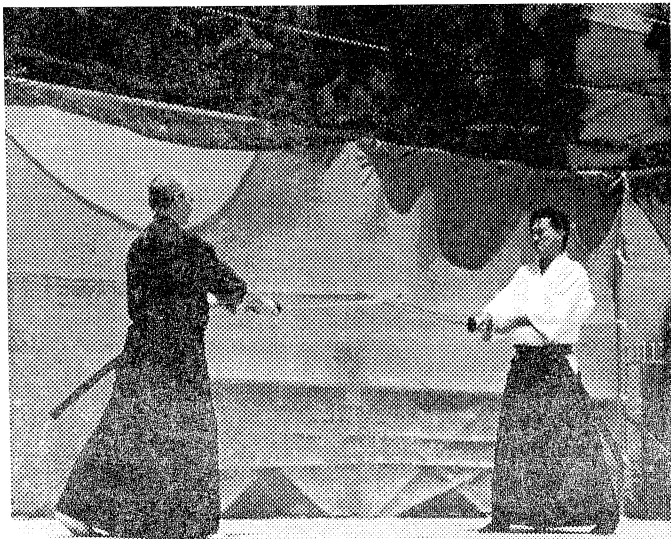
Higashi Obon Martial Arts Festival July 25-26.

Although there were fewer numbers in the audience, the demonstrations went extremely well and were very well received. The participating dojos were the Chushinkan Dojo under the direction of James Nakayama Sensei, the Pasadena Judo Dojo under Tom Shimoji Sensei, the West Covina Judo Dojo under Aki Yokoyama Sensei, the Yoseikan Budo Federation under Patrick Auge Sensei, and the West Covina Goju Ryu Karate Eibukan under Takafumi Hamabata Sensei.

Participants from our Dojo were James Doi, Gary Myers, Ken Watanabe, Kenny Furuya, David Ito, Maria Murakawa, Mitchell Okamoto, and Mike Dotzenrod. Cheryl Lew was there to help take photos for the Newsletter and video taping. We would like to thank the Higashi Honganji Buddhist Temple for all of their support and also Miki Okamoto for all of his help and guidance.



Members of Sunday's demonstration.



Gary Myers & Ken Watanabe demonstrating Toyama Ryu kumi-tachi. Temperatures rose into the high 90's, it was very hot on both days.

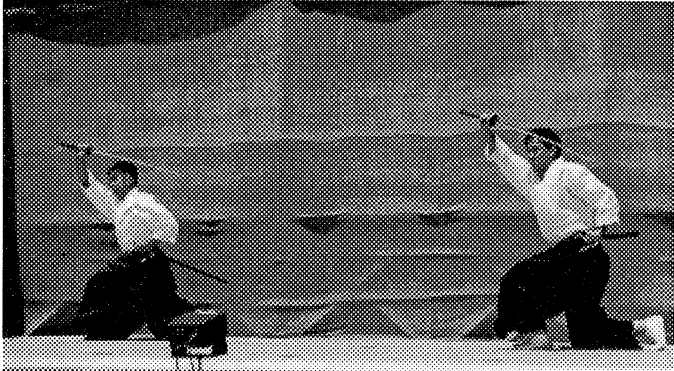


James Doi & David Ito.



Ken Watanabe & Kenny Furuya.

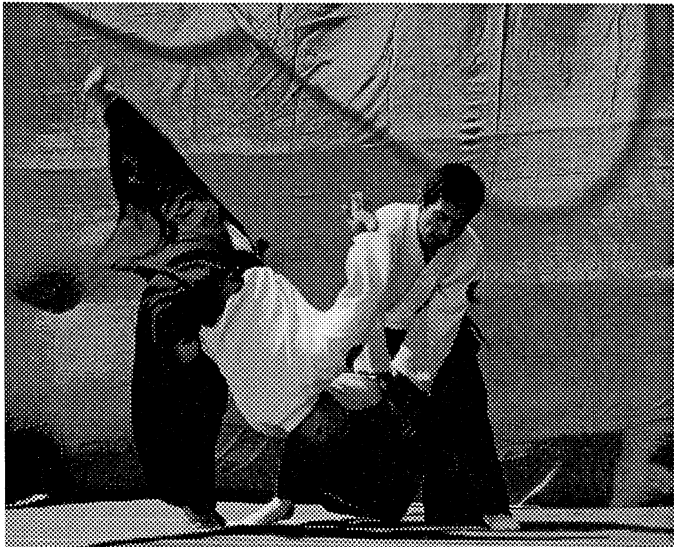
Higashi Obon



Ken Watanabe & Kenny Furuya demonstrating *ryuto*.



Ken Watanabe



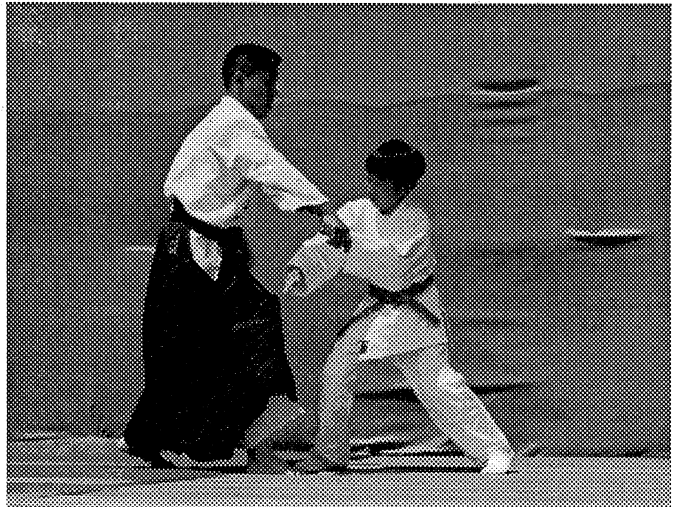
James Doi demonstrating *munetsuki-kotegaeshi* with David Ito. James is a chemist in Torrance and first began his Aikido training in Sensei's class at USC in 1969. James practiced at various dojos and returned to the ACLA about ten years ago.



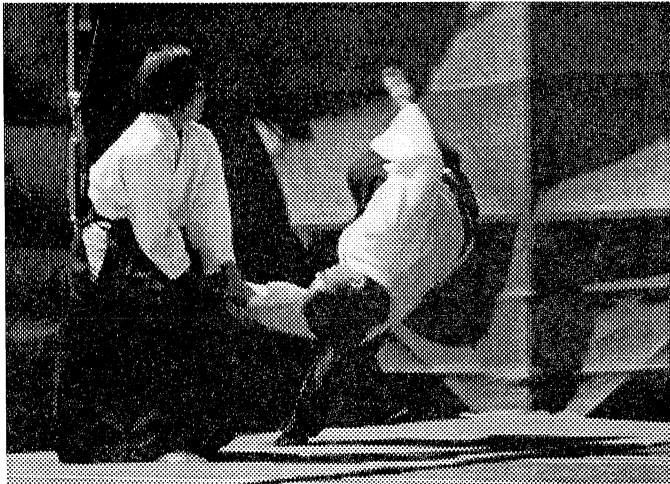
Maria Murakawa.



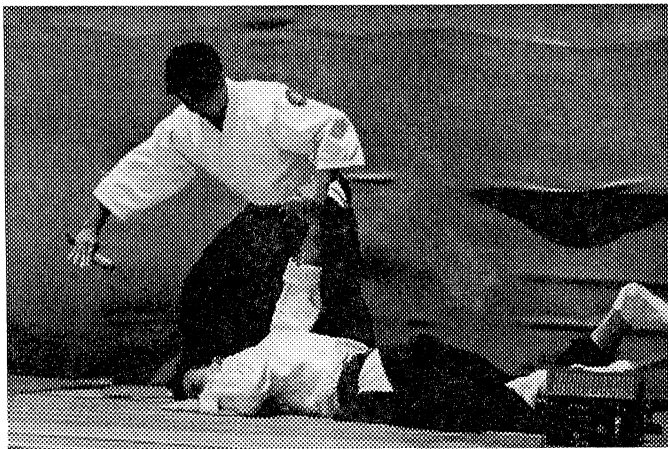
Kenny Furuya demonstrating knife technique-*tanto-dori*.



Mitchell Okamoto demonstrating with David Ito. Mitchell's father, Miki Okamoto, helps coordinate our demonstration at Higashi Obon every year as part of their Obon Festival Committee.



Maria Murakawa demonstrating kotegaeshi.



Kenny Furuya - tantodori.



David Ito

In Appreciation:

We like to thank all the dojos who participated in our demonstration: Chushinkan Aikido, West Covina Judo Club, Pasadena Judo Dojo, West Covina Goju Ryu Karate, Yoseikan Budo Federatiion. Many thanks.

Food for Thought:

Giving Aikido the Business

Finally, Aikido has achieved the state of success as most other martial arts have come to enjoy in this country, it is becoming rich. Not our own particular Dojo of course, but, in general, large federations and groups are enjoying popularity and prosperity as never before. It is foreseeable in the next couple of years that Aikido, like many very successful martial arts, will become "big business." As odd as it might be to say, I hope we NEVER enjoy this kind of success. Fortunately, it has not yet infected the grass roots level of Aikido.

There was an artist in the Dojo quite a few years back. He had a rather hard time with Aikido but I thought he was a brilliant and talented artist although struggling like many artists in our Downtown artist district. He left the Dojo and I had not seen him for many years until I quite by accident bumped into him at Trader Joe's in Pasadena just as he was getting into a brand new, beautiful, Jaguar. He was surprised to see me and as we talked I congratulated him on his great success. He had become so well known and popular that he just didn't have any time for Aikido. He invited me to his upcoming show and I was anxious to see it - to see how he had developed his talent. Several weeks later, when I entered the gallery where his show was taking place - I was shocked. What happened? Such a great talent and all I saw was a bunch of shlock. I asked him: "What happened to your art?"

"It's gone," he replied, "This is what sells and this makes money!" I am glad he has become so "successful."

I see the same thing happening in Aikido. The organization - the corporation - the money - that is important. That is what "success" is made of. I brag to everyone that I have 1st class students but we are poor. Nowadays, no one is impressed. Today, people would be greatly impressed if I declared, although my students are lousy, I am rich!

Twenty years ago, there was a play about the decadence of Nazi Germany called "Cabaret." In it, there is a hit song which tells us, "money is what makes the world go 'round.'" Today, it is no longer a parody but our fondest aspiration! We have forgotten that it is a commentary on the Third Reich.

If you learn anything in Aikido, you should learn the body of correct Aikido technique - the vessel of O'Sensei's ideas and great genius and you should learn to preserve your humanity. As much we need money, and I need it just as much as anyone else, there are some things money cannot buy. We have heard this old phrase a million times, but let us hope that it remains true today and that the last thing at all to be bought up in this crazy world is our souls and our Aikido. Don't allow big business to take over Aikido. And certainly, don't give Aikido the business. Please keep up your training. Thank you.

Rev. Kensho Furuya

The Joy of Soy

Researchers shed light on anti-cancer effects of genistein, a component of soy that switches off cell stress response.

By Eva Emerson

Reprinted from USC Health. Spring 1998.

Scientists have long proposed that diets high in soy may contribute to the lower incidence of certain cancers in Asian countries. Now, a USC/Norris Comprehensive Cancer Center study of genistein, an active component of soy products, provides one explanation of how soy could act to protect cells against cancer. "The study links a natural component of our diet to the control of the cellular stress response, which plays an important role in many kinds of cancer and cancer drug resistance," says Amy S. Lee, Ph. D., the Freeman Cosmetic Chair in Basic Science Research and professor of biochemistry and molecular biology.

In the article appearing in the March 4 Journal of the National Cancer Institute, Lee reports how genistein turns off the defense mechanism that cells use to survive under stressful conditions, such as starvation, malnutrition, lack of oxygen, infection, extreme heat - and cancer. In hard times, cells turn on these so-called stress response genes to protect the body. But in cancer cells, scientists think stress proteins may inadvertently make the disease worse, helping tumor cells to elude the body's immune system and resist chemo-therapy and other cancer treatments.

"Our group has shown, for the first time, how genistein is able to directly suppress the mammalian stress response," says, Lee, who has investigated the stress response for nearly two decades. Working with graduate research assistant Yanhong Zhou, Lee found that, in cell cultures, genistein blocks the activity of a cellular protein, a transcription activating factor that switches on the stress response genes.

"It's clear that most cancer cells make a lot more stress proteins than normal cells do, and genistein prevents that from happening. In animal models, suppression of the stress response has been shown to suppress cancer growth," Lee says. "While clinical trials using genistein are ongoing, we won't know how effective genistein will be as an anti-cancer agent until more research is completed."

Many epidemiological studies have found that Asians living in Asia have a fairly low risk of developing cancers of the prostate, breast and colon. Yet, Asians who immigrate to America typically see their risk go up. Researchers looking for an environmental cause to explain this have focused on diet, and most intensively on soy, since Asians consume 20 to 50 times more soy per capita than Americans. Soy intake falls in Asian-Americans, according to a 1996 report led by Malcolm Pike, Ph. D., the Flora L. Thompson Chair in Preventative Medicine and USC professor and chair of preventative medi-



Attending Douglas Lew's Eagle Scout Achievement Ceremony are left to right: Cheryl Lew, Ken Watanabe, Kenny Furuya, Sensei, Lois & Richard Kageyama, David Ito and James Doi. Larry Armstrong is taking the photo.

Black Belts: Please Help Out!

Black Belts and senior students are asked to assist in our Children's Classes on Saturdays & Sundays. Thank you.

cin. In that study, the team found that Asian-American women who ate the most tofu had a lower risk of developing breast cancer.

Many have looked to genistein, a component of soy, to help explain soy's putative protective effects. Genistein is a natural plant estrogen with antioxidant properties. In test tube studies, the compound has been shown to halt cell growth and angiogenesis (the development of new blood vessels that tumors require for continued growth). Some researchers have theorized that genistein's protective effect in breast cancer could come from its ability to block estrogen receptors. Lee believes that genistein might act upon a number of different cellular pathways in the body, its action on the stress response being just one way that the compound influences cancer growth.

For the last decade, scientists have used genistein as a biochemical tool because of its ability to block an enzyme (tyrosine kinase) that is important in cell growth and differentiation. In earlier studies, Lee found that it could also block the stress response. "But until now, the targets of genistein action have not been well understood. Our work provides a molecular mechanism for genistein action at the DNA level. We predict that other genes important in cancer progression may also be targets of genistein. I suspect that this finding will lead to more exciting discoveries about the anti-cancer effects of soy," Lee says.

Sensei's Message: Cultivate Inner Power

There is famous Kabuki play about two starred-crossed lovers - a popular theme during the 18th century and with the merchant and common people who rose in a society dominated for centuries by the samurai warrior class. These are known as *ninjo-mono*, loosely translated as "passion plays" expressing the theme of *giri-ninjo* or the conflict between duty and honor vs. one's personal desires. A poor clerk in a famous money lender's shop falls madly in love with a courtesan but is too poor to redeem her or even buy her favors. They meet secretly (which is strictly forbidden in this courtesan's world) and decide that they can only be together by somehow escaping their present circumstances.

The poor clerk decides to steal a great deal of money which he is asked to deliver to his boss' customer. His boss is not only his employer but his benefactor as well, taking him in as an abandoned child many years previously and raising him and giving him work and a roof over his head like his own son. It is like stealing from one's very own father and a serious crime in these feudal times.

In the traditional play, there is the pivotal, dramatic scene when he is handed over the money by his trusting boss and decides that after all his love and lover are more important than anything in the world. He steals the money, redeems his lover but is quickly found out and, in the end, they realize that they can only be together in the next world and commit mutual suicide. Plays like this were very popular among the Japanese - nothing better than tragic love!

However, among the famous actors to star in this role, there is another interpretation in this scene, the love struck clerk is not moved to steal the money because of lust and greed and personal interest, but he steals the money as an act of defiance against the hard and bitter society in which he lives where two people in love cannot ever be together because of one's duty, honor and obligation to his benefactors and superiors. Somehow, this is a revolutionary and unique scene because it subtly expresses the growing discontent with the declining samurai class and the failing and corroding government of the times. Like Shaw's Joan of Arc, it is the individual will against the expectations of society and rule of the majority as even a majority may have its own personal, self-serving agenda.

It is tragic indeed, their intentions may be personal or may be noble, but in the end of this play, they have to die. In recent times, there has been a third interpretation to this wonderful scene - as the clerk is pondering whether to steal the money and risk that one little bit of happiness or remain true to his shop and adopted parents and remain loyal and dutiful but **unhappy to the end of his days, he accidental stumbles - accident or Freudian slip? - and breaks the seal on the money,**

SATURDAY Children's Class Starting September 5th 11:30am-12:30pm

Due to many requests from the parents, we are starting up our Saturday Children's Class again. The Sunday Class Schedule will remain the same on Sundays from 9:00-10:00am. Dues for both days, Saturday & Sunday is \$45.00 a month. Dues for one day a week, Saturday or Sunday, will be \$37.00 a month. Family rates are available.

thus, as it were, "sealing" his fate. Indeed, we are many times, in our lives, the "victims" of destiny and fate.

As much as we try, especially today in such a materialistically complex society, we try to calculate our fate - much like our Christmas Club accounts in the bank, thinking, - by the end of the year - I'll be rich! I wish it were that easy. With not only the case of ourselves but with everyone around us, whether our intentions at heart are good or bad, our fates may be the same in the end. Finally, we may simply be at the mercy of fate, destiny or bad luck - plain and simple.

Yet, as in the case of our poor Kabuki lovers, how we think and feel, what we believe in, what we have faith in, makes us pure whatever the outcome may be, whatever other people may think and however we are judged. We cannot calculate our lives and come out with a big, fat profit at the end of the equation, we must focus on the purity of the moment and act according to our hearts at whatever the price, I believe, in the context of a good, giving and spiritual context. Despite the outcomes, in the context of serving ourselves by serving others and having faith in ourselves, we can find that one pure moment. This is the never-ending process of cultivating inner power in Aikido. Please keep up your training.

Apologies

The Dojo makes apologies for a recent misunderstanding. For a recent event, not all members or senior students were invited and this caused some bad feelings and misunderstandings. In this particular case, only the Black Belts were to attend, but not all the Black Belts were invited.

It is the Dojo policy, for many years now, that any event or function involving members of the Dojo must be for everyone in the Dojo or no one. I think everyone can see the wisdom of this policy. Private functions are a different matter, but then, they should not be discussed openly in the Dojo. Please use your common sense and discretion in this matter and avoid misunderstandings. If they involve a number of members, then it must be discussed at an Executive Advisory Board Meeting, a Black Belt Meeting or with Sensei.

Top Ten Training: Month of June

| | |
|--------------------|----------|
| 1. Ken Watanabe | 33 hours |
| 2. Larry Armstrong | 27 " |
| 3. Jim MacDonald | 23 " |
| 4. James Doi | 20 " |
| 5. Kenny Furuya | 20 " |
| 6. Cheryl Lew | 19 " |
| 7. David Ito | 17 " |
| 8. Mike Dotzenrod | 17 " |
| 9. Eric Russell | 17 " |
| 10. Reed Poverny | 16 " |

Year To Date 1998

| | |
|--------------------|-----------|
| 1. Ken Watanabe | 165 hours |
| 2. Larry Armstrong | 138 " |
| 3. James Doi | 124 " |
| 4. Kenny Furuya | 113 " |
| 5. Cheryl Lew | 113 " |
| 6. David Ito | 98 " |
| 7. Scott Howard | 94 " |
| 8. Mike Dotzenrod | 86 " |
| 9. Rocky Lee | 76 " |
| 10. Maria Murakawa | 65 " |

Record Your Attendance:

Please do not forget to record your attendance each time you practice. If you have any questions, please do not hesitate to ask Mr. Ken Watanabe or Dr. Cheryl Lew and any of the Black Belts. Your attendance is very important for your promotional grades. Thank you for your attention in this.

Notice to All Black Belts:

All Black Belts and senior students must attend the Monthly Intensive on the last Saturday of every month from 6:30am-8:30am and the Intermediate Class on Saturdays from 9:00am-10:00am in addition to the regular 10:15am class. Black Belts are also asked to help with our Children's Class on Saturday and Sundays. Although it is well understood that everyone has very busy work and personal schedules, everyone is responsible for his own training.

Saishin Dojo Summer Aikido



Aikido Center of Los Angeles
NEWSLETTER

Correspondence:

Dear Reverend Kensho Furuya

My name is Christopher Dzemske. I am a 21 year old Aikido student from Milwaukee, WI., currently studying at the Milwaukee Aikido Club under Norio Mamura Sensei (Rokudan). It's lots of fun. Mamura Sensei is an excellent instructor. Whenever I find myself losing track of why I'm training or when I get confused on lessons I'm supposed to learn I read a few chapters in your book, KODO: Ancient Ways. I bought the book when I began studying classical jujutsu. The book inspired me. It helped me understand the true meanings of budo training. Before I read it I wanted to learn how to fight, now I'd probably run away.

I'm a recovering drug addict, and drugs make you numb. I lost who I really was, I had no understanding of myself. I hope my training will help me find myself again. I was using during most of my training and I was only grasping the technical aspects of the art. I got arrested and charged with possession of a controlled substance with intent to deliver, which is a felony, and have not been to a class in 1 1/2 months. I'm trying to teach a few friends from NA. To fall and roll so I can get back to practicing. Financial situations prevent me from returning to active training. I'm sure the dope hasn't helped me training, physically or spiritually. In fact, I know it hasn't. I've been clean now for two weeks and I'm very eager to get back to the club. Do you have any advice? Thank you for your time.

Sincerely,

Christopher Dzemske
8110 N. Cedarburg Rd.
Brown Deer, WI 53209

PS: Thank you for the excellent book!

Editor's Note: Please talk to your teacher about your situation and your financial difficulties and he may be able make some arrangement for you about your training. Mamura Sensei is a very fine teacher and a very fine person so you can rely on his teaching and guidance.

I don't understand why people take drugs but it is a grave problem in our society today. Ultimately, people don't realize their own worth. In order to fully realize your own worth, which is your own treasure no one else can share, you must overcome every obstacle in your life. The greater the hardship, the greater your worth will become clearer and more evident to yourself. In Aikido, we don't fight, but, everyday, we must fight to maintain the quality and integrity of our life.

The ratio of you being conceived and brought into this world is millions to one. It is not a mere coincidence; you were brought into this world for a purpose. The eternal search to find the true purpose of your life is the quest of every sincere martial artist. Good luck & best wishes always.

LOS ANGELES TIMES SUMMER CAMP: Help A Few Kids

LA Time Camp Fund:

Every year the Los Angeles Times helps to sponsor the Times Camp Fund which sends needful kids to summer camp. Every year the Dojo makes a small donation to this fund. For \$125.00, it sends one worthy child to summer camp. For a small \$15.00 donation to this fund, a member of our Dojo can have our name, Aikido Center of Los Angeles, listed in their donation list which appears each week. It doesn't have to be in the Dojo name, but, at the same time, helping one kid, we can also publicize the Dojo just a little. Thank you.

Los Angeles Times, June 9, 1998 Issue:

Since its creation in 1954, the Camp Fund, supported by donations from Times readers and employees, has generated \$20 million to help more than 300,000 Southland young people attend camp.

Because The Times absorbs all administrative costs and Bank of America donates accounting services, 100% of donations goes directly to providing camperships.

The Times does not own or operate any camps but allocates funds to youth agencies that use or maintain camps accredited by the American Camping Assn. A committee of community leaders distributes the money to the agencies, based on size and need.

It costs an average of \$125.00 to provide a child with a week's stay at summer camp. Unless donors request otherwise, all donations of \$15.00 or more will be included in a list that appears each Wednesday in Life & Style.

Readers may send donations which are tax-deductable, to The Times Summer Camp, PO Box 53401, Los Angeles, CA 90074-3401. No door-to-door solicitation has been authorized or will be made.

June 28, 1998

Dear Rev. Furuya:

I bought two video tapes of your series and we liked them very much. We direct and teach an independent and non-affiliated school of Aikido . . . and we are interested to know more about your style and to receive information about the possibility of affiliation with your association, if you have one. Please let me know if you have other videos and books published. Sincerely,

Dr. Antonio L. Sardinas
Oriental Martial & Health Arts Institute
PO Box 7410
Ponce, PR 00732

All letters, inquiries and questions are welcome from our general readership and membership. We also welcome personal stories related to Aikido or training, general news items and photos. Photos will be returned. Articles will be edited for space and/or grammar.

Doug Lew, New Eagle Scout

Douglas Lew celebrated his Eagle Scout Achievement Ceremony on July 11th. Sensei was the guest speaker.



Douglas Lew at his Eagle Scout Achievement Ceremony with his proud parents, Marlene and Norman Lew. At the Montebello Community Center. Douglas mentioned Aikido as one his influences to his achievement. Douglas vowed to pursue his Aikido training more seriously from now. He achieved his 1st degree Black Belt in Aikido several years ago and helps with our Children's Class with his father, Norm Lew.

Congratulations:

To Dana Frank & Mike Dotzenrod who are expecting their first baby. They recently celebrated their first anniversary. Also Hearty Congratulations are due to Scott Howard's mother is recovering nicely from her recent illness according to Scott. Get well soon!!!

TV Star: Don Diamont

who studied with us for a short while returns to his starring role in the popular TV soap, The Young & the Restless. Don took a hiatus to enter action films and had a contract to do several in Israel and thus became interested in studying Aikido and Iaido. Don returns to his old role according to TV Guide. Don also studied the tea ceremony.

Movie Star: Jim MacDonald

is also an actor and appears in the movie, Volcano, which is currently showing on cable TV. He plays a bigotted cop and very threatening according to Sensei. In the movies, good guys always play bad guy roles.

Sensei Becomes CMAAP

Sensei becomes member of the Civilian Martial Artists Advisory Panel for the Los Angeles Police Department Arrest and Control Unit and also member of their Membership Committee. Sensei has been a LAPD volunteer for many years.

Important Dates

AUGUST 1998

- Aug. 2. Nisei Week Aikido
Exhibition in the dojo
- Aug. 4. Budo Study Class
7:45-9:00pm
- Aug. 8. Iaido Intensive 6:30am
- Aug. 15-16 Nisei Week Martial Arts
Exhibition. Higashi.
- Aug. 29. Black Belt Intensive
6:30am. Meeting follows.
- Sept. 7. Labor Day. Dojo Closed.

HAPPY BIRTHDAYS

August

Robert Lew 8-19-
Eric Marcin-Cuddy 8-19-86
Eric Russell 8-16-76
Norman San Luis 8-10-86
John Talay 8-7-84

September

Matthew Burns 9-5-90
David Ito 9-22-70
Maria Murakawa 9-17-74
Eric Nagamatsu 9-25-91
George Nakashima 9-10-53
Ted Pinhirun 9-22-77
Bryan Waldron 9-13-66

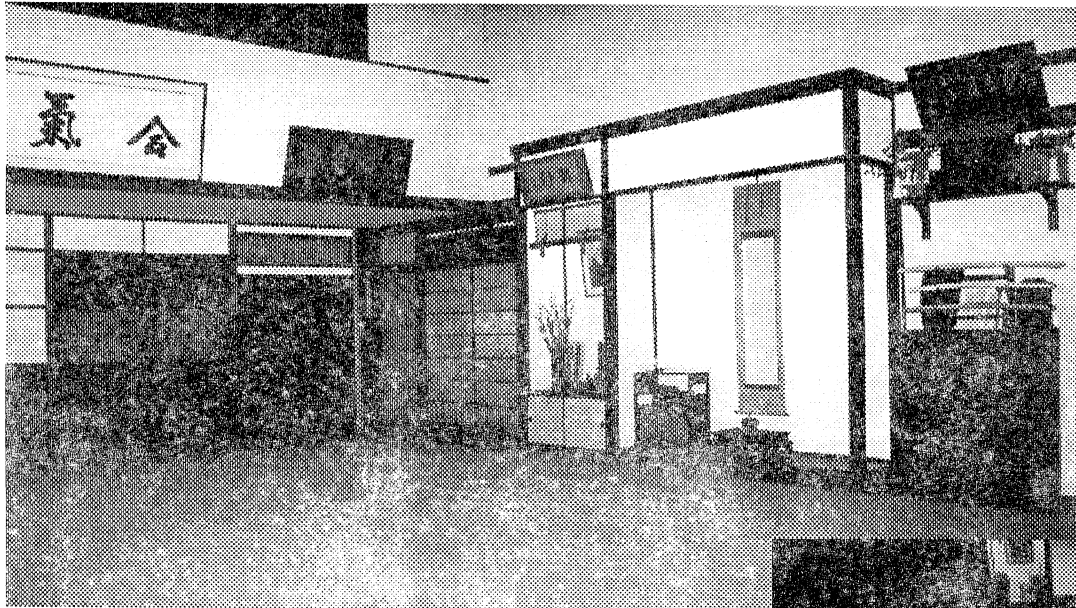
If you don't see your name on our birthday listings, please see Cheryl to be properly listed. We also welcome birthday photos, candid photos, family photos and personal bios and anecdotes.

NEW CHILDREN'S CLASSES

Saturdays 11:30am-12:30pm
Sundays 9:00am-10:00am

Bring your friends and family!

Welcome To The Aikido Center of Los Angeles



New Children's Classes

Saturdays
11:30am-12:30pm

Sundays
9:00am-10:00am

Ages 5-16
Beginners welcome
Family rates

Introduce Family & Friends To Our Dojo

Bring your friends to the Dojo and invite them to join our Practice. Send them one of our new Dojo Flyers or Newsletters. Everyone is welcome. Enjoy this beautiful art of Aikido in a quiet, serene environment to enhance the quality and awareness of your life.

Muso Shinden Ryu Iaido

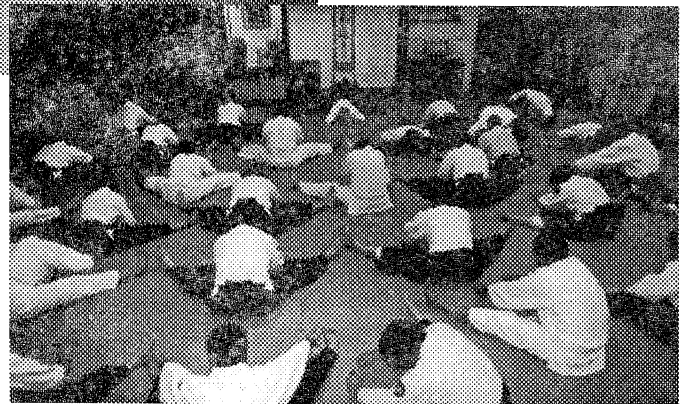
We offer instruction in the traditional art of Iaido, the art of the Sword. Classes are Saturdays and Sundays from 8:00am and one intensive seminar on the second Saturday of every month from 6:30am-8:30am. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today.

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.



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(213) 687-3673

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STAFF

Editor: Rev. Kensho Furuya
Dojo Archives & Records: Dr. Cheryl Lew
Photographer: Larry Armstrong
Legal: Curtis Westfall

Dojo Supplies

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. \$55.00 each.

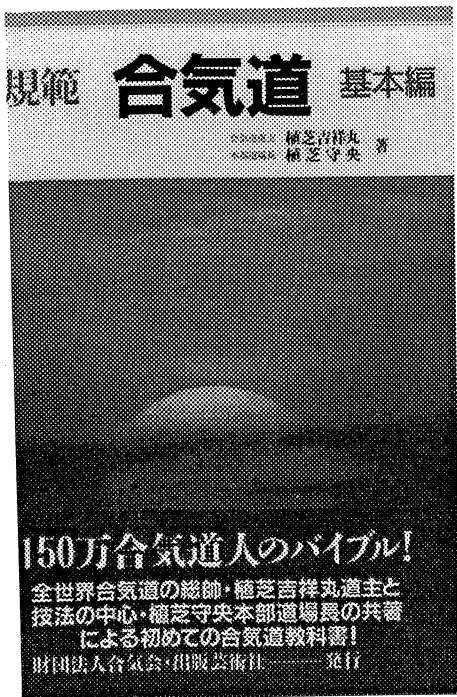
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

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

Uniforms, Hakama, Iaido Obi, Bokken & Jo

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

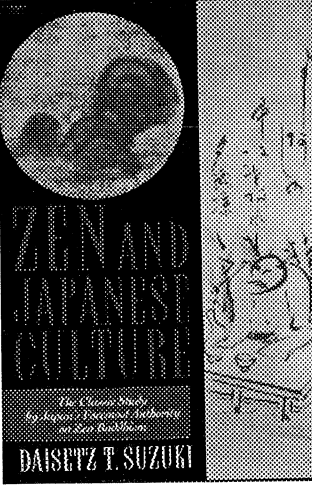
Aikido Center of Los Angeles NEWSLETTER



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."



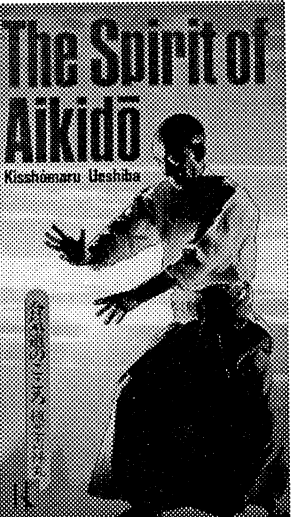
ACLADO DOJO NEWSLETTER
 Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students. Your donations are welcome please add a little extra for postage outside of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



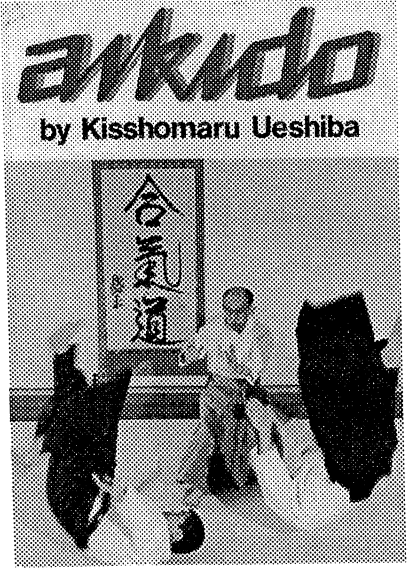
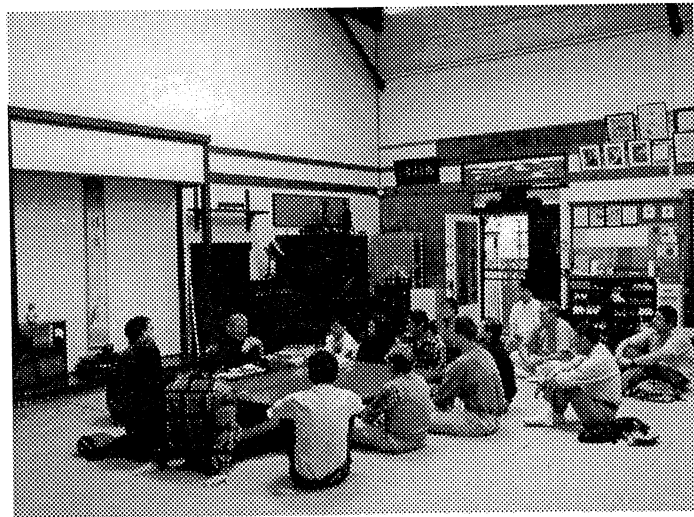
THE BOOK OF FIVE RINGS
 By Miyamoto Musashi
 Also includes translation of the **KADENSHO** by Yagyū Mune-nori.

ZEN & JAPANESE CULTURE
 By D. T. Suzuki
 Excellent sections on Japanese swordsmanship.

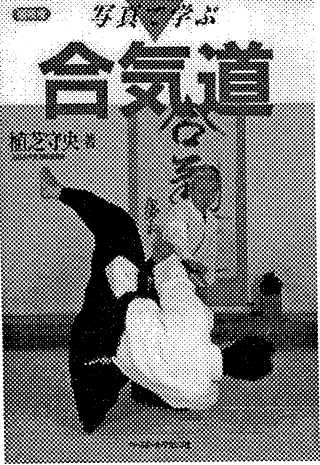
Highly Recommended Reading:
THE SPIRIT OF AIKIDO
 By Doshu Kisshomaru Ueshiba
 An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido. Very important for your training. Required reading.



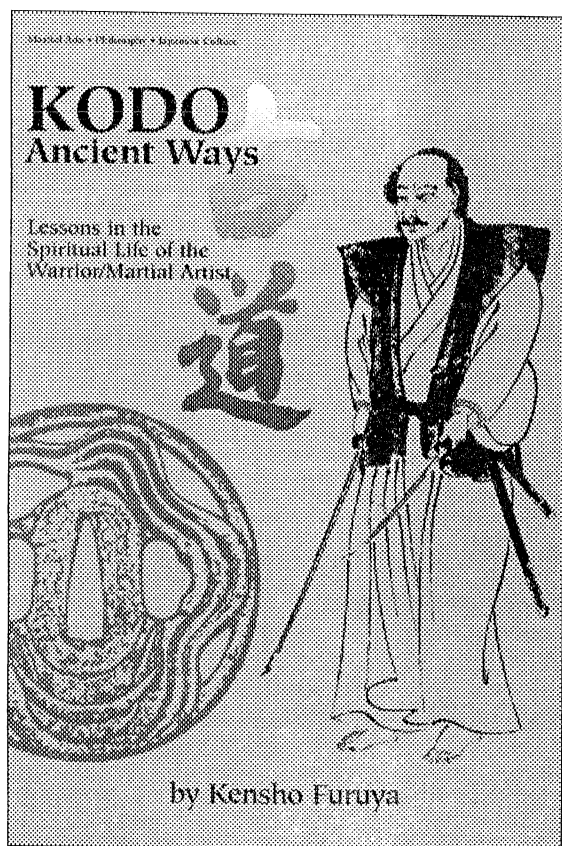
Japan Culture Lecture Series
 On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



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.



SHASHIN DE MANABU AIKIDO
 (Learning Aikido by Photos)
 By Dojocho Moriteru Ueshiba
 Hombu Aikido techniques demonstrated by Dojocho Moriteru Ueshiba. In Japanese but self-explanatory and an excellent reference source.



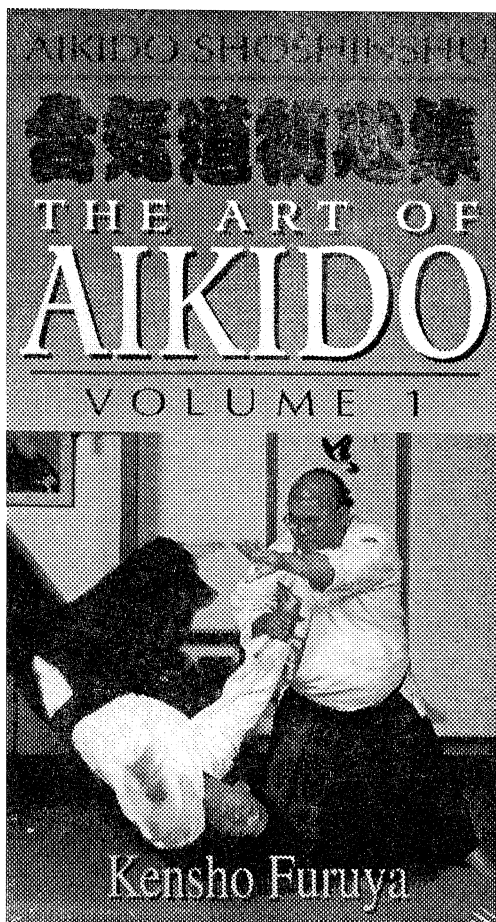
KODO

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

Rev. Kensho Furuya

Please place your orders through:
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\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H



Aikido Shoshinshu THE ART OF AIKIDO

Detail Instructional Videos on Aikido In Nine Volumes Complete

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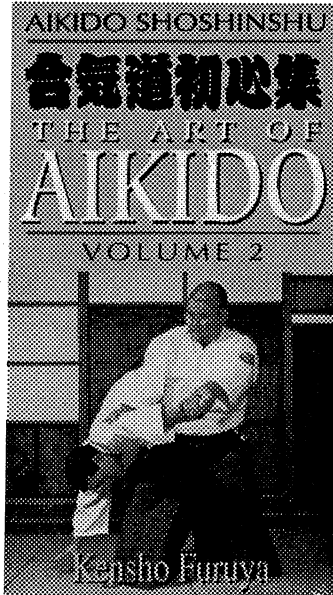
*“Top Rated” - Karate Illustrated “
“Impressive Scope” - Aikido Today
“Exhaustive” - Aikido Journal
“One of the Best”*

\$39.95 each + \$5.00 S&H
Complete Set Special Discount: \$320.00
Free shipping in U.S. for Complete Set Special.
International Mail requires additional S&H \$25.00.

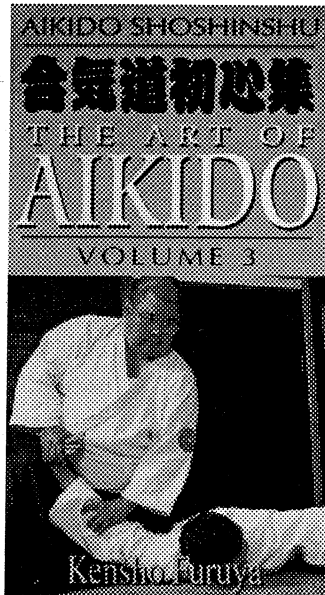
All books and videos are available in our Dojo.
Please inquire about dojo and quantity discounts.
For further information: please call the Dojo: (213) 687-3673

AIKIDO SHOSHINSHU

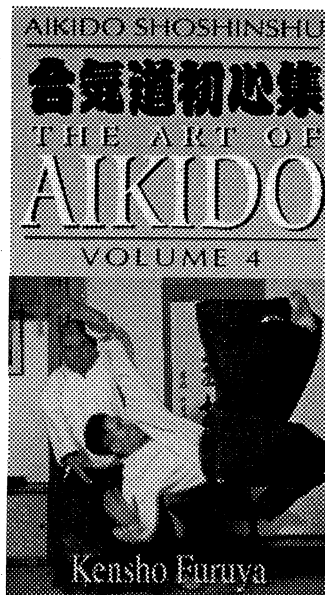
The Art of Aikido Instructional Video Series



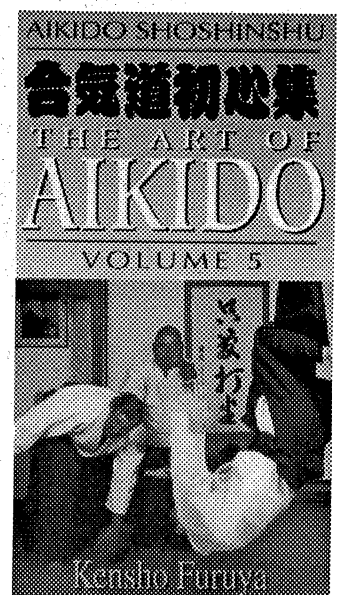
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo
& Gokyo



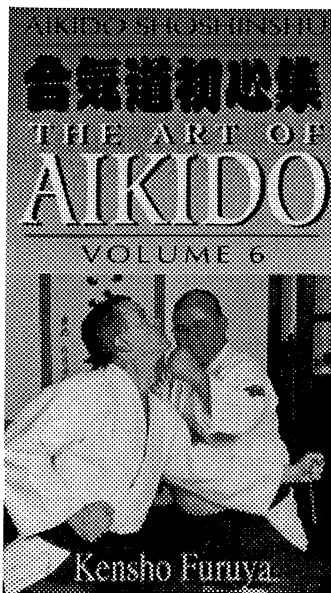
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



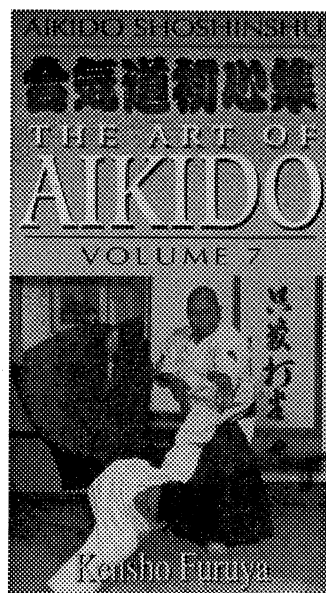
Katatetori Ryotemochi: 2-hand.
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



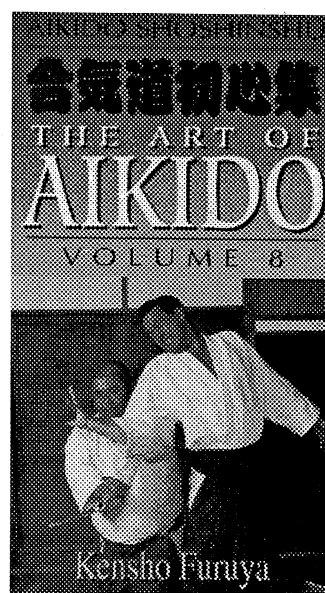
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



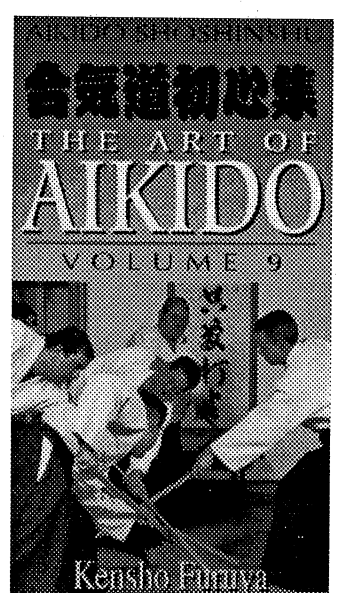
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the
side of the head & neck.



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 CLASSES

5 - 16 yrs old
Saturdays : 11:30am-12:30pm
Sunday Mornings: 9:00am-10:00am

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

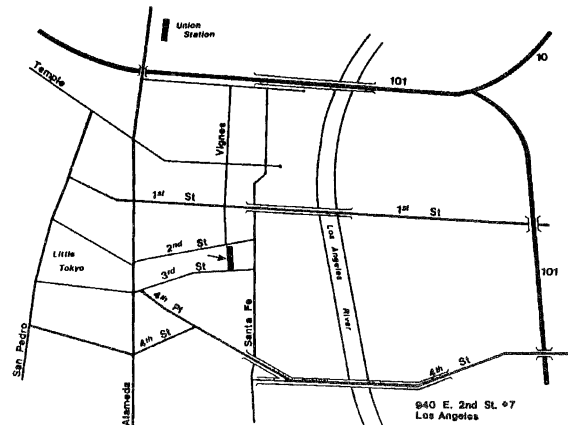
BUDO & SWORD STUDY CLASS

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 are 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.