

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER



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Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

August 1, 1999

Volume XVII. Number 8.

ANNUAL NISEI WEEK AIKIDO EXHIBITION & OPEN HOUSE

August 8, 1999. 1:00pm-2:30pm

Sword Arts: Lecture-Secret Life of Miyamoto Musashi, the Swordsman

August 15, 1999. 1:00pm-2:30pm

Dojo Receives OUTSTANDING CULTURAL ORGANIZATION AWARD By Japanese Chamber of Commerce

Celebrating the 50th Anniversary of the Japanese Chamber of Commerce of Southern California, our Dojo has been greatly honored as a recipient of one of their Outstanding Cultural Awards for Outstanding Cultural Organization. The very prestigious Award Presentation Dinner will take place on September 24, 1999 at the Hyatt Regency Hotel. Members of the \$2,000 Directors' Table include Sensei, James Doi

Gary Myers, Ken Watanabe, Kenny Furuya, David Ito, Dr. Cheryl Lew, Dr. George Nakashima, Larry Armstrong and William D'Angelo. Sincerest Congratulations goes to Sensei for all of his work.

History Channel Cable TV Interviews Sensei, 2-Hour Special: History of Sports

On July 8, the Dojo was invaded by a crew from the History Channel to interview Sensei for a 2-hour special of the History of Sports to air November 23-24, this year.



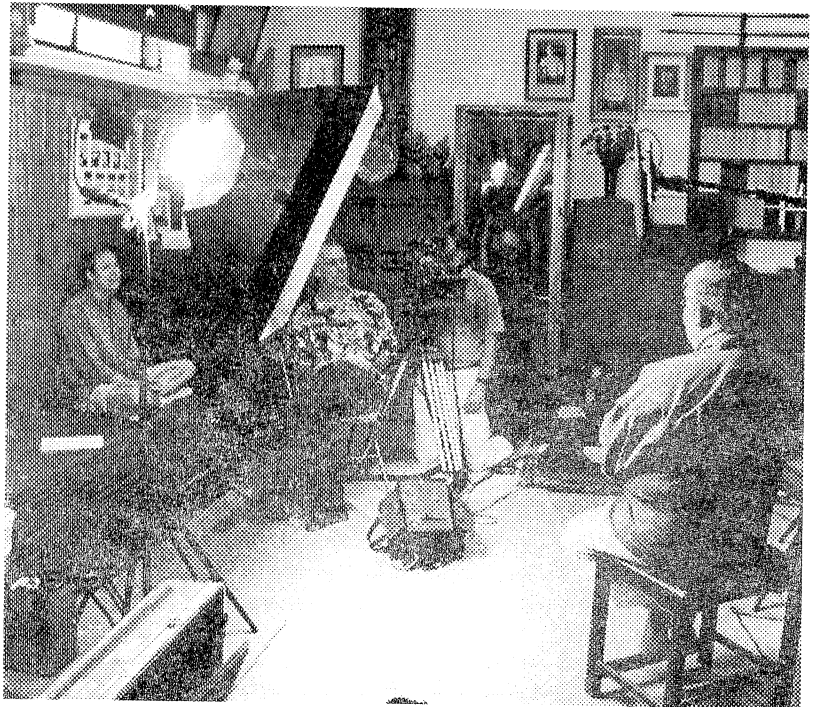
Dojo Featured In *Cinturon Negro* (Black Belt) Magazine

Sensei is featured in a five-page, color, special interview in Europe's largest martial arts publication, Black Belt Magazine. The European Black Belt is published in five different major European languages including, French, German and Spanish. The interview was conducted by Santiago Almaraz of our Salamanca Branch Dojo during his last visit last year. Among some of the countries in which the publication is circulated is Alemania, Austria, Argentina, Spain, France, Italy, Luxembourg, Portugal, Switzerland, Belgium, Brazil, Chile, Uruguay, Mexico, Peru, Bolivia, Venezuela, Canada, etc.

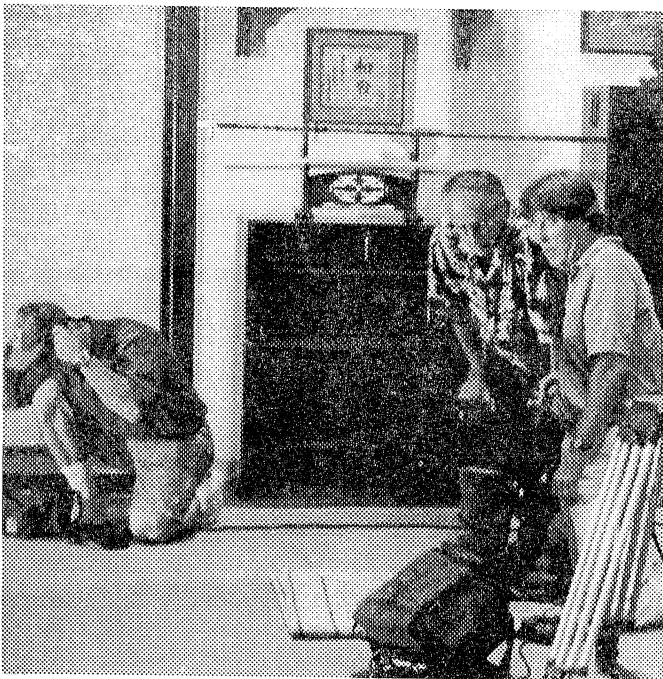
Cable TV History Channel Interviews Sensei. July 8.

On July 8, a crew from the Cable TV History Channel arrived early in the morning to set up their lights and cameras and for the next 5-6 hours, interviewed Sensei on martial arts for a 2-hour special, The History of Sports, to air in November. It is currently scheduled for November 22-23.

The interview was directed towards the spiritual aspects of martial arts and how martial arts are related (or not related) to sports. The program is also offering their views on the "spiritual" aspects of sports. This is indeed a very difficult subject to handle and it remains to be seen how successfully they handle it. Outside of one person interviewed on the sport of sumo, Sensei is the only martial artist interviewed for his ideas on martial arts. Sensei has appeared on the boob tube on numerous occasions demonstrating about 20 years ago on a martial arts movie festival on channel 9. He has appeared on the Good Morning America Show with Gary Coleman, Merv Griffin Show, Good Morning New York (in New York), several children's specials, several occasions on channel 9, 11 and 13 (Strange Universe) and recently on A&E, a 2 hour special entitled the "Origins of Martial Arts."



Sensei during 4-hour interview with director of the History Channel Special.

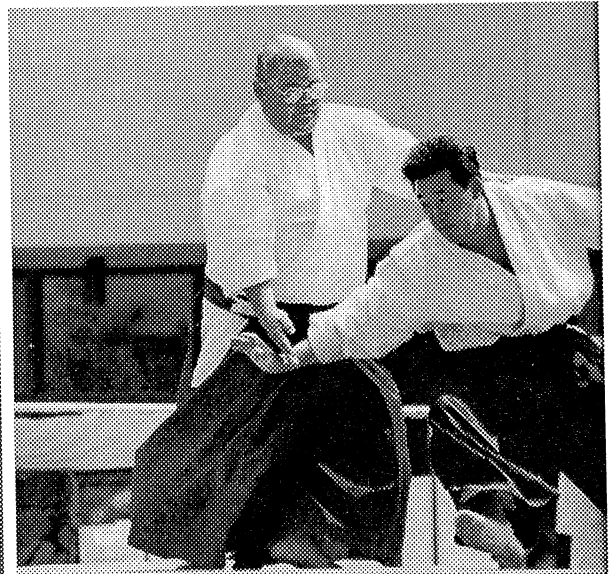
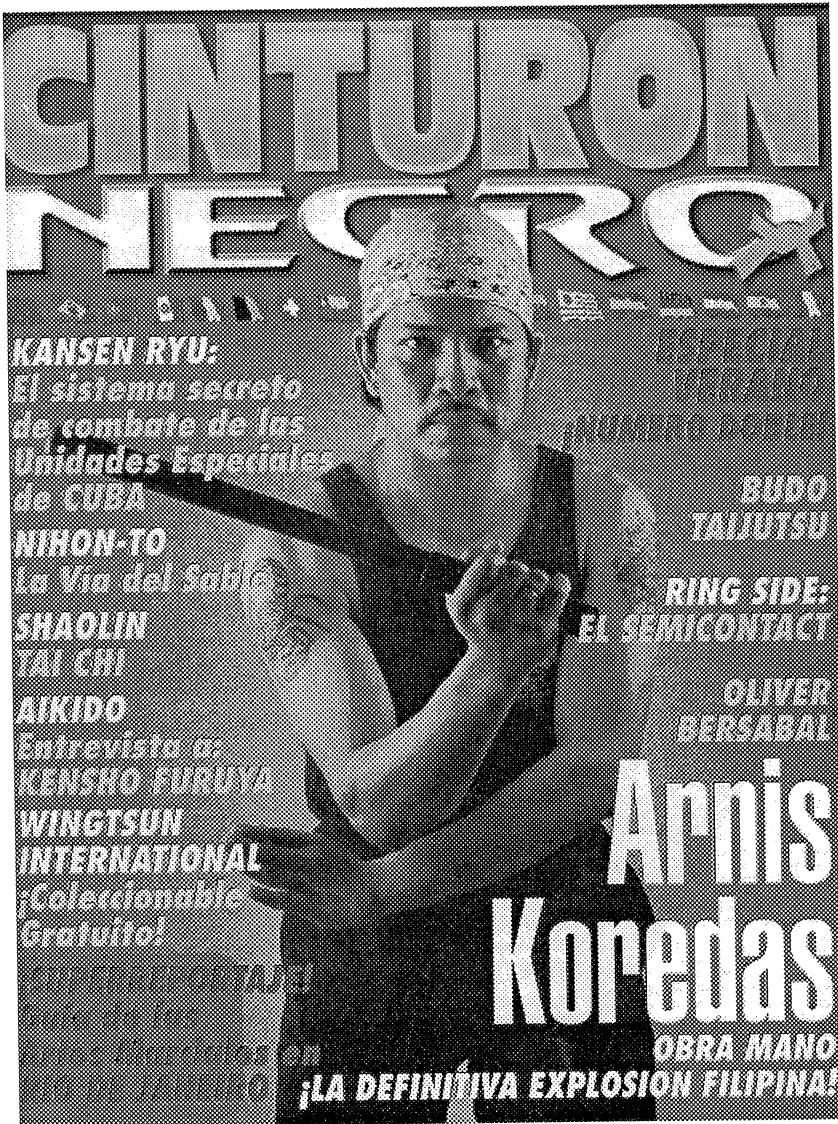


Finding Furuya Sensei's best camera angle was not easy. The interview began at 8:00am and finished around 3:30pm in the Dojo.

The program is scheduled to air on November 23-24 of this year. Thereafter, it will air three-six times a year on the History Channel. Announcements will be made as it gets closer to the airing date.



**Next Month:
Special Nisei Week Issue.
More On Higashi Obon
Demonstration.
Chamber of Commerce 50th
Anniversary Celebration.**



KENSHO FURUYA AIKIDO

Magazine del Cinturon Negro Aikido, producido por el Aikido Center de Los Angeles, en colaboracion con la Sociedad de Budo y Estudios de Taijutsu de Europa y America. Compañia responsable de la distribucion: Ediciones de Budo de Catalunya, Barcelona, España. Distribucion en España de Los Angeles, Arroyo y Plaza, de la Florida. Distribucion en Mexico de la Editorial Libros de la Juventud. Distribucion en Chile de la Editorial Libros de la Juventud. Distribucion en Colombia de la Editorial Libros de la Juventud. Distribucion en Argentina de la Editorial Libros de la Juventud. Distribucion en Uruguay de la Editorial Libros de la Juventud. Distribucion en Venezuela de la Editorial Libros de la Juventud. Distribucion en Ecuador de la Editorial Libros de la Juventud. Distribucion en Peru de la Editorial Libros de la Juventud. Distribucion en Chile de la Editorial Libros de la Juventud. Distribucion en Argentina de la Editorial Libros de la Juventud. Distribucion en Uruguay de la Editorial Libros de la Juventud. Distribucion en Venezuela de la Editorial Libros de la Juventud. Distribucion en Ecuador de la Editorial Libros de la Juventud. Distribucion en Peru de la Editorial Libros de la Juventud.

Cinturon Negro

Sensei is featured in a five-page color interview written and submitted by Santiago Almaraz of our Slamanca Branch Dojo. Cinturon Negro is published in five languages and is the largest martial arts magazine in Europe and South America.

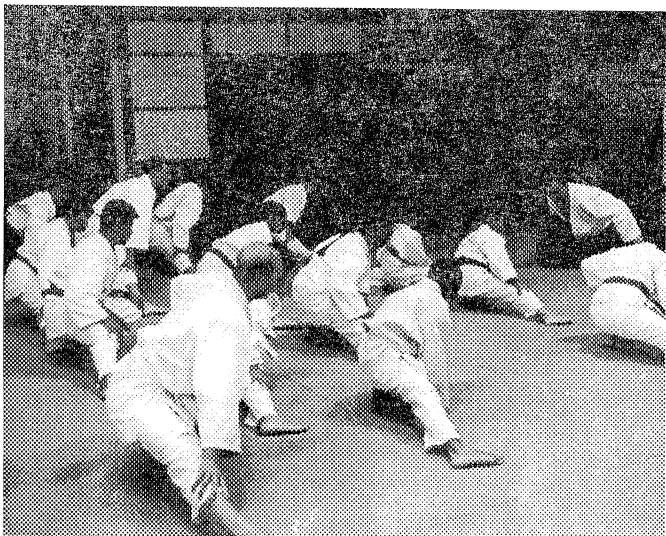
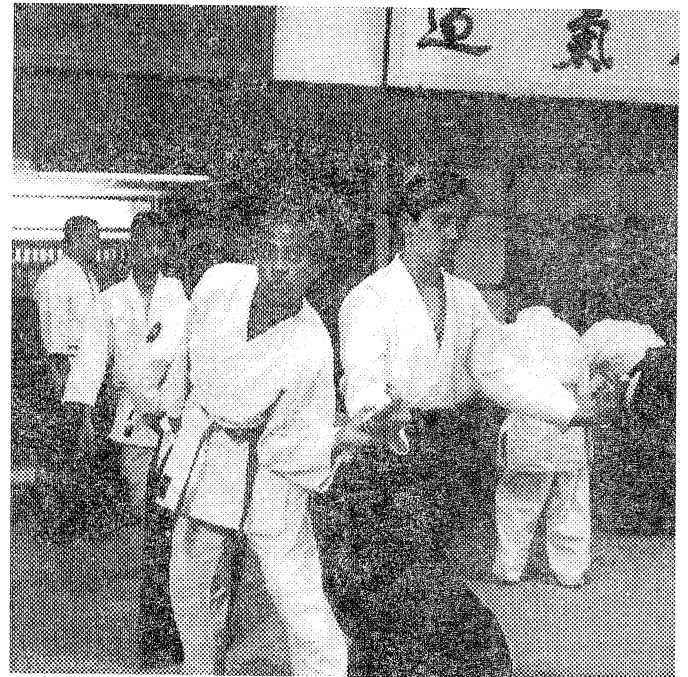
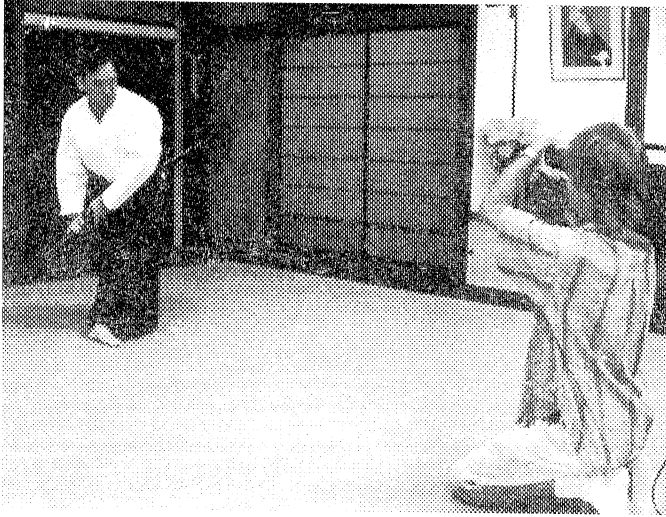
Filming Begins On KODO Video Tape July 18.

Shooting began early Sunday morning with the crew from Black Belt Magazine-Ohara Publications. The Dojo's Iaido Department and Children's Class were taken. The final shooting will include Sensei's interview and the Adult Aikido Class will be taken at a later date.

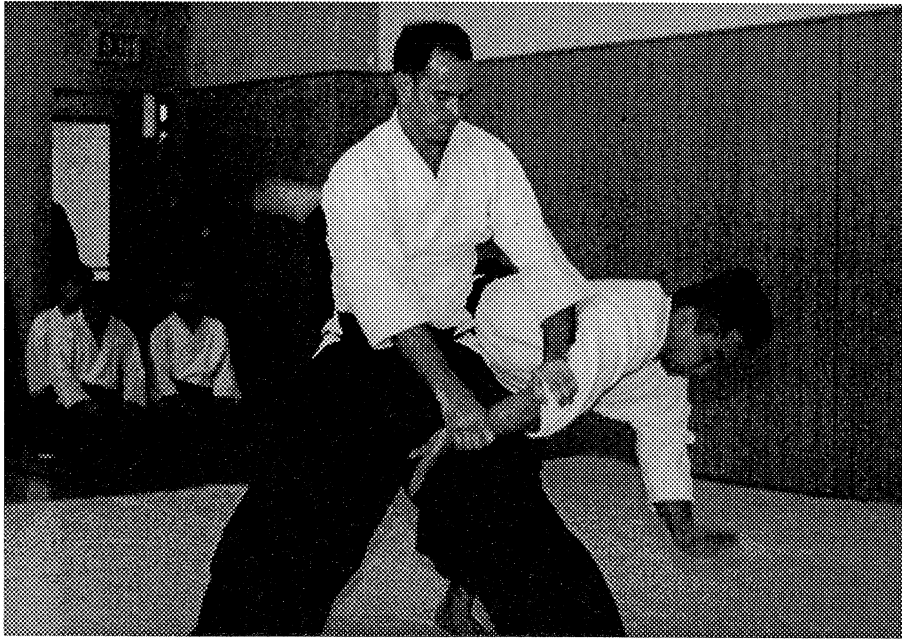
Many thanks to all the members who participated in the filming and special thanks goes to those who helped with the Dojo Clean-up on the previous day. Everyone worked very hard. Many, Many Thanks.



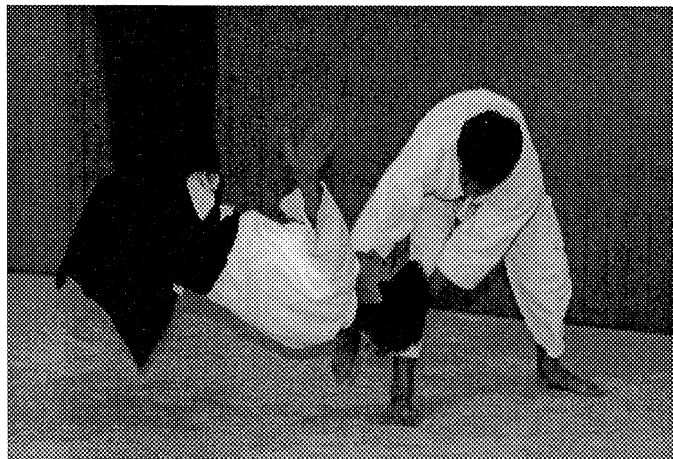
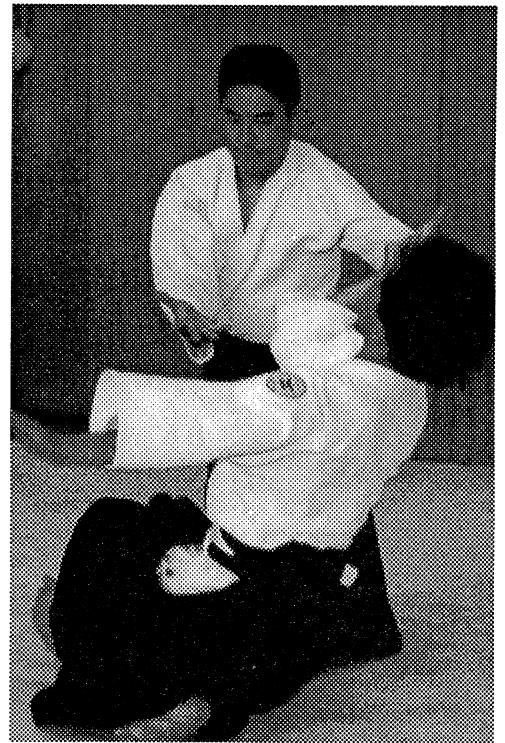
KODO Video Filming



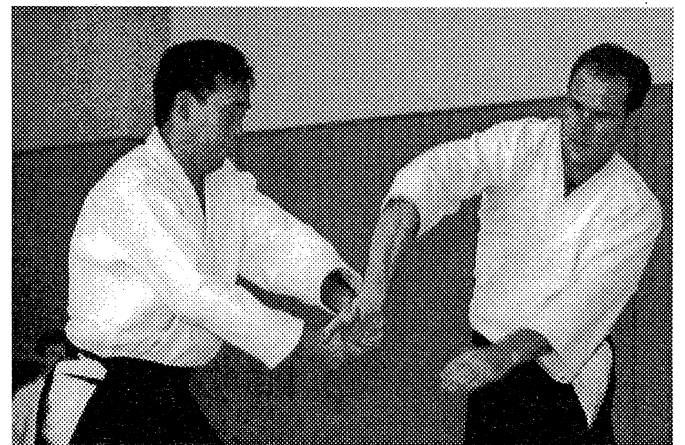
Pasadena Obon Demo. July 17.



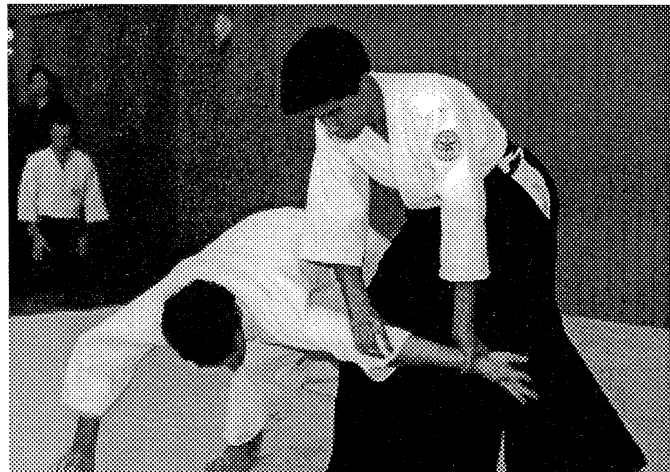
Mike Dotzenrod and Kenny Furuya. Right: David Ito and Mark Ty.



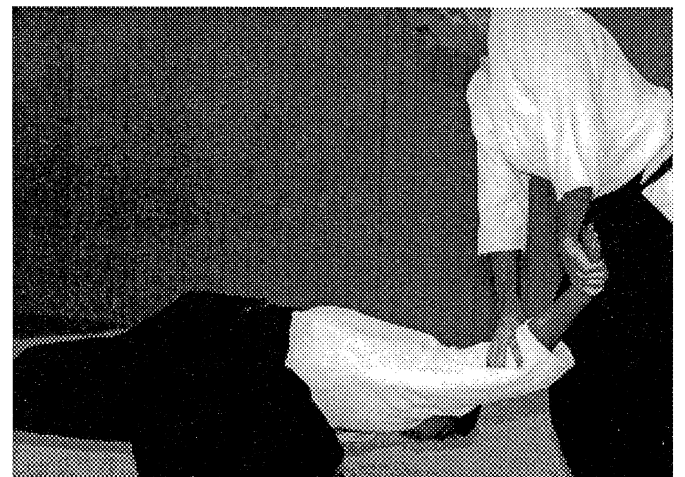
Eric Russel and Mark Ty. Shiho-nage.



Ken Watanabe and Mike Dotzenrod. Sankyo.

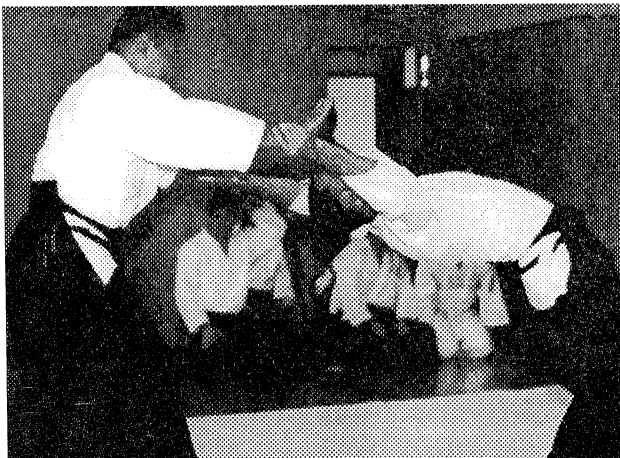
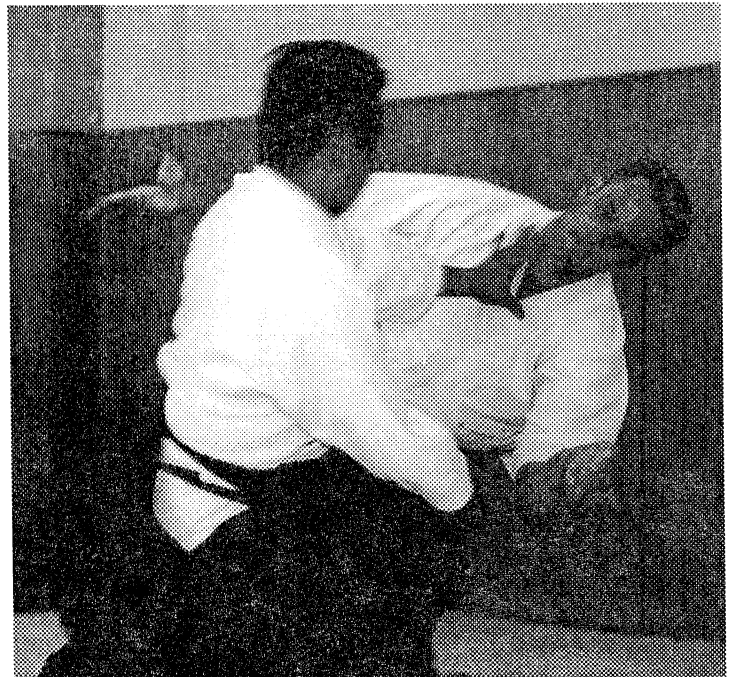
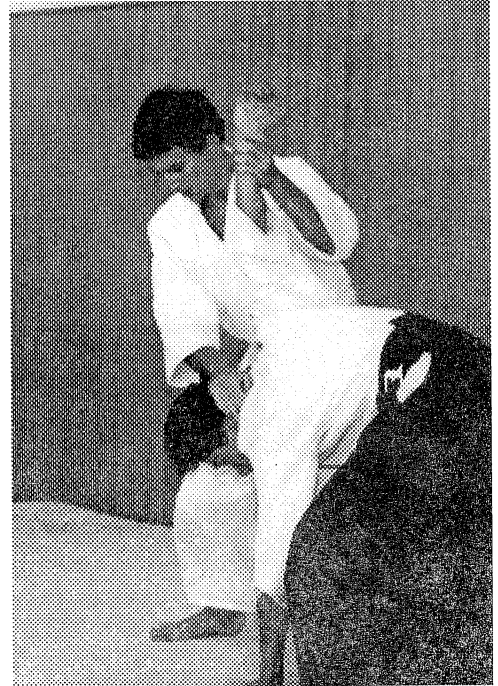
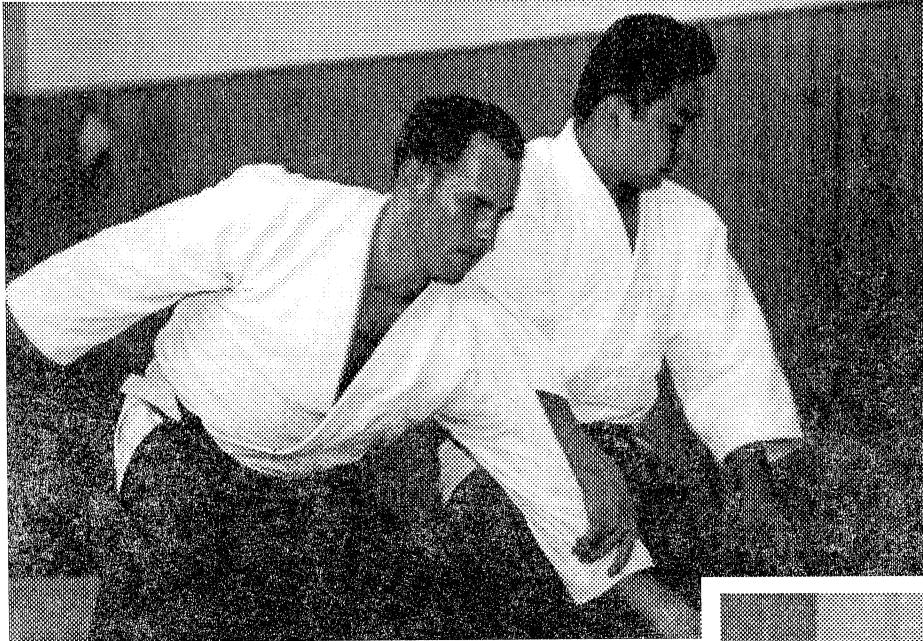


Mark Ty and Eric Russel. Ikkyo.



Mike Dotzenrod and Kenny Furuya. Sankyo.

**Pasadena Obon Demonstration. July 17.
Pasadena Buddhist Church.**



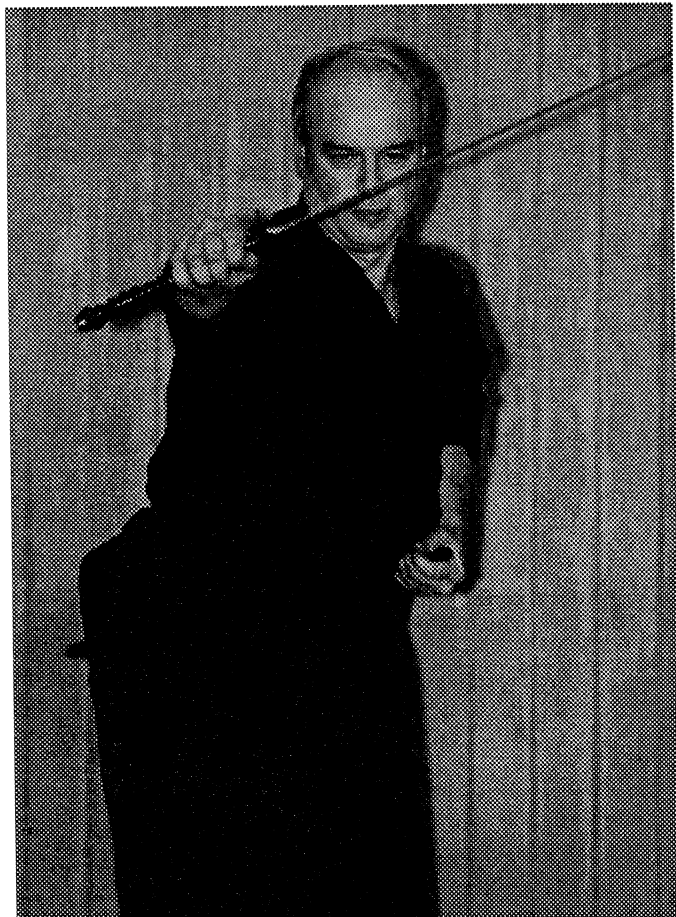
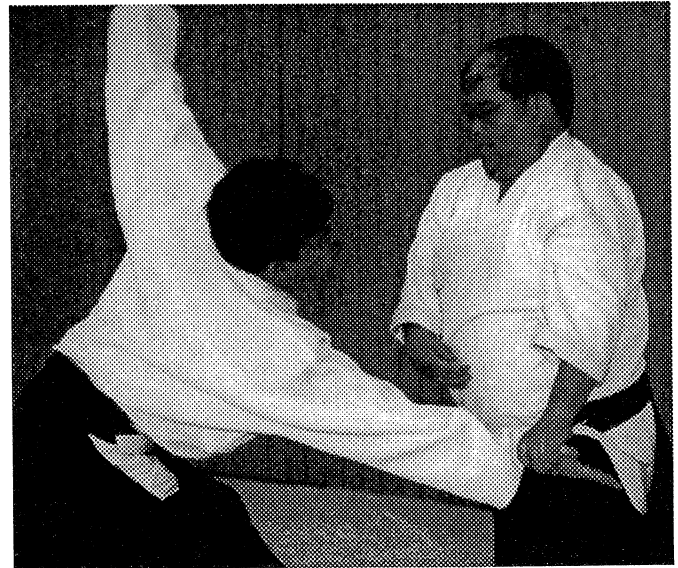
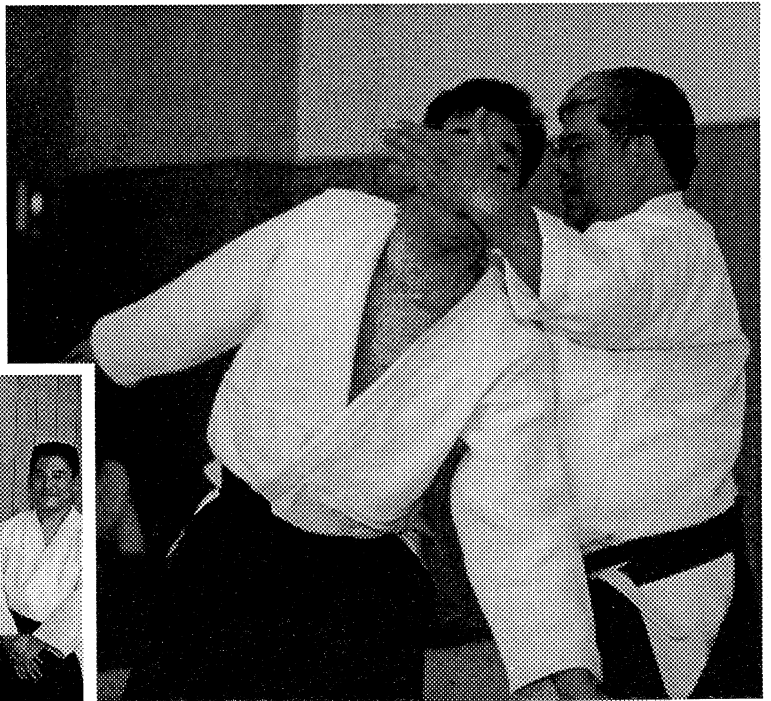
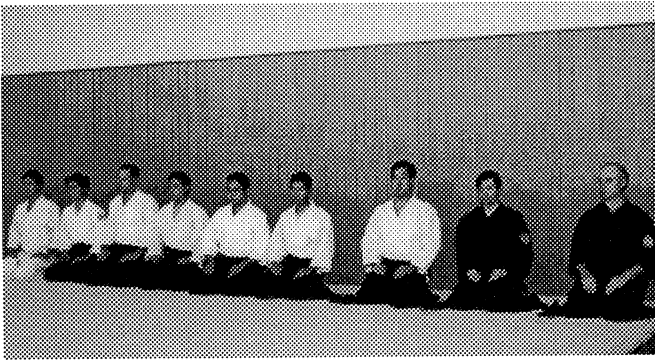
Appreciation:

Our thanks to the Pasadena Buddhist Church for their yearly invitation to demonstrate Aikido and Iaido at their Obon Festival.

Many thanks to the following participants: Ken Watanabe, Gary Myers, James Doi, Kenny Furuya, David Ito, Mike Dotzenrod, Mark Ty, Eric Russell, and George Nakashima.

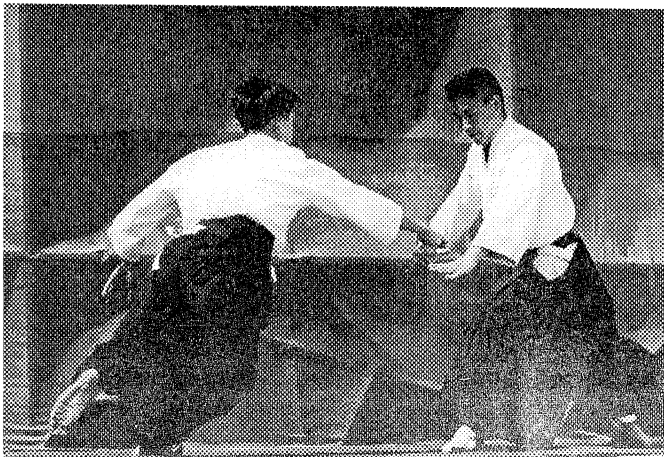
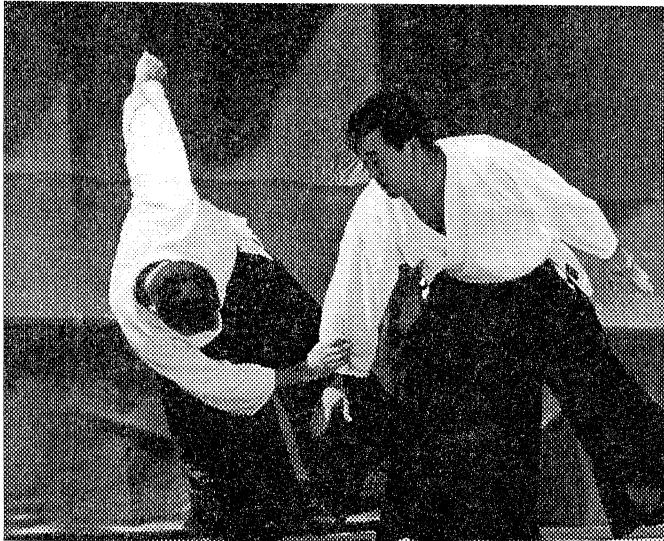
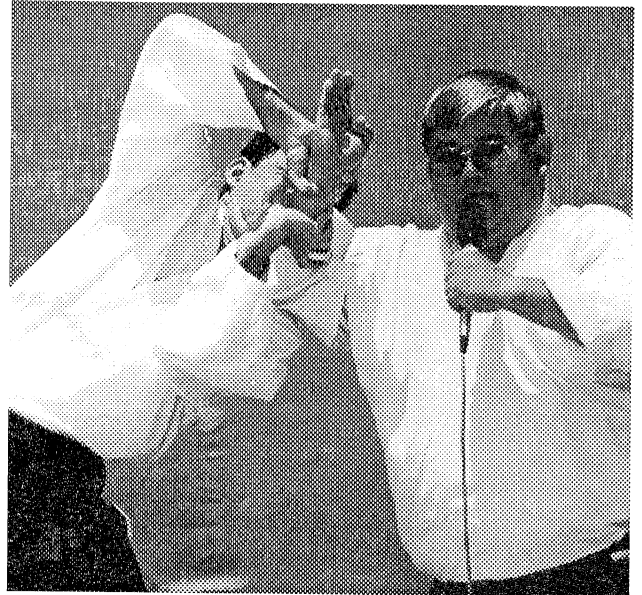
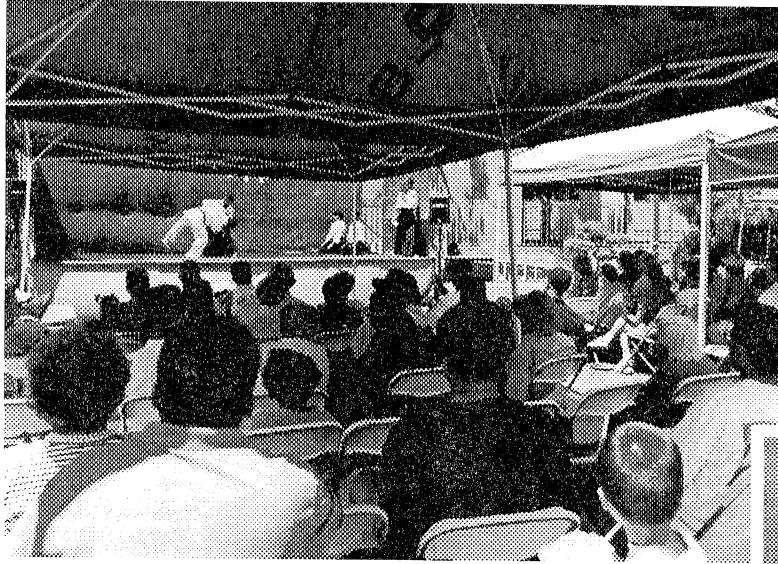
Special thanks to Larry Armstrong for the wonderful photos and Cheryl Lew for the video taping.

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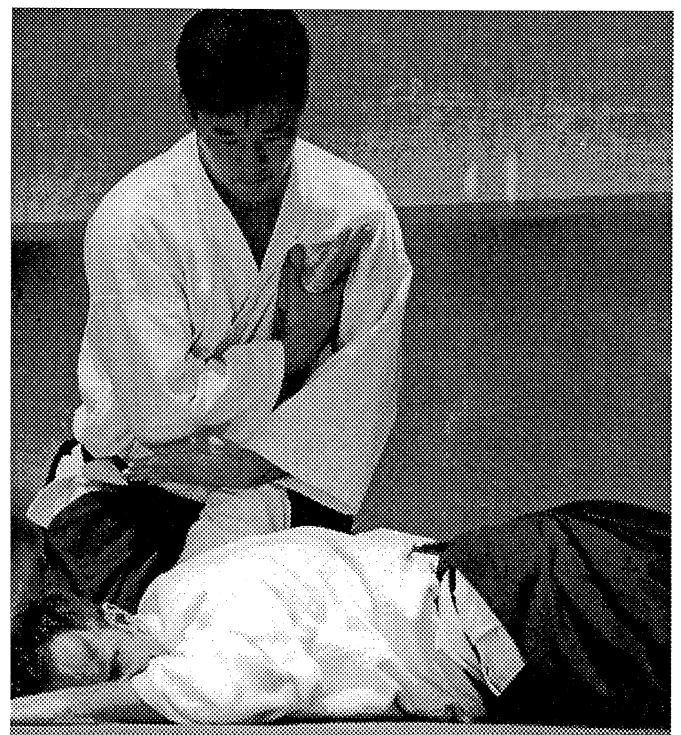
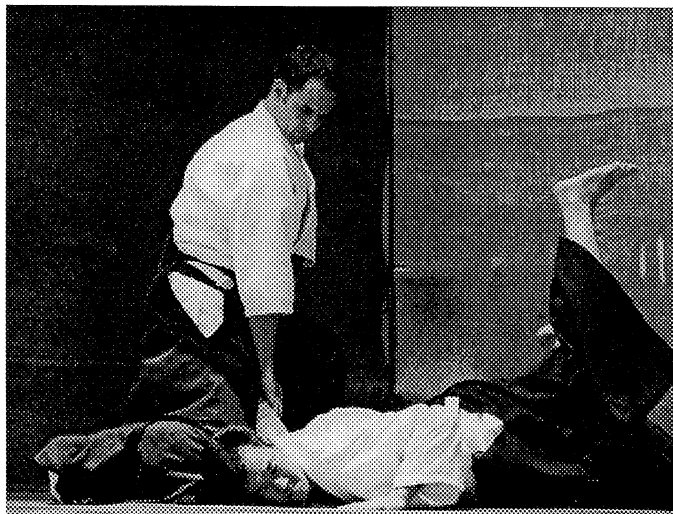
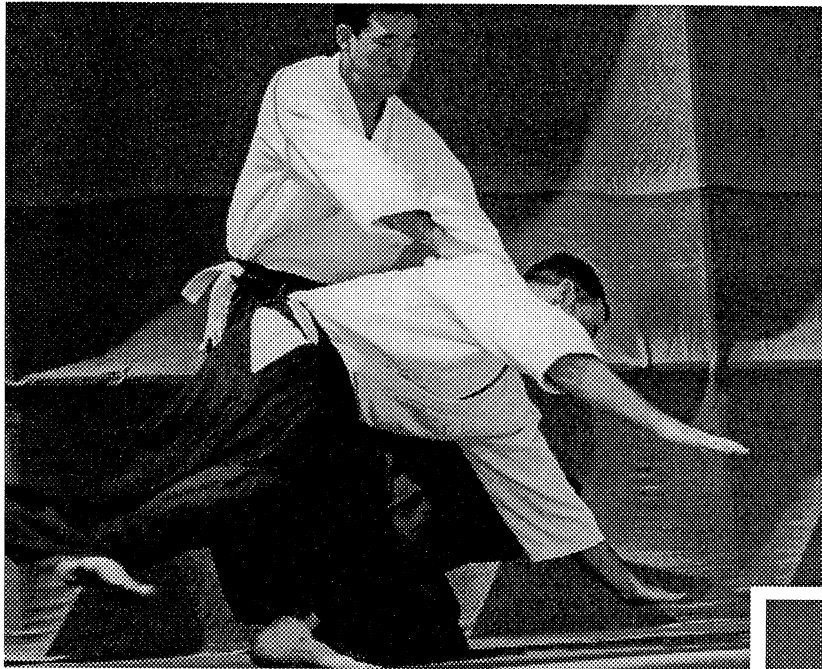


Gary Myers, Iaido Department, demonstrating Seichuto.

**Higashi Hongwanji Obon
Aikido Demonstration
July 24 & 25.**



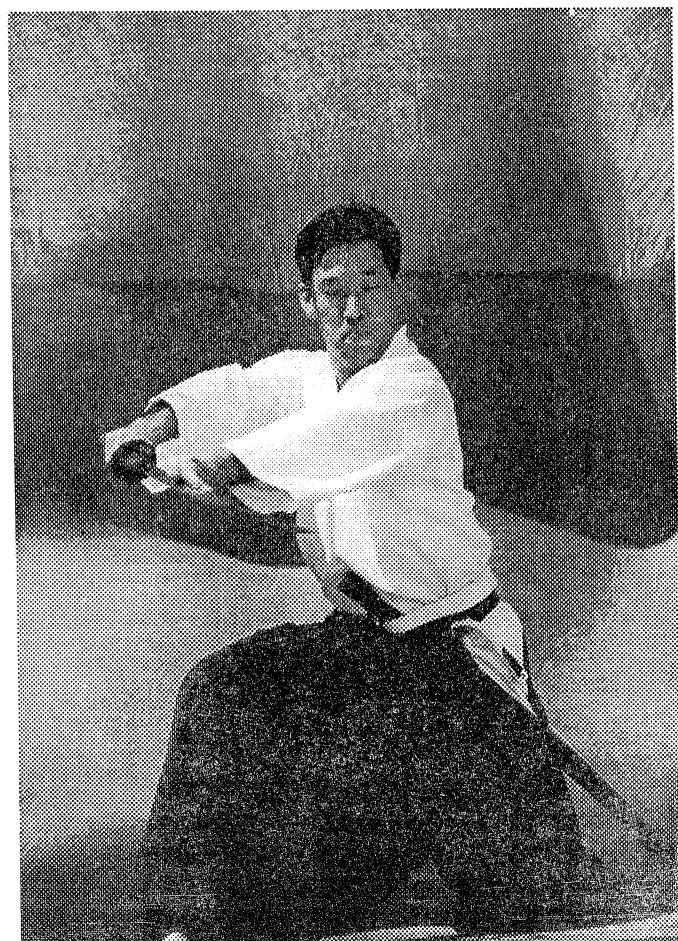
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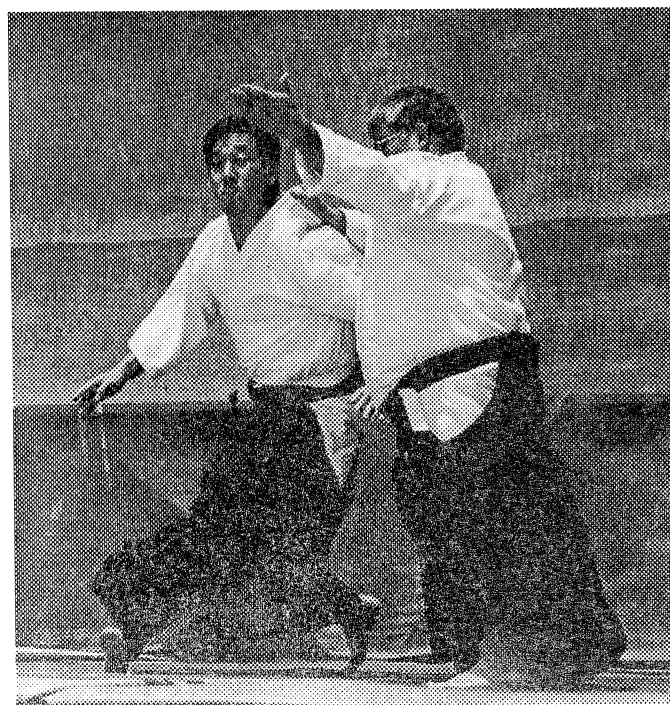
Higashi Obon Iaido Demonstration



Dr. Cheryl Lew executing shohatto. Right: Dr. George Nakashima demonstrating Uto.



Ken Watanabe: Hasegawa Eishin Ryu.



Sensei's demonstration. Sensei coordinates the Higashi Hongwanji Obon Demo every year. This year was a particularly big success.

Join Our Children's Class: Bring A Friend!



Everyone Welcome!
Classes on Sunday mornings from 9:00-10:00am. Kids 5-16 welcome. Parents are also welcome to practice with their kids as well.

Many Sincerest Congratulations To Doshu

There will be a celebration party for Doshu on September 25 as Successor to his father, the late Kisshomaru Ueshiba Doshu. Sensei received an invitation from Yonemochi Sensei of the Aikikai

World Headquarters. We thank him for his thoughtfulness. Unfortunately, Sensei may not attend due to the 50th Anniversary Celebration of the Japanese Chamber of Commerce in which he is an Honoree. We offer our support and commitment to our new Doshu. Best wishes always and much success always from Sensei and all ACLA members.

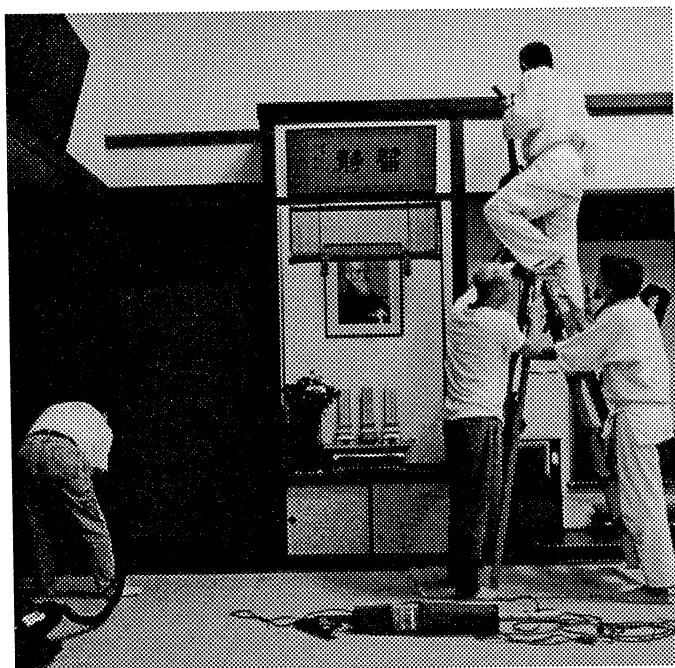
The Secret's In The Sauce

Reprinted from US News & World Report
July 12, 1999

Turns out marinades are not only tasty but also help reduce the risk of cancer. Researchers at the Lawrence Livermore National Laboratory in California and the University of Hawaii have found that marinading beef, pork, chicken, and fish dramatically reduces the concentration of cancer-causing agents called heterocyclic amines (HCAs), which form when high-protein foods are cooked at high temperatures. "There is no magic ingredient," says Mark Knize of the Livermore laboratory, but the combination of lemon juice, olive oil, mustard, cider vinegar, brown sugar, crushed garlic cloves, and salt (found in homemade and commercial sauces) reduced carcinogens by 92 to 99 percent. Pratibha Nerurkar of the University of Hawaii's Cancer Research Center tested a teriyaki marinade and a tumeric-garlic marinade and saw a two-thirds reduction. None of the ingredients seem to work in isolation, but Nerurkar suggests the high water content of marinades keeps meat from charring too much, thereby keeping HCA levels down. Apparently, there is no minimum marinading times.

Jia-Rui Chong

Dojo Clean-up



The Dojo greatly appreciates everyone's help with several Dojo Clean-ups in succession recently. We had to prepare ourselves for the History Channel filming, the Kodo video taping and for our Nisei Week Aikido Demonstration and our Nisei Week special lecture on Miyamoto Musashi. It was a lot of work. Many thanks for a good job. Thank you.

Sensei's Message:

Such A Great Tragedy & Waste: We Must Learn The Value of Life

I woke up as usual on Saturday morning, July 17, early for most people, around 3:30am, to begin my work. The first thing I did, as usual, was turn on the news. I was surprised to catch the very first announcement that John F. Kennedy, Jr.'s plane was missing. I followed the news all day, Saturday, Sunday, Monday, Tuesday. . . . From the very first mystery of where he might have landed, the possibility that he might have crashed into the sea, the realization that his crash was a reality, the realization that there could be no possibility of survivors, the search for the remains, the announcement of his death, along with his wife and his wife's sister. As I write, they are still searching for the remains, but funeral arrangements are proceeding. The nation begins mourning. Of course, many questions arise - still unanswered. All we know for certain - that it is a great shame, a great tragedy.

Although I don't know John F. Kennedy, Jr., I was in elementary school in class in the afternoon, when the announcement that his father, the President, was assassinated. I remember my teacher, Mrs. Richardson begin crying uncontrollably in class at her desk and I thought it was so strange - it was the very first time I had ever seen an adult person cry. For one whole week, we watched the funeral proceedings on tv - no cartoons, no movies - it was a devastating experience.

For many years, I never heard for what happened until recently, when John, Jr., grew up and became a celebrity. Not paying much attention to this aspect of the news, it was hard to identify (for me), the little kid to saluted his father's coffin many years ago, and the tall, handsome young man who was making the news as he was making young ladies swoon. Now he is dead.

I don't know why but I am very sad at his passing. I don't know why it has affected me so much but it has. I dreamed I was his Aikido teacher - yelling at him (like I do to my students) saying, "Don't fly. You are not good enough yet. What do you think you are doing? You do not have enough training!" So many people are mourning him now, where were they when he was about to get into that plane? Even his wife refused to fly. What happened here? I know. I see it all the time in our Dojo and everywhere around me.

It is so sad, yet, perhaps it wouldn't have happened if we were a little more careful. Perhaps, it wouldn't have happened if we were a little better trained.

As sad as it is, it is symptomatic of our society to think that we know everything. We are so clever indeed. We can do no

wrong. Everyday of my life I worry if I am teaching my students properly, correctly. I worry if I am giving them something that is truly useful and valuable to them. Something that will help them to grow, develop, become good human beings. As much as I think about this, the more strict and diligent I feel I should be. Yet, in our society today, it is a losing battle. There is so much ego. There is just so much pretention. There is so little respect for learning.

I had one student who used to ride a motorcycle to the Dojo. One time I told him to stop because the motorcycle was so dangerous. I am just an Aikido teacher - who am I to say what my students can do! He had an accident and broke his wrist. He had another accident and cracked his ribs and damaged his face. He had a third accident and stopped riding his motorcycle - he totalled it out and almost himself as well.

We live in a world of "no-responsibility." We want a good teacher to teach us good Aikido. But it doesn't necessarily mean that I have to do anything he says. We have lost the tradition of the teacher-student. We have replaced it with the clerk-customer relationship in our business money world. "I pay money for your product - you can smile at me and be nice to me as your customer but don't tell me what to do. Also, I am perfect and do not need to learn or know anything - especially from you!" This is how people see me today. People say today that we should let others just go ahead and make their own mistakes. "Why should we bother? What obligation do we have to others? Who cares? And finally (the proverbial bottomline), it's none of my business anyways!" And this is why we are in the world we are in today. This is the world we have created for ourselves. "Who gives a damn anyways and it's none of my business!"

If I tell such a famous person, "you have no business in that stupid plane of yours," I might lose a friend, a famous friend. I, myself, don't care. If it's wrong it's wrong. It's not for my sake, it is for the sake of others - what a "politically incorrect" concept. No wonder there are no students in the Dojo!

Recently, I have lost several of my senior students. They did not quit for any other reason than they feel that they know everything. They have nothing more to learn. "It's on to bigger and better things!"

We should never lose the spirit of learning, the spirit of seeking out knowledge. I see people leave because they feel they have learned so much but from my side, I don't see anything particularly special. Sometimes I only say, "too bad he's leaving before he even had a chance to learn anything!"

Aikido touches every part of one's life. To practice, you learn the art, but you must be honest and humble as well. What does honesty and modesty have to do with the art? What a waste! What a waste of our lives! This is the real tragedy.

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Amazon.Com Reviews:

A reader from Lahti, Finland, June 14, 1999 *
Good but NOT great**

I read the book after reading all the reviews and I must say that though it is quite good, it is not as good as the reviews tell it is. The focus of this book is grand, the spiritual side of classical budo training. But sadly it is leaning too much on very few sources, mainly Aikido and some sect of Zen Buddhism.

I am not putting these styles, sects down nor the book - as I said, it is quite good. But many budo-styles have quite different thoughts of the way and this book is too much to the esoteric Zen side of it after all. I would recommend it to all Aikido-and other aiki-art practitioners, but that's about it. Sorry!

mnkyonyrbk@aol.com for Tokyo, Japa, April 16, 1999 *****

Excellent, Excellent book. Highly recommended

This is the best book that I have ever read. Kodo is a must for any serious martial artist or human being. It shows us what is wrong with martial arts today. I saw Furuya Sensei on an A&E martial arts special. Everything he said was great. He is truly one of the best martial artist/teachers around today or ever! If you don't read this book you are missing out. Order it today!

A reader of Oklahoma, April 13, 1999 *** A
great book for martist artists in training or teaching**

This book changed the way that I trained in my Aikido classes. It has a lot of spiritual advice, great stories, great illustrations and wonderful insights. I loved it!

**Richard M. Garcia (RichGar@concentric.net)
from Arlington, Texas, March 27, 1999 *******

Of all the hundreds of martial books books I own, I keep coming back to this one. There is so much depth that several readings just won't do

A reader from Seattle, WA, March 1, 1999 ***
Excellent - Highly Recommended**

This book has absolutely nothing to offer. I highly recommend it.

**bdm@icx.net from Sevierville, TN, December #,
1998 *******

**A must read for those interest in training, not
rank.**

All martial artists will enjoy this book if they are interested in their training not their rank. This book is a compilation of Reverend Kensho Furuya's articles that he has written in the

past. These articles touch on points that all martial arts can relate to at least one point in their martial arts career and I am truly looking forward to the next work that Reverend Furuya puts together.

A reader, June 12, 1997 *** A Must Read
Primer for Martial Arts Philosophers**

I have added Kodo: Ancient Ways to the well worn section of my library! This book is a must for the serious traditional Martial Artist. Kensho Furuya's Kodo Column articles from over the years have been beautifully compiled in this book. It makes for an excellent read on many of the topical issues that face the modern Martial Artist immersed in a traditional Art-form. Many of the most asked questions faced by new students are dealt with using great anecdotes, and the wisdom of the Masters. A great reference.

Master Hsu's Students Visit Dojo



Master Adam Hsu's students visited the Dojo recently bringing gifts from Master Hsu on their recent trip to Taiwan. After watching our practice, Sensei, Ken Watanabe, Cheryl Lew and George Nakajima treated them to a "dim sum" luncheon at the Empress Pavilion in Chinatown.

CONGRATULATIONS

**Reservations Accepted
For The Japanese Chamber of
Commerce 50th Anniversary
Celebration. September 24.
Our Dojo Will Receive The
"Outstanding Cultural
Organization Award"**

Kid Wrists At Risk

Computer Injuries Can Start At Home Or In The Classroom

By Susan Gregory Thomas
Reprinted from U.S. News & World Report,
July 5, 1999

Bryan Christian's rapture with the technical began at age 5, when he received his first Atari. By the time he was 8, he had his own personal computer and a goal of becoming a programmer. But Christian's career plans started derailing as early as age 14, when he began to get stiff fingers and cramped hands after slouching for hours a day over the computer.

At first neither Christian nor his parents paid much attention, figuring the aches would ultimately ease. But they never did. At age 18, after just one semester as a computer science major at Virginia Tech, Christian could no longer type without excruciating pain, even when he wore gloves to keep his hands from going numb. Finally, he had to drop out of the department. "No one could believe that someone as young as (I) could develop repetitive stress injuries," says Christian. "Now because of them, I can't do what I've wanted to do my whole life."

Repetitive stress injury, or RSI, is a painful, sometimes debilitating nerve condition caused by continuous overuse of one muscle group. More than 20 million American adults complain of numbness and tingling symptoms, making RSI the No. 1 injury in workplaces as varied as meatpacking plants and insurance companies. But with children now spending hours a day on computers, feverishly typing and "mousing," repetitive stress injuries may be as likely to develop at home or in the classroom as at the office or the factory. According to David Rempel, director of the ergonomics program jointly run by the University of California - San Francisco and UC Berkeley, doctors are seeing an epidemic of nerve problems and joint diseases in college students, even though, he says, "you usually don't see these kinds of problems until people hit their 50's."

BAD HABITS

In the digital age, RSI, which includes the lower-arm injury known as carpal tunnel syndrome, affects the hands, wrists, arms, neck, upper back, and shoulders with numbness, tingling, pain, and tremors. In the beginning, the symptoms may be light and occasional, although they may become acute after a few straight hours of intensive computer use. But people with advanced cases of RSI often find it difficult to grasp a coffee mug.

The age bar for the onset of RSI is lowering, experts say, not simply because kids are starting on computers so young ("lap-

ware" is now being marketed aggressively for infants), but rather because children and teens are learning unhealthy computer habits early - and keeping them well into adolescence and adulthood. A key culprit appears to be furniture. According to a Cornell University study of children and ergonomics, there is a gross mismatch between children's diminutive proportions and the size of their adult workstations. The difference can be so extreme that it forces kids into awkward postures to compensate. "Over a third of (these positions), if we saw them in adults, we'd consider them high-risk postures," says study coauthor "Alan Hedge, an ergonomics professor at Cornell's College of Human Ecology. Often, he says, parents and teachers miss warning cues, mistaking them for harmless fatigue. A more alert observer is Robin Schiff of Brooklyn, N. Y., who teaches a popular method of posture improvement called the Alexander Technique. On a recent tour of numerous Web-enabled PC's at the Brooklyn Public Library, one of the best tech-equipped public library systems in the country, Schiff shudders at a typical scene: a third grader engrossed in a computer game, his tiny legs dangling from a tall chair in a way that cuts off his blood circulation. "That's creating a tourniquet-like effect," she says. And because the computer monitor is placed well above the child's eye level, he is bowing his back and jutting his head forward to focus, risking muscle injury. He is also straining the delicate bones and tissues in his wrists and arms as he reaches up to click a mouse on the adult-size desk.

These are habits and conditions that, if left uncorrected, can lead to permanent disability. But like most parents, schools, and libraries have overlooked designing workstations for young people. That's because concerns about posture are secondary to efforts to install the hardware and the pressure to comply with the Department of Education's Goals 2000 initiative to have a Web-enabled computer in every school by year's end. Further, as it turns out, specially designed ergonomic furniture can present practical problems. "We installed adjustable keyboard stands, and the kids broke them off," laments Elizabeth Martin, director of planning for the Brooklyn Library. "We had to remove our adjustable chairs because kids would elevate them to preposterous levels and bother other people by rolling around the library in them."

SIT UP AND STRETCH

The good news is that parents can teach their children how to make the best of kid-unfriendly workstations. "There are all kinds of ways to easily modify posture, and the sooner kids learn how to do it, the better ingrained those good habits will be," says Karen Jacobs, president of the American Occupational Therapy Association and teacher of a class she calls "Healthy Computing." The most important postures to maintain, Jacob says, are feet planted comfortably on the floor, the mouse arm raised no farther than elbow height, and the monitor at eye level. Chair too high? "Put your backpack underneath your feet, so they're resting on it," recommends

From Our Branch Dojo: Salamanca Kodokai

By **Santiago Garcia Almaraz, 2nd Dan**

At least, I now understand that everyone in the dojo must participate. I can't do everything myself.

The article in this (last) month's Newsletter made me think alot. I have the same emotions as in "Everything Is Fine, It's Perfect, I Don't Like It."

I had a meeting with all my old students to talk over several things I have begun to see in the dojo. They don't seem to have the dream to learn and they haven't the dream to teach others.

Nobody helps in the dojo. I repair the lights in the toilet, I write articles for the Newsletter and other publications, I translate, I talk with the magazines and search out other venues for the dojo. I prepare all the dojo activities - and all this is really too much for one person. Everyone does not need to stop their lives for this - but I must do it for everyone (as well as myself I guess).

I think a lot about this. New students are very active. One is named Juan Francisco. He lived in Japan for several years because his parents were in the diplomatic service. He has travelled a lot and , maybe, he will come with me this year to Los Angeles. I want him to meet you and the students.

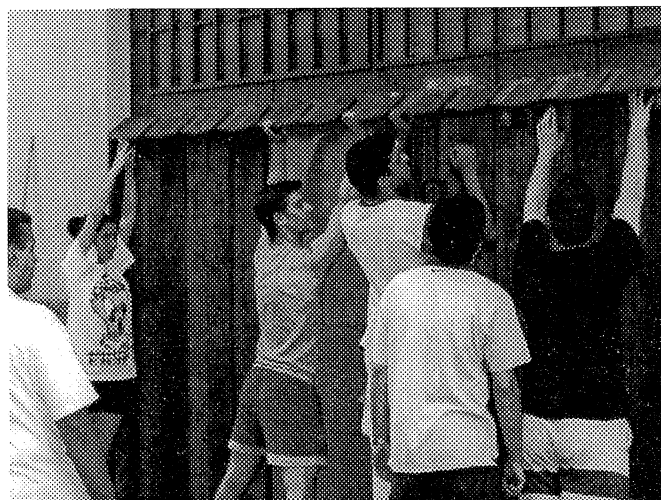
Anyways, he has given me a good idea. He has thought about the possibility of distributing all the jobs I do in the dojo. "We can do that stuff," he said. Everyone will participate creating a secretarial department, administrative department, public relations, etc.

Everyone was surprised with the idea. I have always done things for them in the Dojo and nobody ever gave me any appreciation. Now I think things will change a little. Everyone was very positive about it - except the *hakamas* who don't know what to do or what they want. Anyways, I think it is a good idea but this is only the beginning.

I have great news for the dojo. Many important things happened this month. The dojo is starting to awake interest in Salamanca. There is an organization known as *Ateneo De Salamanca*. The president of this association phoned me last week. He wanted to have a meeting with me soon. I think they want to have some support or they are looking for "fresh blood" anyways the meeting is a beginning.

The other great notice is about the Japanese Embassy. On June 22nd, Salamanca University and Japanese House had a meeting with Japanese culture as their program. A little Japanese music group played traditional and modern music.

Japanese music is a little difficult for me. Susana came with me too. We met some interesting persons. Kayo Ishida is an advisor for the Japanese Embassy. She is interested in our dojo. We talked about you and the Dojo and will send her the Newsletter. The other person we met is the personal secretary to the Japanese Ambassador, Masahiro Ogino. We also met one Spanish person who already knew about our dojo and will send us information about activities in Spain related to Japanese culture. We were happy to meet so many people and it was a great day. The name of the music group was Reigakusha and the type of music they played was Gagaku. Things go well in the dojo. I think people will help me more and have bigger dreams.. This weekend, we repaired some



things that were urgent. No black belts showed up. Six students helped me with the main door. It was a great job. This is a long letter. I am so sorry for my poor English, but I hope that you can understand all the things that I want to tell you. Always, Santiago.

Dear Santiago:

I have lotsa sympathy for you because I went through the same process with our Dojo - many, many times. As we delegate jobs to various students, especially black belts, we hope that they would enjoy the additional involvement and be honored with the extra responsibility in helping the dojo out. Yet, and I hope it is not so in your case, you will find that most students cannot continue their jobs or responsibilities and you must continually supervise them. You feel some ease because you know you can rely on certain people to take of matters in the dojo for you and before you know it, no one is doing it. In the Dojo, we always have people for demonstrations and special events but when it comes to hard work such as cleaning or repairs - suddenly - as surely as the sun rises in the morning, everyone disappears back into the woodwork. Of course, you must understand that this is only human nature. Yet, as a teacher, you will always hope that everyone will try to show their appreciation for your efforts. As long as you think this way, you may be in for disappointment. You do your job because that is what must be done - a "no-thank-you" job.

Aikido Center of Los Angeles
NEWSLETTER

Santiago continued:

Please keep up the good work. You may not always be able to play the "good guy" in the dojo but someday, they will understand what you are doing as they begin to understand what is the meaning of Aikido. Good luck, always.
Sensei

From Our Branch Dojo: La Puente Hacienda Aikikai

By Tom Williams, 2nd Dan

The summer session has begun at Hacienda La Puente Aikikai and a dozen new students have joined the practice at the dojo. This was especially significant this year since attendance has been falling off in recent months. Now we've almost doubled in size essentially overnight! It is important for the health of the dojo to maintain an equilibrium in enrollment, considering that the natural attrition rate is so high. The patience and assistance of the more experienced students is appreciated since the class slows down somewhat while we try to bring the new students up to speed.

Computers continued:

Jacobs. Craning your neck back to look up at the computer monitor? "Sit on a couple of textbooks or an old yellow pages," she says. Jacobs also recommends special stretches for kids to practice throughout the day. A screensaver highlighting these tips can be downloaded from AOTA's Web site (www.aota.org). Children often reflexively correct their posture when outfitted with furniture that fits their size, according to a follow-up study conducted by Hedge and his Cornell colleagues. Skools Inc. offers a computer table in the KinderLink line that can be adjusted to suit adults as well as kids, although it is pricey at \$875 and up. And Metamorphosis has a free-standing workstation, starting at \$749, with a work surface that can be tilted up or down. Height-adjustable keyboard systems, which can be bolted to the underside of a desk, are available at many computer stores for less than \$100.

But the burden of teaching kids good computing habits needn't lie solely with parents. Under the Individuals with Disabilities Act, public schools must hire occupational therapists. The therapists' main function is to assist children with physical disabilities, but they are also trained in computer ergonomics for children. AOTA administers a free, self-taught course and provides posters that model proper posture.

Christian knows his experience serves as a lesson. He remains disabled despite investments in splints, exercise classes, and all manner of ergonomically correct tables and keyboards. "This has been agonizing for me physically," he says, "but it's also been frustrating because none of my friends or family seemed to understand that the pain was real." But he's look-

ing for his own lesson in all this. His new major may be psychology: "I'd like to counsel kids with RSI."

Editor's Note:

When parents read this article, I hope they will realize how important correct posture can be. It is one of the essential aspects of Aikido training for all children in the Dojo. However, one must not think that posture is only good for computer-work. Good posture must be maintained throughout the entire day and every action requires correct posture. This is a good and very necessary habit to instill in all children. Posture is a major problem with adults and, in Aikido, it is easy to see how incorrect posture effect one's performance and concentration. Please make sure your children attend Aikido practice regularly so that these good habits are instilled strongly into the children's behavior.

Correct posture not only prevents RSI but good posture is very necessary for proper alignment of the internal organs, proper breathing allowing oxygen to flow freely to the brain and all parts of the body, and developing proper mental concentration and focus. Correct posture means proper balance and proper balance is required for all efficient movement. Efficient movement, balance, posture all lead to maximum health by decreasing negative or injurious physical activity.

July 8, 1999

Many thanks for your best wishes extended on the occasion of the installation in your newsletter. And thank you, too, for continuing to send the newsletter to me. I always enjoy it!

Please take good care. My best wishes for your continued successful efforts in your Dharma work. With appreciation,
Egyoku Nakao
Abbot of the Zen Center of Los Angeles

July 19, 1999

Once again, on behalf of the Pasadena Buddhist Church and myself personally, thank you for participating in and adding to our Obon Festival, 1999.

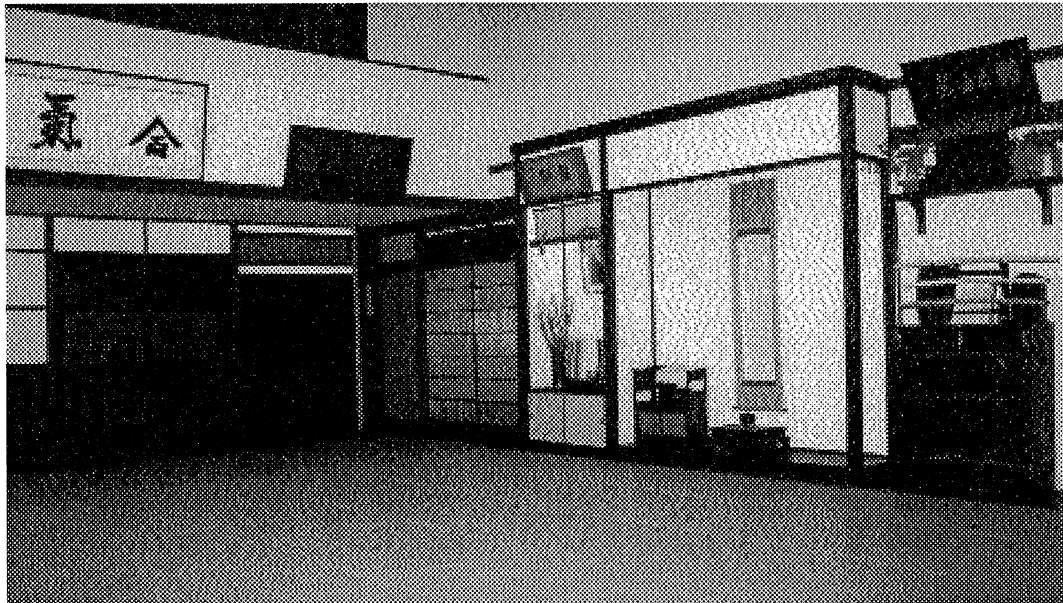
Due to your help and that of the other demonstrators, displayers, and helpers, the attendance continues to grow. And everyone concerned is very pleased.

The small token of appreciation being enclosed is from the Pasadena Buddhist Church, please convey our appreciations to your students also.

Best regards with respect to the growth and development of your Center, both numerically and in terms of both skill and depth. Gassho,
Rev. Tetsuo Unno,
Pasadena Buddhist Church

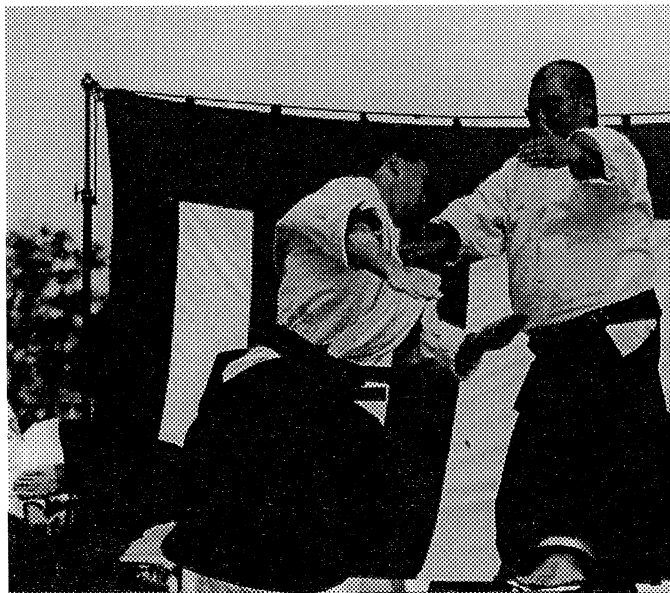
Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

*Let's Celebrate!
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Our Dojo's
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Anniversary
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Keep up the
Good Work*



Reverend Kensho Furuya, 6th Dan

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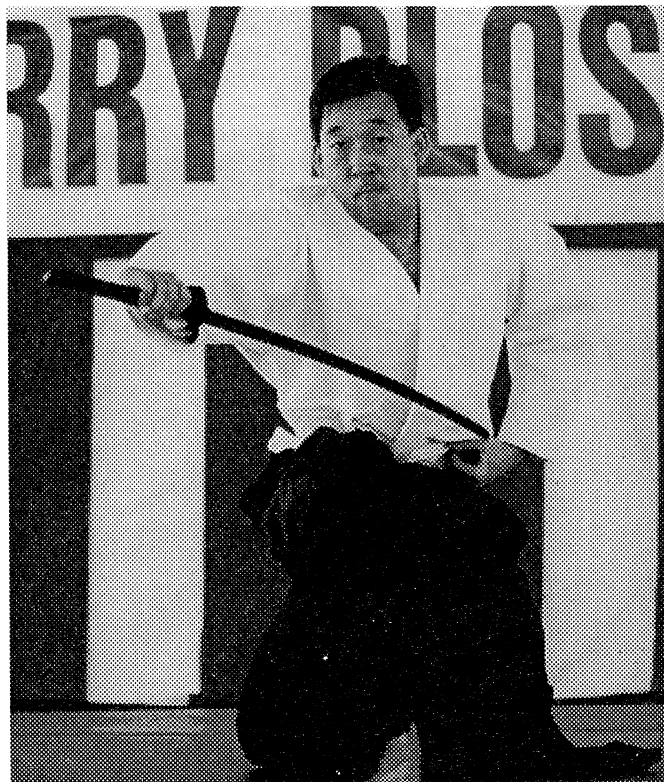
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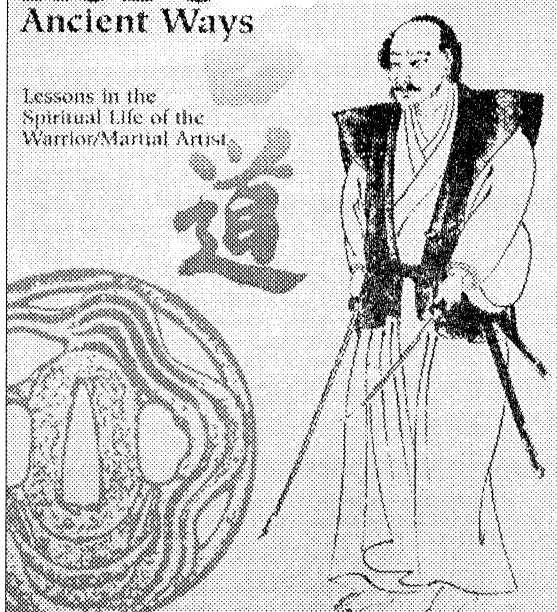
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aikido

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Highly Recommended Reading:
AIKIDO

By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.

關府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER

The main office of the Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673
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Phone: (213) 687-3673
Fax: (213) 687-3673
E-mail: aikido@acloa.com
URL: http://www.aikidoacloa.com

April 1, 1997 Volume XV, Number 4

In This Issue:
Dojo Treasure Arrives From Japan
Visiting Master Adam Hsu
Dojo Treasure Arrives From Japan
The group took to the fan back on Hironaka Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many more requests for his writing, some people are waiting to see his writing. Doshu has written more than three to four years. Recently Doshu finished the writing and returned it to Hironaka Sensei. Mr. Chikuma Hironaka of the Chikuma Dojo who recently moved to Los Angeles, had a chance to meet Doshu in February 2001. Chikuma Sensei will soon be putting out practice videos as he settles down with his wife in Los Angeles.

**ACLA 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.

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規範 合気道 基本編

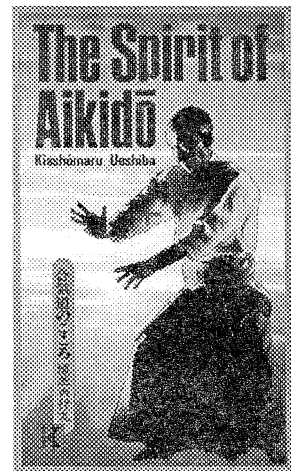
著者: 植芝吉洋丸
訳者: 植芝守央



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財団法人合気会・川版芸術社——発行

KIHAN AIKIDO

Fundamental of Aikido
By Doshu & Dojocho Moriteru Ueshiba
The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."



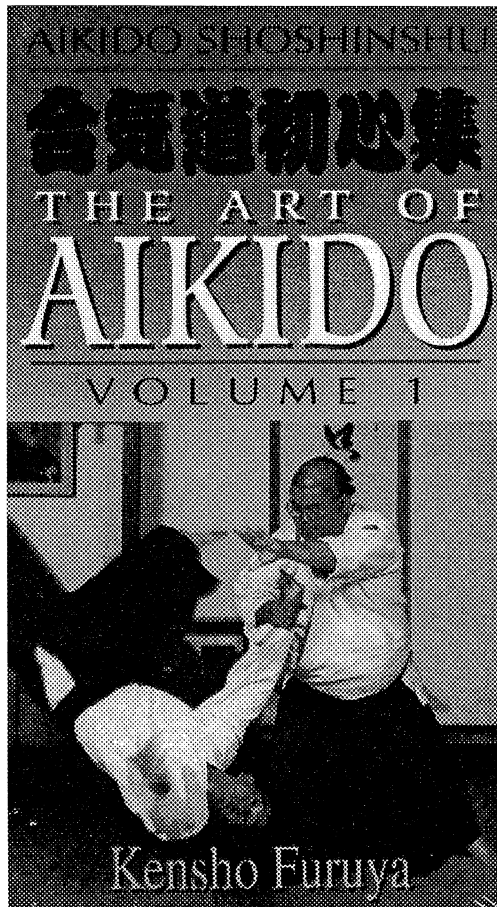
THE SPIRIT OF AIKIDO

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.

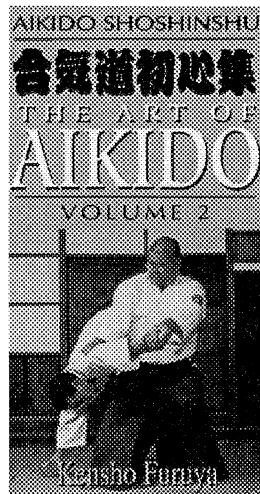
The Art of AIKIDO

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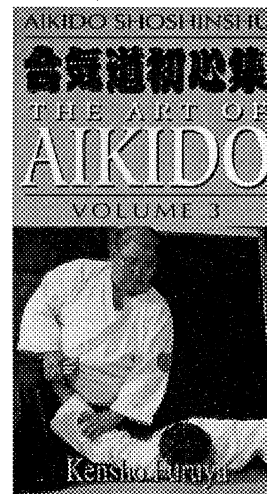
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



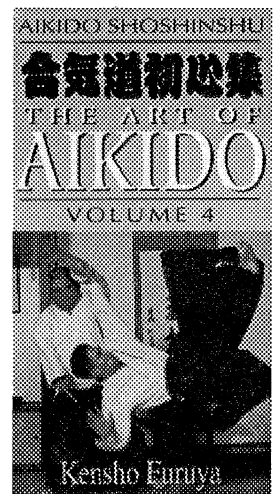
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



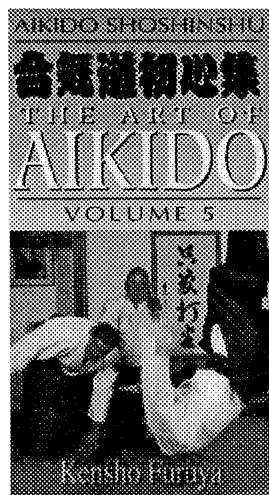
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



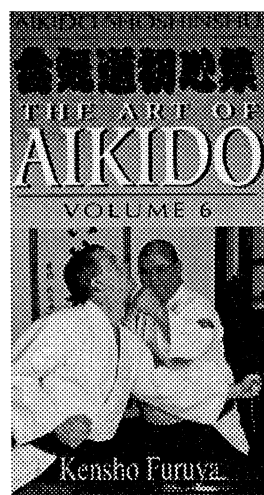
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



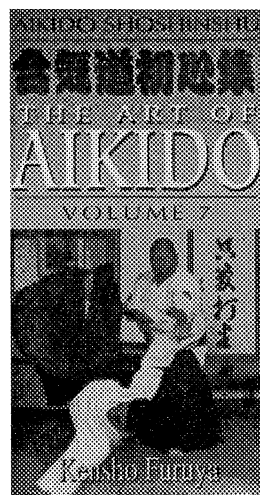
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



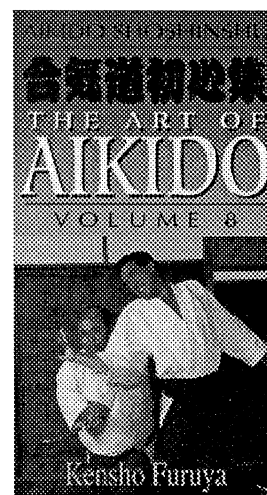
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



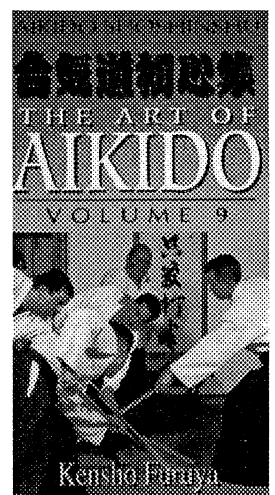
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro 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

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-11:15am

Saturday Mornings
9:00am-10:00am

CHILDREN'S CLASSES

5 - 16 yrs old

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

Affiliation

AIKIDO WORLD HEADQUARTERS
Aikido So-Hombu Dojo - Aikikai
17-18 Wakamatsu-cho
Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai. We hold no other affiliation; we are a not-for-profit school.

ATTENTION:

Please be very cautious of people misusing Rev. Kensho Furuya Sensei's name and the name of the Aikido Center of Los Angeles to promote themselves and their schools but have no connection with us, whatever they may imply or infer. We have experienced many such cases in Los Angeles and worldwide and we sincerely apologize for this inconvenience.
Aikido Center of Los Angeles

Iaido

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Saturday & Sunday Mornings
8:00am-9:00am

IAIDO INTENSIVE SEMINAR

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

AIKIDO & BUDO DISCUSSION GROUP

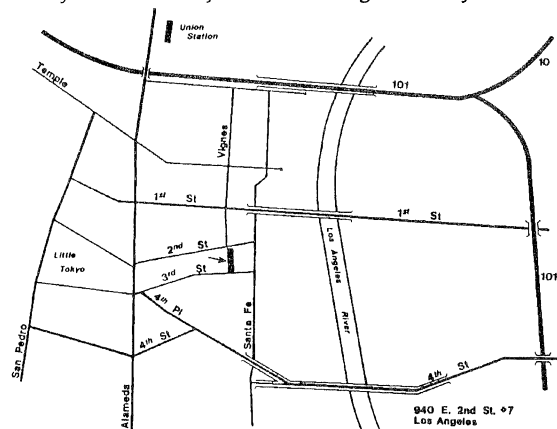
Every 2nd Wednesday of the month.
7:45pm-9:00pm

Group Study & Discussion

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

About the Dojo:

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 Aikido students alike, are cordially welcome to join our training. Thank you.



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. The **Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.