

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

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

Affiliations: The Aikido World Headquarters - Aikido So-Hombu Dojo Aikikai, Tokyo, Japan
The United States Aikido Federation, New York, New York
The Los Angeles Sword & Swordsmanship Society - Kenshinkai, Los Angeles, CA.
The Aikido Center of Santa Monica, Santa Monica, CA.



メリークリスマス

Merry Christmas
&
Happy Holidays



December 1, 1994

Volume XII. Volume 12.

*Wishing all students
and friends the very
best of the Holiday
Season. Thank you
for your support &
devoted training.*

Kensho Furuya
Aikido Center of Los Angeles



Greetings from:



Members of the Aikido Center of Los Angeles



Congratulations to Special Iaido Seminar Participants:

The following members successfully completed the Special Iaido Seminar on October 15th: Dr. Cheryl Lew, Diego Nunez, Ricardo Villaverde, Dr. James Doi, John Vargas, Robert Toji, James Nakayama (Chushinkan Dojo), Kristene Dryer (Chushinkan Dojo), Daniel Riordan (Santa Monica Branch Dojo), Javier Navarro, Jaime Gonzales, Neil Y. Chiamori, Jo Ann Chiamori, Steven T. Chiamori, Yuji Tabata, Robert Calvert, John O'Brien, & Guy Urata.

Many thanks to my Assistant Instructors: Gary Myers 4th Dan, Ken Watanabe 2nd Dan, Dan Yoshimura 1st Dan, David Samuels 1st Dan. 26 students signed up in total.



Roybal Federal Building Health & Fitness Expo October 26-27th.

On October 26th & 27th, members conducted demonstrations for the Federal Employee Health and Fitness Expo at the Roybal Federal Building in Downtown Los Angeles. Along with Sensei, participants were Ken Watanabe, William Gillespie, Kenny Furuya, and David Ito. Dr. Cheryl Lew was the emcee and added valuable medical comments on health.

"The Tao of Aikido" Book Photo Shoot November 1-4th.



"The Tao of Aikido" book photo shoot took place in Valencia at the Rainbow Publications offices on November 1st thru the 4th. Participants were Ken Watanabe, William Gillespie, Kenny Furuya, Andy Kissel and David Ito.

Halloween Party October 30th.



New Dojo Patches Now Available.

After 15 years, we have designed new dojo patches which have new colors and are 1/2 inch bigger than the old patches. The old patches are still appropriate to wear but please buy a new patch to support the dojo. Hope you like the new ones. Thank you.

Get Well Soon!

A big "Get Well Soon" to Mrs. James Doi, the "better half" of the James Doi Team, one of our senior instructors and members. A get-well card was sent by the members of the Dojo.

**Many Thanks to
Our Supporters &
Friends**

Happy Holidays!

Copies Unlimited

Japanese American Cultural &
Community Center JACCC

Japan America Theatre

Nisei Week Festival Committee

Rafu Shimpo

Tozai Times

Greater Little Tokyo
Anti-Crime Association
Mr. Satoru Uyeda
Mr. Brian Kito

Saito Travel Bureau

Miyako Inn

Rainbow Publications
MA Training

Unique Publications
Inside Karate

*Many thanks for your
support in producing
"The Art of Aikido"
Video Series*

Dr. James Doi
Mitsuko Yoshimoto
Yasushi Matsuki
Ken Watanabe
William Gillespie
Kenny Furuya
Andy Kissel
David Ito
Steve Sahl
Gabriel Zorilla
Steve Tarango
Sasi Prasertsit
Rey Espino
Meynard Ancheta
Dr. Cheryl Lew
Cromwell Ty
Genoveve Ty
Mark Ty

*Many thanks to those who took
time off of work for the "Tao of
Aikido" book photo shoot.*

Ken Watanabe
William Gillespie
Kenny Furuya
David Ito
Andy Kissel

NEW FROM UNIQUE PUBLICATIONS!

Aikido Shoshinshu

THE ART OF AIKIDO

A Nine Volume Video Series Featuring
Kensho Furuya

Kensho Furuya, Aikido 5th Dan brings over thirty-five years of experience in Aikido to a monumental nine volume series of highly instructional videos. Detailed, step-by-step instruction is easy to follow and clearly understandable. Furuya Sensei covers all aspects of training and takes the beginning student on an enriching journey through the physical and spiritual "Art of Aikido." Furuya Sensei is a student of Doshu Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan and is the resident Chief Instructor of the Aikido Center of Los Angeles. He is an ordained Zen priest, scholar and laido master of the sword.

VOLUME 1 (#AIK01)

- Remembering the Founder of Aikido and Doshu
- General Introduction to Aikido Techniques
- The Principles of Entering and Turning
- Keiko-Gi—The Practice Uniform
- The Meaning of Practice

VOLUME 2 (#AIK02)

- Basic Techniques
- Throwing and Joint Techniques
- The 5 Controls: Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo

VOLUME 3 (#AIK03)

- Aikido is Commitment and Perseverance
- Ukemi—Breakfall Training
- More Basic Techniques and Freestyle Applications
- The Principle of Tenshin
- Ki—Vital Energy
- Internal Breathing Exercises
- Training is a Lifetime Study

VOLUME 4 (#AIK04)

- Katate Tori Ryote-Mochi—Against 2-Hand Grip
- Ryote Tori—Against 2-Hand Hold
- Practice Serenity
- Rei-Gi Saho—Etiquette in the Dojo
- Koshinage—The Hip Throw
- Words of a Zen Master
- Words of Teshu the Swordsman

VOLUME 5 (#AIK05)

- Beginning Your Practice
- Going With the Flow
- Suwari-Waza Kihon—Basic Techniques from Sitting Position
- Gokyo—The 5th Control Against Knife Attacks
- Hanmi Handachi—Sitting Techniques Against Standing attacks
- Kokyu Dosa—Sitting Ki Development Exercise
- Katatori—Against Shoulder or Lapel Attacks
- Su-Nin-Kake—Negotiating Multiple Attackers
- Go-Nin-Kake-Randori—Freestyle Against 5-Man Attack

VOLUME 6 (#AIK06)

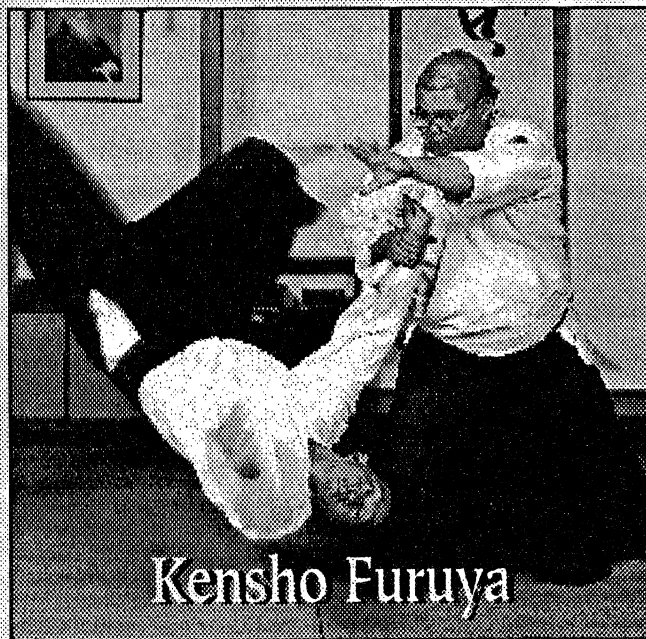
- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

AIKIDO SHOSHINSHU

合気道初心集

**THE ART OF
AIKIDO**

VOLUME 1



VOLUME 7 (#AIK07)

- Shomenuchi—Against Direct Thrusts
- Ushiro-Waza—Basic Techniques Against Attacks from Behind
 - Ushiro Katatetori Kubishime—Choke from Behind
 - Ushiro Ryote-Tori—Both Hands from Behind
 - Ushiro Ryohiji-Tori—Both Elbows from Behind
 - Ushiro Ryokata-Tori—Both Shoulders from Behind

VOLUME 8 (#AIK08)

- Atemi Waza—Use of Striking in Execution of Techniques
- Negotiating Kicks
- Tanto-Tori—Strategy Against Knife Attacks
- Aiki-Ken—Sword Training Fundamentals

VOLUME 9 (#AIK09)

- Jo—Introduction to Long Staff Fundamentals
- Black Belt Examination Requirements

Only \$39.95 each

100 Rules for a successful and happy life



1. Work hard
2. Do your best
3. Put your nose to the grindstone
4. Put your shoulder to the wheel
5. Be cheerful
6. Be loyal
7. Be brave
8. Be obedient
9. Be courteous
10. Be thrifty
11. Be kind
12. Be reverent
13. Do a good deed every day
14. Shine your shoes
15. Floss
16. Count your blessings
17. Think good thoughts
18. Don't be mean
19. Don't be rude
20. Don't cut in line
21. Don't call people names
22. If you can't say something nice, don't say anything at all
23. And be happy for the success of others, even if they don't deserve it
24. Don't waste your time with complainers and whiners
25. Tell them to leave you alone
26. Tell them to go away
27. Tell them to get lost
28. Tell them to take a hike
29. Tell them to get out of town
30. Tell them to put a sock in it
31. Tell them you'll be friends when they stop whining

32. And if *you're* the one who's whining — please quit — you're driving the rest of us crazy
33. Stop making excuses
34. Stop acting like a victim
35. Take some responsibility
36. Eat right
37. Don't eat so much
38. Don't eat so fast
39. Exercise more
40. Don't smoke; don't do drugs
41. And don't get drunk — it makes you stupid and you just get sick
42. If at first you don't succeed — try, try again
43. Don't ever quit
44. Don't ever give up
45. Don't be a wimp
46. Be tough
47. Be persistent
48. Be resilient
49. Be flexible
50. Be resourceful

51. Be smart
52. Be clever
53. Be strong
54. Be nimble
55. Be quick
56. If somebody needs your help — help
57. Be generous
58. Be giving
59. Don't be afraid to express your feelings
60. Don't ever give up your dreams
61. Stop waiting for the right time
62. Quit stalling
63. The time is now
64. Go for it
65. Get on with it
66. Do it yourself
67. It's nobody else's job
68. Be all you can be
69. Don't mix plaids and stripes
70. Be good to older people and kids

71. Be good to dogs
72. Be good to all living things
73. Tell the truth
74. Be dependable
75. Keep your promises
76. Pay your debts
77. Learn from your mistakes
78. Celebrate your victories
79. Write more letters
80. Send more flowers
81. Know that on a scale of 1 to 10 — you're a 10
82. Now act like one
83. Remember that you're just as good as anybody else
84. And not one bit better than anybody else
85. Don't take yourself so seriously
86. Lighten up
87. Don't frown so much
88. Things aren't that bad
89. Try singing out loud at least a couple times a day
90. And while you're at it, just break out dancing every now and then at work. With or without a partner. It'll amaze your friends and confuse your enemies.
91. Be friendlier
92. Laugh more
93. Smile more
94. Pat people on the back
95. Don't worry
96. Be happy
97. Giggle
98. Don't sweat the small stuff
99. It's all small stuff
100. Just do it!

Dojo Calendar Reviewing 1994

Jan. 1st - "Bansetsuan" signboard installed on Dojo gate.

Jan. 16th - New Year's Party.

Jan. 17th - Big earthquake.

Feb. 6th - Joint Practice with the Chushinkan Dojo of Orange County.

Feb. 12-13th. - Japanese Village Plaza Demo.

Feb. 21st. - Master Hsu Seminar.

April 10-15th - Students from Suganuma Sensei's dojo, Shoheijuku, in Kyushu, Japan.

April 16-17th - Cherry Blossom Fest. JVP.

April 24th - Sensei's Birthday Party.

April 26th - Aikido Founder's Memorial Practice.

April 29-May 4th - Omiya Dojo Joint Practice. 20 Aikidoists from Saitama, Japan.

April 30th to May 1st - Japanese Village Plaza Children's Self-defense Demonstration.

May 8th - Ladies Day Luncheon.

May 30th - Memorial Day Practice.

June 11th - Little Tokyo Anti-Crime Self-Defense Seminar.

June 19th - Master Hsu Seminar

June 26th - Richard Kageyama Sensei Conducts Shotokan Karate Workshop.

July 2nd - West Covina Comm. Center Demonstration.

July 4th - Special Aikido Workshop.

July 9th - JVP Tanabata Festival Demo.

July 9-10th - Lotus Festival in Echo Park.

July 16th - JACCC Children's Day Seminar.



Members of the Dojo Yellow Jacket Club

July 21st - JACCC Kid's Workshop.

July 23-24th - Higashi Hongwanji Demo.

July 24th - Pasadena Buddhist Church Demo.

Aug. 2nd. Santa Monica Branch Dojo opens.

Aug. 7th - Dojo Summer Bar-Be-Que.

Aug. 13-14th - Annual Nisei Week Demo.

Sept. 24-25th - Master Hsu Seminar.

Oct. 1st - Aki Matsuri in West Covina.

Oct. 1st - Grand Opening of the Santa Monica Branch Dojo.

Oct. 15th. - Special Half-Day Iaido Seminar.

Oct. 26-27th. - Federal Employee Health & Fitness Expo. at the Royal Fed. Bldg.

Oct 30th. Annual Dojo Halloween Party.

Nov. 1-4th. Rainbow Pub. Book Shoot for the "Tao of Aikido" book.

Nov. 16th. Video series, "the Art of Aikido" completes production.

This Newsletter is published by Kensho Furuya and the Aikido Center of Los Angeles. Annual Subscriptions are available for a \$25.00 donation. Each issue is \$0.95. Thank you for your support.

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Annual Membership Dues are now due.

\$25.00 per student.

**Thank you for your
support.**

Aikido Center of Los Angeles



Students cleaning dojo after practice.

O-Seibo

Envelopes are included with this issue for O-Seibo. During this season and for the coming New Year, traditional gifts of money are accepted to show your appreciation to the Dojo and to Sensei. The envelopes may also be used for your Annual Membership Dues or for annual subscriptions and or donations to the Dojo Newsletter which are also due in December for the New Year of 1995.

Sensei and the Dojo always appreciate your kind and generous support and thanks you for your continued devoted practice. Thank you again for all of your support. In Gassho.

*Rev. Kensho Furuya
Aikido Center of Los Angeles*



Important Dates:

December 1st: Monthly dues are due. Annual membership dues of \$25.00 are also due this month.

December 2nd. Sword Study Class from 7:30am

December 9th. Budo Study Class from 7:30pm.

December 17th. Intensive Monthly Iaido Seminar from 6:30am-8:30am. Monthly meeting/breakfast follows.

December 25th. Merry Christmas. No classes today.

December 30th. Year End Dojo Clean-up.

December 31st. Happy New Year. No classes tonight. No Monthly Intensive Black Belt Seminar this month.

January 1st. Happy New Year!

"The Art of Aikido" Video Series

On sale now. Please order through the dojo.

Each tape is \$39.95 each plus shipping and handling of \$5.00.

Nine volume set: \$300.00 including shipping and handling.

Thank you for your support.

Aikido Training Schedule

BEGINNING & OPEN CLASSES

Mondays thru Fridays
6:15pm - 7:15pm

Mondays & Thursdays
7:30pm - 8:30pm

Saturday Mornings
10:15am - 11:15am

Sunday Mornings
9:45am - 10:45am

ADVANCED & INSTRUCTORS' CLASSES

Wednesdays
7:30pm - 8:30pm

Saturdays
11:30am - 12:30pm

MONTHLY BLACK BELT INTENSIVE SEMINAR

Every 4th Saturday of the Month
6:30am - 8:30am

CHILDREN'S CLASSES 7 - 17yrs.

Sunday Mornings
8:30am - 9:30am

SPECIAL MONTHLY STUDY CLASSES

Japanese Sword Study Class
Every 1st Friday of the Month from 7:30pm-8:30pm.

Budo Martial Arts Study Class
Every 2nd Friday of the Month from 7:30pm-8:30pm.

Everyone is welcome to attend.

Kenshinkai

Japan Sword and Swordsmanship Society
Muso Shinden Ryu Iaido

Tuesday Evenings
7:30pm - 8:30pm

Saturday Mornings
9:00am - 10:00am

Sunday Mornings
7:30am - 8:30am

MONTHLY INTENSIVE SEMINAR

Every 3rd Saturday of the Month
6:30am - 8:30am
Monthly Meeting follows.

Santa Monica Branch Dojo

Tuesdays & Thursdays
7:15pm - 8:15pm

Sundays
12:15pm - 1:15pm

2300 Santa Monica Blvd. at Cloverfield Blvd.
In Santa Monica. Free Parking.

Sensei's Message:

I asked another Buddhist priest one day, "Why do you celebrate Christmas every year? Isn't strange for a Buddhist?"

The Priest replied, "It is a very beautiful custom here in America, why not? Even though I am Buddhist, it does not mean I cannot believe in Christ. I love the spirit of Christmas!"

Today, we have become very clever, intelligent people. We know what is cheap and we know quite well what is best for ourselves. No one can advantage of us, we are too clever for that. We know our rights! We have computers and money and with the power science, we think that eventually we can control everything. Unfortunately, we have forgotten what is simply beautiful.

People always say, "That's cheap!" or "that's fast." Nowadays, no one just says, "That's beautiful!"