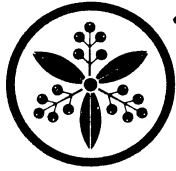


羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER



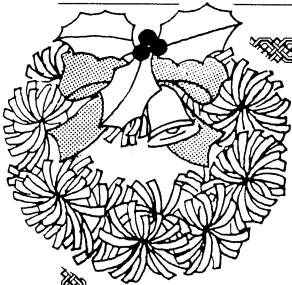
Please visit our  
new Dojo Website:  
[www.aikidocenterla.com](http://www.aikidocenterla.com)

Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673  
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 So. California Yamanashi Prefectural Assc.  
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95  
Donation

December 1, 1999

Volume XVII. Number 12.



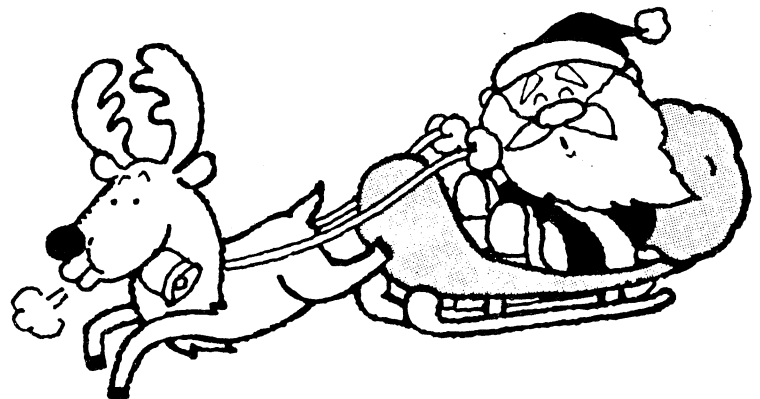
*Merry Christmas  
Best Wishes of the  
Holiday Season*

*Dear Students & Friends:*

*I would like to offer my sincerest Best Wishes for the Holiday Season. This has been a very eventful year for us as we meet the new millenium. We were honored with prestigious awards from the community, but we lost our beloved Doshu. I suppose this is just the flow of time and the changing of the seasons. We must think now of our committment to our new Doshu, Ueshiba Moriteru Sensei, and a new Aikido in a new age.*

*Please continue to support our Dojo and devote yourself to your training. Our Dojo can only be strong through your strength. Our Dojo can only continue through your continued devotion. I only pray I can competently pass on the wonderful gift of my teachers to you. In Gassho,*

*Rev. Kensho Furuya  
The Aikido Center of Los Angeles*

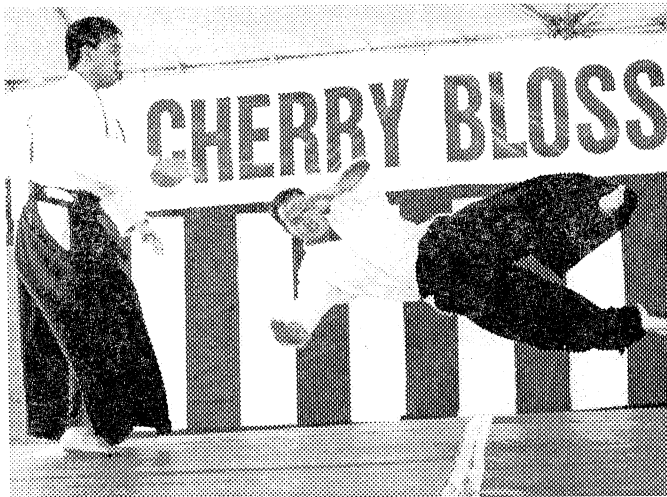


## Apologies:

We are in the midst of observing one year of mourning for the Late Doshu Kisshomaru Ueshiba Sensei who passed away earlier this year on January 4th. Because of this, we will not send out our usual Christmas or New Year's greetings. We would like to offer our simple best wishes for the Holidays in this Newsletter. Thank you for your understanding.  
*Aikido Center of Los Angeles*

## Greetings

To 3rd Doshu  
Moriteru Ueshiba Sensei  
All Members of Hombu Dojo



Ken Watanabe at the Cherry Blossom Festival in Monterey Park.



Cheryl Lew demonstrating Iaido at the Higashi Obon Festival

# Best Wishes for the New Year

*from*

The Aikido Center of Los Angeles  
Rev. Kensho Furuya

ACLA Children's Class  
Ken Watanabe

Los Angeles Sword &  
Swordsmanship Society  
Gary Myers

ACLA Yudansha-kai  
Black Belt Association

Advisory Board

Affiliated Dojos

Kodokai Salamanca Dojo  
Santiago G. Almaraz

Hacienda La Puente Aikikai  
Tom Williams

## Year End Schedule:

December 4th. Christmas Party.

December 18th. Bonen-kai: Forget the Year Party.

December 25th. Christmas Holiday.  
Dojo closed.

December 26th. Training resumes.

December 27th. Great Dojo Clean-up.

December 31-January 2nd. Dojo closed for the Holiday.

January 2nd. First Practice of the New Year.

January 4th. Doshu's 1st Year Memorial Service. Doshu's Mourning Period Ends.

January 16th. Kagami-biraki.  
Official Opening of the New Year.

Schedule is subject to change. Please keep in touch with the Dojo's current schedule. Upcoming events will also be posted on our new Website.

Doshu's 1st Year Memorial Service on January 4th will our most important ceremony of the year. All members are strongly requested to attend. All black belts and senior students are required to attend. No excuses will be accepted for this very important day.

**We now have our new Website,  
please visit us at:**

**[www.aikido centerla.com](http://www.aikido centerla.com)**

**See: Words from Sensei**

Please click on frequently. It will change continually.

# Dojo Fund Raising Campaign

## Donations:

Ms. Katsumi Kunitsugu \$100.00

Mr. Norman Lew \$200.00

Rev. Tetsuo Unno \$100.00

Dr. George Nakashima \$100.00

Mr. Jim MacDonald \$100.00

Master Adam Hsu \$200.00

Honorable Peter Lichtman

\$1,000.00

Mr. Mark Ty \$300.00

Dr. James Doi \$1,000.00

Dr. Taitetsu Unno \$100.00



Many thanks for your generous and kind support.  
We hope others will follow your example because  
we are far from our goals. Thank you,.

*Aikido Center of Los Angeles  
Rev. Kensho Furuya*

## **1999 Year In Review**

### **January**

January marks the opening of the new Salamanca Dojo in Spain

January also marks the passing of Kisshomaru Ueshiba Doshu and one year of mourning in respect.

January 2nd. New Year's Practice.

January 4th. Doshu passes away.

January 6th. Memorial Service for Doshu.

January 10th. Sensei participates in New Year's Greetings Shikishi Exhibition at the JACCC.

January 13th. Public Memorial Service for Doshu by Zenshuji ministers.

January 17th. Kagami-biraki. Dojo Opens for the New Year. (Cancelled)

January 19th. It is announced that Moriteru Ueshiba is Doshu's successor and the 3rd Aikido Doshu from Hombu Dojo, Aikikai.

January 23rd. Richard Bustillo, IMB Academy, Kali Eskrima Seminar in the Dojo.

### **February**

February 10th. Da Camera Society sponsored Aikido Demonstration at the St. Francis Cabrini School in Inglewood.

February 17th. The late Bishop Kenko Yamashita's 1st Year Memorial Service.

February 19. Iaido Seminar at the LAPD.

### **March**

(March 12th. Dojo Open House, Salamanca Branch Dojo, Spain.)

March 14th. Visit by Masatake Fujita Shihan from Hombu Dojo.

(March 16th. Special Children's Demonstration, Salamanca Branch Dojo.)

March 27th. Little Tokyo Public Safety Seminar.

March 27. Interview with Centuron Negro from editor in Guadalajara, Spain.

March 31st. Dojo Membership Meeting.

### **April**

April 3rd. Hanamatsuri Aikido Demonstration in the Japanese Village Plaza, Little Tokyo.

April 17th. Cherry Blossom Festival at Monterey Park Civic Center.

April 26th. O'Sensei's 30th Memorial Service in the Dojo.

(April 29th. O'Sensei's Memorial Service at the Aiki Shrine in Iwama, Japan.)

**Aikido Center of Los Angeles**  
**NEWSLETTER**

## **May**

(May 8-9th. O'Sensei's Memorial Service in Tanabe City, Wakayama, Japan.)

## **June**

## **July**

July 8th. Taping of interview for History Channel cable special to be aired in November.

July 17th. Pasadena Buddhist Church Obon Aikido Demonstration.

July 24-25th. Higashi Hongwanji Obon Martial Arts Festival.

## **August**

August 8th. Nisei Week Aikido Exhibition

August 15th. Nisei Week Sword Arts Lecture in the Dojo.

August 15th. Dojo members participate in the Nisei Week Parade in Haruhime Procession.

August 21-22nd. Nisei Week Book Festival at the JACCC.

August 21-22nd. Nisei Week Martial Arts Exhibition at the Higashi Hongwanji Buddhist Temple.

## **September**

September 1st. New Dojo Website installed.

September 6-27th. Santiago Garcia Almaraz from Salamanca, Spain, undergoes special month training in the Dojo.

September 6th. First joint with Salamanca and Hacienda La Puente Branch Dojos.

September 19th. Dojo Fund Raiser.

September 24th. Dojo honored at the 50th Anniversary Celebration of the Japanese Chamber of Commerce, Hyatt Regent Hotel, Downtown.

## **October**

October 22nd. Sensei 10th anniversary of his ordination as a Zen Priest. Party at the New Otani Hotel.

Scheduled:

## **November**

November 31st. Cable History Channel airs special with Furuya Sensei interviewed.

## **December**

December 1st. Part II of History Channel special program with Sensei interviewed.

December 27th. Great Dojo Clean-up.

## **January**

January 2nd. First practice of the New Year.

January 4th. 1st Year Memorial Service for Kisshomaru Ueshiba Doshu.

## Season's Greetings & Special Thanks for 1999

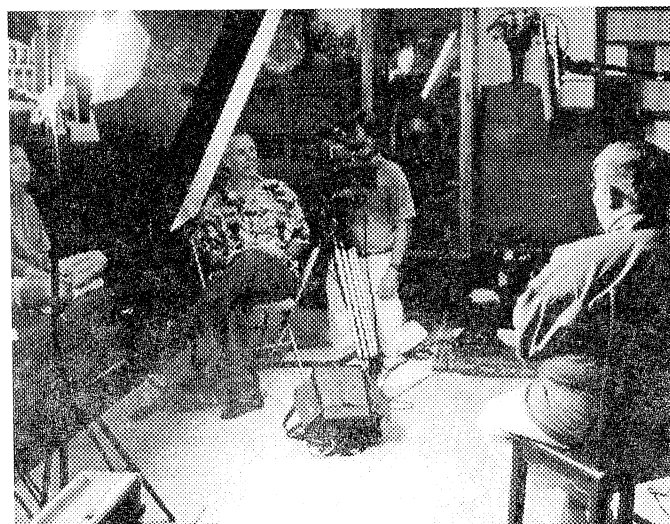
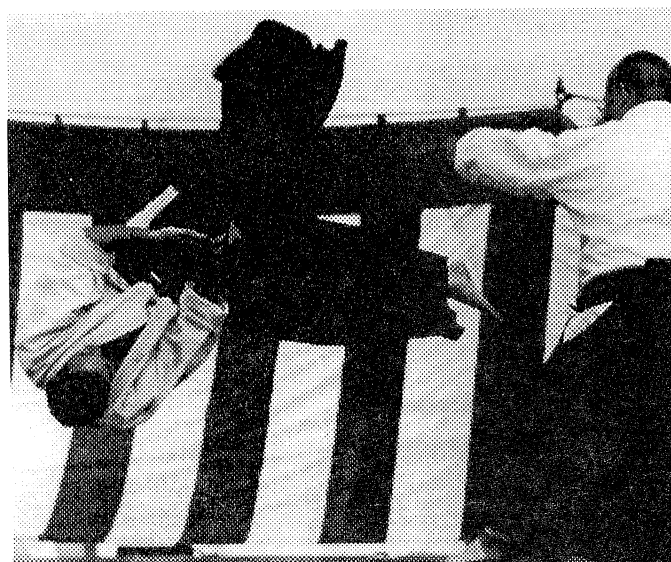
Japanese Chamber of Commerce  
Consulate General of Japan  
Little Tokyo Businessman's Association  
Little Tokyo Service Center  
Little Tokyo Sports Center Committee  
JACCC  
Copies Unlimited  
Nisei Week Festival Committee  
Japanese American National Museum  
Little Tokyo Public Safety  
Fugetsudo Brian Kito  
Da Camera Society  
Los Angeles Police Department  
LAPD Arrest & Control Unit  
Yamanashi Kenjinkai  
So Calif. Kenjinkai Kyogikai  
Master Adam Hsu  
(Traditional Wushu Association)  
Terry Yuan Shrfu  
Madam Fujima Kansuma  
(Kansuma-kai)  
Madam Sosei Matsumoto  
(Urasenke Konnichi-an Tea)  
Zenshuji Soto Mission  
Higashi Hongwanji Buddhist Temple  
Pasadena Buddhist Church  
Johnny Mori Sensei  
Kazunori Yamamoto Sensei  
(Shorinji Kempo)  
Richard Kageyama Sensei  
(Shotokan Karate)  
Helen Nakano Sensei  
(So. Calif. Naginata Assc.)  
Takafumi Hamabata Sensei  
(Goju Ryu Eibukan Dojo)

*Everyone Welcome!*

**Aikido Demonstration  
KODO Book Signing**

**Little Tokyo Library  
3rd & Alameda St.**

**January 15, 2000  
1:30pm**



Taping of History Channel Cable TV special. Above: Nisei Week.

## From 1999 Into 2000

This year marked a year of great change, perhaps this is a prelude to changes to happen in the new Millenium. This year, my most beloved and respected teacher, Kisshomaru Ueshiba Doshu passed away. This year we commemorated the 1st Anniversary of Bishop Kenko Yamashita's passing. This year marked the 30th Anniversary of the Aikido Founder's Passing. Yes, a year of great change, some would say a year of great transformation.

Our our Dojo's New Millenium will start with Kisshomaru Doshu's 1st Year Memorial Service. A sad moment to remember him and remember the past. Yet, we must look to the future as well and we must welcome and support the 3rd Doshu, Moriteru Ueshiba Sensei, who promises a new age for Aikido of growth and maturity. Indeed, Aikido has changed a great deal since I began as a wide-eyed youngster over 40 years ago. I must confess that for most of it - I understand "why," I don't necessarily understand, "what for?"

As great desperation brings great enlightenment, great sadness also transforms into great joy. It has been a year of great maturation for us. Our Nisei Week event was smaller in scale in some ways, yet probably the best year yet in many years of participation. This year, we were finally recognized by the community for our efforts at the 50th Anniversary of the Japanese Chamber of Commerce. For well-known, long time organizations, it must be "old-hat." For us, something very special. We developed two branch schools this year. I have resisted

During Memorial Service for Kisshomaru Ueshiba Doshu.



this for many years. And more out of circumstance and good karma, they just came to be, as far I can see. I welcome these events as a natural process of our growth.

As in all battles however, there are victories and losses. Old students have moved on and new students have come to take their place. To see such students leave is always the most heartbreaking process of being a teacher. I have made many compromises for my students this year - to please them



Our Nisei Week Lecture was a great success with year with a record crowd.

## Aikido Center of Los Angeles NEWSLETTER

### 2000 Continued:

more than to please myself. I think some students are happier perhaps. Not a really successful effort. Like a "ruler of clay," once you begin to bend and stretch it to your personal liking, its markers and their accuracy for which it exists becomes meaningless and useless. And as much as we must "go with the flow," there is a principle here which must remain "straight and unbending," or "going" and "flowing" are meaningless. For the teacher, it is always the eternal dilemma to weigh the interests of the students, the flow of the times, and established traditions and rules. However, it is not as simple as that, there is another underlying problem to balance personal interests, financial interests of the dojo and what it takes to be a good Aikidoist and have a good Aikido Dojo.

### The Selfish Ideal

Today, we admire selfish people. People who strive to become rich and famous are our models for living. We admire people who are clever in business - no matter many people they destroy or step on. We admire people who take what they want - no matter how many people must suffer. What has happened here? We have forgotten about our karma. Or, as we can call it in modern terms today, - accountability. This is a good word I learned from one of my students the other day.

As a teacher, the ideal is the *Bosatsu-gyo* or "Vow of the Bodhisattva." Bodhisattva are "near-Buddhas," like Kannon, popularly known as the "goddess of mercy," or "goddess of compassion." These are beings who are at the final step to becoming a complete Buddha but take a "vow" to never become a Buddha "until all sentient beings are saved first." As a teacher, we must put our students first. Not easy. Almost impossible without the understanding and commitment of the student themselves to learn and study. Once the student throws away his passion to learn and obsesses on personal gain and prestige - he has killed himself as a true student. In this case, the teacher can do nothing.

In contrast to "accountability," the two most dangerous words of this century are "self-esteem" and "motivation." Both are important energies which must come from within one's self - one cannot seek them from the outside or from another as we do today. We expect the teacher to motivate the student. This is fantasy. In fact it is, as we all know - the bringing of the proverbial horse to the water and making him drink it. A bad teacher would try to convince the student to drink the water whether he wants to or needs to himself. A decent teacher would provide adequate water for the student to drink. A great teacher would hide the water and make the student search it out for himself. (Today's teacher would simply bottle it, call it "pure" and "natural" and sell it to the student for money.)

### What Do You Really Want?

Do people know what they really want? Especially as we look to the new Millennium, do we really know what we want? The

other day I was sitting in a restaurant in Little Tokyo having my breakfast when two middle-aged Japanese American couples came in and sat down at the table near me. They talked very loudly so one could not help but overhear their conversation. One was so picky about how she wanted her eggs and this and that and finally she order it with ham. Questioning the poor waitress about the ham and finding out that it was processed ham and not freshly baked "real" ham, she went into a tirade about how processed ham was so bad for the body and how she would never think of eating it. Satisfied that she had personally educated this helpless waitress on the horrors of processed food, she said quite authoritatively, "I'll have the 'bacon' instead!" We are like this woman who chooses carefully as she can but really doesn't know one from the other or what's what.

We used say, "The East is East and West is West and never the twain shall meet." Well, they have met. It hasn't been a harmonious blending as we had hoped for; it's more like they inadvertently bumped into each other and got mix-ed up like that peanut-butter and chocolate Reese's candy affair one often sees on television. I was standing in the cashier's check-out line at a Japanese grocery store the other day and in front of me stood a tiny old Japanese lady of about 80 years or so. Quite normal here. But in front of her, and huge giant with brown hair and blue eyes wearing a black leather jacket and boots looking like a refugee from the Hell's Angel or, at least, one of its veteran members in the senior hierarchy. "How odd!" I thought. And as I noticed the cashier totalling the items of this strange customer, I noticed all Japanese food - *somen*, *enoki*, *takenoko*, etc. I was so surprised because even many Japanese locals do not know how to prepare these items. As she next began to total the items for the old Japanese lady - two slabs of New York steak and a quart of milk!

### Dojo Is Not A Sushi Bar

Even as we suffer, or enjoy, this cultural mix, I refuse, despite the objections of my students or anyone, to turn our Dojo into the sushi bar. For many, their only encounter with Japanese culture is the popular sushi bar. When they come to the dojo, they expect me to run up as say, "Irrashaimase!" (Welcome!). This is very common in stores and restaurants and any place of business in Japan and in Japanese businesses here. But it is not the custom in a dojo or temple or any place of learning or where proper etiquette must be observed. The student always greets the teacher first. It is important to make the proper greetings to the teacher whenever you see him. (This sounds like I am blowing my own horn, I am sure. I suppose it is the way I was brought up.) When I go to a dojo and see this "irrashaimase" attitude, I only think this is a business, not a place of learning. Sometimes, friends come up to me and say, "How's business!" and I always have to do this long tedious explanation why I am NOT a business and lose more friends this way. Our etiquette is very strict because it comes the tradition of the samurai warrior - a tradition of 800 years. Con't.



**Aikido Center of Los Angeles**  
**NEWSLETTER**

**2000 continued:**

I really hate to see it turn into "akinai-konjo," the traditional Japanese "businessman's spirit!" As a side note, businessmen in feudal Japan used to brag about their "businessman's spirit" and it was their ideal to be as "money grubbing" as possible. It was their motive to be exactly opposite of the samurai class. Of course, with the end of the samurai era, we are all businessmen now. No wonder an old samurai like me cannot make it in this world.

**Not What I Can Do, Not What I Want To Do - What We Need To Do In 2000**

We need to pay off all of our debts. Over the years, I have paid off most of it (hundreds of thousands of dollars) off, personally and privately, but we still have some left. The Dojo has never been able to stand on its own two feet by itself. This is a weakness we must alleviate (I doubt if we can "cure" it.).

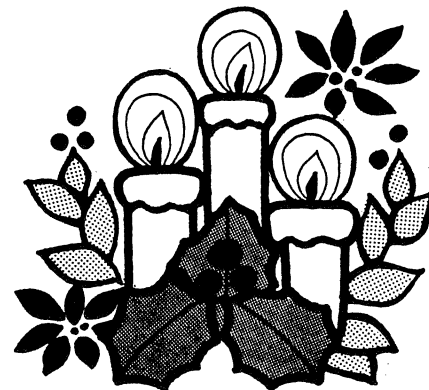
In connection with this, we will take steps to become a non-profit organization. As we become non-profit, we first need to establish a proper accounting system and organize a proper administrative system. In this process, students will need to take a more official position in the Dojo as Dojo Officers. This is a good and natural evolution of our Dojo.

Over the years, we have established a good reputation in the community, among the general public and among the martial arts community. Finally, we have been able to establish a long sought after direct relationship with Hombu Dojo. This is all very good as well. One of my dreams fulfilled.

In the year 2000, we need to establish a better, more constructive, relationship with other local Aikido Dojos. We are finally in the position to do this. This means that we have shed many restrictive political relationships so we have more freedom to move with other groups. Of course, it goes without saying, that we are always loyal to Hombu, to 3rd Doshu and to the spirit of proper and correct Aikido.

In relation to this, we do need to "internalize" ourselves. This means that we must strengthen ourselves through our own training and practice. I have been rather slack in the last several years and it hasn't produced the best results. I must find a way to compromise and discover a practice that all can participate in, yet at a level high enough to maintain a good standard of training. I would like to divide the students into various groups, so that we can specialize the training to fit the needs of beginners, intermediate, pre-black belt, and advanced. To do this however, I need many good, competent instructors. Training needs to begin with this in mind in the year 2000.

Our main drawback in the Dojo is Me! Deal with it. Or, at least, indulge me! I am old, I am poor, I am a priest with no one in the world and with no talent outside of a tiny bit of Aikido. I believe this deserves your compassion. Thank You.



## Correspondence:

Dear Furuya Sensei:

You were brought to my attention by your student, Mr. Tom Williams, who visited my Dojo earlier in the year. Mr. Williams is a great credit to your Aikido.

I have been a student of Aikido since 1966. Firstly under Chiba Sensei while he was in the U.K.. Since he left I have been with Kanetsuka Sensei.

During my years of training I have had the honor to study under many Hombu Sensei, and last year visited the Hombu.

I am a shidoin of the British Aikido Federation and a yondan which I received from Fujita Sensei in 1994 as my nidan and sandan were before.

We look forward to Fujita Sensei's return to the B.A.F. Summer School next year along with Yukimitsu Kobayashi Sensei who has taken part in our last 2 summer schools.

Well Sensei, Mr. Williams gave me some of your Newsletters. I was most impressed! To read a no nonsense, honest Newsletter is a rare thing today.

I would like to continue to receive it. I hope this covers it.

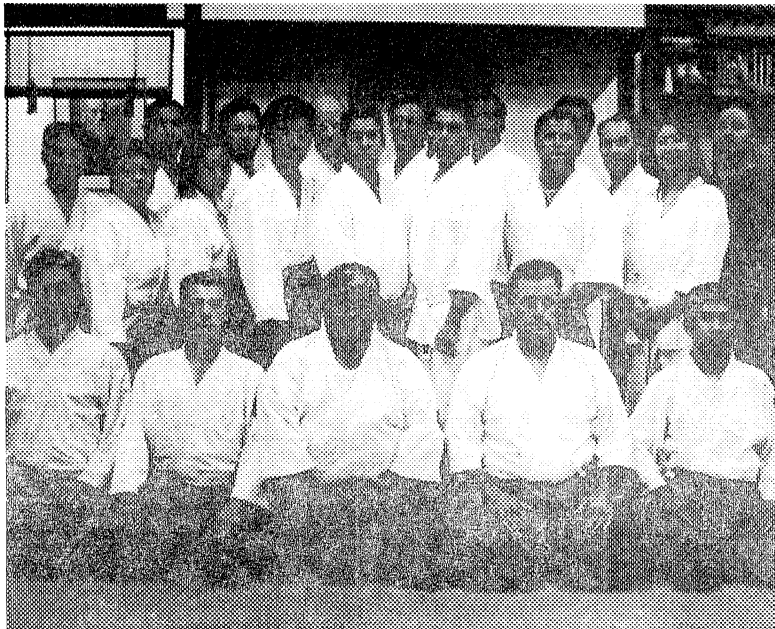
Mr. Williams also sent me a copy of your book, KODO, for which I will also be always grateful. I look forward to reading more of your work and views in the future. I am gratefully Yours,

Peter Gilliard

Sho Bu Kan

Shin Sho Bu Kan, Cardiff

**Aikido Center of Los Angeles**  
**NEWSLETTER**



First joint practice with our Salamanca and Hacienda La Puente Branch Dojos.

## **Dojo News: Eric Russell In Los Angeles**

Eric Russell visited the dojo on November 6th, while in Los Angeles on business. Eric recently relocated to the Bay area where he now works for Clif, the maker of energy bars, in promotions. Through the company, Eric will also enter about three or four triathalons throughout the country. Eric recently achieved 1st Dan in our Dojo.

## **Jim MacDonald Performs In First Edge of World Event**

Jim MacDonald was photo-featured in the Theater Section of the Los Angeles Times on November 4th. He participated in the First Edge of the World Event for small theaters across the country. Jim stars in Artshare Los Angeles' "Nosferatu/Angel of the Final Hour." Congratulations and Best Wishes.

## **Matt Burns: Our Computer Genius**

Matt, a former member of our Childrens' Class, is now a computer genius and is a specialist in websites. Matt recently came to the dojo to help Sensei with the Dojo's new website. Many thanks for all of your help.

## **Get Wells'**

We have several "Get Wells" to offer. To Adam Bennett's father who is not well with a heart condition. Also, to Larry Armstrong's uncle who is also not well, in Houston, Texas. Another "Get Well" to Gary Myers and his wife who caught a very bad cold. A belated "Get Well" to Cheryl who also caught a bad cold and shingles. Get Well Soon!

## **Holiday Friends**

Gary Myers, senior member of our Iaido Department, is the proprietor of **Yoshino Japanese Antiques** in Pasadena. Many nice gift ideas.

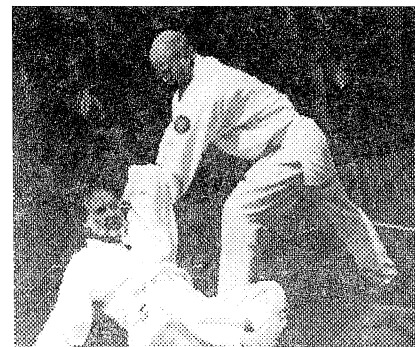
Nicolas Tanita's (Children's Class) mother, Carolyn, works at **Rafu Bussan** on 2nd St. in Little Tokyo. Many nice Japanese style gifts. Carolyn is also Ken Watanabe's cousin. Eric Nagamatsu's (Children's Class) father is a great dentist, however, I am not sure how appropriate a seasonal gift that would make.

Our good friend in Little Tokyo is Brian Kito, owner of **Fugetsu Do**, Japanese confections and many gift packs during the Christmas season. Also, Frances Hashimoto of **Mikawaya**.

Hint: Aikido books and videos also make great gifts and support the Dojo at the same time.



Eric Russell



Jim MacDonald at Hanamatsuri Festival.

## **Special New Year's Issue Coming Up**

We are looking for articles for our Special New Year's Issue. Articles about Aikido, the Dojo or your training, also nice clear photos are welcome. Please submit ASAP. Senior students, beginners, new students are all welcome to challenge your literary

skills. Articles will be edited for grammatical correctness and space. Articles should be no more than two type-written pages, double spaced.

Please refrain from writing about how much you love and respect Sensei. (No one will believe you!). Write about your personal experiences.

## **Annual Membership Fees**

Our \$40.00 annual membership fees are due January 1st. Please pay by January 1st, or before, not after. Any questions, please see Ken Watanabe or Cheryl Lew. These fees greatly help the Dojo during the lean months over the Holiday Season. We do greatly appreciate your support.

**Aikido Doshu  
Kisshomaru Ueshiba  
1st Year Memorial Service  
January 4, 2000**

**Memorial Practice  
6:30-7:30pm**

**Memorial Service  
7:45-8:15pm**

**Reception  
8:45-10:00pm**

Everyone is welcome to attend.  
Please bring your family and friends.  
For the dinner reception, please RSVP by  
December 27th. See Mr. Ken Watanabe.



Little Tokyo Public Safety Seminar. Satoru Uyeda participating.

**Announcement:**

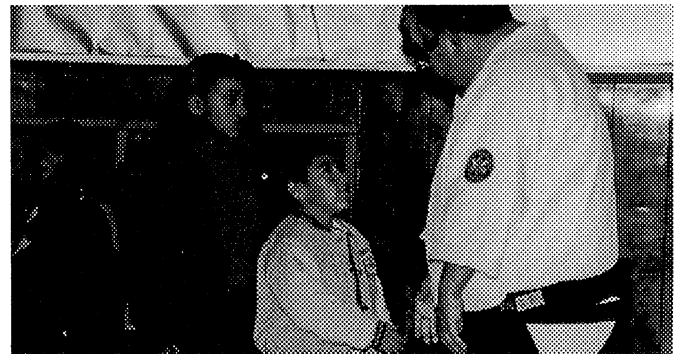
Due to the passing of Doshu, we postponed our planned anniversary celebration for one year.

This year we will celebrate the Dojo's 25th Anniversary, established in 1974, and Sensei 40th Anniversary in Aikido.

Please keep in touch for upcoming events.



Members of the Dojo. During the History Channel Special taping.



Demonstration at the St. Francis Cabrini School in February.



Members of the Los Angeles Police Department at the Dojo.

## Special Thanks

Dojo Instruction & Operations

*Ken Watanabe*

*James Doi*

Dojo Archives & Records

*Cheryl Lew*

*Larry Armstrong*

Legal

*William D'Angelo III*

Assisting Children's Class

*Norman Lew*

*Douglas Lew*

*Mark Ty*

### We Need A Few Volunteers:

We need students who have skills in carpentry, accounting and minor construction. We need someone to take care of the Dojo accounts. We have minor Dojo repairs and projects like new planters outside and filling up the potholes in the alley.

## Many Thanks To Our Newsletter Printers: Copies Unlimited

A small word of thanks and appreciation to Mike at Copies Unlimited for taking care of the printing of the Newsletter and all of the Dojo flyers and announcements. We appreciate their support.

**KODO Ancient Ways** makes a nice Holiday gift. Many of your friends are already on their third and fourth copy. A copy signed by Sensei is also very nice.

*Limited Edition Now Available Again:*

## OSHIGATA: Sword Rubbings of the Shitahara School

*Published 1995. By Rev. Kensho Furuya*



Gary Myers, Senior Assistant Instructor of our Iaido Department, Los Angeles Sword and Swordsmanship Society.



Fujita Masatake Shihan of Hombu Dojo meets our Black Belt Association earlier this year.



Richard Bustillo conducts Kali-Eskrima Seminar in the Dojo.

Aikido Center of Los Angeles  
NEWSLETTER

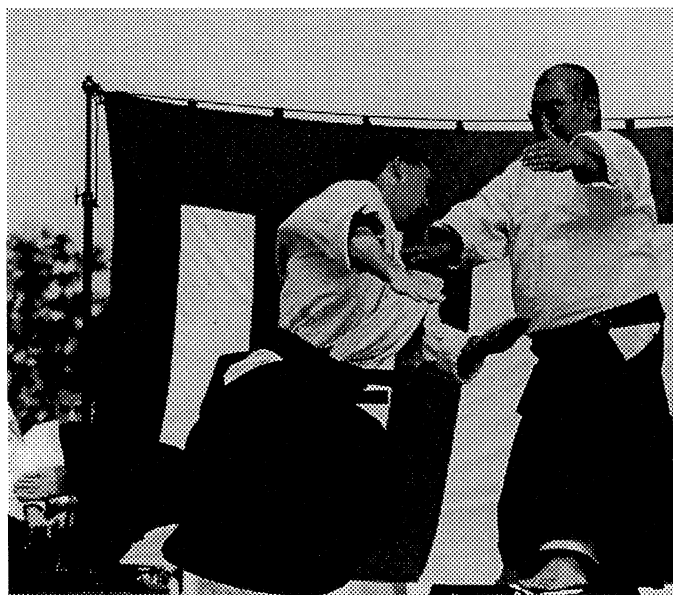
## Welcome To The Aikido Center of Los Angeles



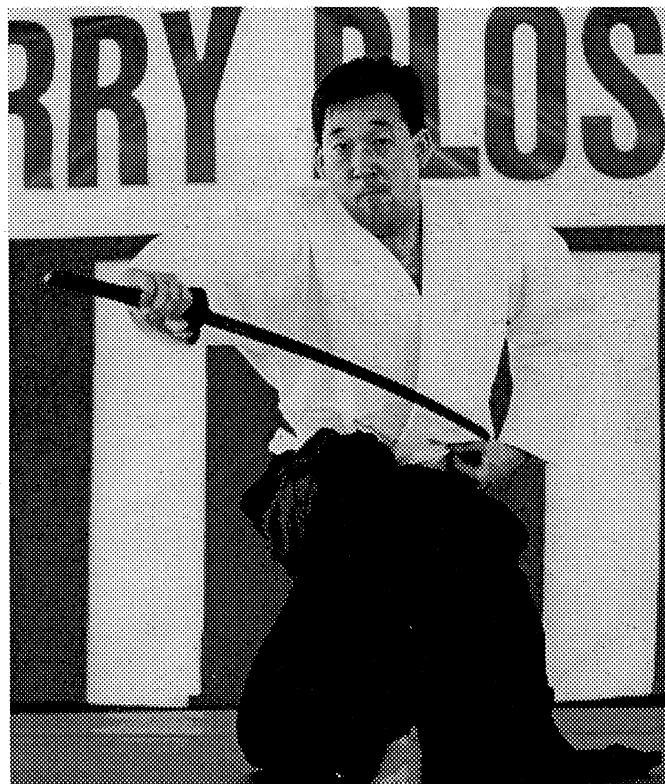
Aikido Center of Los Angeles

**This Year Is  
Our Dojo's  
25th Year  
Anniversary  
1974-1999.**

*Recipient:  
Outstanding  
Cultural Award  
50th Anniversary  
Japanese Chamber  
of Commerce 1999.*



Reverend Kensho Furuya, 6th Dan



## Japanese Swordsmanship Muso Shinden Ryu Iaido

We offer instruction in the traditional art of Iaido, the art of the Sword. 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. We welcome all interested students to join our training.

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# KODO

## Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist.



by Kensho Furuya

# 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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*Copies signed by the author on request.*

# AIKIDO

by Kisshomaru Ueshiba



Highly Recommended Reading:  
**AIKIDO**

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

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

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673  
Address: The Aikido Center of Los Angeles, 1110 Wilshire Blvd., Los Angeles, CA 90017, Japan  
United States Aikido Federation, Eastern Region  
Aikido Club, Los Angeles, CA (Original Source of San Francisco Branch)  
Aikido Club, Los Angeles, CA (Original Source of San Francisco Branch)  
Aikido Club, Los Angeles, CA (Original Source of San Francisco Branch)

April 1, 1997 Volume XV, Number 4

In This Issue:  
San Francisco Master Has His Waying  
Wang He Has San Francisco Aikido Club Has Its Own Master  
New San Francisco Aikikai  
Chang Sun's Visit to the U.S.  
Aikido Sunday  
Return to Los Angeles, CA

Dojo Treasure Arrives From Japan  
Get these last two issues of the Dojo Treasure members of the Dojo Treasure Arrives From Japan. Mr. Takayoshi Akemura, Taijudo Sensei and Mr. Tani Sensei, who presented Series with a beautiful, white fan. It was very good that the fan would be greatly enhanced if had Doshu's writing.

Visiting Master Adam Hsu:  
Master Hsu returned to Cupertino from Japan for a month and a half to give personal instruction and conduct his seminars and seminars throughout the San Francisco Bay area. Master Hsu is also working on his own book. Due to a persistent cold, Sensei returned to Japan. His visit was to celebrate the Chinese New Year's with him and his school on Feb. 10. He was able to arrange a trip from Feb. 21st through the 23rd to meet with the book club from. There who was scheduled to meet with Master

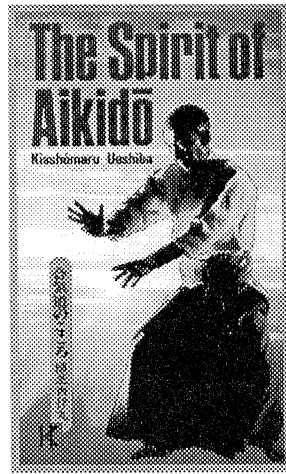
The group took the fan back to Hiroko Sensei, who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many more requests for his writing, some people according to Hiroko Sensei, writing more than 100 letters a day. Recently, Sensei finished the writing and returned to Hiroko Sensei. Mr. Chikara Ikegami of the Dojo Treasure who recently moved to Los Angeles, had carried it from Japan on February 21st. Chikara was well when he gave our practice as soon as she settled down with her job in Torrance

**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.

規範 合気道 基本編  
A128211 植芝吉祥丸 著  
A128210 植芝守央 著



**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.

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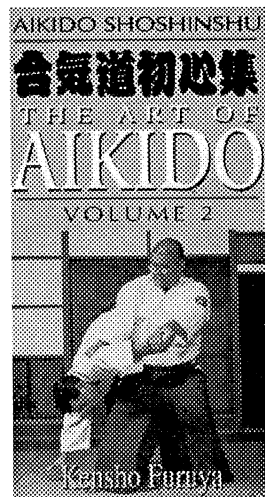
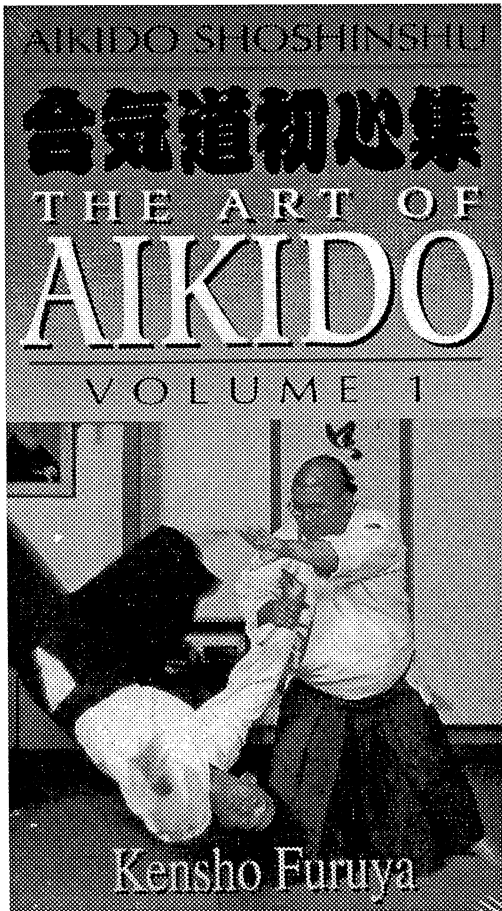
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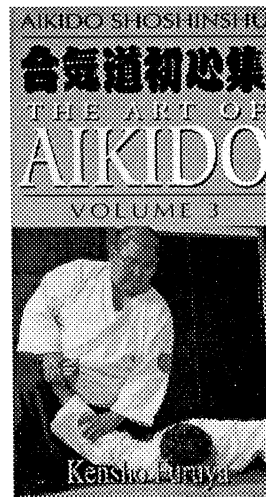
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

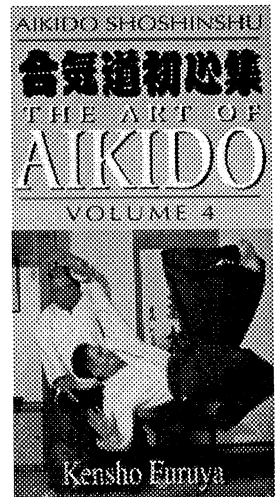
"Top Rated" - Karate Illustrated, "Impressive Scope" - Aikido Today, "Exhaustive" - Aikido Journal "One of the Best"



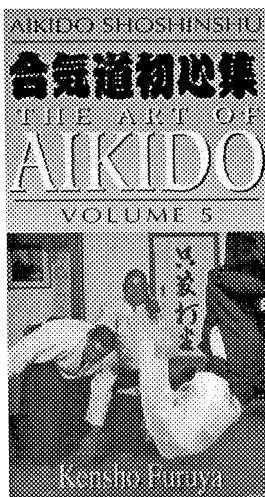
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



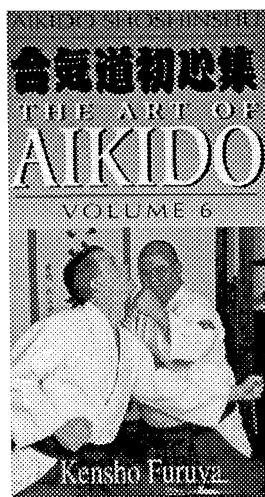
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



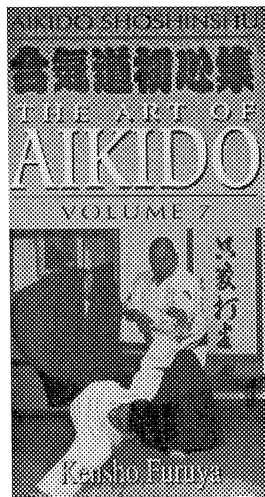
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



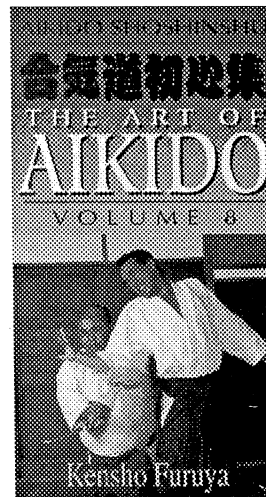
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



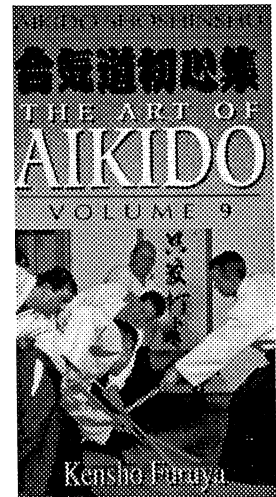
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



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

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.

# Aikido

## TRAINING SCHEDULE

### Adult BEGINNING

Monday, Wednesday & Friday  
Evenings  
6:30pm-7:30pm

**Intermediate-Advanced**  
Tuesday & Thursday Evenings  
7:45pm-8:45pm

**Open**  
Saturday & Sunday Mornings  
10:15am-11:15am

## 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. We hold no other affiliation; we are a not-for-profit school.

### ATTENTION:

Please be very cautious of people misusing the name of Rev. Kensho Furuya Sensei and the Aikido Center of Los Angeles but have no authorized affiliation with us. *Aikido Center of Los Angeles*

Dojo Website:  
[www.aikidocenterla.com](http://www.aikidocenterla.com)

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

### IAIDO INTENSIVE SEMINAR

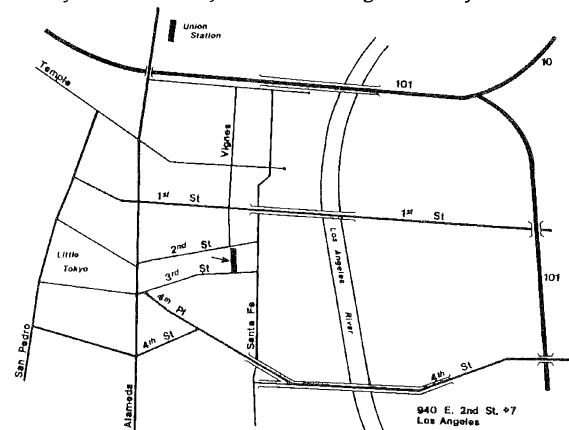
Every 2nd Saturday of the month.  
6:30am-8:30am

### 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.