

# 羅府合氣道学院古屋道場



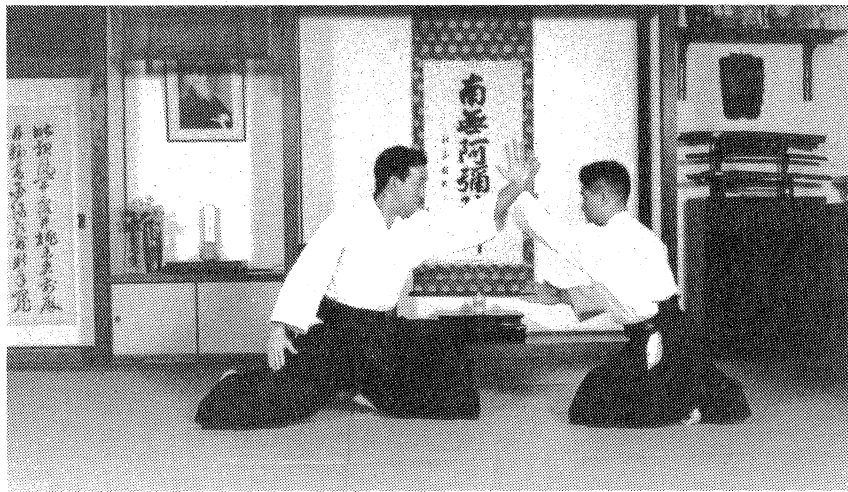
# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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90012  
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Affiliations: The Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, Tokyo, Japan  
The United States Aikido Federation Eastern Region, New York, New York  
The Los Angeles Sword & Swordsmanship Society, Los Angeles, Ca.  
The Aikido Center of Santa Monica - Branch Dojo, Santa Monica, Ca.

February 1, 1995

Vol. XIII Number 2.



Ken Watanabe & David Ito during photo shoot in January. Feature articles about our Dojo will be appearing in the next issue of Budo Dojo Magazine and in a cover story with Inside Kung-fu Magazine. Please watch for these up-coming issues.

## Thinking of the Future:

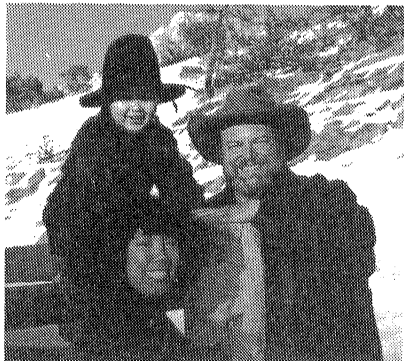
The year's begining is always a good time to think of the future and make plans for the coming year ahead. We make resolutions and promises to ourselves and others. But, if you are like me, they are soon broken. It is always wise to evaluate one's direction in life and see that one is, at least, heading towards his goals. Do we ever achieve our goals? This is another question. The Dojo is always a difficult matter to attend to. It requires attention, alertness and concentration; things most of us would prefer to ignore - especially after working hours. But these are things we can't ignore because they determine and quality and depth of our lives from one moment to the next.

When people come dragging their feet into the dojo, they are looking for a "lift," a "turn-on" or some form

of escapism or pleasure. Who wants Sensei barking at them to "wake up!" after a hard day's work? We have, without a doubt, become a pleasure seeking, leisure oriented society - in the very worst way. With all the distractions and gadgets we have at our disposal, we are still not happy. Indeed, we are searching for more thrills, more chills, more excitement. It is the age old vicious cycle of "the more we have, the more we want."

An acquaintance long ago had a good job, made good money, a beautiful wife, nice kids and a very nice house. He had lotsa friends and was very popular. But, he confessed to me that he was not happy. "Why," I asked. "I'm bored," he replied and somehow, to make a long story short, he lost everything he had in his search for "happiness." Nowadays, he says, "I never realized when I had it so good."

*Please support the Kobe Earthquake Relief at the JACCC*



The Tom McIntyre Family. Tom and his wife and child have moved to Wyoming where they will soon be opening a branch dojo of the ACLA. Tom is a world famous big game hunter and editor for Field & Stream magazine. He has writtin three books on the art of game hunting throughout the world.

The Curtis Westfall Family. Curtis sent a family photo for his Holiday greetings. Curtis is a senior Black Belt of the dojo and also one of the dojo's legal consultants.



### **Mochi Pounding for New Year's**



New Year's Mochi Pounding at the Centenary Church with Gary Myers, Ken Watanabe, Kenny Furuuya, Richard Eloriagga, Cheryl Lew and Sensei attending. The annual event was sponsored by Miles Hamada of the JACCC and Centenary Church.

# おめでとう

## **Congratulations**

### **10th Anniversary of the Omiya City Dojo**

**Isamu Ichizuka Sensei**

### **Bon Voyage!**

### **Garbiel Zorilla Returns to Mexico City**

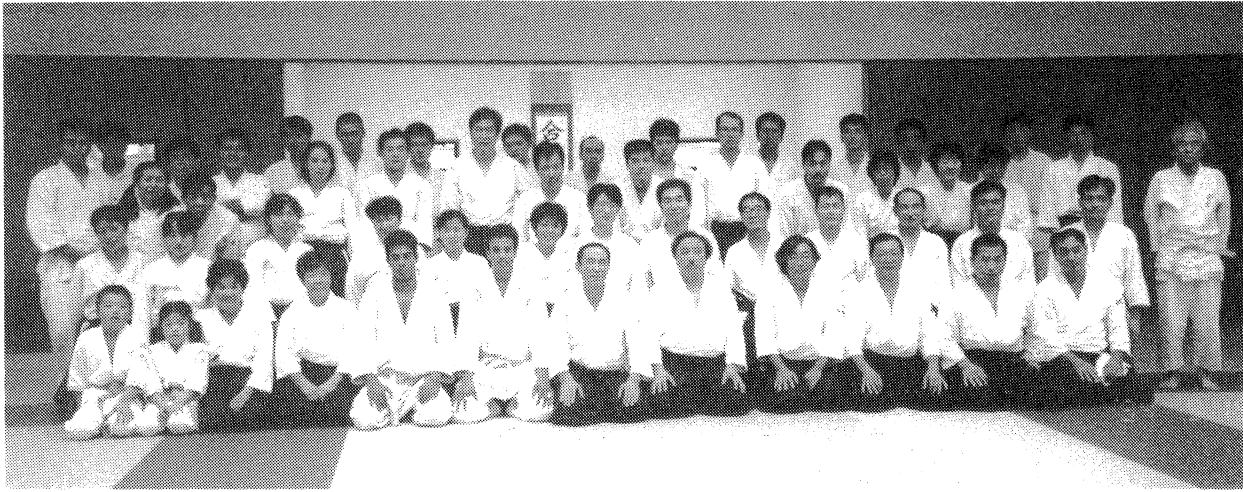
Garbiel Zorilla, 1st dan, returned to Mexico City, his home, after finishing his work assignment in Los Angeles on January 12th. He has plans to return to Los Angeles and join our dojo again at that time. He will be sorely missed in the dojo. Good Luck!

### **Upcoming Publications**

"Aikido, Simple and Effective Knife Technique" will be featured in an upcoming issue of Budo Dojo Magazine. "Training Methods, Old and New" will be in the next issue of Inside Kung Fu. Sensei's regular column, Ancient Ways, will appear in Martial Arts Training magazine, entitled, "Ancient Ways: The Book."

The manuscript for "Ancient Ways" the book, has been turned over to the publisher and Sensei is currently working on the "Tao of Aikido." Coming Soon!

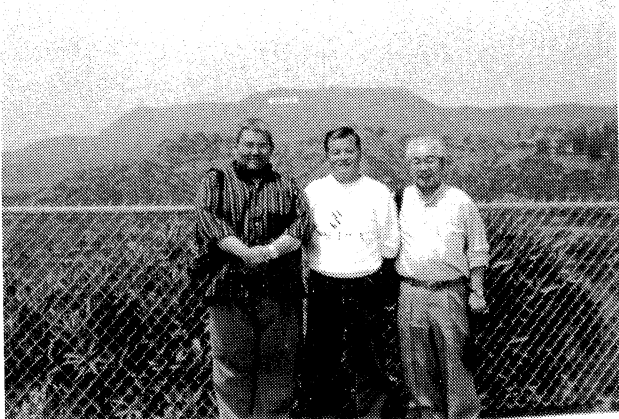
**Omiya  
 Dojo  
 Tayori**



Members of the Omiya Dojo during a recent seminar with Fujita Masatake Sensei, from Hombu Dojo. The Omiya Dojo under the direction of Ichizuka Sensei, 6th dan, celebrates their 10th Anniversary. David Ito, one of our assistant instructors will be visiting them for training in the spring of this year.



Fujita Sensei and Sakurai Sensei during one of their recent gasshuku. News from Ichizuka Sensei says that they are doing very well and wish everyone a very "Happy New Year." Fujita Junichi Sensei is one of the senior instructors at the Omiya Dojo who visited us with his wife this last year.



**From the Shoheijuku Dojo:** Mr. Hara and Mr. Hirakawa from Sukanuma Sensei's Shoheijuku Dojo in Fukuoka, Japan, during their visit to our dojo last year. With Sensei at the Griffith Park Observatory. Photo sent during New Year's

**Thinking of the Future continued:**

We can look at this man and say, "How stupid!" But, in the next second, we turn around and do the same thing ourselves. Why? Because, "we are only human." In martial arts, we say that we have both a "living giving" and "destructive" nature within us. We call this "in-yo" or the positive and negative aspects of our natures. Through our practice, it is important to accentuate our positive side and minimize the negative. We practice this in two ways. One way is through "change" and one is through "order." Order means to establish rules and standards for ourselves and determine that we are going to adhere to certain values in our lives. We must protect this and remain true to this whatever the circumstances. This is why, in the dojo, it is necessary to establish the strict program of training and duties. At the same time, we must understand change. Change does not mean to "run away," "give up" or "ignore everything." Change means "transformation." This is how we grow. Although both the ideas of "order" and "change" appear to be diametrically opposed to each other, they are not. Through order, we achieve transformation and mature. Through transformation and maturity, we create order for ourselves. This is the natural order of "in-yo." This should be a part of our Aikido practice - to maintain good habits of practice and discipline (order) and, through our practice, grow, mature and realize ourselves. We should be happy that we have this opportunity in our dojo. We are all born with our own happiness, we only don't realize it within ourselves. Let's help each other to achieve this in our dojo.

*Kensho Furuya*

## In Gratitude

Many thanks to the following people for their O-Seibo donations to the Dojo.

Mr. Tsuyoshi Kamitsuji  
Omiya Dojo, Saitama, Japan

Rev. Shin-etsu Fukushima  
Kotokuji Temple, Gyoda City, Saitama, Japan

Tim Shimono  
Woodinville, Washington

Tom McIntyre  
Kleiber, Wyoming

# LOPSIDED THINKING

By Tamaki Saeki. Reprinted from the Rafu Shimpo, Nov. 5, 1994.

...the father of Cognitive Therapy, Aaron Beck, stresses that our feelings and behavior are largely determined by our thinking, and how we structure our mind (consciousness) is based on attitudes and assumptions which are developed from our previous experiences (Beck, 1979).

For example, if a person has developed a belief that "unless I do everything perfectly, I am a failure." and interprets all her experiences in such a way, she would feel terrible and inadequate when she doesn't do everything perfectly even in situations that are unrelated to whether or not she is personally competent.

If we would like to change how we think in order to feel more positive, we must first check how we think in our daily life.

Because of our previous negative experiences, many of us have created "lopsided thinking" as a way of looking at our world. And, as a result, we feel sad, angry, frustrated, and depressed. Now, let's look at the following 10 ways of Lopsided Thinking. See if you practice any of these ways of thinking:

- 1. ALL-OR-NOTHING THINKING:** You see things in black and white, good and bad categories. If your performance falls short of perfect, you see yourself as a total failure.
- 2. OVER-GENERALIZATION:** You see a single negative event as a never-ending pattern of defeat.
- 3. MENTAL FILTER:** You pick out a single negative detail and dwell on it exclusively so that your view of all reality becomes darkened.

**4. DISQUALIFYING THE POSITIVE:** You reject positive experiences by insisting that they don't count for some reason or other. In this way you can hold on to your negative belief which is contradicted to your everyday experiences.

**5. JUMPING TO CONCLUSIONS:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.

**a. MIND READING:** You arbitrarily conclude that someone is reacting negatively to you, and you don't bother to check this out.

**b. THE FORTUNE TELLER ERROR:** You anticipate that things will turn out badly, and are convinced that your prediction is an already established fact.

**6. MAGNIFICATION OR MINIMIZATION:** You exaggerate the importance of things (such as you goof-up or someone else's achievement), or you understate things so that they seem insignificant (your own desirable qualities or the fellow's weaknesses).

**7. EMOTIONAL REASONING:** you assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true."

**8. SHOULD STATEMENTS:** You try to motivate yourself with shoulds and shouldn'ts, as if you had to be whipped and punished before you could be expected to do anything. "Musts" and "oughts" are also offenders. The emotional consequence is guilt. When you direct should statements towards others, you feel anger, frustration and resentment.

**9. LABELING AND MISLABELING:** This is an extreme form of overgeneralization. Instead of describing your mistake, you attach a negative label to your self, "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him. Mislabeled involves describing the event with language that is highly colored and emotionally loaded.

**10. PERSONALIZATION:** You see yourself as the cause of some negative external event which in fact you were not primarily responsible for.

Many of us think in these ways without realizing that they are "lopsided thinking." We operate our minds in these manners automatically because our thoughts are programmed by past data. We need to examine our ways of thinking and try to delineate and test some of the misconceptions and maladaptive beliefs we developed in the past.

It is also important to recognize the connection between our cognition (thinking), affect (feeling), and behavior (doing). If we substitute "lopsided thinking" with more reality oriented thinking, it will help us feel more hopeful and do things more effectively.

*Bring a friend to the Dojo.*

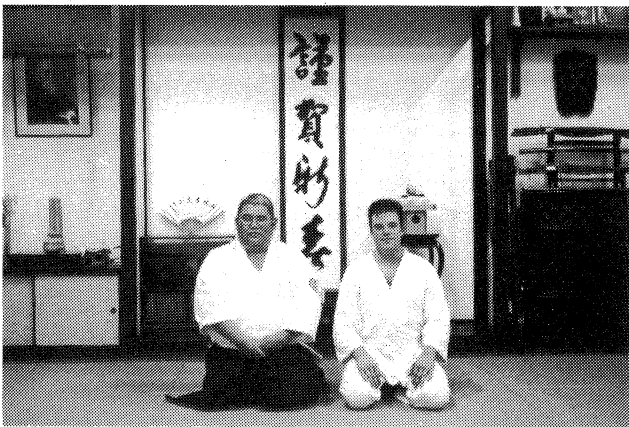
## KOBE EARTHQUAKE RELIEF

On January 17, 1995, a major earthquake hit the Kobe area leaving over 5,000 people dead and over 250,000 citizens homeless. Two weeks later, as of this writing, the residents are still suffering from lack of the food and clothing and now with a flu epidemic caused by a cold rainy season which followed the earthquake, it is now snowing at temperatures -1 degree centigrade in Kobe. We appreciate donations of new or clean used clothing, especially warm clothing - jackets, blankets and baby and children's clothing. Please - no electrical appliances and no perishable food. Canned food only. Sponsored by the Consulate General of Japan.

*Japanese American Cultural & Community Center  
244 South San Pedro Street (Little Tokyo between 2nd and 3rd Streets.*

**Seven Days a Week from 10:00am to 4:00pm until February 15th.**

### Good, Old Friend Visits Dojo: David Smith from the Omiya Dojo.



David Smith with Sensei. Calligraphy is by Sensei's Zen Master, Kenko Yamashita Roshi, and reads "Happy New Year." David is a student of Ichizuka Sensei of the Omiya Dojo and was in town on business. Unfortunately, he was only able to spend one evening with us on this trip. Come back soon!



Welcome party at El Serenata with (L to R) Ken Watanabe, Bill Gillespie Cheryl Lew, Ken Furuya, Andy Kissel, Rey Espino, David Ito, and our honored guest, David Smith. El Serenata is David Smith's favorite restaurant in Los Angeles. Good!

## WELCOMING Kawai Sensei, Kuki Dojo

We welcomed Kawai Sensei of the Omiya Dojo and Instructor of the Kuki Dojo in Saitama Prefecture, Japan who visited us on January 23rd. He arrived on the morning of the 23rd and left for Las Vegas on the 24th. After class at the Dojo, we had a small welcome party at the Tung Lai Shun Restaurant and later, coffee at St. Honore in Montebello. Everyone had a good time and we hope he will visit us again soon in the near future.

### Randy Williams, Close Range Combat Academy (Wing Chun Kung Fu) in Pittsburgh, Visits Dojo Jan. 18th.



Sifu Randy Williams (center) with Sifu Harry Wong, Arthur Ishii Sensei from the Shorinryu Karate Dojo and an old friend. Randy Williams was raised in Los Angeles, Little Tokyo.

Power Talk: by Andrew Dickson.  
Reprinted from Australasian Fighting Arts Magazine.  
Vol. 17. No. 3., Oct.-Nov., 1994.  
Edited for the ACLA Newsletter.

## Australasian Fightings Arts Magazine: **Power Talk. . . .**

By Andrew Dickinson, Glebe, Australia

"People come into Aikido wanting to be strong, wanting to be famous, wanting to be rich, wanting to be movie stars, wanting to be this, wanting to be that. And they are usually disappointed. . . ."

*Right in the middle of downtown L. A., just two blocks past Little Tokyo, tucked away in a row of warehouses, is a magnificently re-created Japanese Martial Arts dojo. The only give-away that East meets West in this old rail warehouse is the mass of bamboo that lines the front wall. As you step over that threshold to the entrance, the hum of L. A. drops away behind you and you are met by the serene and airy interior of an authentic Japanese Martial Arts dojo.*

*Everything about it is Japanese. It was even created using Japanese timber, by Japanese craftsmen. It is hard to believe that this dojo is in the middle of Los Angeles, California, USA. It doesn't quite seem to fit the mould of other American Martial Arts schools; Where are the stars-and-stripes gi pants and boxing gloves? And where are all the trophies?*

*But then again, the instructor is equally as unique as the dojo he created. Reverend Kensho Furuya began his study of Aikido in 1961. He received a university grant and completed a degree in Asian Studies, trained at the Aikido World Headquarters in Tokyo - under Kisshomaru Ueshiba Sensei, attended Harvard, began his own school teaching in Hollywood, began a column called, "Ancient Ways" for "Martial Arts Training," was President of the Southern California Sword Society, established the first official branch of the All Japan Battodo Federation, became an ordained Zen priest under Bishop Kenko Yamashita of the Soto Zen Buddhism Sect, accompanied Bishop Yamashita to speak at the United Nations in New York, and for the past 12 years, as well as writing for various magazines and working on several books, he has been running The Aikido Center of Los Angeles, fulltime.*

*Sensei, would you please tell me about your background in Martial Arts?*

I started Kendo when I was eight and then commenced Aikido training when I was 10 and, although, I stopped Kendo when I entered my college days, I continued my Aikido training from the age of 10 until today, and I am now 46 1/2 years old. So it's a good 35 years. I started Aikido in this country and in 1969, I went to Japan for formal training in Aikido at the Aikido World Headquarters. In my early days after I started Kendo, I studied Iaido under my grandfather's childhood friend, Takiguchi Sensei who, when he passed away recently, had just celebrated his 70th year in Kendo. He passed away at the age of 88 and had a Kendo career that spanned 70 years. He was my first and major influence in Kendo and Iaido. I also studied under Mori Torao Sensei in Kendo before he passed away.

In Aikido, the teachers who have had the greatest influence on me are Kanai Mitsunari Sensei in New England, whom I studied under in 1968 and, of course, Doshu Kisshomaru Ueshiba, whom I studied under in 1969 at the Aikido World Headquarters. Kisaburo Ohsawa Sensei was also a very strong influence on me and he passed away about two years ago. I was so impressed with his Aikido. Ohsawa Sensei was also a student of Sawaki Kodo Roshi, a very well known Zen priest. I began to study all of Sawaki Kodo's writings and also the writings of his successor, Uchiyama Kosho Roshi, and that somehow led me to eventually becoming ordained as a Soto Zen priest.

*What are your thoughts on the current Martial Arts trends?*

We are in a modern world today - a modern society, very fast, very scientific, very technological. We aspire to *become* the computers that we created: perfect, fast, no mistakes, self-correcting. But we are not computers and we are not machines; we are human beings and we are not perfect, like machines. . . . if anyone could dare say machines are perfect. I think we want everything too fast and we want everything with no effort and handed to us on a silver platter. Martial Arts is not like that. You have to go out and grab it, you have to go out and catch it. That's hard. Once you catch it, you also have to be able to handle it. Once you handle it, you have to be able to master it. And once you master it, you have to forget it completely and that's very, very hard. This whole process - this whole struggle of trying to understand Martial Arts - is not something that we just pick up at once. It is a lifelong evolution.

"When we look at sports and everything, it is not competition; it's **business**. they won't play unless you pay them millions of dollars. . . . And when they don't get their million-dollar contract - very un-sportsman-like behavior. . . .!"

*If you could put your philosophy toward Martial Arts in a nutshell, what would it be?*

Everything centres around training and we should follow the advice of an old Chinese saying: "In learning, every day, we should increase. In living, every day, we should decrease." I think that we should learn as much as we can. And at the same time we should try to simplify our lives. The thing that most concerns me today is that, although we are deriving tremendous advantages from our technology and from science, the human being today is in danger of losing his humanity. If Martial Arts does anything, it should teach us how to become real genuine human beings again. So, we should not lose this wisdom which has been handed down to us for so many hundreds of years. The Martial Arts tradition, after all, is the wisdom of the great masters of the past. This is why I want to, as much as I can, teach Aikido and Iaido to my students.

*How do you understand the history of Aikido?*

Aikido's history is quite old. The techniques are quite old, coming from Daito Ryu Aiki Jujutsu which was, according to the legend, created by Shinra Saburo Yoshimitsu in the 11th century. It is called Daito Ryu because Daitokan is the name of Yoshimitsu's residence in the northern part of Japan. He was one of the numerous sons of the Emperor Seiwa Genji and, as you can have only one heir, the second sons were all

displaced. He created these techniques which were handed down through the Takeda Family. Aikido really had its most significant transformation with the Founder of Aikido, Ueshiba Morihei Sensei. A great genius and a great, great master. Now his son, Doshu Kisshomaru Ueshiba, who was my teacher, is now recognized as the great exponent of Aikido and a very appropriate successor to the Founder. I know that since the Founder passed away, for many years, he had a very tough time. His Aikido is very clear, very down-to-earth, very simple. It is magnificent and has produced the greatest number of excellent students.

*You first met Ueshiba Kisshomaru some 30 years ago, didn't you?*

Yes, I met Ueshiba Sensei in 1962 when I was just a kid. In the 30 years I have known him he has always been such a distinguished and gracious gentleman. He never said a bad word about anyone. He has my respect and gratitude especially following in the footsteps of his father, the Founder, who many thought of as a god.

Oshawa Sensei was also a very great teacher. Many people don't know about him because he was so quiet and never ever promoted or advertised himself. When the Founder of Aikido passed away, he asked all of his students to please support Ueshiba Kisshomaru, his son. This was his last wish. Of all the great teachers today, I think Ohsawa Sensei was the most loyal and the most devoted and the most committed to supporting Doshu. and the Aikido Foundation. He could have been a great teacher in his own right with his own organization but that was not his first consideration. He sacrificed all of that for the sake of his Teacher's work and that deserves a great deal of appreciation. This is why I am mentioning his name here today. Someone like him should be more recognized for his sacrifice which, when we say sacrifice, actually means contribution.

*Are you attracted to the non-competitive side of Aikido?*

I believe in competition. I think competition is good. But I think we misunderstand the spirit of competition. So, when we look at sports, it is not competition, it is business. No one plays unless you pay millions of dollars. I am not criticizing other sports, but when you look at sports it does sound too much like business. Look at the competitive society we live in today. Husbands compete with wives and visa versa. You compete at work. You compete with your family. You compete with your brothers and sisters. Even the cereal you eat in the morning is competing with others cereals in the market shelf. Everyone competes but competing is not the answer to many important questions - questions we desperately need answered today. It doesn't prove anything.

When I say "anything" we think that competition proves human worth. It does not. It depends on chance or luck. It's a kind of game. You don't play chess or monopoly the way you live your life. But some people try to and that is why we have so many problems. In addition, in competition, we have rules. Even when we say "no rules" there are rules. In real life, there are no rules (which is why life seems so unfair all of the time!)

In Aikido there are "no rules" but there are "rules." This is hard to understand. The opponent can attack from any direction. He doesn't have to stand in front of me. He can be armed

or unarmed. If he tries to choke, I can't say, "Referee, referee, please stop him, this is an illegal move!" In Aikido., as in life, we learn to handle (or bear) all situations.

*How does Zen fit in with your martial arts practice?*

In Zen Buddhism, as I understand it, there is "no grasping." But Zen is not a medicine to cure all ills. So, although I feel inside of me that Zen and Martial Arts are very closely linked and have a very strong connection, I am not trying to push religion to my students. I do not want to sell any religion to my students, and also I do not want to take advantage of one or the other. I do not want to say I am doing Zen style Aikido.

One thing I do say is that by practising Zen, and in my training, I began to understand where many of the traditions of training in Martial Arts come from. So many of the habits and methods and rules and regulations that we have in traditional Martial Arts actually were strongly influenced by the rules and regulations that govern monks and their conduct in the Zen monastery. So this has helped me to understand where these traditions come from, and their meaning, and why we do these kind of things. We don't understand a lot of these rules and traditions and we think they are old-fashioned, or we think they are too much trouble, or we think they are demeaning. That they mayb emake you take away from your ego or from your self-esteem; but they don't.. These rules, which have been around for over 1,000 years, teach us how to work and live together with other people and in that process there is a lot of giving, but there is also a lot of taking away too. So we are too spoilt in our society. We don't want to give away anything, we just want to take; so we have lots of problems.

Aikido is the same way. After every class, everyone must clean the dojo. It's not cleaning to make it easy for me; it's not cleaning so I don't have to hire the housekeeper, but is part of the training and part of everyone's working together. And it's part of putting effort into something from which you get no benefit. So we can call it self-less training. Aikido is the same way. People come into Aikido - "I want to be strong, I want to be famous, I want to be rich, I want to be a movie star. I want to be this, I want to be that . . . ." And they are usually disappointed. So my trick question is: "Why do you want to study Aikido?" The answer is, "I like Aikido, that's why I study." That is the right answer. "I study Aikido because I want to blend my energy with the Universe." Wrong answer! at the very basic level we do it because we like it. This is the way I want to follow. This is my choice, and in that, there is a lot of giving and taking.

It is easy to turn Aikido into a very brutal, very dangerous kind of art. for human beings, that is exciting, it represents power. To be gentle, kind, selfless and compassionate . . . that is difficult. But this is the highest ideal we set for ourselves as human beings. We need lots of courage, patience, lots of energy to try and achieve it. Whether we can achieve it in our lifetime, I don't know. No guarantee! But we strive for it. . . .

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Published by the Aikido Center of Los Angeles  
Rev. Kensho Furuya

## Upcoming Books By Kensho Furuya

### THE TAO OF AIKIDO

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

### ANCIENT WAYS

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

Future Publications

### INTRODUCTION to the JAPANESE SWORD

**Did you get your set of the "Art of Aikido" video series yet? Available from the dojo.**

#### NEWS ITEMS:

##### **Sensei at JACCC Kotohajime.**

Sensei participated in the JACCC Kotohajime New Year's Performance on January 8, 1995 at the Japan America Theatre as the Master of Ceremonies. This year's first performance of the year featured local masters of Japanese classical dance and *minyo* or Japanese folk song and music.

##### **Ancient Ways: The Book.**

The manuscript for the Ancient Ways book has been turned over to the publishers and Sensei begins work on a book of Aikido techniques and philosophy, "Tao of Aikido." Recently, over 4,700 photos of techniques were taken at Ohara Publications. This will be a major project for the Dojo.

## Important Dates for February '95

**Feb. 3rd. No Sword Study Class this evening.**

**Feb. 10th. Budo Study Class from 7:30pm. Bring text: "Zen & Japanese Culture."**

**Feb. 18th. Intensive Iaido Seminar from 6:30am.**

**Feb. 20th. President's Day.  
NO PRACTICE.**

**Feb. 25th. Intensive Black Belt Seminar from 6:30am. All Black Belts please attend.**

## Official Dojo Patches Available

Dojo patches are still available. We have a new shipment. They are a \$5.00 donation each and should be worn one inch below the shoulder seam on the left shoulder of your uniform. You can also use the patches to decorate your favorite jacket, uniform bag, baseball cap, weapons bag, etc. Please do not use on the seat of your pants.

## NEWSLETTER NOTICE

**Due to rising postal fees and printing costs, we will be cutting our mailing lists for the Newsletter. If you wish to continue receiving your subscription, please let us know.**



# AIKIDO

## Training Schedule

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### BEGINING & 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 & INSTRUCTOR'S CLASSES

Please bring bokken, jo & tanto.

Wednesdays  
7:30pm - 8:30pm

Saturday Mornings  
11:30am - 12:30pm

**MONTHLY BLACK BELT  
INTENSIVE SEMINAR**  
Please bring bokken, jo & tanto.

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

### CHILDREN'S AIKIDO CLASSES

7 - 17 yrs.

Sunday Mornings  
8:30am - 9:30am

# KENSHINKAI

## Traditional Japanese Swordsmanship

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.  
6:30pm - 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.

## Special Monthly Study Classes

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

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

*NEW FROM UNIQUE PUBLICATIONS!*

Aikido Shoshinshu

**THE ART OF AIKIDO**

A Nine Volume Video Series Featuring  
Kensho Furuya

**K**ensho 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 Iaido 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
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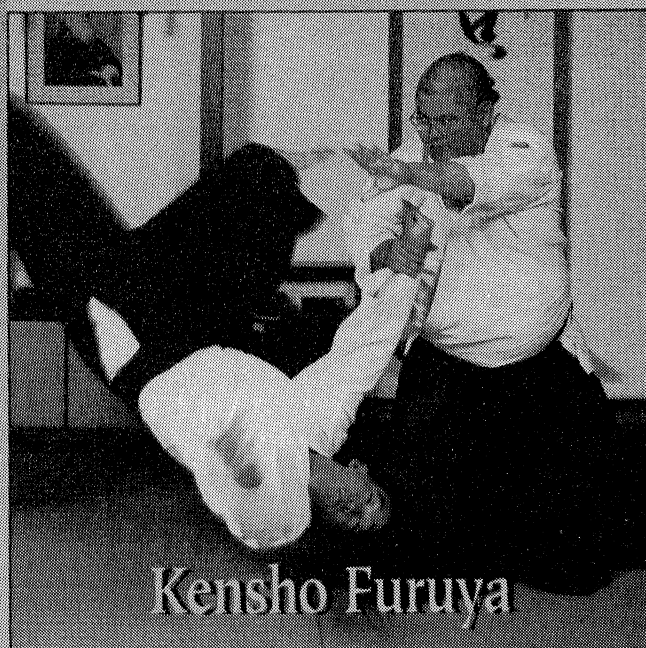
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