

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Los Angeles, California
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United States Aikido Federation, Eastern Region
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

February 1, 1996

Volume XIV. Number 2.

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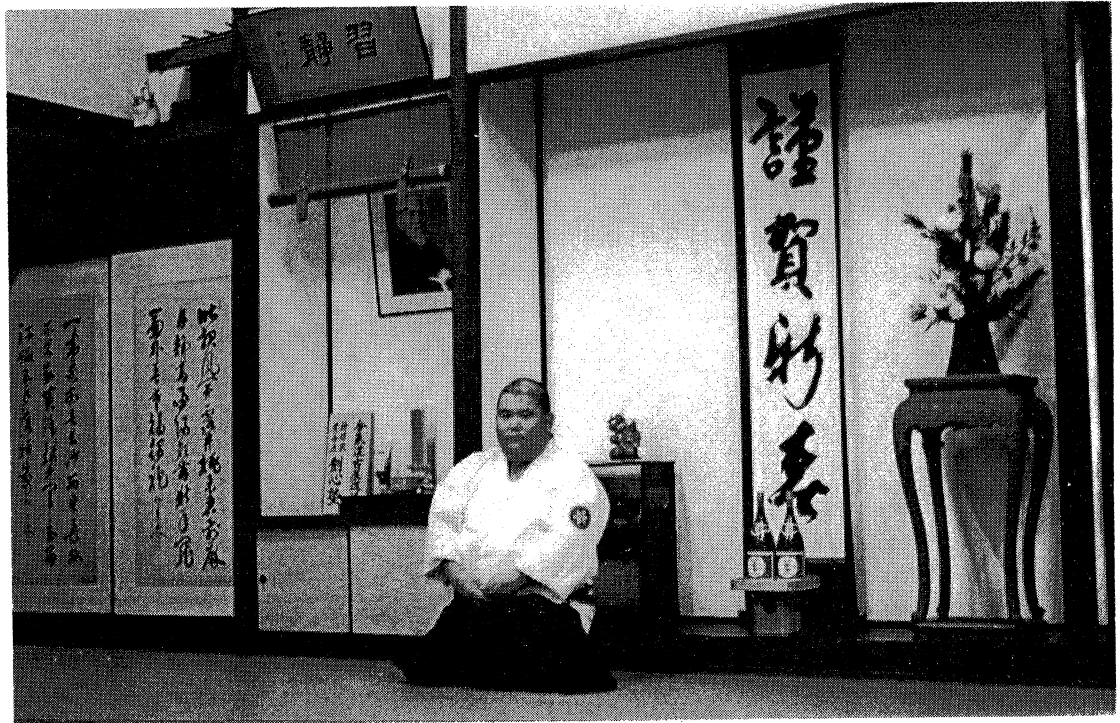
**Kotohajime
New Year's
at the JACCC**

**Sezaki Sensei
Omiya Dojo**

**David & Keiko
Smith Wedding**

UPCOMING EVENTS

**Da Camera
Society Concert
March 16th**



Furuya Sensei in the Dojo on New Year's Day 1996.

"Happy New Year" calligraphy is written Bishop Kenko Yamashita

SENSEI PROMOTED TO 6th DAN

On January 10, 1996, Yamada Sensei, Chairman of the United States Aikido Federation and Kanai Sensei of the New England Aiki Kai have promoted Sensei to sixth dan for the New Year's Opening Celebration, *Kagami-biraki*, at the Aikido World Headquarters in Tokyo, Japan. This year also marks Sensei's 35th anniversary in Aikido. He began training in 1960 and received his first dan ranking in 1964 and received his second dan in 1969 under the

Hombu Dojo in Tokyo. His third dan was presented by the late Ohsawa Kisaburo Sensei of Hombu Dojo, his fourth by Chiba Kazuo Sensei in 1982. His fifth dan was presented by Yamada Sensei in 1988. Sensei also holds the rank of sixth dan *kyoshi* ranking in Iaido. Also, in January, Sensei received the great honor to be a member of the Community Advisory Board of the prestigious Da Camera Society of Mount St. Mary's College in Brentwood.

Keiko & David Smith Wedding

On December 30, 1995, David Smith and Keiko Mizutani, both members of the Omiya Dojo in Saitama, Japan, were wed in Laguna Hills before taking off on their honeymoon in Costa Rica. They conducted an earlier wedding ceremony in Japan on December 23rd in Ibaragi, Japan, where David works for the Harrison Calsonic Co., Ltd.

The beautiful wedding was attended by about thirty members and friends of David's family with representative members from our Dojo: Ken Watanabe, Bill Gillespie, David Ito, and Dr. Cheryl Lew. A wedding gift of a tea service set was presented by the Dojo.

Both David and Keiko were members of the group headed by Isamu Ichizuka Sensei of the Omiya Dojo several years ago who brought over twenty black belt members to undergo special training with members of our Dojo. It was on this occasion our Dojo became good friends with the Omiya Dojo. Many congratulations to David and Keiko.



IAIDO KENSHINKAI

Due to the increased number of students, we are adding a fourth Iaido Class on Thursday, 8:30pm-9:30pm.

In the near future, we will be arranging classes into beginning, open and advanced levels. Thank you.

SPECIAL DATES:

Feb. 10th. Monthly Black Belt Intensive Seminar. 6:30-8:30am.

Feb. 17th. Black Belt Examination.

Feb. 19th. Washington-Lincoln's Birthday Holiday. Dojo Closed.

Feb. 24th. Demonstration: Pasadena Public Library New Year's Festival.

Sezaki Sensei Visit

Yutaka Sezaki Sensei from the Omiya Dojo visited us for practice on New Year's Day. Sezaki Sensei and his friend were here in Southern California for David & Keiko's wedding on December 30th. Sezaki Sensei stayed at the Dojo from December 31st. to January 4th. This is his second visit. Sezaki Sensei lives in Ibaragi Pref. and has trained under Saito Morihiro Sensei, Endo Seishiro Sensei and Masando Sasaki Sensei. He is a member of the Omiya Dojo.



While visiting us, he was able to go back to Universal Studios for a second time accompanied by David Ito and Cheryl Lew. He went to the Santa Monica Mall with Ken Watanabe, Kenny Furuya, Bill Gillespie, David Ito and Raul Montolfo. Sezaki Sensei mentioned that he would like to come back to visit us again and again every year.

NEW CHILDREN'S CLASS

As of January 6, 1996,
we have a new
Saturday Afternoon
Children's Class
12:45-1:45pm

Everyone Is Welcome!

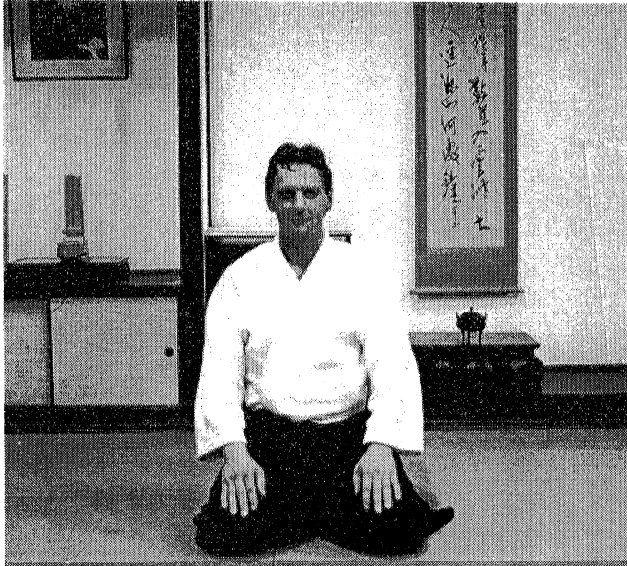
New Pasadena Branch Dojo will open soon!

Our new Pasadena Branch Dojo will be opening soon and will cover the Pasadena, Alhambra, Monterey Park and San Gabriel Valley areas. Under the direction of the ACLA, the branch will be managed by Kenny Furuya and other assistant instructors.

This also marks Kenny Furuya's first step as a professional, full-time Aikido instructor. I hope that he will enjoy all of your encouragement and guidance in his new career. I believe that it is very auspicious karma that it happens to coincide with my recent promotion. Thank you for all of your loyal and devoted support.

Reverend Kensho Furuya

Special People:



Peter Mothes Sensei, 3rd Dan, from Worms, Germany.

Mr. Peter Mothes from Germany visited our Dojo for training in December. Peter teaches at a University and is a former student of Asai Katsuaki Sensei. Peter also extended an invitation to Sensei to visit Germany at sometime in the future: he really enjoyed his practice and commented that the training here was just like at Hombu Dojo.



The Dr. Jeff Johnson Clan. Jeff is one of the senior students of the Dojo. He works in the Pediatric Department of the USC Medical Center not far from the Dojo. The family resides in Long Beach.



The Rossbacher Clan. Members attend our Children's Class.

NEW ACLA DOJO NEWSLETTER FORMAT

Thanks to the members for the generous Christmas Gift to Sensei of a new Hewlett Packard ScanJet 4C Scanner and a new Hewlett Packard Laser Jet 4 Printer, photographs and artwork in our Newsletter will now be done in-house, or rather "in-Dojo," beginning appropriately with this issue. The scanner is greatly needed because Stats Inc. where all the Newsletter artwork was done for the last twelve years closed its doors on January 2nd this last month.

Many thanks to all the members of the Dojo for their generosity and support and I hope that we can now expand our Newsletter for everyone's benefit and enjoyment.

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Celebrating Our 35th Anniversary

The Aikido Center of Los Angeles

AIKIDO TRAINING SCHEDULE

OPEN BEGINNING CLASS

Monday thru Friday
6:15pm-7:15pm

Monday & Thursday
7:30pm-8:30pm

Saturday
10:15am-11:15am

Sunday
9:45am-10:45am

MORNING CLASS

Monday & Thursday
7:00am-8:00am

CHILDREN'S CLASS

Saturday Afternoon
12:45pm-1:45pm

Sunday Morning
8:30am-9:30am

ADVANCED

Wednesday
7:30pm-8:30am

Saturday
11:30am-12:30pm

INSTRUCTOR'S
Last Saturday
6:30am-8:30am

UCHI-DESHI
By private appointment

JAPANESE SWORDSMANSHIP

OPEN CLASSES

Saturday
9:00am-10:00am

Sunday
7:30am-8:30am

Tuesday
7:30pm-8:30pm

INTRODUCTORY-BEGINNING
Thursday
8:30pm-9:30pm

AIKIDO CENTER OF LOS ANGELES L. A. SWORD AND SWORDSMANSHIP SOCIETY

940 East 2nd Street #7,
In Little Tokyo at the corner of Vignes St.
Los Angeles, California 90012 USA

Resident Chief Instructor: Rev. Kensho Furuya, 6th dan Aikido, 6th dan Kyoshi Iaido
Direct Student of Grandmaster Kisshomaru Ueshiba, Aikido World Headquarters
Direct Student of Reverend Bishop Kenko Yamashita, North American Hdqtrs. Soto Zen Buddhism
Contributing Editor for Martial Arts Training Magazine
Former Board of Directors U. S. Japanese Sword Society, Former President Southern California Sword Society

*Affiliations: Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, Tokyo, Japan
United States Aikido Federation Eastern Region, New York, New York*

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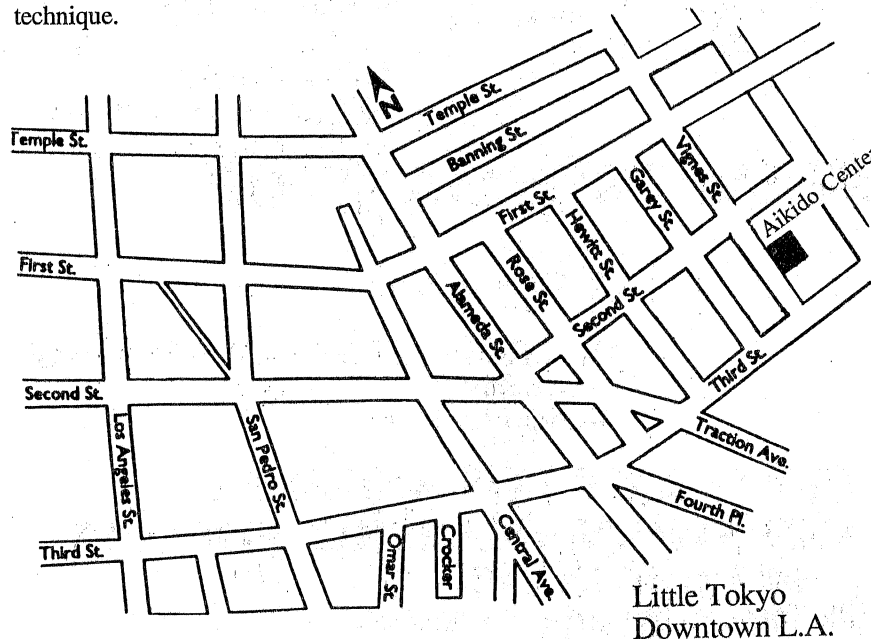
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The Aikido Center of Los Angeles

*A not-for-profit, traditional Aikido Dojo
Dedicated to the spiritual & physical discipline of Aikido and Japanese cultural arts.*

This Dojo was established in 1974 and moved to its present location in Little Tokyo in 1984. The Resident Chief Instructor & General Director, Reverend Kensho Furuya, an ordained Soto Zen priest as well as nationally recognized martial arts teacher, has dedicated his life to the preservation and development of Aikido and traditional Japanese swordsmanship in this country. He holds the prestigious degree of 6th Dan Black Belt in Aikido and 6th degree *Kyoshi* (Master Instructor) in Iaido. Classes are held daily for those interested in Aikido and Japanese swordsmanship.

The Dojo has produced a monumental, extremely detailed, instructional video series in nine volumes, entitled, "The Art of Aikido - *Aikido Shoshinshu*." Furuya Sensei also writes his own column, *Ancient Ways*, in *Martial Arts Training* (MA Training) and publishes feature articles regularly in many of the major martial arts publications. Books in publication are: "KODO Ancient Ways: The Spiritual Life of the Warrior" and the "Tao of Aikido," a complete guide to Aikido technique.



Dojo is located on Vignes and 2nd Sts. in Downtown-Little Tokyo. Enter private street. One block west of Santa Fe Ave and several blocks east of Alameda.

From the Pasadena Frwy, exit Hill St., left on Ord or College to Alameda -turn right. Left on 1st St., right on Vignes St. Enter private street.

From Santa Monica 10, north on Pasadena Frwy into downtown. Stay far right lane "San Bernardino." Exit Los Angeles St turn right. Left on 1st St., right on Vignes.

From San Bernardino, Santa Ana or Golden State, exit Alameda-Union Station exit - go left. Left on 1st. Right on Vignes.

Benefits: There are many benefits in Aikido which you will quickly feel on a physical, mental and spiritual level. You will soon develop skill in self-defense techniques as well as discover that Aikido is an excellent method towards good health and well-being. Through its discipline, you will learn self-confidence, serenity and a truly centered, well focused mental state. In addition, you will experience the art, culture and tradition which has deeply refined this process over the last thousand years.

To Join: Simply fill out the application form and pay the first month's dues and membership fee.

Rates and Fees: There are regular monthly fees but we also have a three month, six month, and yearly plan with considerable savings.

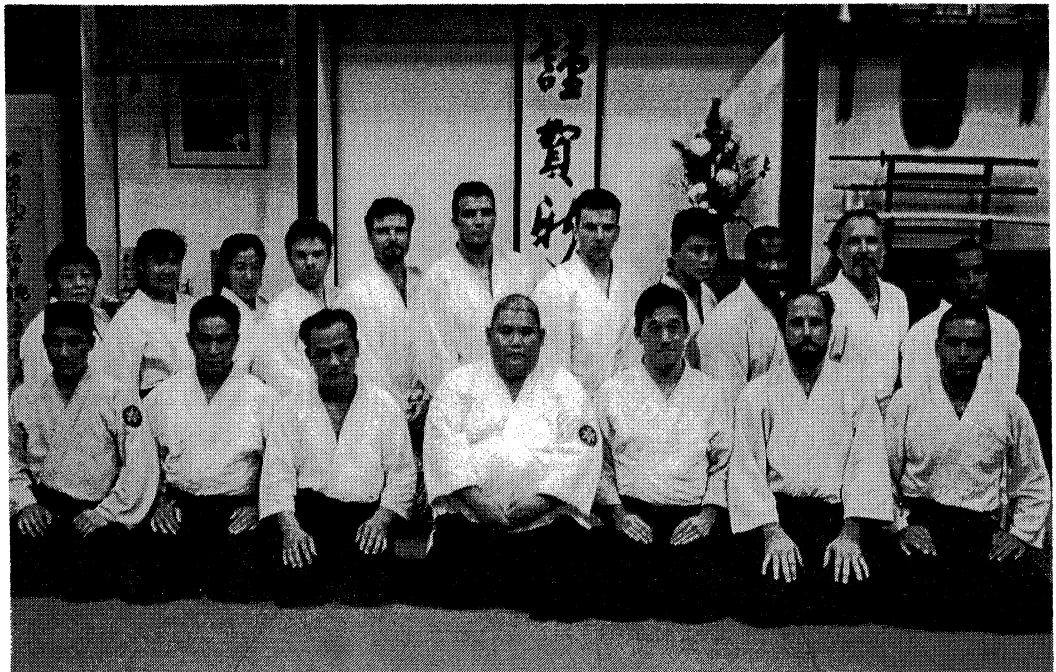
Requirements: We want you to enjoy Aikido, but please keep in mind that it is a martial arts discipline with a tradition and history many centuries old. Please conduct yourself accordingly and show proper respect towards the instructors, your classmates and the Dojo.

What You Are Learning: You are learning traditional Aikido and its teachings as handed down by its Founder, the late Morihei Ueshiba O-Sensei and his successor, Doshu Kisshomaru Ueshiba of the Aikido World Headquarters, Aiki-kai Foundation, Tokyo, Japan.

Dojo's New Year's Practice

Members of the Dojo for our first practice of the New Year. Sezaki Sensei is to Sensei's left.

L to R, top row: Cheryl, Marie, Frances, Rem, Tom, Raul, Nick, Rey, Charles, Larry, Michael. Bottom row: David, Kenny, Sezaki Sensei, Furuya Sensei, Ken, Andy and Ismael, Jr.



Japanese American Cultural & Community Center's New Year's Celebration: KOTOHAJIME

The JACCC's Kotohajime or First Program of the New Year's was held on January 6th at the Japan America Theatre and was a great success with about 500-600 guests in attendance. For the second year in a row, Furuya Sensei was the Master of Ceremonies. This year, the program included a Shinto purification and blessing ceremony by the Minister Fujisawa of the Konko Church of Los Angeles, the Shooting of the First Arrow by the Los Angeles Kyudo Kai which was all held in outside in the JACCC Plaza. Inside the theatre, the program began with a lion dance by Johnny Mori and Japanese Festival Sounds, followed by Japanese and Okinawan folk songs and dance. This year's performers were Nakaya Natsuko Sensei and the Nakaya Ryukyu Geino Kyoshitsu, Sato Matsutoyo Sensei and the Matsutoyo Kai, Kawamura Hoenshun



Members of the JACCC Kotohajime Staff: R to l. Minuro Tonai, President of the JACCC, Chris Aihara, program director, Sensei, Duane Ebata, Director of the JACCC, Ginger Holguin, stage manager, Gale Matsui, publicity, Miles Hamada, Kotohajime director and Meg Imamoto, program's director.

and the Nippon Minyo Kenkyu Kai Sho-Tokyo Kyoshitsu. The performance was a big success and many members of the Dojo were in attendance. Sensei sold 60 tickets. Miles Hamada directed the event.

Party People

Many thanks for various members who held Holiday Parties for the members.

Children's Christmas Party on December 19th. Hosted by Children's Class instructors and parents. A very nice pot-luck get-together. Mr. Hamasaki is a great cook!

Santa Monica Dojo Party hosted by Raffi Badalian at his lovely Beverly Hills home for members and instructors of the Santa Monica Branch dojo. Award for the most beautiful Christmas tree.

New Year's Eve Party hosted by Delano Leslie for all Dojo members. Best music and dance according to Ms. Hiroe Yanagida from Japan.

Raul Montolfo's Wife's New Year's Eve Party. Best view from hotel.

Thank you:

On behalf of myself and the Dojo, I would like many members and friends for the wonderful and thoughtful presents during the Holiday Season. Thank you very much. I would also like to thank many of you for the many invitations to parties and dinners which I received. Regretably, due to the great work load of the Dojo, I could not attend. It is a bad habit but I use the holidays throughout the year to catch-up on all my writing and correspondences. Thank you again.

Rev. Kensho Furuya

Aikido Lecture:

Sensei will be presenting a lecture on Aikido at the Zen Center of Los Angeles on March 9, 1996 from 12noon to 2:00pm. This program is part of their Guest Speaker Lecture Series.

For further information, please contact:
Zen Center of Los Angeles
923 South Normandie
Los Angeles, CA 90006

Tele: (213) 387-2351

Important Announcements

CHILDREN'S CLASS

A second class begins as of January 6, 1996 from **12:45pm-1:45pm every Saturday**. This is in addition to the Sunday morning class from 8:30am-9:30am. All kids are welcome to attend. Bring your friends.

PREPARATION FOR DA CAMERA CONCERT MARCH 15.

For the Da Camera Society Concert on March 16th, Saturday, we will have a Dojo Clean-up and Concert Preparation Party on Friday evening, March 15th, the evening before the concert. We will need to clean-up the Dojo and do a little furniture moving to prepare for our guests.

There will be two concerts of 100 guests each - totaling 200 people. Our Dojo Concert was the very first to sell out. Guest performers are Denise Ikegami - Japanese storyteller and Masakazu Yoshizawa and his group who will perform a concert of traditional Japanese music. Sensei will also demonstrate Aikido. Sorry, no more tickets. Please help out with the clean-up and show the true beauty and spirit of our Dojo.

We will also need ushers and helpers on the day of the concert as well on Saturday, March 16th. Please see Ken Watanabe or Kenny Furuya. Please help out. Thank you so much.

TOP 10

Total practice hours for 1995 for the top ten students.:

1. Kenny Furuya	301 hours
2. Ken Watanabe	253
3. William Gillespie	240
4. Richard Eloriagga	201
5. James Doi	200
6. Raul Montolfo	183
7. Mark Ty	165
8. Rey Espino	165
9. Cheryl Lew	126
10. David Ito	122

Kenny averages 25 hours a month during school and 30 hours a month during school break. Among the Black Belts, the lowest average came to one hour every other week which is very poor but this is due in part to a heavy work schedule.

Please keep up your practice. Among students, the bare minimum should be one to two hours a week - averaging a little over 100 to 200 hours. Among Black Belts, at least three hours a week averaging to over 150 hours of practice during the year.

Students should understand that promotions are based to advancement in skill, attitude, ability to work with others and hours of practice. Black Belts should realize that practice hours are important for your next promotion and your qualifications to act as an assistant instructor.

MINIMUM RECOMMENDED HOURS

1. Beginning Student - 1-2 hours a week.
2. Senior Student - 3-4 hours a week.
3. Black Belt - 4-6 hours a week
4. Uchi-deshi - 7 days a week.

Sensei's Message:

Caring For Others

In training we concentrate on the correct execution of technique, developing our skill and strength and hopefully refine our attitude and understanding of ourselves and the world around us. Ultimately, what are we trying to gain from all of our effort? For most, and this is a common cliché today, - it is self-esteem, respect - hopefully, the admiration and envy of others.

Several decades ago, I taught a very famous psychologist who promoted the concept of "self-esteem." He faithfully declared, "I am perfect! I am perfect!" He also advised his clients to think in the same way for over \$1,000.00 an hour consultation fee. We had many heated discussions over the idea of an attitude of selflessness or confirmation of the ego. I would always say, "Let's see how your ukemi is today!" (It was terrible as always, bumping his head and shoulders and groaning as he tried to stand up. In this case, convincing himself of his own self-perfection was much like an out-of-the-water flounder convincing itself that it had suddenly grown two feet.) "There!" I would say, "I would imagine 'Perfection' to have just a little bit better ukemi than that!" Of course, he would always counter with: "Even someone as perfect as I am can have lousy breakfasts!"

Philosophies and religions may have many differences of opinion and belief but one point all seem to agree upon is that man does think about himself a lot - much too much for his own good. Morally, we seem to understand this. Physically and spiritually, it is an impossible task for us to control this. We all have an ego and the primary task of the ego is, indeed, to think about itself.

In the Dojo, we care for each other. We do this in our training and in the etiquette we practice from the moment we step into the Dojo until we leave. Hopefully, this extends far beyond the walls of the Dojo.

At the beginning level of our training, it appears as a great contradiction. To think about getting strong and throwing others down and, at the same time, to practice a more considerate, respectful manner with the same person is a awesome obstacle we face in our training. It is awesome because it goes against

Con't.

Sensei's Message: continued.

grain of our personal feelings of self-respect and self-esteem. More basically, and this is the nitty-gritty of it all in most cases, it goes against our desire for power and taste to compete with everyone around us.

Seniors must be caring of their juniors and juniors must be respectful of their seniors. What is difficult is that this is a profoundly dynamic process which, at times, requires a little subtlety and compassion and, at other times, great strength and directness.

As in cooking, the master chef knows when the pot needs just a tiny bit of salt or requires quite a bit more. The spices enhance the taste and brings out the goodness of the food but must not kill its original taste, shape or color.

The good teacher teaches, at times, with just a little bit of salt, and, at others times, with a great deal of salt - enough to cause the students to grimace in pain. Yet, whatever the teacher adds, must only enhance the taste and color, not change the original so completely by substituting it with something else.

This is caring. In Zen master Dogen's Tenzo Kyokun or "Instructions to the Monastery Cooks," he writes: "Handle the food as if you are holding your own eyeballs in your hands."

If we can give up our constant thoughts about ourselves by thinking and caring for others, ultimately, we find that it does not take away from ourselves (as we might fear), indeed, it reinforces and nourishes us.

* * * * *

It is so important to maintain a regular practice schedule, yet, so very few realize how important it really is. Several years ago Kanai Sensei, Chief Instructor of the New England Aiki Kai, wrote an article in which he discusses the complacency of black belts. It is very common for students, once they reach the black belt level, to give up their practice. As we have discussed so many times before in this newsletter, black belt is only the First Step in training, not the end. Of course, everyone has a good excuse not to practice, - work, school, love, money, etc. But, as many excuses as we can find not to practice when we reach black belt, we can create more reason to practice in a healthy, mental attitude.

Practice and make your practice a health part of your life. Work, money, school are important for our lives. But just as we must sustain our physical lives, we must cultivate the spiritual side of our lives as well. In our practice, we have the opportunity to care for others; in our practice, we have the opportunity to be selfless - or, not "self-ish."

Buddhists priests practice *takuhatsu* or begging. This goes back to the time of the Buddha, over 2,500 years ago. This is not a practice to "get something for nothing" or to create "an easy way to make a living." For the priest, it is to teach selflessness. It is truly a humbling experience to beg for food. For the giver, it is an opportunity to do something for nothing, in which there is no immediate, tangible reward. What is strange to say, the receiver receives and the giver says, "thank you." We are not brought up this way in our society today - we are taught to grab as much as we can in the easiest way possible. In Aikido, we should practice to learn to give of ourselves freely without thought of reward. Finally, we will discover that true giving is, indeed, true receiving.

From Mexico:

I hope you and the Dojo had a Merry Christmas and a Happy New Year.

Last year was a rather difficult year for me, not only because I had to return to Mexico with a broken clavicle, but also because the economic situation in the country was (and still is) so bad that finding a job was rather difficult. I talked with several friends, among which one of them is General Manager of Microsoft in Mexico, however, everyone of my friends was having problems trying to justify the need to keep their present employees, let alone hire a new one. One of the first places I looked for a job was the University where I got my Masters. Besides enjoying very much teaching, I thought this would be a good way to network and hopefully be able to find a job. I have been working since March as a teacher both at the Masters and the Bachelors in Computer Science programs. I also started teaching Scuba diving.

While I found a job, I started to look into fixing the things that I had pending (according to Mexican law), to get a new passport, hoping this would give me the chance to look for job opportunities in the States.

On January 2nd, I was able to get my passport, and on the 11th, I received a call from the General Manager of a Mexican company established in Detroit. He wanted someone for their computer systems department, and offered me a job. They will start working on my visa as of Monday, and they hope to have it approved by the end of March (at the latest). They also want me to commit for at least 3 years. This is a great opportunity for me, which hopefully will allow me to visit you and everyone in the Dojo.

A few months ago, I started dating. My girlfriend's name (please do not laugh) is Gabriela. Due to the job offer and the fact that we had talked about marriage before, we decided to step up the wedding so that we could both go together to Detroit. We still don't know the date yet, but it'll probably be the third week of March (that way we can have a one week honeymoon). I would be very happy if you could be present for the wedding. I will mail you the details as soon as I get definite details.

Please forgive me for not being able to contribute for the Dojo before, I hope to be able to help the Dojo very soon. I have read all the newsletters and miss everyone very much. Please give my regards to everyone and hope to see you soon, even if it is not at the wedding.

Please allow me to congratulate you on Kodo Ancient Ways and tell you that I would be more than happy to help to translate it into Spanish, as well as look for a publisher that would be interested in printing it. Currently, I have been helping out with the translation of one of the textbooks for Scuba Diving for the Diving Association I belong to (National Association of Underwater Instructors).

Once again, Happy New Year,

Best Regards,

Gabriel Zorilla

Editor's Note: Gabriel is one of the Assistant Instructors of our Dojo who had to move back home to Mexico. We wish him the Best of Luck and hope to see him real soon. Gabriel is on the video jackets of Volumes 5 and 9, *Aikido Shoshinshu, The Art of Aikido*, video series produced by the Dojo.

In Japan

Frances Yokota

I recently had the opportunity to study in Japan for a year. Beginning in August of 1994, I began attending classes at Waseda University, located in the city of Tokyo. The classes were easier than I had expected, but that didn't keep me from getting a "C" in my Japanese linguistics class. As for Japan as a whole, summers are hot and humid, falls are crisp and cool, winters are freezing, and with spring comes rain and the beauty of nature.

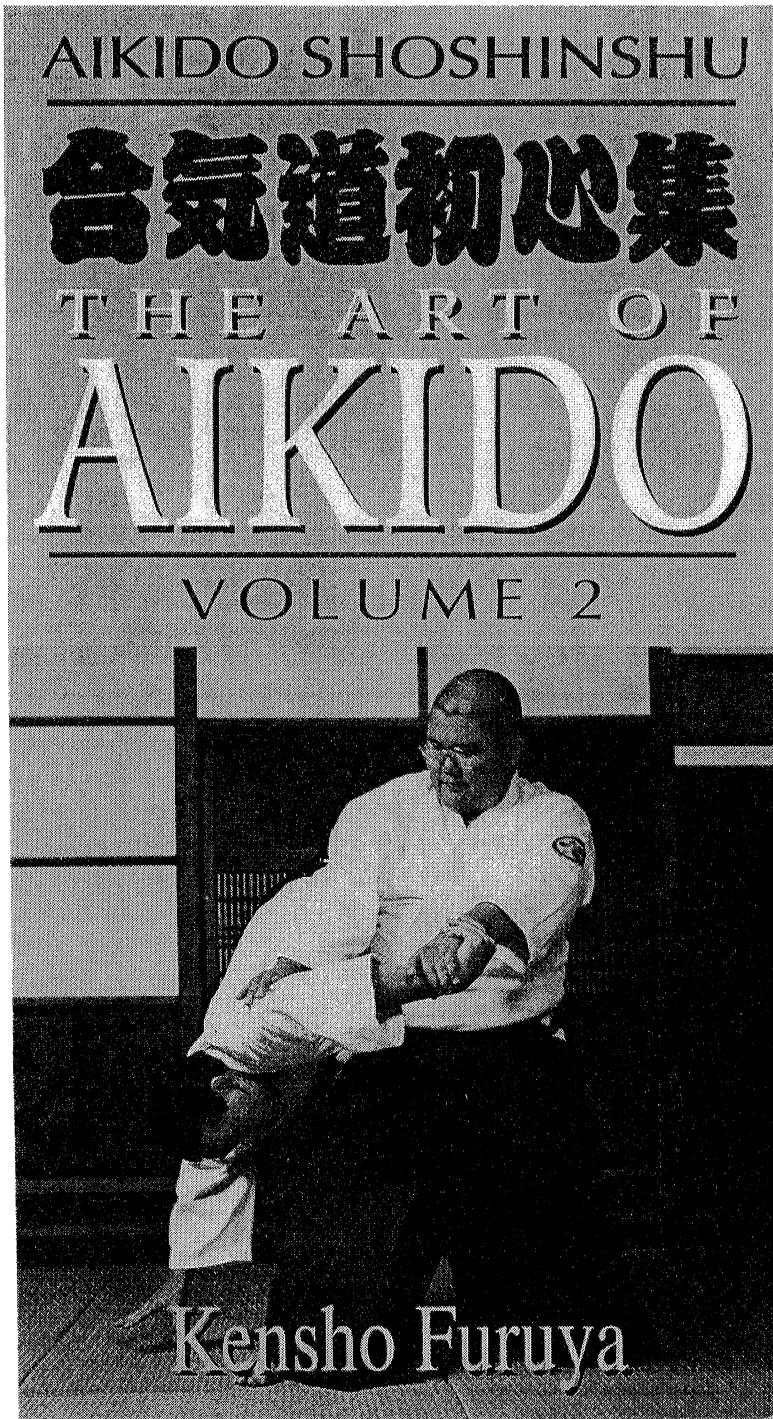
Before departing I had asked Furuya Sensei if he could send me the monthly newsletter in order to keep up with what was going on back at the ACLA. He had also kindly informed me that Hombu Dojo would only be a short walk from the university. Sensei too had once practiced at the dojo while at Waseda. During the first week of orientation, I took some time to visit the dojo. Immediately, I enrolled and was allowed to sit and observe a class already in progress. I was relieved to see that the classes were taught identically to those taught by Furuya Sensei, which made me feel less nervous and more prepared to attend my first practice.

Most of my days revolved around school and my homestay family. I truly regret not attending practice as often as I should have, but of the days I did attend practice, I found the teachers, as well as the other students, very helpful in correcting any of my mistakes. At Hombu Dojo, I not only learned to improve some of my Aikido techniques, but I was also able to observe the deep respect each student held for the teacher, and their strict following of the dojo etiquette.

Despite all the great teachers at Hombu Dojo, I can honestly say that I missed practicing in the U.S., and I was very happy to return to the ACLA. Furuya Sensei's instruction is as rigorous as the instruction received in Japan, and the students are just as helpful, or even more so.

Frances Yokota

Editor's Note: Frances returned to the Dojo after a year stay in Japan in August of 1985. Recently, she also joined our Iaido Department.

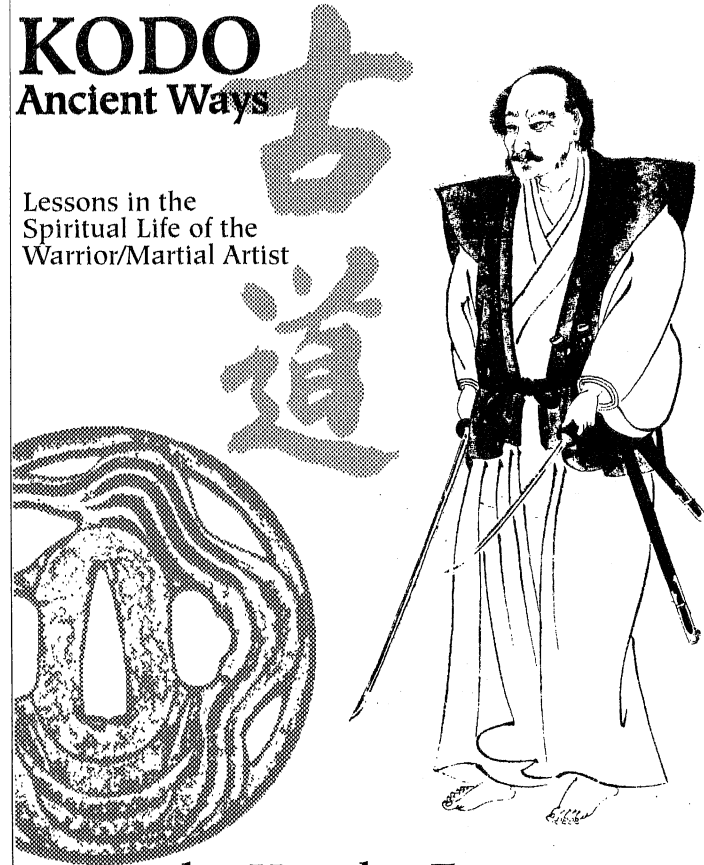


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Warrior/Martial Artist



by Kensho Furuya

KODO
Ancient Ways

Lessons in the
Spiritual Life
of the Warrior-
Martial Artist

By Reverend Kensho Furuya

Coming Soon!

Party Time Suggestions

Although we are not such a socially oriented Dojo, or rather, I should say, I am not such a socially oriented person, we do encourage good healthy commraderie and social exchnage among the students. However, to avoid possible misunderstandings and bad feelings: the Dojo has the following rules which should be carefully observed.

Especially during the Holiday Season when there are many parties, all parties involving members of the Dojo should get prior approval from Sensei. Parties should be designated either for a small, private group or for the general membership.

In the case of a small group, it should be kept private and outside the Dojo because it is not appropriate to announce it in the Dojo if it does not involve all members. Some students will feel badly if they know about the party and find that they were not invited although others were. Please be very considerate about this. The dojo understands that all parties cannot involve all members all the time but it is important to consider everyone when planning an event involving the Dojo members.

Parties open for the general membership may be announced after class by the instructors and all members should be made to feel welcome and encouraged to attend.

These are not arbitrary rules but rules to preserve good order and good feelings in the Dojo. Please be very careful about this and observe these rules carefully because they are strictly enforced. Thank you for your cooperation and understanding in this.

Important Dates:

- Feb. 1 Monthly Dues
- Feb. 6 Sword Study Class
7:30pm
- Feb. 10 Black Belt Intensive
6:30am-9:30am
Review Black Belt
Examination
- Feb. 14 Happy Valentine's Day
- Feb. 17 Iaido Intensive Seminar
6:30am-9:30am
- Feb. 17 Black Belt Examination
- Feb. 19 Washington's Birthday
Dojo Closed.
- Feb. 24 New Year's Celebration
Pasadena Public Library
- Mar 9 Sensei's Lecture at the
Zen Center of L. A.
- Mar 15- Dojo Clean-up for Da-
16 Camera Society Con-
cert. Volunteers Needed
- Mar 16 Da Camera Society
Concert
NO CLASSES TODAY

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

Saturday Mornings

11:30am-12:30pm

MONTHLY BLACK BELT INTENSIVE SEMINAR

Every 4th Saturday of the month.

6:30am-8:30am

CHILDREN'S CLASSES

Saturday

12:45pm-1:45pm

Sunday Mornings

8:30am-9:30am

Iaido Training Schedule

TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings

7:30am-8:30pm

Thursday Evenings

8:30pm-9:30pm

Saturday Mornings

9:00am-10:00am

Sunday Mornings

7:30am-8:30am

MONTHLY INTENSIVE IAIDO SEMINAR

Every 3rd Saturday of the month.

6:30am-8:30am

SANTA MONICA BRANCH DOJO

Tuesdays & Thursdays

7:15pm-8:15pm

Sundays

12:15pm-1:15pm

MONTHLY BUDO STUDY CLASSES

Every 1st Tuesday of the month.

7:30pm-8:30pm