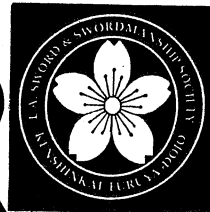


# 羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER



The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan

United States Aikido Federation, Eastern Region

Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

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Volume XVI. Number 2.

## Thinking About the Future of Dojo & Aikido:

In recent times, Aikido seems to be changing quite rapidly - right before my eyes as a matter of fact. For most people, it is a good thing and I do see many good things happening. Aikido is growing quickly and Aikido is becoming very popular in more countries now than ever before. Aikido seems to be more accessible to today's individual and seems to fill his needs both as a physical activity, exercise, a system of self-defense and as spiritual inspiration. At the same time however, I see many changes which cause me great

concern. Somehow, teaching has become more of a popularity contest among instructors than an exercise in endurance of the nitty-gritty teaching it used to be. Perhaps I say this because I am not a popular teacher - I don't win friends through my teaching and I don't try to be "popular," although I am trying to do my damndest to teach the best as I can. Today it is popular to emphasize what is popular and what is "in." Somehow, I feel this leads to not a little dishonesty although I only may say this out of jealousy of the so-called popular teachers around today. Also, we judge teachers by numbers of students and money. Again, perhaps I say this out of jealousy because I have only a few students and I am poor and worry about the rent every month. And although "ignorance is bliss" as they say, shall I say something honest to the student in an effort to teach him and risk alienating him by revealing my

Continued:

### Words to Practice:

*Take the difficult right over the easy wrong.*



Mt. Fuji. Greetings from Sadateru Arikawa Shihan  
Aikido World Headquarters, Tokyo, Japan

## Our Dojo on Channel Four & A & E Cable TV

"Saving Our Streets"  
Aired on Channel 4  
January 18th Features  
Sensei & Dojo.

About our Dojo in the Little  
Tokyo Community.

February 1st Airing of  
"The Martial Arts"

2-Hour Special A&E.  
Reported to be the biggest budget  
documentary on Martial Arts  
on television history. Features  
interview with Sensei and Dojo.

## David Ito Visits Japan: Hombu and the Omiya Dojo

David Ito once again makes a trip to Japan with his mother and several aunts to tour the Eastern area of Japan and spend several days with relatives in Tokyo. During his tour, he will also visit Hombu Dojo and the Omiya Dojo. Dec. 29-Jan. 15.

## Happy Birthday

Many happy returns to Yoshimitsu Yamada Sensei, Chief Instructor of the New York Aiki Kai, who turns 60 this month with a big celebration and seminar at his dojo. Yamada Sensei is the head of the Eastern Region of the United States Aikido Federation. Many Congratulations & Best Wishes.

## Thoughts On Traditional Training For The Millennium

By Master Adam Hsu,  
Traditional Wushu Association.

Reprinted from Autumn Leaves: Journal of the Traditional Wushu Association. Volume 6. No. 2. December 15, 1997

Once again, a New Year is just around the corner. For us Chinese, it will be the Year of the Tiger. Unlike Westerners, we follow a lunar calendar, so this time our celebration will take place on January 28th.

According to the Western calendar, the new year begins on January 1st. In less than a month it will be 1998. We're at the far edge of the 20th century, a short leap away from a new era. For several years, excitement has been growing about this Millennium, as it is popularly known. Some groups and individuals see the year 2000 as the beginning of a momentous religious shift. At the very least, it will be an occasion for world-wide celebration and, I hope, an honest look at where we've been the last one hundred years and what we must do to make the next hundred better.

In this respect traditional wushu is no different. Although I'm thinking about its future - and how to make sure it's a bright one - somehow the fact that the 20th century is soon coming to a close brings a feeling of extra pressure and urgency to the whole situation. For more than a hundred years, traditional Chinese martial arts has been on the decline. Most of the old masters are dead and very few actually passed the real art down even to their best students. A lot of the kung fu that we see throughout the world today is incomplete, mixed with other types of martial arts, inaccurate, and based on misunderstandings. Many valuable things have been lost. Therefore issues that relate to preserving and promoting the real art are critically important.

One area that I put a great deal of time and energy into is kung fu training. This is something I have worked with everyday for most of my life, starting with my own practice, observing friends and classmates, becoming a teacher, and finally developing my own coaches and students at my schools in the U. S. and Taiwan. The rigorous, traditional training my kung fu masters put me through does not work with today's students because social conditions and people have changed too much. It's a totally foreign culture. Don't get me wrong. I'm not referring so much to "West vs East," because things have changed everywhere around the world, as I am to "Today vs Yesterday."

To preserve traditional wushu we will have to modernize the

training. But the art itself is fundamentally rooted in an ancient culture. You can't separate the two. And so the big question facing us is, how do we modernize without compromise?

### WESTERNIZATION IS NOT AN OPTION

To start with, it's important that everyone understand one thing; We cannot resort to Westernization. To do this is completely out of the question, because using modern, Western thought to create new training will kill traditional wushu. All kung fu training, including strength, endurance, body conditioning, and sparring, must come from tradition. Please understand. I'm not trying to say that traditional training is all good. Just that we must modernize the traditional way of training, modify it to match today's lifestyle, pace of life, social structures, overly-stuffed schedules, and so forth.

People have approached me about ideas such as adopting some technique or exercise from Western gyms to make the practice look fun and easy to do. They try to say it's the modern way of kung fu training. Yes, we do have to find ways that are more compatible and appealing to modern students. But no, I totally emphatically disagree with their method. This is not the right way to do it!

### KUNG FU IS AN ENTIRELY DIFFERENT WORLD

Basically, kung fu practice goes far beyond what we normally think of as physical training or exercise. For one thing, it combines both the mental and physical. In this context, even the term "mental" means much more than our usual definition of thinking, calculating, reasoning, planning, and so on. Awareness and intention must be cultivated and expanded in order to awaken, strengthen, and direct our internal energy, known as *qi*. As for the physical, certainly, practicing affects the muscles of the body, but we consider this less important than kung fu's "bone training," which targets 1) the bones, themselves, to make them strong, 2) the marrow inside the bones, and 3) the tissues that connect the joints - cartilage, ligaments, and tendons.

### HORSE STANCE TRAINING

Students assume the horse stance and stay there, motionless, for a long long time. Sounds strange? It is. We don't have this kind of training in the modern world. It's all from old old China. From the Western perspective, this looks like an antiquated, unappealing way to build endurance and strengthen the leg muscles. Why not pump iron and run every day, instead? Did the ancient Chinese resort to these crude methods because they didn't have electric treadmills and sophisticated weight machines? Of course not! This is an *Eastern* exercise: Stance training works on the entire skeletal system - bones and connective tissues - and at the same time, the *yi*, the mind and imagination, gathers and sinks the *qi*.

## Aikido Center of Los Angeles NEWSLETTER

Superficially, it looks very boring. Nothing's happening. Actually, a lot is going on and there's nothing superficial about it at all! The correct horse stance doesn't end at the ground. The mind and imagination continue to direct the qi downward, passing through the soles of the feet and spreading out wide and deep into the earth like the roots of a tree.

No matter how long a person can hold the posture, if he only stands on the surface of the globe, he's not training correctly. This kind of training *is* superficial. Someone who is "rooted" has a very strong foundation. There's a perceptible depth to his postures and movements. Here's where words totally fail. I can't explain how, but an experienced person can see the difference between the true gold and the copper imitation. You know the cliché. A Westerner looking at a group of Asians thinks they all look alike. Well, we Asians can tell that this gentleman is Japanese, that one is Korean, and the lady, Chinese. The reverse is true as well. I have difficulty to say that this man looks Irish, she's from Greece, and he's Spanish. Similarly, I have a friend who has a talent for picking the sweetest juiciest fruit and another who, no matter how hard he tries, ends up with ones that are beautiful, shiny, and sour. We can't tell how, but we can tell the difference.

Many people know about the legendary horse stance, so I am using it as an example to show what's really involved in traditional kung fu training. Unfortunately, the majority of people who practice stances ride the horse only on the surface of the earth. This is neither good nor bad. It's simply wrong. From a traditional standpoint, I could not even call it kung fu practice!

### HARDENING THE BODY

Traditionally, there are good and bad ways to do this. In the old days, they would use tools like sticks, iron bars, or rocks tied in a bag to slam against their bodies. This killed the nerve endings so they didn't feel pain and could take lots of punishment. This is not something we should encourage nowadays.

A better way of going about this is to hit the body with our hands and in a more natural way, starting lightly and gradually hitting harder. Why? This way we can judge much better when it's okay to increase the dosage and when to pull back a little.

That's not all. At the same time we still have to practice the qi, building up a protective "early warning" system in the body. We Chinese say covered by the "mo," or "nei (internal) mo." You could think of it somehow like putting plastic wrap over leftovers to keep them safe from contamination. Mo is an internal function. It doesn't appear until we are attacked. When we are hit, suddenly, involuntarily, it is there to defend the body, protecting the internal organs from injury or reducing the damage. A good analogy would be the airbags in mo-

dern automobiles. I don't know if there's any modern way to do this. This is kung fu's tradition.

### SPARRING

Very few people today can do real kung fu sparring. I don't know about other styles, but to me, many of the so-called kung fu sparring bouts I've seen from mainland China, Taiwan, the U. S. and other countries are just sparring. Most of them are pretty much like natural fighting. In other words, you don't even have to study a martial art. You just don protection gear, follow the rules, omit dangerous movements that would disqualify you, and jump into the ring to do it. Win or lose, almost no technique is needed.

Some years ago there was a joke shared among some of us Sifus in the San Francisco Bay Area, many of them world reknown, fine martial artists. Once when we were invited to sit at ringside, to watch kung fu sparring. I remarked that it wasn't very enjoyable to see our ancestors from the Han Dynasty fighting in the ring. At the time of the Han Dynasty, I think the martial arts level was low. Fighters relied on lots of natural power - muscle strength, action/reaction, courage and cunning - to kill or be killed. Today, two thousand or so years later, what's the difference?

Later on from Han to Tang, from Ming to this century, kung fu kept developing. The level of kung fu in its maturity is very high, the techniques numerous and rich. Yet we do not see this in contemporary co-called kung fu matches. That's the big trouble.

I have to say something bad about tradition. Traditional teachers were supposed to hide away the real usage and save the full training only for a very few of their best and most loyal students. In earlier days, it was a matter of public safety. Not to do so would be like putting a loaded gun into the hands of unskilled and unscrupulous people. We see the tragic consequences of this in the news everyday.

Towards the end of the 19th century, there was no longer any need for this secrecy because by that time, guns had become the lethal weapons of choice. Yet the masters continued this practice and today the real art of kung fu fighting is almost extinct.

Two-person forms are another matter. You see them everywhere: competitions, school training halls, demonstration, training videos, and kung fu movies. They're prearranged, and prearranged forms are not real fights. No matter how exciting they look, they're just two-person dances. They are popular because they are fun to do, fun to watch and, appearances to the contrary, quite safe.

Partners in two-person forms log in many hours of cooperative

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practice. They work through their combinations slowly at first, increasing speed as safety allows, until their interactions are smooth, skillful and swift. They add yelling, dramatic faces, and spicy motions, sometimes even pretending to get hurt. It's fun. It's entertaining. It's performance art.

There's another very important reason why two-person forms are safe. The techniques they employ are useless in real fighting. We've all seen performers execute a dramatic leap to avoid a "deadly" sweep from the opponent's saber. Examined closely, we can see that the saber sweeps at the ankle level. In real usage, the chop would strike at knee level, minimum. In performance, high cuts with the saber aim for the hair line, usually just above the head but no lower than the ears. In real usage, no one chops higher than the neck. So two-person "fighting" techniques are safety techniques, not real usage.

For students who really want to learn kung fu fighting, two-person forms have little value. In fact, they could be dangerous, addicting the students to prearranged, choreographed encounters with cooperative partners. Sparring is a totally different animal; unpredictable, antagonistic exchanges with uncooperative, possible hostile opponents.

### TRAINING TOOLS

In China, martial artists always used equipment that was easy-to find. Most often they would design exercises using objects from their daily lives. These days, there's an entire industry devoted to specially designed equipment for exercise, sports, and martial arts training. The traditional way feels warmer to me, connected more to our personal lives. It's a different feeling from paying money for a commercial product, "guaranteed to work or your money back." Actually, fancy tools can't guarantee better results. It really depends on the student's seriousness and the correctness of his training methods, not his name-brand equipment.

Basically, however, modernized equipment isn't bad. Weights, for instance. We do this in kung fu training too, but we use lighter weights with more repetitions. Pumping heavy weights fewer times primarily builds muscles. Western weight training also employs the higher repetitions strategy for specific purposes. Still, kung fu's weight training is not the same because we use different methods that build up the qi.

### MODERNIZATION FOR THE NEW AGE

Don't believe the kung fu movies, where all schools hate each other and each style's disciples will kill another style's disciples. This is not true and not permitted.

I hope that all of us in the kung fu field will instead contribute our knowledge, experience, pool our resources, and mutually support research for the sake of preserving traditional Chinese

martial arts. This is really important, because the future is right around the corner! For traditional wushu to survive, we have to build a large, strong kung fu community, recruit many more students, and train people from all cultures in all corners of the earth. To bring this about, we must alter traditional teaching methods in a way that allows modern people from different backgrounds access to the authentic art. In other words, we have to discover how to build strong bridges to connect different cultures and different eras.

Looking into the 21st century, the best possible scenario would be a thriving, revitalized community of traditional wushu practitioners, successors to ancient lineages, who continue to pass along the true art through traditional training enhanced by modern adaptations. The best of both worlds, indeed!

### EDITOR'S NOTE:

Master Hsu's article is very important because it touches many issues which are relevant to Aikido as well as other martial arts today. In today's trend to make martial arts a big-profit business and "leisure" sport, we are losing the real essence of the art. In addition, most students who come into martial arts today are unwilling to invest the time, energy and commitment to study something substantial and spiritually rewarding expecting something superficial, convenient and something which requires no commitment or awareness. We are treating the martial arts like convenient food - instant ramen - fast, easy and cheap. What we have forgotten or tend to overlook is that instant ramen is really not "real" food, it does not taste good, and ultimately it is not really good for you and can make you sick. Finally, the tragic bottomline is that we have compromised something of real "quality" for "fast and cheap."

## Congratulations '98 to Master Adam Hsu

Congratulations are due to Master Hsu who celebrates the traditional Chinese New Year on January 28th this year, following the lunar calendar. Best wishes and much success for his work in teaching Kung fu in Taiwan and in this country. Master Hsu will spend his New Year celebration in the Bay area returning to this country in mid-January for a one month stay. Master Hsu is also the author of the feature article in this issue.

## Welcome to Iaido Dr. George Nakashima

We welcome Dr. Nakashima as a new member of our Iaido Department. Mr. Nakashima is one of the instructors of the Pasadena Judo Club and has helped us with demonstrations on many occasions in the past. His medical practice is in the nearby Nikkei Medical Building in Little Tokyo

**Future continued:**

evaluations and causing my student disappointment and frustration? Several years back, one of my students remarked (and I was quite flattered at the time) that "I played no games" and "I was TOO honest." He left my Dojo after saying this because these were just the two qualities that he was NOT looking for in a teacher. To be a good teacher, do I need to flatter my students? Indeed, ignorance may be bliss after all. One, not so close acquaintance always would say, "Why confuse them (i.e. the students, the general public and most probably one's own self included) with the facts!" Another very successful teacher gave me the secret of his great success: "Give them what they want!" (Isn't this an original quote of P. T. Barnum?) "If they want kicks, give them kicks, he advised. Give them anything, they (the students) don't know what's what anyways!" With this attitude, I believe, you cannot respect your students and without respect, you cannot teach them. Without loving your students, you can't take risks for them at your own expense. A good teacher, I believe, will risk personal admiration, reputation, and greatness to teach his students. There must be a commitment to the student above personal gain and aspiration. After all, I am running a Dojo not a personal beauty contest.

Of course, the student will only gain success in his practice when he realizes that he must continue to search beyond the superficial verbal aspects of the instruction to try to find the true message of what is being taught. Really, from my own experience, only a very few are fortunate to achieve this. As my Zen master always says, "He has to understand it first before he can learn it." Here I always thought it was the other way around but nowadays, I realize that, in reality, it is so. Most unsuccessful students are not trying to "understand" the instruction as much as they trying to "profit" from it or "manipulate" it to their own advantage. This is a mistake - you are confusing Aikido with Business

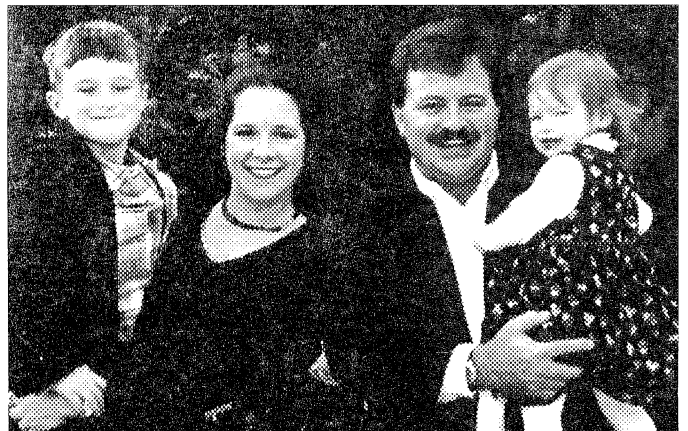
And why do we not have students in our Dojo? If they want flattery, they probably won't get it. If they want sympathy (the selfish, wet kind), they probably won't get it. If they want to be lazy and waste their lives away, they most probably won't last too long in our Dojo.

We teachers should not make the teachings easier in an effort to make everything more pleasant and "enjoyable." "Enjoyable" seems to be the operative word of the 90's. What's right is right! Is this too unreasonable? If you are going to learn something, learn it right. Is this too unreasonable? What's wrong with it if it happens to take a little effort, a little self-sacrifice, and a little commitment on your part. Is this unreasonable? What is wrong with pursuing something worthwhile in a proper worthwhile way. When we watch great skill we must appreciate all the many hours of work, sacrifice and commitment which went into it. This is what makes great art and great people.

## GREETINGS from Santiago From Salamanca, Spain



## The Curtis Westfall's



Published from their New Year's Greetings card. Curtis is an assistant instructor in Aikido and a member of our Iaido Department.

Although we are a small group, everyone is doing exceptionally well and working hard. We must continue to work hard to learn how to work together. In addition to developing our selves, we must also work to develop our partners and classmates and, at the same time, work to support and develop the Dojo and pay respect to the art as well. Aikido, by itself, is a big responsibility, which, indeed, makes us bigger people. Bigger people in the sense of people with bigger hearts. This is one of the great treasures of Aikido which you cannot find anywhere else than on the mats of our very own Dojo.

Please, everyone continue to work together in harmony and peace. Everything is give and take and, as I know very well, it always seems like it is mostly giving. If we observe the seashore, as the ocean pushes the water towards the land in waves, the waves naturally return back to the sea. If we try to hold the water towards ourselves, it naturally runs away from us. If we push the water away from ourselves towards others, it naturally comes running back to us. This is the way of Aikido which we must practice in our daily lives as true Aikidoists.

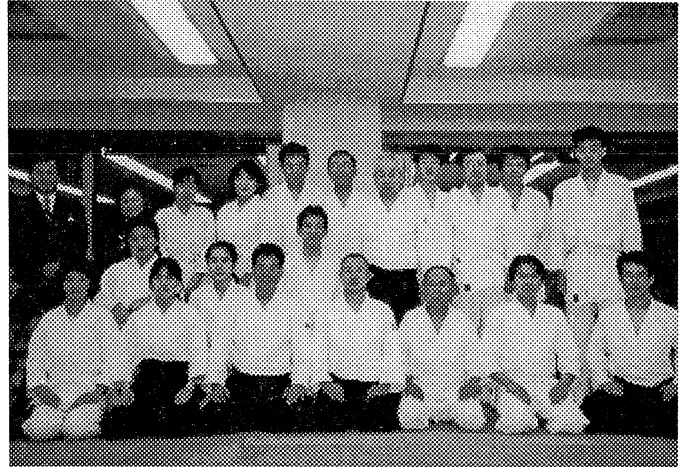
## Dojo Uniform Code:

1. Proper "keiko-gi" should be worn during practice times. Please do not refer to your uniform as a "gi" which is not quite proper. Black belts and women from their initial kyu grades are permitted to wear the hakama.
2. Please enter the practice area fully dressed. Do not dress on the mat. Do not enter the mat half-dressed.
3. Remove your hakama in the dressing room or, if space is not available, at the side of the mat.
4. When folding your hakama, fold it at the edge of the mat by the wooden floor.
5. Do not walk around without your top jacket off or your belt around your neck.
6. Headbands, jewelry such as earrings, rings, necklaces, etc. are not permitted to be worn during training as a safety precaution.
7. Keep your uniform clean, washed regularly and in good repair.

## Congratulations! Chushinkan Dojo James Nakayama Sensei

*On the opening of his newly expanded Chushinkan Aikido Dojo in Buena Park, Orange County, on January 11, 1998. We wish him and his students the very best of luck and much success!*

*Aikido Center of Los Angeles*



Suganuma Sensei with members of his dojo, the Shoheijuku, in Fukuoka, including members who visited us several years ago. Suganuma Sensei sitting front center. Mr. Sumio Hirakawa standing just to the right of Suganuma Sensei with the white hair very regrettably passed away recently this last year due to illness.

## Cable TV A&E Special Program "The Martial Arts" Feb. 1st.

Cable TV Channel A&E will air a special two-hour program entitled, "The Martial Arts," twice on February 1st. It is considered to be the most expensive, most extensive, documentary on martial arts around the world ever made according to the production company. The program will feature Furuya Sensei and our Dojo. Please watch for it.

We have been featured on the TV on several occasions recently including "Ancient Mysteries" (A&E) and "Strange Universe" on Channel 13 and recently, "Saving Our Streets" on Channel 7. Several years ago, Sensei was interviewed on radio's "Air Talk" with Larry Mantle on KPCC. In the past however, Sensei has appeared on the Today Show, a Martial Arts Movie Marathon on channel 13, several Japanese interview shows including Ohayo New York! in New York. He has also done some technical work for the Merv Griffin Show, Love Boat, and Star Trek III, the movie. According to Sensei: "I am not an actor and only committed these criminal offenses for the sake of promoting the Dojo."

## From Newsweek Magazine: The Karate Kids and Me

By Marlene Demarco

Kindly reprinted from Newsweek Magazine  
November 24, 1997

### I've learned that there's great pleasure in meeting new challenges at any age.

My plight is the direct result of the mild winter of '97. If we'd had the usual blizzard followed by subzero temperatures that turn snow, salt and cinders into high-tech igloo-building material, I would have been huddled inside my home office. Last February was so mild I was broom-scrubbing the garage when Chris walked in to gab. The six families in our town-house complex rarely phone each other, but anyone standing in front of his or her house is fair game for conversation.

Chris mentioned that her 10-year-old was taking karate, and I casually remarked it was something I wanted to try-someday. She promised a set of registration forms, then delivered them and prodded: "Did you call yet?" In the name of town-house peace, I phoned the karate club and talked to a young woman.

"I'm interested in taking karate, but I'm 51, overweight and completely out of shape. I know your current session started several weeks ago, so when does the next session begin? Next fall?"

"Oh, I'm sure you will fit in perfectly. Our oldest beginner was 72. I'll have *Sensei* call you. "Sensei? From watching Saturday-morning cartoons, I knew sensei was a teaching rodent. It was difficult to envision a human with that title.

On the phone, Sensei was clam and encouraging. He assured me I could catch up with the rest of the beginners and that karate was for me. In person, he was a sensitive-looking fellow seated in an office crammed with trophies and press-clippings. This couldn't be all that bad. Anyway, I could always quit if I didn't like it. That proved to be a naive thought.

Age is meaningless among the beginning students, so I found myself in a class of 10-and 12-year-olds, who looked at me with gaping mouths. My first class began with a bow and warm-up. I made it through the jumping jacks, stretching twists and push-ups with the help of supreme determination and a body that was surprised enough to do what I asked of it. This was the first time I had tried these moves since PE class decades ago.

After that first hour, I got into my car knowing that getting out might not be possible. In a few hours, the pain had increased

until breathing hurt and crawling was the only way of getting around the house. By the time I could consistently stand erect again, I had to go to the next class. Anything that caused this much pain had to be good exercise.

As the weeks passed and I learned to tolerate the pain that never quite goes away, I became fascinated by my classmates. The girls always stopped talking whenever I was around, and I was amazed at how easy it is to be transported back to fourth-grade feelings of not being part of "the group." The boys were very different. After a few sessions, they accepted me as an equal and asked me to practice with them before class. I became one of the guys, I couldn't disappoint my pals, so I persevered.

Gradually, all the chauffeur-mothers who were considerably younger than I, realized I was a peer of their children. After they individually told me how they would really, really like to take class but just couldn't, I started feeling like a defender of the baby boomers, and I had to continue. When I met the mother of my 16-year-old tutor, a talented young man charged with the responsibility of catching me up to the class, she told me she would have taken the class if she were my age. She is four years younger; that spurred me on again.

Then Sensei got into my head. This slightly built, quiet person turned into a taskmaster in class. He talked of self-defense, the need to develop strength and what we must know to test for our white belts. As we prepared for the test, the pressure became intense, but the competition was against oneself.

Students of karate naturally respect those of higher rank because the superiority of skill is so obvious. The "colored" belts encouraged us "no" belts as our test day approached, but the anxiety Sensei's own brother exhibited before testing for a purple belt wasn't comforting. We knew Sensei would be a brutal judge. This was crazy. Why was I giving such power to this stranger?"

Five days before the ordeal, I sat in church thinking that I was stupid for beating myself up over something that was supposed to be fun. Then this priest started his homily. As I sat there persuading myself not to go through with the test, I heard the priest say, "Never give up. . . strive for new accomplishments." It is impossible to quit with God on your back.

Sleepless before the test, I started eating compulsively in the middle of the night. On D-Day, I washed my *gi* (white heavy cotton pants and top) and had it professionally pressed. It was a hot, humid summer evening, and two of my pals and I agreed to warm up in the hallway until we were permitted to enter the gym. Then my exquisite luck held. I ripped my pants when I tried a split. The tearing sound got the boys' attention; they assured me the top of my uniform concealed the damage.

Continued:

### **THE KARATE KIDS AND ME Continued:**

I wish I could say my fears vanished and I performed brilliantly, but I can't. I tried to concentrate as I watched the others. Then it was my turn. I could feel myself getting weaker as I went through the series of blocks and punches and kicks. Sensei called for a *mae-geri*, a front kick, and my mind went blank. As I looked into the mirror, I saw the reflection of the boys stunned faces, and I kept thinking that this kick must be more complex than I knew it was. After a couple of false starts, I did it. But there was no thrill of victory.

After we completed the test, one of the boys put his arm around me. "I know why you messed up on the kicks. You were thinking about the rip in your pants, 'cause you know that kick." He patted me on the shoulder and left. It is amazing how encouraging a kind word from a 10-year-old can be.

I had learned much more than karate in those four months. There's great pleasure in realizing that the time of tests is not over. And that, just maybe, age isn't as limiting as I'd thought because I did earn my white belt and I'm working toward my yellow.

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December 25, 1997

Dear Reverend Kensho Furuya:

Your work in your newsletter continues to interest and inspire me. Truly the martial arts community suffers because there are so few teachers with your knowledge, sensitivity, depth, and humility. May 1998 bring you much peace, hard work, and many opportunities for learning among your devoted students. Peacefully, Yours,

Brian Shiers,

Power Center Gym, Toluca Lake

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We thank Dr. Taitetsu & Alice Unno for their kind donation to the Dojo attached with their Christmas greetings.

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## **From the Little Tokyo Branch Library**

January 5, 1998

On behalf of the Friends of the Little Tokyo Branch Library I want to thank you for presenting your Aikido demonstration and signing and donating 14 copies of your book, *KODO* at the library on November 8. You were a great success with the audience. We appreciate your supporting the library and giving so generously of your time as well as your book. Thank you again from our entire organization. Sincerely,

Jean Morimoto, Corresponding Secretary

## **Letters & Correspondence:**

December 12, 1997

My name is Josue Pena and I am perhaps your first Cuban student resident in Cuba. I've been following your directives since the moment a relative of mine living in America bought me your Aikido series in nine volumes. It was such a great joy and satisfaction to hear for the first time someone who put side by side the idea of self-defense and respect for the attacker, I had been studying different martial arts for more than sixteen years under the guidance of several well-known local teachers and, I must admit it, such a spiritual perspective was always missing. At this moment Aikido is only beginning to lose the aura of the exotic for most of those interested in martial arts. It is a fact that the Cuban temperament and above all our cultural background as a whole are serious impediments to the perception of the fact that within martial arts is involved (sic) much more than the mere technical proficiency. At present time with me are no less than a hundred enthusiasts of the art who train as much as three times a week.

Besides the time and energy I devote to teaching. I train myself three hours six times a week. This personal training I do with a very close friend of mine who has also begun to teach a class. The main purpose of saying all this is to let you know the depth of our commitment.

Josue Pena Perasmo

c/ Narciso Lopez #8

e/ Ariel Ochoa y Aurora Ochoa

Reperto Zayas, Holguin, C.P. 80800, Cuba

December 17, 1997

Master Rev. Kensho Furuya:

It has been a year now since I had my first contact with your book. It was enlightening to find a Martial Art book of such rich contents. I ordered some books so my students could share with me this knowledge. This is a good opportunity to thank you for what you have given us through this book.

Andrea Palma lives in California and maintains contact with me regularly. I recently asked her to contact you to know if there would be a possibility in translating and editing your book to Portuguese. We already have some publishers interested in publishing your book here in Brazil. We'd like to know your opinion on this matter.

Luiz Miele

Sao Paulo, Brazil

**EDITOR'S NOTE:** We do appreciate all of your letters of encouragement and I thank you personally for your kind and generous words to friends all over the world. It's makes me very happy that the book helps you and is a continued source of inspiration for you. Many thanks for all of your kind letter and cards over the Holiday Season.



## *Many Thanks*

I would to thanks all my students and friends for the wonderful Christmas gifts and tokens of appreciation this year. I do greatly, very greatly appreciate your continued support, loyalty and committment to Aikido and Our Dojo. I wish you the very best of this New Year.

I hope everyone will put their energy to our continued growth and development.

*Rev. Kensho Furuya  
Aikido Center of Los Angeles*

## **Annual Membership Drive**

Every member of the Dojo should do their best to introduce at least one friend, family member, or relative to our Dojo. We do need to build up our membership - share Aikido with others you know and share our beautiful Dojo.

## **UPCOMING:**

### **O'Sensei's Memorial Service**

will take place on April 26, 1997. We invite everyone to attend the simple Zen service and offer a little incense to his Memory. There will be a Reception after the Service. Everyone is most welcome to attend. Your family and friends are also welcome.

### **Take A Second:**

Everyone, especially senior students, black belt candidates and black belts, should attend the second practice during the week. At least, stay for one second practice a week.

EVERYDAY EVENING (Except Friday)  
7:45pm-8:45pm

## **Important Dates FEBRUARY 1998**

- Feb. 1**                    **A&E TV: "The Martial Arts" 2-Hour Special**
- Feb. 3**                    **Budo & Sword Study Class. 7:45-9:00pm**
- Feb. 14**                  **Iaido Intensive  
6:30-8:30am**
- Feb. 28**                  **Black Belt Intensive  
6:30-8:30am**
- April 25**                  **Sensei's 50th Birthday**
- April 26**                  **O'Sensei's Memorial Service in the Dojo.**

## **Curtis Westfall Promoted Iaido Shodan:**

Curtis Westfall was promoted to Shodan, 1st degree black belt in Iaido as of January 1, 1998.

# **1998**

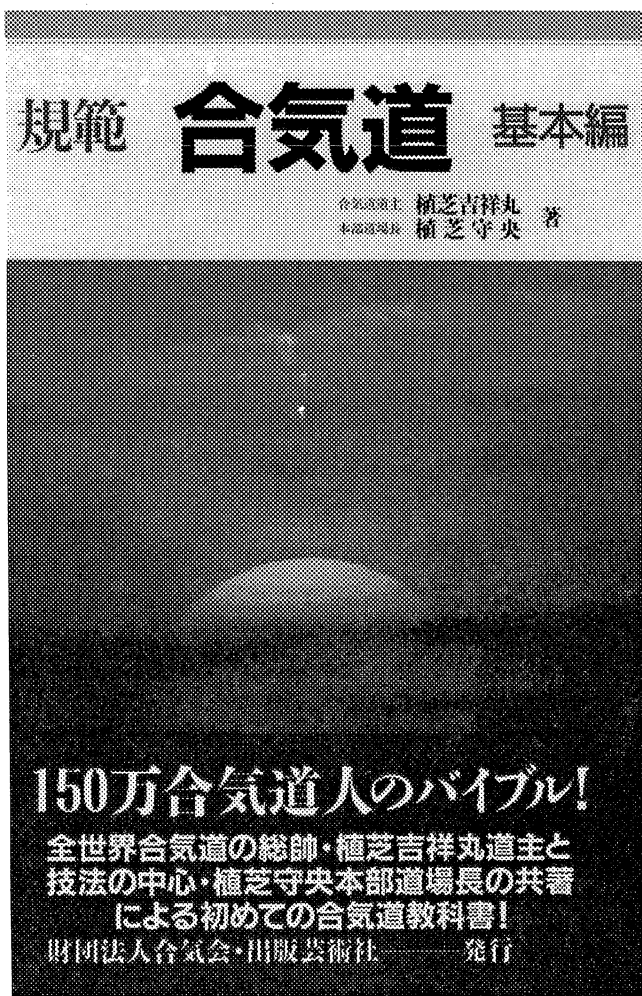
## **New Training Schedule**

2nd Class 7:45-8:45pm:  
Mondays, Tuesdays, Wednesdays &  
Thursdays (Except Fridays)

Intermediate Class:  
Every Saturday 9:00-10:00am

Iaido Intensive:  
Every 2nd Saturday 6:30am-8:30am

Black Belt Intensive:  
Every Last Saturday 6:30-8:30am.



## KIHAN AIKIDO

### Fundamental of Aikido

By Doshu & Dojocho Moriteru Ueshiba

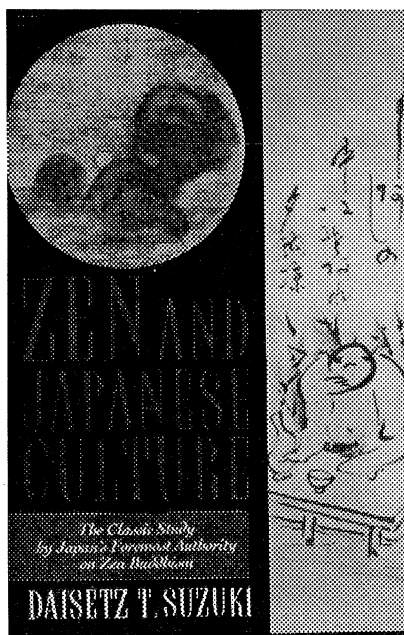
The latest reference book on Hombu Aikido by Doshu and Dojocho with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."

## Japanese Art Swords Appraisal & Restoration.

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders.

### JAPANESE SWORDS, RELATED ITEMS WANTED. BOUGHT & SOLD

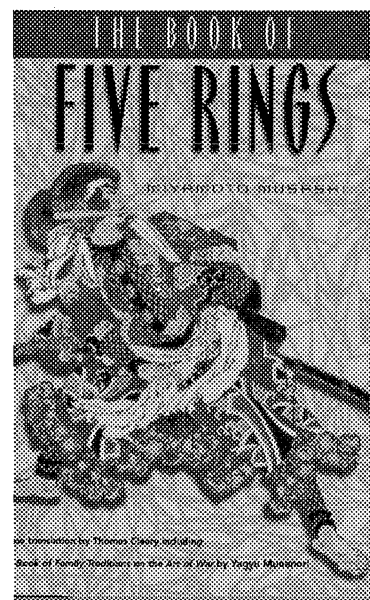
Please make your inquiries to Rev. Kensho Furuya, c/o Aikido Center of Los Angeles, 940 E. 2nd St., #7, Los Angeles, CA 90012. (213) 687-3673. By appointment only.



## ZEN & JAPANESE CULTURE

By D. T. Suzuki

Excellent sections on Japanese swordsmanship, the Samurai and the tea ceremony.



## THE BOOK OF FIVE RINGS

By Miyamoto Musashi

Also includes translation of the **KADENSHO** by Yagyu Munenori. Trans. by Thomas Cleary. Very good reference book and often used in our Budo Study.

## Muso Shinden Ryu Iaido

Instruction:

Saturday & Sunday Mornings

8:00-9:00am

Monthly Intensive Seminar

Every 2nd Saturday

6:30-8:00am

## Budo Study & Discussion Group

Every first Tuesday

7:45pm-9:00pm

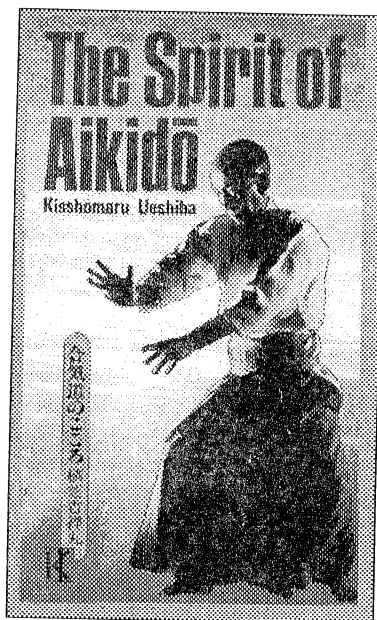
Informal discussion & study of martial arts philosophy, traditions, Samurai swords, and Aikido philosophy. Everyone is welcome to join our monthly group. Free discussion & questions are encouraged.



### SHASHIN DE MANABU AIKIDO

By Dojocho Moriteru Ueshiba

Hombu Aikido techniques demonstrated by Dojocho Moriteru Ueshiba. In Japanese but self-explanatory and an excellent reference source.

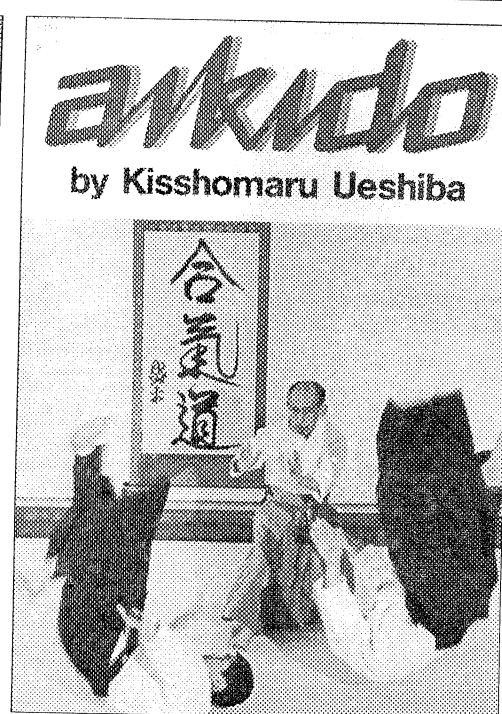


Recommended Reading:

### 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. Very important for your training.



Highly Recommended Reading:

### AIKIDO

By Doshu Kisshomaru Ueshiba

Doshu's book is one of the best books available today on Aikido technique. It is very strongly recommended.

## MA Training Magazine "Ancient Ways" Column

Please look for Furuya Sensei's regular column, Ancient Ways, in MA Training Magazine published by Black Belt Magazine, Ohara Publications. The column is in its 11th consecutive year.

## Dojo Equipment:

### Official Dojo Jackets

Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each.

### Official Dojo T-Shirts, Patches & Mugs

T-shirts: \$15.00 each. Mugs: \$9.00 each. Patches: \$5.00.

### Uniforms, Hakama, Obi, Bokken & Jo

Available by order. Also, high quality uniforms and equipment custom ordered from Japan.

## Dojo News Subscriptions:

Please subscribe to our monthly Dojo Newsletter. Now in its 16th year of publication. \$36.00 a year also helps to support our Dojo and our Practice. Your donations, contributions and subscriptions are always greatly appreciated. Many, many thanks.

Aikido Center of Los Angeles

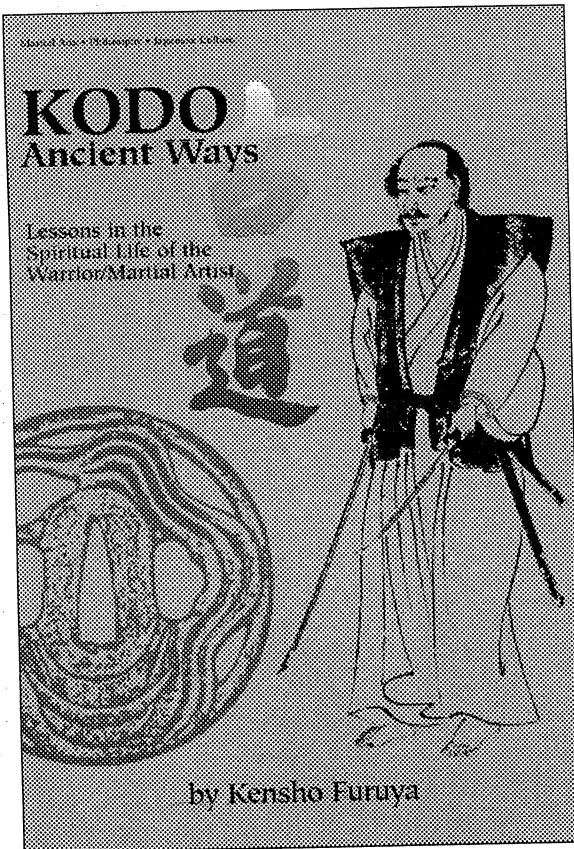
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The Aikido Center of Los Angeles  
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Photographer: Larry Armstrong  
Legal: Curtis Westfall



# KODO

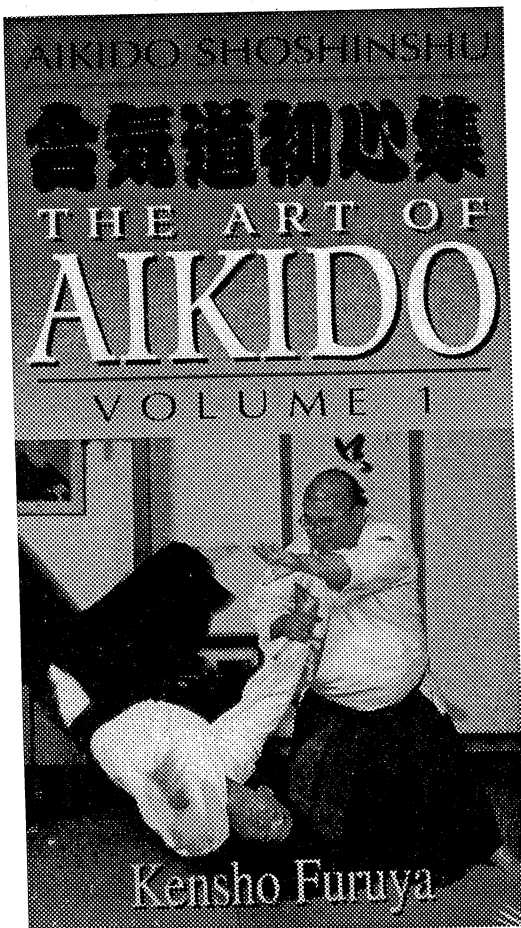
Ancient Ways:  
Lessons in the Spiritual Life of the  
Warrior-Martial Artist

Rev. Kensho Furuya

**Please place your orders through:**

Aikido Center of Los Angeles,  
940 E. 2nd St., #7, LA, CA 90012

\$16.95 + \$3.00 S&H  
Payable to Aikido Center of Los Angeles  
Foreign postage: \$5.00 S&H



## AIKIDO SHOSHINSHU THE ART OF AIKIDO

*Detail Instructional Videos on Aikido  
In Nine Volumes Complete*

Rev. Kensho Furuya, Aikido 6 Dan

*“Top Rated”* - Karate Illustrated  
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*“Exhaustive”* - Aikido Journal  
*“One of the Best”*

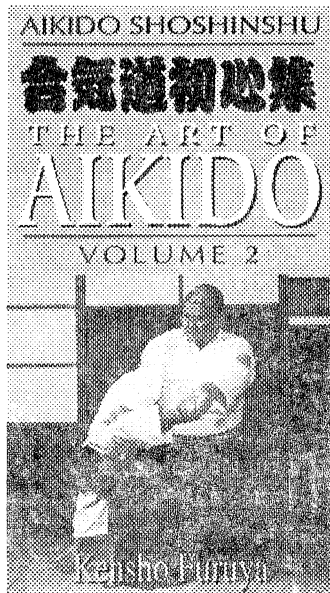
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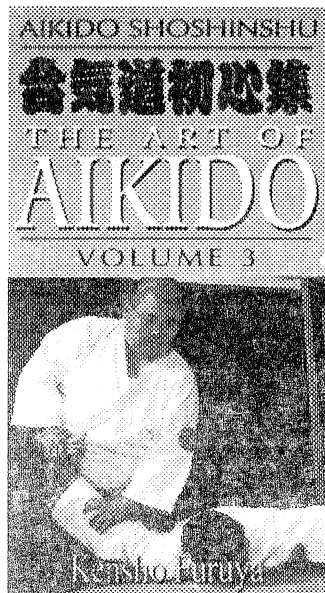
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International Mail requires additional S&H \$25.00.  
For further information: please call: (213) 687-3673

# AIKIDO SHOSHINSHU

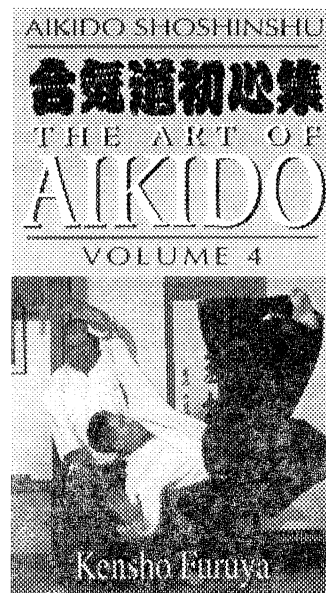
## The Art of Aikido Instructional Video Series



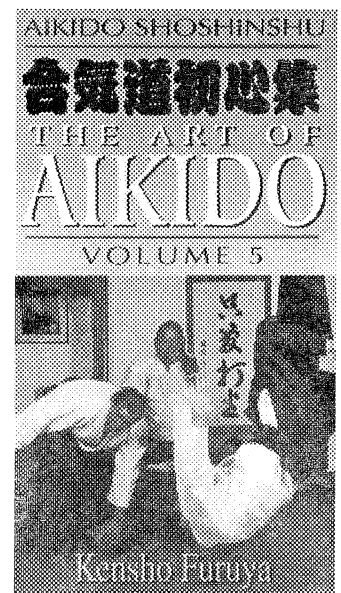
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo  
& Gokyo



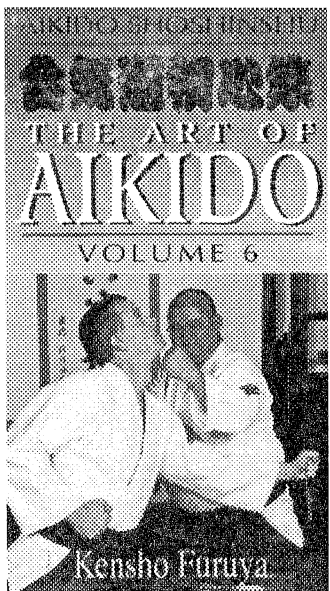
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



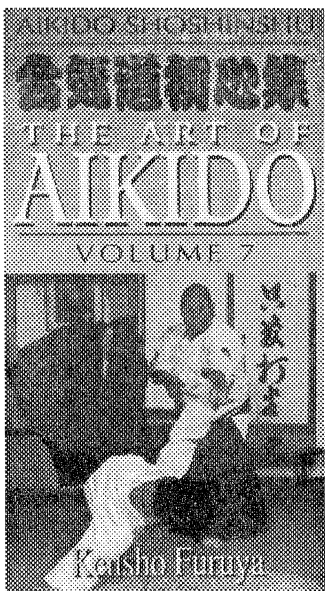
Katatetori Ryotemochi: 2-hand.  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



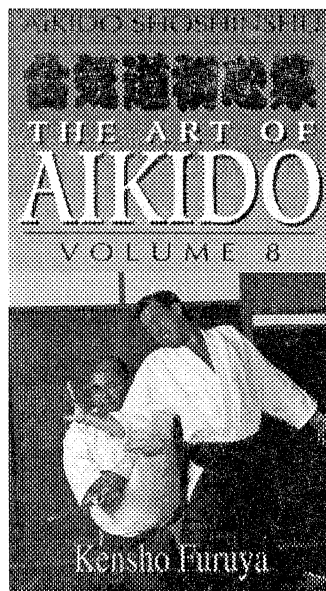
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



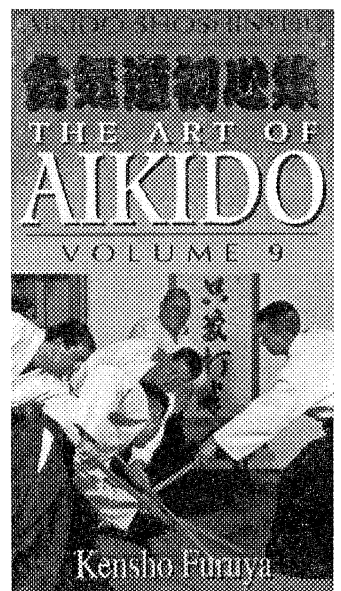
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the  
side of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro-waza: Attacks from  
behind.  
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: Long staff Fundamentals.  
Black Belt Examination  
Requirements.

# Aikido

## TRAINING SCHEDULE

### BEGINNING & OPEN

Monday thru Friday Evenings

6:30pm-7:30pm

Monday thru Thursday Evenings

7:45pm-8:45pm

Saturday Mornings

9:00am-10:00am (Intermediate)

10:15am-11:30am

Sunday Mornings

10:15am-11:30am

### ADVANCED CLASSES

Bring bokken, jo and tanto.

Black Belts & Instructors'

Last Saturday of the Month

6:30-8:30am

### CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings

9:00am-10:00am

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE

### IAIDO SWORDSMANSHIP

Saturday & Sunday Mornings

8:00am-9:00am

### IAIDO INTENSIVE

Every 2nd Saturday of the month.

6:30am-8:30am

Monthly Meeting follows.

### BUDO & SWORD

### STUDY CLASS

Every 1st Tuesday of the month.

7:30pm-8:30pm

Group Study & Discussion

## Special Memberships

### *Supporting Membership*

\$10.00/month or \$120/year.

Includes Our Monthly Newsletter.

### *Affiliate Membership*

\$25.00 or more/month or \$300.00/year.

Includes Membership and Invitation to  
all Workshops, Events & Seminars.

Our Monthly Newsletter.

### *Full Time Training Student*

Monthly, 3-Month, 6-Month & Yearly Rates.

Family Rates & Private Instruction also available.

See Instructors.