



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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

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January 1, 1992

## 謹賀新年

### HAPPY NEW YEAR!

I wish to extend my warmest Greetings for the New Year 1992 to all my students, friends and associates, hoping everyone will enjoy peace, happiness, good health and good fortune.

This last year seemed like a tough year and, when I think about it, every year seems like a tough year for the dojo. Despite this, however, we manage to survive each year and actually we always come out not too badly. When I look at the overall picture, I believe we have a lot to be thankful for. Everything works out for the best and the dojo has become a much, much better place to train in than ever before.

I would like to thank all my black belts who have helped to support the dojo and keep things going smoothly. I would like to thank all my students for their support and training so well. I see a great deal of progress in many students. I sincerely believe Aikido training, if practiced correctly, is a wonderful life experience for anyone.

This year, I worked on the presentation of Bishop Yamashita at the United Nations. I believe this also brings great honor and prestige to the dojo as well. Next year, I hope to bring the 23rd Hereditary Master of the Yagyū Shinkage Ryū to America. This is also a big project. In August, we will have visitors from Yamanashi Prefecture, my ancestral home, to help us with the Nisei Week Demonstration. This will also demand a great deal of work.

As everyone in the dojo knows, I have been spending a great deal of my time at the Temple. This is very valuable time for me because I have the opportunity to learn many things from Bishop Yamashita. I don't think I can find this kind of learning and raining experience anywhere else in the world. He is indeed a great teacher. In all respects, I hope this will

make me a better and wiser teacher for you. His teaching also gives me great peace of mind and this is very important for me. As time goes on, I hope I can make more of teachings available to you in English.

This year, I am not so concerned with how big the dojo gets. I only hope that all my students will stay with me as long as they can, and that it won't be too much of a problem to meet our bills each month.

Aikido brings order into your life. It is spiritual as well as physical training. It is not a business and I am not in the business of making lots of money. I am not so interested in money as my landlord or telephone company. Their fondness for the "green stuff" is what makes it difficult to keep the dojo running strongly, however, so we make a compromise here. To understand this fully, each student needs commitment and loyalty to the dojo as well as his practice. This is very important. Please don't look at the dojo as a kind of gym or aerobics center, it is far more profound than anything like that.

I am looking to what this year will bring us. Everyone, please keep up the good work. Thank you.

In Gassho,

*Reverend Kensho Furuya*

### Notice:

The dojo will be closed on December 31st,  
January 1st and 2nd.

Please enjoy the holiday.

**TRAINING SCHEDULE  
1992****Open & Beginner's Classes****Mondays thru Fridays  
6:15pm to 7:15pm****Mondays & Tuesdays  
7:30pm to 8:30pm****Saturday Mornings  
10:15am to 11:15am****Sunday Mornings  
10:30am to 11:30am****Advanced Classes (3rd Kyu & up)****Thursdays  
7:30pm to 8:30pm****Saturdays  
11:30am to 12:30pm****Children's Classes****Sundays  
8:00am to 9:00am****Kenshinkai Iaido  
All Japan Battodo LA Branch****Wednesdays  
8:45pm to 9:45pm****Saturdays  
9:00am to 10:00am****Sundays  
9:15am to 10:15am****NEWS ITEMS**

Victor Rodriguez passed his Bar Exams and has been sworn in as a full fledged lawyer. Good Luck to your new career!

Mitsuko Yoshimoto will be in Japan for several weeks to visit her parents over the New Year's Holidays.

Brigido Anaya is recovering well from his shoulder injury and will be back to the dojo in several months.

Robert Tam is moving to New York for his job in January. We wish him good luck and hope that he will come back to Los Angeles again soon.



Bishop Yamashita, Dick Cavett, dojo member, and Sensei during the reception after the United Nations speech in New York. November 21, 1991.

**Bo-nenkai 1991**

On December 21st, the dojo celebrated its Bo-nenkai (Forget the Year Party) and Christmas Party at the dojo. The main feature was a 5' submarine sandwich. About twenty members participated and everyone had a good time.

Sensei received a very nice Christmas present from all the members. Thank you very much!

Special thanks goes to Monica Alvarez and Victor Rodriguez for picking up the food and drinks. Also thanks goes to everyone who brought munchies and yummys.



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Dear Students & Friends:

First, may I wish everyone a very Happy New Year with much happiness and good health.

I am always grateful to see so many people practicing hard in the dojo and enjoying themselves and really coming to understand Aikido as a martial art and as a way of life.

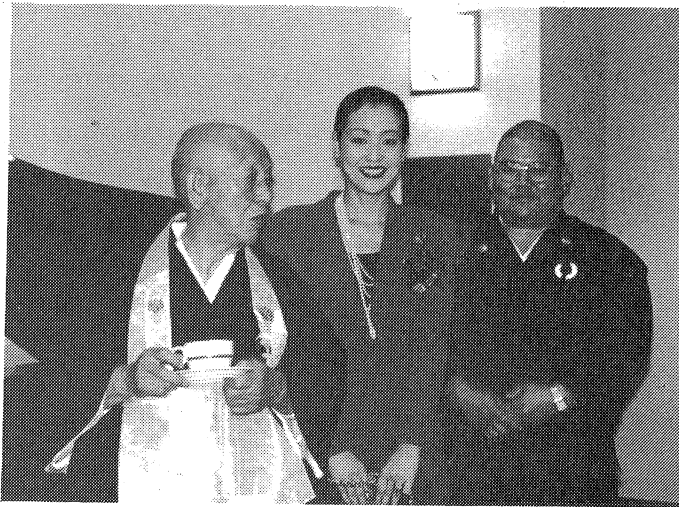
In this fast-paced world of changing values and attitudes, it is difficult, but so important, to preserve the original form of Aikido and what it has to teach us. It is of vital importance to understand O-Sensei's teachings within ourselves and pass this gift onto others. I firmly believe that we can only make progress as those around us make progress. You only advance as you help your practice partner and those around you to advance.

We are each individuals with our own wants and needs, yet, we are so intricately co-dependent on those around us. It is within this contradiction that we can begin to understand the meaning of harmony and peace. Our training guides us to transcend the world of "you and me," "I like & I don't like," "yes & no." Peace is never a form of discrimination accepting this and rejecting that according to our own folly.

There is an old saying among the samurai warriors of long ago. "Cry in the dojo and laugh in the battlefield. This means that our own self-discipline may be harsh and demanding but when we enter the battlefield or venture out into the world, we should always smile and take it lightly. If we make the mistake of becoming too self-indulgent in our training, we will assuredly be disappointed in the outside world. Please continue to practice hard and support our wonderful dojo.

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





The Bishop, Ms. Riyako Matsuda and Sensei at the United Nations. Miss Matsuda is a well known actress in Japan and model for Shiseido cosmetics.

### Thank you

On December 20th, we had an O-Migaki or Dojo Cleaning. Thank you to everyone who participated. Special Thanks to Mark Moore who supervised the project and also brought a tall ladder to clean the ceiling lights, a job no one likes to do.

We are looking for volunteers to help clean the 2nd and 3rd floors of the dojo.

### Shawn Pak, Chiropractor

WESTERN AVE. FAMILY MEDICAL CLINIC

Sungmin (Shawn) Pak, D. C.  
5481 Santa Monica Blvd.  
Los Angeles, California 90029  
(Western Ave. & Santa Monica Blvd.)

(213) 469-2344

Special Discount to Dojo Members

### Dojo Newsletter

The monthly newsletter is free to active students. Annual Subscription Fee for non-members is \$25.00 per year to cover postage and handling.

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## Promotions

As of January 1, 1992

Candidate for Black Belt Examination  
Dr. Hieu Nguyen  
Norman Lew

First Kyu  
Dr. Hieu Nguyen  
Steve Tarango  
Kenneth Furuya  
Rick Parent

2nd Kyu  
Gary Chang  
James Hemseth  
Andy Kissel

3rd Kyu  
George Machalov  
Paul Williams

5th Kyu  
Matt Glave

6th Kyu  
Michael Dancy  
Kevin Sonico

### 1991 Black Belt Committee

Ben Suyenobu (Retired)  
Stephen Stephanides (New England)  
Victor Rodriguez  
Yasushi Matsuki  
Mitsuko Yoshimoto  
James Doi  
Sukkoo Lee  
Richard Eloriagga  
Ken Watanabe  
Thomas McIntyre  
William Gillespie  
Curtis Westfall  
Shawn Pak  
Brigido Anaya  
Ismael Araujo  
Norman Lew (Children's Class Assistant Instructor)

*Akuji senri wo hashiru.*

悪事千里を走る

An evil deed runs a thousand miles off.

A bad rumour spreads a thousand miles off.

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## POEMS OF THE PATH

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Rely on the majesty  
of the lord  
who rules  
our world  
and advance bravely.

O gods of heaven and earth!  
We beseech you to guide us  
toward the precious techniques of *ki*  
that calm the soul  
and purify all things.

“*Ei!*”

Cut down the enemy  
lurking inside oneself  
and guide all things with  
shouts of “*Yaa!*” and “*Iei!*”<sup>6</sup>

True *budō*  
cannot be described  
by words or letters;  
the gods will not allow you  
to make such explanations.

Techniques of the Sword<sup>7</sup>  
cannot be encompassed  
by words of letters.  
Do not rely on such things—  
move on toward enlightenment!

Deep and mysterious  
the grand design  
of the Path of the Sword—  
place its heat and light  
in your heart.

Foster and polish  
the warrior spirit  
while serving in the world;  
illuminate the Path  
in accordance with the divine will.<sup>8</sup>