

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.

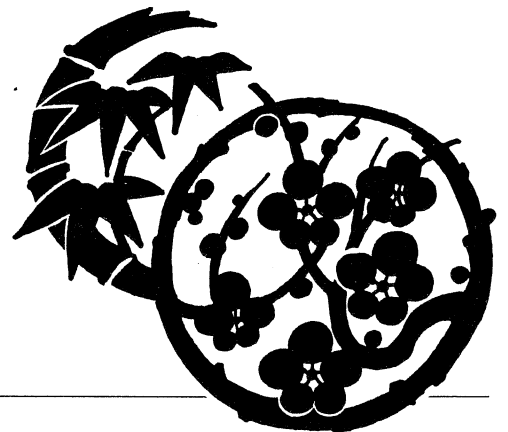
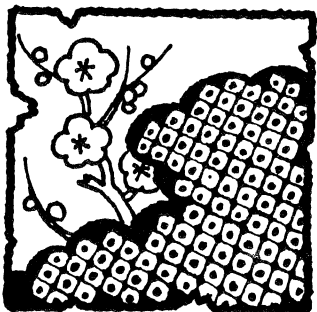
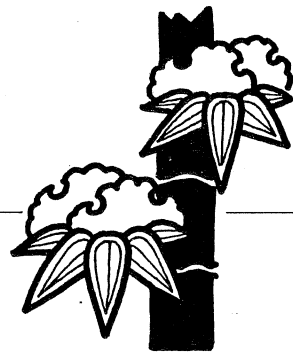
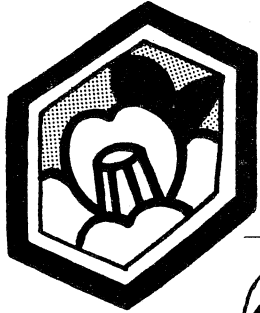
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January 1, 1998

Volume XVI. Number 1.

# Happy New Year

# 1998



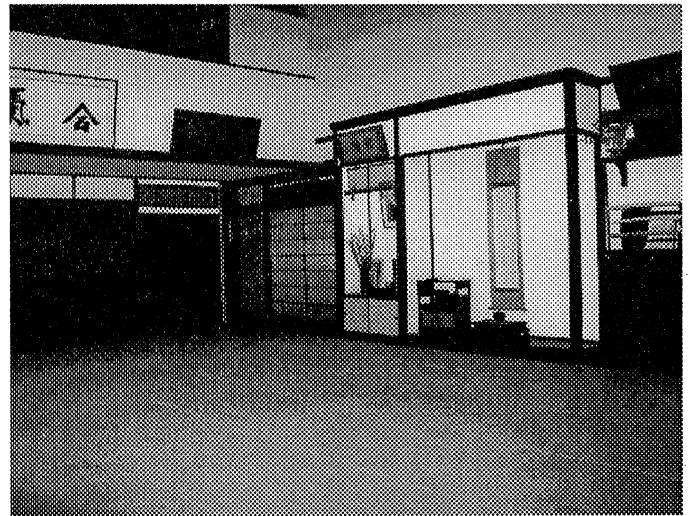
## Sensei's 1998 New Year's Message:

First of all, I would like to wish all of my students and friends, supporters of the Dojo and associates for all your generous thoughts, encouragement, friendship and positive energy in behalf of our Dojo. In such a materialistic world as today, it is difficult to live by our principles and ideals when most everyone lives by the rule of "self" and self-convenience. Aikido is, in many ways, a gate and or path to the spiritual world within ourselves. For many, discovering this spiritual is not important. For many, money is important. Fame is important. Luxury is important. "I" is important. Yet, we know, if we just take a peek at history, if just notice a few wise words of the ancients, that we never realize our "true" selves, our "greater" selves, without a realization of the total potential, that great power and energy to be released, within ourselves. To discover ourselves has nothing to do with success or failure, riches or poverty, fame or whatever, because to discover ourselves and the power within ourselves is really the true treasure of our lives.

Teaching is not easy. Carrying on the traditions and teachings of Aikido is not easy. The teacher, especially in my case of such humble talents, cannot accomplish it by himself. Indeed, it is a community effort requiring the harmonious efforts of both teacher and students working together from one moment to the next with great attention, awareness and sensitivity. This requires that we must drop away our own egos and self-interests and work for the greater good. Not exclusively the self-interests of the group but working together with others as a path to cultivating one's own spiritual growth and realization.

Millions of years ago, we have agreed that man's first step towards becoming "human" and creating "civilization" began when man first began to live and work with others creating a "community" offering each other food, companionship and protection. Somehow, millions of years later, we still have not perfected with process - in other words, quite frankly, we are still at the first step of becoming human, as far as our scientific, financial, and technological advances have taken us, we are still knocking at the door of civilization. If not, would there still be so much poverty, hunger, killing, hate, suffering and war in the world today?

Within the context of a martial art, Aikido teaches how to live together in the world today. Who can be so fortunate as to have such a great teacher as O'Sensei to show us the way towards this way of life. Although it is 30 years since he has left this world, his teach-



Interior view of the Aikido Center of Los Angeles

ings and art still are alive within us. It is important to nourish it, keep it alive, protect it and pass it on to the next generation. This is tradition and tradition is the essence of what civilization should be ideally.

Yet, we waste our Aikido. We abuse it. We mis-use it. I hope we don't allow it to fade away into a vague distant memory as we replace it with something of our own immature, self-serving and unenlightened efforts. This is a danger we are facing now.

Today, it is popular to talk about the environment and ecological conservation. It is so popular it has even made its appearance in the Hollywood movies. But isn't it typical of our society today? A popular and important theme but do we really do anything about it - of course, let's make a movie of it and make lots of money. And, when everything in the earth is completely destroyed as in some prophetic 50's science fiction B-movie- we will make a movie about all the utter destruction of world and make even more money! We are so clever! Much too clever for our own good, indeed.

O'Sensei's Great Message is right before our eyes, right at the tip of our nose - in sight within our training, yet; it will be long while before we are ever able to grasp it.

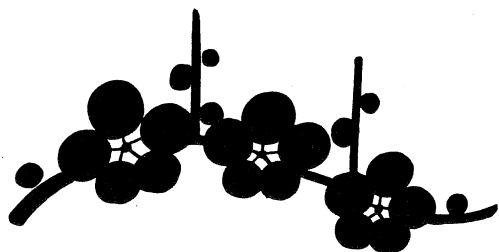
Practice together, help each other, and work for your higher, greater self. I hope in 1998, we can continue to develop and strengthen our Dojo and develop ourselves into good Aikidoists. As the late Osawa Sensei used to say: "Let's practice good Aikido." Blessing everyone for the New Year 1998. In gassho,

Rev. Kensho Furuya,



Ichihashi Sensei at our recent Special Practice.

**Congratulations  
&  
Happy 60th Birthday  
Yamada Sensei**



Many congratulations to Yoshimitsu Yamada Sensei of the New York Aikikai on his 60th Birthday on February 14, 1998. Yamada Sensei is also head of the United States Aikido Federation, Eastern Region. Many happy returns.

## **RESOLUTIONS for 1998**

- 1. Tell the Truth.**
- 2. Do your best no matter how trivial the task.**
- 3. Choose the difficult right over the easy wrong.**
- 4. Look out for the group before you look out for yourself.**
- 5. Don't whine or make excuses.**
- 6. Judge others by their actions not their race.**

Kindly reprinted from the Los Angeles Times Parade magazine. November 9, 1997. "What We Can Learn From Them." by Thomas E. Ricks.

## **1998 New Training Schedule**

Please note following changes in our 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.

## **Many Thanks to All Our Dojo Friends & Supporters Throughout the Year:**

Japan American Cultural & Community Center

Japan America Theatre

Little Tokyo Art Workshop - Miles Hamada

Art Resources Program - Linda Machida

Saishin Dojo - Rev. Mas Kodama

Nisei Week Japanese Festival

JACCC Children's Day Festival

Greater Los Angeles Little Tokyo  
Anti-Crime Organization-Police Koban

Nanka Yamanashi Kenjinkai

Kenjinkai Kyogikai Japan Prefectural Council

Fugetsu-do - Brian Kito

Los Angeles Police Department  
Rampart Division & Central Division

Los Angeles Police Academy

Aikido World Headquarters-Aikikai  
Tokyo, Japan

Zenshuji Soto Mission  
Most Reverend Bishop Kenko Yamashita

Omiya Aikido Dojo, Saitama, Japan  
Isamu Ichizuka Shihan

Shoheijuku Aikido Dojo, Fukuoka, Japan  
Morito Suganuma Shihan

Soto Zen International, Saitama, Japan  
Rev. Shin-etsu Fukushima

Hokubei Sokan Kaikyo Bu  
Soto Ministerial Department

941 Investments Company

Da Camera Society

Higashi Honganji Buddhist Temple  
(Obon Celebration)

Pasadena Buddhist Church - Rev. Tetsu Unno

Urasenke Konnichi-an - Madam Sosei Matsumoto

Nihon Buyo Kansuma Kai - Madam Kansuma

Zenshuji Sado-bu - Ms. Hiromi Yamashita

Rainbow Publications  
Black Belt-MA Training Magazine  
Michael James, Geri Simon, Jeff Douglas

CFW Enterprises  
Inside Kung Fu  
Curtis Wong, Harry Wong

Japan Karate Federation Itosu Kai  
Fumio Demura

Karate Ryobu Kai - Kiyoshi Yamazaki

Chuo Kendo Dojo - Masashi Shikai

So. Calif. Naginata Federation  
Torrance Naginata Dojo - Helen Nakano

Pasadena Judo Dojo - Dr. George Nakashima

West Covina Goju Ryu Karate  
Takafumi Hamabata

West Covina Judo Club

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

American Nippon Kempo - Martha Valdez

International Gusoku Ryu Karate  
Takayuki Kubota

Tadashi Yamashita

New York Aikikai - Yoshimitsu Yamada

New England Aikikai - Mitsunari Kanai

Traditional Wushu Association - Adam Hsu

White Lotus System Kung Fu - Douglas Wong

Chushinkai Aikido - James Nakayama

International Yoseikan Budo Fed.

Aikido Today Magazine - John Schleis

Aikido Journal

Furyu Magazine- Wayne Muromoto

Tozai Times

Rafu Shimpo

Bodhitree Bookstore- Stan Madson

Barnes & Noble Books

Airtalk Radio-Larry Mantle

Copies Unlimited

And many, many others.

## **In Sincerest Appreciation**

Aiki Doshu Kisshomaru Ueshiba

Hombu Dojocho Moriteru Ueshiba

Most Reverend Bishop Kenko Yamashita

Most Reverend Trogawa Rinpoche  
Dharmasala, Nepal

Norihiko Ichihashi Shihan  
Hombu Dojo

Masatake Fujita Shihan  
Hombu Dojo

Morito Suganuma Shihan  
Shoheijuku Dojo

Isamu Ichizuka Shihan  
All Members Omiya Dojo  
Saitama, Japan

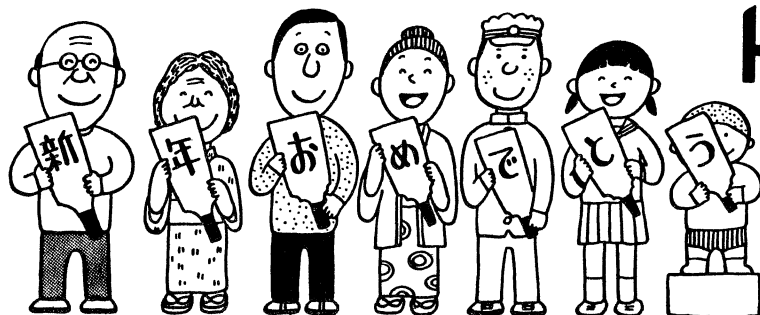
Rev. Shin-etsu Fukushima  
Kyuhozan Kotokuji

Rev. Ryugen Matsumoto

Yoshimitsu Yamada Shihan  
New York Aikikai

Mitsunari Kanai Shihan  
New England Aikikai

Teru Ikeda Shihan  
Hombu Dojo



# HAPPY NEW YEAR

## Sweeping Away the Cobwebs

### Tom McIntyre, 2nd Dan, Wyoming

The clutter in the garage grows more formidable by the day. Obviously, I let matters get away from me last spring. That is when I normally try to give or throw away anything we are no longer using and then haul everything else temporarily out so I can make a clean sweep starting from the bare walls and then wash down the concrete. It's when I find where the deer mice (furred harborers of *hantavirus*, and therefore not nearly as endearing as their names and diminutive size might suggest) have been making their nests, usually in a pair of boots I haven't worn in some time, shredding the felt liners for bedding material. I'll also turn up the dead husks of the enormous black wolf spiders (I once discovered one caught in a clamshell-style mousetrap, his - or more likely her - long, hairy legs easily mantling the entire bottom of the trap; who would have suspected spiders of having a peanut-butter jones?) who also occupy the garage, and for whom I feel a far greater fondness. Luckily, the dead husk is generally the result of a mother spider having been desiccated by her own hatchlings, the carcass signifying more wolf spiders out and about, the spawn ignoring, I am allowed to dream, Skippy Creamy in favor of *Peromyscus maniculatus*.

The mice and spiders have not invaded our living space, so far. And while we have no cockroaches or fleas that I can speak of, we do share our quarters on a seasonal basis with many moths, crickets, box-elder bugs (black-and-red, apparently harmless, flying insects that perpetrate home invasions every fall), and rather less benign swarms of sandhills hornets, whose presence, again in the fall, we have curiously grown accustomed to (for the most part). What we have never grown accustomed to, and never will, are the ticks that proliferate in the spring. Walking through tall grass at the rifle range outside of town last May, I unwittingly picked up dozens and blithely carried them home, though luckily none ever got around to attaching itself before we were able, with no minor sense of horror, to hunt them all down and with some physical effort (a tick is distantly related to the crab, and for its size probably more heavily armored) squash them - and then thoroughly scrub our hands.

Outside our house, the insect and animal life becomes far more tolerable, with the exception of the plague of grasshoppers that has descended upon us in Biblical proportions at the end of the last two summers and made my wife despair of ever harvesting a garden. The mule deer (living on a hillside, we have been allotted *Odocoileus hemionus*, while less than half-a-mile away, along the river bottoms, the species is exclusively *virginianus*, the whitetail), are, of course, a pleasure to see - as long as they have not trampled their way through the zucchini and are standing with their muzzles thrust into what would have been a prize pumpkin. Similarly, the wild pheasant,

sharptail grouse, and gray partridges are more than welcome, in no small measure due to their voracious appetite for grasshoppers. There is also a lengthy gopher snake with a burrow just outside the garage, whose own jones I hope, is for mice; and while this is prime rattler country, I've yet to see one, and would probably let him be if I did, aside from considerations about the safety of my six-year-old who likes to run in the sage.

Wild animals definitely acquire a more appealing aspect the deeper the regions of the abstract they inhabit. Thus an elk in the imagination is a much more magnificent and inspiring creature than it is when, say, as has been the case here in Wyoming, you are a rancher trying to make a living by raising several hundred head of cattle on your land, only to have that land invaded and denuded by 7000 head of elk. Some might respond, well, you (i.e. the rancher) shouldn't try to live there, except for the fact that it is where you live, always have, as did your father and grandfather (elk have never been more populous in this century, so it's not even quite fair to say they were here first), and where else are you *supposed* to live?

I've had people wonder how I, a student of Aikido, could also hunt. Perhaps I am not a good enough student of Aikido to see a contradiction, might be one answer. Or it may be through hunting I can come to an undersanding of animals, or *the* animal, that is not abstract in the least. In Aikido we are urged to know the art not in the abstract, but through the very real, physical act of practice. As in zazen - at the risk of being corrected by Sensei - in which proper meditation is not a product of thought but of sitting, proper Aikido is the product of the diligent practice of falls and throws. There is nothing intellectual about it, nothing that can be "explained" - not divorced from practice, anyway. As good as all the training tapes and books may be, a student must still practice to learn the art.

To learn truly about wildlife and the wild, the student of these must finally set aside the field guides and nature documentaries and enter into the realm of animals. Hunting is merely the means I have chosen for doing this - although in acknowledgement of my million-year genetic history of being a predator - while for others their way may be in fishing, birding, hiking, or in no way in all, not everyone, oddly, drawn to nature, not necessarily "biophilic," in the term of sociobiologist E. O. Wilson, although such people are no doubt exceptions.

Interestingly, in the last year I have come across two fellow hunting writers who are also Aikidoists. Both hunt with bows, one, a doctor, exclusively with the longbow (I have jettisoned all my "contraption" bows with their ultimately ugly cables and pulleys and have had an elegant, wandlike longbow built for myself, to accompany the flintlock I now shoot - although I do keep my scoped '06 on hand for when the freezer is getting low and playtime's over and it's time, frankly, to whack something before winter sets in). And along with me, both

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

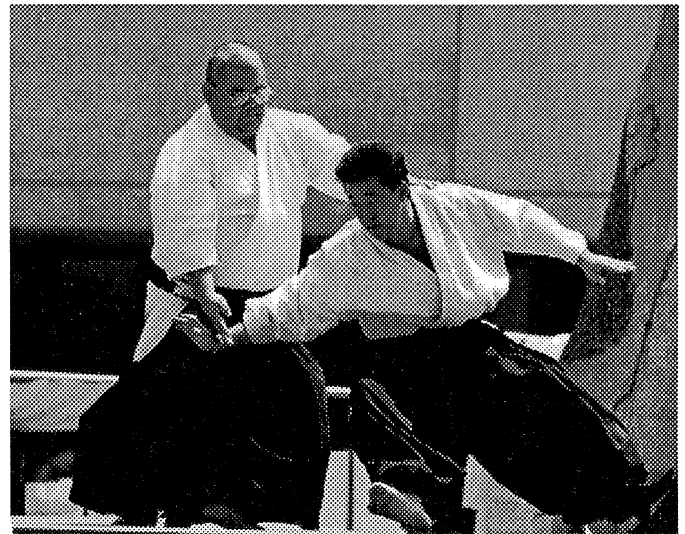
have found it difficult to keep up their practice in the remote quarters of the republic they have chosen to call home - one in central Montana and the other in rural Vermont. Yet, whenever we meet, we exchange *tenkan*, as if it were our fraternal order's secret handshake.

My efforts here in Wyoming to find a practice site have been met with general indifference, if not outright hostility. (The operator of a local martial arts studio reacted to my offer to teach Aikido free of charge in his facility by responding that he already taught hapkido, "Chinese aikido" in his words, and so nobody would be interested in learning Aikido and why didn't I sign up for judo classes with him - because I want to practice *Aikido*, I thought the better of replying.) And yet I realize that this is just an excuse for a reluctance to commit myself to the full-time obligation of teaching once I were to begin. (I more and more appreciate the great luck I had in finding a teacher as dedicated as Sensei; if you doubt me, move to where you must deal with a lesser teacher, or no teacher at all.) Nonetheless, if you are not practicing Aikido, all you seem to do is think about it, and the only way I know to stop thinking about it is to practice it. Trying to teach my son a little bit at a time helps, but he still needs a longer attention span. So I keep looking for a way to teach the *way*; and someday I will construct a second building on my property and install a practice mat, if that is what it takes.

That's the funny thing about Aikido: The farther you are from the practice of it, the more you dwell upon it, just like hunting (at least in my case). And the more you feel just a little lost.

But what does all this have to do with my cluttered garage, where we began? I think this year between Christmas and January 1 is when I will carry out my grand cleaning, in the tradition of the pre-New Year's housecleaning. It is, also, what I have done in this letter to you from Wyoming, getting rid of some of the random thoughts that have accumulated and gathered dust inside my head over the past year, sweeping away the cobwebs. Thank you for letting me; that completes one task. I only hope that by the time you read this, the other, less (or, perhaps, if viewed as simply another aspect of practice, *more*) interesting will be completed as well.

EDITOR'S NOTE: I thank Tom for taking the time from his busy schedule to write for our Special New Year's Issue. As many of my older students know, Tom is a world reknown hunter and writer and received his Aikido training in our Dojo before his move with his family to Wyoming. Despite the distance, Tom faithfully sends in his dues every month to support the Dojo. He has received his 2nd Dan in Aikido. The author of several important bestsellers on the philosophy of hunting, he is also the editor of Sports Afield magazine. Recently, he published an important personal interview with General Schwartzkoff. I wish him much success in building in the near future a *critter-free* dojo which I can someday visit.



Happy New Year

*Rev. Kensho Furuya*

## Special Monthly Events

1st Tuesday of the Month  
Budo & Sword Study Group  
7:45pm-9:00pm

2nd Saturday of the Month  
Iaido Intensive Seminar  
6:30am-8:30am

Last Saturday of the Month  
Black Belt Intensive  
6:30am-8:30am  
Instructor' Meeting follows.

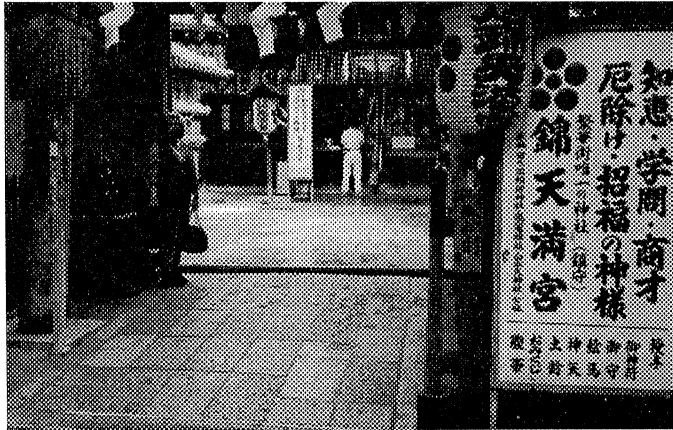
## New Classes

Saturday Mornings  
Intermediate 4th kyu & up  
9:00am-10:00am

## My Recent Trip to Japan

### Gary Myers, Iaido 5th Dan

The two best months to travel there are April and October. In April you get to see the *sakura* cherry blossoms in bloom and in October you get to see the fall colors. We flew over on VASP, which is a Brazilian airlines who currently have the best fares to Kansai International. Sensei kidded me before I left saying that VASP was the sound you heard just before the plane hit the ground. We were fortunate because we ran into Sensei and Ken Watanabe at the airport just before taking off. He was seeing off Karita Sensei, his sword polisher friend. Anyways, VASP isn't the sound that the plane made before hitting the ground and it was quite a pleasant flight. Well, as pleasant as a twelve hour flight in coach can be. We arrived on time at Kansai International Airport KIX. For those of you who just fly in and out of Tokyo (Narita), KIX is located in Osaka Bay five miles off the coast. It was a manmade island dredged from the bay floor. It is the only 24 hour airport in Japan. My agent in Osaka met us at the airport and delivered us to our hotel.



Mrs. Gary (Sami) Myers in Kyoto.

Normally, this time of year, the daytime temperatures are in the mid to high 60's, which is quite pleasant and invigorating. So we packed accordingly. Imagine our surprise when everyday was in the high seventies to eighties, no rain, no fall color, it was positively tropical. I asked my agent if the weather forecasters in Japan had talked about the dreaded El Nino effect. He started laughing saying that it was all the weather forecasted were talking about, I guess there are some things that are just cross-cultural.

Usually we have a pretty hectic schedule on buying trips. It is not uncommon to visit three or four dealers in a day and go from 8:00pm to 9:00pm. The schedule that we thought we had arranged was that we'd spend the first two nights in Osaka and the rest of the time in Kyoto. Our trip was relatively short this time about seven days. My agent lives in Osaka so I thought he'd arrange to visit the dealers we know there first, then go on to Kyoto. I was surprised to learn on the first day there, that we were travelling to Kyoto to visit dealers there. Anyways,

it seemed sort of backwards. We don't really go into Kyoto proper to buy from the dealers. It's really up the hills above Kyoto where they have their warehouses and all the goodies. We bought at three dealers places and returned to Osaka that evening. Our agent then treated us to a great dinner at a famous *udon nabe* restaurant. *Nabe* cooking is where a large cooking pot is used to cook, beef, seafood, tofu and vegetables and udon noodles. It was delicious and a lot of food.

The next day, we drove off to Shigaraki, located in Shiga Prefecture. We stopped at a pottery studio in Kohara-san, to arrange a visit next year for our pottery tour in the fall. After that we went to two dealers there. I'm not sure why I schedule longer visits because I can spend all my inventory money in a matter of two days, which is about what we did. One of the dealers we went to had four warehouses crammed with *tansu*. One of our favorite Shigaraki dealers is an elderly gentleman who sells out of his house. The first time we went to him his wife followed us around to make sure he didn't discount the prices too much. Thank goodness she wasn't there this trip. We bought a lot of great pieces. From Shigaraki, we drove to our hotel in the Gion section of Kyoto and checked in at 9:00pm.

Kyoto is my favorite city in the world. We like staying in the Gion section because it is central to a lot of interesting shops. You see a lot of *maiko*, apprentice geisha walking around, particularly at night on their way to entertain. It feels like old Japan. Just right down the street is a large dull red walled complex with no windows to the outside world. It is the Ichiriki-*tei*, the elite geisha house, where the leader of the 47 ronin pretended to be drunk in order to deflect suspicion on their planned revenge of their master. On Saturday, we went to the Shinkyogoku Arcade, one of Sensei's favorite spots in Kyoto. It has lots of interesting shops and restaurants. We went there to specifically see a sign maker. There we had signs made for the dojo and my antique shop by one of the best calligraphers in the city.

Sunday is usually a free day since most dealers are closed, but we did make arrangements with one of the dealers to visit his Kyoto shop and see what he had there. From his store we went to Ginkakuji, the Silver Pavilion, which is located in the north-east section of the city. We had tried eleven years ago to see it but it was closed because of striking monks, protesting a newly enacted tax on temple admission fees. Ginkakuji was built by Ashikaga Yoshimasa in 1467. It was built to be a pleasure villa for Yoshimasa to pursue his great loves of tea ceremony, poetry, and Noh. It was to be the counterpart to the Kinkakuji, the Golden Pavilion built eighty years earlier by Yoshimitsu, Toshimasa's grandfather. The Silver Pavilion has one of the first and best styles of *kaiyu*, "many pleasures" garden built in Japan. Unlike the Golden Pavilion which is covered in gold leaf, the Silver Pavilion never had silver leaf applied to it, I think due to budgetary reasons and the Onin War got in the



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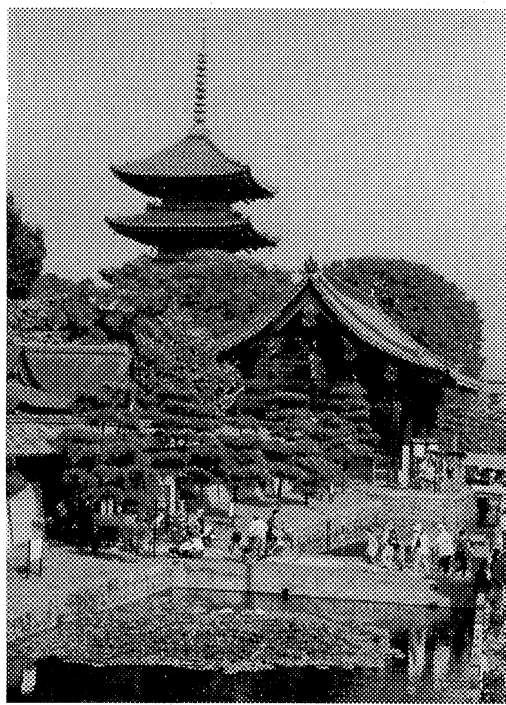
way. It is not as spectacular as the Golden Pavilion but it's more beautiful in its subtlety and surrounding gardens. Sunday night we had a nice time in an antique scroll shop, looking at album after album of beautifully painted scrolls. We would indicate the one that we'd like to see and the proprietor would bring out the scroll and hang it in the *tokonoma*. Later we strolled up the down the Shinmonzen and Furumonzen, the antique shop streets of Kyoto.

Monday, we went to Kiyomizu-dera area, but not the temple itself. We were scouting locations and ceramics dealers for the fall tour again. Two of the best walking streets in that area in Sannenzaka and Ninenzaka which has some great shops and *kaiseki* (*haute cuisine*) restaurants located on it. Later that day, we took a taxi to a family of candle makers. They got quite a kick out of two gaijin trying to buy candles, but we paid about half of what it would cost us in a regular store.

Tuesday morning, we went to the Toji flea market. Toji is one of the oldest temples in Kyoto and on the twenty-first of every month they have a flea market on their grounds. They have been doing this for about eight hundred years. Usually everyone schedules around Toji on the twenty-first. It's a great place to find some bargains. The best times to go is before the sun comes up and just as they are closing. Most dealers go there with flashlights to see the pieces in the dark and buy up the bargains. We picked up a few pieces there. It's not uncommon to run into someone you know at Toji, like I said everyone schedules to be there. This time was no exception and we met some of our customers who live in Washington State and in San Diego. That afternoon, our agent picked us up and we drove back to Osaka for the night.

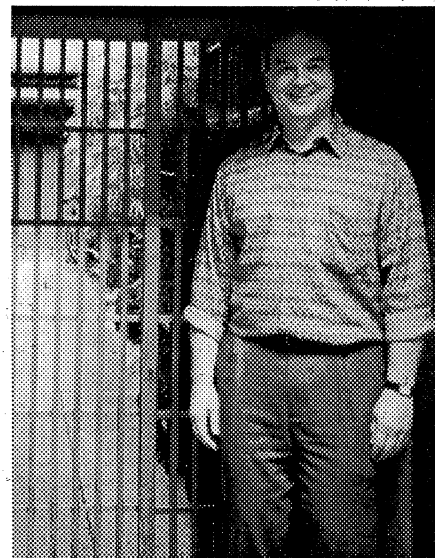
Wednesday, October 22, was our last day and we were flying back that evening. That morning we went to see some of the dealers in Osaka. The last dealer was a sword dealer who sold out of his small apartment. He mainly dealt in modern swords. He showed us about five long blades each one was more beautiful than the last. Some of the blades were valued at over \$50,000. He had two by the current top rated swordsmith in Japan, Ono Yoshimitsu. He was shocked when I told him that I knew Ono Sensei and that Sensei and I were escorted around Tokyo by Ono Sensei and his wife several years ago. He was also quite surprised when I identified several styles of sword furniture. He kidded our agent about not knowing anything about swords. It was a great way to finish up our buying trip. But it was probably good that we saw him last instead of first. Otherwise I might have blown all my inventory money on one sword.

I did have to say that each time I visit Japan, I come away a little sadder because things are changing so quickly, not all of them for the better. Each time I notice a little more litter in the streets and canals, more graffiti spray painted on a wall. It's a shame because eleven years ago none of these problems exist-



ted. There are even televised anti-litter campaigns reminding people that there is a 20,000 yen (\$180) fine. I even saw some body piercing, which would have been unheard of several years ago. And cell phones are everywhere. Even here in L.A., the cell phone capital of the U. S. doesn't com-

pare to Japan. If you see someone walking by themselves, nine times out of ten, they will be talking on a cell phone. There was even a little kid about nine years old, riding his bike talking on a cell phone. I guess that's progress in our age of constant communication, a need to feel connected. But don't get me wrong, I still love Japan and love going there whenever I can.



The Silver Pavilion in Kyoto. Above: Gary Myers

## My Summer In China

By Matt Burns, 2nd Kyu



Last summer I went to China with a group of students my age on an educational trip offered by a organization called World Learning: The Experiment in International Living. The program lasted for one month and included travel to different areas of northern China (the farthest south we went was Shanghai) and two week-long homestays with Chinese families. It was a very interesting, eye-opening experience.

Our first stop was Beijing where we toured many of China's most famous and important cultural treasures including the Temple of Heaven and the Forbidden City. Although they were magnificent in many ways, I was also disappointed to see them deteriorating somewhat and in need of care. Weeds grew up through the stone pavement and it was apparent that the modern pollution of the city had been eating away at some of the carved stone banisters and railings. Another readily obvious thing was how un-Communist China had become. Vendors had set up booths selling tourist items any place they could fit, including the gates, never missing an opportunity to sell souvenirs and tourist items. The same was true of the Great Wall. I don't think I fully appreciated its amazingness until we visited another, less famous section of it much later on in the trip, where it was much less crowded and no drink sellers had set up shop in the turrets.

After that we went to Chengde, a much smaller city, to begin our first homestay. I had the fortune of being placed in a family that had a son about my age, and so we conversed haltingly (in English) about what our respective high schools were like and how teens in each country spent their leisure time. We also enjoyed discussing and imitating our favorite Hong Kong action flicks to each other. One morning my homestay brother woke me up at around 6:00am, and we went to the nearby park to watch some college students and senior citizens prac-

tice Tai Chi and other forms of gong fu, including sword exercises.

My second homestay was in a tiny farming village called Buyangshuang, where we participated in farming activities and shared our living area with chickens, pigs and ducks. I found sanitary conditions to be better than I expected. Here too the family I lived with had a son my age, and although he didn't speak much English he managed to teach me how to play Chinese chess, and we enjoyed games against each other.

One of the most memorable experiences of the trip was when we drove a certain distance into the city of Tai'an, to hike up Mount Tai. The path consisted of thousands of stone stairs leading what seemed like endlessly upwards. It was strenuous and many group members complained, but were rewarded with a fantastic view at the top as the fog blew up from the valley floor up the mountainside. A multitude of Taoist temples also lay at the summit, many of them selling amulets and other trinkets, and I met a very nice Taoist priest there.

We then went on to Qufu, a small but famous city. It's well known because it was the birthplace of Confucius. There we toured the Confucian temple, rode rented bicycles through the Confucian gardens, and even spotted Confucius brand wine for sale. To say that China is big on Confucius would be an understatement.

Our trip ended in Shanghai where we could once again appreciate the amenities of a modern city, although our accommodations were in the "budget" category and as such not the best the city had to offer. I was happy to see the famed Giant Pandas at the Shanghai Zoo (They are really cute!) but disappointed with the conditions they lived in which were not much better than a cage. We also went to Longhua Temple and ate a vegetarian lunch there that we had a hard time believing was vegetarian. On our final day we visited the famous Bund and the shopping area of Nanjing road.



Matt Burns with other home-stay students in China.

All in all it was a great experience. I've been given a lot to think about, probably for the rest of my life.

Kindly Reprinted from the Los Angeles Times, October 6, 1997  
By Michael Quintanilla

## Pals' Keys To Harmony:

For 24 years, Corene Peterson, Usha Sampath, Janice Tamehiro and Arbella Malong have been in the same carpool. The women, -a white Mormon, an Indian Hindu, a Filipino Catholic, a Japanese American Methodist- are a ridesharing rainbow coalition of teachers from Woodlawn Avenue Elementary School in Bell. Collectively known as "The Carpool," here are their 10 tips for success in the fast lane:

1. Interview for compatability before you accept someone into the carpool.
2. Allow for different driving styles even if it may palpitate your heart a bit.
3. Be ready to laugh and be laughed at.
4. Never tell the ending of a movie when the others have not seen it.
5. Let confidences remain within the four car doors.
6. If one of you is dressed in *haute couture*, don't be envious. Use her as a fashion consultant.
7. Enjoy each other's strengths and accept without judgement your fellow carpoolers' weaknesses.
8. Never laugh at someone's efforts at a homemade or home-grown Christmas gift until that person is way out of sight.
9. Give time and space for relationships to grow.
10. Differences can only divide if you allow them. True friendship knows no boundries of race, culture, religion or color.

Editor's Noter: This is all good advice. Read it again!

## 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



Matt Burns with home-stay family in mainland China.

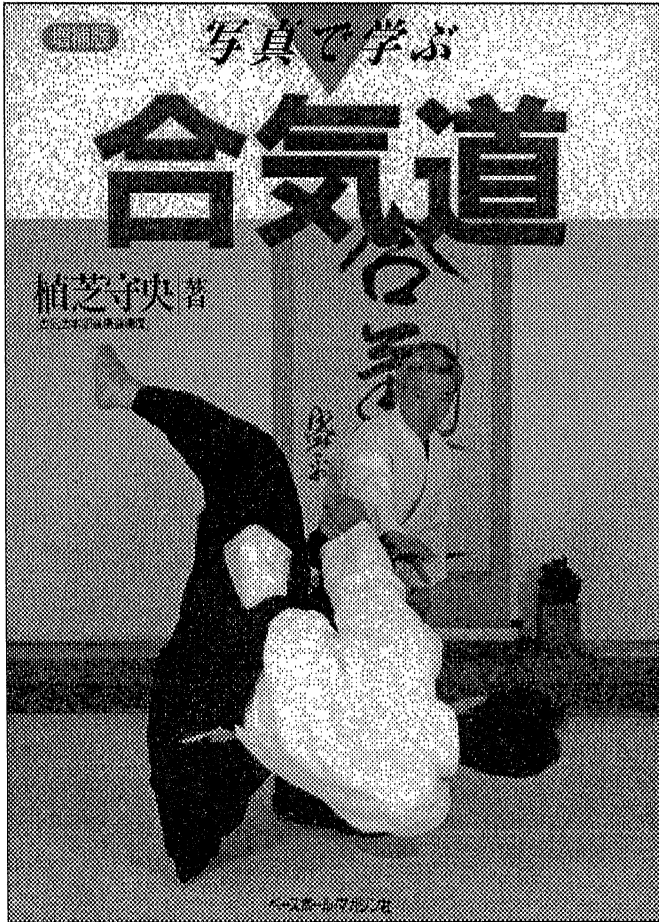
## Important Dates

### JANUARY 1998

- |         |                                |
|---------|--------------------------------|
| Jan. 3  | 1998 Training Begins           |
| Jan. 6  | Budo Study Group               |
| Jan. 10 | Iaido Intensive<br>6:30am      |
| Jan. 31 | Black Belt Intensive<br>6:30am |

## Kodo: New Editon

The new edition is out with many corrections. Your First Edition is a valuable collector's item now. Buy your new edition now. Thank you. "A good read!"



Recommended Reading:

*Shashin De Manabu Aikido*

("Learning Aikido By The Photos")  
Dojocho Moriteru Ueshiba

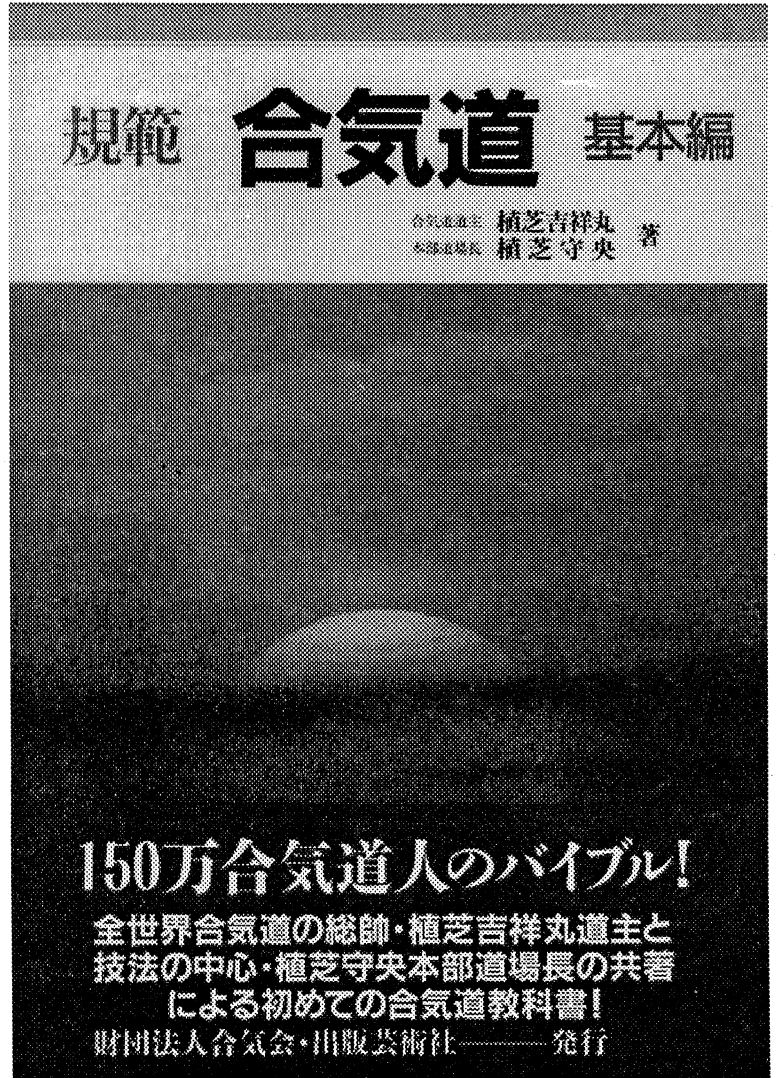
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**KIHAN AIKIDO**

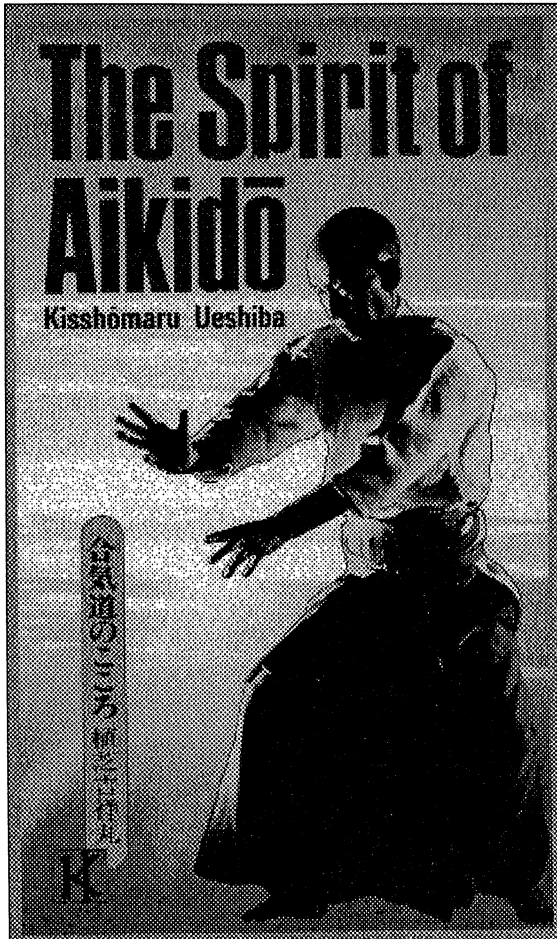
**KIHON-HEN**

**Criteria for Aikido:  
Fundamentals**

by

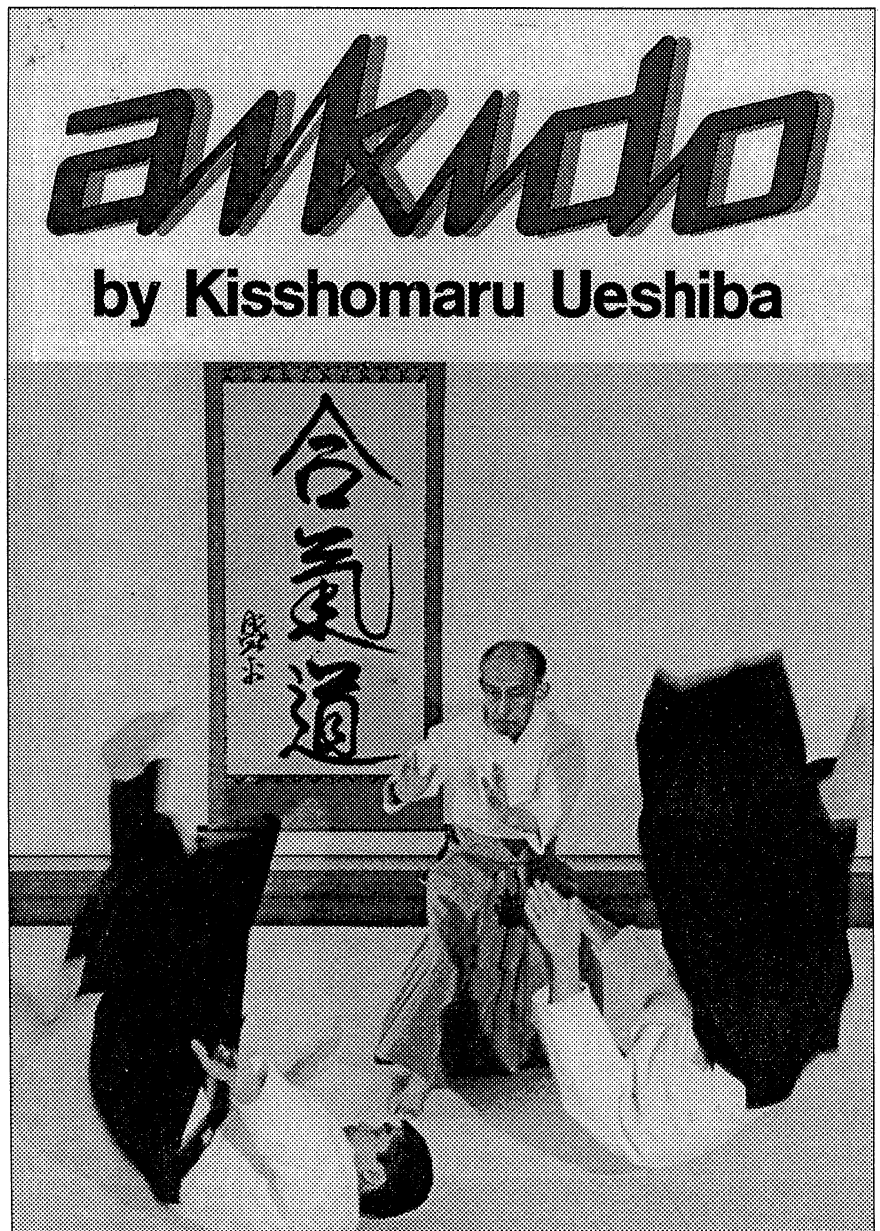
**Aikidoshu Kisshomaru Ueshiba  
Dojocho Moriteru Ueshiba**

We are now taking orders for this new, very important book on Aikido by Doshu and Dojocho. All the techniques are demonstrated by Dojocho and is referred to as the "Aikido Bible."



*Recommended Reading:*

By Aiki Doshu Kisshomaru Ueshiba  
Limited supply available in the Dojo



*Highly Recommended Reading:*

**AIKIDO** by Doshu Kisshomaru Ueshiba

Doshu's book, **Aikido**, one of the best books available today on Aikido technique, is going out of print. It is very strongly recommended to buy a copy now for your reference library.

**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.

**Dojo T-Shirts & Mugs**

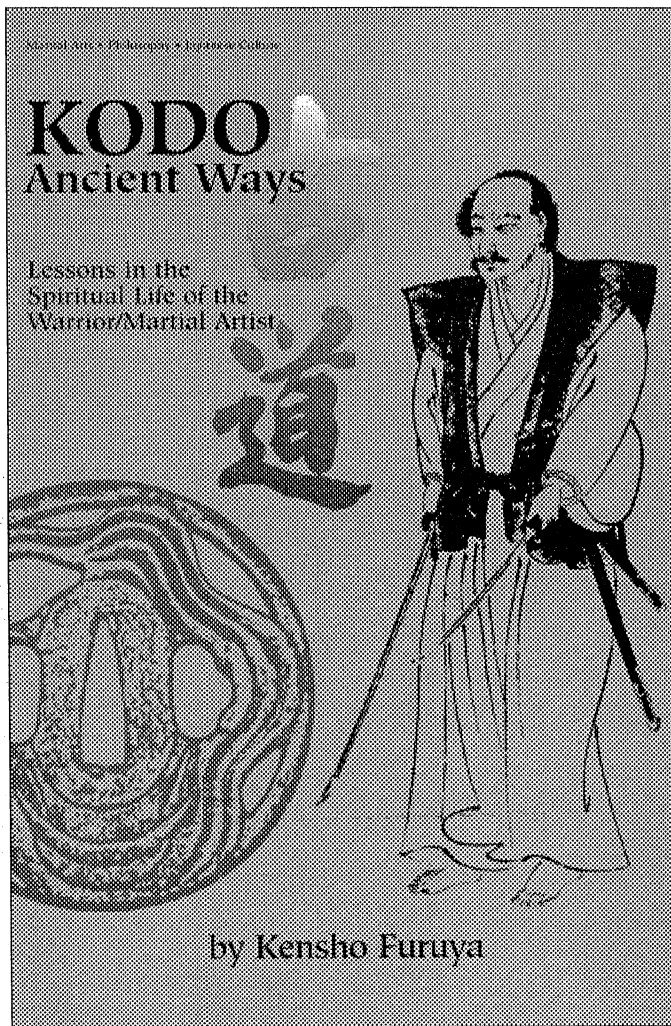
T-shirts: \$15.00 each. Mugs: \$9.00 each. For the Dojo.

**Dojo Volunteers Needed!**

Our Dojo needs Assistants & Assistant Instructors for our ever-growing Children's Class. Please help out! All students, black belts and assistant instructors are welcome to

**Your Kind Attention, Please:**

You can best show your appreciation and support to the Dojo by paying your dues on time at the first of the month. Your cooperation and considerate support is very greatly appreciated. Also, please introduce our Dojo to your friends and family. We are always trying to develop our membership. Many, many thanks for your support.



# KODO

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

Rev. Kensho Furuya

Please place your orders through:  
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\$16.95 + \$3.00 S&H  
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Foreign postage: \$5.00 S&H

*Copies signed by the author on request.*

### Recommended Readings:

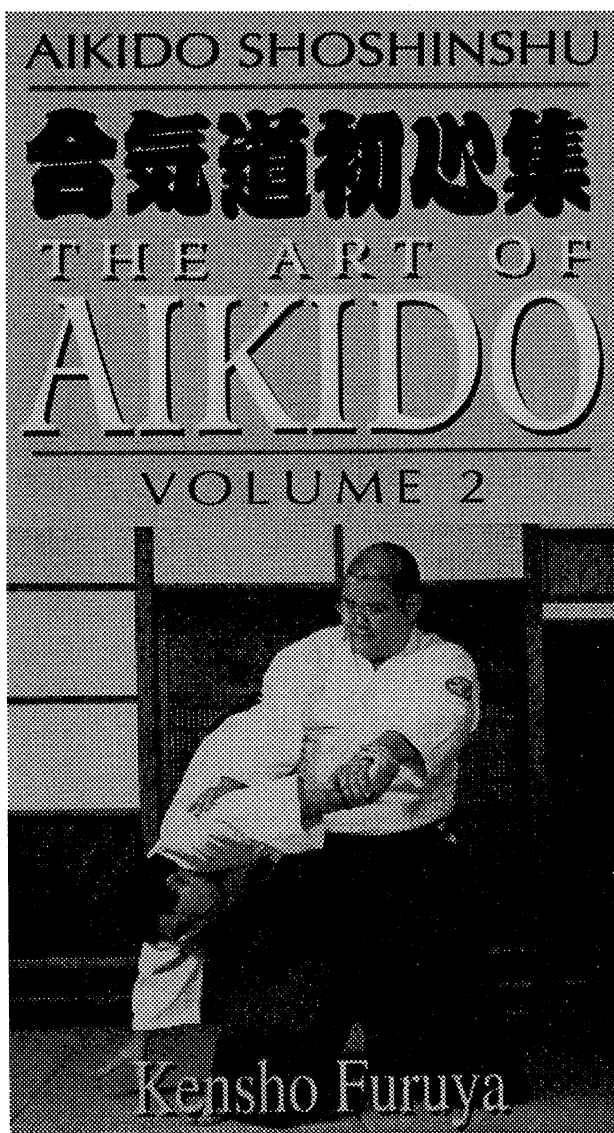
1. Aikido. Kisshomaru Ueshiba.
2. The Spirit of Aikido. Kisshomaru Ueshiba.
3. Zen & Japanese Culture. Daisetsu Suzuki.
4. KODO-Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist. Kensho Furuya.
5. "Homeless" Kodo. Kosho Uchiyama.
6. Zen Mind, Beginner's Mind. Shunryu Suzuki.
7. "Ancient Ways" column in MA Training Magazine. Kensho Furuya.

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"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . This is a thoughtful and professional series of impressive scope. A worthwhile investment." Susan Perry, Editor-in-Chief Aikido Today #44, Vol. 9, No. 6.

"First rate!" Inside Kung Fu Magazine.

"The best I have ever seen!" Aikido student, New York, New York

"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of sub-jects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes." Stan Pranin, Editor-in-Chief, Aiki Journal, April 1995.

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . Dr. Taitetsu Unno, Smith College, Eastern Religions. The translator of "The Spirit of Aikido" & Aikido teacher.

# 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.

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See Instructors.