

羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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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.

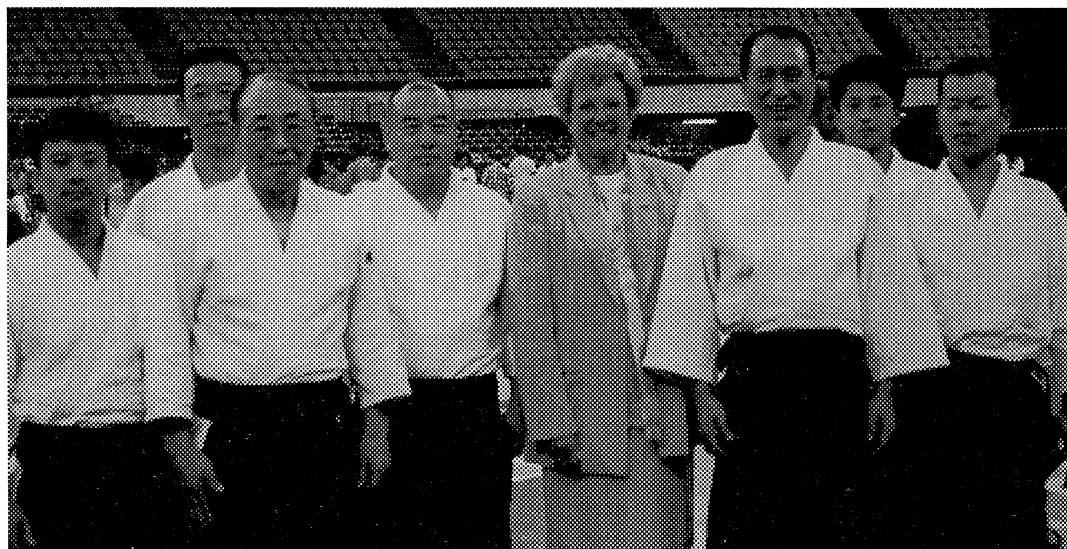
\$4.95  
Donation

July 1, 1997

Volume XV. Number 7.

## WELCOME HOMBU DOJO

June 16  
Special Keiko  
With Ichihashi  
Shihan



Hombu Dojo Delegation with the Honorable Mayor of Long Beach.  
Long Beach's American Japan Expo on June 15, 1997.

Aug. 16-17:  
JACCC  
Nisei Week  
Traditional  
Martial Arts  
Exhibitor.



Ichihashi Shihan & Yonemochi Shihan conduct Special Keiko on June 16 at the Dojo.

Our Dojo was greatly honored to welcome a delegation of seven instructors from Hombu Dojo from June 13 thru June 16 to Los Angeles. The group was headed by Norihiko Ichihashi Shihan, 8th Dan, and Hideo Yonemochi Shihan, 8th Dan, and Director of the Aikido World Headquarters International Department and five other instructors. They arrived at LAX on June 13th where they were greeted by Furuya Sensei and Ken Watanabe. After a brief tour of Los Angeles which included luncheon in Little Tokyo and a visit to Mann's Chinese Theater in Hollywood, they proceeded to their hotel in Long Beach where they were to participate in Long Beach's America Japan Expo at the Long Beach Convention Center. After check-in, they met with Furuya Sensei again to discuss their Los Angeles itinerary. The meeting adjourned early for an official reception with

**Special 100 Photo Issue: Hombu Dojo Shihan in LA**

## Honored Guests from Hombu Dojo:

Right to left, 1st Row:  
Kanazawa Takeshi, 5 Dan  
Hideo Yonemochi, 8 Dan  
Norihiko Ichihashi, 8 Dan  
Ryoichi Nagai, 6 Dan

2nd row:  
Motohisa Kosugi, 4 Dan  
Kenki Tanaka, 3 Dan  
Hiroyuki Sakurai, 3 Dan



## Introductions:

Our illustrious guests are here officially to participate in Long Beach's America Japan Week Expo and visit our Dojo for Special Practice. The group is headed by both Hideo Yonemochi Shihan, Head Director of the International Department at the Aikido World Headquarters and Norihiko Ichihashi Shihan is one of the senior instructors at Hombu Dojo. Takeshi Kanazawa Sensei, Hiroyuki Sakurai Sensei are both professional, full time, instructors at Hombu Dojo, as well as Kenki Tanaka Sensei. Both Ryoichi Nagai Sensei and Motohisa Kosugi Sensei are senior instructors of the Chichibu Dojo in Saitama Prefecture and are associates of our good friend Isamu Ichizuka Sensei of the Omiya Dojo in the same prefecture. The Chichibu Dojo is under the supervision of Ichihashi Shihan and Nagai Sensei and Kosugi Sensei are Ichihashi Sensei's direct students.

Sensei trained under Ichihashi Shihan in 1969 when he was at Hombu Dojo. For both Yonemochi Sensei and Furuya Sensei, it was an amazing 26 year reunion as friends and teacher and student since 1971. Yonemochi Sensei is retired from his professional life and devotes his time as Doshu's personal secretary and consultant, visiting Doshu at his private residence several times a week.

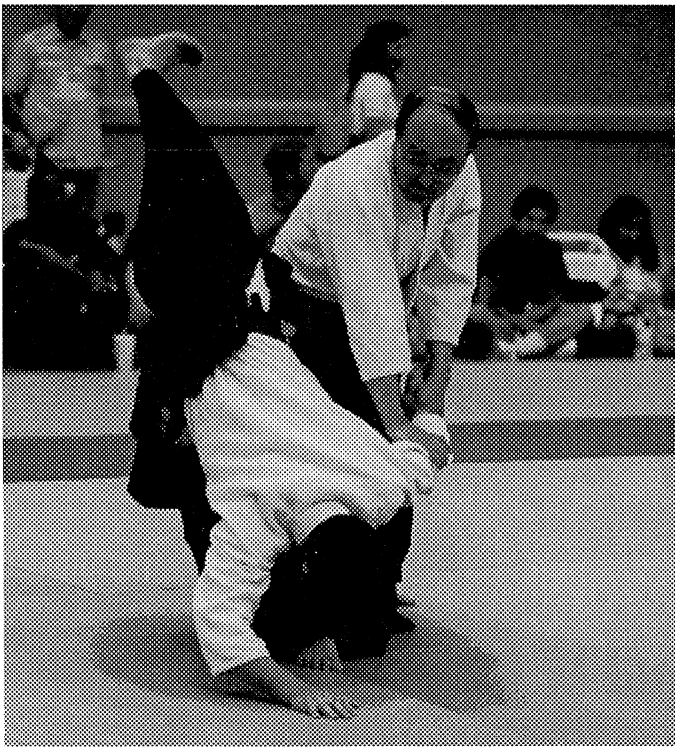


Ichihashi Shihan teaching in his very clear and patient style with Sakurai Sensei at the Long Beach seminar on June 15th.

Continued from Page 1.  
with the America Japan Expo and the sixty other martial arts masters who were here for the Demonstration.

On June 14th, Saturday, everyone participated in a public workshop at the convention center from 2-4pm. Members from our Dojo enjoyed a terrific practice with all of the teachers. They included James Doi, Ken Watanabe, Kenny Furuya, James Doi, Andy Kissel, and Scott Howard. A great practice and rare opportunity to receive such individual attention.

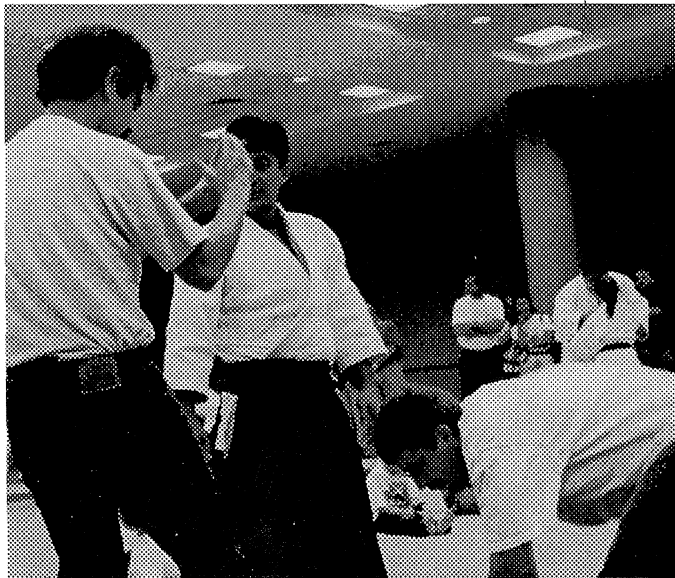
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Yonemochi Sensei in a rare practice moment.



Tanaka Kenki Sensei

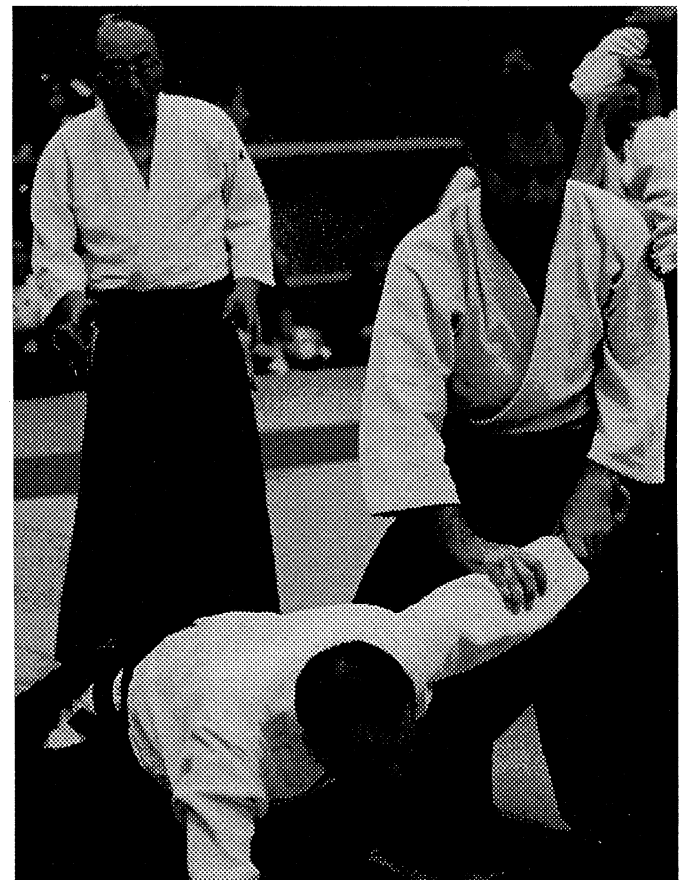


Kanazawa Sensei working with new beginners at the Long Beach seminar. An excellent teacher.

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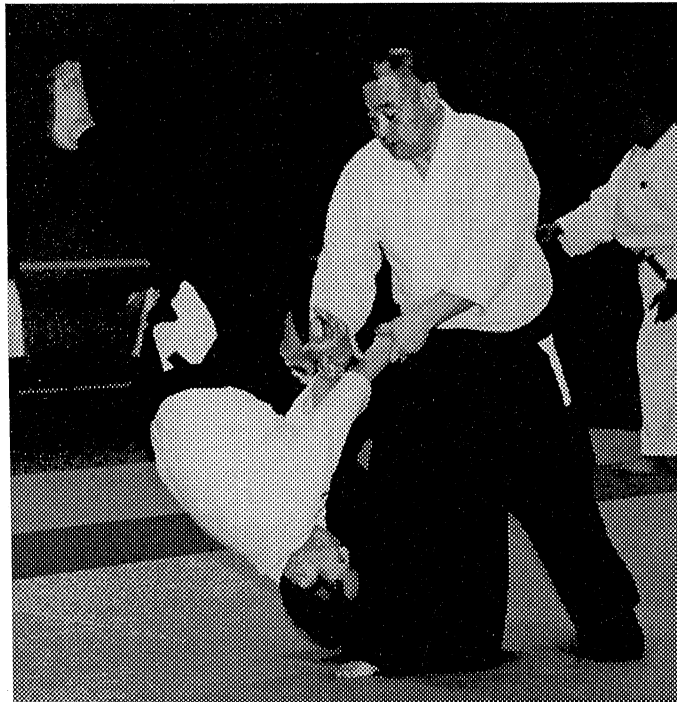
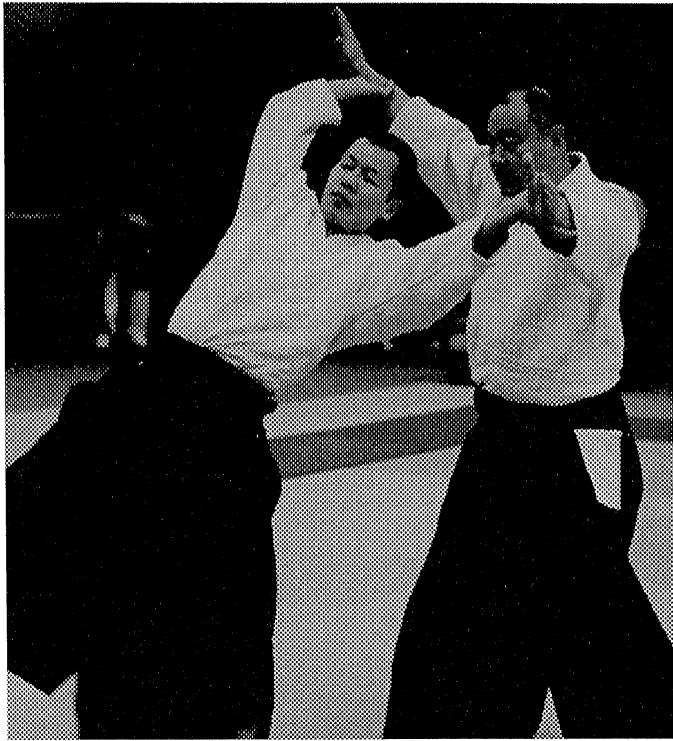
After the practice, our Dojo welcomed all of our guests to a great prime rib dinner at Beckham Place in Pasadena. After a few cocktails and their special homemade potato chips, everyone enjoyed one of the biggest prime ribs they ever had. Tired from a long day, we returned them to their hotel in Long Beach.

On June 15th, we all met at the hotel again and proceeded to Convention Center for their Official Demonstration as part of



Nagai Ryoichi Sensei taking ukemi for Andy Kissel.

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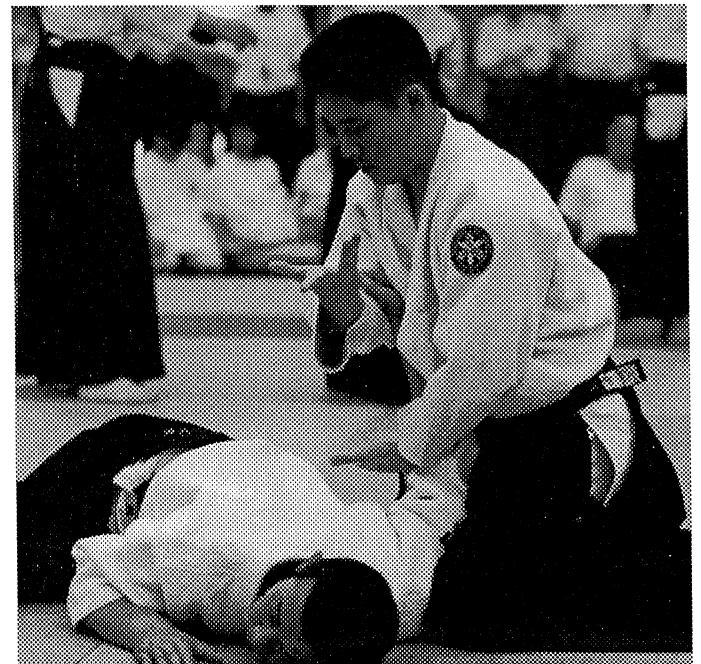


Ichihashi Sensei demonstrating during June 15 workshop.  
Continued from Page 3.

the America Japan Expo and Martial Arts Delegation from the Budokan in Tokyo, Japan. Along with Aikido, other martial arts represented were Karate, Kendo, Kodokan Judo, Jukendo (Bayonet), Naginata, Kyudo, Kobudo (Okinawan Weapons), Suio Ryu-Iaido, Shorinji Kempo, and Sumo. In all, 67 participants from Japan. It was a very successful demonstration and the Hombu Dojo Delegation, especially, received many com-

pliments from the audience and well as the other martial artists participating in the Demonstration. There was an Official Reception and Closing Ceremony for the participants at the Expo following the Demonstration.

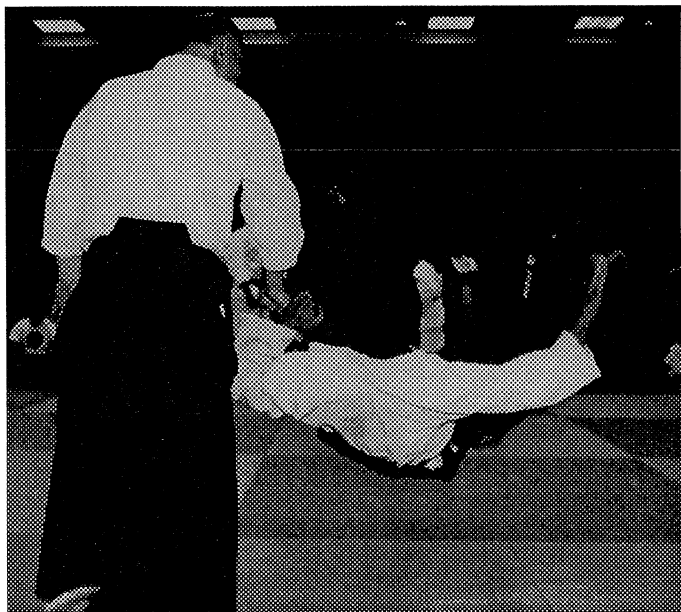
On June 16th, Ken Watanabe and David Ito met our guests at the Hotel at 11:00am and we proceeded back to the Dojo where our honored guests saw the Dojo for the first time. They were quite surprised to see such a "Japanese style" Dojo outside of Japan. Yonemochi Sensei commented: "More Japan than Japan!"



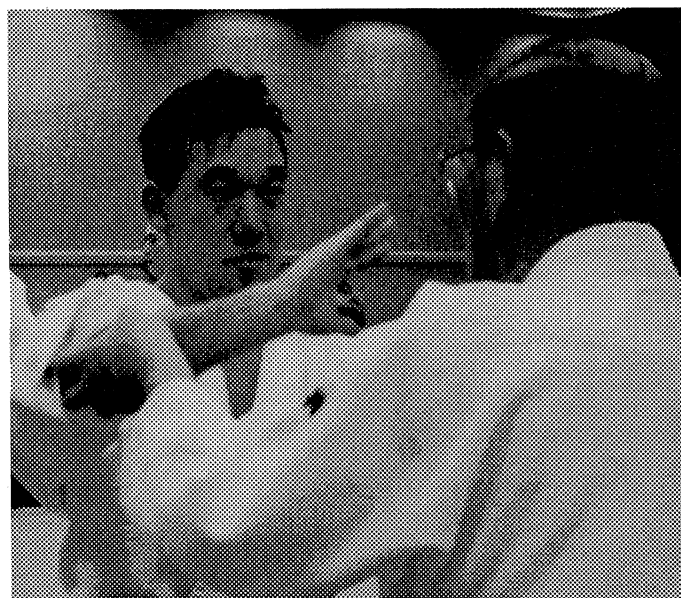
Kosugi Sensei executing shiho-nage on Scott Howard. Below: Practicing with David Ito.



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Ichihashi Sensei.



Ken Watanabe receiving instruction from Yonemochi Sensei.

Continued from Page 4.

We all enjoyed a "dim sum" luncheon at the Empress Pavilion and then proceeded to the Griffith Park Observatory. It was a beautiful day and everyone enjoyed the grand view of Los Angeles. We then proceeded to the Glendale Galleria for shopping and back to Little Tokyo for more gift buying. Some had a chance to go to Olvera Street.

By 5:00pm, we proceeded to the New Otani Hotel for coffee and tea before practice. Here, we were greeted, much to Yonemochi Sensei's great surprise and pleasure, by Ms. Yoko Sugi who is the Executive Manager of cultural events at the hotel and also formerly one of the top movie actresses of Japanese cinema. Yonemochi Sensei was one of her avid

fans. Yonemochi Sensei made a special request to have Ms. Sugi to join us for dinner which she readily accepted. From the hotel, we proceeded back to the Dojo and prepared ourselves for practice at 6:30pm.

Yonemochi Sensei taught the first half and Ichihashi Sensei taught the second half of the Special Practice. It was a great class which everyone enjoyed thoroughly. We had nine visitors from the Tenshinkai Dojo in Westminster. We took a group photo, had one "kampai" and exchanged gifts. The Dojo received souvenir pennants from the Budokan, Toraya "yokan" confectionary, o-sake, some Aikido newsletters, Tankyu and programs from the last All Japan Aikido Demonstration. The Dojo also received the latest two-volume video set of the 7th International Congress seminar of all the visiting and local teachers. We thank our guests so much for all the gifts. From our Dojo, they received, two bottles of wine, beef jerky, Dojo T-shirts, Dojo mugs, newsletters, imported coffee from Sweden and France, and chocolates.

After the practice, we all had a "Welcome" and "Thank You" Party in Chinatown. We had, roasted pig and marinated jelly-fish cold plate, prawns in mayonaise with candied walnuts, abalone with shiitake mushrooms and Chinese spinach, shark fin soup with fresh crab meat, double fried giant scallops, Cantonese style lobster in garlic sauce, roasted chicken, steamed sole with ginger and onion, fresh deep-fried squid with spicy salt, Yang Chow fried rice, followed by almond tofu and fruit.

This occasion also happened to be Yonemochi Sensei's 67th Birthday so we all had a surprise Birthday Cake for him with a champagne toast. Everyone celebrated a successful demonstration and practice. Although getting quite late, we stopped for coffee in the lobby of the beautiful Biltmore Hotel before proceeding back to the hotel.

On June 17th, Sensei and Ken Watanabe met our guests at LAX where they saw them off - on their way for a brief stop in Honolulu, Hawaii, before returning to Japan and Hombu Dojo.

All the instructors promise to return to our Dojo again in the near future!

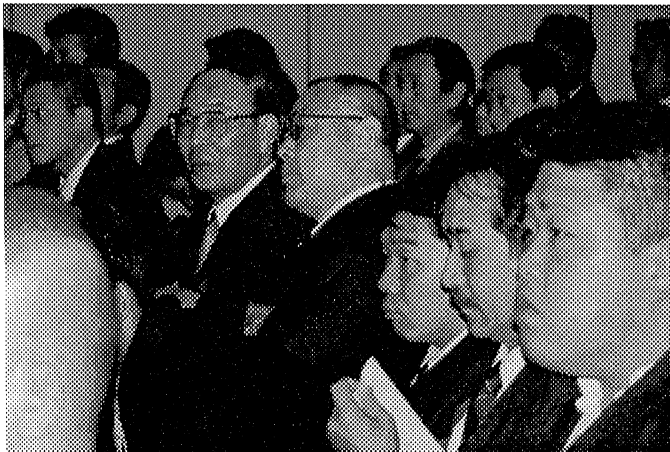
### **SPECIAL THANKS**

Special Thanks goes to Ken Watanabe and David Ito for all the driving of the guests. David Ito donated the rental of a van for the guests on June 16th. Special Thanks goes to Cheryl who donated fine wine, champagne and the birthday cake for Yonemochi Sensei. Many thanks goes to all the participants of the open practice on June 14th and our Special Practice in the Dojo on June 16th. We also thank the members of the Tenshinkai Dojo for their participation. And last but not least, by far, a very special thanks goes to Larry Armstrong for the beautiful photos. Many, many thanks.

## Welcome to Los Angeles



Greetings at LAX. A 26 year reunion for Sensei & Yonemochi Sensei

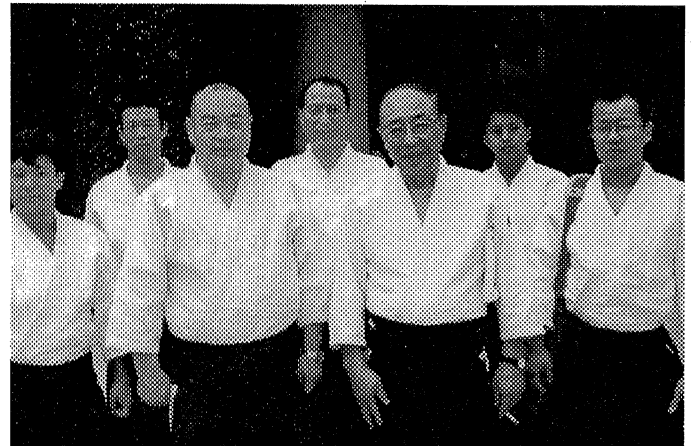


During first introductory meeting of all the participants from the Budokan at the hotel in Long Beach. June 13.



Furuya Sensei meeting with the Hombu Dojo Delegation at the hotel to discuss Los Angeles itinerary & introduce the Dojo. June 13.

## Open Workshop. June 14.



Hombu instructors proceeded to the Convention Center of the Open Workshop. The morning of June 14.



Opening ceremony for the Workshop.

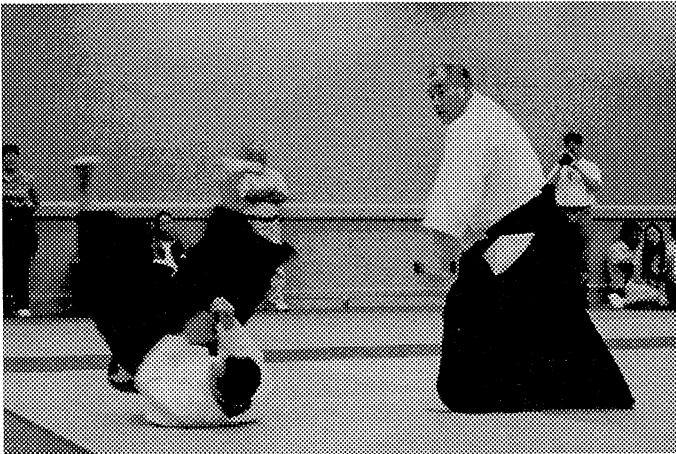


Participants of the Open Workshop: First Row: Kosugi Sensei, Nagai Sensei, Yonemochi Sensei, Ichihashi Sensei, Kanazawa Sensei, Sakurai Sensei. Second Row: Tanaka Sensei, Scott Howard, Andy Kissel, Ken Watanabe, James Doi, Kenny Furuya, and David Ito.

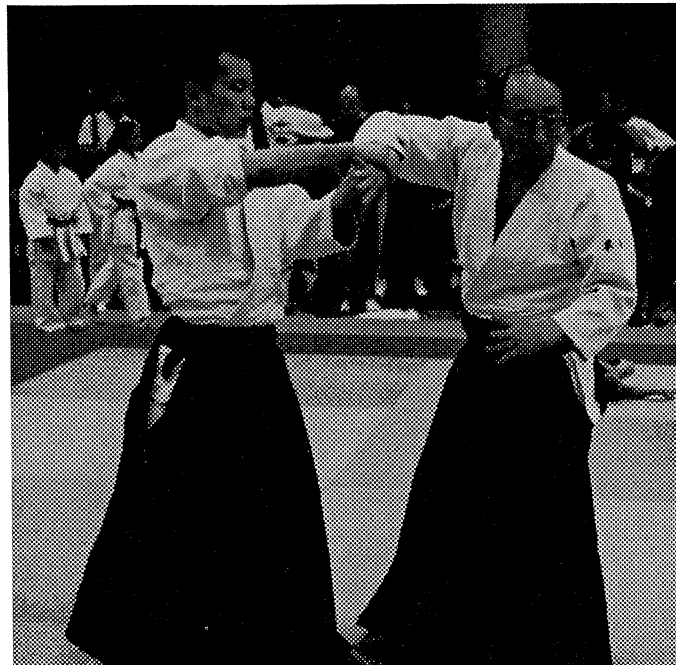
## Open Workshop. June 14.



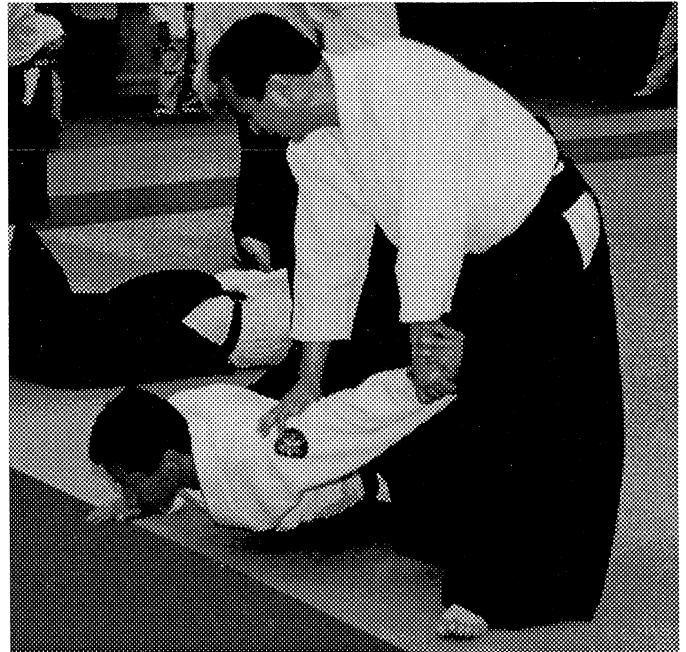
Kanazawa Sensei leading beginning warm-up.



Ichihashi Sensei instructing.

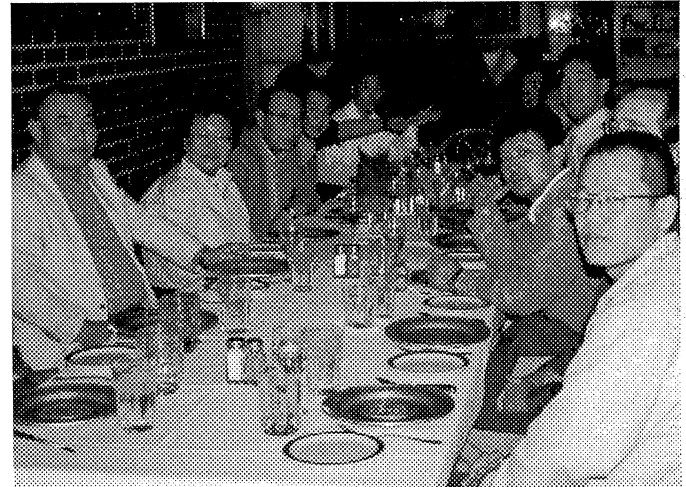


Yonemochi Sensei instructing. Sakurai Sensei is the uke. With only members of our Dojo participating in the Open Workshop, everyone received special training with each of the Sensei.

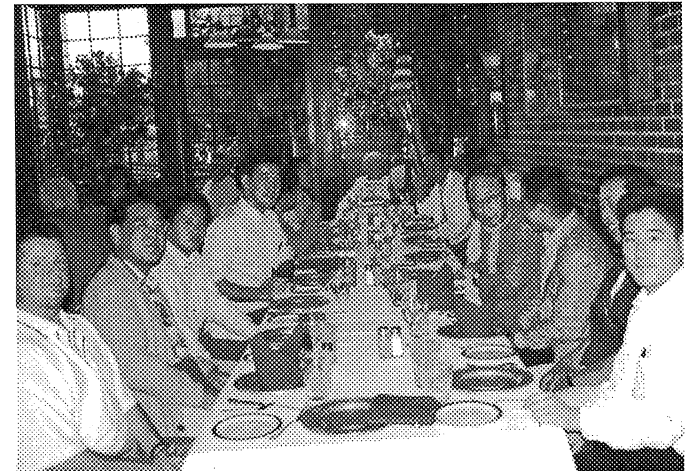


Nagai Sensei practicing with our James Doi.

## Welcome Party. June 14.

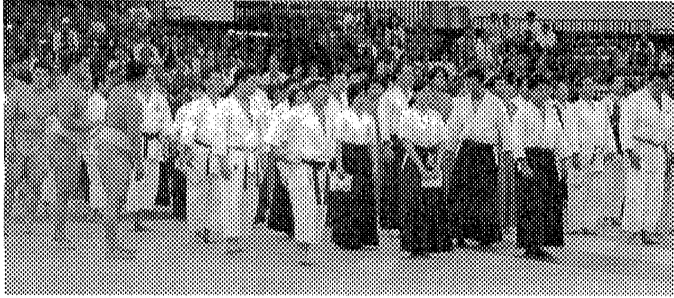


At Beckham Place in Pasadena.

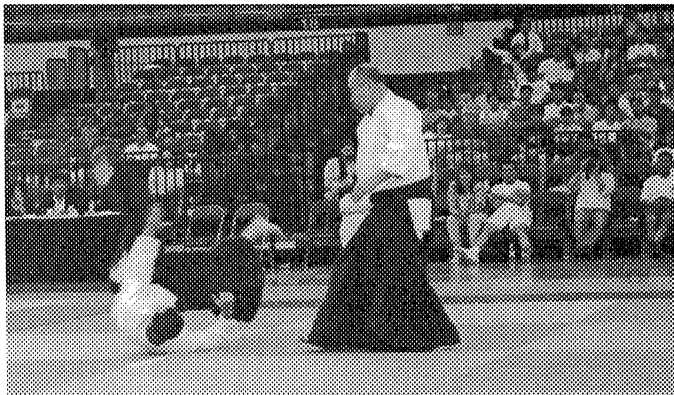




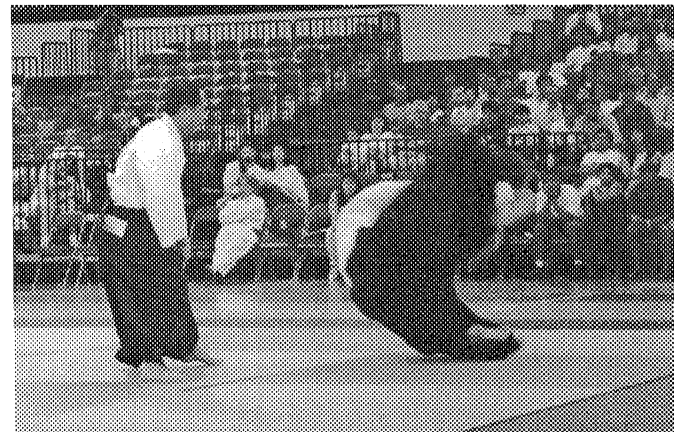
## Demonstration. June 15.



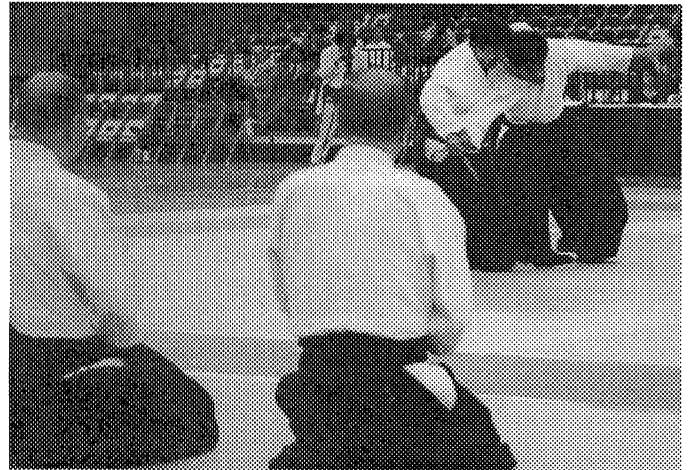
Opening ceremony.



Ichihashi Sensei.



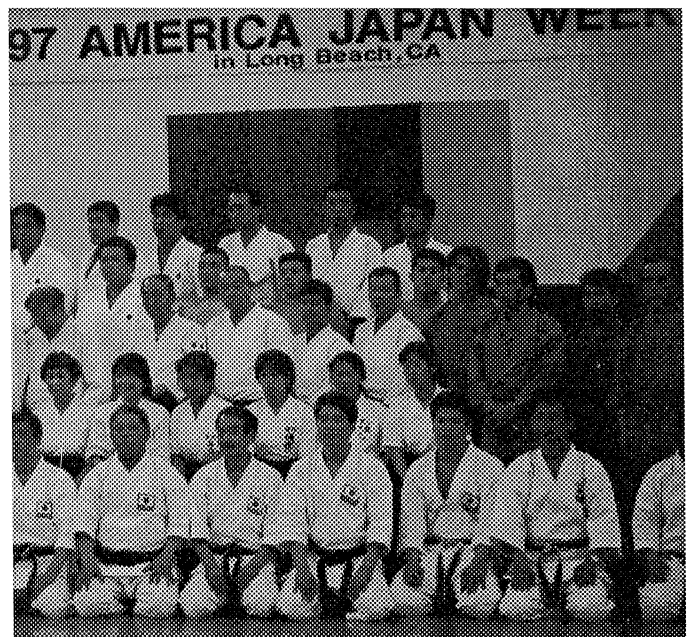
Ryoichi Nagai Sensei, 6th Dan, of the Chichibu Dojo, Saitama Pref.



Takeshi Kanazawa Sensei demonstrating knife technique as Ichihashi Sensei & Yonemochi Sensei look on.



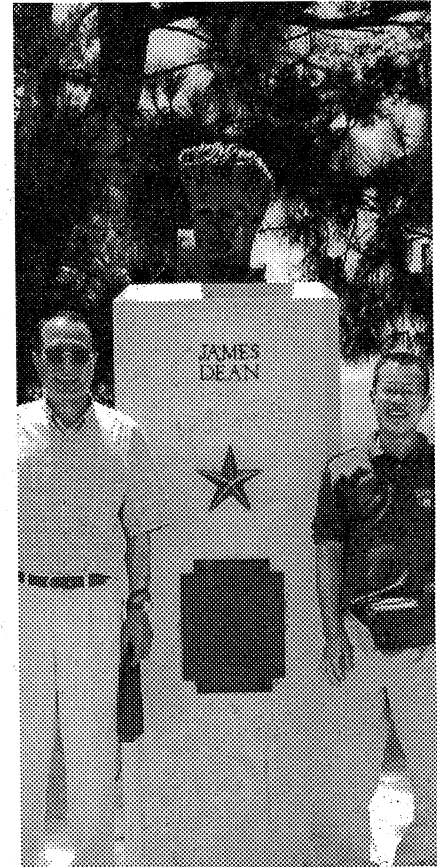
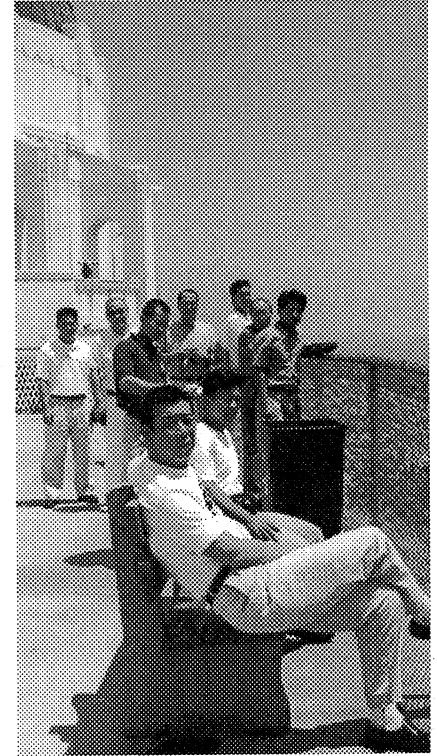
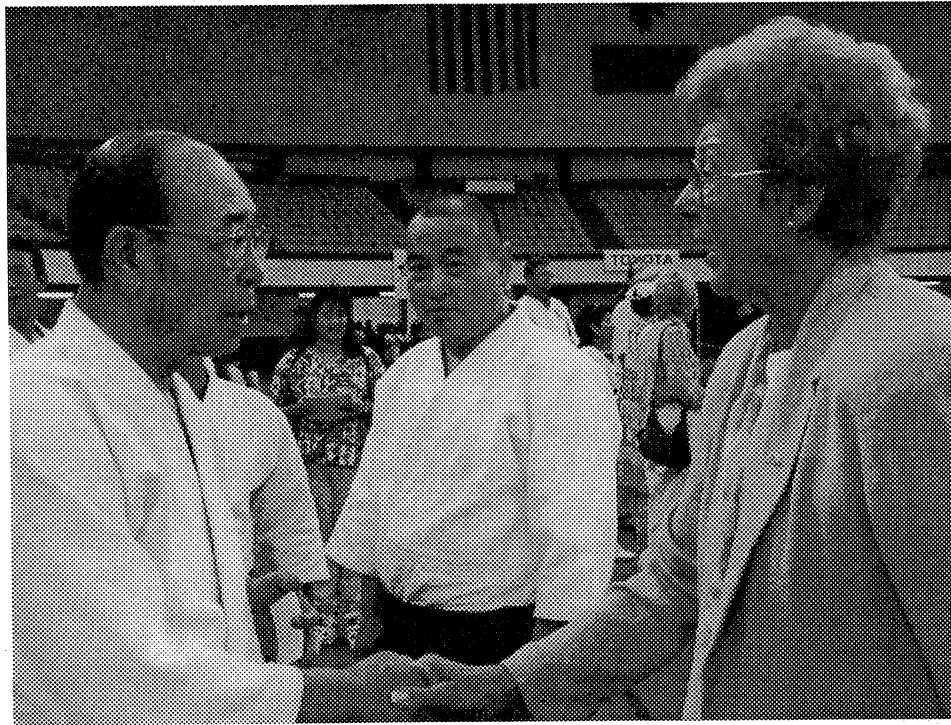
Motohisa Kosugi Sensei demonstrating as Kenki Tanaka Sensei observes.



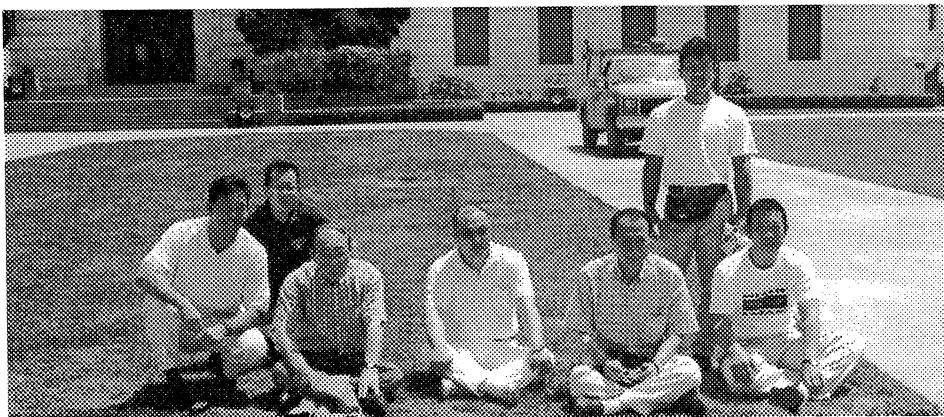
Members of the Hombu Delegation during the ending photo session which marked the close of Long Beach's America Japan Week.



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**Touring Los Angeles. June 16.**



Relaxing at the Griffith Park Observatory after luncheon at the Empress Pavilion in Chinatown.

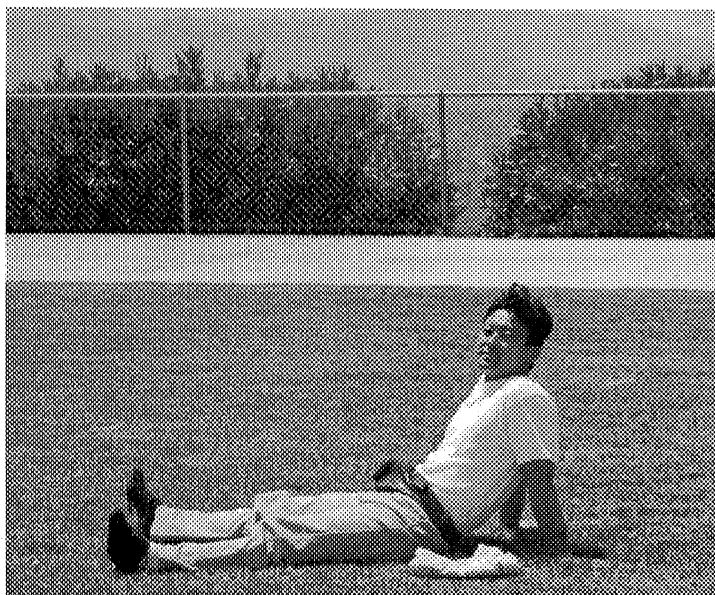
Enjoying the great weather and view. Nagai Sensei & Sakurai Sensei at the James Dean monument at the Griffith Park Observatory in Hollywood.

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Above: Hideo Yonemochi Sensei enjoys a quiet moment on a beautiful day in Los Angeles. At the Griffith Park Observatory.

Right: Takeshi Kanazawa Sensei enjoys a brief respite from his extremely busy schedule. He just married in January of this year.



## Meeting Ms. Sugi Yoko.



Above left: Taking a brief coffee break at the lounge of the Hotel New Otani in Little Tokyo before the Special Practice at the Dojo.

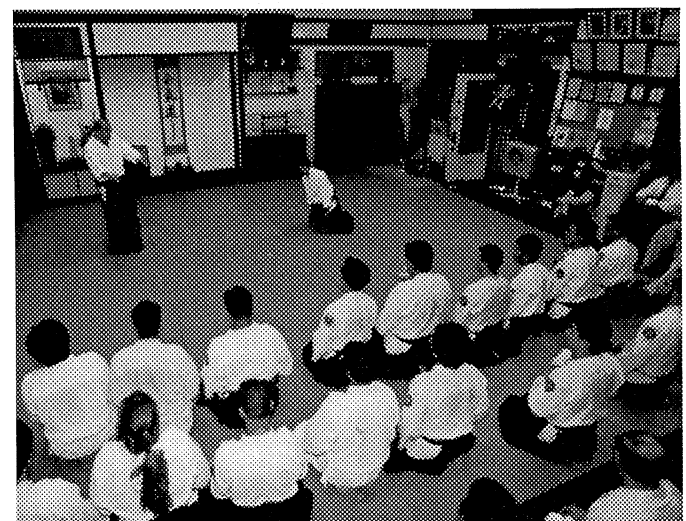
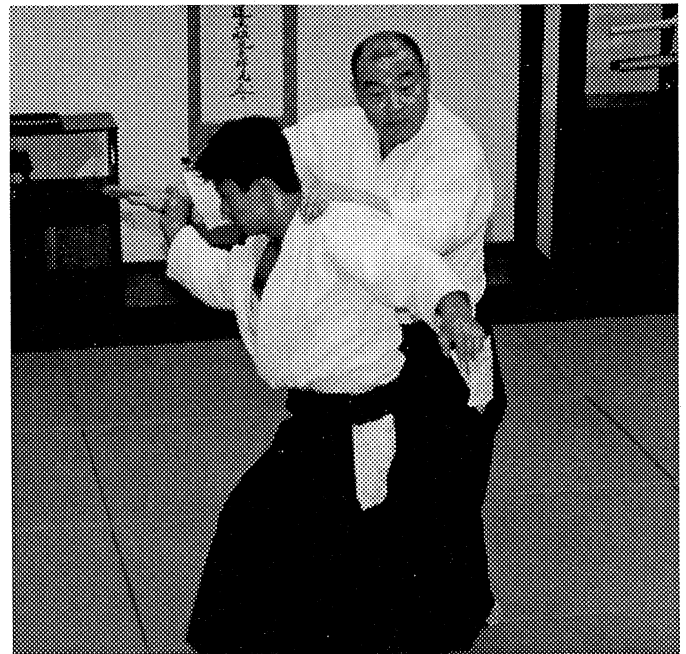
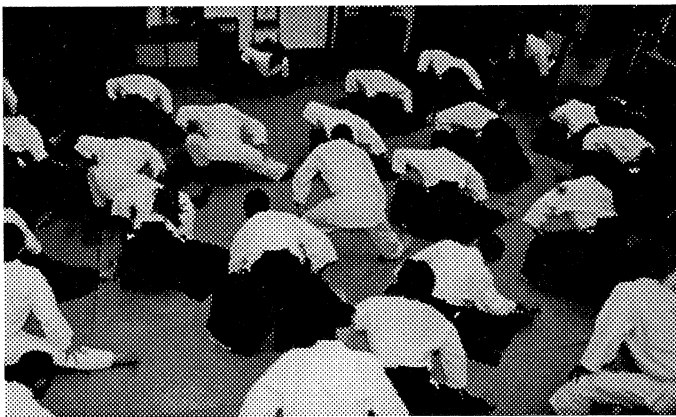
Below left: Ichihashi Sensei with Ms. Yoko Sugi. Ms. Sugi came down from her offices to greet our distinguished guests. She is formerly one of the most famous movie stars in Japanese cinema. Currently she is the Executive Manager in charge of cultural events at the hotel and works closely with Furuya Sensei on many community & cultural events.



Above: Ms. Sugi with Yonemochi Sensei who turned out to be one of her biggest fans. It was a big surprise and most pleasant surprise for Yonemochi Sensei who also requested that she join us for dinner after our practice. A nice birthday present of Yonemochi Sensei who turned 67 on this day.



## Special Practice at Our Dojo. June 16.



Left Above: Participants of our Dojo's Special Practice.

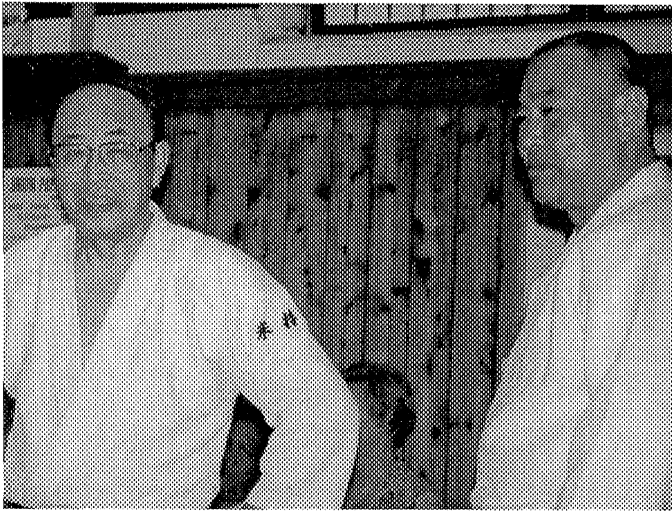
Left Middle: Beginning warm-up.

Left Lower: Kanazawa Sensei leading exercises.

Right Above: Yonemochi Sensei conducting class.

Right Middle: Ichihashi Sensei explaining irimi-nage.

Right Lower: Ichihashi Sensei conducting his first Special Practice in our Dojo on June 16.

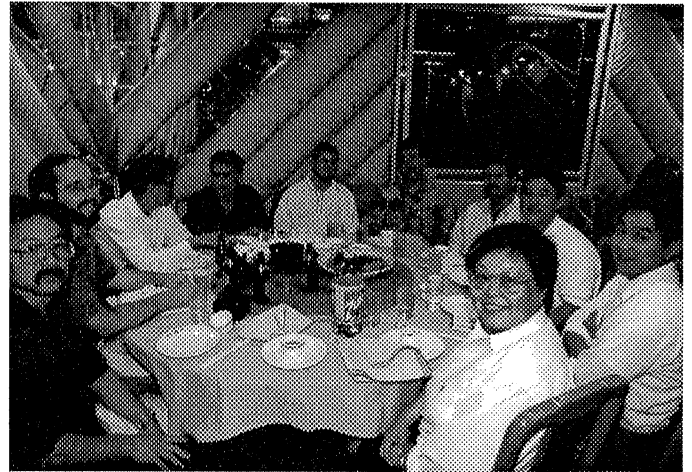


Top: Yonemochi Sensei & Ichihashi Sensei during Practice.  
Above: Ken Watanabe getting great practice with Kanazawa Sensei.

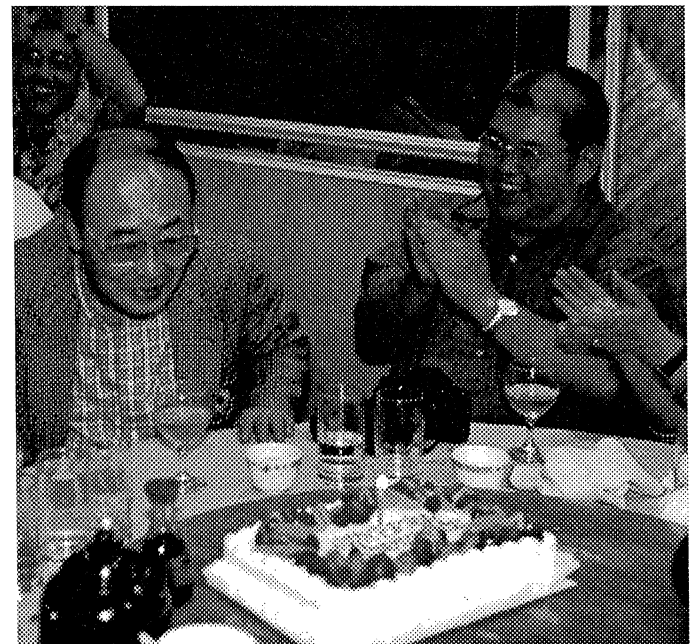
## Thank You Party. June 16.



Special Thank You Party including all the Assistant Instructors of the Dojo. Everyone had a great. Our special guests was Ms. Yoko Sugi and a Surprise Birthday cake and champagne for Yonemochi Sensei's 67th Birthday. He said: "This is the best birthday party I ever had!"



## Surprise Birthday Party for Yonemochi Sensei



Happy Birthday! Yonemochi Sensei.



# Nisei Week

## Aikido Demonstration & Open House

August 10th  
10:00am-12:00noon  
In the Dojo

# Nisei Week

## Traditional Japanese Martial Arts Exhibition

August 16-17th  
12noon-4:00pm

JACCC  
Japanese-American  
Cultural & Community  
Center, Little Tokyo

## From Widney High School May 23rd.

*Dear Reverend Furuya:*

*We would like to take this opportunity to thank you and your staff for performing at the Asian Heritage Assembly at Widney high School last week. Our students enjoyed seeing the martial arts demonstration and learning about its philosophy. It is important to hear that one can work with an opponent's energy as opposed to working against an enemy.*

*As you are aware, our students are multi-handicapped and do not always have the opportunity to see different cultures. That is why it was so very special that you were able to visit our school and present your unique training.*

*Thank you again for your time and efforts on behalf of our students.*

*Sincerely*

*Jay Davis, Principal*

*Judith Stern, School-Wide Activities Chair*

## Happy Birthday continued:



The birthday cake was delicious but Yoko-san was the special treat.

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A nice cup of coffee at the Biltmore before returning back to the hotel after a long and busy day. Many thanks to all of our very special guests.

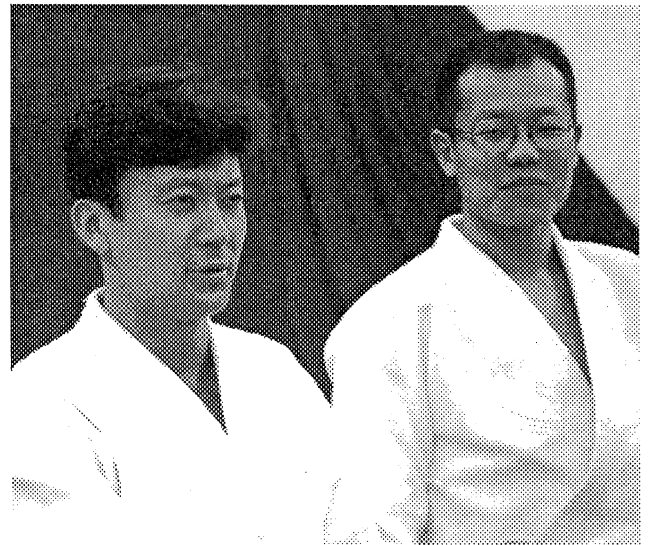
## Special Close-ups



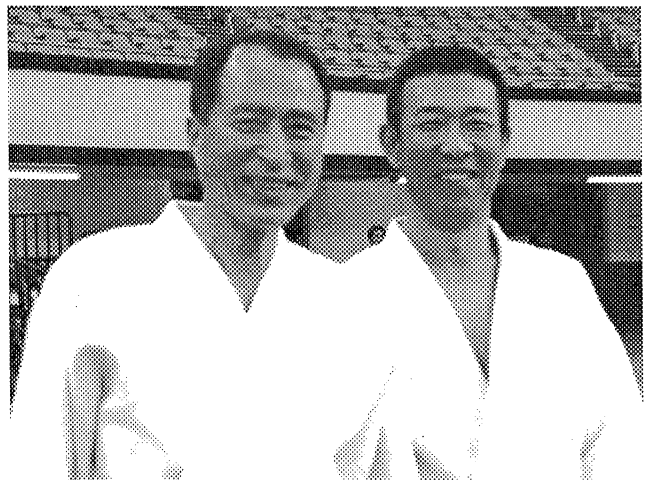
Norihiko Ichihashi Shihan, 8th Dan. Sensei first met him in 1969.



Hideo Yonomochi Shihan, 8th Dan. Director of the International Dept. at Hombu Dojo.

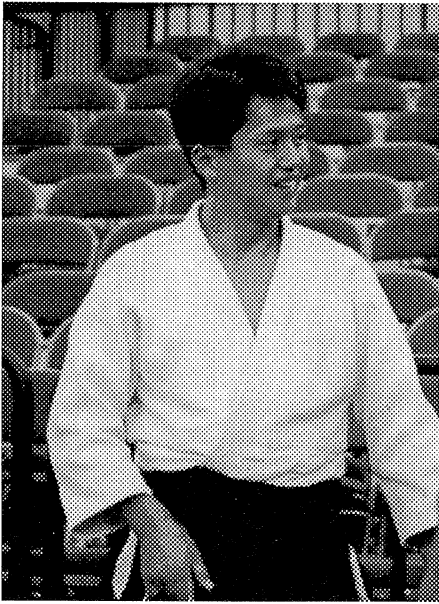


Takeshi Kanazawa Sensei & Hiroyuki Sakurai Sensei.



Ryoichi Nagai Sensei & Motohisa Kosugi Sensei.

## Special Moments

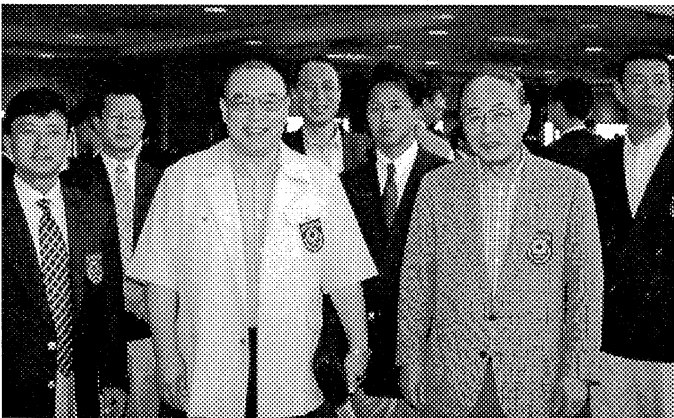


Kenki Tanaka Sensei

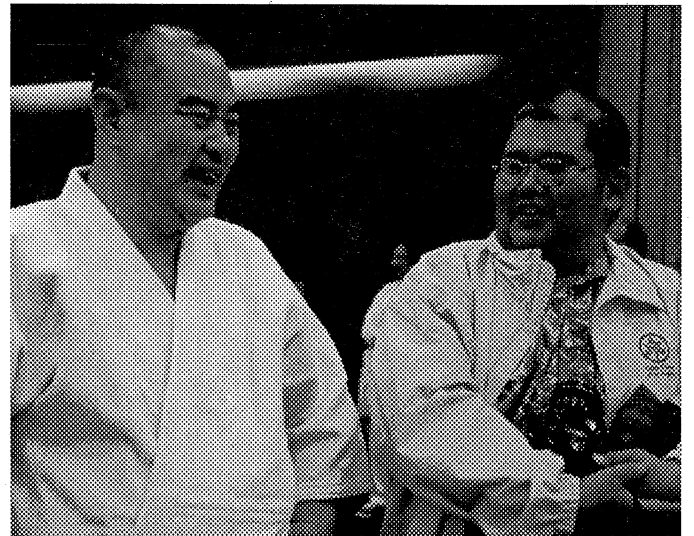


Ichihashi Sensei with Kanazawa Sensei as uke.

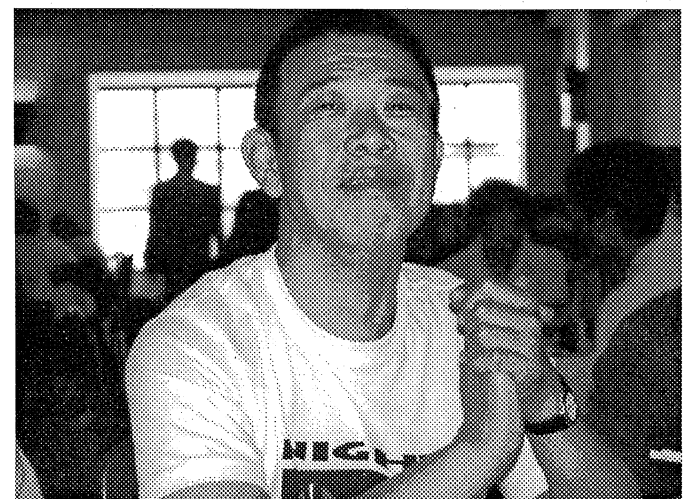
## Final Day at LAX. June 17.



Good-byes were said at LAX. Our guests made a stop in Honolulu before returning to Japan on June 19. We all hope to see them again very soon in the near future. *Gokuro-sama deshita!*



Yonemochi Sensei & Furuya Sensei celebrated a 26 year reunion.



Motoshisa Kosugi Sensei enjoying "dim sum" in Chinatown.



## Hombu: Special Moments



Ryoichi Nagai Sensei at the Welcome Party. Nagai Sensei is an associate of Ichizuka Sensei with neighboring dojos. June 14.



Ichihashi Sensei at the Long Beach America Japan Week Budo Demonstration. June 15.



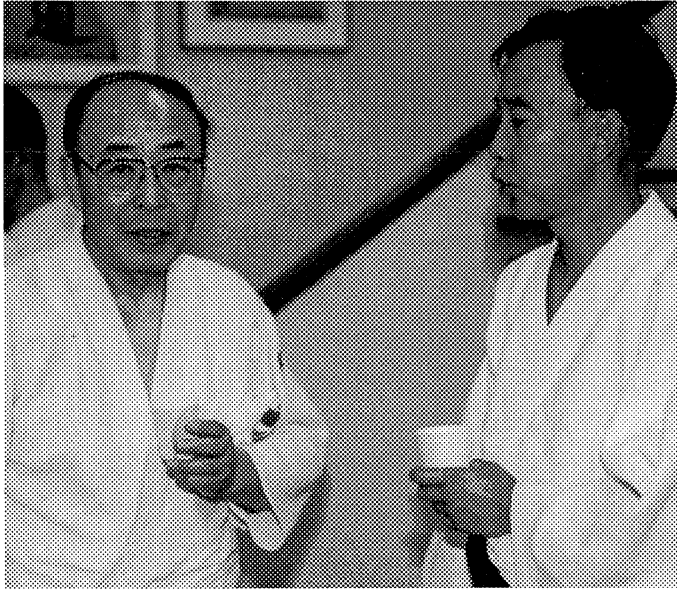
Kanazawa Sensei leading beginning warm-up. June 16.



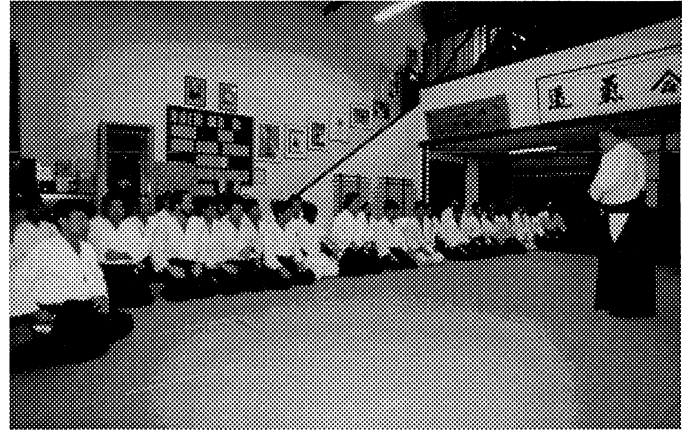
Ichihashi Sensei instructing at the Dojo. June 16.



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Yonemochi Sensei speaking with one of our new students, Takeshi Saito from Saitama Pref., Japan. Saito-san is a former student of Kobayashi Dojo in Saitama. June 16.



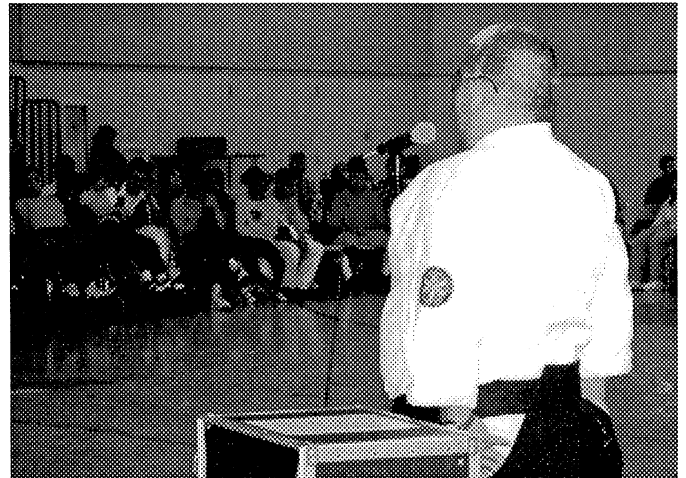
Ichihashi Sensei teaching class at our Dojo.

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Many Thanks to Our Honored  
Guests from Hombu Dojo

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**Widney High Demonstration**



Ken Watanabe demonstrating Iaido - their 1st Iaido demonstration. David Ito also assisted in the demonstration celebrating Asian Pacific Heritage Week at the school.



The Cassini Space Shuttle built by Andy Kissel. - Not all by himself of course! Many Congratulations.

## WIDNEY SCHOOL DEMONSTRATION For Specially Challenged Students. May 26th.

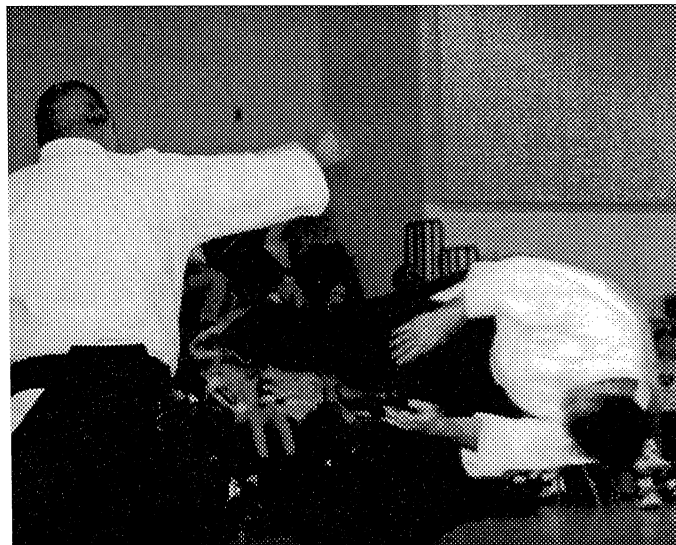
On a very beautiful Friday afternoon, Sensei accompanied by instructors, Ken Watanabe and David Ito visited Widney School in Los Angeles, not far from the University of Southern California campus to present an Aikido demonstration in celebration of their Asian Pacific Heritage Week events. This school attends to specially challenged students from the very young around 7-8 years to about 18 years old. Sensei gave a demonstration of about 50 minutes to 300 students and their faculty in their gym, most of the first row was lined with young students confined to wheel chairs. Everyone enjoyed the demonstration.

Mr. Richard Kato who arranged the event spoke about the difficulty in finding people to present demonstrations for their students - we were about the only ones who agreed to come. He repeatedly spoke of worrying about whether we would show up or not at all. This seems to be a common problem in presenting various entertainments for these underprivileged children. Actually, Sensei did not know all the details of the demonstration until he got there. They were afraid that he might not come if he knew what type of audience he had. Of course, Sensei does a great deal of community service work so this did not matter at all and he has performed demonstrations and lectures for specially challenged kids many times before. This was the first time Ken and David appeared before this type of children and were quite surprised and bewildered at first, but later they told Sensei that they were very happy to help these kids out - even if it was just a little Aikido demonstration for them. Everyone was glad that the kids enjoyed it and were completely enthralled with the Aikido and Iaido movements. Although full of several surprises, it turned out to be an excellent demonstration and one of the most unforgettable for Ken and David.



Over 250 avid spectators, many in wheelchairs.

By a mere coincidence, Sensei happened to know Mr. Kato's parents who used to run a local Japanese movie theater in Little Tokyo over 35 years ago. As a matter of fact, Mr. Kato's mother used to bring Sensei a free cup of grape soda and a bag of popcorn during the movie, handing it to him on a wooden Japanese tray after spotting him in the audience during the movie. It is a unforgettable example of the kindness people showed to each other in those days and Sensei never forgot it. It is not possible that this would ever happen today in a movie theater. Also, Sensei remembers that Mr. Kato's father often let Sensei in free. In those days, soda was 10 cents and popcorn was 10 cents a bag - this was freshly popped popcorn - not the stale stuff you get today for \$5.00. This chance meeting was an amazing karma.



Sensei lectured and demonstrated Aikido to students of Widney High all of whom are afflicted with a wide range of handicaps and illnesses. Their first Aikido demonstration.

## Training Is Like Food

**A Interview with Master Adam Hsu  
Conducted August, 1996, in Palo Alto  
By Craig Yee**

Kindly reprinted from *Spring Breeze*  
Volume 5. Number 4.

*I asked Sifu Adam Hsu what guidance he could give us his American students and coaches for their training. I'd made a list of basic concepts, ideas and goals I had been using to guide my own training: leg strength, postural alignment, sinking power, relaxation, timing (all movements starting and ending at the same time), whole-body coordination, 360 degree awareness, flexibility, speed, and strength.*

### **Cultural Exchange**

First of all, you must realize that kung fu is different from the Western world. It is an Eastern art. To understand it you must understand Eastern culture. It's not all that difficult if you are willing; just reverse your thinking. Let's take the Olympics. Most gold medals are won by Western countries. Of course, these are Western sports! They don't fit Asian people well physically (except for a very special few), mentally or culturally. The West has roots in ancient Greece, not China. So to learn kung fu well you must be open to cultural exchange. That's why I always say you don't have to be a fighter or killer to learn kung fu. I encourage Westerners to learn kung fu so they can learn about Chinese culture. It's not something you can get just from reading a book or watching a movie. Kung fu involves you, yourself. You are the material. It's different from learning something like Chinese brush painting where you use ink, brush and paper, and different from learning Chinese music where you play an instrument. In kung fu, you are the instrument. That's why its so valuable, so practical.

### **Flexibility**

Others schools emphasize this and I too feel students need to develop more flexibility. Of course, some of them are pretty stiff, others are quite good.

But all in all, I feel there's not enough flexibility.

I want to point out, however, that over-stretching kills a student's potential. Some schools damage their students' kung fu futures because they emphasize flexibility way too much. Once you over-stretch, you cannot go back.

From a practical martial arts usage point of view, I'd rather you be understretched. Understretched, your body simply doesn't know as much. Overstretched, it's absolutely dumber!

Some arts, like Peking Opera or dance, require a great deal of flexibility. Kung fu's requirements are much less.

### **So Overstretching Limits Potential?**

No. Overstretching *kills* potential. It's over. Done. You cannot be a martial artist. Go be a dancer!

### **Speed and Strength**

Speed and strength are related. I don't agree with some schools when they ask their students to punch harder, kick harder. I feel this is commercialized teaching. Just think about young kids. They come to class regularly and "learn" to punch harder and harder. After one month, sometimes even one week, they feel stronger and they are so happy with the school.

It's a lie. Anybody can improve like this. You don't even have to go to school! Just do the punches, faster and faster. After a month, you will be better. But how about next month, that's it for your kung fu. You're using your natural way, or whatever way you've learned from life, work or other sports to issue power. But it's not kung fu.

### **Reversal Training**

In our school, we do reversal training. When a newcomer gets started, just as any other traditional school would have done in the past (this is not a new invention), he or she is asked just to do the movement and not try to issue any power. And also not to do it fast, but, in fact, slower. I learned this way.

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**NEWSLETTER**

I am teaching this way. Students must discard their old habits and make a brand new start with kung fu, so that later on, they can issue kung fu power purely in a kung fu way. That's what we are doing. This is very painful for some of the less patient students. Not understanding what we are doing, they feel frustrated, uneasy, unsafe. Think about it. If you join my class, after one month, you're punching softer and slower than before. How would you feel? Confused, nervous, disappointed, mistrustful?

I must face this. Certainly my coaches must work to give their students a clear understanding of why this is necessary. But I'm not going to change our way of training, and let the students just punch punch, harder harder, quicker quicker. We would make more money and enjoy many more words of praise from students and their parents, but this would be the death of kung fu.

#### **Whole Body Movement and Power Issuing**

In kung fu, to use the arms and legs fully, we have to start from the body. If the body is wrong, the arms and legs can not be right. If the body is right, a mistake in the arms and legs can be adjusted later on. For our movements to start and end at the same time, the arms, legs, body and head must travel different distances, different angles, and different speeds, yet must stay together. This is training to deliver explosive power. Like a bomb, everything must go off at once. We do this kind of training, of course, for martial arts purposes, so we can deliver maximum power, destroy the target, and kill or disable the enemy.

#### **Exercising the Internal Organs**

Of course, nowadays, we don't use kung fu to kill. But the ability to move our bodies in the manner I've just described, requires lots of practice. Practice means exercise, and exercise brings us benefit. A great deal more than the arms and legs-which already receive a certain amount of exercise in daily life-get a workout. More importantly, the entire body, including the torso area, is exercised. And as we all know, the internal organs are situated in our torso. When we begin to move our torsos, it

benefits not just our kung fu but our health. Exercising the torso area exercises our internal organs which otherwise cannot exercise themselves. That's why we emphasize movement in the torso. This is how an ancient martial art, a killing technique, can also be a life-saving training method. This kind of training we do both for explosive power and for health.

#### **Leg Strength and Usage**

Leg strength is important because in ancient times, the way to fight was different. Kung fu uses not just the foot and the fist to fight but also the body. If you don't have leg strength or sinking power, you are not stable enough to use the body effectively. So in the past this was extremely important. I do agree that nowadays if you don't want to be a martial artist, this is not quite so important. Then again, even when practicing for your health, sinking the qi (ki) is still a requirement. You have to sink your qi down to the dan tian (vital center) first, then circulate it elsewhere. If you do not have even that, you cannot do any qi practice. Of course, qi practice is itself a whole different subject.

#### **Sinking and Multiple Power**

Kung fu never uses just a single power. Rather, multiple powers are always combined. When you extend your palm, not only does it move forward but also at the same time it moves, fundamentally, downward. So the downward power, the sinking power, the sinking feeling, provides us the fundamental extra direction. With this as our foundation, we combine sinking power with other movements, kicking or punching, upward, sideways, left or right, front or back. No longer a single power any more, each movement contains at least two. And two more easily becomes three. In kung fu you always deal with multiple powers, never single. Taking away the sinking power is just like taking away the foundation. Then it's just not kung fu anymore.

#### **Expanded Awareness**

Kung fu is not like sitting here at this table where, hungry for the food and drink set out in front of me, I grab and take. That's the Western perspective.



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**NEWSLETTER**

That's where Western Imperialism comes from. In China, we try to harmonize with the Universe. We are proud as human beings but we are humble too that we are only human. So rather than sit at the table and take the delicious dishes as if they are only for us, we find ourselves on the table. We sit in the middle, all of the beautiful dishes surrounding us. We are one of them among others.

That's why the back is so important in kung fu, because we ourselves are in the middle. Even though kung fu is a fighting technique, the kung fu practitioner himself should harmonize with his surroundings and join them. If there is no divider between me and you, how can I conquer you or you me? The basic attitude is different. Instead of a separation between me and others so that I can act on that, grab that or punch that, I am in the middle of everything, dealing with everyone, connected to others, related to others. As kung fu practitioners, this changes our whole perspective and our whole attitude. If we want our kung fu to be good we must do it the kung fu way. That's why I believe to practice kung fu is really to practice cultural exchange.

### **Mind Joins Body**

Most Western sports are more physical and less mental than kung fu. It doesn't mean they don't use the brain. It doesn't mean there is no psychological benefit. But compared to kung fu, there is little mental requirement for training and development. To develop whole body movement, sinking and multiple power, an awareness of your surroundings, an awareness of your own torso, spine and waist, your mind must join your body, otherwise, it cannot help you to practice. Even if you practice hard, you'll feel the improvement is really small or slow. It should be. Because you don't have the correct idea. If you can only mimic the movement, it won't do. Your mind must join in every movement.

### **Food, Not Medicine**

When practicing, keep in mind that food is different than medicine. Many Westerners treat their training like medicine. I'll just follow instructions, take one capsule three times a day after meals, and then

I'll get better . . . and if I don't, I must be taking the wrong medicine.

Food is different. With food you need variety and sometimes a person's diet must be adjusted in response to a special need. When the seasons change, the food may also be different. You don't measure your success by "I am three times today so I should gain weight tomorrow." Food is different from medicine. Training is like food. Of course we want our food to be more delicious and more enjoyable. It doesn't mean it has to be more expensive. So too, training can become more enjoyable. That's important, because more benefit will come as you become willing to do more. I'm not trying to conceal the pain, but as practice becomes more rewarding, its hardships become more acceptable. When students understand the meaning behind their movement they become less focused on discomfort because the brain is left without the time or space to do so. The students are too occupied with the tasks of sinking, multiple powers, whole body movement, and awareness of surroundings. Because they are less focused on the discomfort they will suffer less. If students do nothing but the horse stance, then they will always focus on their legs. Then it gets really, really, really tough! I guess everyone's experienced that.

So practice harder, use your mind, learn to enjoy the training. Everyone will progress faster and suffer less.

**Editor's Note:** Master Hsu is one of the top Kung fu masters living today in the world. He is an old friend of Sensei's for the last 20 some odd years. Sensei respects him very much for his great mastery and wisdom in the martial arts. According to Sensei: "Although Master Hsu writes specifically about kung fu and kung fu practice, his wisdom extends to all martial arts, I believe. Many of the things he says in this current article can be directly applied to our practice in Aikido. I hope all my students will read and study his words very, very carefully and with great attention. They are important words."

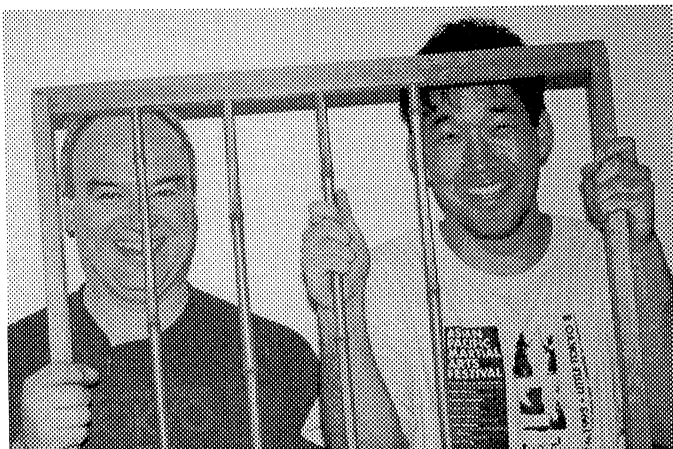
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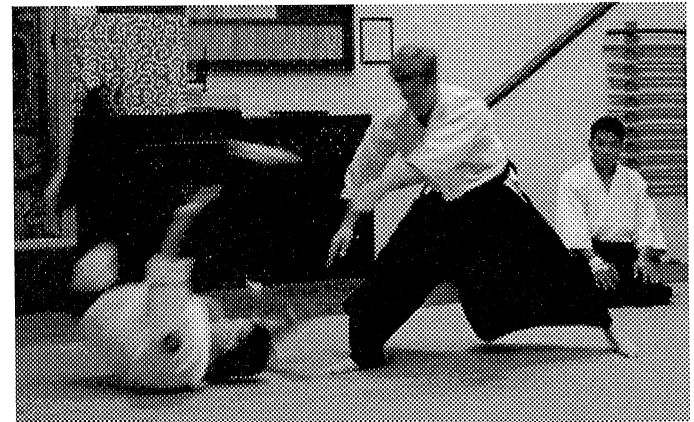
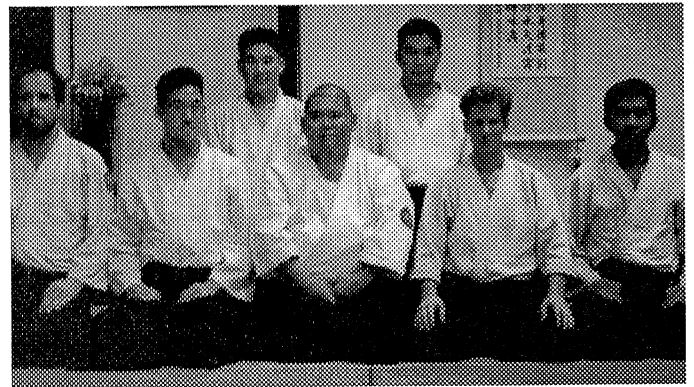
Sensei was featured on A&E Ancient Mysteries program on the Samurai debuting on May 22nd.



**Ken Watanabe** demonstrating for another A&E cable TV special entitled, "Fighting Arts of the World." This is a two-hour special and is scheduled to air sometime in July.



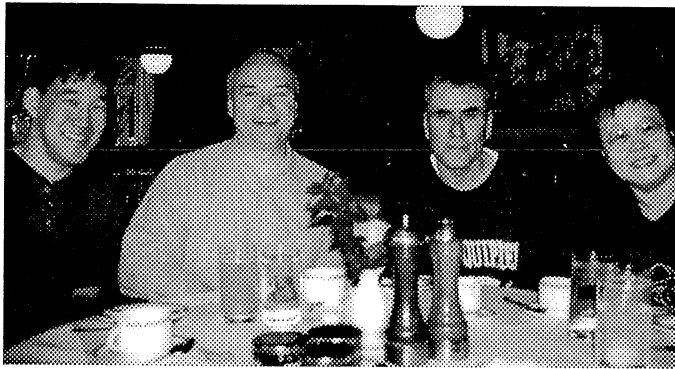
Working (?) on **Gary's** new store, Yoshino Japanese Antiques, at 1240 E. Colorado in Pasadena. The Grand Opening was on June 22, 1997. Many congratulations and good luck!



**John Brinsley, Jr.**, one of our students abroad, visited the Dojo on May 24, 1997 for training. John now lives in Japan and works for Dow Jones News Service as a journalist. He trains at Hombu Dojo 3-4 times a week. He recently got married and is expecting a baby. John visits our Dojo whenever he comes to Los Angeles.



**Kazuhiro Itami**, an Aikidoist from Nara, Japan and originally from Osaka, visited the Dojo in June. Mr. Itami was here for the Long Beach America Japan Week events and came to see the Dojo before returning to Japan.



At Ken's & Gary's Birthday Party in April at the Pacific Dining Car with the Iaido Dept. - Right to left: **Ken Watanabe, Gary Myers, Richard Eloriagga and Cheryl Lew.** Party took place after the Early Morning Iaido Intensive Seminar.



**HAPPY BIRTHDAY!**  
**Richard Eloriagga** celebrated his birthday in May. Many, many Congratulations.

On the occasion of his birthday, Richard made a \$100.00 donation to the Dojo. Many, many thanks and Best Wishes Always.

On May 25, 1997, **Nick Kiritz** who has a school at the Annapolis Naval Base in Washington, D. C. visited our Dojo for training. He was recently promoted to 3rd Dan.

**Eric Russell** will visit his parents in Oregon and leave for Japan in the first part of June for 8 weeks. He will return to the Dojo sometime in August. He is on a special home-stay program and will be living with various families in the Tokyo area. He hopes to have the opportunity to train at Hombu Dojo again. Eric is a student at USC.

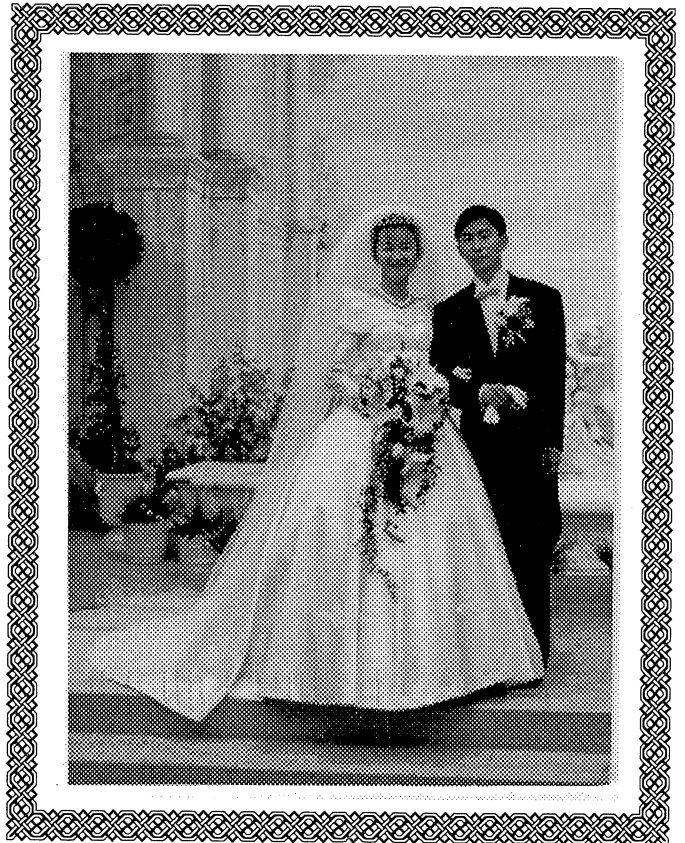
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**Special People & Friends:**  
**From the Omiya Dojo:**



**Congratulations!**  
**Naomi & Kengo Iwami**



**Jeff Waters**, to Sensei's right, visited our Dojo on June 12th from the Omiya Dojo bringing gifts from Ichizuka Sensei. Jeff will be joining our Dojo when he settles down in Los Angeles.



## Important Dates:

**July 4th:** Independence Day.  
Dojo Closed.

**July 12th:** Intensive Iaido;  
6:30-8:30am. Breakfast-Meeting follows.

**July 12th:** Lotus Festival.

**July 19th:** Obon Festival Demo  
at the Pasadena Buddhist Church.

**July 26th:** Black Belt Intensive.  
6:30am-8:30am. Meeting follows.

**July 26-27th.** Obon Festival Martial Arts  
Festival at Higashi Hongwanji Buddhist  
Temple in Little Tokyo.

**August 10th.** Nisei Week Aikido  
Demonstration & Open House.  
We need everyone's help.

**August 16-17th.** Nisei Week Martial Arts  
Demonstration at the JACCC. We need  
everyone's help.

**September 1st.** Labor Day.  
Dojo Closed. (Have a Happy Holiday!)

## Senshin Bon Odori Ondo (Dance) Festival

July 6th from 6:00pm

**Senshin Buddhist Temple**  
1311 W. 37t St., Los Angeles  
One block east of Normandie.

## Pasadena Buddhist Church Obon Aikido Demonstration

1993 Glen Ave., Pasadena

July 19th.  
6:30pm-7:30pm

## Higashi Hongwanji Buddhist Temple Obon Martial Arts Exhibition

July 26-27th  
12noon - 4:00pm  
Both Days

505 E. Third St., Little Tokyo

## Membership Drive:

Introduce a friend or family member to the Dojo. Help to support the Dojo and our membership. It is always nice to have new people to join our practice. Everyone can help! Thank you.

## Congratulations

# GRAND OPENING

Yoshino Japanese Antiques  
moves to a new location:

Yoshino Japanese Antiques  
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Hours: Tuesday thru Sunday  
11:00am-5:00pm

Proprietor: Gary Myers

*When you have a chance,  
Visit his very beautiful new store.*

## New!

### Zen & Japanese Culture: By Daisetsu Suzuki.

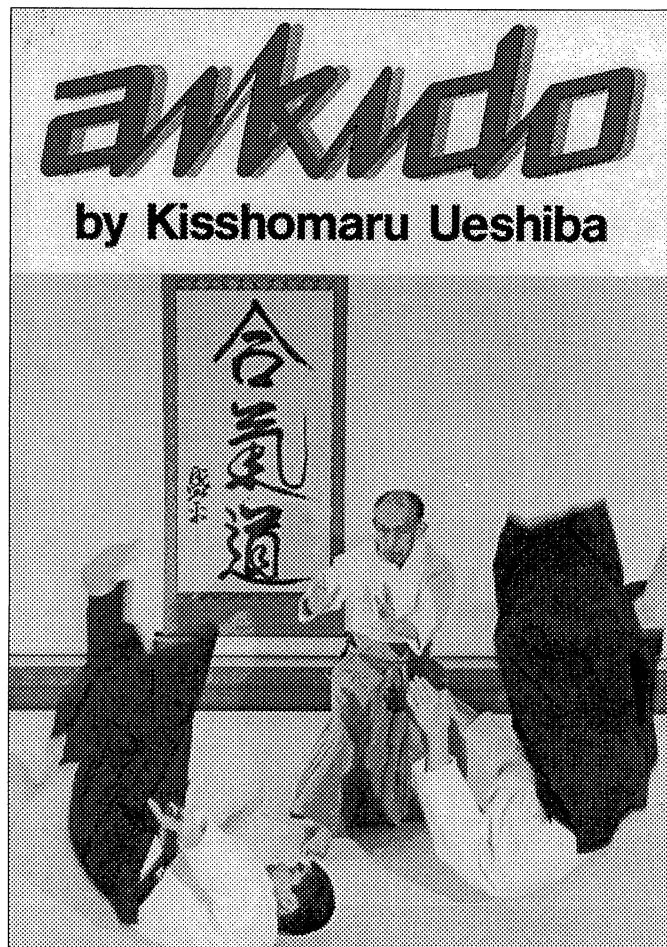
Now on sale in the Dojo. Limited supply.  
\$15.00 per copy.

### New Dojo T-Shirts

Now on sale. Special Price in celebration of the  
Hombu Shihan Special Practice. \$10.00 each.  
Large and extra large sizes only. Limited supply.

### New Video! Long Beach Demo and Special Dojo Practice.

For our Dojo Fund Raiser to finance this Special  
July Issue. \$40.00 donation. See Cheryl.



### **AIKIDO by Doshu Kisshomaru Ueshiba**

Doshu's book, **Aikido**, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving, and the book will no longer be available. It is very strongly recommended that if you don't have this book, buy a copy now while a few copies are still on the stands. Don't wait too long! It sells for about \$28.00.

### Official Dojo Jackets

Now available on a custom-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. In sizes: small, medium, large and extra large. **ORDER NOW!!**

**DOJO COFFEE MUGS: \$5.00 EACH.**

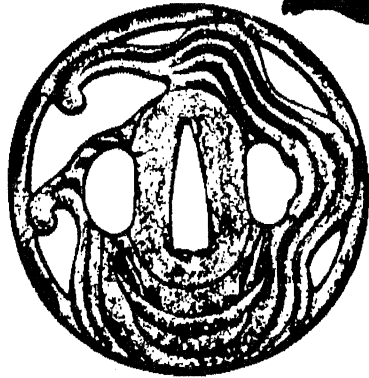
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Please support the Aikido Center of Los Angeles and send your remittance in for a yearly subscription and, at the same time, become one of our special Supporting Members. We really appreciate your support and thank you for your encouragement of our training. Please tell your friends about our newsletter, anyone can have their own subscription. Thank you.

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## Complete Japanese Sword Appraisal & Restoration.

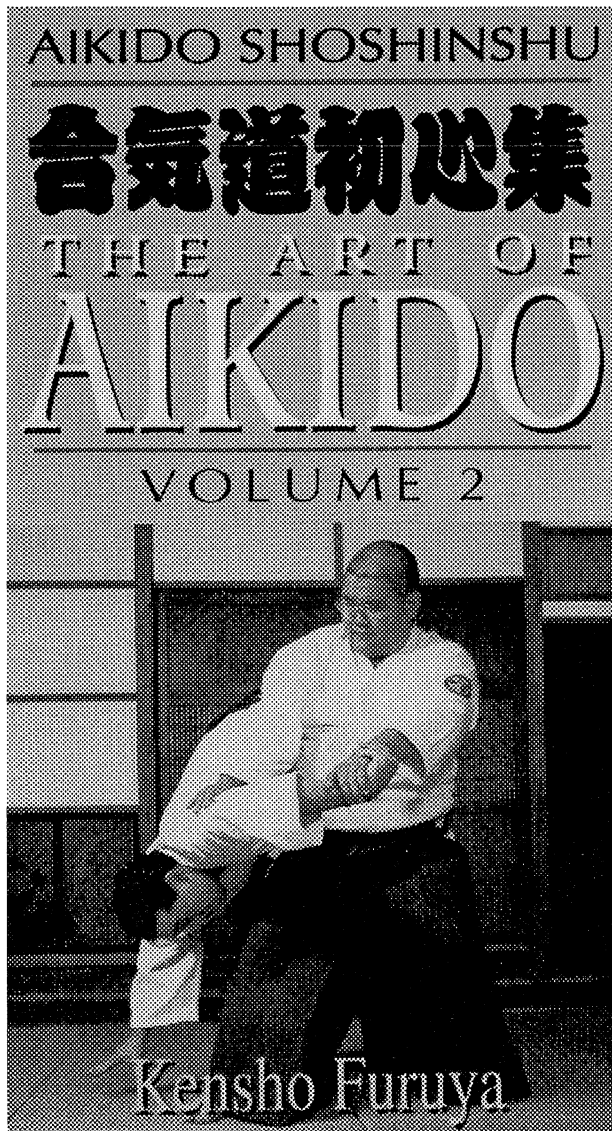
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"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, 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**

"We have been waiting for this video series for a long, long time. Everyone should have their own copy." **Aikido teacher, Paris, France.**

"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 Art of Aikido" video series) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . . **Dr. Taitetsu Unno, Smith College, Professor of Eastern Religions. The translator of Doshu Kisshomaru Ueshiba's "The Spirit of Aikido" & an Aikido teacher on Massachusetts.**

## Aikido TRAINING SCHEDULE

### **BEGINNING & OPEN CLASSES**

Monday thru Friday Evenings

6:30pm-7:30pm

Monday, Tuesday & Thursday Evenings

7:50pm-8:50pm

Tuesday & Thursday Mornings

7:00am-8:00am

Saturday Mornings

10:15am-11:15am

Sunday Mornings

10:15am-11:15am

### **ADVANCED & INSTRUCTORS' CLASSES**

Bring bokken, jo and tanto.

Wednesdays

8:00pm-9:00pm

Saturday Mornings

11:30am-12:30pm

### **CHILDREN'S CLASSES**

Saturday Afternoons

12:45pm-1:45pm

Sunday Mornings

9:00am-10:00am

## Iaido TRAINING SCHEDULE

### **TRADITIONAL JAPANESE SWORDSMANSHIP**

Tuesday Evenings

7:30pm-8:30pm

Saturday Mornings

9:00am-10:00am

Sunday Mornings

8:00am-9:00am

Every third Saturday of the Month

6:30am-8:30am

Monthly Meeting follows.

## **SPECIAL MONTHLY SEMINARS**

### **BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR**

Every Last Saturday of the month

6:30am-8:30am

Instructor's Meeting follows.

### **IAIDO INTENSIVE SEMINAR**

Every 2nd Saturday of the month.

6:30am-8:30am

General meeting follows.

### **BUDO & SWORD STUDY CLASS**

Every 2nd Tuesday of the month.

7:30pm-8:30pm