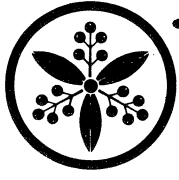


羅府合氣道学院古屋道場



# 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  
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters  
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association.

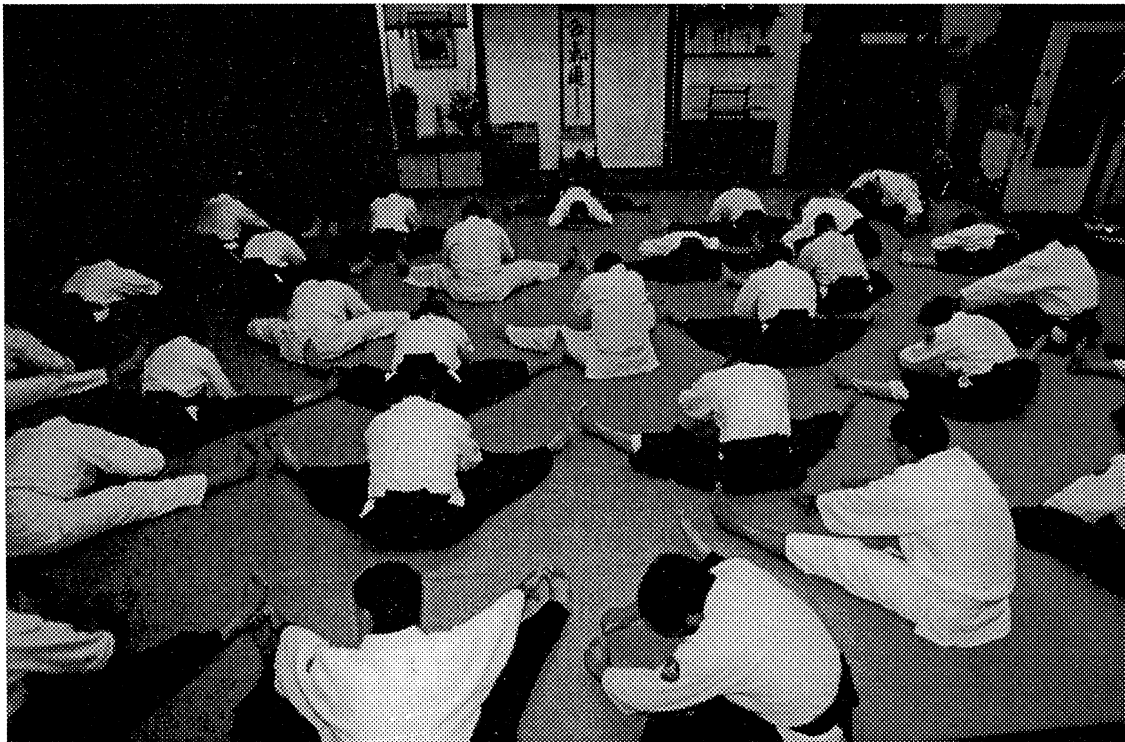
\$2.95  
Donation

July 1, 1998

Volume XVI. Number 7.

**54th Nisei Week Aikido Exhibition**  
August 2, 1998

**54th Nisei Week Martial Arts Exhibition**  
August 15-16th  
Higashi Hongwanji Temple, Little Tokyo



Welcoming many new students to our Dojo.

## **New Iaido Class Starting**

New Iaido Class begins on Wednesdays from mid-June. The class will be on the second & last Wednesday of the month alternating with our Advanced Aikido Class on the first and third Wednesdays. Also, a reminder, there will be no 9:00am Intermediate Class on the last Saturday of the month to accommodate our monthly Intensive Black Belt Seminar.

## **Saishin Dojo Begins 3rd Year Session With Our Dojo**

Saishin Dojo Children's Summer Program begins their third year with Aikido at our Dojo from June 29 through July 24. This year, we will have classes Mondays and Wednesdays, with David Ito, Ken Watanabe & Mike Dotzenrod assisting.

## LOS ANGELES TIMES Help A Few Kids, Help The Dojo

LA Time Camp Fund:

Every year the Los Angeles Times helps to sponsor the Times Camp Fund which sends needful kids to summer camp. Every year the Dojo makes a small donation to this fund. For \$125.00, it sends one worthy child to summer camp. For a small \$15.00 donation to this fund, a member of our Dojo can have our name, Aikido Center of Los Angeles, listed in their donation list which appears each week. It doesn't have to be in the Dojo name, but, at the same time, helping one kid, we can also publicize the Dojo just a little. Thank you.

*Los Angeles Times, June 9, 1998 Issue:*

*Since its creation in 1954, the Camp Fund, supported by donations from Times readers and employees, has generated \$20 million to help more than 300,000 Southland young people attend camp.*

*Because The Times absorbs all administrative costs and Bank of America donates accounting services, 100% of donations goes directly to providing camperships.*

*The Times does not own or operate any camps but allocates funds to youth agencies that use or maintain camps accredited by the American Camping Assn. A committee of community leaders distributes the money to the agencies, based on size and need.*

*It costs an average of \$125.00 to provide a child with a week's stay at summer camp. Unless donors request otherwise, all donations of \$15.00 or more will be included in a list that appears each Wednesday in Life & Style.*

Readers may send donations which are tax-deductable, to The Times Summer Camp, PO Box 53401, Los Angeles, CA 90074-3401. No door-to-door solicitation has been authorized or will be made.

## Thank You for Your Dojo Repair Fund Donations

James Doi  
Cheryl Lew  
Curtis Westfall  
Andy Kissel  
Bill d'Angelo  
George Nakashima  
David Ito  
Frances Yokota  
Scott Howard  
Adam Bennett  
Tom Williams  
Mike Dotzenrod  
Dana Frank  
Hideki Chogo  
Tom Sosnowski  
Norman Lew

## VERY SPECIAL THANKS

Johnny Mori,  
Japan Festival Sounds

We are still asking for your help, support and contributions to continue to repair the Dojo and support our practice. In a world of gross commercialism and finance, we are trying to preserve the old traditions which have made Japanese culture and art so rich and profound. It is a difficult battle and we do need your help and support. All donations are greatly appreciated and will be listed in our Newsletter. Thank you for your generosity and kindness. In Gassho,

**Nisei Week  
Aikido  
Exhibition  
August 2**

In the Dojo



**Nisei Week  
Martial Arts  
Exhibition  
August 15-16**

**Higashi Hongwanji  
Buddhist Temple  
505 E. 3rd St.  
Little Tokyo**

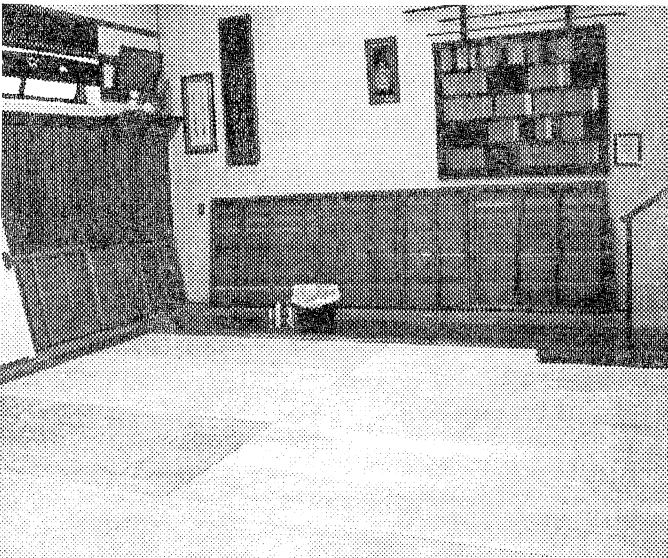
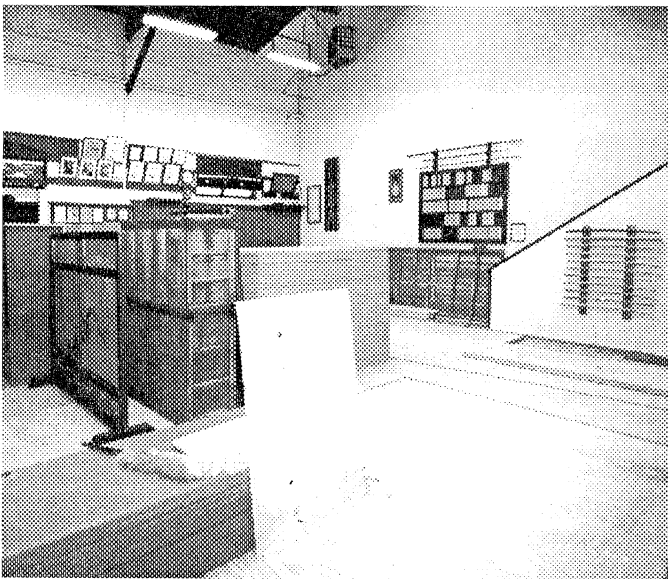
**Pasadena  
Buddhist  
Church  
Obon Aikido  
Demonstration**

**July 18th  
5-6pm**

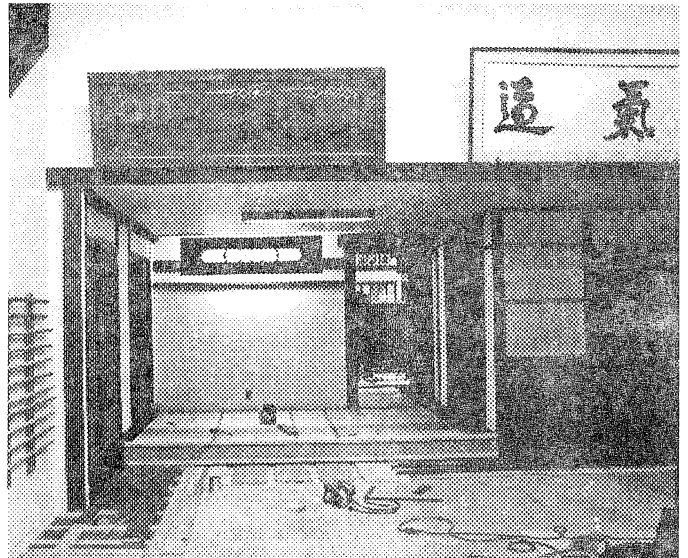
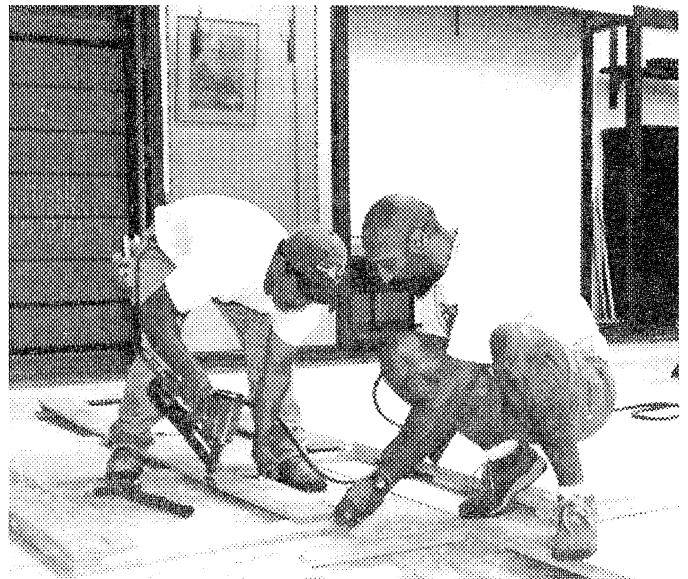
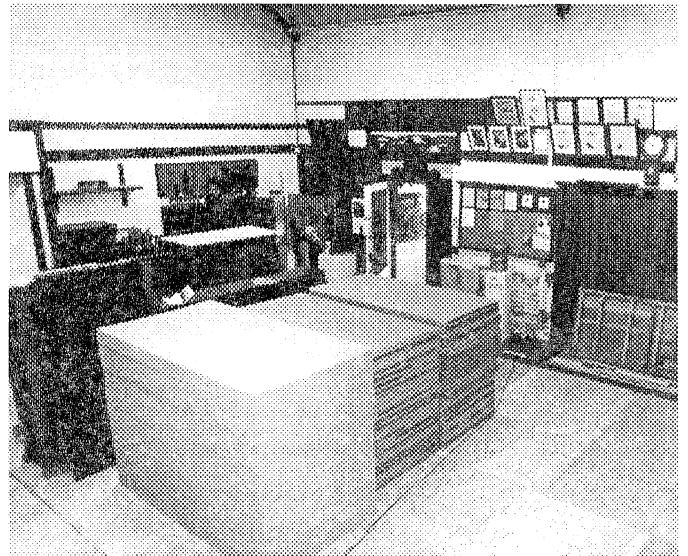


New student, Adam Bennet, enjoying practice with Sakurai Tadashi Sensei from Saitama, Japan, who recently visited our Dojo. This was Sakurai Sensei's third visit. An earnest student who comes almost everyday, Adam is also starting Iaido. He is in the video industry. Keep up the good work!

## After The Flood Disaster



## Repairing The Damage



**Aikido Center of Los Angeles  
NEWSLETTER**



Sensei helping too? Daniel, our next door neighbor, working hard to finish over the weekend.

**In Appreciation:**

Although we are still collecting donations for our Dojo Repair Building Fund, we would like to thank everyone for all of their support and generous encouragement. Without you, we could not keep the Dojo going.

Many, many thanks for your continued support.

*ACLA  
Rev. Kensho Furuya*

**9:00am Class  
Notice:**

There will be no 9:00am class on the last Saturday of the month only. This is due to the 2-hour long Advanced Monthly Seminar each month. We apologize for the inconvenience. Thank you very much. Please mark your calendars.

**Parking Code No.  
Change 7-1-98**

The Code Number for our Security Parking will change as of July 1, 1998. Please see one of the assistant instructors for the new number. Your old entry no. will not work after 7-1-98.



Our new dojo practice area.



**Hanamatsuri Demo  
Japanese Village  
Plaza**

Left to right: Ken Watanabe, James Doi, Mike Dotzenrod, Norman Lew, Kenny Furuya, David Ito and Scott Howard. Demonstration took place on April 5, 1998 at the Japanese Village Plaza in Little Tokyo. Many thanks to all the participants.

Sensei's Message:

## Aikido Walking

It is the consensus among many health experts today that walking might very well be the best exercise possible. Many years ago, one famous Dutch marathon trainer, who developed many Olympic champion runners, recommended walking over any other form of training including running and jogging. This is known as the Van Aaken Method after its inventor. It is only fifteen-twenty years later and that many are giving words much more credence.

Unfortunately, health experts today seem only to recommend walking yet, never explain "how to walk." It is because of this, even in walking as exercise there are still many injuries and negative results.

Of any exercise or traditional form of discipline, Aikido is the best. I say this not simply because I like it (which I do), but because it offers the greatest benefits physically, mentally, emotionally and spiritually. In Aikido, even walking is a technique which must be studied carefully and thoroughly, not only to develop one's Aikido techniques but to enhance the value and content of one's daily activities in life.

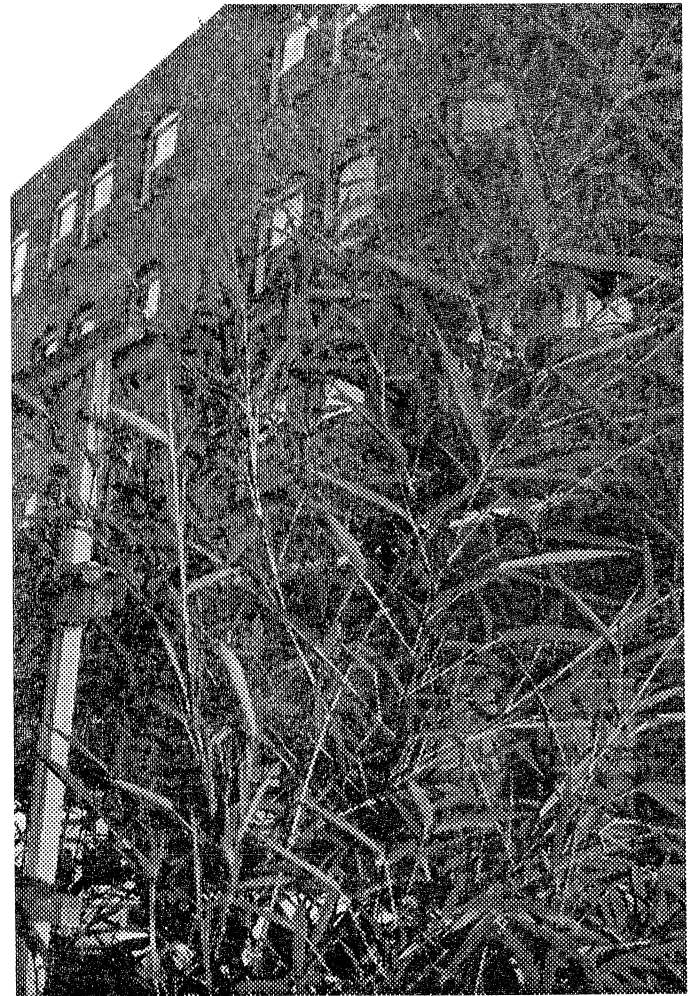
Posture is very important. One shouldn't slump backwards nor become too stiff and shift one's body weight forward in an awkward and unbalanced way. For good posture, the major part of your body weight should rest comfortably on your hips. The placement of your hips is regulated by your legs and feet. Being too stiff or too limp, throws the hips out of correct placement effecting your posture negatively.

Bad posture not only effects your Aikido practice but causes you to tire out quickly, is bad for your respiration, and will cause problems with your feet, legs, and back. In ancient practices, bad posture is said to put all of your internal organs out of their natural alignment causing various illnesses. Accordingly, out of aligned internal organs may put undo pressure on any other organ, the heart or lungs for instance, resulting in negative effects to your body.

Stand straight in a relaxed manner. Keep your back straight and try to feel your body resting comfortably on your hips and legs. Let your arms rest naturally and comfortably by your side. Keep your shoulders relaxed and settled, your eyes look straight forward. Keep your mind calm. It is in this totally relaxed and natural state that you should maintain as you walk.

Generally, when one is walking, there is much too much stiffness in the shoulders. People lean too much forward and are too stiff and tight or, on the other extreme, one slouches back slightly and compresses all of one's energy.

Walk with good posture and eyes focussed straight ahead.



The young green bamboo is growing rapidly in front of the Dojo entrance. Its purity, beauty and freshness should inspire our practice.

Walk with your hips and legs, not with your head and shoulders. Try to keep your feet light and easy going. Many people grind their feet into the ground or step too awkwardly. If you need to see how you are walking look at the bottom of your shoes and see how they are wearing out. You should easily tell where you are putting too much pressure in your step.

Keep your chest open, your neck should be loose and flexible. Again, take all the power and stiffness from your shoulders. As you walk with your eyes forward, try to extend your vision forward beyond its normal range. Don't just focus on the forward by try to see 360 degrees-all around yourself.

Finally, maintain your center of gravity, and feel relaxed and alert. Even one step should concentrate your entire mind and body. In the East, one can say the feet are the symbol of life. In China, it is said that ghosts can't use their feet so they are known to "hop" as they move. In Japan, it is said that ghosts have no feet at all. If you suspect someone to be a ghost in Japan, you simply look to see if he has feet or not. We are not ghosts or zombies, you with energy and care, relaxed and alert to maintain your health, good spirits and good Aikido practice.

**Aikido Center of Los Angeles  
NEWSLETTER**



Mike and Dana vacation in the Big Sur after school finals in May. Dana began new job on June 1st.

## Mrs. Howard, Get Well Soon!

Best regards to Mrs. Howard, Scott's mother, who has been not well. We all pray for her speedy recovery to the best of health and hope Scott is doing well too.

We also welcome back Dana Frank who has been away for a while, entering into a new career position and being a little under the weather.

ACLA Members

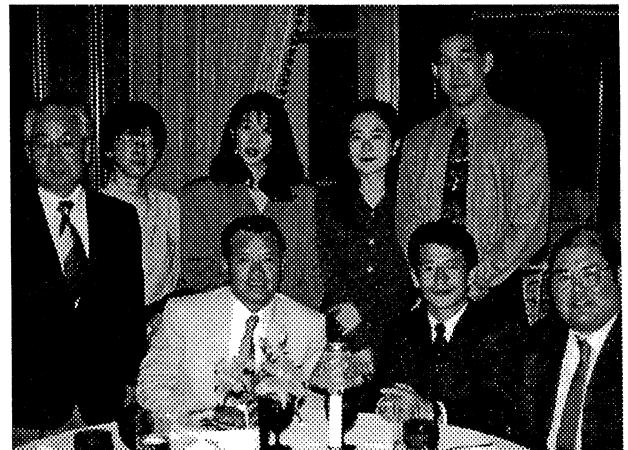
## Dojo News

Dana and Mike return from their first anniversary after a vacation in the Big Sur and San Francisco. Hideki Chogo returns to Japan to his hometown in Yamaguchi Prefecture during the month of June. Karl Flowers will be relocating to Seattle for a new job offer in the fall.

Sensei and Cheryl Lew attended the Da Camera Society Community Advisory Board Meeting at the Doheny Mansion in Los Angeles on June 16th. Many upcoming cultural projects for the city of Los Angeles were discussed. On June 18th, Sensei was installed as a member of the the Los Angeles Police Department Civilian Martial Artist Advisory Panel (CMAAP) and on their newly formed Membership Committee. Other members are Benny Urquidez, Gracie Brothers, Machado Brothers, Hee Ill Cho, Takayuki Kubota, Tadashi Yamashita, and other top master instructors in the United States.



## Hirakawa's From Fukuoka



Above: Far left is Mr. Sumio Hirakawa who visited us from the Shoheijuku Dojo in Fukuoka, Japan, several years ago. Below: The newly wedded Shinobu Hirakawa who visited us with Koji (Hirakawa's son) recently on their honeymoon in Los Angeles, standing with Cheryl Lew in front of the Dojo. Far Left: Sumio Hirakawa is seated in the front row second from the left with Mr. Nishida and Dojo members.

## Correspondence:

5-21 98

Dear Sensei:

I hope this letter finds you well and prospering.

Recently one of my students showed me a couple of volumes of your video series and I was virtually compelled to write to you.

You may remember me as the rather unskilled student whom you introduced to aikido in 1984. I had the honor of studying under you until about 1988 when I moved to Atlanta, Ga. to get married. A few months before my departure, I sensed your great disappointment in me and stayed away from practice, like a wounded child. I feel silly for my behavior now, but have grown somewhat since that time.

After moving to Atlanta I quickly joined the Aikido Center of Atlanta, one of the oldest dojos in the country, now after some 31 or 32 years of operation. There the dojo cho is a man named George Kennedy. He had inherited the dojo from its retiring founder, Rodney Grantham. While Grantham Sensei deserves great respect for his many years in training and for establishing the dojo, he left it a somewhat untraditional and laxidazical place. I was appalled at the lack of the kind of mindfulness that was such a pervasive and elevating quality of the Aikido Center of Los Angeles. At one point I eventually expressed to Kennedy Sensei my dismay at the silliness I sometimes saw in the dojo. I explained that in my previous dojo such antics would never have even been dreamed of let alone permitted. He seemed relieved and told me that he was in the middle of a long fight to restore a proper, traditional environment to this "place of the way." We became close friends over the 8 years I lived there. With your example in my mind, Kennedy Sensei and I, along with the help of others of similar mind, managed to reestablish a traditional training environment in the dojo. Today, the Aikido Center of Atlanta continues on a traditional path.

Your most valued instruction brought me to my ikkyu level. After two years in Atlanta I tested for my shodan before Yamada Sensei and Kanai Sensei, Iwagaki Sensei of Hombu Dojo was there as well. Three years later I tested again before Yamada Sensei and Kanai Senseis for my nidhan. All the while your instruction continued to provide the model for my training. With years of practice I have begun to understand a little of what you tried to communicate to us those many years ago.

In 1996 my wife accepted a position near Newport News, Virginia. I was troubled by this as there was no proper dojo there. After reluctantly moving there I trained in a Ki society for several months but had to stop because their practice was just too silly. Later, at a seminar in Florida, I explained my dilemma to Yamada Sensei who abruptly interrupted me and

and said, "Go start your own dojo!"

While I consider it very presumptuous for a mere nidhan to function as dojo cho, the alternative was to simply give up practice altogether. I guess I would rather be a presumptuous and bumbling instructor than to give up aikido; with the help of some interested people, including the only student at the Ki Society dojo there who seemed to know what aikido actually was, we opened the Tidewater Aikikai in January, 1997.

Today, we have about 20 members in our small dojo. We can safely fit about 10 on the mat at one time and our classes range from 6 to 10 routinely. As I attempt to teach this small group of enthusiastic newcomers, I cannot help but to be constantly reminded of your example. To this day your teaching remains the primary influence in my own development and on my attempts to teach aikido.

Recently I began to feel that it was important to me to contact you and formally thank you for your patient teaching and the inspiration that you provided to me over ten years ago. Aikido practice has greatly influenced me and added much to the quality of my life. My training has seen me through much: marriage, the birth of two children and the death of one, many professional changes and many personal changes, moving around the country and just functioning in a crazy world. It seems that the one constant has become my aikido practice and a fledgling understanding of budo, and this I owe primarily to you and your efforts. I continue to draw upon your example and fondly remember the too few years of training that I perhaps squandered in your dojo.

Finally, as I attempt to pass on to our dojo members what I am learning, I, from time to time, come up against the limits of my knowledge of Japanese language and culture and the traditions of budo. I hope you do not mind if I ask your permission to consult you from time to time on these matters,

Many thanks, Sensei, Sincerely,

Brian Horner

Tidewater Aikikai

13678-D Warwick Bl.

Newport News, VA 23602

Editor's Note: I do remember you in the Dojo, what a big pain in the b... you were then!!! I am happy to hear that you are doing well. Good luck in your new dojo.

Is everyone well? We are much obliged during our stay in Los Angeles, thank you for giving us such a good time. The other day, at the All Japan Aikido Demonstration, Doshu give the opening greetings but did not demonstrate, Dojocho did demonstrate however. Doshu sounded a little weak in voice. Please convey our regards to everyone in the Dojo.

Tadashi Sakurai, Omiya Dojo, Saitama, Japan



TUTTLE MARTIAL ARTS

The Sword  
Polisher's Record  
The Way of  
Kung-Fu

ADAM HSU



Now Available in the Dojo

**Master's Hsu**

**The Sword Polisher's Record**

**The Way of Kung Fu**

**\$16.95. Get Your Copy Now!**

Master Adam Hsu is tentatively scheduling to visit Los Angeles in mid-August with several of his students after an event in Baltimore. If we are fortunate to see him in Los Angeles, we may perhaps persuade him to autograph your books. Master Hsu is one of the top exponents of Kung Fu in the world and is an old friend of the Dojo. Sensei met him in 1979 in Oakland at the International Martial Arts Exhibition where both of them demonstrated.

AN INTRODUCTION TO  
THE PURE LAND TRADITION  
OF SHIN-BUDDHISM

RIVER OF FIRE

RIVER OF WATER

TAITETSU UNNO

**Dr. Taitetsu Unno's**  
**River of Fire**  
**River of Water**

An Introduction to The Pure Land Tradition  
of Shin Buddhism  
Doubleday Press

**59th NISEI WEEK  
FESTIVAL**

Invite All Your Friends to  
Our Nisei Week Aikido  
Exhibition on August 2nd  
in the Dojo and our  
Martial Arts Exhibition on  
August 15-16th at the  
Higashi Hongwanji Temple  
in Little Tokyo.

## Plump Fiction-Matt Glave:

Matt Glave, former student of the Dojo, stars in the recent movie, Plump Fiction. Congratulations and good luck in his career. Other member celebrity actors have been Morgan Weisser, Jeffrey Meek, Nick Mancuso, Glenn Strong, Linda Kelsey, George Takei, Adam Balzano, Don Diamante, and TV personality, Dick Cavett, to name a few.

## Welcoming New Students

Welcoming new students to the Dojo in recent months. Reed Povernny, Tom Sosnowski, Hideki Chogo, Sam Sibley, Jim MacDonald, Adam Bennett, Wayne Bryant, Charles Jordan, Agustin Equihua Ortiz, Paul Bull, Tetsuya Egawa, Christina Lee, Sean Lee, Dena White, Casey Matsumoto, Alvin Castillo, Victor Torres, Clifton Hsu, Frank Loera, Matt Purse

## Happy Birthdays

### July

Aisha Favela 7-2-91

Karl Flowers 7-26-49

### August

Robert Lew 8-19-

Eric Marcin-Cuddy 8-19-86

Eric Russell 8-16-76

Norman San Luis 8-10-86

John Talay 8-7-84

### September

Matthew Burns 9-5-90

David Ito 9-22-70

Maria Murakawa 9-17-74

Eric Nagamatsu 9-25-91

George Nakashima 9-10-53

Ted Pinhirun 9-22-77

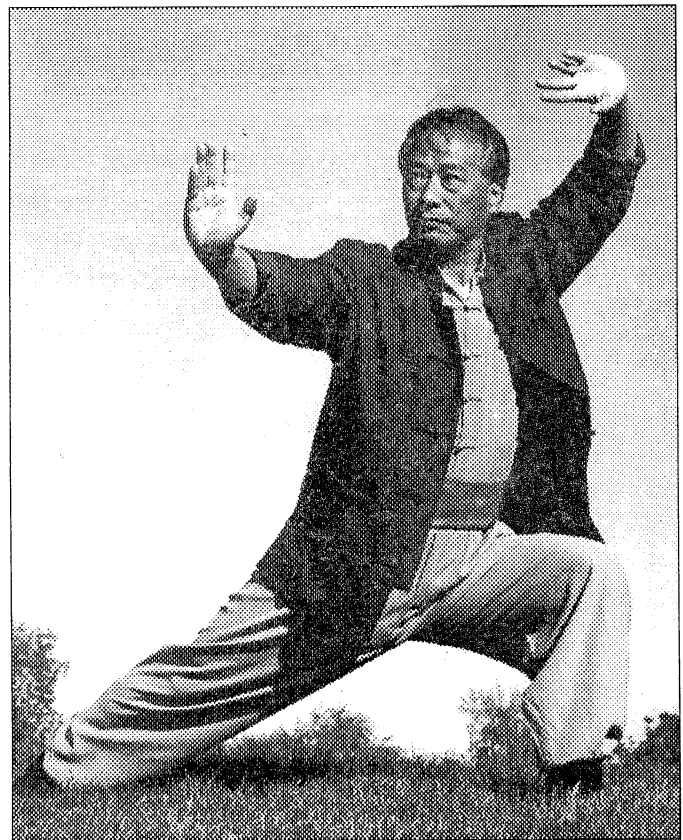
Bryan Waldron 9-13-66

### October

Joe Holguin 10-29-

Douglas Lew 10-12-

If you don't see your name on our birthday listings, please see Cheryl to be properly listed. We also welcome birthday photos, candid photos, family photos and personal bios and anecdotes.



## Book: The Sword Polisher's Record-The Way of Kung Fu

Congratulations to Master Adam Hsu on the recent publication of his book, "The Sword Polisher's Record - The Way of Kung Fu," by Tuttle Press. The book is a compilation of articles written over the years and is an excellent sourcebook for the martial arts. It is recommended for all students. The Dojo will be taking orders. It is \$16.95 plus shipping and handling. Master Hsu now resides in Taipei, Taiwan, and is an old friend of our Dojo and we anxiously await his next visit to Los Angeles. Please place your orders now!

*Politics are almost exciting as war and quite as dangerous. In war, you can only be killed once, but in politics - many times.*

Sir Winston Churchill

## Fine Japanese Antiques

**Yoshino Japanese Antiques**

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**Pasadena, CA 91105**

**Tel: 626-356-0588**

*Gary Myers, Proprietor*

## TOP TEN TRAINING HOURS

### March

Scott Howard	29 hours
Kenny Furuya	26 "
Larry Armstrong	23 "
Ken Watanabe	22 "
James Doi	19 "
Cheryl Lew	18 "
Hideki Chogo	18 "
Bill D'Angelo	17 "
David Ito	16 "
Agustin Equihua Ortiz	16 "

### April

Ken Watanabe	31 hours
Larry Armstrong	27 "
James Doi	22 "
David Ito	21 "
Cheryl Lew	21 "
Bryan Waldron	18 "
Hideki Chogo	18 "
Mike Dotzenrod	18 "
Kenny Furuya	17 "
Curtis Wesfall	14 "
Scott Howard	14 "
Rocky Less	14 "

### Year To Date:

#### January to April 1998

<b>Ken Watanabe</b>	<b>111 Hours</b>
<b>James Doi</b>	<b>90 "</b>
<b>Larry Armstrong</b>	<b>89 "</b>
<b>Scott Howard</b>	<b>77 "</b>
<b>Cheryl Lew</b>	<b>75 "</b>
<b>Kenny Furuya</b>	<b>71 "</b>
<b>David Ito</b>	<b>70 "</b>
<b>Mike Dotzenrod</b>	<b>66 "</b>
<b>Bryan Waldron</b>	<b>54 "</b>
<b>Rocky Lee</b>	<b>52 "</b>

## Important Dates JULY 1998

<b>July 4-5</b>	<b>Independence Day Closed will be closed.</b>
<b>July 7</b>	<b>Budo Study Class. 7:30pm-9:00pm</b>
<b>July 11</b>	<b>Iaido Intensive 6:30am.</b>
<b>July 25</b>	<b>Instructor's Intensive 6:30am-8:30am Meeting follows.</b>
<b>August 2</b>	<b>Nisei Week Aikido Exhibition in the Dojo.</b>
<b>August 15-16</b>	<b>Nisei Week Martial Arts Exhibition.</b>

## Practice Does Make Perfect

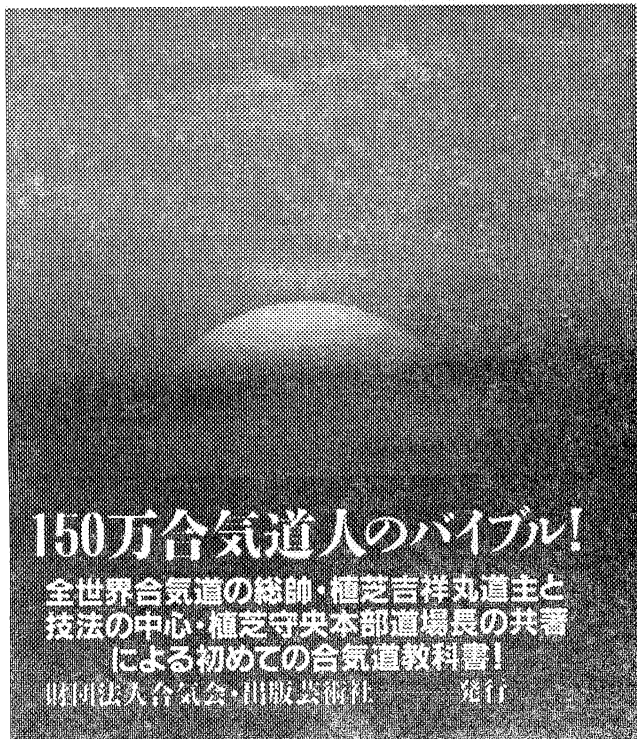
For whatever reason and I am sure there are many, practice hours for black belts decreased drastically in May. Black belts, senior students and instructors do have a greater obligation to themselves and the general membership to maintain a good, regular training schedule. May, 1998, was not really very acceptable by your normal standards. Please keep up your training schedule. Thank you.

James Doi 14 hours - down 8 hours from April  
 Ken Watanabe 21 - down 10 from April  
 Kenny Furuya 22 - up 5 from April  
 Norman Lew 4 - down 3 from April  
 Curtis Westfall 3 - down 11 from April  
 David Ito 11 - down 10 from April  
 Andy Kissel 4 down 9 from April  
 Steven Sahl 9 - up 2 from April  
 Jeffrey Johnson 5 - up 1 from April  
 Cheryl Lew 19 - down 2 from April  
 Scott Howard 9 - down 5 from April  
 Tom Williams 11 - down 2 from April  
 Vistor Moyano 2 - down 4 from April

Please evaluate yourselves with March & April Top Ten Training Hours and Year To Date records.

規範 合気道 基本編

合気道道主 植芝吉祥丸 著  
本道場場長 植芝守央



150万合気道人のバイブル!

全世界合気道の総帥・植芝吉祥丸道主と  
技法の中心・植芝守央本部道場長の共著  
による初めての合気道教科書!  
財団法人合気会・出版芸術社 発行

KIHAN AIKIDO

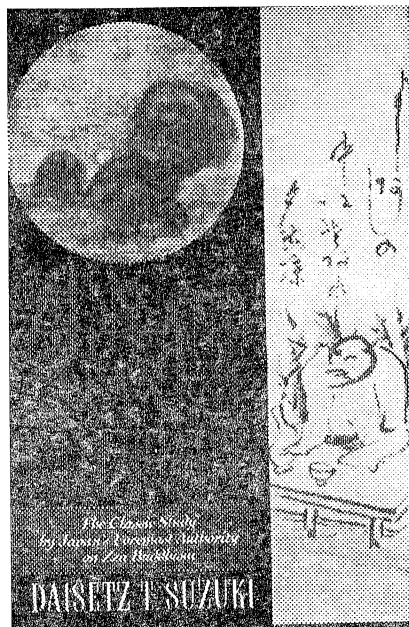
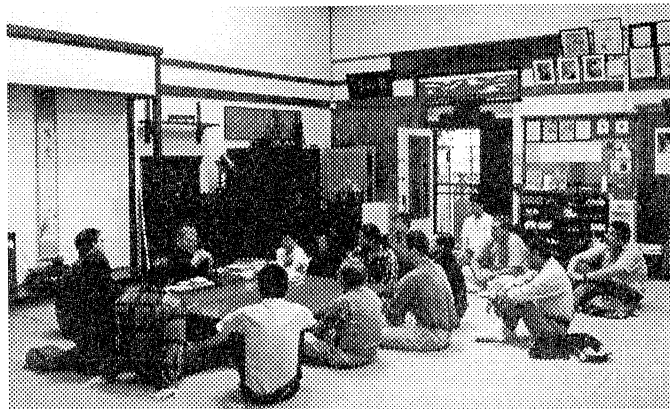
Fundamental of Aikido

By Doshu & Dojocho Moriteru Ueshiba

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

Japan Culture Lecture Series

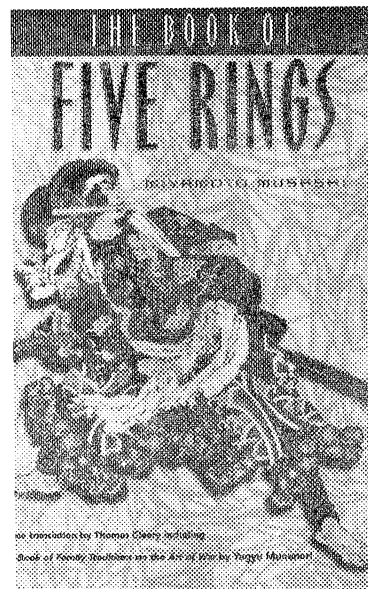
On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



ZEN & JAPANESE  
CULTURE

By D. T. Suzuki

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



THE BOOK OF FIVE  
RINGS

By Miyamoto Musashi

Also includes translation of the KADENSHO by Yagyu Munenori. Trans. by Thomas Cleary. Very good reference book.

聯合合気道学院古屋道場  
AIKIDO CENTER OF LOS ANGELES  
NEWSLETTER  
April 1, 1997 Volume XV, Number 3

**Dojo Training Arrives From Japan**  
His first visit to our Dojo has members of the Onyaka Dojo, Mr. Yutaka Suzuki, Mr. Takayoshi Akizono, Mr. Tadashi Sakurai and Mr. Yaeo Sakurai presented Sensei with a beautiful white fan. It was regrettably that the fan would be greatly enhanced if it had Doshu's writing.

**Visiting Master Adam Hsu:**  
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and meet his students and assistants throughout the San Francisco Bay area. Master Hsu is also working on his new book. Due to a parsimonious card, Sensei visited Master Hsu's hotel in order to celebrate the Chinese New Year's with him and his school on Feb. 7th, but was able to arrange a trip from Feb. 21st through the 23rd to meet with the book editor from Youth who was scheduled to meet with Master

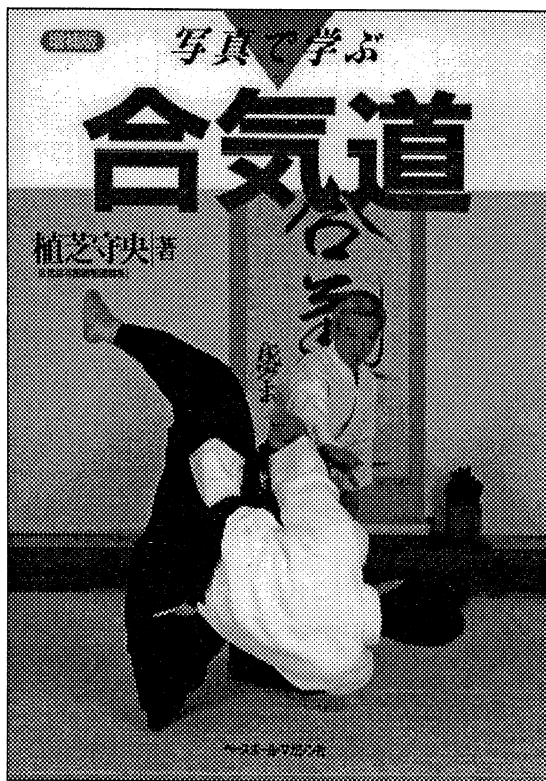
The group took the fan back to Ichiroku Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many many requests for his writing, some people accounting to Ichiroku Sensei, waiting more than three to four years. Recently Doshu finished the writing and returned to Ichiroku Sensei. Mr. Chikuo Hagiwara of the Onyaka Dojo who recently moved to Los Angeles, hand carried it from Japan on February 21st. A letter from him will be coming our practice as soon as the artist does with her job in Taiwan.

DOJO  
NEWSLETTER

Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students. Your donations are welcome please add a little extra for postage outside of the US. Everyone is welcome and invited to support our work. Many Thanks.

MA Training Magazine:  
Our "Ancient Ways" Column

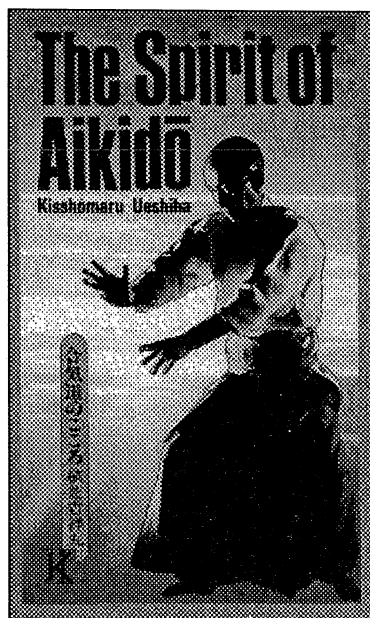
Please look for Furuya Sensei's regular column, Ancient Ways, in MA Training Magazine published by Black Belt Magazine, Ohara Publications. The column is in its 11th consecutive year and was voted "most popular" and "most widely read" in 1996 and 1997. You can subscribe to MA Training by contacting Ohara Black Belt Publications in Santa Clarita, California.



### SHASHIN DE MANABU AIKIDO

By Dojocho Moriteru Ueshiba

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

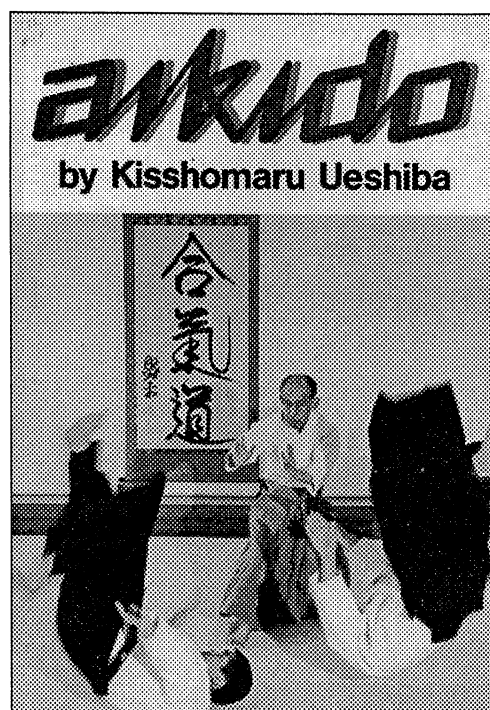


Recommended Reading:

### THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido. Very important for your training.



Highly Recommended Reading:

### AIKIDO

By Doshu Kisshomaru Ueshiba

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

## Introduce Your Friends To Our Dojo

Bring your friends to the Dojo and encourage them to join our Practice. Send them one our new Dojo Flyers or Newsletters.

## Japanese Art Swords Appraisal & Restoration

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

**JAPANESE SWORDS &  
RELATED ITEMS WANTED.  
BOUGHT & SOLD**

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

### Official Dojo Jackets

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

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

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

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

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

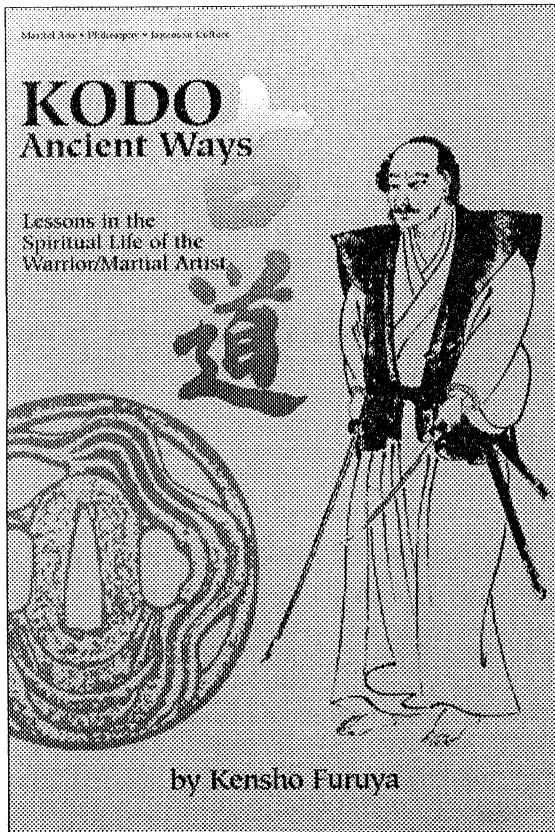
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Legal: Curtis Westfall



# KODO

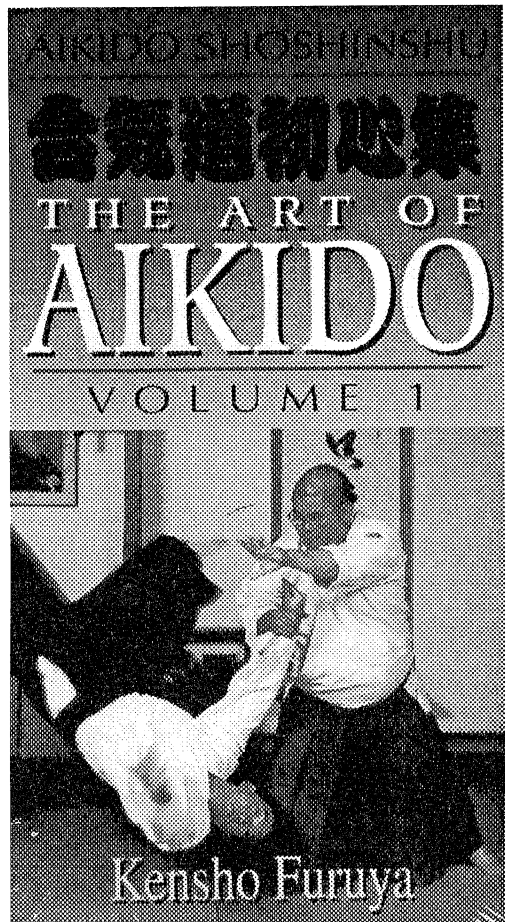
Ancient Ways:  
Lessons in the Spiritual Life of the  
Warrior-Martial Artist

Rev. Kensho Furuya

**Please place your orders through:**

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

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



## Aikido Shoshinshu THE ART OF AIKIDO

*Detail Instructional Videos on Aikido In Nine Volumes Complete*

Rev. Kensho Furuya, Aikido 6 Dan

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

\$39.95 each + \$5.00 S&H

Complete Set Special Discount: \$320.00

Free shipping in U.S. for Complete Set Special.  
International Mail requires additional S&H \$25.00.

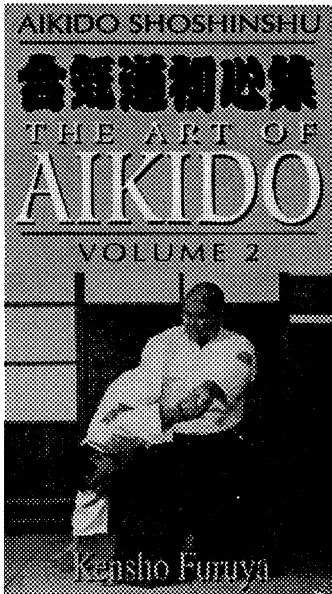
All books and videos are available in our Dojo.

Please inquire about dojo and quantity discounts.

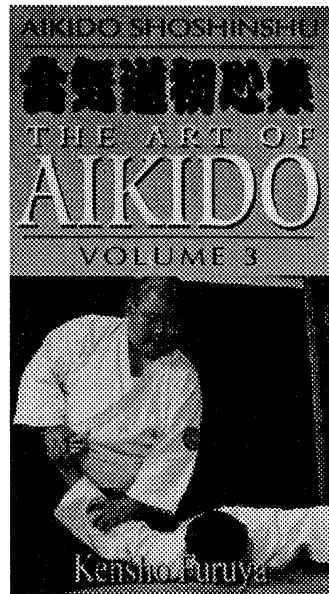
For further information: please call the Dojo: (213) 687-3673

# AIKIDO SHOSHINSHU

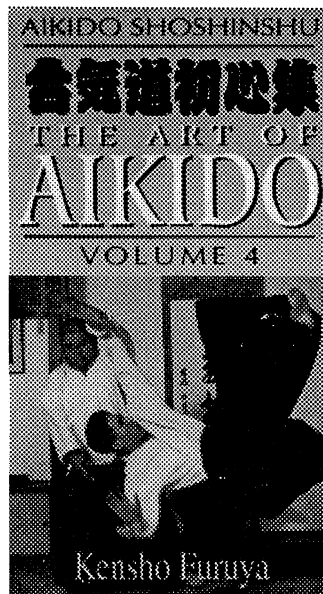
## The Art of Aikido Instructional Video Series



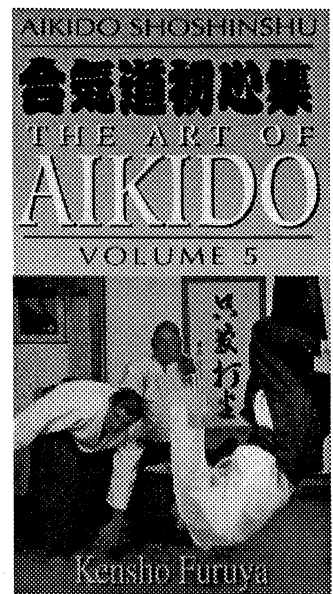
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo  
& Gokyo



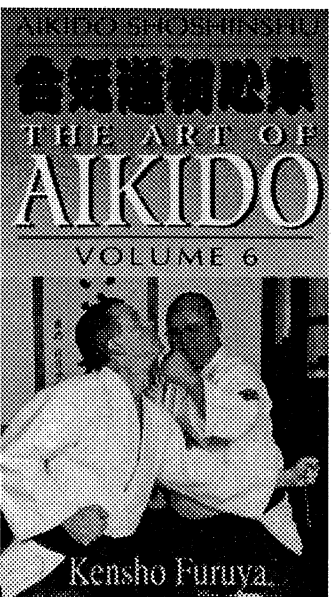
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



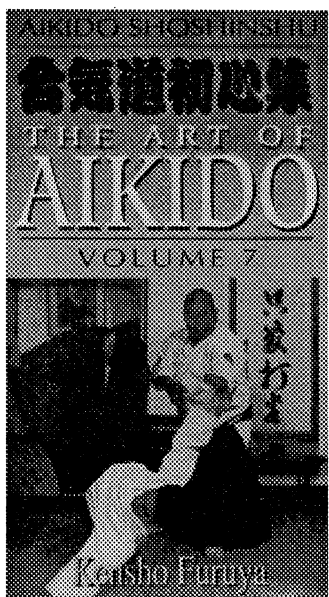
Katatetori Ryotemochi: 2-hand.  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



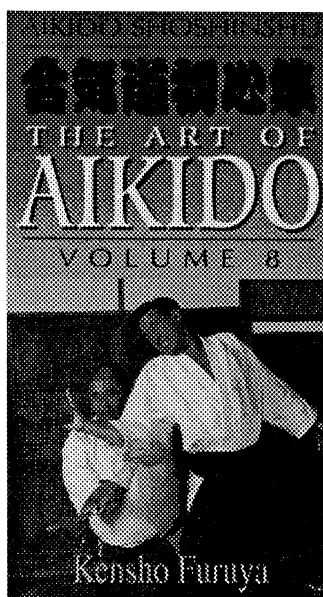
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



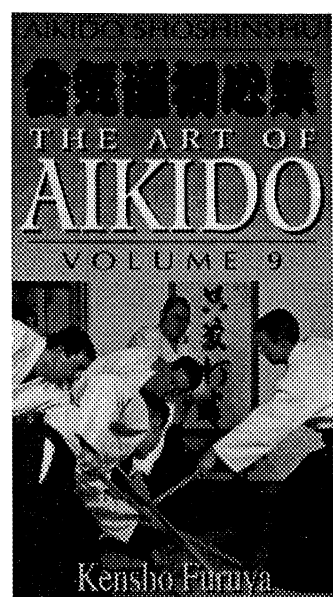
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the  
side of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro-waza: Attacks from  
behind.  
Ushiro Katatetori Kubishime:  
Chokes from behind.  
Ushiro Ryotetori, Ryohijitori,  
Ryokatatori.



Atemi-waza: Striking  
Defense against kicks.  
Tanto-tori: Knife defense.  
Aiki-ken: Sword Training  
Fundamentals.



Jo: Basic long staff  
Fundamentals.

Complete 1st Degree  
Black Belt Examination  
Requirements Demonstrated by  
Black Belt Candidate.

# Aikido

## TRAINING SCHEDULE

**Adult**

### **BEGINNING & OPEN**

Monday thru Friday Evenings

6:30pm-7:30pm

Monday, Tuesday &

Thursday Evenings

7:45pm-8:45pm

Saturday & Sunday Mornings

10:15am-11:30am

**Adult Intermediate (3rd Kyu and Up)**

Saturday Mornings - 9:00-10:00am

### **BLACK BELT SEMINAR**

Bring bokken, jo and tanto.

Black Belts & Instructors'

Last Saturday of the Month

6:30-8:30am

Instructor's Monthly Meeting follows:

8:30-10:00am

### **CHILDREN'S CLASS**

5 - 16 yrs old

Sunday Mornings: 9:00am-10:00am

Beginner's & Parents welcome.

*We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active students alike, are cordially welcome to join us. Thank you.*

# Iaido

## TRAINING SCHEDULE

### **TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP**

Saturday & Sunday Mornings

8:00am-9:00am

### **IAIDO INTENSIVE SEMINAR**

Every 2nd Saturday of the month.

6:30am-8:30am

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

Every 1st Tuesday of the month.

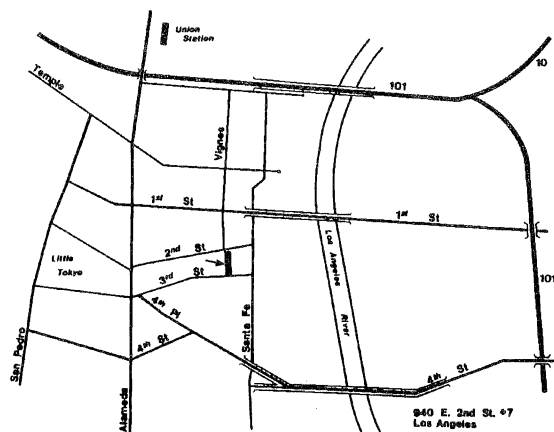
7:45pm-9:00pm

Group Study & Discussion of

Aikido philosophy, Japanese art & culture, martial arts, & Japanese sword appreciation. Everyone is welcome.

### **About the Dojo:**

"More Japanese than Japan," is the popular comment by visiting guests from Japan. It is built in the style of a 17th cent. Samurai mansion. The purpose of this unique style is to create a serene, private and beautiful environment for the serious pursuit of Aikido training. The Dojo is considered one-of-a-kind outside of Japan.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. **Easiest Way:** From Alameda go east on 1st St and make right turn on Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for wooden fence.