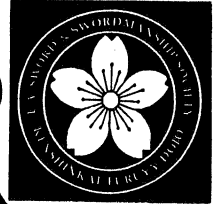


羅府合氣道学院古屋道場



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 Assoc.
Member Los Angeles Police Department Civilian Martial Artist Advisory Panel

\$2.95
Donation

July 1, 1999

Volume XVII. Number 7.

Congratulations!

59th Annual Nisei Week Japanese Festival



**Annual
Nisei Week
Aikido
Exhibition**

**August 8th.
1:00-2:30pm,
In the Dojo**

**Sword Arts: Life of Miyamoto Musashi
Lecture & Special Debut Exhibition of Musashi's Sword
August 15th. 1:00-2:30pm, In the Dojo**

July Obon Festival Demonstrations
Pasadena Buddhist Church - July 17th. 5:30-6:30pm
1993 Glenn Ave., Pasadena
Higashi Hongwanji Temple - July 24-25th. 12:30-3:30pm
505 E. 3rd Street, Little Tokyo

Sensei Participates In Nisei Week Book Festival Aug. 21-22. JACCC 1-3pm

Sensei will participate in this year's new event, the Nisei Week Book Festival involving many of the main Japanese American authors in the country. Sensei will sign KODO: Ancient Ways at the JACCC Center Shop from 1-3pm at the Japanese American Cultural & Community Center (JACCC). This is one of the first times so many Japanese American authors will be brought together for a single event of this kind. He will be working with Chris Aihara, author of Nikkei Donburi.

History Channel Interviews Sensei For 2-Hour Special.

Sensei will be interviewed by the History Channel for a two-hour special on the History of Sports in America on July 8 in the Dojo. The scheduled airing will be sometime in the later part of November. Sensei has appeared on numerous specials on the martial arts including an A&E cable program on the history of martial arts and public television's Strange Universe on channel 13. Sensei has also appeared on Good Morning New York, Good Morning America, several children's specials and on public television in Fukuoka, Japan. Sensei will be discussing the origins of martial arts.

KODO: The Video Now In Production

Dates are being set for shooting KODO: Ancient Ways, the video to be produced by Ohara Publications and directed by Dan Ivan, veteran karate teacher in Southern California, who has been producing videos for the publication company. Generally, following the format of the book, Sensei will be discussing various topics regarding martial arts; there will be more Aikido and many beautiful shots of the Dojo. The Iaido, Children's Aikido and our regular training classes will be in the video. The video will be sold in combination with the book. The KODO II manuscript is also soon to be completed. It has already been approved by Ohara Publications and they are anxiously awaiting Sensei to get his *kister* in gear and finish it.

Santiago Planning 3rd Training Trip To Dojo

Santiago Almaraz, our friend in Spain and head instructor of our branch dojo in Salamanca, is planning his 3rd training trip at our Dojo. With a few difficulties in scheduling, he is planning to spend about one month at the Dojo sometime in August or September of this year.

Nisei Week Aikido Demonstration

**August 8th
1:00-2:30pm
In the Dojo.**

Nisei Week Lecture Sword Arts: Life of Miyamoto Musashi

**August 15th
1:00-2:30pm
In the Dojo**

Invite all your friends!

Nisei Week Martial Arts Festival

August 21-22nd

12:30-3:30pm

**At Higashi Hongwanji
505 E. 3rd Street
Little Tokyo**

Nisei Week Book Festival

August 21-22nd

1:00-3:00pm

(KODO Book Signing)

**At JACCC
244 S. San Pedro St.
Little Tokyo**

Summer Obon Demonstrations

Pasadena Obon

July 17th

5:30-6:30pm

Higashi Hongwanji

Obon Aikido

Demonstration

July 24-25th

12:30-3:30pm

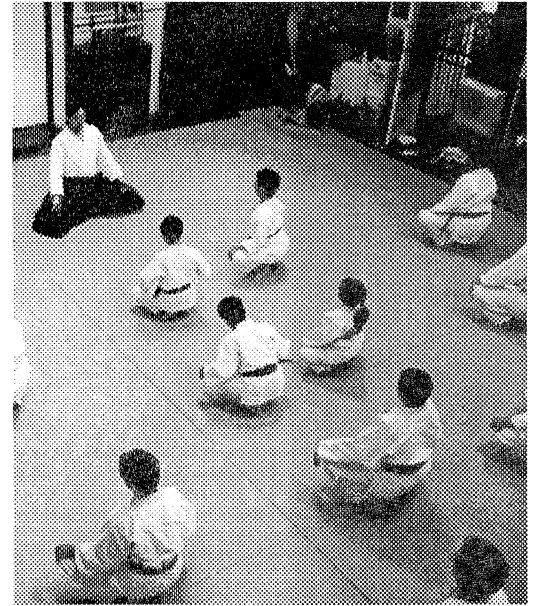
Everyone is invited.



Welcome To Our Children's Class



Mr. Ken Watanabe leads Children's Class every Sunday.



Ages start from 5 years to about 16 years before they enter our regular adult classes. Norm Lew, 2nd Dan, and his son, Douglas Lew, 1st Dan, are also assistant instructors who help Mr. Watanabe every Sunday. Classes are every Sunday from 9:00-10:00am.



Conditioning, stamina and flexibility are also emphasized along with etiquette and Aikido techniques.

Our Children's Class was initiated from the very beginning when our Dojo was first established in the Little Tokyo area. We already have one generation of students who have graduated into our adult class and one student who has attained black belt level creating two generations of students in our class.

Etiquette (*reigi-saho*) and traditional Aikido techniques are emphasized along with conditioning, coordination, stamina and flexibility training. Recently, we have started a jogging program in class and students run about 1/4 mile each Sunday. This will eventually reach a 1/2 mile, to one mile, in the future.

Current instructors are Ken Watanabe, Norman Lew and Douglas Lew. We ask other senior students and black belts to volunteer to help out are rapidly growing class.

We are fortunate to have students from all areas of Los Angeles who enjoy training and practicing together. The early Sunday class was the choice of our parents who wanted to have the rest of the

Sunday for family activities. We hope to see our children's class grow and also see our parents become more involved in the activities of the Dojo. Please tell your friends and family about our Children's Class, every Sunday morning from 9:00-10:00am. Every one is invited.

Please Welcome New Students Into the Dojo

Nowadays, welcoming new students into the Dojo has become an important task of all the members of the Dojo as we see more and more people joining our training. Oddly enough, it is very important in the case of students who transfer from other Aikido dojos than with new students who have had no experience in Aikido before.

In my time, in whatever dojo or school of martial arts, students learn the proper etiquette and manners and could be easily recognized as a student of martial arts just on their behavior and gait alone. For some reason, it is not so today, and just by their manners and the way they speak to the teacher or to anyone in a new dojo, one cannot really tell if he is an experienced martial artist or not.

Before, a new student would ask to see or meet the teacher and inquire politely about the school and hours. He would mention dues or costs "hesitantly" expressing great politeness and decorum. It is really quite beautiful. Today, it is usual for new students to approach me and quite blatantly say, "Hey, how much do you guys charge anyways?" Just like in the movies, when a "john" approaches his "trick" on the street corner late at night. I suppose I am much too old-fashioned and narrow-minded, but it doesn't make me feel good - it does, in a way make me feel like a prostitute. But, as many feel today - if you get his money, what's wrong with it and who cares? This is why I am lousy at business and maybe it is the sin of too much pride but, as a teacher of Aikido, I would rather be poor than feel cheap.

On the other hand, when many join our Dojo, I have come to realize that it must be quite a "culture shock" for many. For us, our Dojo is normal and we are accustomed to all of the protocol and rules, yet, if you imagine someone who just steps into our Dojo for the very first time, it is, as many confess to me, like entering a completely other world. We all must be patient and compassionate to all who enter our Dojo. I know some leave our Dojo because it is much too regimented or strict for them. One new student quit complaining that the instructors were too "cold."

When students transfer in from other Aikido dojos, they immediately feel that it is much too strict and perhaps formal for them. I now know that it is quite a culture shock for them. For transfer students, we must be particularly patient and careful in dealing with them to make them feel welcome and comfortable in the Dojo. I know this is a difficult task for everyone and especially my senior students and black belts. I remember a well-known kick-boxing instructor came to observe our class. I was so surprised when he criticized me for being so strict - more strict than he had ever experienced in his full-contact kick-boxing or regular boxing!

Recently, one of my senior student brought me an article about Shotokan karate in New York. The article describe how traditional and how strict the training was. My student commented: "I brought this article for you because it is just like our Dojo!" When I read the article, I replied: "Yes, but this is how traditional, well run Dojo is supposed to be!"

Please be patient and understanding with all of our new students and make them feel welcome and at home. In this, do not imitate me because I am always distant, not making much contact with new studnets at first. There is a reason for this. As you continue to grow and gain experience in Aikio and in our Dojo, you will begin to understand why this is so. On one level, as much as we want students to join our Dojo, I would never want to appear that I am trying to hard sell or "hustle" students in our Dojo. Maybe, too many of "us" teachers are doing too much "hustling" and that is why we are treated as "hustlers." Please be nice. Please be polite to everyone.

Letters:

5-25-99

Just recently I purchased "Aikido Today Magazine" because of your article on Yagyu Tsuba. Although I respect the art of Aikido, I am not a student. Currently I practice Goju Ryu Karate and also Yagyu Shinkage Ryu Iaijutsu.

I have also read and thoroughly enjoyed your book, "KODO." My interest in the martial arts is stimulated by the philosophical as much as the technical aspects. Ironically, where many Japanese swordsmen eventually became monks, I have reversed the path having taken up holy orders first and then the sword.

Please let me know when you do publish your book on Yagyu tsuba. I do not regularly subscribe to ATM so I might miss any pre-publication advertising.

Thank you for your time.

David Decker

Addison, New York

E-mail: David_w_decker@dresser-rand.com.

Morito Suganuma Sensei

8th Dan, Shihan

Shoheijuku Dojo, Fukuoka, Japan

Aikido Seminar

October 1-3

**Pacific Kensankai Dojo
Vancouver, British Columbia**

Correspondence:

May 22, 1999

Dear Furuya Sensei:

First of all, forgive me for taking some of your time. I'm sure you're a very busy person and I hope you take a few minutes to read this letter.

I've read your book, "KODO: Ancient Ways" and also many of your magazine columns and articles about you and your art. Although I've never practiced Aikido (no good schools in Wisconsin), I have dedicated most of my life to the traditional martial arts (Shotokan Karate) and to the practice of Zen Buddhism, not so much as a religion but as a way of life and means of self-cultivation. Although I don't know you personally, I respect your knowledge and your opinions regarding Zen and martial arts.

I kindly request your advice on something that has bothered me for quite a long time now, and having nobody to talk to about the subject, I'm hoping you will help me. For many years now I've tried to practice Zen Buddhism to the best of my abilities. I'm half Chinese and half Spanish, so eastern philosophies aren't something "exotic" or "strange" to me. As a matter of fact, most of my Chinese relatives are Buddhist (the Spanish half is mainly Roman Catholic). However, my life is very "Western." I have a job as an engineer, I'm married, and I'm the only person I know among my friends and relatives who tries to practice Zen. My dilemma is how to reconcile the basic concepts and practices of Zen with my lifestyle. Is this possible? I find it difficult to practice Zen while having a job as an engineer, a wife a mortgage, etc. I think your situation is the best: live single, with a relatively simple lifestyle. My typical day is: get up in the morning, drive one hour on the highway, work for at least eight hours in a very fast-paced environment, drive back another hour home, take care of things around the house, and spend time with my wife. One of my goals is to try to eliminate as much of my ego as possible. However, if I managed to do that, that would negatively affect my professional life, which in turn would affect my family life. Well, I don't want to go on and on. I believe you know what I'm talking about. I would be surprised if I was the first person to ask your advice on this problem. Any thoughts you might like to share with me on this will be greatly appreciated.

I hope I meet you personally someday. I was in LA a few weeks ago (for business reasons), but I didn't get a chance to visit your Dojo. Hopefully, I will have to return to LA and will get a chance to visit your Dojo and maybe see one of your Aikido lessons. Thank you for your time. Sincerely,
Luis Liu Perez
Hartford, Wisconsin

Dear Mr. Perez
Thank you for your letter and thank you for reading my book.

In the same way you envy my simple, humble lifestyle, I envy yours, to have a nice job and family, to travel across the country, to be surrounded by people who need you and love you and depend upon you. I think you have achieved an ideal state of Zen. I think the obstacle is nothing but your own effort to distinguish the part of your life which is "Zen" and that part which is secular. But isn't it all the same thing after all? To have a busy job is the "Zen" of a busy job. To have a loving wife is the "Zen" of having a loving wife. To take care of your house and family is the "Zen" of having a house and family. Your efforts to put everything of your self into your lifestyle is "Zen." Do not separate what you think is "Zen" and "not Zen," but look at everything from the view that this is the "total Zen" of your life. I believe that you are doing a fine job already.

There is an amusing story of priest Ryokan. He once had visitors and very humbly, he washed their feet in a tub before they entered his home. Later, he cooked them dinner and as he was washing the dishes after the meal, one of the guests noticed that the same wooden tub he had prepared the meal and was washing the dishes was the same tub he had used to wash their feet earlier. They were shocked and disgusted but finally realized that Ryokan did not discriminate between a tub to wash feet, a tub for cooking and a tub for washing dishes. I don't think we can do this today, I don't recommend it myself. But, I do believe Ryokan gave his guests a good lesson in not discriminating between one and another. Please use the same "tub of Zen" for washing your feet, driving your car to work, being an engineer, cooking your food, taking care of your family, and washing your dishes. I hope you will come to visit my Dojo someday.

June 13, 1999

I'm fine. I work a lot at my job and in the dojo but I have much hope with my new students.

About the dates of our visit to Los Angeles, Susana's sister found some good tickets to visit Los Angeles between September 6th and the 27th, but a friend of mine, a member of the dojo, found some for August. I am not sure of my schedule as yet. I write to you soon with the final dates.

I called Mr. Alfredo Tucci, manager of Black Belt Magazine from Europe about your article and he is preparing it for the next issue. He told me that if we have any other articles or anything else, there is no problem to publish them. I have also talked with him about Master Hsu's next trip to Spain.

How is the Dojo? And the students? I miss your practice in the Dojo and the spirit that I breathe in it. I hope that one day my students have the same chance and emotions that I feel when I think about your Dojo. Thanks for that. Sincerely,

Santiago Garcia Almaraz, Salamanca Dojo

NEXT MONTH: Obon & Nisei Week Special Issue!

How To Wear Your Black Belt.

Perhaps, if you think that I am going to discuss how to tie a proper knot in your black belt, you may think this article is not very timely since all of us are wearing white belts as a sign of respect and mourning for the late Doshu. I feel many people don't understand or appreciate why we are wearing white belts - maybe some black belts feel resentment to me because they feel that I have taken away their symbol of "power" in the Dojo. What a shame! Of course, I can understand this because most of you have never had the honor to meet Doshu. But, he was my teacher, I owe everything I have in Aikido to him and I respect him very much. I don't think he has died, I think he is with us everyday, every moment, in our Dojo, still looking after us, still protecting us, still teaching us in spirit.

It is a shame many people, not just in our Dojo but everywhere, look at the black belt as a sign of their power and prestige. The black belt, by all means does not symbolize "power." It is a symbol of your achievement and your development in Aikido. Of course, you should be proud of it, yet, to properly wear your black belt, more than any other person around you in the Dojo, you must try to wear it with great dignity and humility.

Nowadays, I have noticed that "black belts" in the Dojo try to show me their power in other ways. Today, black belts come and go as they please. They never say anything. At least, when you leave your home for a while, you will even tell your pet dog: "Okay, poochie, I will be gone for a while but I'll be back! Sensei doesn't even get this much respect. But who cares. You don't need to show power to your pet dog, because you control his feeding dish. But Sensei keeps telling you what to do everyday, how can I be powerful, how can I get respect? Black belts come and go as they please, without a word, to show me that "I cannot control them." What a great display of power! How easy it is to be so powerful! Just be rude and inconsiderate. I don't care where you go and when you go, yet as a teacher I feel responsible for your training and I worry about all (yes, all) my students. When they don't show up, I worry about them and wonder how they are doing and if they are well and all right. Some black belts just come and go as they please knowing this. They are so clever to find my weak spot and use it to show me how much power they have. When I talk to other teachers about this, they only look at me funny and ask: "Why are you so *concerned* about your students anyways?" Because I am stubborn, I guess I will continue to resist the efforts of my black belts to make me an uncaring and disinterested teacher and to mind my own business not caring about anyone. Hopeless as it is, I will continue to teach my black belts to wear their black belts properly.

Sensei's Message: Being Right in the Wrong Sense; Being Wrong in the Right Sense.

Quite few years back, I read an article about teaching morality in the schools. The argument was that it was not necessary and a waste of money. Right and wrong are as clear as black and white it was stated. The difference between right and wrong is obvious and children already know what is right and wrong, according to this article, why is it necessary to waste time teaching it in the schools, ? I was quite surprised, because, not as we would like to think, oftentimes, in the real world, the decisions between right and wrong can be quite complicated and very difficult to make.

Everyone is right. What Aikidoist goes out and purposely does something wrong? We like to think we are all good people, especially ourselves. And I believe, this is truly quite so. Yet, we do have problems and many times it may boil down to what is right and wrong. In these situations, more often than not, it is a question of: it is right for me but not for you, it is right for you but not for me. Ideally, it should be right for everyone. I suppose it is most obvious when it is wrong for everyone but even this situation slips by us more often than we would like to recall or confess.

Many times, it is not right to be so insistent when we are right, many times,, when we are wrong, it is important to clearly admit it, finish it, and then move on. We hate to admit when we are wrong, and when we are right, we want the whole world to know. Oddly enough, it is possible to be right in the wrong sense, wrong in the right sense. In Aikido, in all situations, we should be honest and foreright, especially when we are wrong. We should be modest, humble and respect others, especially when we are right.

Finally, in our Dojo and in the complex world today, it may not be a question of who is right and who is wrong and many-times it is certainly not a question of who is to blame. We must learn when we do it right and we learn when we do it wrong. In any case, everything in our lives becomes a tool, an opportunity, a gift to learn something and continue to refine, develop and cultivate our selves. Make your lives a nurturing, growing process going beyond our relative world of right, wrong, rich, poor, etc. Our learning process, training, continuation of attending classes, cleaning, the etiquette of the Dojo is all directed to create a learning process - this learning process is how we continue to grow. Our continued growth each day of our lives is the mysterious power of life.

I hope everyone will continue to practice hard, with a sense of modesty and humility directed to our own growth.

Important Dates

- July 7 General Meeting 7:45-8:30am.
- July 10 Iaido Intensive. 6:30-8:30am
- July 14 Budo Study. 7:45-9:00pm.
- July 17 Pasadena Obon Aikido Demo
- July 21 Bokken-Weapons. 7:45pm
- July 24-25 Higashi Obon Martial Arts
- July 28 Iaido. 7:45-8:45pm
- July 30 Black Belts. 6:30-8:30am
Dojo Clean-up after practice.
- Aug. 4 General Meeting. Planning
for Nisei Week Demo.
- Aug. 8 NISEI WEEK AIKIDO
DEMO & OPEN HOUSE
1:00-2:30pm
- Aug. 15 NISEI WEEK LECTURE:
ARTS OF THE SWORD-
MIYAMOTO MUSASHI
In The Dojo.
1:00-2:30pm
- Aug. 21-22 NISEI WEEK MARTIAL
ARTS FESTIVAL at
HIGASHI. 12:30-3:30pm
- Aug. 21-22 NISEI WEEK BOOK
FESTIVAL at JACCC. 1-3pm
(Kodo Book Signing)

In The Summer Sun

Reprinted from University of California, Berkeley
Wellness Letter, July 1999, Volume 15, Issue 10.

All clothes are not equal in blocking the sun's ultraviolet rays. A lightweight tee shirt typically has a SPF (skin protection factor) of 6 or 7, much less than the SPF 15+ of a good sunscreen.

Here are some tips from the Skin Cancer Foundation:

Look for clothes with a tight weave. Hold the material up to a window or lamp and see how much light gets through. You should see little or none.

Avoid bleached cotton, which is quite transparent.

Choose loose-fitting clothes. Stretched fabric is less protective.

Wear darker colors. Pale shades often don't filter our UV rays as well.

Keep in mind: If you are very sensitive to the sun, look for special UV-protective garments. These are usually treated with a chemical that helps block the rays, without making the material stiff or bulky. Special UV absorbing laundry products are being developed, and someday soon you may be able to sun-proof your regular clothing.

* * * * *

Always buy a sunscreen with an SPF of 15 or higher for the best protection against ultraviolet B radiation, the kind most responsible for sunburn and tanning. You don't get a lot of additional protection from higher ratings, but such sunscreens may be worth buying for children or those with very fair skin. **And choose a product with avobenzone (Parsol 1789)**, which protects against the widest spectrum of ultraviolet A radiation, which causes skin aging and possible melanoma. Once hard to find, avobenzone is now used, along with UVB-screening ingredients, in 12 leading brands. Or use a product with titanium dioxide or zinc oxide. Apply a generous amount and reapply often.

Everybody Help!

As every year, we hope to have a good turn-out for our Nisei Week program this year. We need everyone's help and participation. If you have friends or relatives in mind who you think may be interested in joining Aikido or Iaido, this is the best time and opportunity to introduce them to the Dojo.

Also, on July 30, Saturday, we will do our Annual Clean-up of the Dojo. Please bring rags, sponges and lotsa of elbow grease. We want the Dojo to look nice for our guests and to show them good discipline.

We also need some planning for refreshments and passing out brochures and flyers, etc. There is a lot to do!

Getting Re-Acquainted With Tofu and Other Soy Products

Reprinted from the Umbrella, A Keiro Services Pub.
Volume 2. Number 1. May, 1999.

Phytochemicals in the News

Recently there has been much talk about phytochemical - Natures' disease-fighting compounds found only in plant foods such as onions, broccoli, cabbage, carrots, tomatoes, and soy foods. Soybeans have long been a staple throughout Asia and may be more than just a nutritious and versatile food. In China, the word for soybean, ta tou, means "great bean." Results of research done as early as 1933 (Stocks and Karn in Great Britain), and documented in such publications as the New England Journal of Medicine, have sparked popular interest in soy products as a food that not only fights disease, but may serve as a natural dietary alternative to hormones and drugs.

The Benefits of Diets Rich In Soy Products

A diet rich in soy products may help explain the difference in cancer rates between the Americans and the Japanese. Japanese have breast and prostate cancer rates which are only a fourth of those among Americans. Since the Japanese diet is rich in soy products like tofu, soy milk, and soy flour, researchers argue that soy may be a natural ally in preventing breast and prostate cancer; in lowering total blood cholesterol; in protecting against osteoporosis; and in naturally treating such menopause symptoms as hot flashes, night sweats, headaches, and insomnia.

Soy and Breast or Prostate Cancer

Soy products are rich in isoflavones (a type of phytochemical) which are changed by intestinal bacteria into phytoestrogens (plant estrogens). During a woman's childbearing years, phytoestrogens may help prevent breast cancer by using up estrogen receptor sites on breast tissues; by inhibiting a number of enzyme reactions; by acting as antioxidants; and by inhibiting the action of naturally occurring estrogens. Also, because they regulate other hormones, phytoestrogens may lower the risk of prostate cancer, another hormone-dependent cancer.

Soy and Heart Disease

Soy products are believed to lower LDL cholesterol levels, increase HDL cholesterol levels, and have antioxidant properties which protect LDL from oxidizing and forming plaque in the arteries. Thus, a diet rich in soy products may reduce the risk of heart disease, the number one killer of both men and women in the United States.

Genistein and Cancer Tumors

The phytoestrogen Genistein inhibits the formation of new blood vessels. Once we reach adulthood, there is no normal need to grow new blood vessel networks except when healing

after an accident or surgery. For tumors to increase in size they need to create networks of blood vessels to bring nutrients into their interiors. If this process is inhibited, the tumor can grow very large.

Soy and Menopause

The phytoestrogens produced in the digestion of soy products may be a natural alternative to estrogen replacement therapy. In Asian cultures where diets are rich in soy products, women tend to have fewer short-term menopausal complaints such as hot flashes, night sweats, mood swings, headaches, and insomnia.

Soy and Osteoporosis

Ipriflavone, one of soy's isoflavone derivatives may also be beneficial in treating osteoporosis. Soy products are an excellent source of calcium and studies have indicated that ipriflavone might increase calcium retention in bones. Soy products may have a long-term benefit of helping to prevent osteoporosis and reversing osteoporosis by increasing bone mineral density.

Further Research

Further studies are currently under way in the U.S. and elsewhere to verify the major health benefits of phytochemical-rich, soy-based products. Even though most studies look very promising and could prove that soybeans are a "great bean," a soy-rich diet alone is no guarantee of good health. It is best to remember that this information is intended for general knowledge and educational purposes, and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before making dietary and other lifestyle changes.

Taking Anger to Heart

Reprinted from The John Hopkins Medical Letter Health After 50. Volume 11. Issue 5. July, 1999.

If you have a tendency to anger easily, you may be at increased risk for a heart attack or stroke - especially if you have heart disease or significant heart disease risk factors. Other tip-offs that anger may be undermining your health include being stubborn, impatient or hot-headed, and habitually feeling like you want to hit someone or something. These traits have often been associated with the type A personality, an aggressive, competitive, hard-driving style of behavior first described in the 1970s.

Type A personalities were once thought to be at high risk for cardiovascular problems. However, the type A umbrella is too broad to be medically useful. Instead, some specific type A traits now appear to be far riskier than others. According to a spate of recent studies, anger tops the list. Fortunately, constructive coping skills - often coupled with low-dose aspirin therapy, a sound diet, and regular exercise - can protect the cardiovascular system from the damaging effects of anger and reduce the likelihood of a life-threatening medical emergency.

Taking Anger to Heart continued:
THE ANATOMY OF ANGER

Anger is an unpleasant emotional state ranging in intensity from mild irritation or annoyance to rage and fury, usually in response to perceived mistreatment or provocation. Like other forms of stress, it stimulates the release of adrenaline and other potent stress hormones. These substances trigger a cascade of of physiologic responses that may provoke a heart attack or stroke in people with heart disease or risk factors such as elevated blood pressure, a poor cholesterol profile, diabetes, or obesity.

The strongest association is between anger and heart attack. In a study published in *Circulation*, Harvard researchers assessed anger levels in 1,623 heart attack patients. They found that heart attack risk was 2.3 times greater during the two hours after an angry episode. In another Harvard study published in *Circulation*, researchers assessed anger levels in 1,305 healthy men. After seven years, there were 20 fatal heart attacks. Such fatalities were two to three times more likely in those with the highest anger scores.

This year, a Michigan University team published the first major population study that suggests a strong, close relationship between anger and stroke. Reporting in *Stroke*, the researchers rated anger levels in 2,074 middle-aged men from Finland. After eight years, there were 64 first strokes. Strokes were twice as common in those with high anger scores.

Whether anger plays a role in the initial development of cardiovascular disease is less clear, although many studies suggest the two are entwined. One of the most recent studies, published in *Psychosomatic Medicine*, found that anger increased the likelihood of arterial plaque formation in middle-aged women. The researchers assessed anger and anxiety levels in 541 premenopausal women. Five to eight years later, 200 of the women underwent ultrasound testing of the carotid arteries. Located in the neck, the carotid arteries deliver blood to the brain. Although none had developed clinically significant atherosclerosis, about half had evidence of plaque formation. Most of the women who had developed plaques had high anger scores.

Other studies have revealed links between anger and a variety of cardiovascular problems, including decreased ejection fraction (a measure of how much blood the two lower chambers of the heart, or ventricles, pump with each contraction), myocardial ischemia (oxygen deprivation in the heart muscle, leading to tissue death), and poor outcome after angioplasty (a procedure that opens blocked arteries).

WHAT YOU CAN DO

Life is filled with frustrating experiences, and a certain amount of anger is normal - even healthy. Fortunately, coping style appears to have more bearing on cardiovascular health than either the frequency or intensity of angry feelings. Contrary to popular belief, venting - perhaps by hitting a pillow or yelling - may be counterproductive in some people. Several recent studies have shown that such outbursts, even when used in controlled, therapeutic situations, do not ameliorate the physiologic effects of anger. Instead, they merely encourage aggression and escalate hostility. Taking steps to diffuse anger and minimize stress is far more constructive.

Research indicates that stress reduction reduces mortality and may even reopen blocked arteries in people with coronary artery disease.

Congratulations To Rev. Egyoku Nakao, New Abbot of the ZCLA

Warmest regards and congratulations to Rev. Egyoku Nakao, who recently was installed as the new abbot of the Zen Center of Los Angeles. Rev. Nakao was assigned to the ZCLA about one year ago. She spent the last several years in New York doing her studies in Zen. She is a student of the late Maezumi Roshi and is a long time acquaintance of Sensei.

In one study, having a nurse visit whenever post-heart-attack stress levels rose above a certain level cut one-year mortality in half compared with patients who did not receive such visits.

Aspirin also may offset the negative effects of anger, although it is by no means a substitute for constructive coping skills. In addition to its pain-relieving qualities, aspirin prevents the aggregation of blood platelets, blood components involved in the clotting process that sometimes leads to stroke and heart attack. Low-dose aspirin therapy is appropriate for most people with heart disease or significant heart disease risk factors.

ACTION STEPS: Nipping Anger in the Bud.

Recognize Signs of Anger

and diffuse these feelings before they become overwhelming. Taking deep breaths, counting to 10, or talking over the situation with a friend may have a calming effect.

Practice a relaxation technique.

The most popular are deep breathing, meditation, and martial arts involving a series of slow, graceful movements. These techniques decrease blood pressure, breathing rate, heart rate, and muscle tension.

Identify and, when possible, avoid circumstances that trigger anger.

For example, if traffic jams enrage you, a work schedule adjustment can help you avoid rush hours. Similarly, if standing in line is a maddening experience, do errands during off-peak hours.

Exercise.

Regular physical activity is one of the most effective releases for all types of stress, including anger. It also promotes a host of cardiovascular benefits, including a better cholesterol profile, lower resting blood pressure, and a slower resting heart rate.

Sadly Startling Statistics

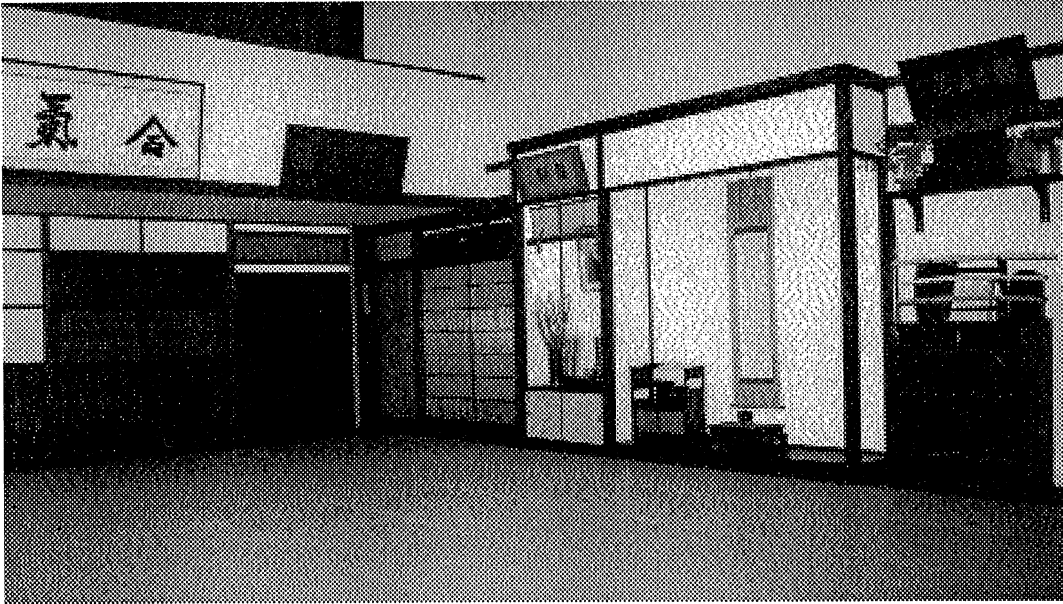
Fifteen children die from violent gun death everyday in the United States. This is about 5,475 young gunshot victims dying a year. Every year, more people die in Los Angeles from gunshot wounds than automobile accidents. Although gun control is one of the most controversial and most complex concerns in our country today, this is alone may be a good argument to consider drastic measures be taken.

Many Thanks

To Michael Gabor who installed new linoleum in the Dojo's washroom on May 27. Thank you.

Aikido Center of Los Angeles
NEWSLETTER

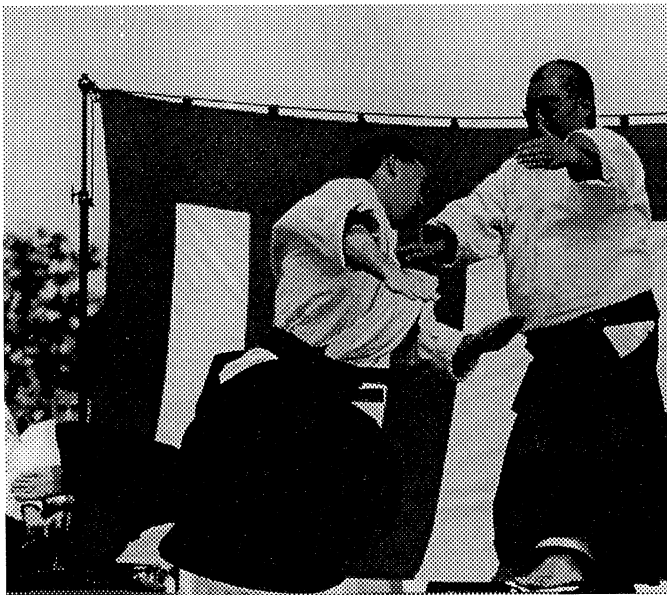
Welcome To The Aikido Center of Los Angeles



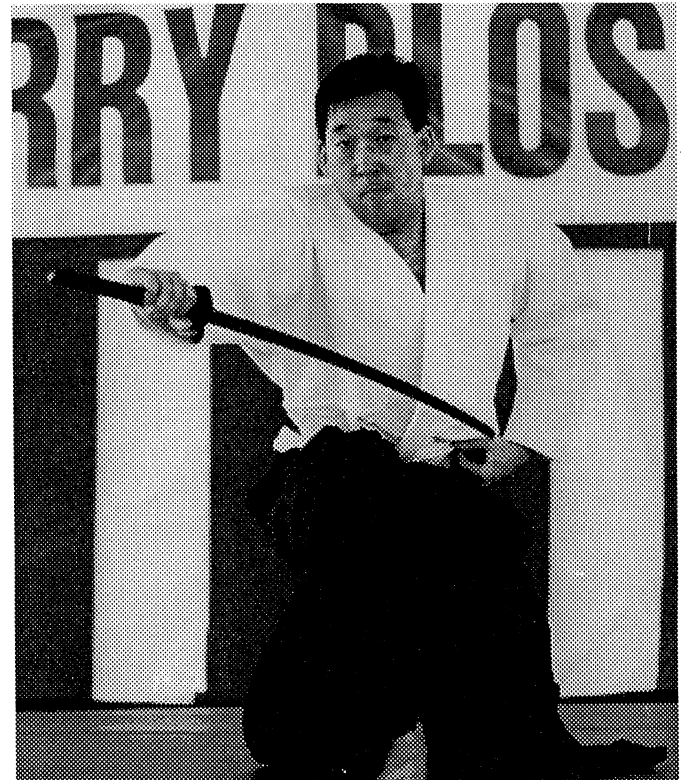
Aikido Center of Los Angeles

**This Year Is
Our Dojo's
25th Year
Anniversary
1974-1999.**

**Also,
Sensei's
40th Year in
Aikido.**



Reverend Kensho Furuya, 6th Dan



Japanese Swordsmanship Muso Shinden Ryu Iaido

We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

Dojo Supplies

Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

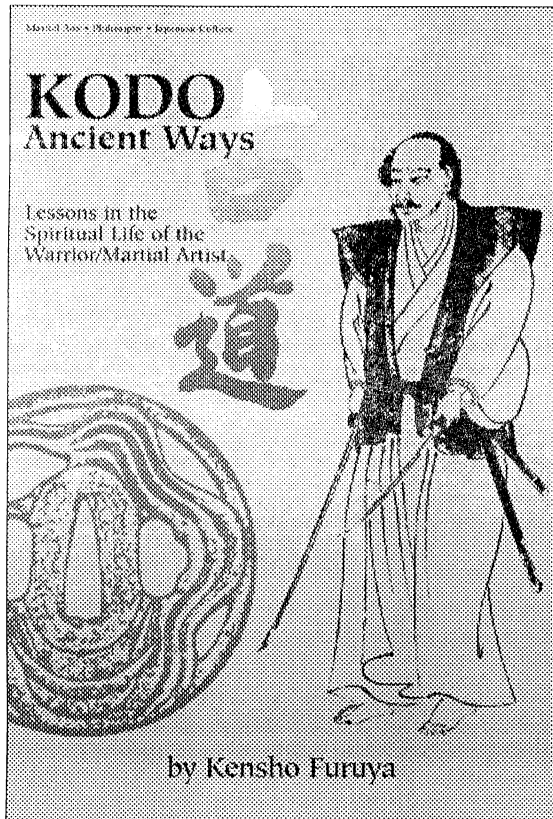
Japanese Swords:

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Aikido Center of Los Angeles
NEWSLETTER



KODO

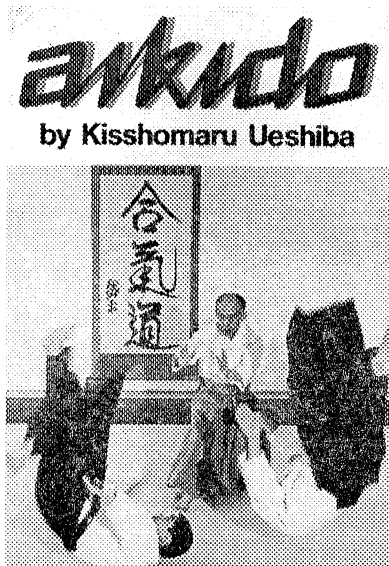
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of the Warrior-Martial Artist

Rev. Kensho Furuya

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Highly Recommended Reading:
AIKIDO
By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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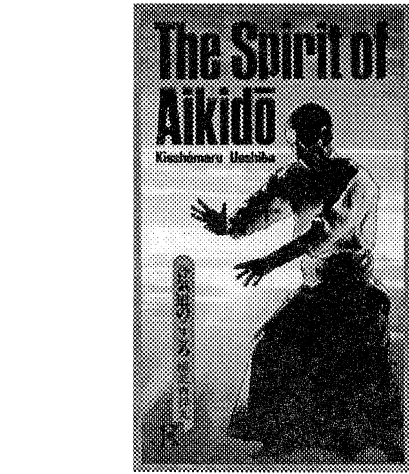
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KIHAN AIKIDO
Fundamental of Aikido
By Doshu & Dojocho Moriteru Ueshiba
The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."

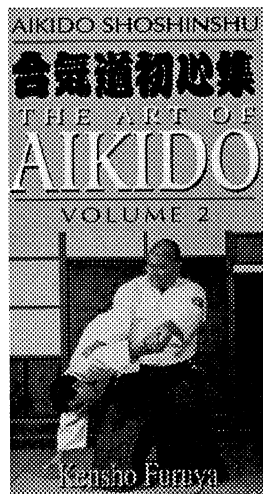
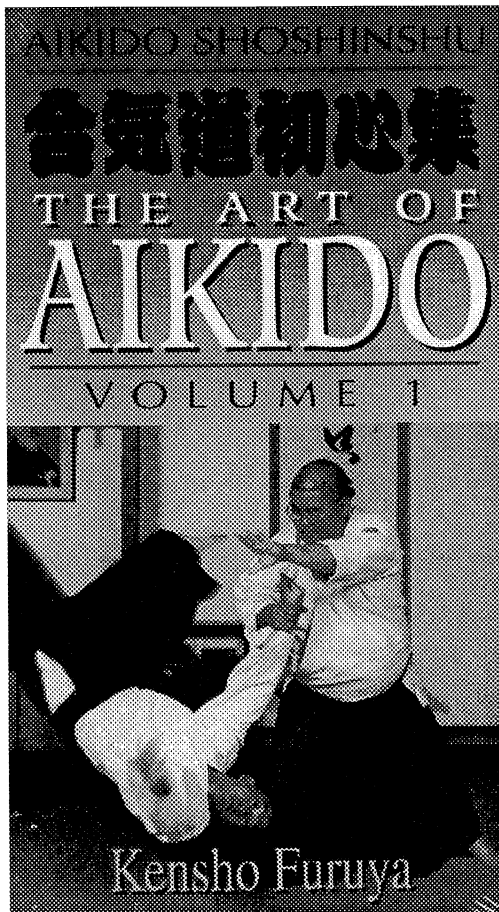


THE SPIRIT OF AIKIDO
By Doshu Kisshomaru Ueshiba
An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido.

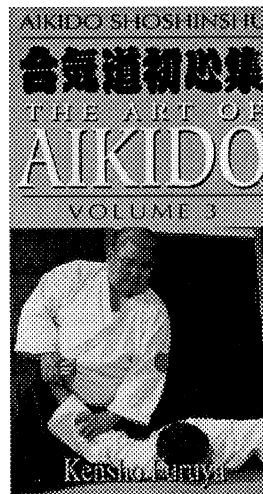
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

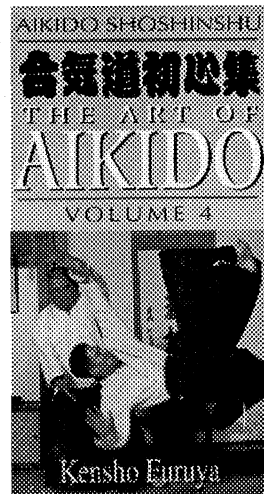
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



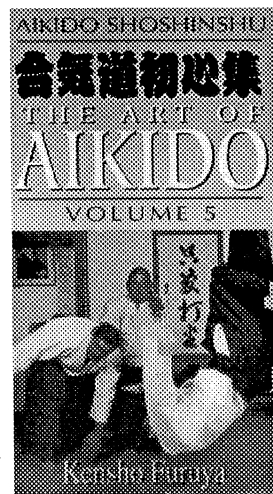
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



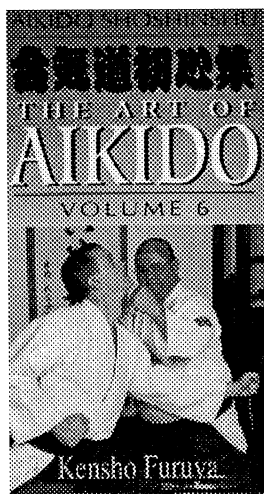
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



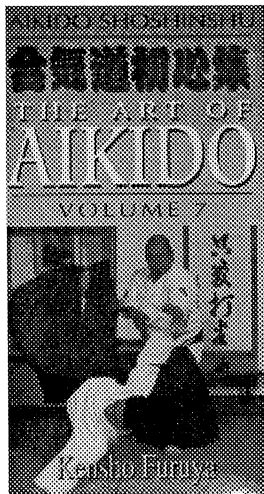
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



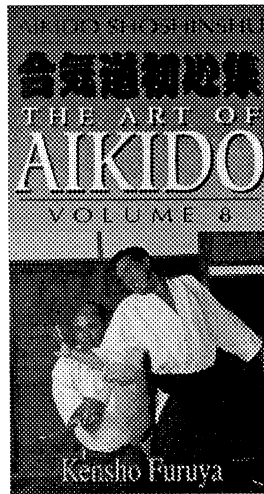
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



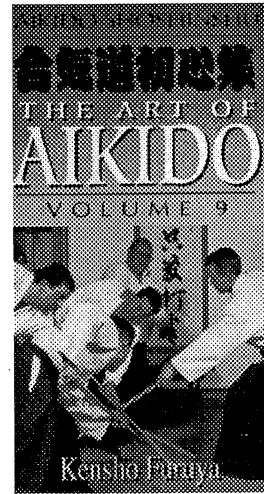
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro 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

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-11:15am

Saturday Mornings
9:00am-10:00am

CHILDREN'S CLASSES

5 - 16 yrs old

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

Affiliation

AIKIDO WORLD HEADQUARTERS
Aikido So-Hombu Dojo - Aikikai
17-18 Wakamatsu-cho
Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai. We hold no other affiliation; we are a not-for-profit school.

ATTENTION:

Please be very cautious of people misusing Rev. Kensho Furuya Sensei's name and the name of the Aikido Center of Los Angeles to promote themselves and their schools but have no connection with us, whatever they may imply or infer. We have experienced many such cases in Los Angeles and worldwide and we sincerely apologize for this inconvenience.

Aikido Center of Los Angeles

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

AIKIDO & BUDO DISCUSSION GROUP

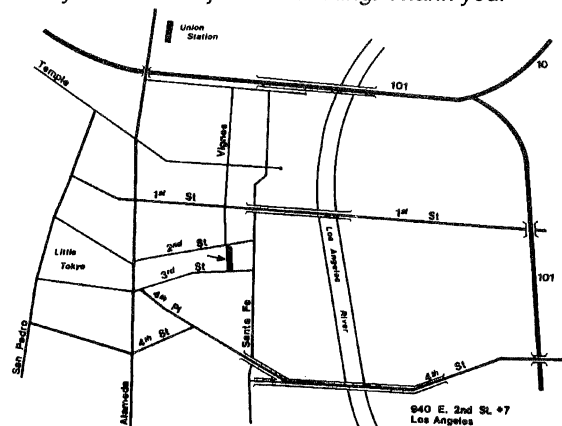
Every 2nd Wednesday of the month.
7:45pm-9:00pm

Group Study & Discussion

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

About the Dojo:

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 Aikido students alike, are cordially welcome to join our training. Thank you.



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. The **Easiest Way**: From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.