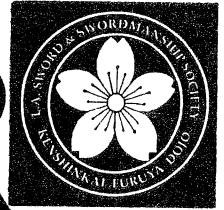


# 羅府合氣道学院古屋道場



# 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

June 1, 1998

Volume XVI. Number 6.

## Welcoming Hombu & Omiya Dojo Instructors

Ichihashi Shihan & Five Hombu Instructors and Three Black Belts from the Omiya Dojo, Saitama, Japan

We welcomed three members of the Omiya Dojo under the direction of Isamu Ichizuka Sensei, 6th Dan. Tadashi Sakurai coordinated the visit and it is his third visit to our Dojo. Yutaka Sezaki made his fourth visit and Kazuo Yamaguchi, a new shodan, made his very first visit to our Dojo. They arrived at LAX Friday morning and were met by David Ito and Mike Dotzenrod. After meeting Sensei and checking



**Welcome!**  
**Ichihashi**  
**Shihan &**  
**Entourage**  
**Visit L. A.**  
**May 20th**

Ichihashi Shihan  
Yasuno Shihan  
Fujimaki Sensei  
Sato Sensei  
Toyosaki Sensei  
Mochida Sensei

into the Miyako Inn nearby, they enjoyed a dim-sum luncheon at the Empress Pavilion in Chinatown. From there, they went shopping at Price Club and returned to the hotel for a little rest before practice. After practice they joined Sensei for a dinner of Korean bar-be-que in Koreatown. We were joined by James Doi, Ken Watanabe, Kenny Furuya, Cheryl Lew, Mike Dotzenrod and Larry Amrstrong. They spent the rest of the evening in Santa Monica at the 3rd Street Promenade and Santa Monica Mall.

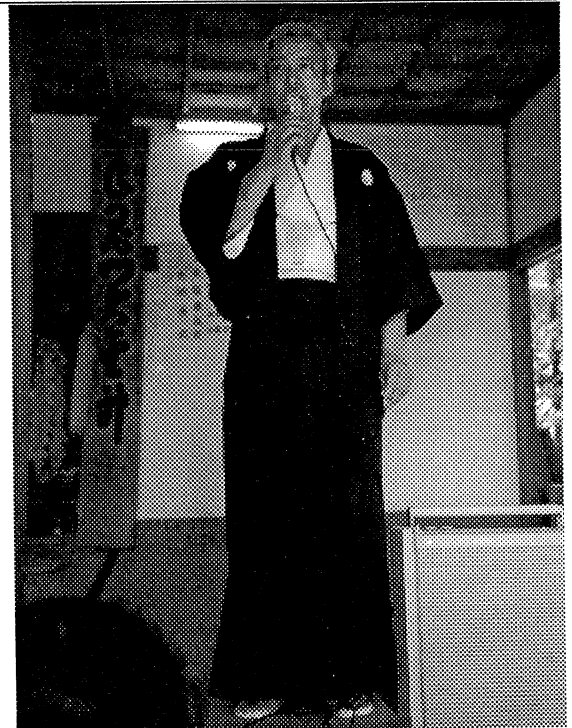
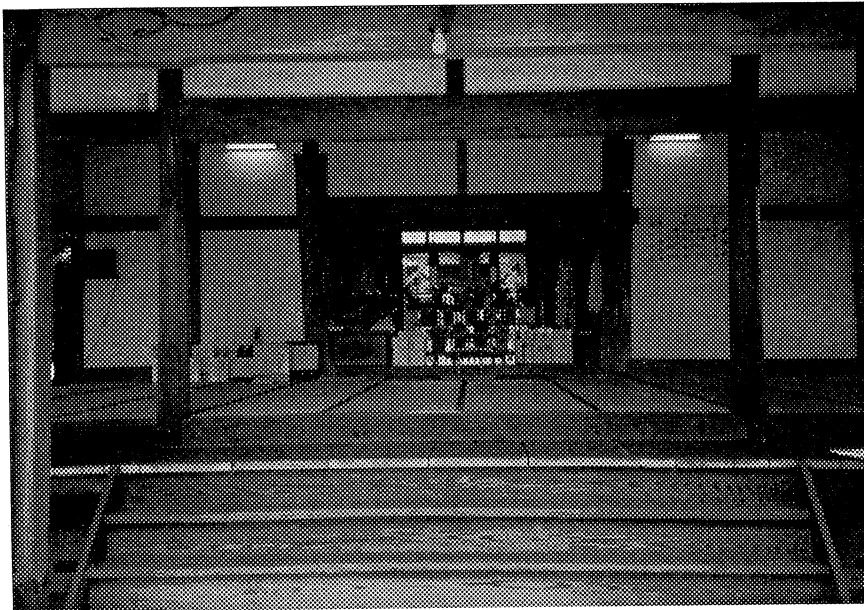
On Saturday, May 2, we met them at the hotel and had a very hearty breakfast at the Pantry in Downtown before practice. They toured the Queen Mary, Long Beach and the Westside which included shopping at the Beverly Center, Hardrock Cafe, Griffith Park Observatory and Hollywood area. Dinner was prime rib at their old favorite, Beckham's Place in Old Town Pasadena with James Doi, Ken Watanabe and Cheryl Lew.

## New Tatami Installed May 7-10th.

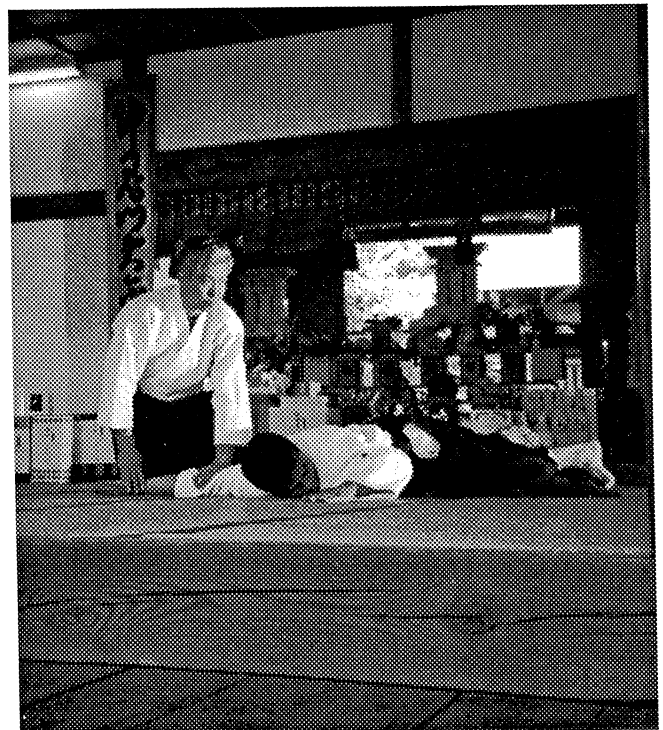
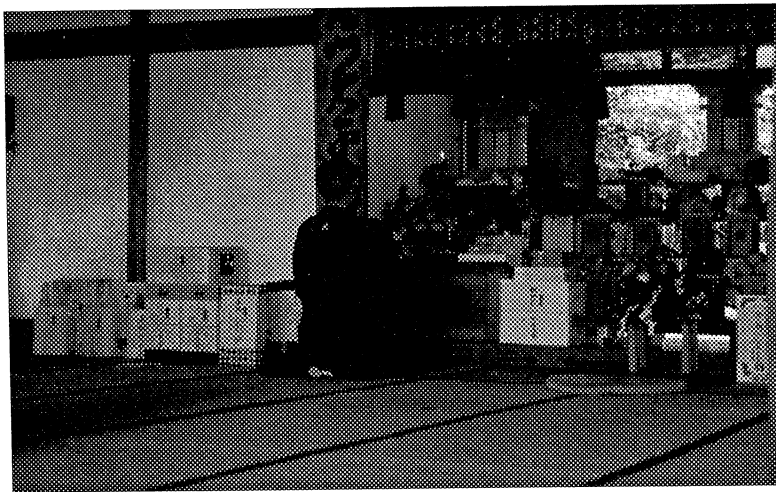


Thanks to our membership, the Dojo received new tatami and a newly designed floor.

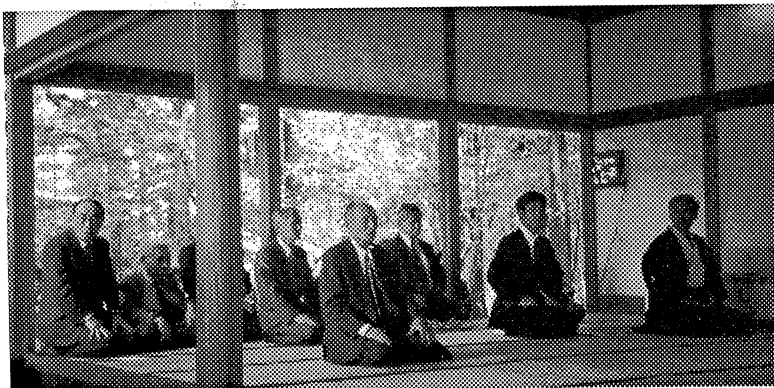
## O'Sensei's Memorial Service At The Aiki Shrine In Ibaragi April 29, 1998



Dojocho Conducting Memorial Service.  
Left: Interior of the Aiki Shrine.



Dojocho presenting Aikido demonstration.



Honored Guests Before Service. Yonemochi Hideo Sensei is seated at the far left. Dojocho is seated at the right. Above: Dojocho praying for O'Sensei's spirit. O'Sensei passed away on April 26, 1969 at Hombu Dojo.

The Memorial Ceremony at the Aiki Shrine for O'Sensei is attracting more and more people every year and becoming an annual pilgrimage for many. We have conducted our own Memorial Service for O'Sensei every year for the last 30 years in our own Dojo and has become a tradition for us.

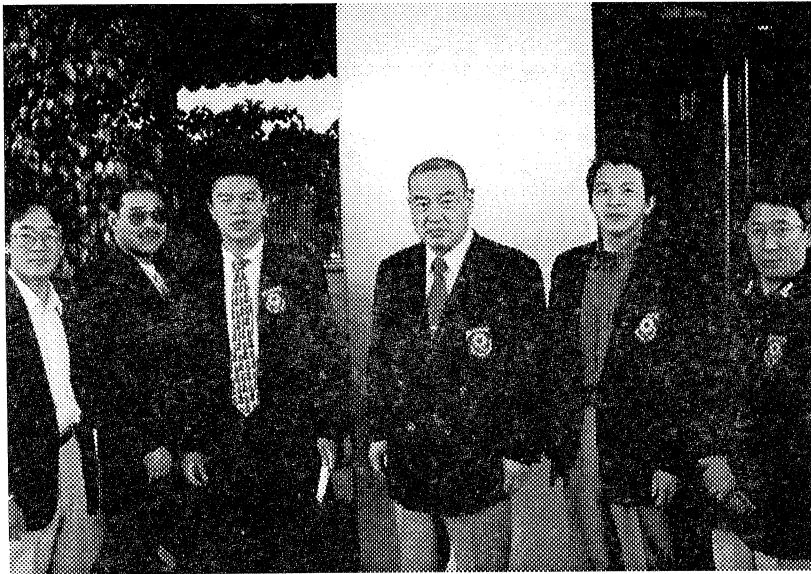
## Ichihashi Shihan Entourage Visit Our Dojo May 19-21st.

The Dojo again welcomes Ichihashi Shihan and his entourage of 5 instructors to Los Angeles on their return to Japan from a Japan Expo demo in Vancouver, Canada on May 17th. They stayed at the New Otani Hotel in Little Tokyo as they did last year when they held the same Japan Expo in Long Beach. They arrived late on May 19th and Sensei met them for a late night snack. On the following day, Sensei treated them to a whirlwind tour of Los Angeles, lunching at the Empress Pavilion in Chinatown and spending the greater part of the day at the Universal Studios and everyone had a great fun with lots of shouting in the

## Installing Our New Dojo Tatami

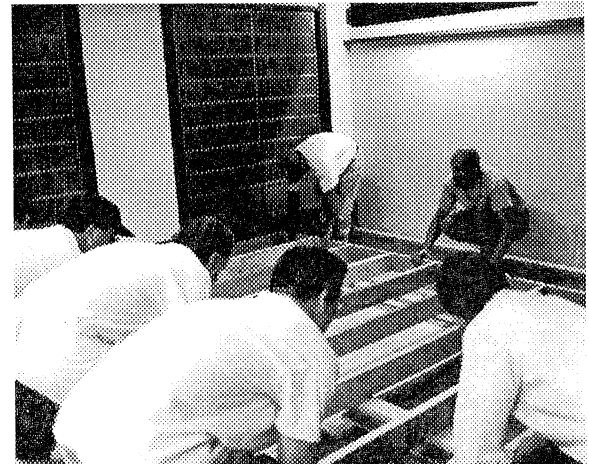
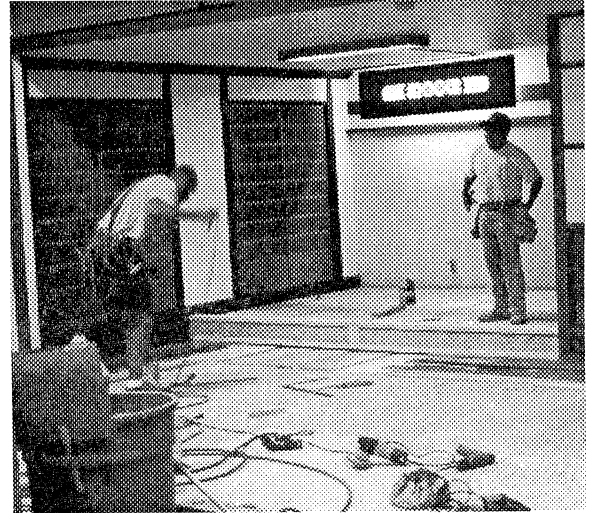


Our helpers left to right: Curtis, David, James, Dan the carpenter, Greg his assistant, Ken and Larry. Thank you for a great job!!!



Mochida, Toyosaki, Fujimaki, Ichihashi Shihan, Yasuno and Sato Senseis.

Back To The Future ride. Everyone, including Ichihashi Sensei got drenched in the new Jurassic Park ride and tried to dry out in the heat of the Backdraft tour. Later in the evening seniors students met the group for a drink at Beckham's and dinner at the well known Parkway Grill in Old Town Pasadena. Dinner guests included James Doi, Ken Watanabe, Curtis Westfall, Andy Kissell, Cheryl Lew and Larry Armstrong. Sensei saw them off early the next morning. Among the group was Hiroshi Fujimaki Sensei who comes from the same ancestral home, Yamanashi Prefecture, as Sensei and the very popular Yasuno Sensei of Hombu Dojo. Everyone was greatly impressed with the Dojo and said that seeing our Dojo was the best part of their trip. We thank them for their visit and hope they will come again.





## Ichihashi Shihan Group



### Much Kudos

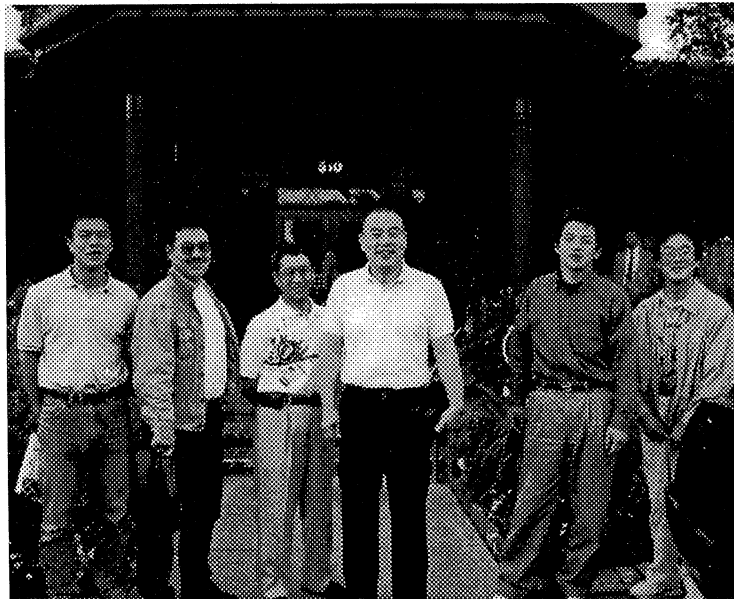
Despite a greatly enjoyable visit to Universal Studios and dining at several very fine restaurants, "the very best part of our trip was seeing your beautiful Dojo!" said Yasuno Sensei & Fujimaki Sensei.

It is lucky they were in time to see our new tatami and the newly designed first floor.



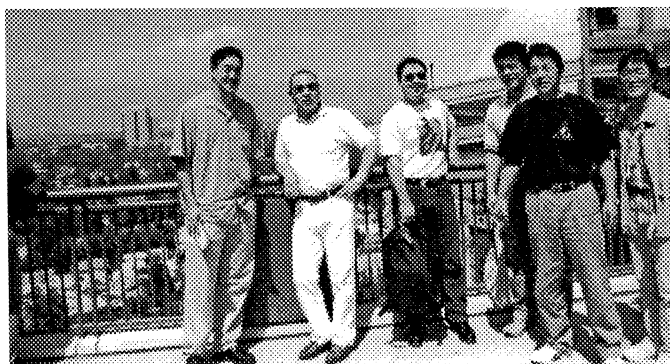
Above: Our first day luncheon of dim-sum at the Empress Pavilion in Chinatown.

Below: At Beckham's Place in Pasadena before our farewell dinner.



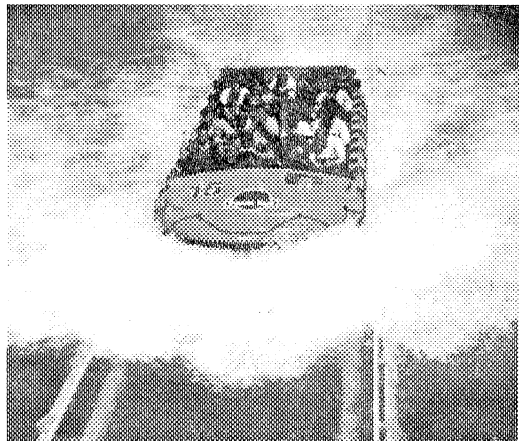
Above: The Parkway Grill in Old Town Pasadena.

Below: Above Los Angeles at the Universal Studios in Burbank.

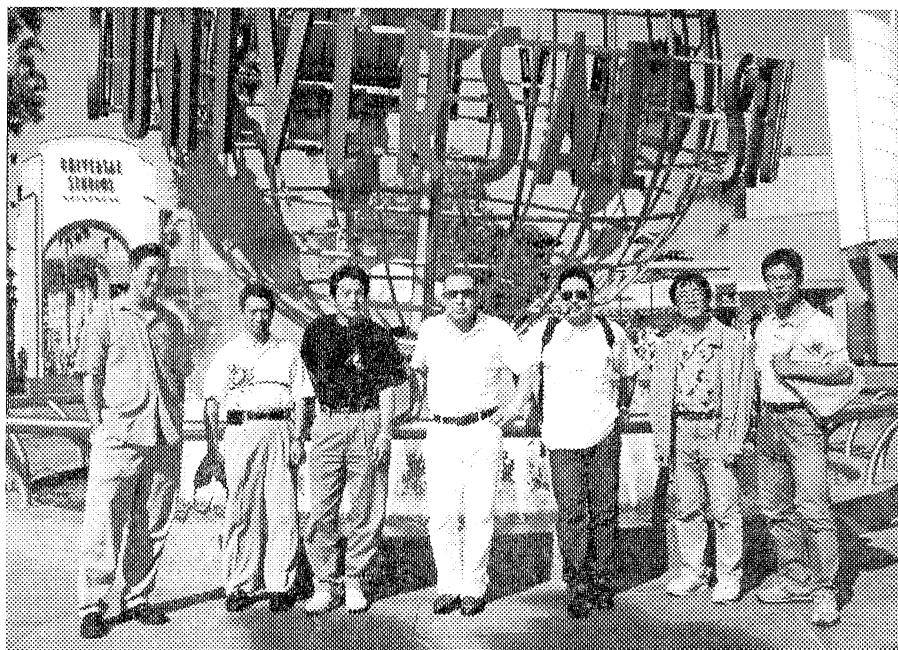




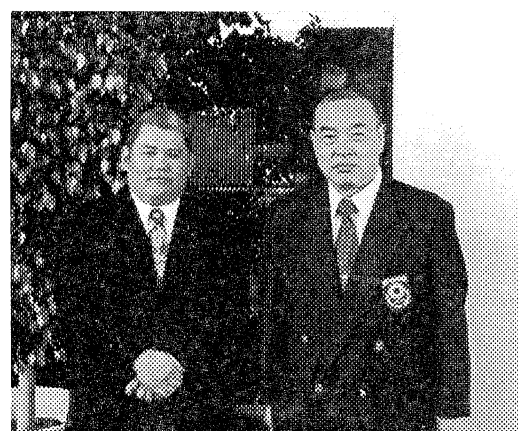
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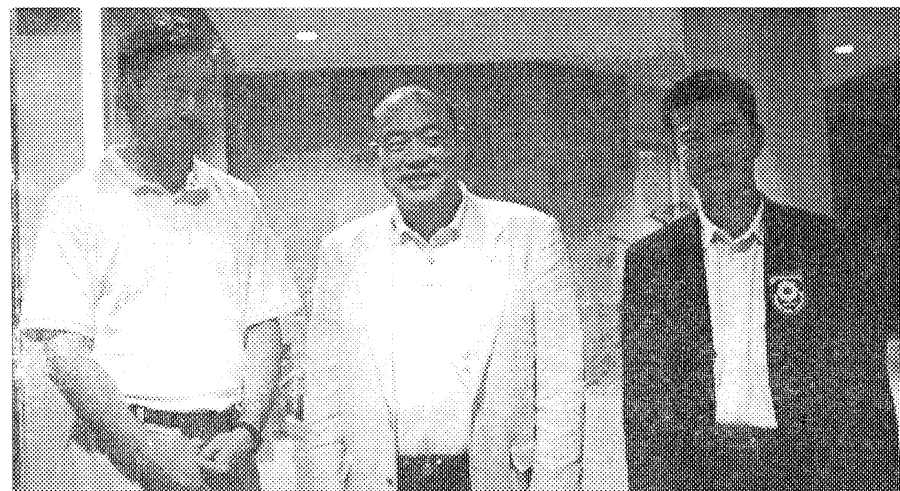
On the popular Jurassic Park ride at Universal, Ichihashi is sitting in the far right front seat. Right: At the entrance of Universal Studios.



All wet at the end, with Ken Watanabe and Toyosaki Sensei in the back.



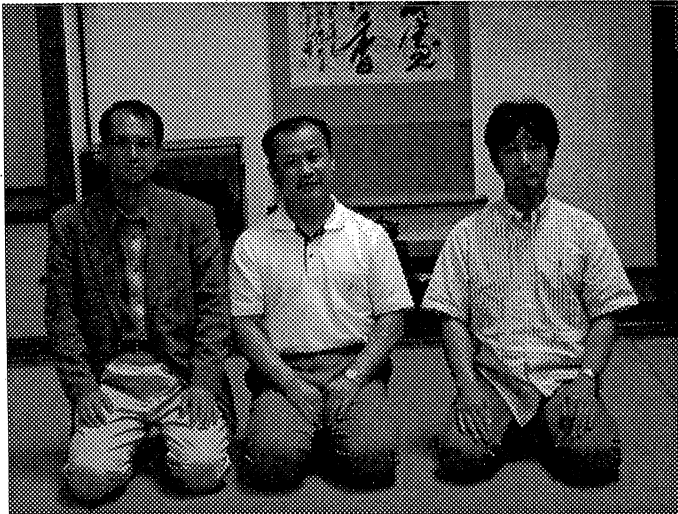
Ichihashi Shihan with Sensei at the New Otani



Above: Entourage at the entrance of Universal Studios.

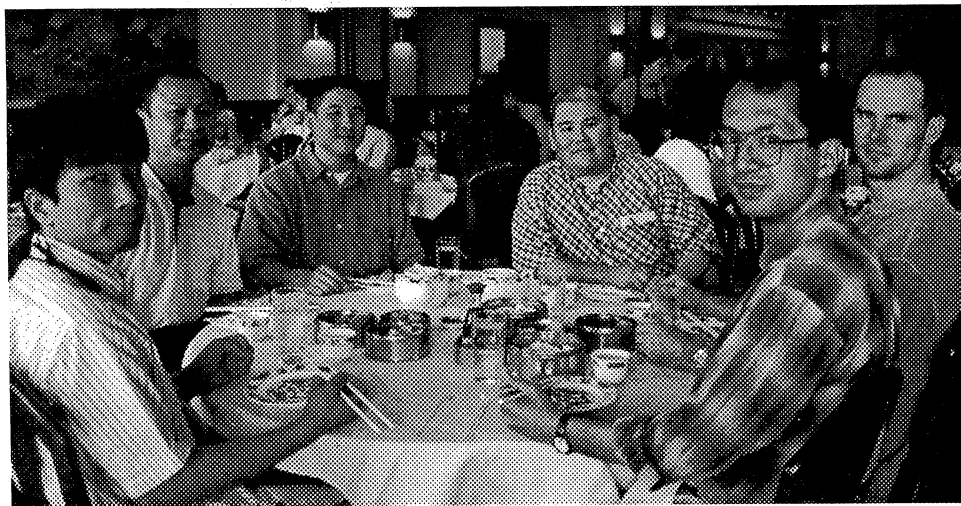
Left: With Ken and Hiroshi Fujimaki Sensei.

## Omiya Dojo Visit: May 1-4th

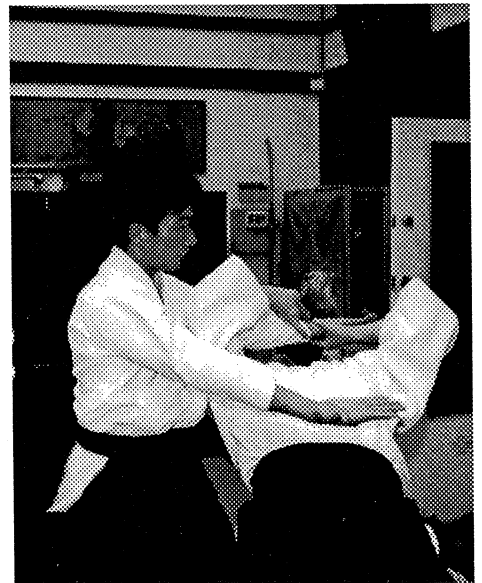


Left to right: Tadashi Sakurai, 3rd Dan, Yutaka Sezaki, 3rd Dan, and Kazuo Yamaguchi, 1st Dan.

On May 3, they had breakfast with David at the Mitsuru Grill before practice. From practice, they went to Universal Studios and shopping in Old Town Pasadena and joined Sensei, Ken Watanabe, Curtis Westfall and Cheryl Lew for dinner at Monty's. After a very short but busy weekend, they returned to Japan on May 4th.



Yamaguchi, Sezaki, David Ito, Sensei, Mike Dotzenrod and Sakurai at the Empress Pavilion for dim sum luncheon on the first day after checking into the Miyako Inn.

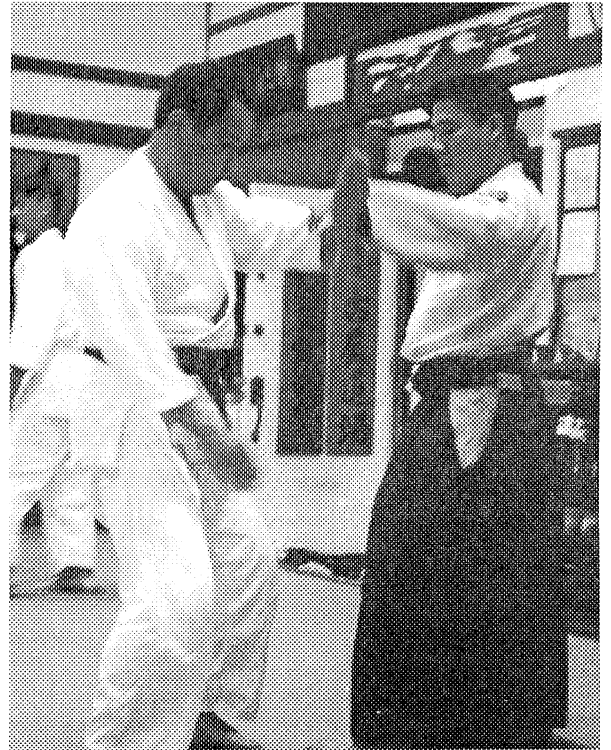




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Tadashi Sakurai, 3rd Dan, teaching final class during Special Omiya Practice.



Yutaka Sezaki from Ibaragi Pref. practicing with David.



Breakfast at the Los Angeles landmark, the Pantry. Left to right: Sezaki, Ito, Sakurai, Watanabe, Dotzenrod & Yamaguchi.



Farewell Party at Monty's Steak House in Old Town Pasadena with a few of the senior members left to right: Sakurai, Sezaki, Yamaguchi, Curtis, Cheryl, Dait, Mike and Ken. Sensei is taking the photo.



At the ABC Restaurant in Chinatown. Sakurai, Ito, Yamaguchi & Sezaki.

We would like to thank them for their visit with us and hope that they and other members of the Omiya Dojo will visit us soon in the near future.

The Dojo would like to thank all the members who participated in the Special Practice and hoped they enjoyed it. Many thanks to David Ito and Mike Dotzenrod who volunteered to take them around Los Angeles. Also thanks goes to Cheryl Lew, Curtis Westfall, Ken Watanabe, Kenny Furuya and others for all the help during their visit.



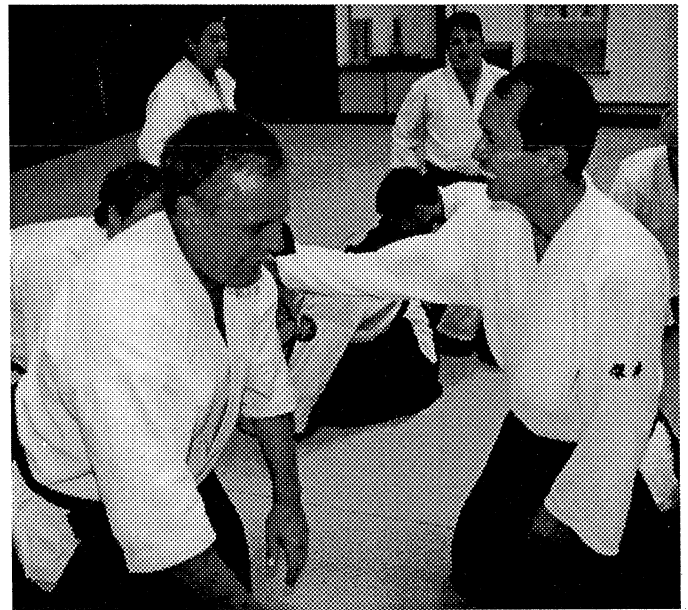
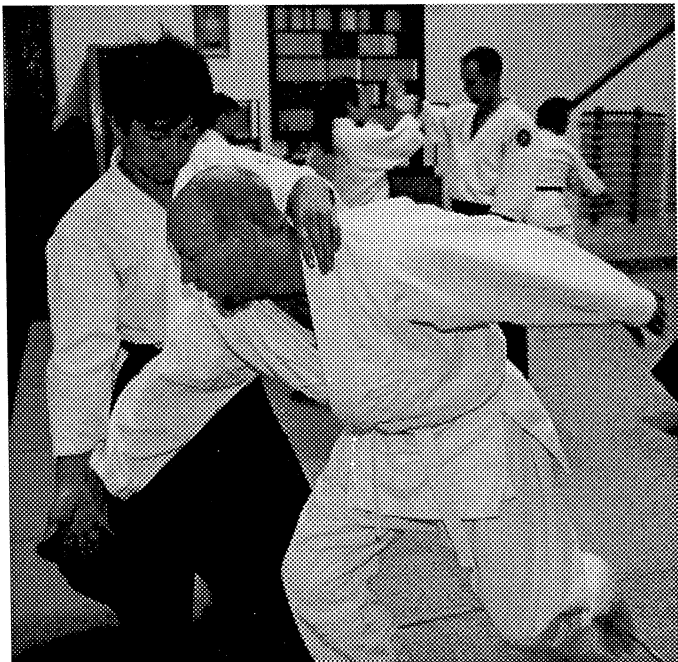
## Omiya Dojo



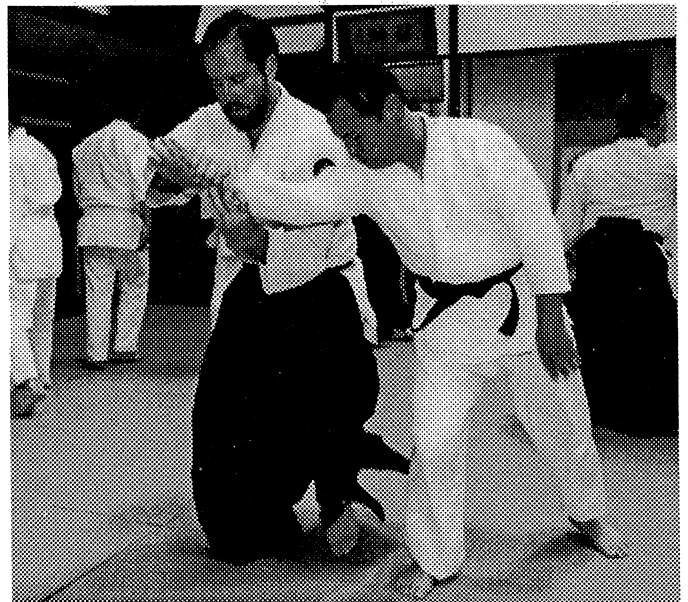
Korean Bar-Be-Que in Koreatown.

On May 3rd, after the morning practice, the Omiya group headed off to Universal Studios with David and Mike. After which, they went shopping in Old Town Pasadena and then meeting everyone for dinner at Monty's. After a big steak dinner, the group enjoyed a nightcap at Twin Peaks with Curtis and Cheryl.

May 4th, Monday morning, Sensei and David met them at the hotel where we had breakfast at ABC Restaurant in Chinatown before heading off to the airport. The Omiya group seemed to have had a great time. This was Mr. Yamaguchi's first visit to America in ten years and enjoyed many new experiences for the first time. Atsushi Kimura Sensei of the Kuki Dojo was scheduled to join them but cancelled because of the marriage of his daughter on April 25th. Mr. Haruo Tsuguta was also supposed to join us flying in from San Francisco but his work schedule changed at the last minute and his trip to San Francisco from Japan was cancelled.



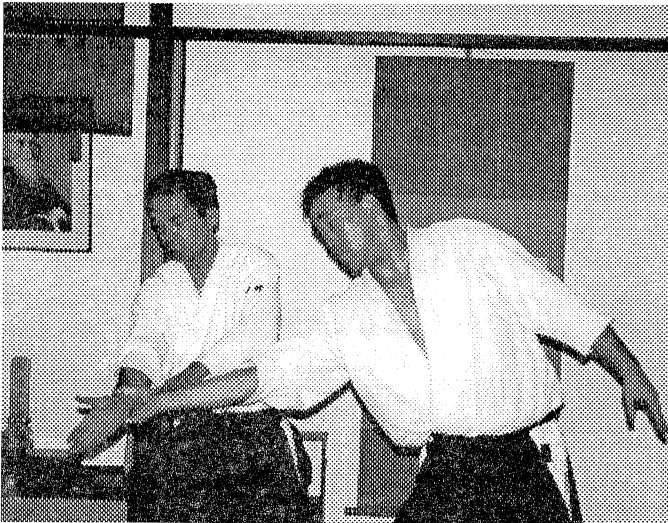
Tadashi Sakurai with Tom Williams.



Yutaka Sezaki with Andy Kissel. Below: K. Yamaguchi



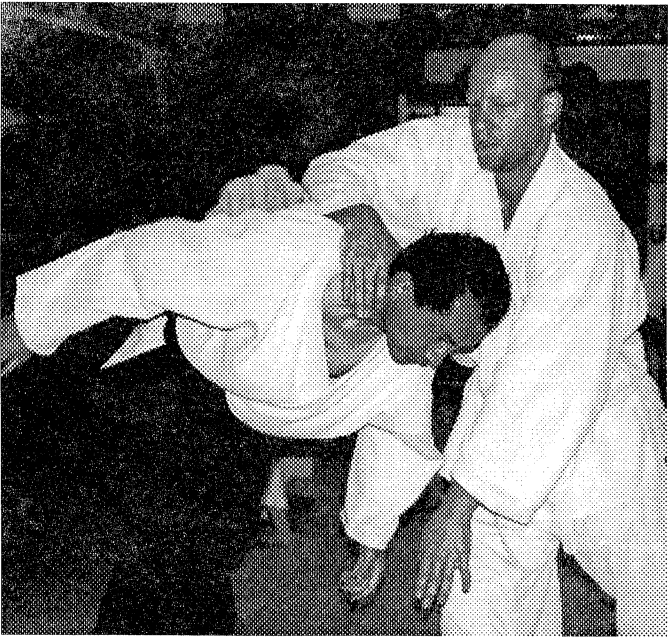
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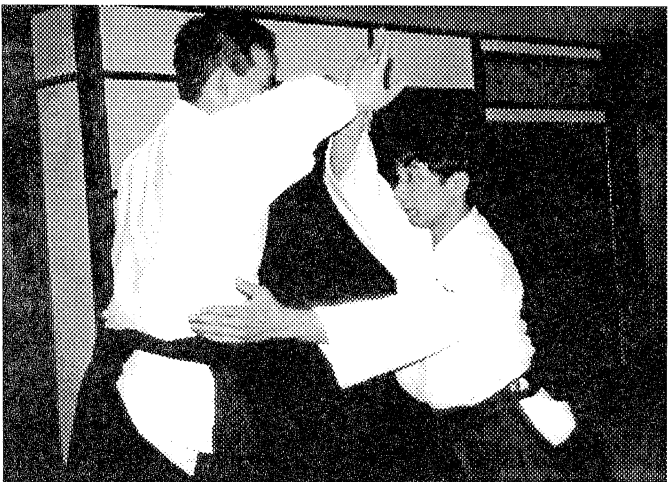
Sakurai demonstrating with Ken Watanabe.



Adam Bennet practicing with Sakurai Sensei.



Jim MacDonald practicing with Sakurai Sensei.

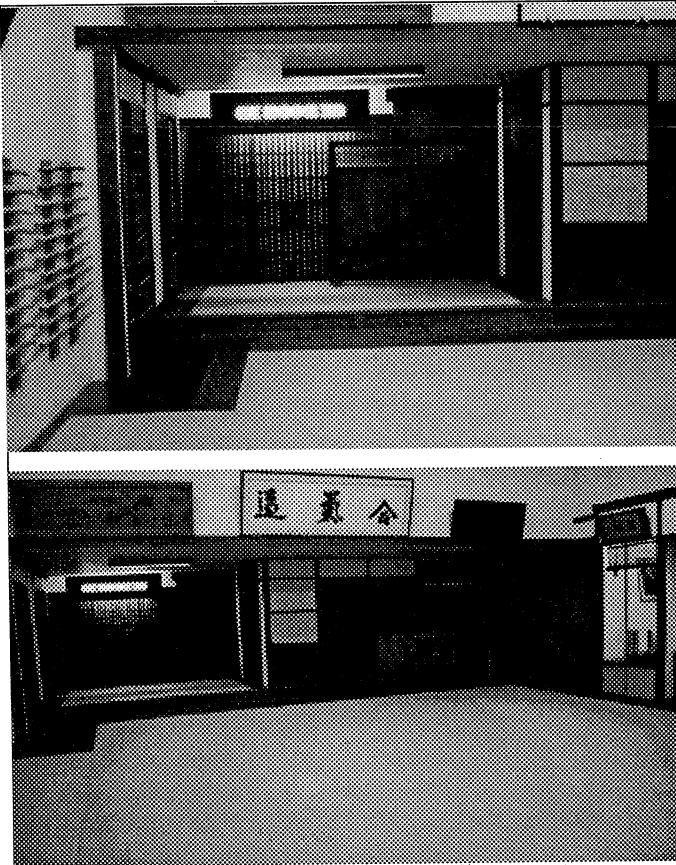


Kazuo Yamaguchi practicing with Ken Watanabe.

**Congratulations!**  
**Ichizuka Sensei Honored**



Ichizuka Isamu Sensei at Awards Ceremony where he received honors for his contribution to physical education through Aikido on March 14, 1998 from the Governor of Saitama Prefecture.



## **We Need Your Help!** **NEW TATAMI** **FUND RAISER**

Recently our Dojo was damaged by water from a broken pipe. It would have been a minor problem but our landlord had hired an inexperienced plumber to do some repairs and he increased the water pressure without realizing how badly in repair the building plumbing was. An inexperienced plumber was hired because the building regular plumber had not been paid and refused to see the problem. Because the turn-off valve was corroded, there was no way to turn off the valve and water keep pouring out flooding the entire Dojo. The Fire Department was called but they could not turn off the main water main because that was also in dis-repair and the turn-off valve was corroded as well. Due to the badly maintained building, we suffered great damage. Although our landlord promised to make amends, he has now changed his mind. We need and greatly appreciate your help and donations in order to continue our work and practice. Thanks to the generosity of a few students we have been able to install new tatami but we do still need more funds. Many Thanks for Your Kindness.

*Reverend Kensho Furuya*

# Current Donors

James Doi \$1,500.00

Cheryl Lew \$1,500.00

Curtis Westfall \$1,000.00

Andy Kissel \$500.00

Bill D'Angelo \$500.00

George Nakashima \$100.00

Tom McIntyre \$120.00

Norman Lew \$100.00

Larry Armstrong \$500.00

Tom Sosnowski \$100.00

Additional Listings continue in next issue.

Thank you.



**Sensei's Message:**

## **Two Arrows In Flight**

First of all, I would like to thank all my students for their kind thoughts and wonderful Birthday present. Also, several of my senior students took me for nice Birthday dinners and I really appreciate it. As my 50th, this year is kind of special to me.

Secondly, I would like to express my gratitude to my students who have donated so generously and helped so much to get the new tatami in the Dojo. But, this is only a loan, and as we negotiate to be reimbursed for all of our damages to the Dojo, each donation will be returned. Although this may take a while, replacement of the new tatami will not.

Finally, I am happy many students were able to donate their time to take care of our guests from the Omiya Dojo. David Ito and Mike Dotzenrod helped greatly driving them around Los Angeles. James Doi, Cheryl Lew and Curtis Westfall helped to entertain them as well as several other students. It was a big job. As students take more and more involvement in taking care of our honored guests, they should become more and more aware of even the finest details in protocol. I believe this is a very important and necessary part of one's training that only a few can have the privilege to experience if they are willing to donate their time and energies on these occasions. Actually, the role of the "guest" and "host" is an extremely important and all-pervading element in Japanese culture and there are many traditions and rules which dictate the etiquette and conduct for each individual occasion. The theme of "guest" and "host" is the main element in the traditional tea ceremony, this topic is even discussed in Zen "koan" in which one works towards his own spiritual enlightenment. The role of the guest and host is so important that it has even influenced and controlled the formation of the Japanese language and, to a large degree, the Japanese psyche. I hope students will study this very well.

In Zen, it is said that learning is like two arrows in flight trying to make contact in the air. Almost impossible, I imagine. As important as ability and commitment to one's goals are, attitude is very important. Whereas one can succeed in anything if he strives and puts everything he has into it, attitude is generally where almost everyone fails. In Aikido, in Zen, in all of our traditional practices, it is our attitude and mental state for which we must constantly be on guard. If you realize this for yourself, half the battle is won.

The late Bishop Yamashita used to tell me, "If they don't understand, they will never be able to 'understand' it." This always puzzled me. I always thought, "How are they going to understand it, if they don't learn it, if no one bothers to teach it?"

Although I still don't fully understand this and it has in some

ways become my "koan." In some respects, I believe my teacher meant that if one does not realize his own mistakes and shortcomings, he will never be able to correct them. At the same time, I think it also means that if one doesn't "want" to understand, he will never understand it. Maybe these are two sides of the same coin.

In most circumstances, we do what we think is right, not what we know is right because human beings are guided by, more than anything else, his ego. In Aikido, we try not to use our ego. This is very difficult. In the tea ceremony, the host considers the comfort and enjoyment of the guest. At the same time, the guest tries to show his appreciation of the efforts of the host. This creates a wonderful harmony of contrasts. As an example, in summer tea, the brazier is placed farthest away from the guest. In winter, the warming brazier is placed closest to the guest. In every respect, we must consider the particular circumstances and act in harmony with them.

Once, a samurai who was an avid devotee of tea asked a fellow samurai to be invited for tea with the intention of inspecting his friend's treasured tea utensils. "Please invite me for tea and show me your treasures," he begged. His friend agreed. On the next day, when he visited his friend's residence he was shocked to see the room filled with swords, armour, weapons of every sort.

"What is this?" he asked in disappointment, "I came to see your tea bowls!" His friend explained, "You requested to see my 'treasures' and as a warrior, these weapons are what I value most in life!" Really, it is like two arrows meeting each other in flight!

Everyone should make friends with our guests from afar, as you know, so many come to our Dojo nowadays. Please keep, in the back of your mind, that, in creating personal friendships with our visitors, we are also supporting our Dojo and, hopefully, creating a better Aikido world.

Please enjoy our new tatami but please take care of them as well. They must last a lifetime.

These are very busy, tough days for the Dojo. I need everyone's loyalty and commitment now to carry us through into better coming in the future.

### **Tatami De' Feet:**

Our new tatami seem to scuff by everyone's rough feet very easily so please, please, please, somehow, someday, take care in your practice. Let's take good care of our tatami and enjoy them for a very long time. We don't need our tatami to suffer from de' feet (defeat). Thanks for your cooperation and understanding in this matter.

## Congratulations! Hirakawa Newlyweds From Fukuoka, April 26.



Koji and Shinobu Hirakawa visited the Dojo on their honeymoon in Los Angeles and joined Cheryl Lew and Sensei for dinner at Monty's in Pasadena on the evening before their return to Japan. Koji had lobster and filet minon (the most expensive item on the menu) and Shinobu had prime rib for the very first time in her life. They said it was one of the best parts of their whole honeymoon. Koji is the son of Sumio Hirakawa who visited us with four others students of Morito Sukanuma Shihan of the Shoheijuku Dojo in Fukuoka, Japan. Hirakawa Sensei passed away last year due to poor health. Koji sells auto parts in Japan.

## Thank You

Many thanks to Dr. Larry Yoshioka who donated \$50.00 towards O'Sensei's Memorial Service. Larry is one of the oldest students of Aikido in Los Angeles beginning his training in 1958.

## Our Condolences

To the Family of Rev. Russell Hamada who passed away tragically at the age of 47. A minister in Mountain View, he began his ministry at Nishi Hongwanji in Little Tokyo and is one of the founders of the children's Saishin Dojo in which we participate every summer.

## Congratulations

To Dana Frank and Mike Dotzenrod on their first wedding anniversary.

## Important Dates JUNE 1998

- |          |   |
|----------|---|
| June 2   | Budo Study Class<br>7:45pm-9:00pm                       |
| June 13  | Iaido Intensive<br>6:30-8:30am<br>Meeting follows.      |
| June 27  | Black Belt Intensive<br>6:30-8:30am<br>Meeting follows. |
| July 4-5 | Holiday. Dojo Closed.                                   |

## In Appreciation:

Many, many thanks for the wonderful Birthday present from all of my students. I really appreciate your continued support and commitment to the Dojo and Aikido and hope that you will persevere in your training reaping Aikido's many benefits. I would also like to thank everyone for all of your Birthday Wishes.

Sincerely Yours, In Gassho

*Reverend Kensho Furuya  
Aikido Center of Los Angeles*

## Happy Birthdays For June

Bill D'Angelo 6-24-67  
Susan Kageyama 6-30-84  
Lisa Lee 6-14-66  
Marcus Matsumoto 6-8-87

## For July

Aisha Favela 7-2-91  
Karl Flowers 7-26-49



**Many Thanks:  
Annabelle Nye-Belknap**

*May 18, 1998*

*Pardon this very late thank you note for your graciousness and generosity when I visited your dojo to get the two books autographed. Finally, next Saturday, I can give it to my sifu after class when we have a birthday party for him. He will be so surprised and thrilled, because he will value it so much. It has been really hard not giving it to him right away, but it will be so perfect for the occasion.*

*I picked up a copy of the newsletter and reading the history of your dojo was an incredible and unbelievable experience, emotionally; to realize even a little bit what went into it, what you had to do to make it possible - words fail in trying to express what I'm trying to convey. I hope your students realize and appreciate that it is more than just a building or a classroom, that it is a shrine to the human spirit. Before I read the history, I saw it as a beautiful room; now, I know better. I hope I can visit again sometime, with my sifu. I know how much he will value your dojo too. Enclosed, please find a small token for the newsletter. Till we meet again,  
Respectfully, Annabelle Nye.*

Editor's Note: Many thanks for your generous donation and your very kind thoughts. I do hope to meet you again, it was a great pleasure and honor. I hope to meet your sifu too. You are always a welcome guest in our Dojo.

*Everyone Welcome!*

**Nisei Week  
Aikido  
Demonstration**

**August 2, 1998  
12noon-2:00pm  
In the Dojo**

**Nisei Week  
Martial Arts  
Exhibition**

**August 15-16, 1998  
12noon-4:00pm  
Higashi Hongwanji  
Buddhist Temple  
505 E. 3rd St.  
Little Tokyo**

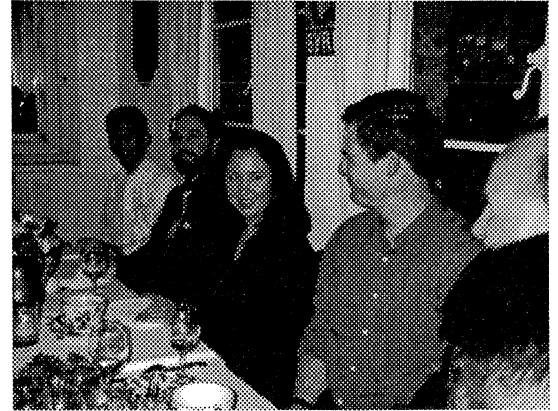


## Special LAPD & FBI Friends:



The LAPD Training Division Arrest & Control Unit and one officer of the FBI help celebrate Sensei's birthday on May 5th. Far left is Sgt Greg Dossey, center is one of our members, Joe Quinn and far right is Robert Teramura.

## Our Sensei's 50th



A few students celebrated a quiet 50th Birthday with Sensei at the Ivy Restaurant in West Hollywood. Among some of the guests with James Doi, Ken Watanabe, Kenny Furuya, Andy Kissel, Curtis Westfall, Cheryl Lew, Larry Armstrong, Mike & Dana Dotzenrod, and Bryan Waldron.

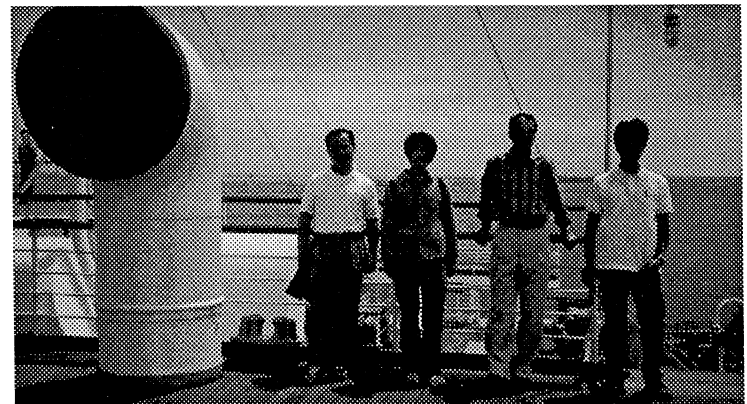
## From Fukuoka, Japan: Hirakawa Koji & Shinobu

May 5, 1998

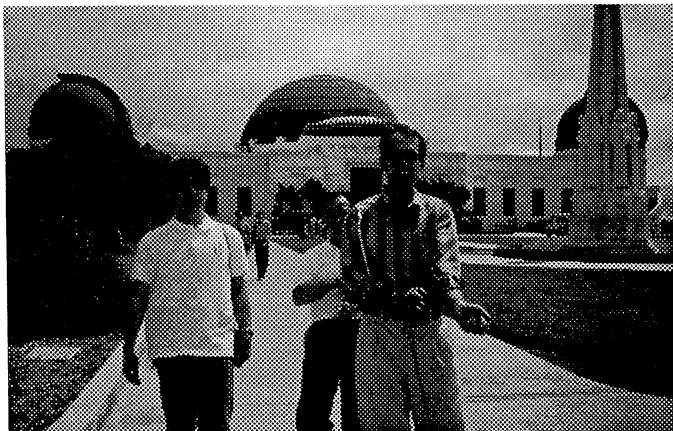
*Although we visited you quite unannounced, thank you for taking us for the very nice dinner. Please convey our thanks to Cheryl as well. The next time we come to Los Angeles, we will practice our English more. We will let you know well in advance before we come next time, so please do not forget our faces. We will report our very nice but short experience with you to our late father at our family altar.*

Editor's Note: Their late father, Sumio Hirakawa, visited us several years ago and had a great time. Mrs. Hirakawa wrote that he wanted to visit Los Angeles again before he died.

## From the Omiya Dojo:



Omiya Dojo at Flower Viewing Party in Japan.  
Sakurais' at the Queen Mary in Long Beach. Left: Griffith Observatory



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

## Correspondence:

April 21, 1998

I wanted to take a moment to wish you a Happy 50th Birthday! You are the fifth person I know to turn 50 this year - myself included, but later in the year. Let's not rush it. It's hard to believe, huh?

Anyway, thank you for your tireless efforts on behalf of Aikido and the Buddha Way. You are truly an inspiration. Please take care & Happy birthday!

Rev. Egyoku Nakao, Abbot of the Zen Center of Los Angeles.

April 17, 1998

I was very sorry to hear about the water damage the dojo suffered. In order to help, I am adding an extra \$20.00 to my monthly dues and donation check of \$100.00. I only wish I could do more. . . . I hope everything is going well with you, and that the dojo is in better shape than ever.

I remain, Very Truly Yours,

Tom McIntyre, Sheridan, Wyoming

Editor's Note: Many thanks for kind thoughts and continuous generosity.

April 24, 1998

Just a quick note to touch base after our interview.

I am hard at work transcribing our discussion and shaping it into what I had envisioned. Thank you again for your time, candidness, and generosity.

I can say that, without a doubt, your school and teaching is one of the highest standard, and should bring much honor to yourself, your teachers, and the art of Aikido.

Your dojo is of very high quality, and your students appear to practice with great discipline and humility. It was my great pleasure to be in the audience. Sincerely,  
Brian Shiers, Power Center, Toluca Lake.

Editor's Note: Brian interviewed Sensei on April 15 and is in the process of writing a feature article on our Dojo. Many, many thanks for your interest and support.

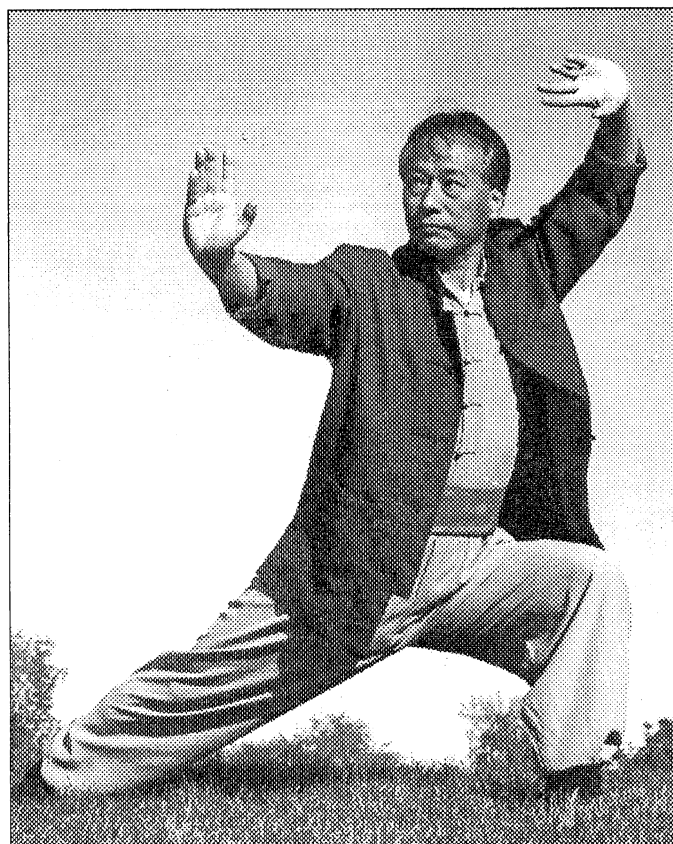
April 25, 1998

I really hope this year turns out to be a perfect one for you. Happy Birthday.

PS: I'm sorry to know that Bishop Kenko Yamashita has passed away though here, in my country, we all think that he's in a better place.

Your Student from Spain, Santiago G. Almaraz

Editor's Note: Many, Many Thanks.



## 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!

## A Very Special Thanks

Much appreciation goes to the following students for their specially generous and timely donations towards the emergency purchase of tatami and repair of the Dojo:

*Dr. Cheryl Lew, \$1,500.00*

*Dr. James Doi, \$1,500.00*

*Mr. Curtis Westfall, \$1,000.00*

Aikido Center of Los Angeles  
NEWSLETTER

規範 合気道 基本編

合気道師範 植芝吉祥丸 著  
本誌編者 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  
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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

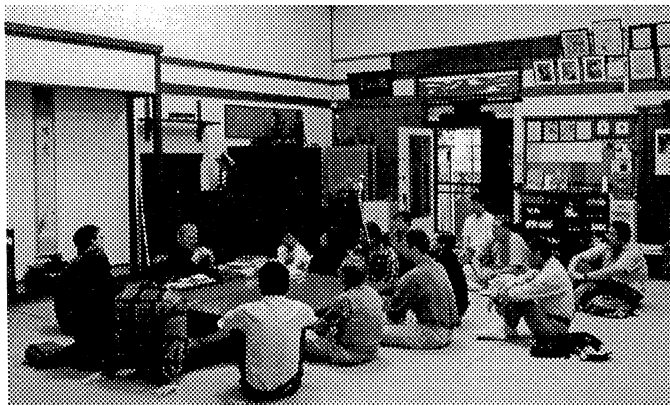
Fundamental of Aikido

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

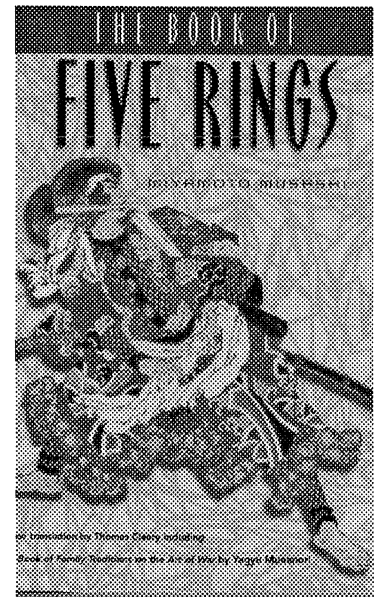
On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



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.

羅府合気道学院古屋道場  
AIKIDO CENTER OF LOS ANGELES  
NEWSLETTER

The Aikido Center of Los Angeles, 840 East 51st Street 17, Los Angeles, CA 90012. Tel: (213) 883-3870  
Affiliation: The Aikido World Headquarters, 27-18 Hibiya-cho, Shinjuku-ku, Tokyo, Japan  
United States Aikido Federation, Eastern Region  
Johns Hopkins University, Los Angeles Grand & Sacramento Society  
Office of the President: Hideo Yonezawa (English Ed. Co. Ed.) Yonezawa International Association

April 1, 1997 Volume XV, Number 4.

**In This Issue:**  
San Francisco  
Master Adam Hsu

**Visiting the New San Francisco Aikido**  
Dariusz Szwed's visit with Master Hsu, he was able to visit the new San Francisco Aikikai Sunday just before he return back to Los Angeles, etc.

**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 persistent cold, Szwed missed Master Hsu's kind invitation 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 Tuttle who was scheduled to meet with Master

**Dojo Treasure Arrives From Japan**  
On their last visit to our Dojo, four members of the Omiya Dojo, Mr. Yusaku Suzuki, Mr. Takayoshi Azuma, Mr. Tadashi Sakurai and Mr. Taro Sakura presented Szwed with a beautiful white fan. It was suggested that the fan would be greatly enhanced if a had Doshu's writing.

The group took to the fan back to Ichizuka Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many requests for his writing, some people, according to Ichizuka Sensei, waiting more than three or four years. Recently, Doshu finished the writing and returned it to Ichizuka Sensei. Mr. Chiharu Higami of the Omiya Dojo who recently moved to Los Angeles, hand carried it from Japan on February 26th. Chiharu-san will soon be joining our practice as soon as his schedule allows with her job in Taiwan.

DOJO  
NEWSLETTER

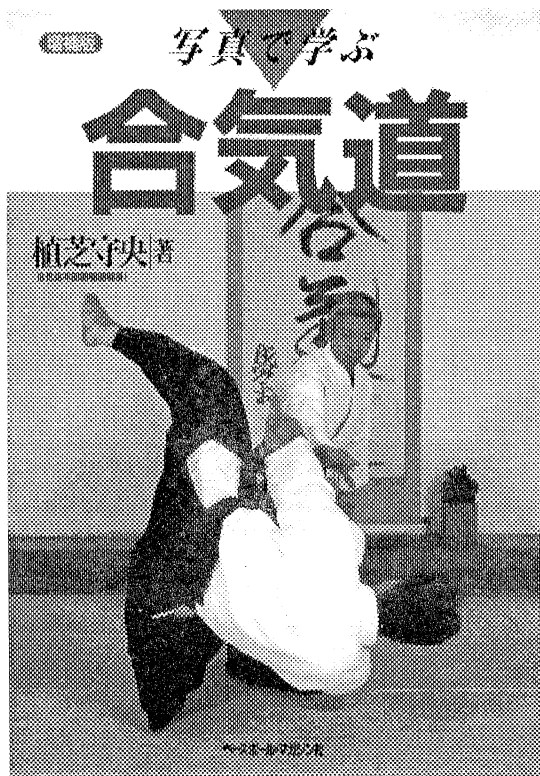
Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students. Your donations are welcome please add a little extra for postage outside of the US. Everyone is welcome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



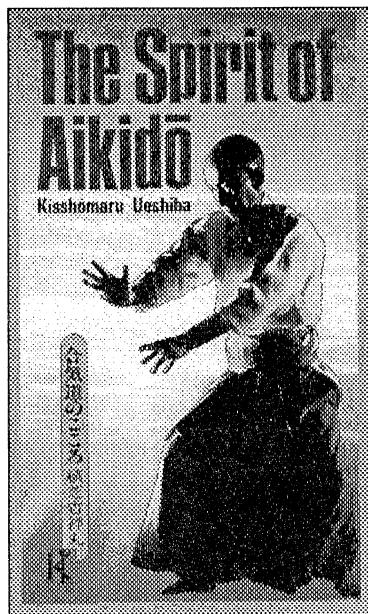
Aikido Center of Los Angeles  
NEWSLETTER



**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.

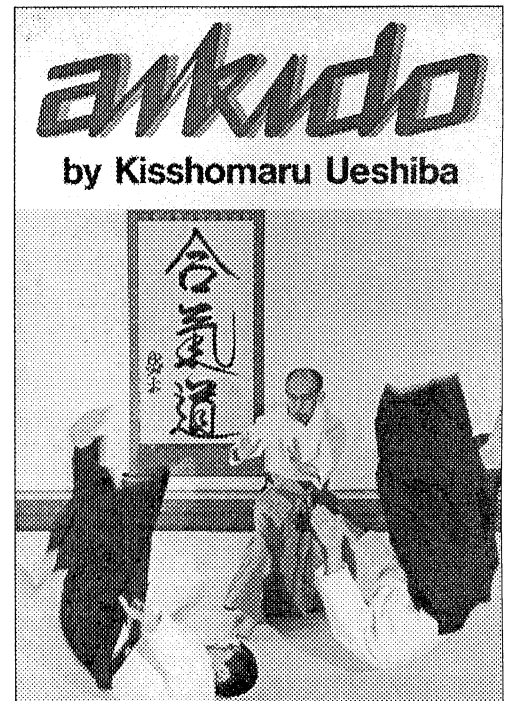


*Recommended Reading:*

**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: \$5.00.

**Uniforms, Hakama, Obi, Bokken & Jo**

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

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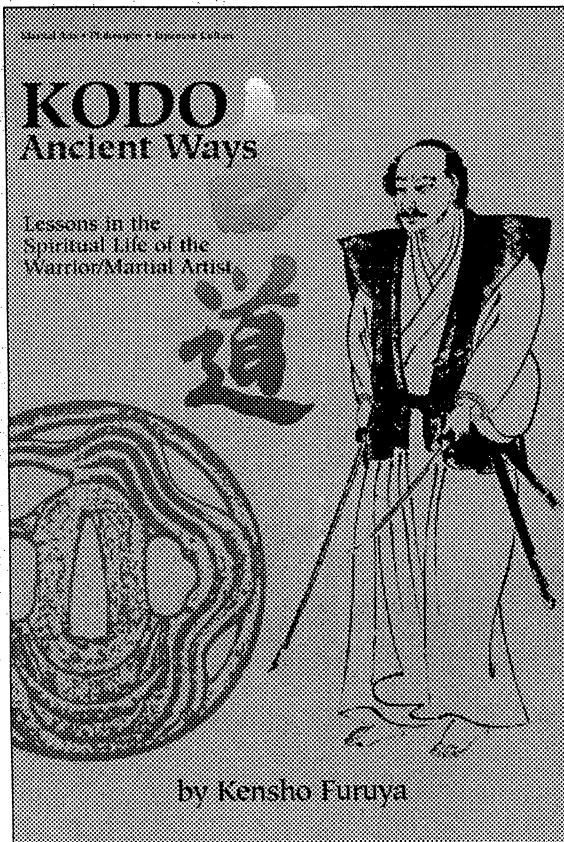
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(213) 687-3673

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Editor: Rev. Kensho Furuya  
Archives & Dojo Records: Dr. Cheryl Lew  
Photographer: Larry Armstrong  
Legal: Curtis Westfall





# KODO

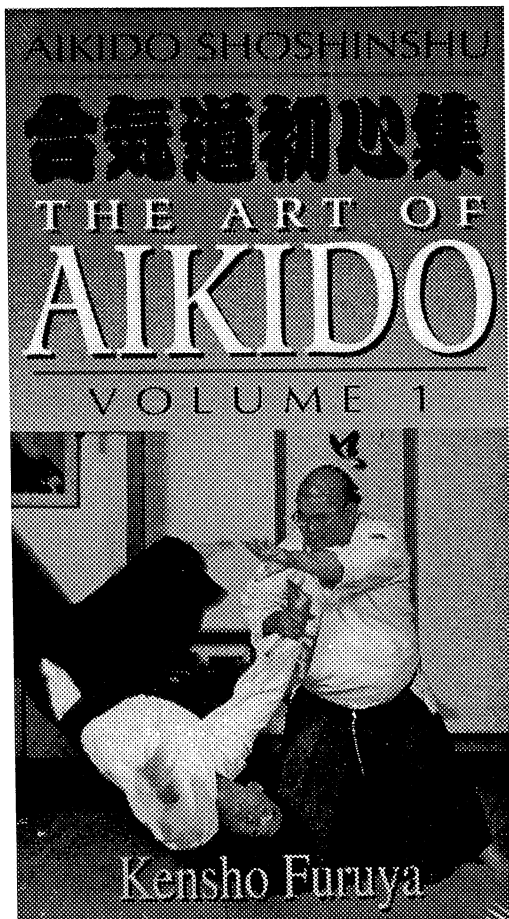
Ancient Ways:  
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Warrior-Martial Artist

Rev. Kensho Furuya

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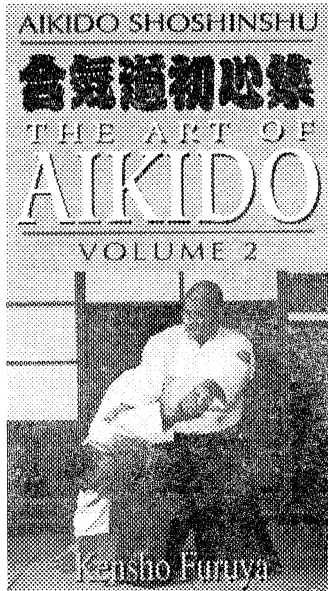
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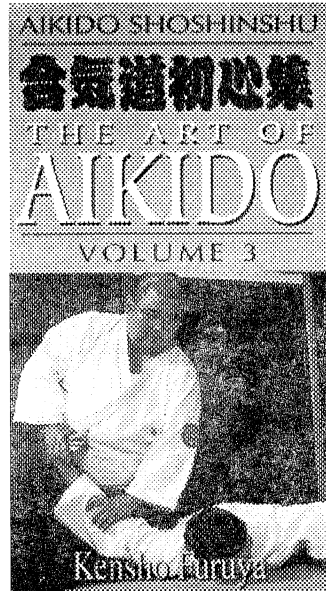
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# AIKIDO SHOSHINSHU

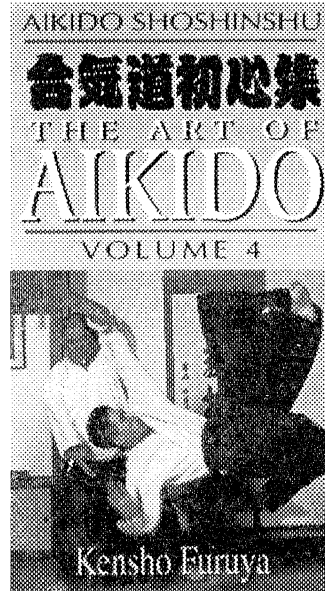
## The Art of Aikido Instructional Video Series



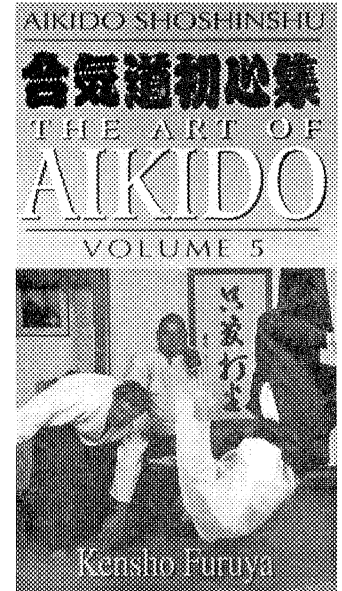
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo  
& Gokyo



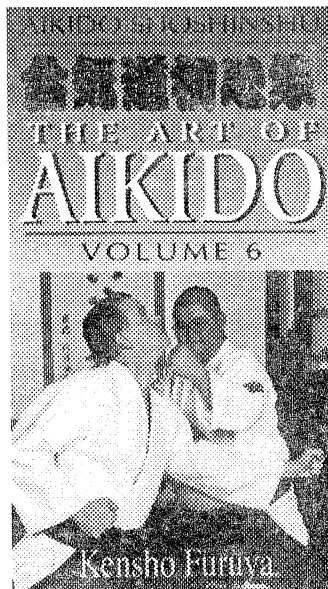
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



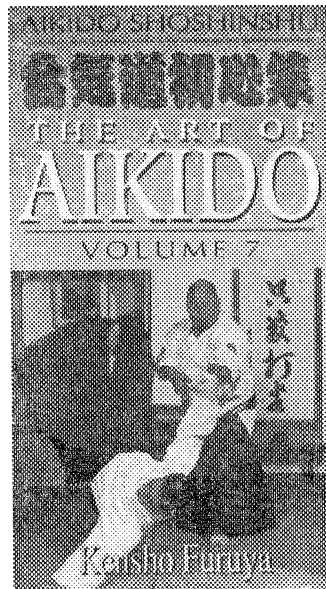
Katatetori Ryotemochi: 2-hand.  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



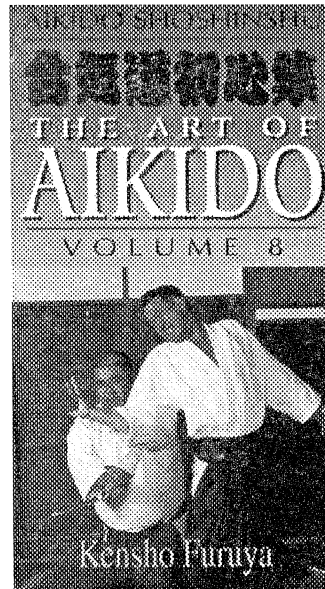
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



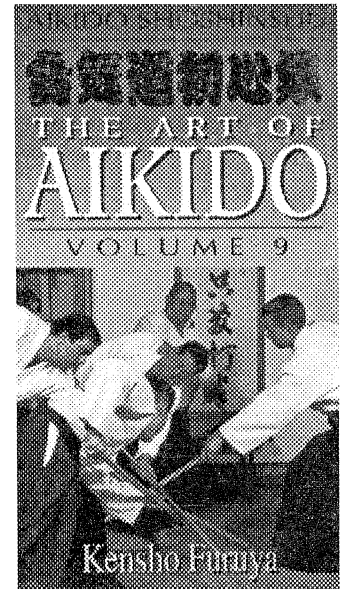
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the  
side of the head & neck.



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

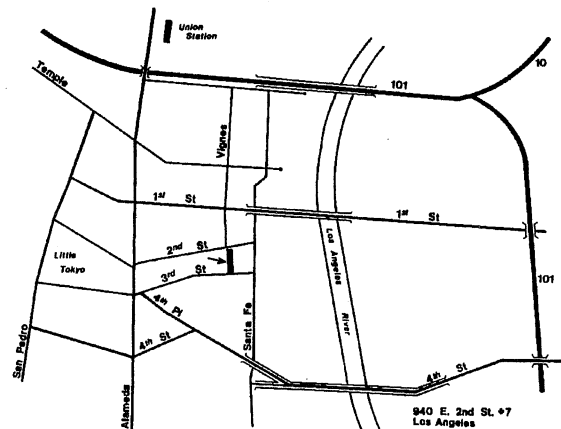
### BUDO & SWORD STUDY CLASS

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.