

羅府合氣道学院古屋道場



NEWSLETTER

AIKIDO CENTER OF LOS ANGELES

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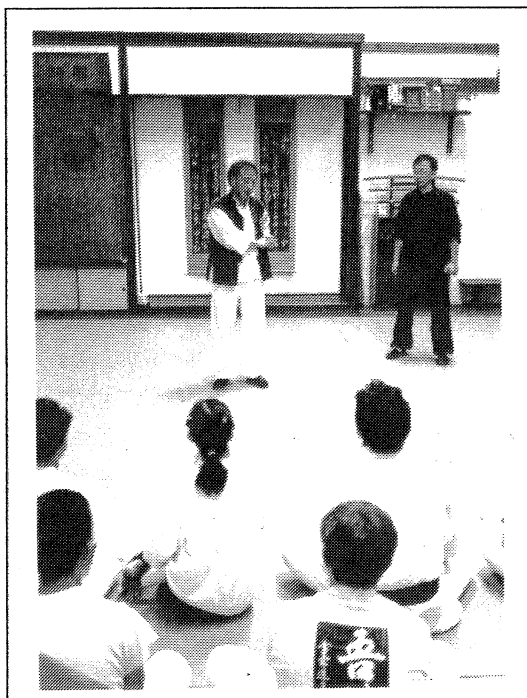
Celebrating Our 30th Year

March 1, 1994

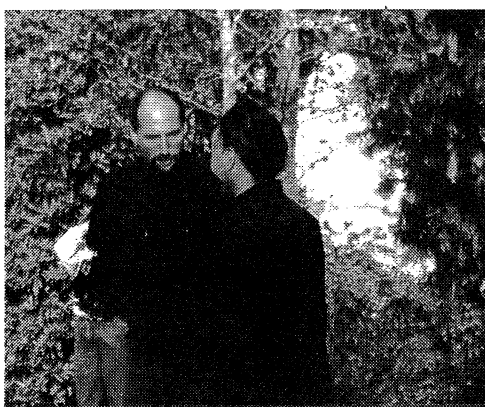
Volume XII. Number 3.

The ACLA Welcomes Master Hsu for Special Holiday Seminar on February 21st.

Master Hsu arrives Feb. 19th with his two assistants for a one week stay in Los Angeles. Saturday and Sunday were devoted to shooting several videos in the dojo and at the beautiful gardens of the New Otani Hotel. Monday was devoted to Master Hsu fourth seminar at our dojo showing students general usage of Kung-fu techniques. A great and very rare seminar for the ACLA members.



Many Thanks to Master Hsu for taking time from his busy schedule to visit us in Los Angeles. Master Hsu stayed several days after the seminar to visit friends, conduct business and spend some time with Sensei who enjoyed his stay very much.



With Mark Shprintz, discussing next scene at the New Otani Hotel Japanese garden. Mark is a professional cameraman lending his expertise.



Master Hsu with Genoveve & Mark Ty.

Dojo News:

Jan. 1st. New signboard installed on the Dojo gate. The sign reads *Bansetsu-an*, or "Abode of the UnTalented One."



Sensei's room on the 3rd floor after the earthquake.

Jan. 17th. The Dojo suffered a lot of internal damage (mostly books falling out of the book cases) although the building is safe and sound. Many thanks to all the people who came in the following days to help clean-up.

Feb. 6th. Many thanks to James Moritaka Nakayama Sensei of the Chushinkan Dojo in Orange County for the great Godo-geiko Joint Practice. We hope he will come visit us again in the near future.



The Japanese Village Plaza Children's Self-defense Festival.
The Children's Class showing their stuff.

Feb 12th-13th. Demonstration at the Japanese Village Plaza for the Children's Self-Defense Festival. The Iaido and Children's Class also participated.

Important Dates:

March 4th. Friday. Sword Study Class 7:30pm

March 11th Friday. Budo Study Class 7:30pm

March 19th Saturday. Intensive Iaido Seminar 6:30am
Monthly Kenshinkai Meeting follows.

March 26th Saturday. Intensive Black Belt Seminar
6:30am. All Black Belts and Seniors Students
strongly recommended to attend.

April 16th. Intensive Iaido Seminar 6:30am.

April 23rd. Intensive Black Belt Seminar 6:30am.

April 24th. Sensei's 46th Birthday Party.

April 26th. Aikido Founder's Memorial Practice.

April 30th. Japanese Village Plaza Demonstration.
Children's Self-Defense Festival.

May 1st. Japanese Village Plaza Demonstration.
Children's Self-Defense Festival.

Free Security Parking

The dojo now has free, security parking on the east side of the building. There are entrances at Second St. and Third St. but the Third St. entrance is more convenient to the dojo.

Get the secret code from Mr. Ken Watanabe or Mr. Kenny Furuya or press the intercom button and call the dojo and we can open the gate automatically. Please take advantage of this new convenience. Thank you.

Please pay your dues on time.
Your support and contributions are vital to us.
Thank you.

Special Announcements

Many thanks to the following members who paid six months dues to help out the dojo finances in January: Dr. Cheryl Lew, Dr. James Doi, Richard Eloriagga, and Bill Gillespie. This is greatly appreciated and really saved our dojo from hard times.

Since the failing economy in Little Tokyo over the last several months and the terrible earthquake in January, our membership is down. We appreciate everyone's help in getting in new members and soliciting contributions.

In April, we have the Cherry Blossom Festival demonstration at the Japanese Village Plaza on the 16th and 17th. Also, there will be another demonstration at the JVP on April 30th and May 1st which we will be participating in.

On April 25th, we will be celebrating Sensei's birthday with dinner at the Empress Pavilion in Chinatown. Please make your reservation by April 15th. Everyone is invited for a good time. We will be taking a dojo photo, everyone please come.

On April 26th, we will have a special practice commemorating O-Sensei's Passing on April 26, 1969.

We thank all our members and friends for supporting the dojo with their generous loyalty and committment.

In Gassho

*Aikido Center of Los Angeles
Kensho Furuya*

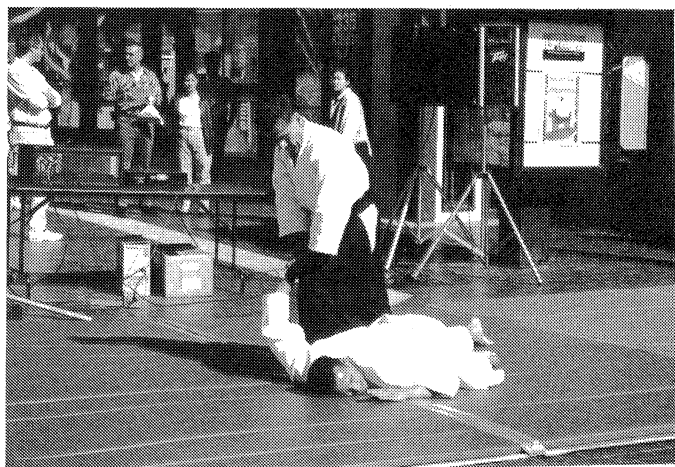


Nakayama Sensei of the Chushinkan Dojo in Orange County conducting an energetic and friendly class.

Japanese Village Plaza Demonstration Feb. 12 & 13th.



Mitsuko-san, 2nd dan - Three man randori with James Doi, Yasushi Matsuki and Ken Watanabe.

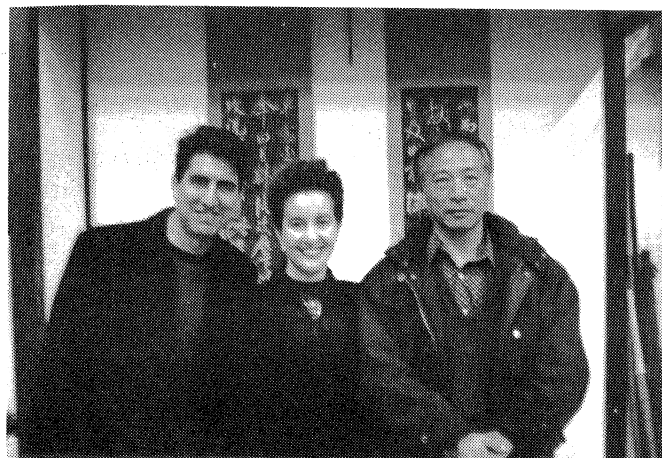


Richard Eloriagga, 2nd dan, demonstrating with Michael Amparano. Richard is one of ACLA's senior members.

One Busy Day with Master Hsu



Master Hsu with his daughter and friends for late coffee at St. Honore in Alhambra.



With one of his new editors Marian Castinado and her husband Ryan. Marian was also the former editor for Sensei's "Ancient Ways" column in Martial Arts Training magazine.



Enthusiastic instruction for Bill Gillespie and his lovely girlfriend, Ms. Kelly Kightunger, during the Special Seminar on Feb. 21st.

Participants of the Special Joint Practice on Feb. 6th. with James Nakayama Sensei.

ACLA: Ken Watanabe, Kenny Furuya, Bill Gillespie, Yasushi Matsuki, Mitsuko Yoshimoto, Brigido Anaya, Norman Lew, Mark Shprintz, Andy Kissel, Rick Parents, James Doi, David Ito, Richard Eloriagga, Steve Tarango, Steve Sahl, Kevin Sonico, Michael Cervantes, Kristine Lew, Douglas Lew, Sasi Prasertsit, Meynard Ancheta, Chris Mitchell, Genoveve Ty, Mark Ty, Cromwell Ty, Kaoru Tamura, Bruce Ino, Aaron Hill.

Chushinkan Dojo: Moritaka Nakayama Sensei, Richard Zielinski, Christine Dyer, Patty Jensen, Mark Cardillo, Steve Delape, Bihn Nguyen, Ken Turlis.

Participants of Master Hsu's Special President's Day Seminar on February 21st.

John Vargas, Dr. Jeff Johnson, Dr. Cheryl Lew, Dr. James Doi, Bill Gillespie, Steve Tarango, Sasi Prasertsit, Bruce Ino, Kevin Sonico, Norm Lew, Mark Ty, Cromwell Ty, Genoveve Ty, Mitsuko Yoshimoto, Kristene Lew, Chris Michell, Rick Parents, Dan Yoshimura, Ken Watanabe, Aki Kuwahara, Kenny Furuya, Kelly Kightunger, Chit Bao, Lance Budris.

Special Thanks

From Master Adam Hsu

Many thanks to the following dojo members who helped out with the video shooting on February 19th and 20th, with a very special thank you to Mr. Mark Shprintz who lent his professional expertise and valuable time to the project.

Mark Shprintz - Director
Dr. Cheryl Lew - Cameraman
Ken Watanabe - Assistant Cameraman
Dan Yoshimura - Cameraman
Steve Tarango - Cameraman



James Nakayama Sensei to the left of Sensei.
The great and enjoyable practice for both dojos.



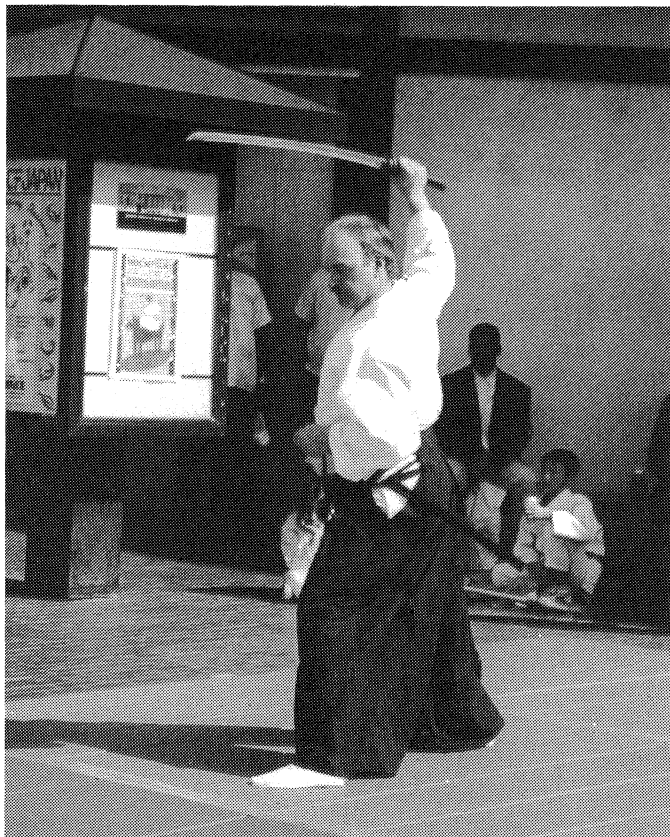
Master Adam Hsu, center, with members of the Special President's Day Seminar.

Mr. Liu San Chang and Ms. Marie Anthony from San Francisco, Dr. Jou from Orange County and Mr. Lance Budris from Hawaii were among the special guest participants for Master Hsu's fourth seminar at our dojo.

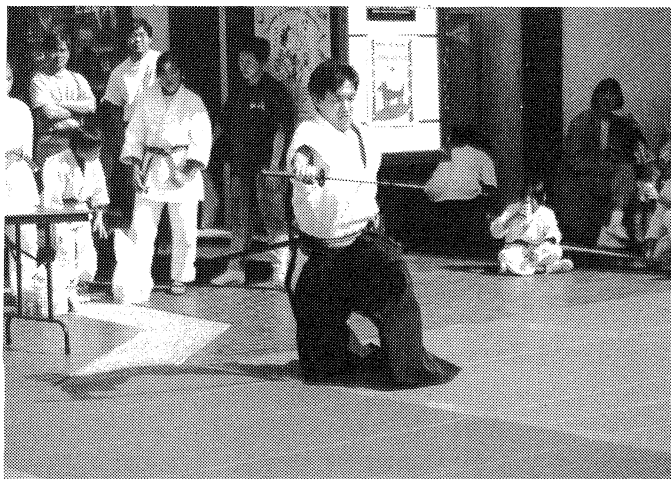
Reminder To All Black Belt Holders

This is a reminder that all Black Belt members of the Aikido Section of the Yudansha Kai are required to attend the Monthly Black Belt Meeting and the Monthly Intensive Training Seminar on the 4th Saturday of every month from 6:30am-8:30am. If you are unable to attend, please report to Sensei. Thank you.

Kenshinkai



Gary Myers, 4th dan, demonstrating Hasegawa Eishin Ryu Iaido at the Japanese Village Plaza.



Ken Watanabe, 2nd dan, demonstrating powerful cut in Shoden Omori Ryu Iaido.

Notice: Intensive Iaido Seminar
March 19th - 6:30am - 8:30am
Breakfast Meeting follows.

kokoro-e:

Swordsmanship Is Every Minute Mindfulness

The goal of swordsmanship is to cut the opponent down in the fastest and most efficient way. If we somehow manage to save our lives at the same time, it is even better. The techniques do not always guarantee that the victor will live. Therefore, the mental state one must achieve when executing the Iaido technique is to give up the idea of saving one's self. This does not mean that we must give up or surrender to the circumstances but we must understand how fragile and how transient life is. As ironic as it may be, this brings us to the understanding of how precious our lives really and truly are.

To know how one's mind, set on downing the opponent, ultimately leads to knowing the true value of life is the door through which we enter the spiritual side of the art. You cannot understand this through logic or through a small, self-serving mind which is bent on personal profit and self-convenience. This understanding can only come through our training. How do we train for this? We must develop a sensitivity to each action, to everything we do in our lives.

After practice, everyone takes time to clean their sword and fold their hakama. We also use this time to talk and chit-chat with our classmates. This is all very nice but sometimes we become so involved in gossip that we forget everything we learned in class. While folding your hakama and cleaning your sword, your attention should go to cleaning your sword and folding your hakama. It is a moment to calm yourself and reflect just a moment on everything you learned in class.

When I was training with my teacher, it was vital to me to fold my hakama very quickly because I was responsible for folding my teacher's hakama as well. If I took time to talk or fool around, before I knew it my teacher was already waiting at the door and I haven't even changed my clothes yet. I couldn't go over to him and say, "Honorable teacher, wait a minute while I get ready!" Our training continues every minute of the day. To be prepared, to be sensitive, to be aware is the essence of training. One finds that despite our efforts to be in the moment, the unexpected continually creeps up on us and we are still caught unawares. Bring your training into every minute of the day and one eventually sees the true nature of Iaido - to understand the real value of our lives. Practice hard!

Kensho Furuya

1994 ACLA IAIDO KENSHINKAI

Training Schedule

Wednesdays: 8:45pm-9:45pm

Saturdays: 9:00am-10:00am

Sundays: 7:30am-8:30am

Monthly Iaido Intensive Seminar

March 19th, 6:30am-8:30am
Monthly meeting/breakfast follows.

The Iaido Intensive Seminar is held on the third Saturday of every month from 6:30am.

RAFU TOKEN KAI
Los Angeles Sword Study Society

First Friday of every month from 7:30pm.

Program: Making oshigata and recording information about your sword. Please bring your oshigata equipment.

Everyone is welcome.

BUDO STUDY SERIES:

"The Life and Art of Miyamoto Musashi, the Swordsman, and the Book of Five Rings."

2nd Friday of the month
from 7:30pm to 9:00pm.

Please bring a 3-ring looseleaf notebook and pen and pencil. You will be taking some notes but there will be hand-outs of translations and Sensei's personal notes which is recommended you keep together in a 3-ring binder. Everyone is welcome to attend and join us in our study class.

Text: The Book of Five Rings. Overlook Press, 1982.

'94 Training Schedule

AIKIDO
BEGINNING OPEN CLASSES

Tuesday, Thurs. & Friday Mornings
7:00am-8:00am (Subject to change.)

Mondays thru Fridays
6:15pm-7:15pm
7:30pm-8:30pm (Except Tues & Fri.)

Saturday Mornings
10:15am-11:15am

Sunday Mornings
9:45am-11:00am

ADVANCED & INSTRUCTORS'
CLASSES

2nd Kyu & up. Please bring bokken & jo.

Tuesdays
7:30pm-8:30pm

Saturdays
11:30am-12:30pm

4th Saturday
Monthly Intensive Seminar
MARCH 26, 1994
6:30am-8:30am
Attendance required.

CHILDREN'S AIKIDO

Sunday Mornings
8:30am-9:30am

YUDANSHA KAI
ACLA Black Belt Association
Meeting: March 8th.
Tuesday, 8:30pm