

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Affiliations: The Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, Tokyo, Japan
The United States Aikido Federation Eastern Region, New York, New York
The Los Angeles Sword & Swordsmanship Society, Los Angeles, Ca.
The Aikido Center of Santa Monica - Branch Dojo, Santa Monica, Ca.

March 1, 1995

Vol. XIII Number 3.

New Dojo Executive Advisory Board to be Installed

As of February, Sensei has approved an Executive Advisory Board of the Dojo to begin the process of creating a smoother operating and more efficiently managed Dojo. The first members are made up of old time and committed students who have offered their time and energies. We are always looking for more volunteers and expertise. Their first task will be to create a better Cont.



**FOUNDER
OF AIKIDO
Ueshiba Morihei
O-Sensei's**

**27th Annual Memorial
Service on
April 26, 1995**

**Special Practice-6:15pm
Service-7:30-8:00pm
Reception-8:30pm**

*Please attend this very
important Dojo event.
RSVP for the dinner-
reception by April 21st..
Seating is limited.*

Dojo Welcomes Kawai Sensei, Chief Instructor Kuki Dojo

On January 23rd, we met Kawai Sensei, Head of the Kuki Dojo, a branch school of the Omiya Dojo in Saitama, Japan, under the direction of Ichizuka Sensei. Kawai Sensei arrived on the morning of the 23rd, toured LA, taught class in the evening, had dinner with some of the students, and left for Las Vegas early the next morning on a whirlwind tour. Kawai Sensei said he enjoyed practice very much and commented that he had expected Aikidoists in this country to be more stiff, using more muscle, with less knowledge of basic technique. He said that he was extremely impressed



Kawai Sensei with after practice. His 1st visit to our Dojo. with the smoothness of technique, stamina and expertise of the students. He was very pleasantly surprised and enjoyed training with all of the members.

Membership Drive: Introduce a friend to the Dojo.

Kawai Sensei continued:



Kawai Sensei teaching class.



At the Tung Lai Shun Restaurant in San Gabriel.



Enjoying dinner during his short stay in Los Angeles.

ACLA DOJO NEWSLETTER

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by Rev. Kensho Furuya

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New Executive Advisory Board cont.

accounting and accounts payable system. Secondly, they will begin to create a better system for the collection of monthly dues and recording students' attendance. Their third task is to encourage better communication among the members and with the instructors.

The ultimate purpose of this Executive Advisory Board is to enhance the operation of the Dojo on the administrative side to ensure better general operation of the Dojo and to free Sensei to concentrate on teaching Aikido in the Dojo and his writings.

Sensei hopes that this new Board will also act to represent the concerns and ideas of the general membership with the express purpose of creating greater harmony and mutual understanding.

Sensei considers himself somewhat of an antique with an attitude and mind of the so-called "old school" and fully understands that this can be frustrating for many new members. He hopes that this Board will bridge the gap between this "old antique" and our generation.

Sensei asks for everyone's cooperation and support and that everyone must be very flexible and creative in their actions and attitudes towards the success of this project. This is a very new project for the Dojo and no one knows what final form it will take. Sensei also welcomes all members who wish to volunteer their talents and time above and beyond the call of practice and become a member of this Board. The Board, at this point in time, is looking for those with experience in accounting, marketing, administration and general management skills.

* * *

Sensei's Message:

The New Dojo Executive Advisory Board

This Board has always been a major project of mine ever since I built and opened this Dojo over 12 years ago. Unfortunately, until now, our accounting and finances have always been in such a sorry state that I felt that I could never turn it over to my students until I, at the very least, got it into some condition of sanity and reason - I dare say "solvency?" It has never happened and, putting aside all sense of pride and honor, I am handing this, as is, over to my students. I apologize that it is such a big mess. I have confidence in my students and I know that it can be rather easily straightened out. For several years now, several students have helped me out in keeping a few dojo matters in order by taking care of several of the accounts for me and it has worked out extremely well. I am taking the second natural step of expanding this to a number of members taking care of all the Dojo accounts finally realizing the new "Dojo Executive Advisory Board." One student has already commented, "Sensei, this is only a fancy name for an official pencil-pusher!" I hope you will feel it is much more than that as I do. I ask for everyone's support. I strongly advise everyone that it should never become a matter of "politics" or "power" but should always be, as O-Sensei taught, a way of practicing our Aikido. Let's all work together and set the best example to each other for mutual growth and understanding. I am sure there are more people who would like to help the Dojo and I hope that you will let me know. I just have not found you yet. I truly believe this is a big step forward for the Dojo and you have all my thanks. Cont.

Introducing
New Members of our
Executive & Advisory
Board:

Dr. James Doi

(Iaido Dept.)

Mr. Gary Myers

(Legal)

Mr. Bill Gillespie

Mr. Curtis Westfall

(Membership)

Mr. Richard Eloriagga

Mr. Ken Watanabe

Mr. Ken Furuya

Mr. Norman Lew

Mr. Andy Kissel

Mr. Steven Sahl

(Accounting)

Dr. Cheryl Lew

Mrs. Marlene Lew

Mr. Steve Tarango

Mr. Dan Yoshimura

Mr. Bruce Ino

Congratulations

Fumio Demura Sensei of the
Shito Ryu Itosu Kai & Japan
Karate Federation for his
30th year in America.

Children's Day Festival

Kodomo-no-hi

May 6th, Saturday, is the Children's Day Festival at the JACCC in Little Tokyo. We will be conducting an Aikido & Iaido Demo along with Demura Fumio-Karate, Yamazaki Kiyoshi-Karate, Shikai Masashi-Kendo, Helen Nakano-Naginata, Arthur Ishii-Okinawan Karate, Richard Kageyama-Shotokan Karate, and others.

Sensei's Message cont.

James Doi is one of my most senior students who started under me in 1968 when I taught at USC and came back to the Dojo several years ago. Because of his gentle nature, very practical, down to earth intelligence and long experience in Aikido, being in several different dojos in the past, I hope he will take the initiative in this project.. The only other exception as an old senior student is Dan Yoshimura in our Iaido Dept. who studied under me when I taught the Children's Class at the Los Angeles Aikikai. This was about 25 years ago. Gary Myers is one of my oldest students in Iaido, about 10 years, and he along with Bill Gillespie and Curtis Westfall have been helping with the Dojo accounting over the last several years. They have been a great help. I am assigning Bill and Curtis as our legal consultants. I have also created sub-headings of "Membership" and "Accounting." The meaning and purpose of the Accounting section is obvious. I do thank Marlene Lew, Norman Lew's better-half, who is the only non-member of the Dojo who has offered her time and expertise as an accountant.. I believe as of now, she is an honorary and official member of the Dojo. The "Membership" section will act to communicate and represent the concerns, ideas, input and contributions of the general membership. As I have mentioned before, the first concern, at the moment, is to create an orderly and efficient accounting system and everyone should direct their energies towards this.

In support of this, I hope the membership will make a greater effort to support the Dojo. We have a very fine Dojo with a 1st class reputation and we can only maintain this through continued growth and development.

Many thanks,

Reverend Kensho Furuya

Kobe Earthquake Relief Work: A Voluntary Volunteer

By Kensho Furuya

As everyone knows, on January 17th, there was a devastating earthquake which almost completely destroyed the city of Kobe. Over 5,400 lives were lost and 250,000 people were left homeless. It is strange that it happened on the very same day we had our earthquake exactly one year earlier. I think that all of us in Los Angeles were rather anticipating an earthquake here and, when it happened in Kobe, some of us (all of us, perhaps) gave a quiet sigh of relief while registering on our faces shock and horror at the totality of the destruction.

The first reports were confused and contradictory. Obviously, everyone was in shock and certainly no one knew what to do really. Reports said that the government moved too slowly and too inefficiently. At first Japan didn't need help. Then, they needed help. At first, they only requested financial aid and it was soon known that they needed supplies and the basic necessities of clothing and food. Misery and suffering caused by the earthquake was further aggravated by a rainy season causing a near epidemic flu outbreak, immediately followed by the bitter freezing cold of an untimely snow.

The Consulate of Japan requested the JACCC to act as a major collection point for donations of clothing and other materials. Mr. Miles Hamada was put in charge of operations. Concerned about the people in Kobe, anxious to help out my good friend, Miles, and finally in some way to fulfill the vows of my priesthood, I decided to volunteer. It is something I have never really done before in this type of situation although I have given it considerable thought at other times. Without giving it much more thought than that, I went down to the JACCC to offer my assistance whatever that might be. Seeing Miles sitting there all by himself, I offered my greetings to which Miles' response was, "Are you here to talk or to work?" Trying not to pay too much attention to this clever way he hooked me into the job, I got down to work. The process itself was simple. We receive the goods and request that they fill out a donation form. The goods are then brought into the main work room - the North Gallery - where they are inspected and sorted. When



Mrs. Ikuko Takahashi & Sensei labelling the boxes and creating the invoices for shipment.

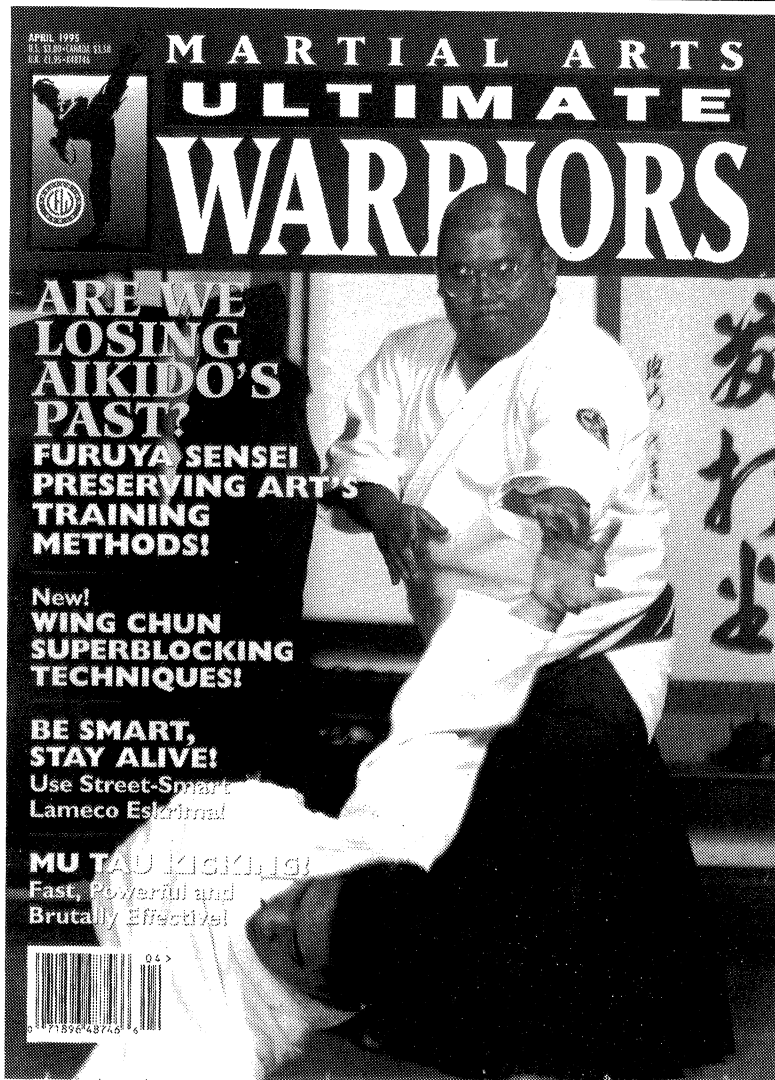
sorting box becomes full. The goods are removed, tallied, refolded and packed. The next step is to seal the box and add the label. Next, the contents and numbers are recorded on the box and in the computer to create a shipping manifest for customs. Finally, the boxes are stacked in numerical order and await the Nippon Express truck to pick them up. They were shipped to Japan by Japan Airlines and All Japan Airlines, free of charge. By the end of this three week challenge about 4,000 boxes of good were processed. It was a lot of work but a feel-good job. It was a great learning process as well.



Some of the hard-core workers.

I would like to thank Miles Hamada for a great job and also my students who donated many things to be sent to the people of Kobe. I also thank Rey Espino who helped out for one hour - I bought him dinner afterwards so we are even and to all my students for their patience and understanding during this busy time.

Next time, let's all help out and volunteer our energies for good causes. I truly believe this is the public spirit of Aikido we must achieve in our lives.



"Ultimate Warriors"
Cover Story
Features
Kensho Furuya Sensei

Aikido Training Methods:
Past & Present

April 1995 Issue.
On your local newstand now!

Remembering the Founder:

Quite some time ago my father returned from one of his many conventions and business meetings and asked me such a strange question under such odd circumstances that I have never forgot this episode. With a rather puzzled expression, he asked, "You have always told me how great your Aikido teacher is, but are you sure about this? You are sure he is so well known? (My father never approved of me practicing Aikido and never really knew much about my obsession) "Why?" I asked thinking that this is such a ridiculous question.

"I just attended a big convention and happened to sit next to someone who said that he too is an Aikido teacher with over 15 years experience with the rank of 3rd Dan. He knew who you were (myself) but he never heard of Morihei Ueshiba or Kisshomaru Ueshiba when I mentioned their names."

I could only reply: "He is no Aikidoist whatever he says. If he is, he doesn't belong in Aikido." Actually my language was quite a bit stronger than this, highly unprintable, and definitely not fit for our Newsletter or the tender ears of young children and ladies.

As a young Aikidoist, we understood and fully appreciated how Aikido and the Founder were one and the same thing which was and is totally unseparable. It is 27 yeears since his passing so it is appreciated that, for a majority of Aikidoists today, O-Sensei is only a distant and vague image. Yet all Aikidoists, especially teachers, owe O-Sensei a great deal and have the responsibility to keep his memory alive. Indeed the ultimate focus of our training is to finally understand his Teachngs. Today, many lack this sense of gratitude to the Founder and it is a very sad thing. I know that many dojos do not even have his picture placed in a position of honor in their practice area. Few even know his name or who he is!

Today, O-Sensei is not only remembered in the mainstream Aikido community but he has become an inspiration for all martial arts disciplines. He is the subject of intense discussion and study among religious leaders, philosphers, writers, poets, and many of the top thinkers today in Japan and in many parts of the world. Our Dojo keeps O-Sensei's memory alive and well. Thank God! I hope everyone will appreciate this and thank O-Sensei each time we practice. Indeed, O-Sensei's practice uniform is enshrined in our Dojo so we can say his actual spirit is here with us as well.

Remembering the Founder con't.

April 26, 1995 is the 27th anniversary of O'Sensei's Passing and our Dojo observes this day as one of the most important events of the year. Everyone is urged to come.

This year, our arrangements are very simple. We will have practice from 6:15pm-7:15pm as usual. A priest of the Zen-shuji Temple will conduct a Memorial Service for O-Sensei from 7:30pm-8:00pm. At this time, during the reading of the sutras, each person will offer incense. From 8:30pm we will have a reception at a local restaurant and enjoy each other's company.

Offering incense or "o-shoko" is a way of paying one's respects. Put your hand together and bow once. Take a small pinch of incense (looks like sawdust) and place it on the charcoal in the incense burner. Put your hands together and bow again. It is very simple.

The reading of the sutras is beautiful and the fragrance of the incense is very spiritually calming. The incense is the same as that used in the Zen monastery during meditation. I believe everyone will enjoy and receive great spiritual strength from this ceremony honoring the Founder. Everyone is invited. You may bring your friends and family as well.

Please do not forget O'Sensei's great contribution of Aikido. Thank you.

Recently, a student attended practice at another school and many rude and disrespectful things were said about the Founder of Aikido. It is not necessary to do anything in this circumstance but one must deeply question the motives and qualifications of the instructor who would do such a thing. Oddly, this student was rather taken in by all his talk and joined his school. I am very ashamed that such a person was my student, and cannot believe that I could raise someone who had no appreciation or respect for O'Sensei. Also, that it happens so close to O'Sensei's memorial day causes me to think more seriously about how we educate and encourage our students in training.

To respect yourself, you must learn to respect others. Without respect for Nature, we are not long for this world. There is an ancient saying that "all martial arts begins and ends with respect."

Congratulations

Congratulations are in order to Don Diamante, star of the popular TV soap-drama, the "Young and the Restless," on the birth of his third son in February. Don is one of Sensei's private students and will soon be travelling to Israel to shoot his first action movie. We wish him and his family all of the very best.

Bring a friend to the Dojo.

News Items:

On February 26th, Sensei gave a lecture on early iron Japanese sword guards at **Yoshino Japanese Antiques** in Old Town Pasadena. Many "tsuba" displayed were on exhibit for the very first time.

Sensei has been elected to edit the Newsletter for the **Greater Little Tokyo Anti-Crime Association in Little Tokyo**.

He will also be in charge of making arrangements for the May 6th **Children's Day Festival Martial Arts Demonstration** at the JACCC Plaza. Everyone is invited. There will be many activities in addition to the martial arts and also a Pacific Asian Arts and Crafts Faire.

On March 6th, Dojo members are volunteering help and energy for the Little Tokyo water-station at Second and San Pedros Sts. in the Weller Court for the **LA Marathon** runners. All Dojo volunteers should be at the station by 6:00am sharp wearing their Dojo t-shirts. We need to decorate the area with balloons, pass out cups of water to the marathon runners, and clean-up afterwards. Refreshments will be served.

Many, Many Thanks!

Hearfelt thanks are given to all those who contributed and/or helped with the Kobe Earthquake Relief operation at the JACCC these past few weeks. Our Dojo members contributed about eight bags of used clothing. This is greatly appreciated.

In addition to Dr. Cheryl Lew's name, we do need the names of the other contributors for our records.

Thank you very much.

The Aikido Center of Los Angeles

Gabriel Zorilla, Mexico

January 18th.

Due to the current economic and political situation in Mexico as well as the recent peso devaluation the company I was working for started reducing expense. One of the most affected areas were the US offices and as a result I was asked to return to Mexico.

I would like to thank everyone for th warm reception, for the support and friendship through out the year and a half I spent in LA. I am returning to Mexico having learned a lot from everyone and with very fond memories. It is with great sadness that I leave, and will miss the Dojo and its members especially.

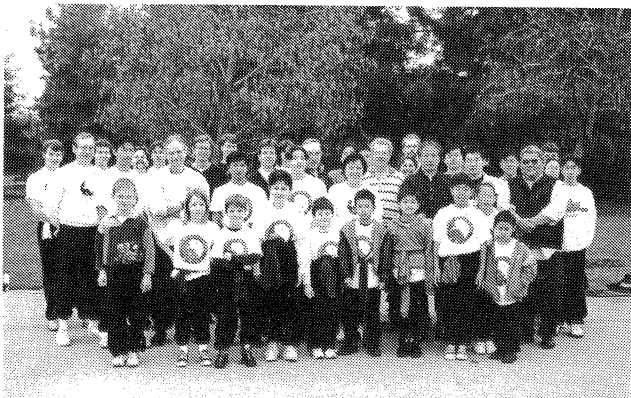
I miss practice very much, but hopefully I will be able to start practicing once again by the end of February. Although I am still not sure when it will be possible for me to return to LA, I would like very much to keep hearing from you. My current address is:

*Gabriel Zorilla
Sierra de la Brena #156
Lomas Reforma
Mexico, D.F. 11000*

Best regards, your friend always, Gabriel

Please write to Gabriel if you have a chance. Sensei has his telephone number on file.

Sensei Visits Master Adam Hsu February 3rd-5th.



With Master Hsu & his Saturday Morning Class

Sensei celebrated the Chinese New Year with Master Adam Hsu in San Francisco with his students and discussed Master Hsu's video jackets which Sensei is

Please remember our Founder:

O-Sensei's 27th Anniversary Memorial Service

April 26, 1995

**Practice - 6:15pm-7:15pm
Service - 7:30pm-8:00pm
Reception - 8:30pm-10:00pm**

Zen Buddhist Memorial Service will be conducted by Rev. Furutani of Zenshuji.

Place of dinner reception to be announced. Please make your reservation early for dinner-reception. Seating is limited.

*This is the 27th year of O'Sensei's passing
on April 26, 1969.*

designing. Master Hsu's video series on Taiji Quan and Bagua Zhang, both in three volumes each, will be out very soon. Master Hsu is one of Sensei's old friends in martial arts and visits him frequently at his home in Northern California.



Sensei having excellent Chinese tea with Master Hsu and Marie Anthony, his Secretary, at Sensei's favorite Imperial Teahouse in San Francisco's Chinatown.

Important Dates:

March 3rd. Sword Study Class 7:30pm.

March 10th. Budo Study Class 7:30pm.

March 18th. Iaido Intensive 6:30am.
Breakfast Meeting follows.

March 25th. Black Belt Seminar 6:30am.
Breakfast Meeting follows. All Black Belts
& Instructors should attend.

April 26th. O-Sensei's 27th Year Memorial
Practice & Service.

March 26th & 29th. No Iaido practice.

May 6th. JACCC Children's Day Festival
Martial Arts Demonstration. All day.

July 8-9th. Lotus Festival Demonstration.
Echo Park, Hollywood.

July 15th. Obon Aikido & Iaido Demo at
the Pasadena Buddhist Church.

August 19th. Nisei Week Demonstration.

Announcements:

Sensei has been elected as President of the Yamanashi Kenjinkai - the Yamanashi Prefectural Association and is now, simultaneously, on the Board of the Kenjinkai Kyogikai.

Sensei has been nominated to the post of Chairman for Sports and Exhibitions for the 1995 Nisei Week Japanese Festival this year.

Upcoming Books By Kensho Furuya

THE TAO OF AIKIDO

Comprehensive volume on basic Aikido techniques and the spiritual aspects of practice, emphasizing Aikido in the philosophy of daily living.

ANCIENT WAYS

The very popular "Ancient Ways" column will now be in book form covering the column appearing the MA Training Magazine over the last eight years. This column was elected as most popular and well read column in a national survey in 1993 and 1994 consecutively.

Future Publications

INTRODUCTION to the JAPANESE SWORD

Official Dojo Patches Available

Dojo patches are still available. We have a new shipment. They are a \$5.00 donation each and should be worn one inch below the shoulder seam on the left shoulder of your uniform. You can also use the patches to decorate your favorite jacket, uniform bag, baseball cap, weapons bag, etc. Please do not use on the seat of your pants.

NEWSLETTER NOTICE

Due to rising postal fees and printing costs, we will be cutting our mailing lists for the Newsletter. If you wish to continue receiving your subscription, please let us know.

NEW FROM UNIQUE PUBLICATIONS!

Aikido Shoshinshu

THE ART OF AIKIDO

A Nine Volume Video Series Featuring
Kensho Furuya

Kensho Furuya, Aikido 5th Dan brings over thirty-five years of experience in Aikido to a monumental nine volume series of highly instructional videos. Detailed, step-by-step instruction is easy to follow and clearly understandable. Furuya Sensei covers all aspects of training and takes the beginning student on an enriching journey through the physical and spiritual "Art of Aikido." Furuya Sensei is a student of Doshu Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan and is the resident Chief Instructor of the Aikido Center of Los Angeles. He is an ordained Zen priest, scholar and laido master of the sword.

VOLUME 1 (#AIK01)

- Remembering the Founder of Aikido and Doshu
- General Introduction to Aikido Techniques
- The Principles of Entering and Turning
- Keiko-Gi—The Practice Uniform
- The Meaning of Practice

VOLUME 2 (#AIK02)

- Basic Techniques
- Throwing and Joint Techniques
- The 5 Controls: Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo

VOLUME 3 (#AIK03)

- Aikido is Commitment and Perseverance
- Ukemi—Breakfall Training
- More Basic Techniques and Freestyle Applications
- The Principle of Tenshin
- Ki—Vital Energy
- Internal Breathing Exercises
- Training is a Lifetime Study

VOLUME 4 (#AIK04)

- Katate Tori Ryote-Mochi—Against 2-Hand Grip
- Ryote Tori—Against 2-Hand Hold
- Practice Serenity
- Rei-Gi Saho—Etiquette in the Dojo
- Koshinage—The Hip Throw
- Words of a Zen Master
- Words of Tesshu the Swordsman

VOLUME 5 (#AIK05)

- Beginning Your Practice
- Going With the Flow
- Suwari-Waza Kihon—Basic Techniques from Sitting Position
- Gokyo—The 5th Control Against Knife Attacks
- Hanmi Handachi—Sitting Techniques Against Standing attacks
- Kokyu Dosa—Sitting Ki Development Exercise
- Katatori—Against Shoulder or Lapel Attacks
- Su-Nin-Kake—Negotiating Multiple Attackers
- Go-Nin-Kake-Randori—Freestyle Against 5-Man Attack

VOLUME 6 (#AIK06)

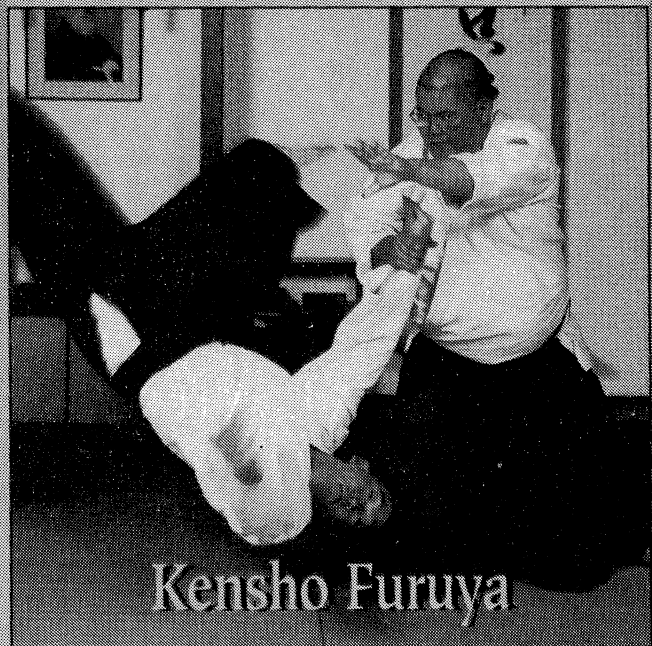
- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

AIKIDO SHOSHINSHU

合気道初心集

THE ART OF
AIKIDO

VOLUME 1



VOLUME 7 (#AIK07)

- Shomenuchi—Against Direct Thrusts
- Ushiro-Waza—Basic Techniques Against Attacks from Behind
 - Ushiro Katate-tori Kubishime—Choke from Behind
 - Ushiro Ryote-Tori—Both Hands from Behind
 - Ushiro Ryohiji-Tori—Both Elbows from Behind
 - Ushiro Ryokata-Tori—Both Shoulders from Behind

VOLUME 8 (#AIK08)

- Atemi Waza—Use of Striking in Execution of Techniques
- Negotiating Kicks
- Tanto-Tori—Strategy Against Knife Attacks
- Aiki-Ken—Sword Training Fundamentals

VOLUME 9 (#AIK09)

- Jo—Introduction to Long Staff Fundamentals
- Black Belt Examination Requirements

Only \$39.95 each

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AIKIDO

Training Schedule

BEGINING & OPEN CLASSES

Mondays thru Fridays
6:15pm - 7:15pm

Mondays & Thursdays
7:30pm - 8:30pm

Saturday Mornings
10:15am - 11:15am

Sunday Mornings
9:45am - 10:45am

ADVANCED & INSTRUCTOR'S CLASSES

Please bring bokken, jo & tanto.

Wednesdays
7:30pm - 8:30pm

Saturday Mornings
11:30am - 12:30pm

MONTHLY BLACK BELT INTENSIVE SEMINAR

Please bring bokken, jo & tanto.

Every 4th Saturday of the month
6:30am - 8:30am

CHILDREN'S AIKIDO CLASSES

7 - 17 yrs.

Sunday Mornings
8:30am - 9:30am

KENSHINKAI

Traditional Japanese Swordsmanship

Tuesday Evenings
7:30pm - 8:30pm

Saturday Mornings
9:00am - 10:00am

Sunday Mornings
7:30am - 8:30am

MONTHLY INTENSIVE SEMINAR

Every 3rd Saturday of the month.
6:30am - 8:30am
Monthly Meeting follows.

Santa Monica Branch Dojo

Tuesdays & Thursdays
7:15pm - 8:15pm

Sundays
12:15pm - 1:15pm

2300 Santa Monica Blvd. at Cloverfield Blvd.
In Santa Monica. Free Parking.

Special Monthly Study Classes

Japanese Sword Study Class
Every 1st Friday of the month from 7:30pm.

Budo Martial Arts Study Class
Every 2nd Friday of the month from 7:30pm.