

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

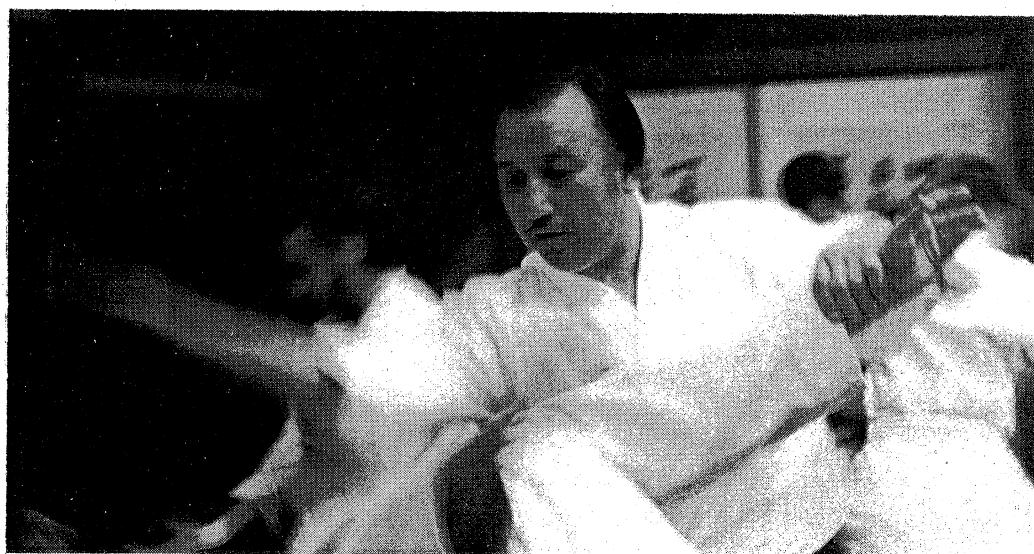
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Nihon Iaido Kenshinkai, Los Angeles Sword & Swordsmanship Society

March 1, 1996

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HOMBU DOJO FUJITA SENSEI VISITS ACLA Feb. 12th.



Fujita Masatake, 8th Dan Shihan, at the Aikido Center of Los Angeles

Fujita Masatake Shihan, 8th Dan, General Secretary of the Aikido World Headquarters, visited the Dojo on February 12, 1996 and taught a special class. This is his first visit to the Dojo and a reunion with Sensei of more than 27 years. Fujita Shihan presented Furuya Sensei with his 6th Dan Promotion Certificate from Doshu which was issued during the New Year's Celebration in Japan on January 14th. Fujita Shihan also brought over with him a custom-made hakama made especially for the occasion for Sensei by Isamu Ichizuka Sensei, Chief Instructor of the Omiya Dojo in Japan. This landmarks Sensei's 35th year in Aikido.

Fujita Shihan arrived to the Dojo in the morning and took luncheon with Sensei and talked about old times at the beautiful Terrace Restaurant at the Ritz Carlton Hotel in Pasadena. Later, he taught class and commented that he was very impressed with the members of the Dojo and their practice. From Los Angeles, Fujita Shihan went on to South America to visit San Paulo, Brazil, before returning to Japan.



**PRACTICE
DURING
FUJITA
SENSEI'S
VISIT**

Many Thanks:

We thank Fujita Sensei for presenting the Dojo with Doshu's new video tape, Aikido: Living with Nature. We will be showing the video in the Dojo at the next big gathering.



Fujita Shihan with Dojo members. Left to right: Kenny Furuya, Furuya Sensei, Fujita Sensei, Ken Watanabe and James Doi. Other assistant instructors in the photo line-up are William Gillespie, Richard Eloriagga, Steven Sahl, Curtis Westfall, Andy Kissel, Norman Lew, Steve Tarango, and Ismael Araujo, Jr.,

**Ancient Ways Book Coming Soon This Month
Order Your Copy Now!**



DOJO CLEAN-UP March 15th.

The Dojo needs many volunteers on March 15th, Friday evening, to do last minute clean-up before the Da Camera Society Concert on March 16th. We are expecting about 200 guests on that day. We are honored that our Dojo is included among many of the famous historical landmarks of the Los Angeles area. This year the Dojo is 99 years old. Please help out. Thank you.

ACLA

Joining Fujita Sensei for dinner with the members of the Dojo is Mr. George Kongo of the Tenshinkai Dojo in Westminster who made all the arrangements for Fujita Sensei's visit. Mr. Kongo has attended several of our demonstrations in the past at the Japanese American Cultural & Community Center and came to introduce himself personally that evening and escort Fujita Sensei back to his hotel.



When It Is Hard To Sit:

During class, when it is hard or painful to sit in the proper *seiza* style, it is okay to sit in the *agura* style with your legs crossed in front of yourself. It is not proper to sit with your

legs stretched out in front of yourself or pointed towards the front. When you are in *seiza* style, bow slightly first, and then change to the *agura* style without too much noise or disturbance to the other students. When you have rested enough, bow slightly first and change back to *seiza*.

KODO: ANCIENT WAYS

Lessons in the Spiritual Life of the Warrior/Martial Artist

By Kensho Furuya

COMING SOON! THIS MONTH!

KODO: Ancient Ways

According to our publishers, Ohara Rainbow Publications, we should be seeing the book sometime this month.

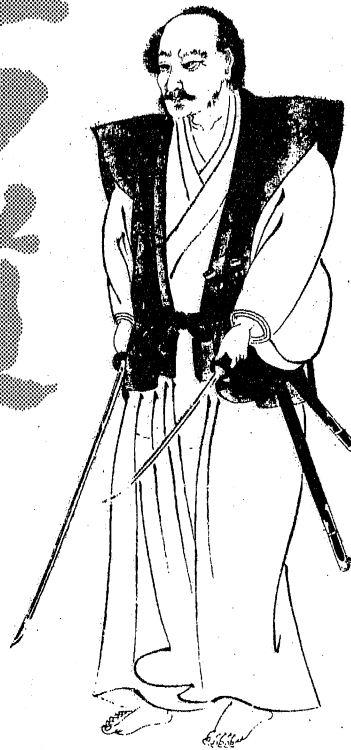
This is Sensei's first publication and is a compilation of 41 installments of his popular Ancient Ways column in *Martial Arts Training* magazine.

The book is 224 pages with 150 illustrations and 50 photos. The price is \$16.95.

Sensei will sign and seal the first 100 copies. Please place your order early. See one of the Assistant Instructors for more information.

KODO Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist



by Kensho Furuya

Everyone should be interested in the new book. It contains a great deal of new commentary added to the original text so each chapter is greatly expanded from the original version. All the illustrations are from ancient texts some over one hundred years old. Several illustrations are original by Ken Watanabe. Most of the photos have never been published before, including several of O-Sensei.

The book will come under the classification of: Martial Arts, Philosophy, Japanese Culture and Aikido.

The Dojo would like to purchase much of the first edition as possible, please place your order early by sending in your remittance. Thank you for your early orders which greatly help support our Dojo.

MANY THANKS

I would like to thank many students and friends who sent letters and gifts of congratulations on the occasion of my promotion to 6th Dan. Many thanks to Kanai Sensei and Yamada Sensei for their recommendations and to Doshu for his approval for the 1996 New Year's Celebra-

tion at the Aikido Hombu Dojo on January 14, 1996. Thank you for your continued support and encouragement. Please continue to support the Dojo. Many Thanks.

In Gassho,

Reverend Kensho Furuya
At Bansetsu-an

Da Camera Society Concert

March 16, 1996
In the Dojo

Guest Artists:
Masakazu Yoshizawa
Japanese Music

Denise Ikegami
Storyteller

Rev. Kensho Furuya
Aikido

Volunteers Needed for March 16th.

We need volunteers to help out during the Da Camera Society Concert on March 16th. We need people to act as ushers and parking guides to our guests. There will be two concerts with one hundred guests per performance. Volunteers will all have dinner with Sensei after the event. Please sign up with Cheryl Lew.

JAPANESE AMERICAN ARTISTS TOURING PROGRAM MEETS AT THE DOJO

This artistic and cultural program organized by Chris Aihara of the Japanese American Cultural and Community Center was held in the Dojo on February 7th. The meeting began at 6:30pm and ended around 10:00pm. Some of the distinguished artists of the Japanese American community who were present included master Taiko player Johnny Mori of Hiroshima and Japanese Festival Sounds, koto player June Kuramoto of Hiroshima, Nobuko Miyamoto of the Great Leap Performing Group, Annie Yoshihara of the Fujima Kansuma Kai Japanese classical dance and many others. This is a group of artists which will be on call to present performances for those educational organizations interested in programs on Japanese culture and its experience.

Crazy Japanese English

Reprinted from Ann Landers: At Times *Everything* Gets Lost in the Translation. Los Angeles Times January 28, 1996.

Tokyo Hotel: "It is forbidden to steal hotel towels. If you are not a person to do such a thing, please do not read this notice."

Japanese hotel: "You are invited to take advantage of the women who are employed to clean the rooms."

Japanese hotel: "Cold and Heat: If you want to condition the warm in your room, please control yourself."

Tokyo car rental firm: "When passenger with heavy foot is in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage, then tootle him with vigor."

Editor's Note: Funny, they all make sense to me!

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More From Keiko & David's Wedding:



Keiko & David at the wedding in Japan. Ichizuka Sensei is on the far left.



Japan wedding with (l to r) Ichizuka Sensei, David's mother and Mrs. Toshie Ichizuka. Ibaragi, Japan. December 23, 1995.

Photos were kindly sent by Ichizuka Sensei, Chief Instructor of the Omiya Dojo in Saitama, Japan. The wedding took place on December 23rd in Tokyo and a second wedding took place in Laguna Hills, CA., on December 30th, just before their honeymoon in Costa Rica. David works for the Harrison Calsonic Co. Ltd. in Ibaragi, Japan. Their California wedding was attended by Ken Watanabe, Bill Gillespie, David Ito, and Cheryl Lew. See February Issue.

New Classes Offered:

On Saturdays, from 12:45pm to 1:45pm, we are offering an additional Children's Class to our regular schedule. All youths are welcome to join our practice.

On Thursdays, from 8:30pm to 9:30pm, we are offering an Introductory Class in Iaido for all beginners. This is a required class for beginning students only. This class is taught by Mr. Gary Myers, 4th Dan.

Morning Classes:

The Morning Class schedule has changed from Monday to Tuesday mornings from 7:00am to 8:00am. The Thursday morning class remains the same. Everyone is welcome to attend our morning practice.

Santa Monica Classes:

In the current rotation, new instructors are:
Tuesdays - Mr. Steve Tarango, 1st Dan.
Thursdays - Mr. Curtis Westfall, 1st Dan
Sundays - Mr. Bill Gillespie, 2nd Dan

Assistants are: Mr. David Ito, 1st Dan, Mr. Rey Espino & Mr. Raul Montolfo.

Thank You, Ichizuka Sensei

Many thanks to Isamu Ichizuka Sensei of the Omiya Dojo, Saitama, Japan, who presented Furuya Sensei with a beautiful custom-made hakama from Japan on the occasion of Sensei's promotion to 6th dan. Promotion was made at the Aikido World Headquarters on January 14, 1996 during their New Year's Celebration.

IMPORTANT DATES:

March 9th. Lecture at the Zen Center of Los Angeles. 2:00pm.

March 14-15th. Major Dojo Clean-up.

March 16th. Da Camera Society Concert. No regular classes today.

March 23rd. Iaido Intensive Seminar. 6:30am-8:30am

March 30th. Black Belt Intensive Seminar. 6:30am-8:30am. All Black Belts and Assistants Instructors are required to attend.

April 7th. Easter Sunday. Regular Class Schedule. No Santa Monica Class today.

April 25th. Furuya Sensei's Birthday Party from 7:30pm.

April 26th. O-Sensei's Memorial Service at the Dojo from 6:30pm. Reception follows from 7:30pm.

O-Sensei's Memorial Service

April 26, 1996
Friday, 6:30pm
In the Dojo.

Reception
follows from
7:30pm-9:30pm

DEEPEST CONDOLENCES

We express our deepest sympathies on the passing of
Seigo Yamaguchi Sensei
of the Aikido World
Headquarters, Tokyo, Japan.

To All Black Belts & Assistant Instructors:

Where Does Disappointment Come From?

It is extremely important to keep up a regular training regimen in order to continue making progress in your training. You should keep in mind that when you are not making progress or behind in your training, you are not maintaining a status quo as you may think, but are actually falling behind. I have noticed lately that some black belts who have the opportunity to conduct class are not teaching correctly and occasionally making obvious mistakes. Although this is unavoidable because we are all human and make mistakes, we should avoid it at all possible costs. It is a good policy to correct the problem; don't make excuses.

As some of the senior black belts become more complacent and lax in their training, they are sometimes passed up by some of the juniors. This has happened before in the Dojo and caused some members to leave us in disappointment and frustration. Although I can understand how these people feel, it is still necessary to keep up a high standard of training and maintain a good environment for learning. Please, please, please do not set a negative example for the students.

It is very regrettable to announce that we have had to push back the date for the Black Belt Examination. In the past the candidates have had problems with work sched-

uling, illness, etc. and now it presents itself as a problem when we begin to prepare for the examination. I hope everyone works hard to maintain a stable, good level of progress in their practice.

In addition, on the occasion of my recent promotion, it is customary to promote some of my students as well. Yet, no one qualifies at this time and I very regretably must refrain from this custom at this time.

I must say that everyone is doing well and I am not condemning you. Please do not misunderstand me. But, many of you are not meeting your own potential and realizing your talents. You are not fully challenging yourself. I condemn this waste of talent and energy. I also condemn the accompanying trend towards laziness.

Please don't compare yourself to others or feel superior to others in your training. Compete with yourself only and keep in mind that even a half an inch progress is progress nonetheless.

Sometimes, we look at others and think: "I am better than them." This is a very dangerous attitude to cultivate and will also greatly hinder your own practice. Simply, you won't feel you need to practice anymore. This is very bad.

Practice for your own enjoyment but try to learn the techniques correctly. Correct technique and correct practice lead to correct understanding. I truly believe this. Finally, it is in correct understanding of the art that we find true happiness and a sense of accomplishment.

As in my own case as well, many times, we



Dojo's New Year Party

On February 3rd, we celebrated our annual Dojo New Year's Party at Lolita's Mexican Restaurant in Alhambra. We rented the whole restaurant (which is not that big in the first place) and had a wonderful home-cooked Mexican luncheon. It was a great party and everyone enjoyed themselves.

must go back to the beginning in order to take a tiny step forward in our training.

We often have many things to blame when we are disappointed. But we never look at ourselves to find the reason. In life there are always more reasons for NOT doing something as there are for doing it. We use this to our advantage everyday in our lives but more often than not, it works to our disadvantage. Whether our Aikido progresses or declines, is all up to ourselves. This is hard to face. Many times, the problem is very obvious. Many times, it is just our own natural timing. But in any case, we must always be mindful and conscientious in what we do and measure our practice carefully.

Spiritual Training Is Mindful Training

Most of us come into Aikido because of its profound spiritual aspects hoping that Aiki-

do will fulfill in some way to spiritual void in our lives. For the most part this is very true and indeed, Aikido is truly is a great art. However, it is common for us to jump too high, too quickly, being too misguided by what we read in popular books or magazines. We are too easily attracted to the "glamour" and not the reality of the art. Before we can so-called "blend with the Universe" or "harmonize our Ki with Nature," we must first go to the very first step. Practice mindfulness. Become sensitive to your training. Extend this to become sensitive and aware of everything you do. By practicing this kind of awareness, we will soon develop a true feeling for and sensitivity to what is Ki. This is the very important first step.

Aikido is not only physical training but this mindfulness as well. As we develop greater awareness, we develop a greater sense of Ki energy. Please don't forget this in practice.

Aikido Training Schedule

BEGINNING & 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 & INSTRUCTORS' CLASSES

Wednesdays
7:30pm-8:30pm

Saturday Mornings
11:30am-12:30pm

MONTHLY BLACK BELT INTENSIVE SEMINAR

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

CHILDREN'S CLASSES

Saturday
12:45pm-1:45pm

Sunday Mornings
8:30am-9:30am

Iaido Training Schedule

TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings
7:30am-8:30pm

Thursday Evenings
8:30pm-9:30pm

Saturday Mornings
9:00am-10:00am

Sunday Mornings
7:30am-8:30am

MONTHLY INTENSIVE IAIDO SEMINAR

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

SANTA MONICA BRANCH DOJO

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

Sundays
12:15pm-1:15pm

MONTHLY BUDO STUDY CLASSES

Every 1st Tuesday of the month.
7:30pm-8:30pm