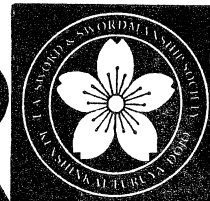


# 羅府合氣道学院古屋道場



# 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

United States Aikido Federation, Eastern Region

Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

\$2.95  
Donation

March 1, 1998

Volume XVI. Number 3.



A New Year's at Hombu Dojo  
In front of the tokonoma at Hombu

## “The Martial Arts” A&E 2-Hour Special Aired on Feb. 1st.

Special program on the martial arts featured our Dojo among many martial arts around the world. The A&E special will also be available for sale as a video cassette. Recently we appeared on “Save Our Streets,” “Ancient Mysteries” & “Strange Universe” and will be filming for French TV this month.



With Yonemochi Sensei during the New Year in Japan.

## David Ito: New Year's 1998 In Japan

Recently, I had the opportunity to celebrate the New Year with my relatives in Japan. I embarked for Japan on December 28th and arrived there on the 29th. This was the first time I had ever experienced the New Year celebration away from home. On the flight, I read books and stories about how the Japanese celebrated the New Year. The people in Japan do not really celebrate Christmas and, therefore, the New Year means a lot more to them. I was greeted by many of my relatives at the airport. I stayed the night at my cousin's condo in Kaminoge, which is right outside Tokyo.

We stayed at Kaminoge for two nights and then we drove to the city of Ito, which is a resort town on the Izu Peninsula. On the way to Ito, we drove by Mt. Fuji and through the Hakone Mountains. The weather was especially good for sightseeing and you could see Mt. Fuji really well. The snow blanketed the top of Mt. Fuji and the clouds were absent making the tremendous mountain ideal for picture taking.

Ito is a tourist town that many people go to during the summer. Many Japanese people have small homes, which makes it hard to host relatives for special occasions. So for New Year's, many families go on vacation to places like Ito to have family gatherings. We stayed at the Sunny Ito Resort, which is on the top of a hill overlooking the town and ocean. It was really crowded. I think in a whole there is only 20 parking spots for over 200 units. You can walk to the ocean in about 20 minutes. The town is mainly made up of souvenir shops and restaurants. The ocean front cities in Japan are known for their *himono* or dried fish. Everywhere you went there was fish

## O'Sensei's Memorial Service

April 26, 1998, Sunday

11:00am: Special Practice

12:00pm: Service

1:00pm: Reception

*Everyone is cordially invited to attend the Service to remember  
O'Sensei, the Founder of Aikido,  
who passed away 29 years ago on this day.*

For the Reception, please RSVP by 4-20-98.

Dojo welcomes Dirk Dohse 3 Dan from Germany  
& Eduardo Germanov 4 Dan from Bulgaria.

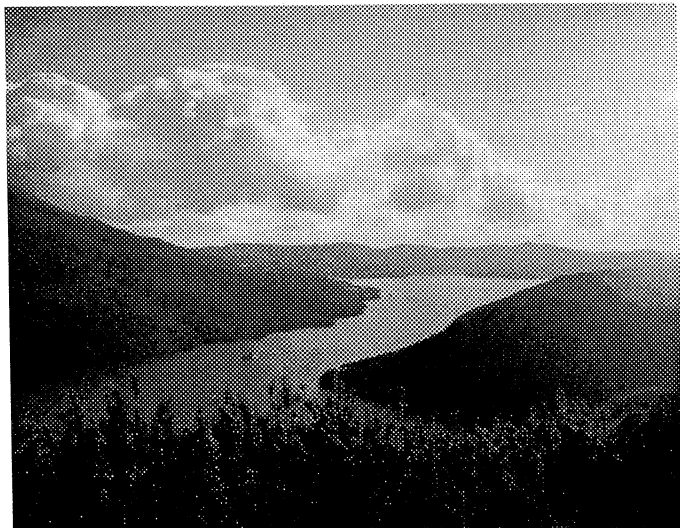
## David Ito's Japan Trip



Beautiful Mt. Fuji can be barely seen in the distance.

laid out for drying. The scenery in Ito is also really beautiful. There are some high cliffs and small beaches that make the city look really small compared to the ocean. It was a great place to spend New Year's. Luckily, the weather was sunny and clear.

On New Year's Eve, many of my cousins, uncles and aunts came to celebrate the New Year with us. The condo complex had a *Mochitsuki* Ceremony. *Mochitsuki* is when they pound the *mochi* or Japanese glutinous rice cakes. *Mochi* is a dessert that you can eat just about anything with. My family and I spent the majority of the night eating and listening to stories about the "good old days." We celebrated New Year's by eating *soba*, noodles and lots of homemade *mochi*, both of which symbolize long life. (Editor's Note: *Soba* noodles break very easily when eaten and represent the "breaking off" of the old year. *Mochi* is very gooey and stretches out when eaten representing the "stretching out" of the years ahead.) They say that you should not fall asleep before the coming of the New Year or you will never grow up. I guess that is why two of my aunts who are in their late 70's fell asleep before midnight. At midnight, Japanese people go their respective temples or shrines to pray. TV stations broadcasted from many of the different tem-



ples and shrines. We could see all the people lining up to pray and watch the priests ringing the large temple bells. A few of my relatives left after midnight to go to their temples and pray. My cousin who is a successful businessman has been going to the same temple for over 10 years to pray for a prosperous New Year.

On New Year's Day, we ate all the traditional Japanese New Year's dishes. They served fish prepared many different ways: raw fish, dried fish, grilled fish, and broiled fish, but it all tasted great. They also served tempura, sweet beans, boiled veg-



etables and rice. I expected the usual foods: wontons, fried chicken, potato salad, ham, etc. I guess the eclectic dishes are entirely Japanese American. I also watched a lot of TV. TV in Japan is pretty boring if you don't speak Japanese, but I guess you can probably understand why. The TV programming was filled with variety shows that usually had famous people doing different tasks or quizzes. My favorite was when they had a contest for all the different Sumo stables performing different karaoke songs.

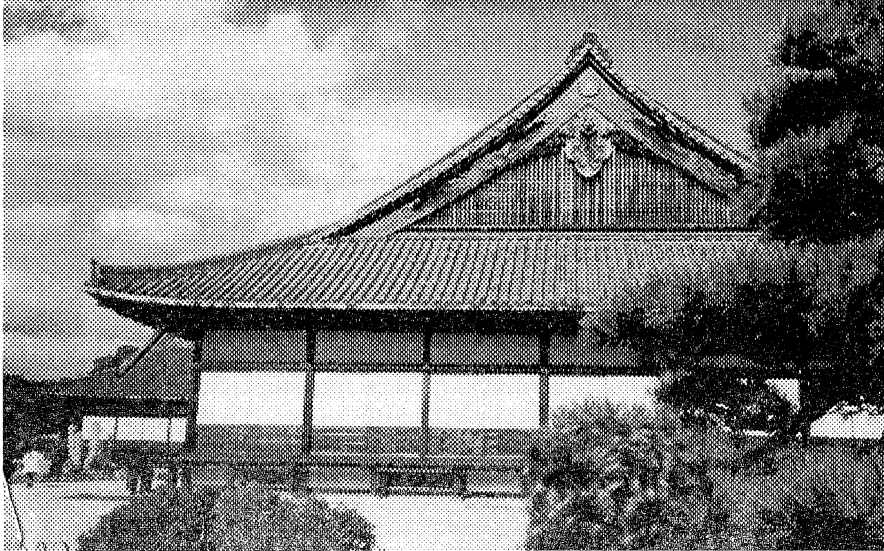
On January 2nd, we went to Kyoto. Kyoto has many old structures because it was one of the few cities that the American military did not bomb during WWII. Kyoto boasts of over 3,000 temples and shrines and is known for its artistic heritage.



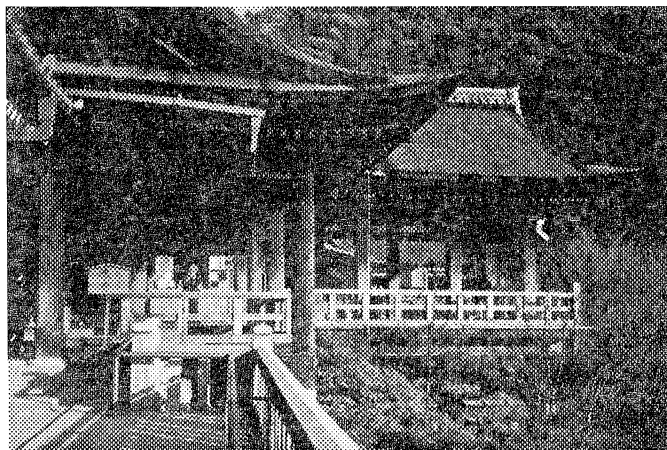
My relatives and I stayed at a traditional *ryokan* or inn, which is located at the east entrance to Yasaka Shrine and bordered a walking sightseeing path that stretched over three miles. The

**Aikido Center of Los Angeles  
NEWSLETTER**

ryokan was very nice and it was the first-hand experience of traditional lifestyle complete with a Japanese garden. We slept on *futon* mattresses and every morning an attendant came and put away our futon and served us breakfast. The breakfast usually was miso soup, rice, fish, and an egg dish called *chawanmushi* (a steamed custard). Nothing like the bacon and eggs. The inn provided breakfast and dinner.

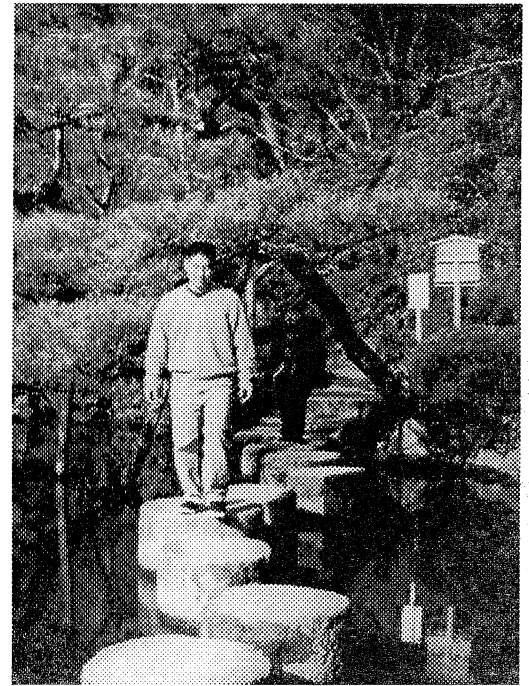


During the day, we rented a cab and the driver, who specialized in tours of Kyoto and took us to many different castles, temples and shrines. First, in the Kyoto area, we visited Nijo Castle known for its nightingale floors, which squeak when you walk on them. Then, Heian Shrine which had an outstanding garden and then to the former Kyoto Imperial Palace. We ended the day at Kiyomizu Temple, which might be one of the most popular temples in Kyoto. Kiyomizu Temple might be popular because it houses a shrine that is said to be the dwelling place of the god of love and matchmaking. People can visit the shrine to pray and purchase charms for future happiness and love, but that is not why I went there, really!



Kiyomizu Temple in Kyoto

After three days in Kyoto, my mother and I went to the city of Shinjuku in the Tokyo area and stayed at the Keio Plaza Hotel. It had started to snow the last day we were in Kyoto. This was



Left: Nijo Palace. Above: David in a Japanese garden in ancient capital of Kyoto. David re-established his ancestral roots as well as his roots in Aikido.

the first time I had ever seen the snow falling. I have been around snow before, but not when it was actually coming down and covering everything. The snow was greatly needed because there was barely any snow prior to that and everyone was worried that it might not snow in time for the winter Olympics in Nagano.

Shinjuku is the city where Hombu Dojo is located. On January 10th, a few days later, I met Tadashi and Tateo Sakurai, Mr. Tsuguta, and Mr. Azumi for dinner. I had not seen them since they came to Los Angeles to train in September of 1996.



L to R: Mr. Azumi, Tadashi Sakurai, David & Tateo Sakurai. Back: Mr. & Mrs. H. Tsuguta. Dinner in Tokyo coming all the way from Saitama Pref.

## Aikido Center of Los Angeles NEWSLETTER

The food was incredible. The sushi and sashimi that we ate was really fresh. This was the first time I had ever had tuna cheek sashimi and it was tasty. The oysters were really delicious too. The five of us shared stories, beer and sushi into the night and they walked me back to my hotel.



The next day, I met Mr. Sakurai and Mr. Azumi at Hombu Dojo for the 8:00am practice which was taught by Sasaki Sensei. Practice was short, but basically the same as our Dojo. Sasaki Sensei is very interesting and has his own way of doing things. It was fun just to be practicing at Hombu Dojo. There was not many students practicing because all the Hombu uchideshi were busy cleaning up and cooking for the Kagami Biraki New Year's Ceremony the next day. After class, I was greeted by Yonemochi Sensei, Kanazawa Sensei, and Sakurai Sensei and they invited me to the Kagami Biraki. I was happy to see that they had remembered me and I was happy to be invited by two of Hombu Dojo's finest instructors. Kanazawa Sensei and Sakurai sensei visited our Dojo last year with Yonemochi Sensei and Ichihashi Sensei for the Long Beach Aikido Demonstration (Long Beach Japan Expo). I did not have the opportunity to talk with Ichihashi Sensei because he was busy organizing the All Japan Federation Board Meeting and Branch Dojo Meeting and I did not want to bother him. I had heard later that he had really wanted to see me and welcome me to Hombu Dojo.

Yonemochi Sensei took Mr. Tadashi Sakurai, Mr. Azumi and myself to have coffee around the corner from Hombu Dojo. This was the first time the two of them had ever met Yonemochi Sensei and they were in awe. They thought it was a great honor to have coffee with such an



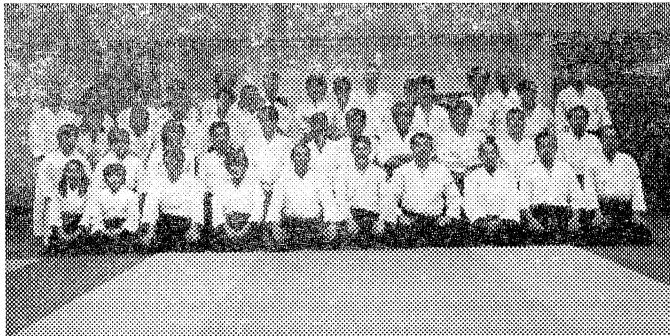
With Yonemochi Sensei enjoying a cup of coffee near Hombu Dojo esteemed member of Hombu Dojo. Yonemochi Sensei is Doshu's personal secretary and is a well-respected long time member of Hombu Dojo. Yonemochi Sensei wanted to know how Furuya Sensei was and how things were in Los Angeles. Many years ago, Furuya Sensei and Yonemochi Sensei met when he was working for the Bank of Tokyo in Los Angeles. We talked a little bit about Aikido, but the language barrier made it difficult.

Below: Annual New Year's Party at Hombu Dojo - Kagami Biraki.

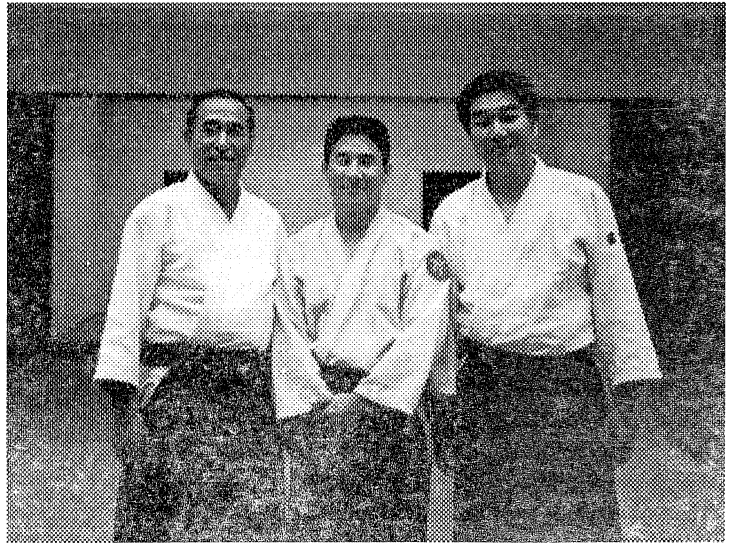


## Aikido Center of Los Angeles NEWSLETTER

Later that evening I attended practice at the Omiya Dojo in Saitama Prefecture. I almost got lost on the way because I had trouble finding the proper train platform that would take me to Omiya. Practice was great and I had the opportunity to work-out with some really enthusiastic Aikidoists. I did not have any trouble with the techniques that were taught because they were basically the same as our Dojo. I had fun and the members did their best to give me a good workout. I also had a chance to see all the members that we made friends with these past years. Afterwards, Ichizuka Sensei and many of the Omiya members took me to a great restaurant that served traditional Japanese cuisine. I had the pork cutlet and sashimi, two of my favorites. The food was delicious. I had interesting conversations with Ichizuka Sensei and his wife. Mr. Kimura, who owns a curry restaurant, really liked Kenny Furuya from his visit last year. Over the past few years, we have forged a great relationship with the members of the Omiya Dojo.



With Ichizuka Sensei and members of the Omiya Dojo in Saitama.

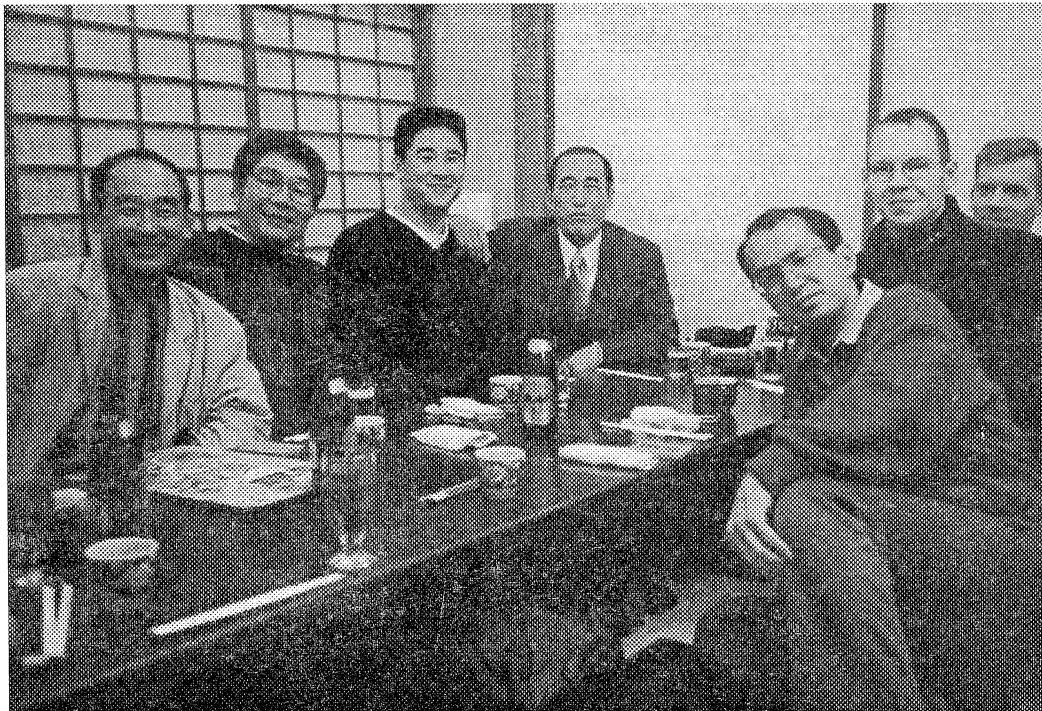


With Ichizuka Sensei (L) and Fujita Sensei (R) at the Omiya Dojo.

Sunday, the next day, my mother's friend took us to eat American food at the American Club. I was in desperate need of western style food and this was just what I needed. Later that day, I attended the Kagami Biraki at Hombu Dojo. It was so crowded. There must have been at least 500-600 people in attendance. Everyone sat seiza for at least one hour and my legs were really in pain. The ceremony began with many high ranking Hombu Dojo officials giving opening greetings. Then Ueshiba Moriteru Sensei, Dojo-Cho, gave a speech that I suspect was a greeting and the objectives for the year. I wish that

I had studied Japanese so that I could have understood what Dojo-Cho was saying. Next, they thanked the generous sponsors like Sony and NHK TV. Ichihashi Sensei read greetings from around the world. Following the greetings, Ueshiba Moriteru Sensei gave a demonstration of Aikido techniques. One of the special guests was the Polish Ambassador to Japan who is also a 3rd Dan in Aikido. The ceremony basically ended with the announcing of promotions for the New Year but only 2nd Dan and up. The shodan promotions were written on the wall and there must have been 200 or so. After the ceremony, they served *shiruko*, which is two pieces of mochi in a sweet bean soup, rice crackers and sake. They toasted the New Year and

Continued.



Party with (left to right) Kimura Sensei, Fujita Sensei, David, Ichizuka Sensei, Tadashi Sakurai Sensei and two foreign members of the Omiya Dojo who acted as translators for David who hasn't kept up on his Japanese language lessons. Many, many thanks to Ichizuka Sensei and all the members of the Omiya Dojo who took care of David during this last trip to Japan.

From The Aikido Vol. 34. No. 4  
Published by The Aikido World Headquarters.

## **Rules for Practicing Aikido Elaborated by the Founder**

**By Doshu Kisshomaru Ueshiba**

The Founder, Morihei Ueshiba, from the beginning adhered to the belief that training should be performed in a way that would allow each practitioner to train according to his or her own instincts. The Founder did not, as a result, like to restrict this freedom by applying rules in the practice hall. One could interpret this as an outgrowth of the Founder's original faith in "Shizen," Nature.

Later, as the number of practitioners of Aikido increased, it became necessary to introduce rules to the practice hall. On one occasion when one of the senior students approached the Founder to discuss the need for introducing such regulations, the Founder laughed with an expression of delight saying, "Have we really gotten to that point already. . . .?" He then went on to elaborate, on the spot, the following simple rules for practicing Aikido. As I believe these describe the ideal form of Aikido, I would like to list these here for people's reference.

1. As Aikido is practice by using techniques which are capable of inflicting fatal injuries, practitioners should always heed what their instructor says, and should never participate in contests of strength.

2. Aikido is based on the Way of One which extends to the Infinite - practice should

always be performed not only concentrating on one's front, but while keeping aware of all sides at all times.

3. Training must always be performed in an enjoyable manner.

4. The teachings of one's instructors are only to provide a minimum of assistance; applying these through one's own training is the only means of making these teachings one's own.

5. Daily practice should commence with Tai-no-henka (Turning), and should proceed gradually to stronger techniques without placing undue strain on the body. Practice should be performed in a joyful manner in which even the most elderly can participate without suffering injury. In this way, training will enable achievement of the ultimate goal.

6. Aikido training is to develop the mind and body, and to create people of extreme sincerity. The techniques of Aikido should all be considered secret, and should not in any case be shown to others or applied for sinister purposes.

### **Dojo Open House March 15th**

### **Filming French TV in March.**

Our Dojo will be visited by a French production company to film Aikido and interview Sensei about the status and future of traditional martial arts around the world. The documentary has been purchased by French and German television with future plans to show it in this country. Sensei may be dubbed in French! By some odd coincidence the name of the program is "Kodo." Where have I heard that name before? Sensei received his first interview on Jan. 19th by the producer.

## **Sensei's Message:**

### **Where's Your *Enthusiasm*?**

Recently, I received a nice note from Tetsu Unno Sensei of the Pasadena Buddhist Church: "Hope and trust this finds you with your customary energy and *enthuusiasm* (with its original meaning of "the state of having Theos (the absolute or more particularly, "God") within (=en") . . . . I think this means that in our enthusiasm and energy for practice, we are, in that moment, "with god." In Buddhism, there is a saying that without a "great inspiration" or "desire" for study, there can be no profound enlightenment. In Japanese, the word for "happiness" is "shiiawase." We can break this word up into two components of "shi" meaning "work" and "awase" meaning "to become one with. "Awase" is the same Japanese character as "Ai" (harmony) in Aikido. It means that we are happiest when we "become one" with "our work." We require "enthusiasm" in our work (and our Aikido practice, for that matter) to become one with God. And, without a great desire or inspiration towards our task, we can never find enlightenment.

More and more, I see that we are truly living in a "leisure" world. Of course, anyone, including myself, would like to take it easy rather than work. But our leisure, today, is quite different from "leisure" in ancient times. Today, we seek pleasure only for self-satisfaction and self conceit. It is a purely self-serving leisure which focuses only on ourselves. In Japanese, the word for "play" is "asobu." However, in early Japanese, "asobu" meant the "actions of the gods." When Japanese "asobu" in early times, it was to please the gods. This is how Japanese culture became so infused with rituals and festivals. By showing that we are happy, we please the gods. The religious ceremonies and festivals honoring various gods must be happy occasions because this was the most important gift to them. It is not only so with Japanese society but appears all over the world in ancient cultures. One turn of the century explorer in Africa, was astounded when he observed a remote tribe who barely survived because of lack of adequate food and resources, yet on a particular festival, they danced and partied for days and days. When he asked why they are so energetic in their festivals, this reply was that they live to please the gods and they please the gods by showing their happiness. But I digress.

Up to several years ago, we had many students who practiced seven days a week. In much earlier times, this meant nothing because it was expected that you practice everyday. Today it is a great thing and shows great enthusiasm. Today, all I hear is excuses why they can't practice. Of course, everyone's reasons are good - work, school, family etc. Yet, we can organize our time and prioritize so that we can get to the Dojo. But, for the most part, we use Aikido as an excuse to escape from work and use our work or school or family as an excuse to escape from Aikido. There is no enthusiasm here. This is not "shiiawase." This is our "leisure world." Today, "leisure" means

"escape." Escape from work, escape from school, and escape from our own families. Escape from Aikido. But the ultimate excuse is: "I'm tired!" Young people and children say this. I am quite sure that if anyone said this to O'Sensei, they would immediately be kicked out of the Dojo. As for me, I think it is a waste. If you really want to do Aikido, you will do it.

I am glad that many of my students were not with me 20 years ago. At that time, although my job was from 8:30am to 5:00pm, we had to be at work by 7:00am and never left before 6:30pm. Of course, we were never paid for over time, including the many days we had to come in for work on Saturdays. On many days we had to stay at work until 7:30pm, so I could never start my class until 8:30pm. In those days, Aikido started at 8:30pm and usually finished around 10:30-11:00pm. But, the difference is that we never complained - we were just so glad we could have a place to practice.

Today, we have a beautiful Dojo all for ourselves and we can practice everyday. But now that we have this wonderful opportunity - I hope we don't we waste it!

## **TV's "Save Our Streets" Aired on January 18th Channel 4.**

Channel 4 aired a "Save Our Streets" segment on their news program on January 18th across the country featuring Little Tokyo and our Dojo. It aired at 12:15am in Los Angeles, delayed because of the Golden Globe Awards.

## **A& E "The Martial Arts" TV Special Aired on Feb. 1st.**

A 2-hour program devoted to martial arts aired on A&E cable television calling itself the most comprehensive and most big-budget special to date. Our Dojo was featured representing Iaido and Aikido and Sensei was also interviewed looking, more than he might have been comfortable with, as representative of the more "hard-core" traditionalists, as opposed to the currently, hugely successful and profitable commercial martial arts. The photography was very nice and, as much as could be expected, it was a very fair appraisal of martial arts - speaking about the origins of martial arts, how they transformed themselves in the modern century, how they immigrated to this country, how they become popular in this country, the movie aspect, the commercial aspect and finally the more socially-oriented side focusing on one troubled youth who regained confidence and direction through martial arts and a specially challenged child who is using martial arts as an effective method of physical therapy. It should be praised for not being biased in too much one way or the other. It covered a great deal of territory in 2-hours. I think it was oriented to the general public and those who know nothing of the subject.

## Our Special Guest: Dirk Dohse, 3rd Dan, from Germany



Left to right: Ken Watanabe, Dana Frank, Cheryl Lew, Mike Dotzenrod and our guest, Dirk Dohse, 3rd Dan, from Germany, training with us for the entire month of February. He is a student of Tamura Sensei in France.



Cheryl, Mike, Ismael, David, Bryan, Scott, James, Dirk, Doris & Ken More on Dirk & Doris Dohse in the next April Issue.

Hello Rev, I just wanted to send you a letter to tell you all the enjoyment I get from your articles in MA Training and I would like to purchase your book. It is available locally but I would like to purchase an autographed copy myself and I thought the best way to that was to buy it from you direct. I have seen you on the A&E channel and in various publications. I love Aikido but realize that I will never receive any rank in it due to the fact that I study other martial arts and have a 1st dan in Kenpo. But I believe Aikido is the most well rounded martial art. I would also like an autographed picture to put in my home studio if that would not be too much trouble. Thanks. David Kemp  
313 Pepper Tree Ln., Painesville, OH 44077-1859

## Welcoming: Eduard Germanov, 4th Dan Bulgaria Tendokan Dojo, Bulgarian Aikido Assc.

On February 18th, we were visited by Eduard Gernov, 4th Dan, from Bulgaria who is making a tour of America visiting various dojos. He practiced one day with us before leaving for Hawaii.



## Tomo-no-Kai from UC Irvine February 21st.



## Jun Furukawa, 3rd Dan, Bunkyoku Dojo, Tokyo

Visited our Dojo on February 9th for practice during his one week stay in Los Angeles. He is a member of the Bunkyoku Dojo in Tokyo and also trains at Hombu Dojo. He said that he enjoyed his practice, liked the "high energy" atmosphere of the Dojo and commented that our Aikido is "very orthodox Hombu Aikido." He is an English teacher at a high school.



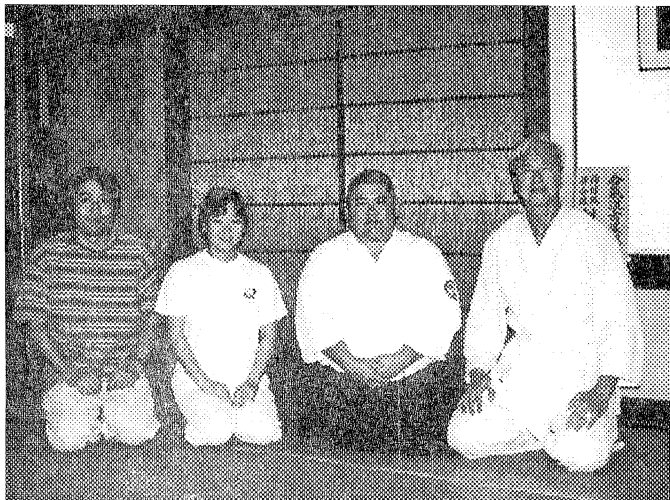
## Very Special People



Master Hsu with his daughter, Helen, in San Francisco recently.

Master Hsu was in town in San Jose to instruct his students arriving January 19th and returning to Taipei on February 22nd. Unfortunately, Sensei was not able to visit him this time but Ken Watanabe was able to see him in San Francisco on February 13-14th during the Chinese New Year Celebration.

Master Hsu made a generous donation to the Dojo. Many, many thanks. He will be back to the Bay Region during the summer months.



## Voga Magazine Interview

Sensei with Dr. Rocky Lee and th staff from Voga Magazine. Rocky arranged Voga Magazine to interview Sensei and experience taking a class in Aikido. Voga Magazine is a new, very hip magazine for Japanese living in Los Angeles. Many thanks to Rocky for helping to promote the Dojo. Rocky is a well known chiropractor in Little Tokyo and his office is on the 1st floor of the Yaohan Plaza.

## Hidden Treasure

Without trying to brag, we are like a hidden treasure, are we not? Everyone wants us but we are so hard to find, nestled in a tiny corner of Little Tokyo. But once found, it's a great reward. When I first opened this Dojo, everyone was against it because it is not on a major street with many people and cars passing by. There is no big sign to point us out. This is all very Bad Business. "You will never make it!" everyone complained. For a business this is true; but for a Dojo, I want privacy and quiet. I don't want a big sign - why can't prospective students take an extra minute to find us? When the personal physician to the Dalai Lama visited us, he was surprised. "The outside looks like Katmandu but inside looks like the Potala palace in Lhasa." At that time, there was dirt road in front of the Dojo and the opposite building was just a old, abandoned warehouse. After almost fifteen years, we are still struggling to survive. But I hope these critics are not proved right. I hope the Dojo does not fail as merely a bad business venture. I think it would be too sad. I have tried flyers, books, videos, demos, everything you can imagine to keep ourselves going. Yet, we still need to build up our membership and we can no longer suffer to operate in the red. The only real way to develop our membership is through "word of mouth" by yourselves - present members of the Dojo. This is the only correct way to survive but, it counts on you. I am tired and I have been beaten down in the last 15 years or so and every year it gets more difficult to fight. I don't want to fight any more. Our needs are not much and our Dojo requirements are quite simple yet we can never overcome this last little hill. Please don't leave it to me any longer, I am just a humble teacher. I am not a businessman and I don't think I am running a business. Perhaps it is the ultimate indulgence to only want to teach my students and continue my studies - yet, I don't seem to be much good for anything else.

What is a Dojo? Have we all forgotten this? Just to come and practice and go home without a worry is a great luxury. A true student - anyone, I am sure for that matter - will be concerned about the walls and roof crumbling down around us?

In the outside world, we continue to fight and hate and compete with everyone around us. The Dojo, where we study the teachings of O'Sensei, should always be a sacred place to train and study in peace and harmony. Yet, such places are becoming fewer and fewer in the real world today.

In attending the Bishop's wake service recently, I got out my old prayer beads. I have one set I got when I was very young. They are very simple and cheap but made from the Bodhi tree. I have another set made from the same Bodhi Tree wood but much more elaborate, bigger and expensive which I received when I was ordained. I have not used these particular beads for a long time. Although the older beads are more humble, over the last thirty years or so, they have attained a richness of color and beauty from use far beyond the more bigger expensive ones. I noticed this because I keep both sets in the same little bag. Like these old beads, over the coming years, we may always remain the same humble, tiny Dojo, yet, somehow, I hope we may continue to attain a deeper color of richness and beauty.

Please do not think of Aikido as a modern aerobics class or health spa which is an escape from real life and responsibility. Aikido is not a business but a way of enlightenment within our real lives and the responsibility we face each day. I know this is difficult because it is difficult for me. In this, we must all work together in harmony.

## Dojo Birthdays

### January

Brigido Anaya 01-20-53. Dragon  
Alexandria Avalos 01-03-86. Ox  
Gerard Convento 01-13-84. Boar  
Rocky Lee 01-18-43. Horse  
Nori Masuko 01-25-52. Rabbit  
Nicholas Tanita 01-15-88. Rabbit

### February

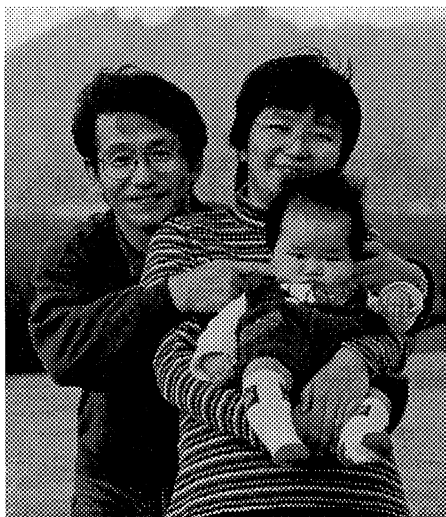
Larry Armstrong 02-28-45. Cock  
Al Miller 02-06-47. Boar

### March

Jason Convento 03-27-86. Tiger  
Norman Lew 03-18-52.

### April

Mike Dotzenrod 04-28-68. Monkey  
Dana Frank 04-30-62. Tiger  
Richard Kageyama 04-10-46. Dog  
Gary Myers 04-12-48. Rat  
Ken Watanabe 04-12-69. Cock  
Curtis Westfall 04-20-60. Rat  
Tom Williams 04-23-52. Dragon  
Frances Yokota 04-09-73. Ox  
Sensei 04-25-48. Rat



## Greetings From Fukuoka, Japan

From Mr. Toshiro Nishida and his family, wife Makiko and their baby Yukina. Mr. Nishida is a student of Suganuma Morito Sensei of the Shoheijuku Dojo in Fukuoka and visited us several years ago.

## New Dojo Flyers Are Here!

We have new Dojo Flyers for 1998. One is a hand-out on yellow paper. The green hand-outs are now outdated and should be used for demonstrations or general distribution. We also have a brand new brochure which is very nice.

Do one good deed for the Dojo a month. Take one yellow flyer and send it to a friend who might be interested in joining our Aikido. You are also invited to take a few flyers to any of your organizations where there may be an interest for our Dojo. It's not too much to ask to do this once a month.

## Important Dates

### March 1998

- March 3**            **Budo & Sword Study  
Class. 7:45pm**
- March 14**          **Iaido Seminar 6:30am  
Monthly Meeting 8:30am**
- March 15**          **Dojo Open House &  
Aikido Demonstration**
- March 28**          **Black Belt Seminar  
6:30am-8:30am  
Monthly Instructor's  
Meeting follows.**

## David Ito's Japan Trip Con't.

everyone drank and took pictures. They set out over 100 tables that sat up to six people. I should know because the day before we had to set them up after practice. I spoke with Kanazawa Sensei, Yonemochi Sensei and a few other people that I had met the last time I was at Hombu Dojo. I was going to take my picture with Dojo-Cho, but there were about 100 people waiting in line. I thought I had better go because it was getting dark and I had to walk back to the hotel. It was really fortunate to be able to attend the New Year's Ceremony at Hombu Dojo. Hopefully, it will bring good luck for the Dojo during the year.

On Tuesday the 13th I went to Asakusa. Asakusa is the town that surrounds Sensoji Temple, which is the oldest temple in the Tokyo area. The main gate is called Kaminarimon and is guarded by statues of the God of Thunder and the God of Wind and in the middle of the entrance is a large red lantern. In front of the gate there are a lot of souvenir shops that resembles something like our Olvera Street. That night, my mother and I met all of our relatives for a farewell dinner. The dinner was a Japanese buffet. I was amazed at how much they all ate and drank because I thought Japanese people ate smaller portions than Americans did. I met a lot of my relatives for the first time. I was not even aware that my family still had that many relatives in Japan. I was able to hear many great stories about my Grandpa after WWII. It was amazing that he touched so many people's lives by his generosity and his memory lasted these many years.

Overall, I had a great time. The time spent with relatives can never be equalled.

Continued.

## Correspondence:

January 3, 1998

In the magazine, "MA Training," dated March 1998, you write as article entitled - "Spiritual Winning," in the column, Ancient Ways. This article I enjoyed reading because it told me that there are knowledge to be gained and learned in the martial arts, other than kicking and punching.

I would like to quote you on what you said at the end of your article: - "The reality of beating the other guy has no real meaning for ourselves. No real meaning, that is, until we win the spiritual contest as well. . . ."

Sir, I am 60 years of age and been studying karate since I was 46 years old. Just in the last few years I have gotten interested in going deeply into my studying what is behind karate. Now I have a heart condition again and the doctor said, "no karate training." Sir, I love karate deeply and I feel deep sorrow because I cannot train physically to a point. But I now study my books and my 'notes' more than ever before, because I want to learn more about karate. Of course, one can never complete their studies no matter what age I (sic) started. So much to learn!

I know when we do 'kata,' we basically 'fight ourselves,' so the sensei says. Your last paragraph specifics "no real meaning, that is, until we win the spiritual contest as well." Now, sir, what I am trying to learn to understand is, your quote means that "we must create or have a spiritual mind inside of us to fulfill our destiny before we can control our bodies to face reality!" It is hard to explain to another person and know how you feel at the same time. Sensei, am I close to my understanding your article? I know what you are saying and know what you mean, but to explain it to you, a sensei, is hard for me. I hope to see more of your articles in the future. This, "Spiritual Winning," was the first that I've seen.

Yours sincerely, Sensei,

Bob Canning

PO Box 602

Lindsay, Ontario, Canada K9V4S5

January 25, 1998

It is with great pleasure that I am writing to you, having been connected to your teachings through your newsletter, through KODO, and your annual Nisei Week Aikido Demonstration. Yours is a much needed voice in the martial arts community, and I feel privileged to share your offerings.

I read with great interest your 1998 New Year's message. It stirred something in me enough to finally put pen to paper and communicate some of my thoughts to you regarding the subject of martial arts and inner development.

When I think of Aikido, I think of a movement towards harmony. And to understand harmony more fully, it seems to me

that it must be approached with a sense of scale. On a small scale, as I begin to learn, I seek my body to move harmoniously with all of its parts, guided by a mysterious intelligence I don't fully understand. A broader application of this idea might include the desire for my body to move in harmony with my opponent's movements. Widening in scale further, I can seek to be harmonious among my fellow students, and the people with whom I come in contact in my community. On the grandest scale, I might wish to know harmony with the Universe and all its laws and manifestations.

I must confess, however, that my greatest interests lie in the subtlest, finest scale: inner harmony; harmony among my personality, my ego, and the part of me which wishes to be free. It seems to me that from this inner quiet, all else can come.

Many questions arise in me in relation to the spiritual dimension to martial arts practice. I have studied fighting for many years and have only been partially satisfied. I have also seriously studied for several years a spiritual discipline whose roots may be found in Tibetan Buddhism, Sufiism, and other ancient systems of knowledge. I often feel that these two disciplines are at odds with one another: On the other hand, I am seeking inner peace and self-knowledge, and on the other I spend hours perfecting ways to bring harm to people. This contradiction is one that needs reconciliation but there are so few teachers who include the philosophical aim of the "art" in martial arts.

Which brings me to a humble request:

It is my sincere wish to write an article exploring the connection between the seemingly contradictory aspects of a martial discipline which leads to inner peace. In it, I would like to include an interview with a teacher whose experience and ideas might be of great assistance in understanding the problem, and I can think of no better teacher than yourself.

Therefore, I am formally requesting an interview with you to discuss these matters at length. It is my intention that this article provoke thought and raise questions about why we practice martial arts and the way in which we pass on knowledge over generations. There seems to be no better time than now, with the world in such desperate need, and the martial arts community spending so much energy on the external forms at the expense of discovering the Art in oneself. I eagerly await your response,

Sincerely,

Brian Shiers

Fitness Director & Kickboxing Instructor

Power Center Gym, Toluca Lake

EDITOR'S NOTE: Thank you for your letters and we do welcome all of your inquiries, questions, and comments to Furuya Sensei and/or the Dojo.



**Bishop Kenko Yamashita**

At the Bishop's 88th Birthday Celebration recently. Left to right: Curtis Westfall, David Ito, Sensei, Cheryl Lew, Gary Myers, James Doi and Ken Watanabe and Bill D'Angelo in the background.

## Remembering Bishop Kenko Yamashita:

After a long period of waning health, the Bishop Kenko Yamashita passed away in his sleep at 3:15am on February 20, 1998. He was 88 years old. He was my Zen master and teacher, I was ordained as a Zen priest under his guidance. Somehow I feel the same as when I lost both my parents some ten years ago. I feel the same pain like a great hole was opened in my chest, my head feels like it is ready to explode, ice runs through my veins and, at the same time, I feel completely numb, I feel like all the bones in my body have been broken.

Somehow, I have always had an attraction to become a priest. I really don't know why because my parents were not particularly religious people. It is something I pursued on my own and really kept it to myself until many years after I reached adulthood. While straightening out my bookshelf recently, I found the very first book I read on Zen. I was surprised to see that it was only thirty-five cents! I think I must have been 8 or 9 or 10 years old at the time when I had this interest. As a child, I felt it strange to have such an interest in Buddhism, because I was raised as a Presbyterian by my parents. I had not even been to the Buddhist temple in our neighborhood as yet.

Aikido really stimulated by interest in the spiritual and I was only ten years at the time I started. It wasn't until I went to Hombu Dojo and met Ohsawa Sensei when I knew what direction my Zen studies would take. He led me to Zen yet never did he say one word about Zen to me. What a great teacher he was!

Some years before this, my best friend's mother had passed

## Our Very Deepest Condolences

*Our deepest condolences to the  
Yamashita Family and the North American  
Headquarters of Soto Zen Buddhism  
on the Passing of the  
Most Reverend Bishop Yamashita.*

*February 20, 1998*

away, and I had attended the funeral. I really don't remember much of the funeral because I was much too self-conscious to be in the exotic environment of a Buddhist temple - I had no idea what was going on. But what made a great impression on me was after the funeral during the reception, I sat next to my friend which put me right in front of the priest who had conducted the service. What astonished me was his great politeness and refinement when he ate and when he spoke. So polite and so compassionate with a great sense of refinement. He asked about the different types of food and complimented the taste and made very considerate comments to my friend and his family, the bereaved. I said to myself that I would like to become a priest like him - helping, saving and being compassionate to people.

It was many years later when I began meditation sitting at the temple did I realize that this was the Bishop Yamashita. By some strange karma, I was honored to become his student. My office was right next to his and I was so happy to do temple work and the humble work of keeping his office clean, bringing him tea and preparing his meals. Regretably, I was treated very badly in the temple by other priests and finally forced to leave. I am glad that I was able to see him during his last days before he passed away. The calligraphy presently hanging in the tokonoma of the Dojo is by his hand. It reads: "The white cloud comes and goes on its own" (*Hakuun mizukara sari kitaru.*)

Many thanks to our members who donated Flowers on the occasion of the Bishop's Funeral.

## Please Remember:

O'Sensei's Memorial Service on April 26. Special Practice from 11-12. Service from 12-12:30 and Luncheon from 1-3. Everyone is invited and urged to come to pay your respects to O'Sensei. Thanks for your attention in this matter and looking to seeing you there. Many Thanks.

## Correspondence:

February 2, 1998

My name is David Baker and I am living in Glendive, Montana. I recently moved to the United States with my wife Shawa, who came to the U.S. to practice medicine. Being a small town of only five-thousand people and having the closest place to practice Aikido more than three hours away is hard to do sometimes. We are from Edmonton, Alberta, Canada, where I trained in Aikido for a while which was very expensive and lacked the flexibility of hours to train. (Only Fridays and Saturdays) Eventually I went to the University of Alberta to receive my Aikido training with the Edmonton Aikikai which was open five days a week and only cost about one-hundred dollars a year (which included two weekend seminars by Kawahara Sensei.) This brings me to the reason I have typed this letter. I recently watched the A&E Special on the martial arts and seen your insight into the commercialism and profit making that other martial arts use. I have trained in many other martial arts, but found a love for Aikido and the teachings of O'Sensei. I too believe that the martial arts should not be seen as a way to make profit, but as a way to hand down the teachings of the past for future generations to learn. Because of my love for Aikido, I must travel a great distance to pursue my goals to become a shodan one day. When that day comes and I have the opportunity to pass on the teachings of what I have learned (even though it may take longer than most), I will use any money that is made to promote Aikido in this area of the country. Because Eastern Montana and North Dakota don't have as many people as in the larger centers, I don't think these areas should be neglected or denied the opportunity to benefit from the knowledge of O'Sensei and faithful practitioners of Aikido such as yourself and others like you. Thank you for your patience in reading my letter and maybe one day I may meet you and learn more to benefit the students I will teach.

David Baker

132 Maple Ave., Glendive, Montana, 59330

E-mail-dashbake@midrivers.com

February 3, 1998

I just wanted to drop a short note to express my thanks for the book written by you, KODO Ancient Ways.

It has helped me in my Aikido practice just by realizing I should be treating it as a life long endeavor.

But another help was reading the words of Zen master Dogen, "Drop away your mind and body." My wife and I are Hospice Volunteers. And I had been having trouble talking to a dying person. Mainly because my mind was clouded with too much of me.

When I read these words I felt I had found something that

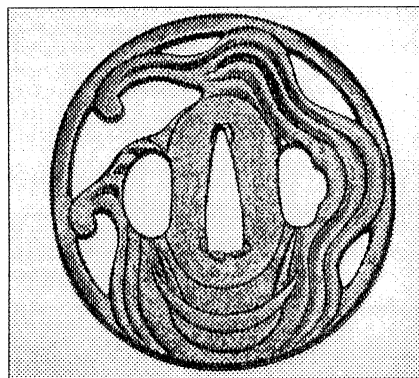
would help. Now as I am walking up to their house, I "drop my mind and body." I have found my time with them is enriched. I speak from my heart and I feel they sense this. You are right when you said a beginner's is a most important ideal. Perhaps I could receive information about your newsletter?

Thank you again.

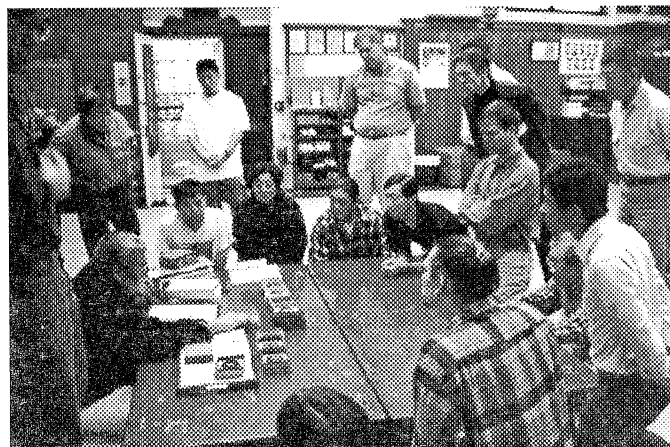
Leonard Meenan

30W 152 Bruce Ln, Naperville, IL 60563-1806

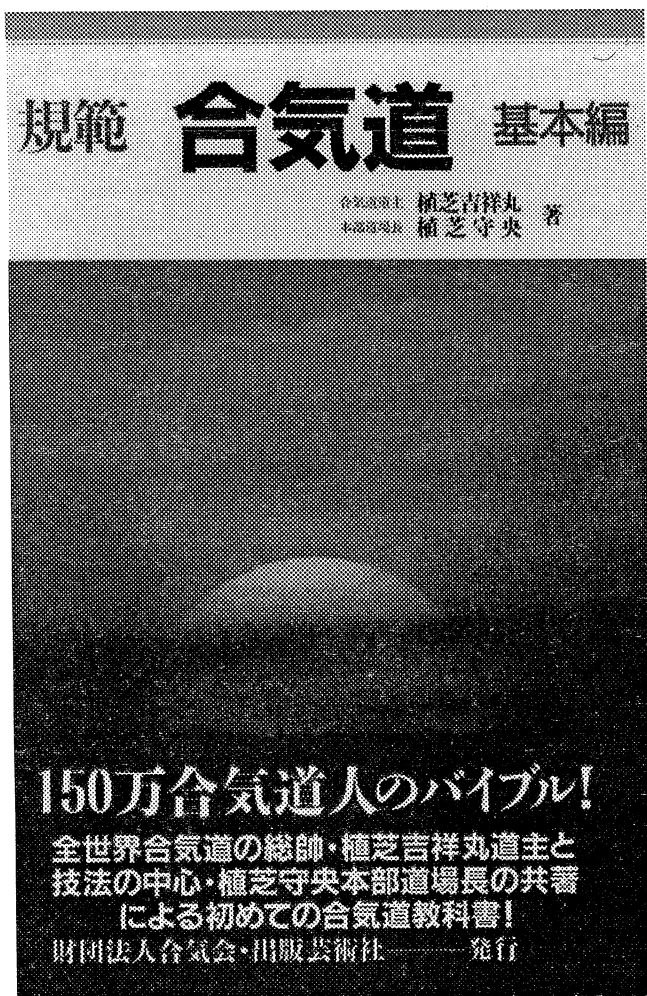
## Japan Culture Lecture Series Study of Yagyū Tsuba Feb. 8th.



Sensei gave a lecture on very rare Yagyū sword guards to about 12 guests on Feb 8th, Sunday afternoon. This is part of our Dojo's Japan Culture Lecture Series, presented as a way to promote our Dojo in the community. The lecture was well received.



**Aikido Center of Los Angeles  
NEWSLETTER**



**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."

**David Ito's Japan Trip Con't.**

I learned a lot about my family and re-cemented lost family ties. It was really interesting to see how Japanese people celebrate the New Year and how it may be different in the United States. I was also fortunate to have attended the New Year's Ceremony at Hombu Dojo. It was probably one of those once-in-a-lifetime things. I am also grateful for all the hospitality that my relatives and the members of the Omiya Dojo had shown me. I was able to see what life is like living in Japan. I hope that I can go back to Japan soon. But, I am told that August and September are the best weather and times for sightseeing. If you ever have a chance, I recommend going to Japan and seeing Kyoto and Hombu Dojo.

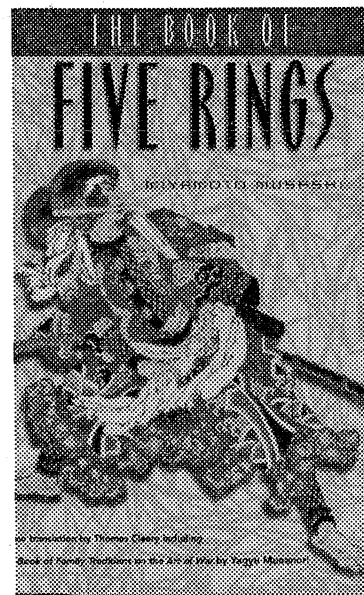
David Ito, 2nd Dan  
Arcadia, California



**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** Vol. 15, Number 4  
1997

The Aikido Center of Los Angeles, 890 East 21st Street #7, Los Angeles, CA 90012. Fax: (313) 887-9873  
Attention: The Aikido World Headquarters, 27-18 Hasegawa-cho, Shimizu-shi, Tokyo, Japan  
United States Aikido Federation, Eastern Division  
Aikido dojo: Los Angeles, Los Angeles Board of Aikido Instructors  
Office of the President: Honka Yonemura, 14911 Rd. 26, Calif. Yonemura Physical Association. \$2.05

April 1, 1997 Volume XV, Number 4

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

**Visiting Master Adam Heu:**  
Master Heu returned to Cupertino from Taipei for a month visit to finish personal business and conduct his students and assistants throughout the San Francisco Bay area. Master Heu is also working on his new book. Due to a persistent cold, Sensei visited Master Heu'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 Tokyo who was scheduled to meet with Master

**Dojo Treasure Arrives From Japan**  
On their last visit to our Dojo, four members of the Onyia Dojo, Mr. Yukio Sasaki, Mr. Takayoshi Kuma, Mr. Tadashi Sakurai and Mr. Tazuo Sakurai presented Sensei with a beautiful white fan. It was suggested that the fan would be greatly enhanced if it 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 many requests for his writing, some people, according to Ichizuka Sensei, waiting more than three to four years. Recently Doshu finished the writing and returned it to Ichizuka Sensei. Mr. Chikara Koyama of the Onyia Dojo who recently moved to Los Angeles, had carried it from Japan on February 20th. Chikara-san will soon be posting the picture soon as the settles down with her job in Tijuana.



Aki Doshu & Ichizuka Sensei with fan presented to our Dojo.  
At the Aikido World Headquarters Aikido

**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 out work. Many Thanks.

**MA Training Magazine: Our "Ancient Ways" Column**

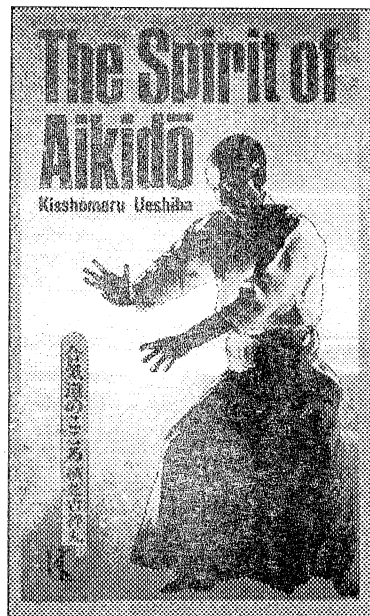
Please look for Furuya Sensei's regular column, Ancient Ways, in MA Training Magazine published by Black Belt Magazine, Ohara Publications. The column is in its 11th consecutive year and was voted "most popular" and "most widely read" in 1996 and 1997. You can subscribe to MA Training by contacting Ohara Black Belt Publications in Santa Clarita, California.



### 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.

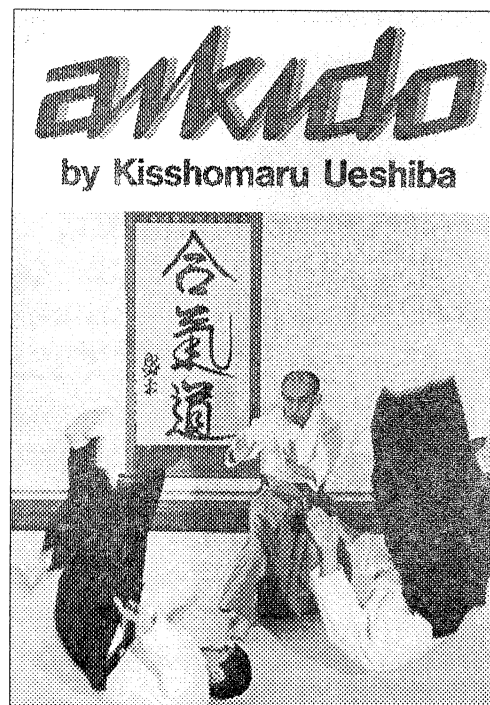


Recommended Reading:

### 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. Aikido is good for mind, body and soul. Everyone is welcome.

## 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.

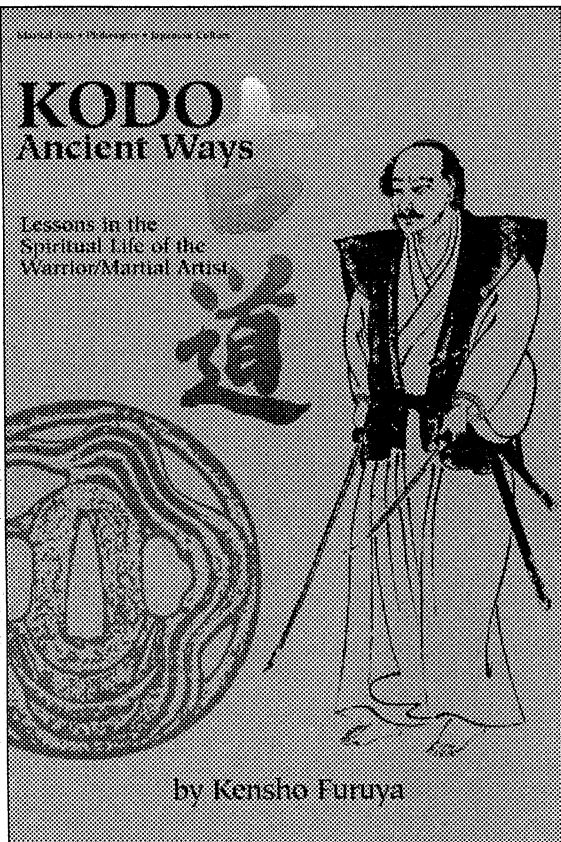
### Copyrighted © & All Rights Reserved.

Published by Rev. Kensho Furuya  
The Aikido Center of Los Angeles  
940 E. 2nd Street #7, L. A., CA 90012  
(213) 687-3673

*No portion of this publication may be copied without  
written permission by the Publisher.*

### STAFF

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



# KODO

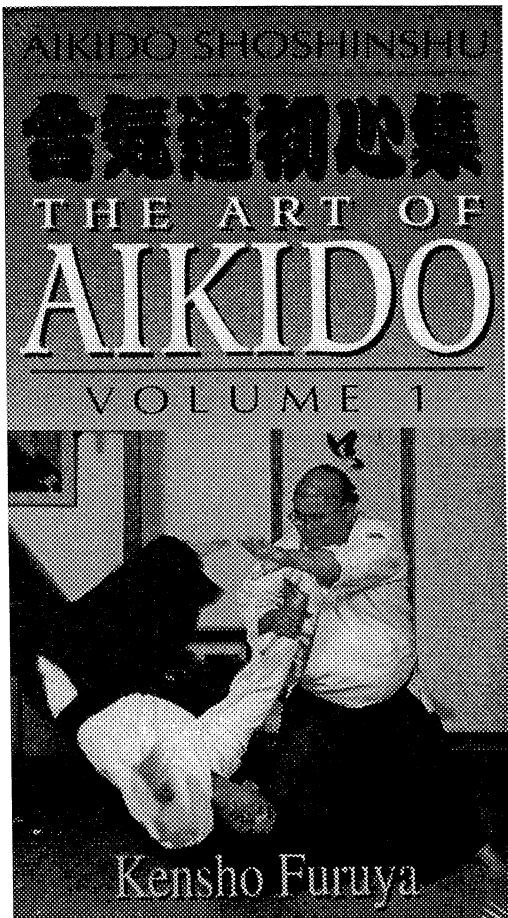
Ancient Ways:  
Lessons in the Spiritual Life of the  
Warrior-Martial Artist

Rev. Kensho Furuya

**Please place your orders through:**

Aikido Center of Los Angeles,  
940 E. 2nd St., #7, LA, CA 90012

\$16.95 + \$3.00 S&H  
Payable to Aikido Center of Los Angeles  
Foreign postage: \$5.00 S&H



## Aikido Shoshinshu THE ART OF AIKIDO

*Detail Instructional Videos on Aikido In Nine Volumes Complete*

**Rev. Kensho Furuya, Aikido 6 Dan**

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

\$39.95 each + \$5.00 S&H

Complete Set Special Discount: \$320.00

Free shipping in U.S. for Complete Set Special.  
International Mail requires additional S&H \$25.00.

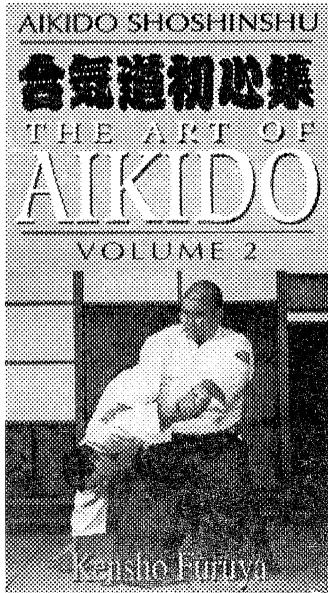
All books and videos are available in our Dojo.  
Please inquire about dojo and quantity discounts.

For further information: please call the Dojo: (213) 687-3673

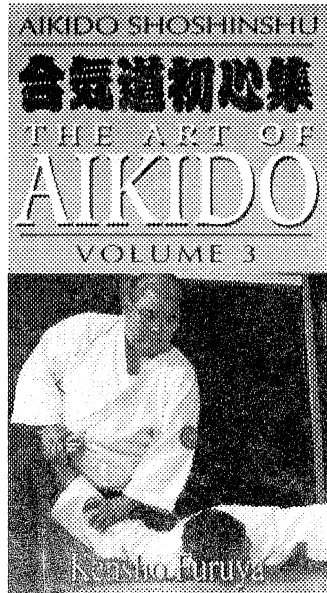


# AIKIDO SHOSHINSHU

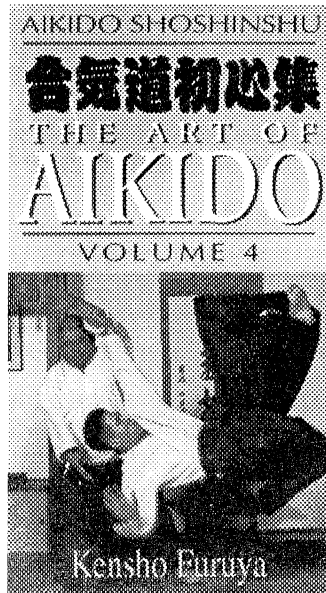
## The Art of Aikido Instructional Video Series



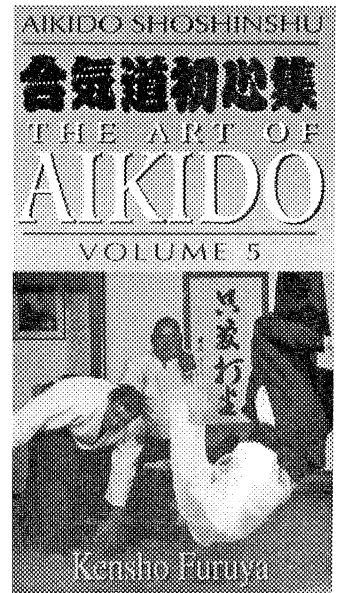
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo  
& Gokyo



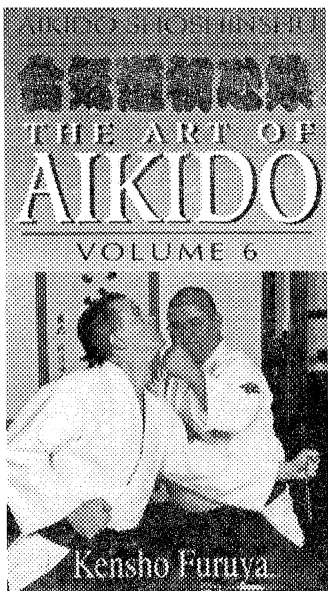
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



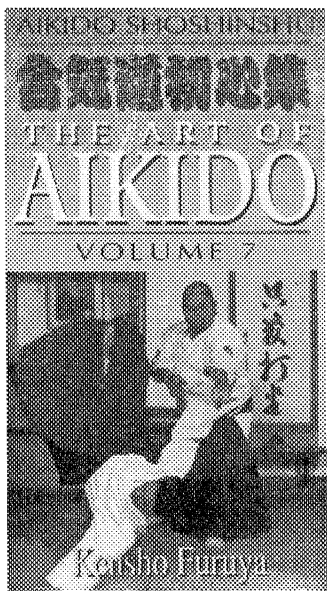
Katatetori Ryotemochi: 2-hand.  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



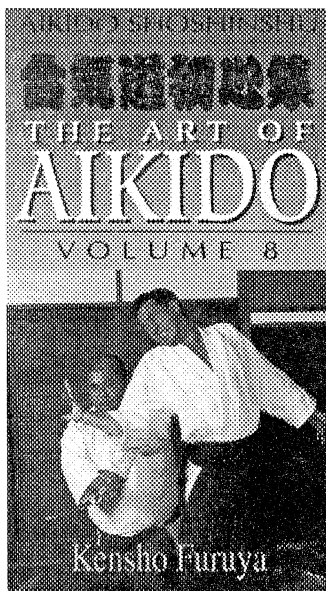
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



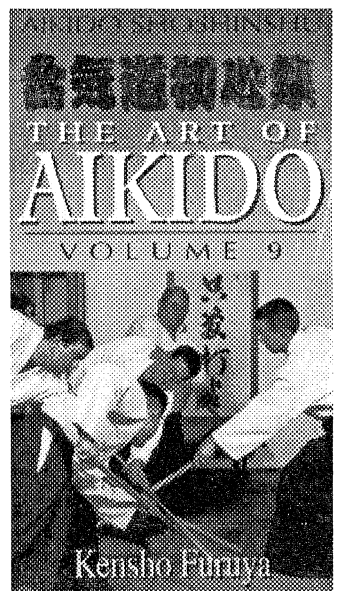
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the  
side of the head & neck.



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.

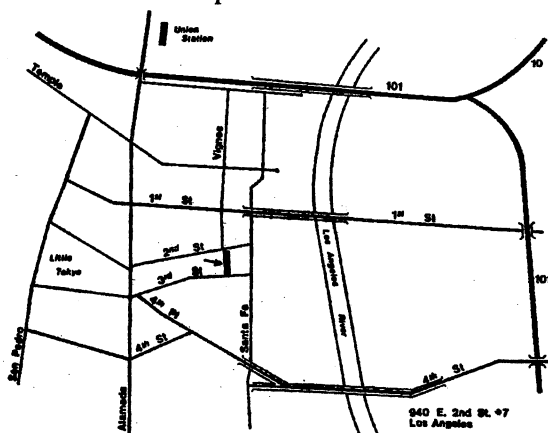
7:45pm-9:00pm

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 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 and garden.