

# Aikido Center of Los Angeles

## The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters  
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.  
Member Los Angeles Police Department Martial Artist Advisory Panel

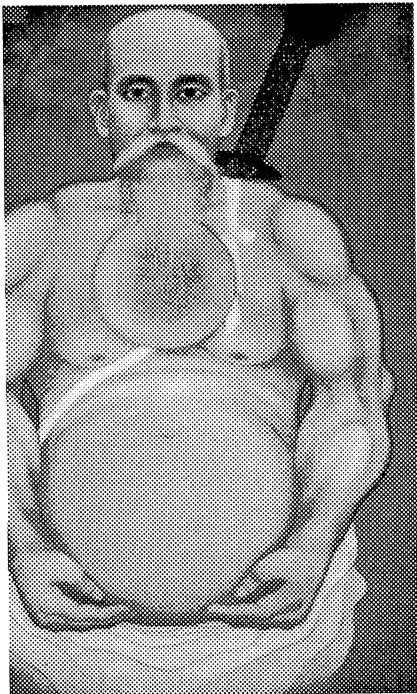
\$2.95  
Donation

March 1, 2000

Volume XVIII. Number 3.

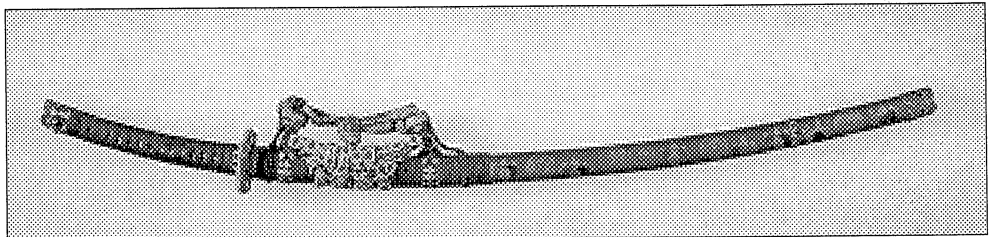
# Welcome Kajyo Suzuki Sensei

Executive Director & Executive Secretary for the Japan Sword Museum and  
Society for the Preservation of Japanese Art Swords



## O'Sensei's 31st Memorial Service April 26, 2000

Everyone is urged to attend the Memorial Service for the Founder of Aikido, Morihei Ueshiba O'Sensei, on April 26, at 7:00pm in the Dojo. Please wear a suit. Dojo group photo will be taken afterwards. All students and friends are urged to attend this very important, annual event.



## Important Lecture On Japanese Swords March 26. New Otani Hotel.

We will be hosting  
Kajyo Suzuki Sensei, the

Executive Director and Executive Secretary of the Nihon Bijutsu Token Hozon Kyokai, the Society of the Preservation of Japanese Art Swords and the Token Hakubutsu Kan, the Japanese Sword Museum. He is one of the most prominent authorities on the Japanese sword in the world. The lecture is scheduled to be on the "Changing of Shapes of the Japanese Sword." Everyone is invited to attend with their family and friends. We would like to welcome him with a big turn-out on his first trip to the United States. The Lecture is at 4:00pm to 5:30pm. There will be a cocktail reception from 5:30pm to 6:30pm. On the second floor of the New Otani Hotel, 120 So. Los Angeles St., in Little Tokyo.

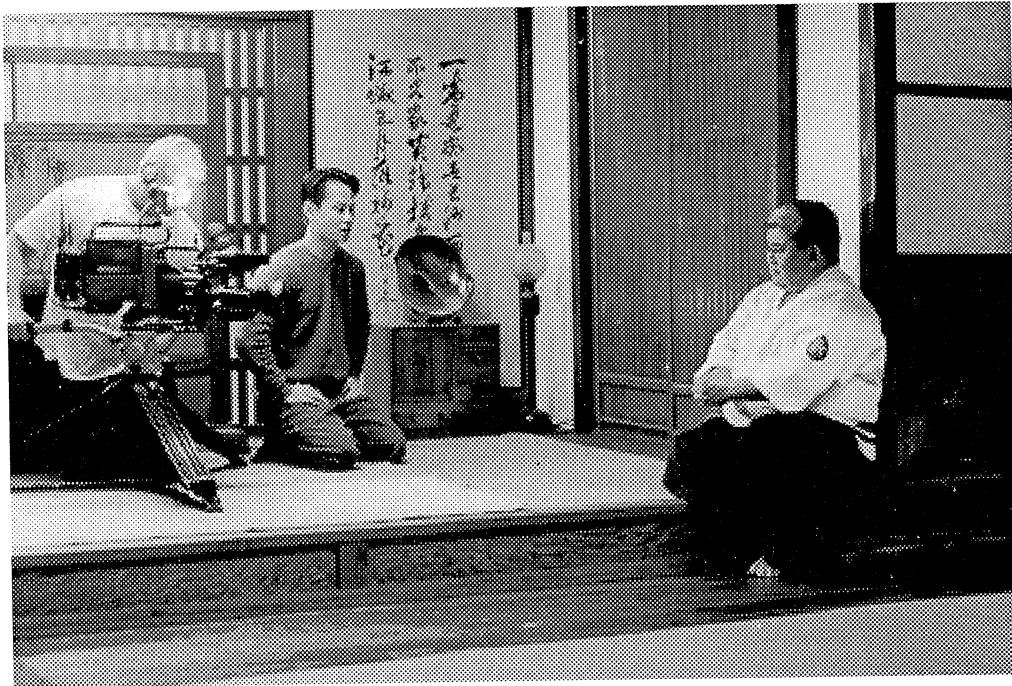


Kajyo Suzuki Sensei

Dojo To Be Featured on  
UPN Channel 13 & Fox  
Sports International 31.  
Taping on Feb. 2 & 4.

Monterey Park Cherry  
Blossom Festival April 15-16

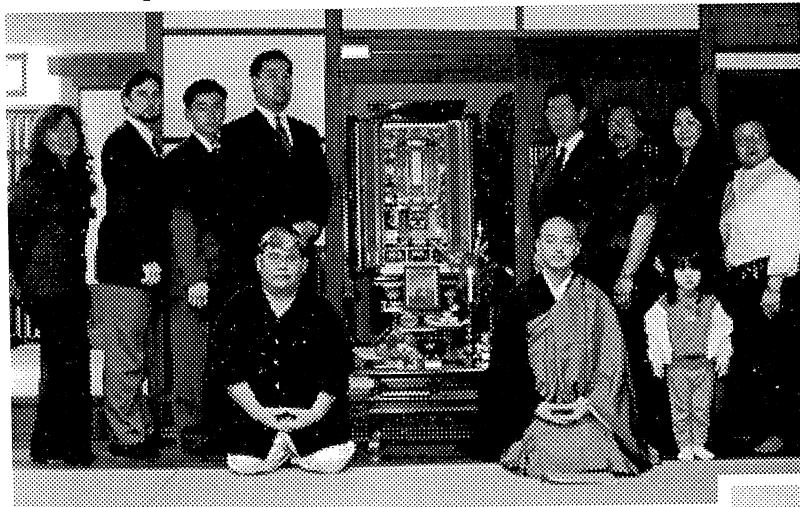
Aikido Center of Los Angeles  
NEWSLETTER



Sensei interviewed by Jeff Nguyen of UPN Channel 13 News on Feb. 1.



## Bishop Kenko Yamashita's 2nd Memorial Service. Feb. 2.



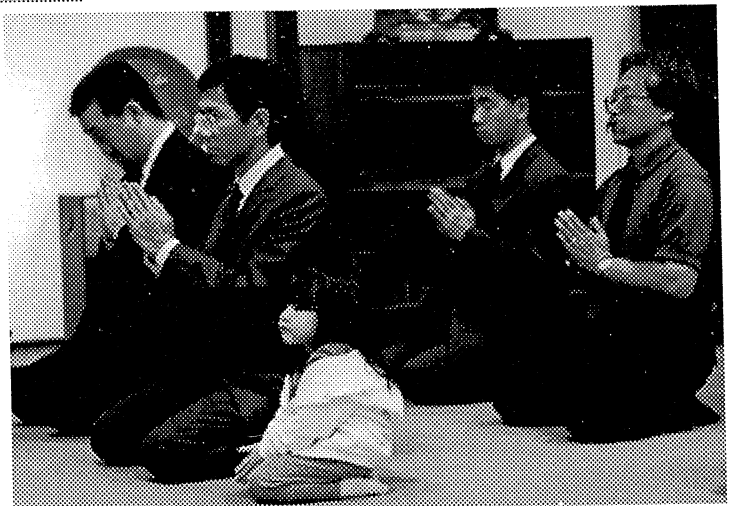
Hombu Dojo. Sawaki Kodo Roshi is also the teacher of Nakayama Sensei. In many ways we are, indeed, all connected.

We recently conducted a service for 2nd Doshu, Kisshomaru Ueshiba Sensei and on April 26, we will again conduct a service for the Founder of Aikido, Morihei Ueshiba O'Sensei. Our Dojo has been conducting O'Sensei's Memorial Service for the last 31 years since his passing in 1969.

Participants were Left to right: Shelley, Adam, Mark, Ken, James, Norm, Lisa, Cheryl, Sensei, and Rev. Kojima and his daughter.

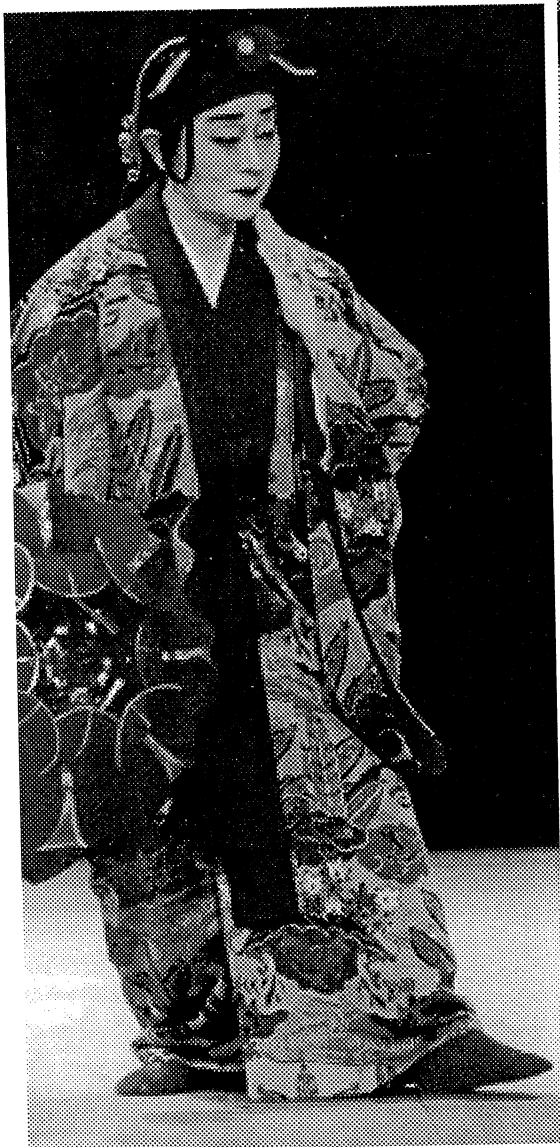
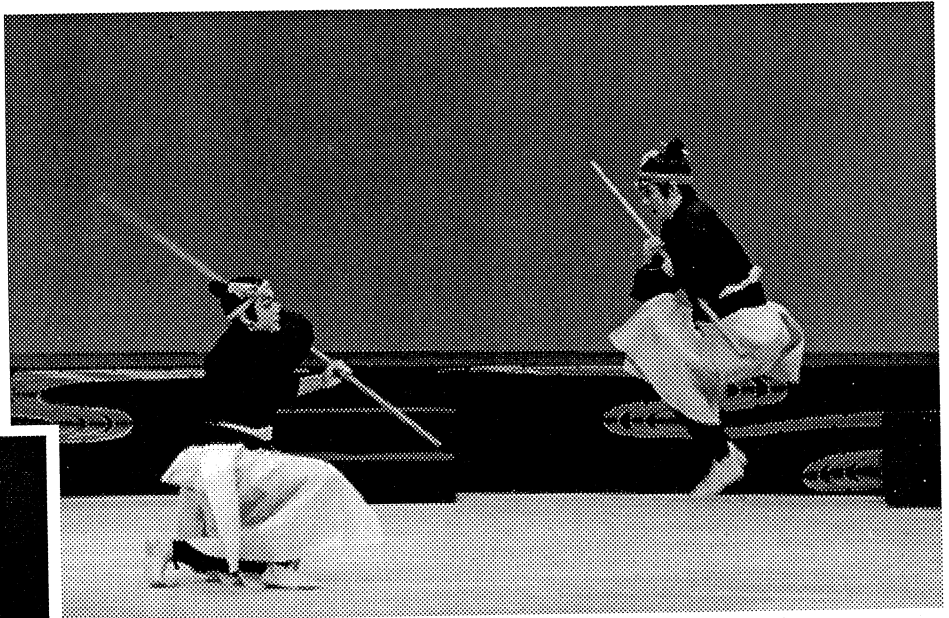
Sensei and a small group of students commemorated the 2nd Anniversary of the late Bishop Kenko Yamashita's Memorial Service in the Dojo. Rev. Shumyo Kojima of the Zenshujji Temple officiated the ceremony. The late Bishop Yamashita is Sensei's Zen master and was ordained by him in 1988. Sensei thanks everyone who took off from their busy schedule to attend the service.

It is a small world and we are all connected in some way. My students do become grand-students of the Bishop. Before the war, the Bishop was a 5th Dan in kendo in Japan and practiced at the same dojo as Nakayama Hakudo Sensei, the Iaido sensei of Sensei's sensei. Sensei became very interested in Zen through the influence of Ohsawa Kisaburo Sensei, 9th Dan, at



## Okinama Geino Dan: Okinawan Classical Dance Concert at the Japan America Theatre March 4-5.

Co-Sponsored by the Consulate General  
of Japan in Los Angeles in cooperation  
with Okinawa Prefecture and Association  
of Okinawa in America.



### Performance Schedule:

**Saturday, March 4. 8:00pm. Sunday, March 5. 2:00pm**

Please see Sensei about great discounts for Dojo members, courtesy for the Japanese American Cultural & Community Center. Don't miss this exciting and fascinating performance of classical and modern Okinawan dance.

JACCC, in collaboration with The Japan Foundation and the Japanese Foreign Ministry, will present this special concert of Okinawan Dance and Music. Okinawa is the southern most region of the Japanese archipelago, and historically has been a bridge between south Asia, China and Japan.

This company of 24 dancers and musicians under the artistic direction of Madam Takako Sato will perform traditional and contemporary works with artists representing all of the major schools of Okinawan performing arts.

Included in the program are:

Kariyushi no Mai  
Takadera Manzai  
Yrujina  
Karuyushi-akinai  
Kashikaki  
Kuakukabi  
Shundou  
Bu-no Mai  
Wakashu-Odori  
Uchikumi Hatsuma Bushi  
Mutu Nuchibana  
Timatsu  
Nufa Bushi

*Get your tickets early for the best seats! This performance will sell out early. Please see Sensei about discounts. Everyone is welcome! This is a special North American performance. Thank you for your support.*

Please invite all your family and friends to all of the above events. They are educational, enjoyable and an important part of culture, at the same time, an opportunity to support the community. Don't forget to attend our very important Sword Lecture on March 26 at the New Otani Hotel. Bring your family and friends. We want a have a full house and very successfull program. Thanks,

ACLA

Sensei's Message:

## Principles In Practice



Sensei practicing three-man randori free style.

This is the year I want to take it a little easy, improve my health and finish my book. Although we had no special projects for 2000, by New Year's Eve, we are already enjoying a very, very busy schedule. I know I always promise my students that we will cut back and do a little less each year; I am always caught in this trap and must apologize that although this year is too busy again, "next year" will be a little easier.

Our main project for the year is Kajyo Suzuki Sensei's Sword Lecture on March 26th. This is a very important project for our Dojo - to introduce artists and experts to the community and to enhance community growth. At the same time, this is our first major project with the Consulate General of Japan and I hope the first of many more projects to come. This month, we have been interviewed by UPN and Fox Sports International. Last Year, A&E and the History Channel. I hope this helps to make the public more aware of Aikido. Indeed, a very busy year already!

As much as we preserve our precious traditions and heritage through Aikido, there is also a natural process of change with the progress of time. We work to understand that both processes are the same operation of Nature. Many new students are coming into the Dojo. We must be more understanding and more aware of their needs. Yet, introduce them to

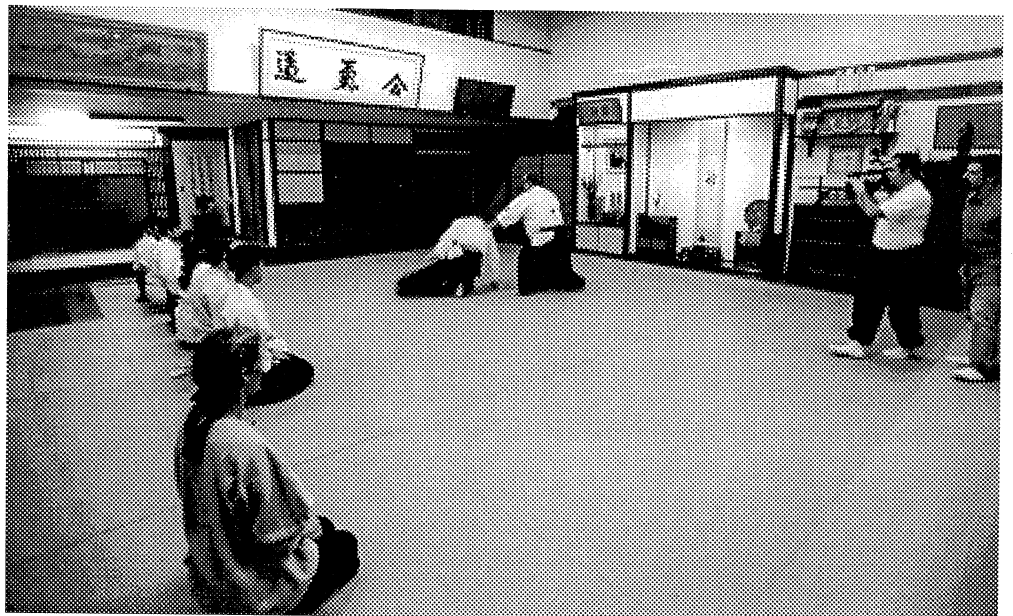
what is the very best Aikido practice can offer to them. This becomes another dimension to the purpose of our practice and the direction we take it.

We have a new generation of aspiring instructors developing. Teaching is a great, often burdensome, responsibility. It is not because we are "senior" or "stronger" or "better." There are specific qualifications that make a teacher a teacher - much of it involves personal self-understanding. Some become teachers early, some later. Some need an early start some later. The timing is more "natural" than deliberate. This means a teacher becomes a teacher when students begin to recognize a person as a teacher. More often than not, we cannot decide this for ourselves.

However, there are several hints to becoming a good teacher. First, become a good student.

Second, master Aikido to the best of your ability. We can't but we must try. It is the reality of teaching. Thirdly, we must begin to understand how the principles of Aikido actually and profoundly effect everything in our lives.

When we are young, it is natural to depend more on our physical strength and ability. We have youth and confidence in that youth. This makes us strong in many ways. As we grow older however, we find we cannot rely on that youthful strength any longer. We also gain a greater "awareness" or "acceptance" (what to call it?) of the world. Aikido principles are very profound and we have only scratched its surface. We must continue to practice Aikido and furthermore continue to practice "Aikido principles in practice." Keep up the good work!



**Aikido Center of Los Angeles  
NEWSLETTER**



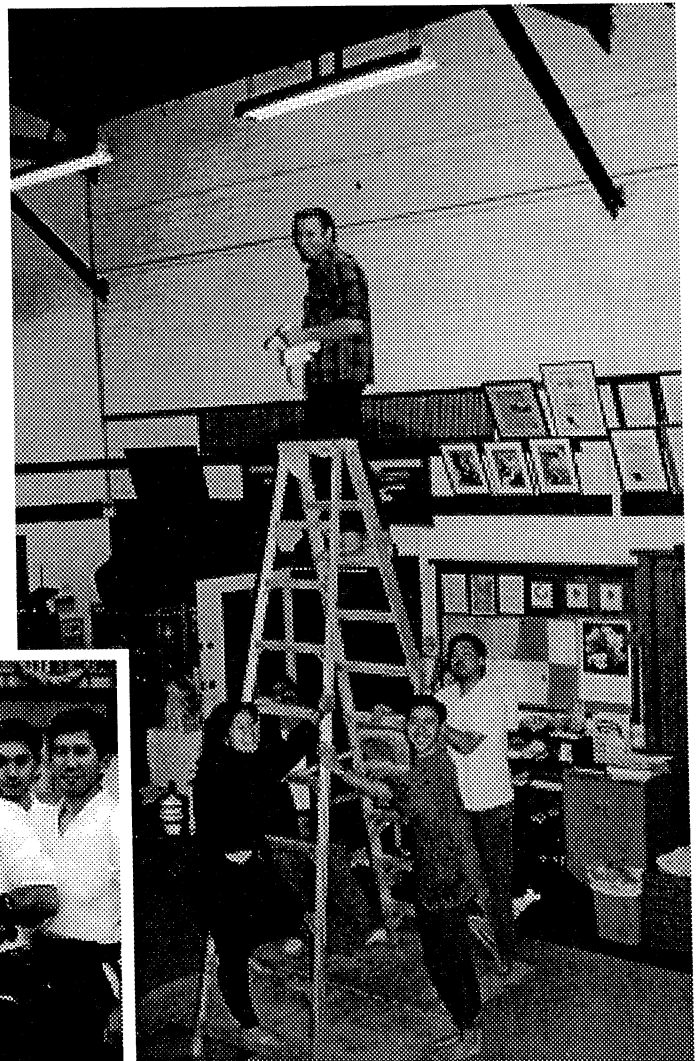
New Year's Reception at residence of the Consulate General of Japan. Sensei was accompanied by Ken Watanabe on January 19.

**New Joint  
Weapons Class**

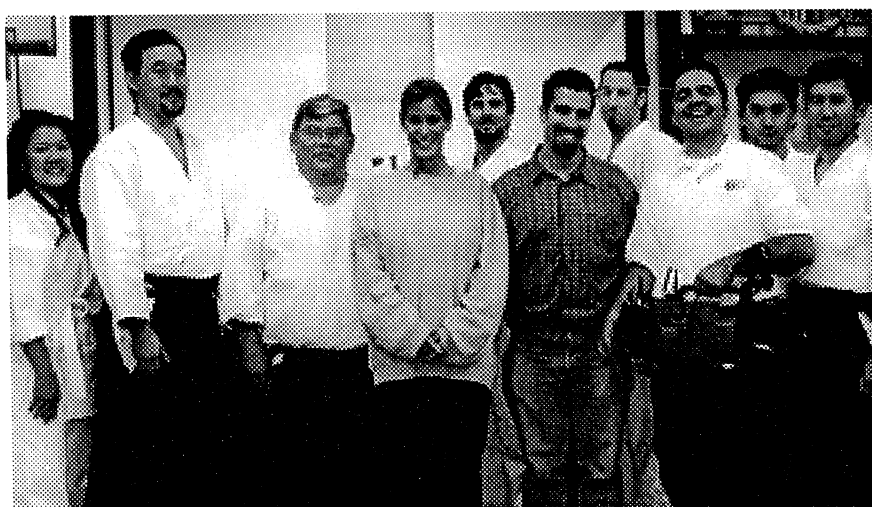
We are instituting a new Joint Weapons Class every 2nd Wednesday of the month from 7:45-8:45pm for both Aikido black belts and senior students and members of our Iaido Department. The class will emphasize usage of bokken, Toyama Ryu Kata, Toyama Ryu Kunitachi (two-man joint form) and Aikiken kata. All senior students are required to attend to fulfill requirement of weapons training and usage.



Cheryl Lew offering incense at Bishop Yamashita's Memorial Service.



Tall Order: Students helping to change the Dojo lights. January 31. Special thanks to Norman, Gary Myers (for loan of the ladder), Shelley, Mark and Ken. Neil is at the very top. Many thanks for everyone's help.



Thanks to everyone who helped out with our Fox Sports International interview.

## In Appreciation

Our sincerest thanks to Master Adam Hsu and the Traditional Wushu Association for their generous donation of \$200.00 to the Dojo, on his recent trip to Los Angeles.

## Condolences

Our condolences to Tom McIntyre and his family on the passing of his Mother recently. Tom is a black belt in our Dojo and moved to Wyoming several years ago with his family. He is formerly the editor of Field And Stream magazine and the author of several books on big game hunting.

*To all who knew her or knew of her, my mother, Margot McIntyre, died at 2:15 p.m. on 01/29/00 after a hard-fought month of battling pneumonia. For better or worse, there was never anyone else exactly like her, or likely ever to be. In 21 days, she would have been 88.*  
Tom McIntyre

## Deepest Sympathies

On the passing of Dean Sadamune's mother-in-law recently. This is Dean's second loss in past months. Dean is a member of our Iaido Department.

## Students' Doings'

Jim MacDonald has spent the last several weeks in January in Utah filming an upcoming movie about the Jon Benet Ramsey murder case. Jim plays a sheriff. He is currently in Florida for the month of February on another film.

Larry Armstrong and Tom Willimas are recovering from knee and heel injuries respectively. Many students in the Dojo have found that drinking Knox gelatin on a regular basis has done wonders for joint problems. Many students have caught colds in the recent cold and flu epidemic. Get plenty of rest, drink enough fluids - 8-10 - glasses of water a day, wash your hands frequently. Please take care of yourselves.

## Wishing A Speedy Recovery

Best wishes and a speedy recovery for Mr. Duane Ebata of the JACCC recovering from a recent illness.

## Sensei's Wish List for 2000

1. All students renew their effort and conviction to practice harder.
2. All students be humble, modest and considerate of each other and learn how to work together giving the other person the advantage.
3. All students not to think only of personal gain but ask what one can do for the growth of the Dojo and the happiness of all its members.
4. All students to preserve the teachings, traditions, and heritage left by O'Sensei, the Founder of Aikido. Never to forget the contributions of 2nd Doshu.
5. All students to follow the new Doshu and support his work.
6. All students to help Sensei maintain a smooth running and high level Dojo where everyone can come to train seriously.
7. All students to forget their egos and correct their attitudes.
8. All students to become a role-model of the best of yourself for all other students.
9. All students not to seek out the minimum one can do, but focus on the maximum one can do and go further always surpassing the present.
10. Learn Good Aikido. Learn Good Iaido.
11. Respect your Seniors. Respect your Juniors.
12. Practice to become your Best Self, not your Worst Self.

Kensho Furuya

## Appreciation:

We would like to thank UPN and Fox Sports International for their coverage of the dojo. Also, for the great support by the Offices of the Consulate General of Japan.

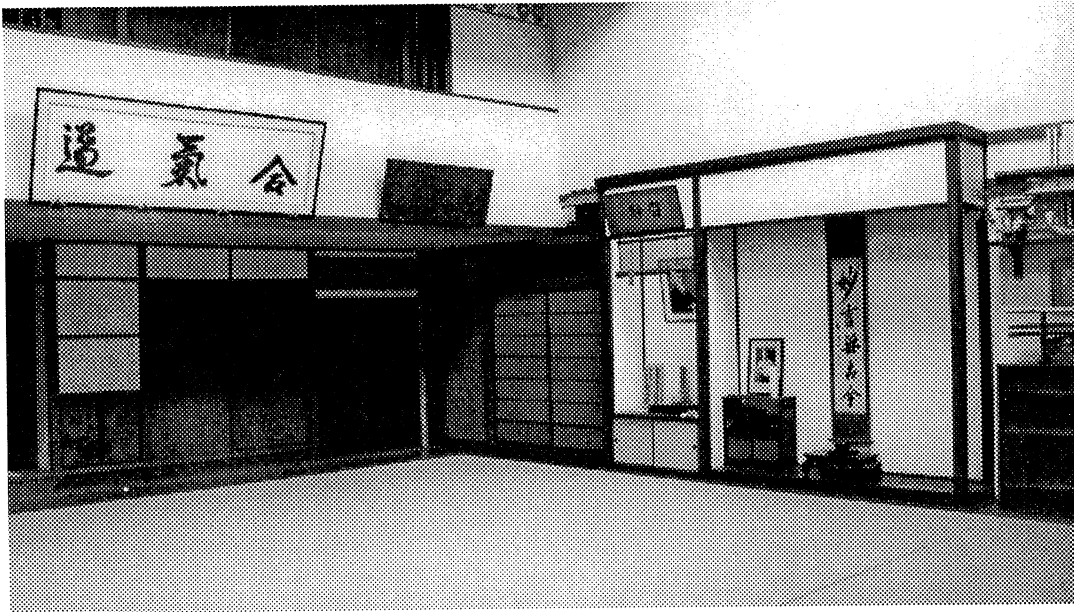
Many thanks to Mark Ty who has been cleaning up the front of the Dojo before class everyday. Many thanks to Norman Lew for fixing the Dojo lights. Gary Myers for use of his ladder. For all who helped with our recent Dojo Clean-up.

## Student Concerns:

For any questions, concerns, problems, feel free to consult one of the senior members of the Dojo without reservation. Sensei's personal assistants are Ken Watanabe, Cheryl Lew and Larry Armstrong. Any senior member can be consulted.

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NEWSLETTER

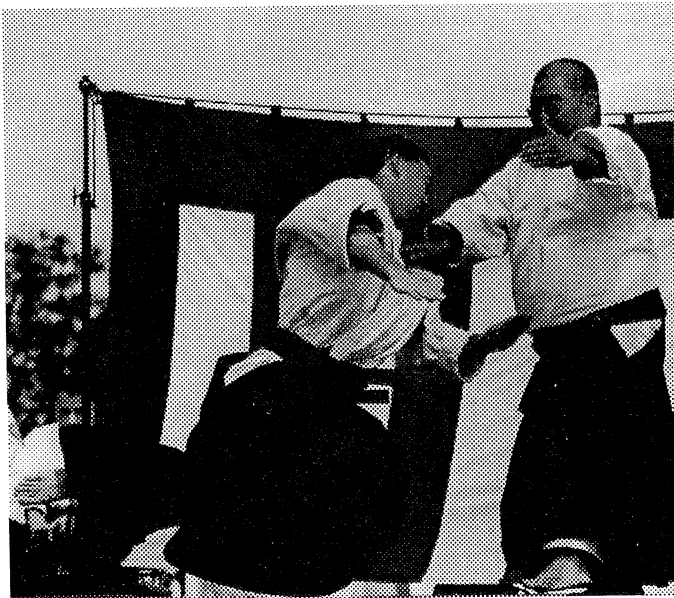
## Welcome To The Aikido Center of Los Angeles



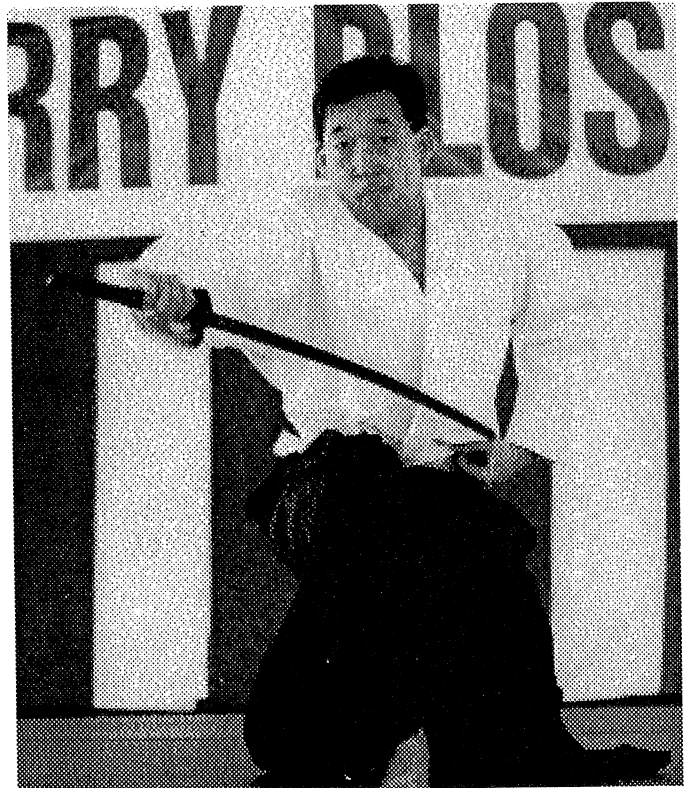
Aikido Center of Los Angeles

**This Year Is  
Our Dojo's  
25th Year  
Anniversary  
1974-1999.**

**Our Website:  
[www.aikido-centerla.com](http://www.aikido-centerla.com).  
Come see us!**



Reverend Kensho Furuya, 6th Dan



## Japanese Swordsmanship Muso Shinden Ryu Iaido

We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

### Dojo Supplies

#### Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each. Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

### Japanese Swords: Purchase, 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. By appointment only.

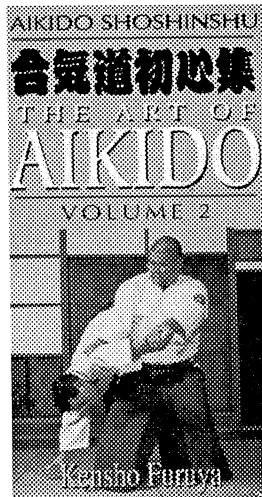
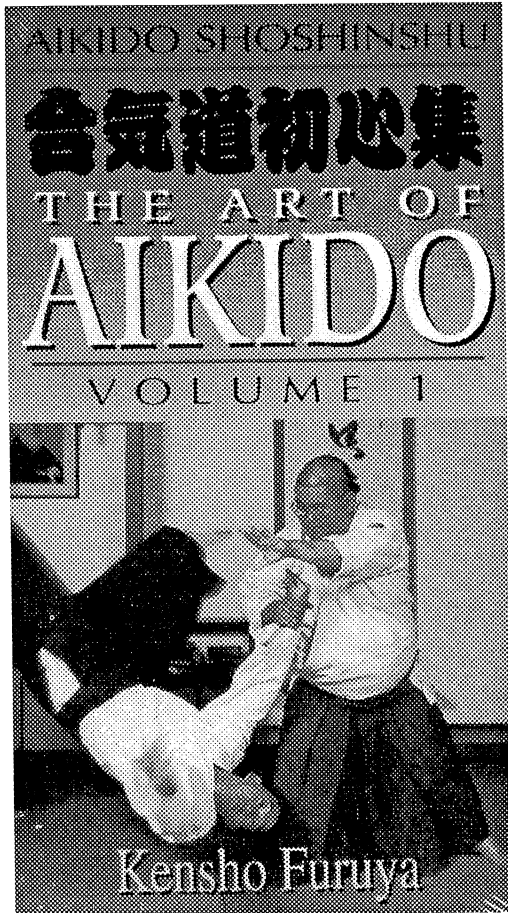
*JAPANESE SWORDS & BOUGHT & SOLD  
By appointment only.*

# The Art of AIKIDO

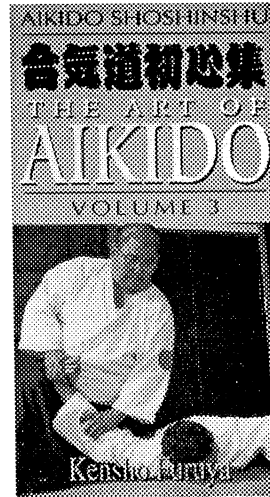
## Aikido Instructional Video Series in Nine Volumes

"Top Rated" - Karate Illustrated, "Impressive Scope" - Aikido Today, "Exhaustive" - Aikido Journal "One of the Best"

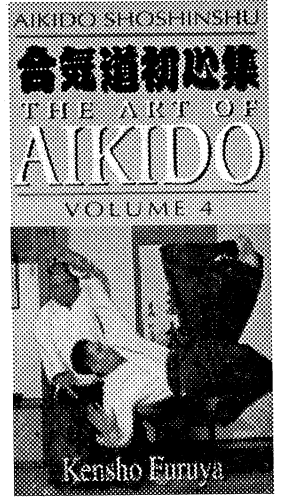
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



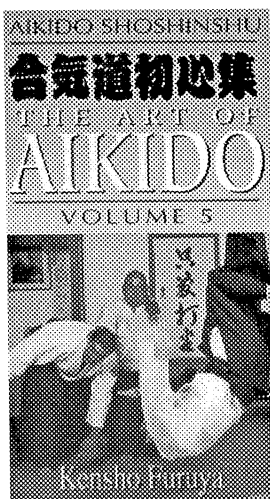
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



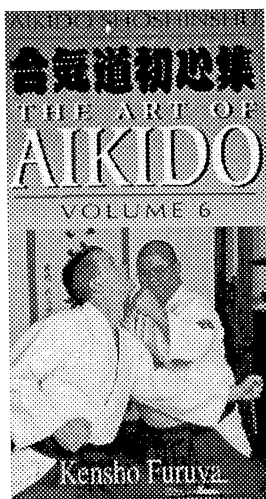
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



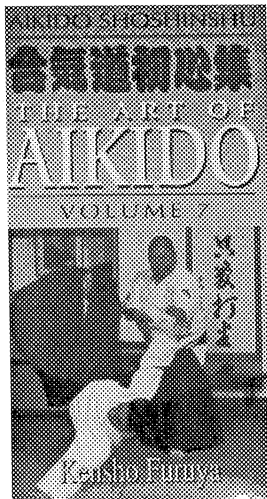
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



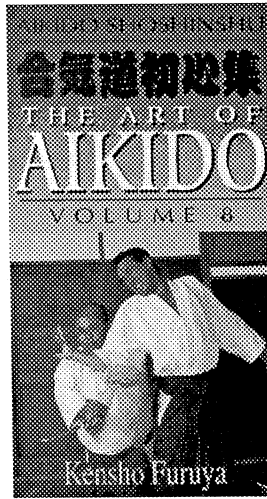
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



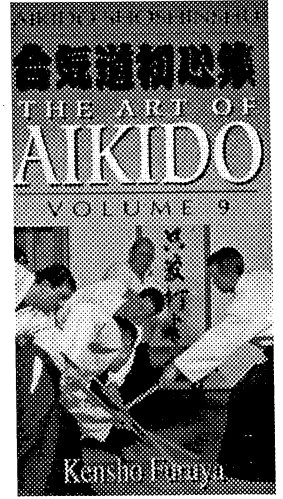
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro 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