

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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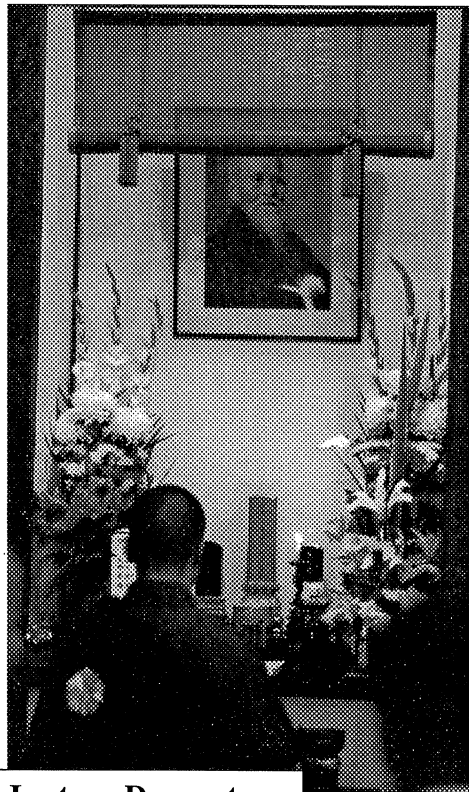
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United States Aikido Federation, Eastern Region
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

May 1, 1996

Volume XIV. Number 5.

O-SENSEI'S MEMORIAL SERVICE OBSERVED April 26th.

On April 26th, we observed the 28th Memorial Service of the Founder of Aikido, Morihei Ueshiba O-Sensei. This year we also commemorated the untimely passing of Yamaguchi Seigo Shihan of the Aikido Hombu Dojo, Tokyo, Japan, and Phillip Mineo Ozeki, Senior Instructor of the New York Aikikai. We were also honored to have with us, Mrs. Mae Ozeki, Phil's mother. Our sincerest and heartfelt condolences to the Yamaguchi Family and the Ozeki Family.



KODO: Ancient Ways Book is out & Instant Bestseller.

In less than a month, the book is already going into its 2nd printing. Publisher says 1st edition will become Collector's Item. Get your copy now!

2nd Asian Pacific Martial Arts Festival May 4th.

Some of the finest martial artists will be demonstrating at our 2nd Asian Pacific Martial Arts Festival at the Children's Day Festival at the JACCC on May 4th. From 10-4pm. May 5th, we will be demonstrating for the debut of the Japanese American Artists Touring Program at the JACCC. Sensei is one of its elected members.

May 16-17th: High School Tour Lecture-Demo at the JACCC. 10-11:30am both days-four lectures.

May 24th: Demonstration at the Jonathan Club for their Japan International Week Celebration.

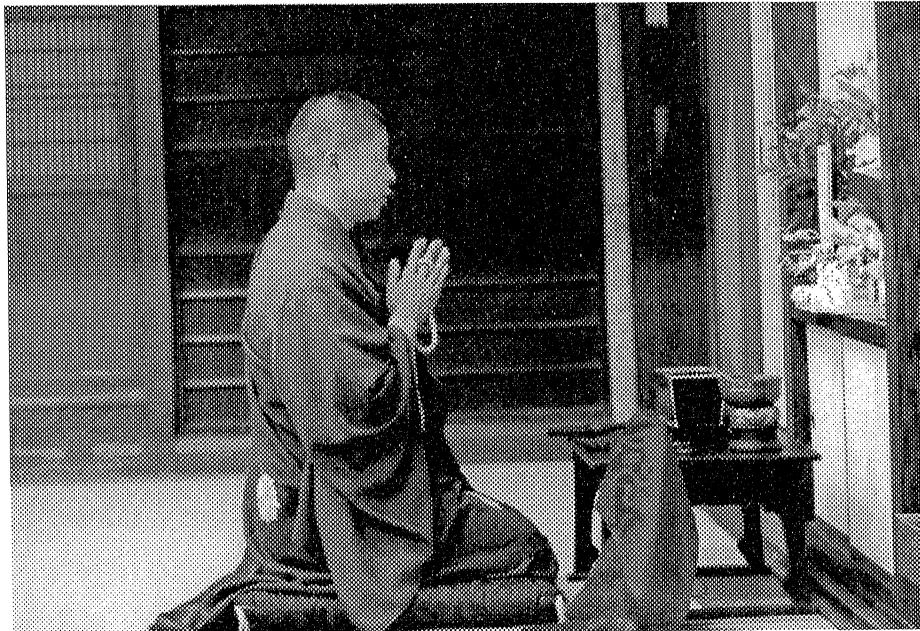
June 9th: Lecture at the Nikkei Widowers Club at the Little Tokyo Services Center, Little Tokyo.

July 13-14th: Lotus Festival in Echo Park.

July 20-21st: Obon at Higashi Hongwanji & Pasadena Buddhist Church



Above: Rev. Risai Furutani conducting O-Sensei's Memorial Service. Right: Furuya Sensei instructing during Karate Workshop in Monterey Park, 4-19.



O-Sensei's Memorial Service

Top: Rev. Risai Furutani. Middle: Members gathered for the annual Service in the Dojo. Bottom: Students enjoying tea and Japanese confectioneries with Rev. Furutani and Mrs. Mae Ozeki after the service. After tea was served, all the members went for dinner-reception at the Empress Pavilion Restaurant in Chinatown.

Thanks goes to Mr. Larry Armstrong for the wonderful photos in this issue.



LITTLE TOKYO KOBAN L. A. Police Sub-Station Opens on May 2nd.

The long awaited Little Tokyo Koban - LAPD Police Sub-Station opens on May 2nd in Little Tokyo. Sensei now edits the Greater Little Tokyo Anti-Crime Association Newsletter which is bi-monthly. Please look for it!



From Kageyama Sensei & Monterey Park Karate

To ACLA Members:
On behalf of the Monterey Park Karate Club, I would like to thank all of the ACLA members who helped conduct the Aikido Workshop on April 19, 1996.

All the students enjoyed the excellent instructions given to them.

Thank you,

Richard Kageyama



Members of this year's Memorial Service. Front row along with Rev. Furutani and Sensei are all the senior instructors: L to R - David Ito, William Gillespie, James Doi, Ken Watanabe, Ismael Araujo Jr., Ken Furuya. Mrs. Ozeki stands behind Furuya Sensei. Below: Rev. Furutani.



BECOME A PART OF THE DOJO

Everyone should try to become a part of the Dojo helping it to grow and maintaining it as a fine organization and place of learning Aikido. One of the great weaknesses of a dojo is the tendency for students to create cliques or power groups and dabble too much in inside and outside politics. One must never forget that our Dojo is a place of learning and each person must direct his mental and physical energy to understanding this and getting the most out of this learning experience. Only in this way can one benefit all he can from the great resource of Aikido.

We are not a commercially oriented Dojo. In other words, we are not just an organization to make money. We don't think only of profits - and greater profits. In many ways, we don't fit in today's money oriented society. Because of this, each student must try a little harder and be just a little more committed to preserving our Dojo.

Our instructors must set a good example to the students. In turn, the students must support and encourage the instructors to create the optimal learning experience. Confucius said that there is no greater joy in life than learning with friends. I truly believe this. I believe this is the only way we can understand O-Sensei's teaching of harmony and one family.

Many students think of only throwing people down and showing off their strength to others. Anyone can see that this is very childish like babies playing in the kindergarten sandbox. Yet, it is always a problem in practice. One must mature and grow and act like adults. In addition, respect for the teacher is not simply paying respect to the teacher. It is the way to learn respect for everyone. If you cannot show respect to even one person, you probably cannot show respect to anyone. There is a lot of learning to be done in Aikido, we have no time to waste. As you may read in KODO: The first step in learning is learning how to learn. Please keep trying!

Japanese American Cultural & Community Center
PRESENTS

2nd Asian Pacific Martial Arts Festival

May 4, 1996

10-4pm

**JACCC Plaza
244 So. Pedro St.
Little Tokyo**

**Everyone invited.
Free admission.**

**Also featuring
JACCC Children's
Day Festival
Arts & Crafts Faire
Chibi-K Run &
many other events.**

CONGRATULATIONS

Many congratulations to Curtis Westfall and his family on their new addition a daughter, Tessa, 7 lbs 6.5 ozs., born on April 9, 1996.

JACCC 2nd Asian Pacific Martial Arts Festival

Once again, the Asian Pacific Martial Arts Festival which is coordinated with the Japanese American Cultural & Community Center Children's Day, Arts & Crafts Faire and Chibi-K Run will take place on May 4th at the JACCC Plaza. This event is coordinated and directed by Furuya Sensei.

This year some of the special guest masters will be Sifu Douglas Wong and his wife, Carrie Ogawa Wong who are both some of the top Kung Fu masters in this country. Their kids who are also national forms champions will also be highlighted.

Another special guest master is Sifu Helen Ming Chu who is a master instructor of Yang Style and Chen Style Taiji and Taiji Sword.

We will also have some of our regular guests such as Fumio Demura Sensei of the Japan Karate Federation Shito Ryu Itosu Kai, Kiyoshi Yamazaki Sensei of Ryobu Kai Karate, Masashi Shikai Sensei of the Chuo Kendo Dojo, Helen Nakano Sensei of the Southern California Naginata Federation, Richard Kageyama Sensei of the Montebello Park Shotokan Karate Club, the West Covina Judo Club and also Sifu Harry Wong, the author of the martial arts bestseller, "Dynamic Stretching."

Everyone is invited. The demonstration is at the JACCC Plaza. We will also have our own table so we need many volunteers to help to answer questions about the Dojo and help handle our books and videos. Everyone is welcome!

2nd Asian Pacific Martial Arts Festival Program

- 10:00 Introductions: Movie Star James Lew
& Furuya Sensei
- 10:30 Kodokan Judo: West Covina Judo
Cal Kitaura Sensei
- 11:00 Shotokan Karate: Richard Kageyama
Sensei-Monterey Park Karate Club
- 11:30 Chi-Kung & Taiji: Sifu Harry Wong
- 12:00 Okinawa Dance
- 12:30 White Lotus Kung Fu: Sifu Douglas
Wong & Carrie Ogawa Wong
- 1:00 Shito Ryu Karate: Fumio Demura
Sensei, Japan Karate Federation
- 1:30 Kendo: Masashi Shikai Sensei
Chuo Kendo Dojo.
- 2:00 Naginata: Helen Nakano Sensei
So. Calif. Naginata Federation
- 2:30 Tai Chi Chuan & Tai Chi Sword
Special Guest from Mainland China -
Helen Ming Chu
- 3:00 Ryobu Kai Karate:
Kiyoshi Yamazaki Sensei
- 3:30 Aikido & Iaido: Aikido Center of LA
Rev. Kensho Furuya

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This Newsletter is published monthly by the Aikido
Center of Los Angeles
940 E. 2nd St. #7, Los Angeles, CA 90012
(213) 687-3673
Rev. Kensho Furuya



Master Helen Chu will be one of the special guests at the 2nd Asian Pacific Martial Arts Festival on May 4, 1996.

Master Chu will also be starting a Tai Chi Chuan class in the Dojo from this summer.

From Holland:

Your volume #1 video tape of "Aikido Shoshinshu" was just returned from the company who transferred it from VHS-NTSC into our European VHS-PAL.

I'm very impressed with this excellent first volume. It's a real pleasure to watch it. You're able to take the viewer into the warm atmosphere of your beautiful dojo.

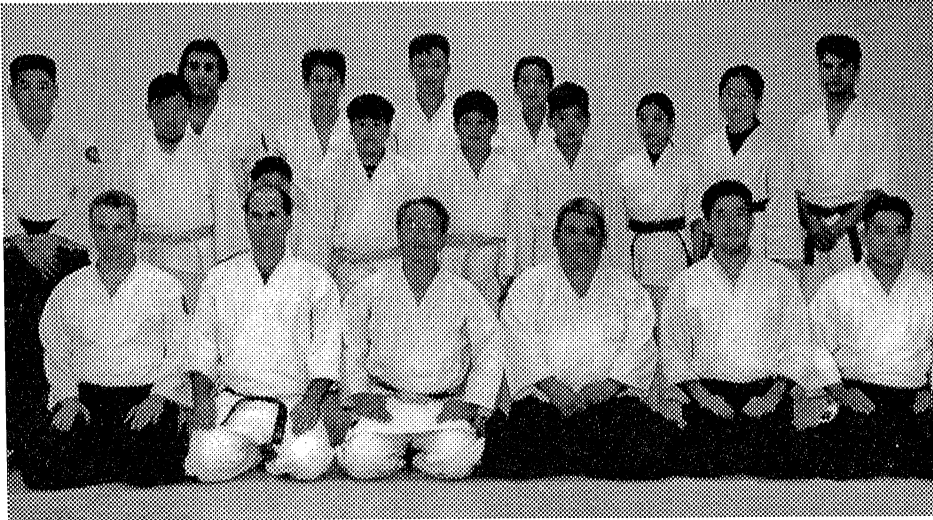
Your comments and advices are pointing to keys in movements. I specially like your positive approach in teaching by using terms as "good" and "not-so-good." It's evident to your respect toward the viewer's instructor.

Your flowing approach of Aikido have my admiration, since my instructors Peter Bacas Sensei and Masatake Fujita shihan are true promoters of it too!

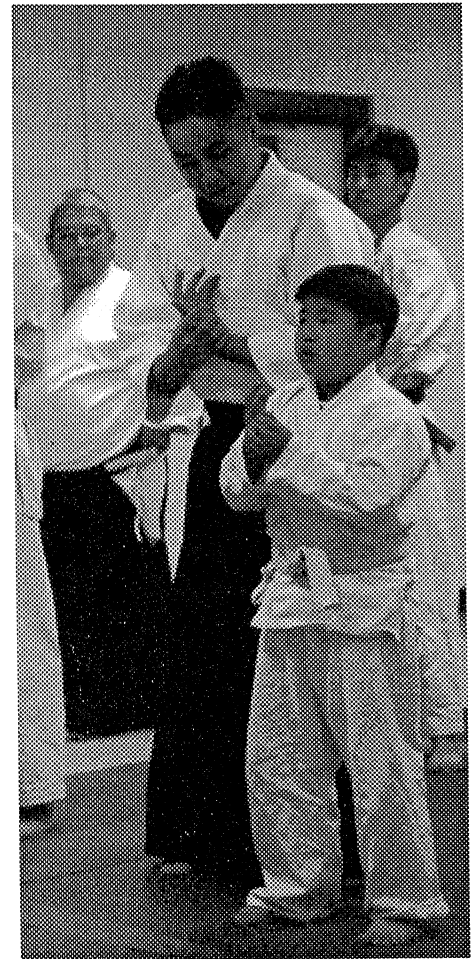
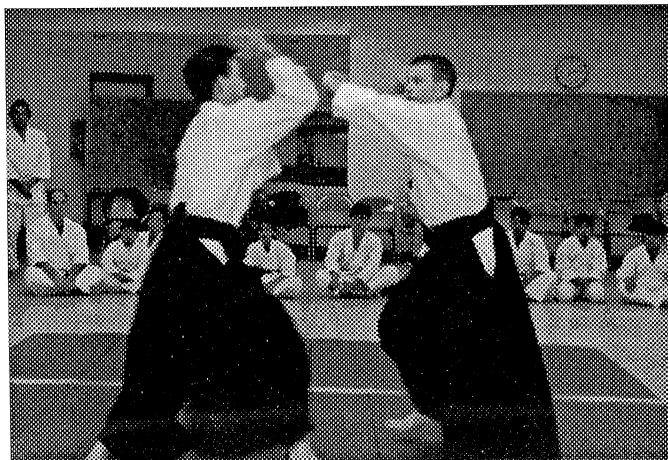
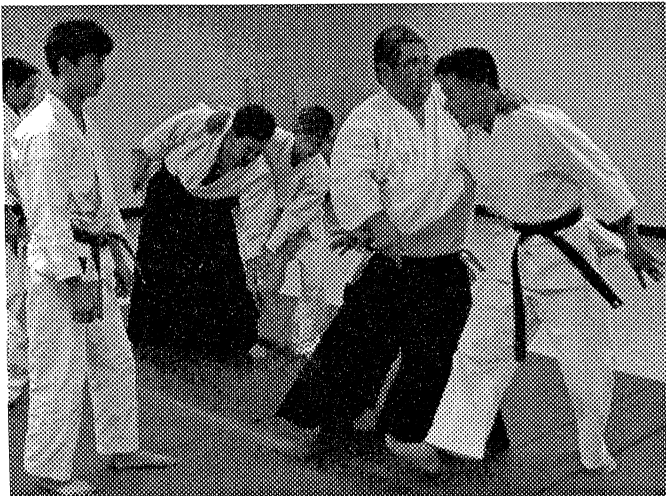
I'm looking forwar to receive all your other video tapes. Together with the "Aikikai Hombu Dojo Instructional Video Series" I consider your "Aikido Shoshinshu" as the most complete authorative, comprehensive instructional series available today. It's a must for both instructor and student.

For now I would like thanks to you and Con't.

Aikido Workshop at the Monterey Park Karate Club April 19, 1996

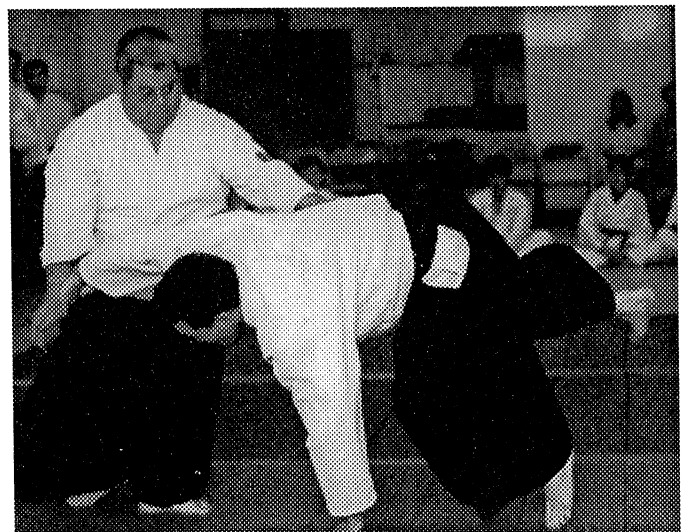


Members of the Monterey Park Karate Club and our Dojo. Aikido Workshop on April 19th. Karate Dojo is under the direction of Richard Kageyama Sensei-1st row center.



Top right: Kenny Furuya teaching. Left: Sensei helping brown belts. Lower left: Ken Watanabe and Bill

demonstrating Aikido at the beginning of the Seminar. Bottom right: Sensei throwing Ken Watanabe. Kageyama Sensei is a student of Hidetaka Nishiyama Sensei and conducted a karate seminar at the Dojo last year. We hope to continue this friendly exchange of practice and ideas between the two dojos into the future. Kageyama Sensei and his kids are all members of the Dojo. Many thanks to the Monterey Park Karate Club.





Hidden Virtue

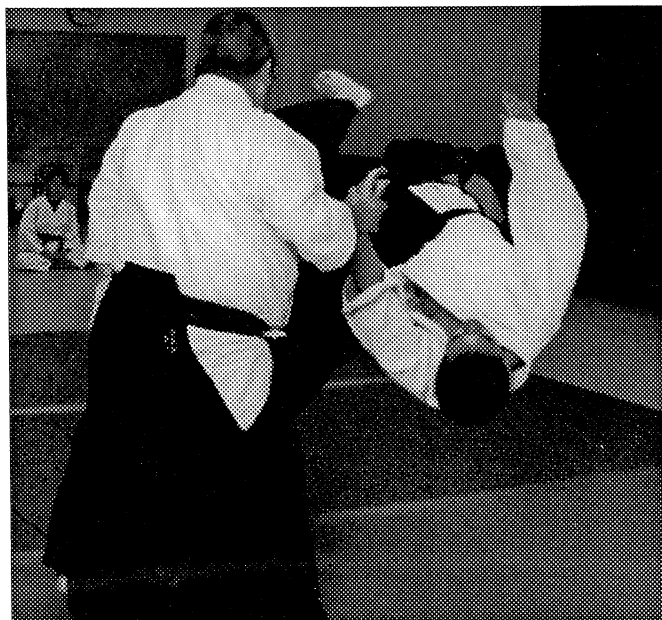
Early in April between the 7th and 9th, Naoji Karita Sensei, the master sword-polisher from Japan, visited the Dojo. His schedule was very busy, so on Monday evening I took him dinner while class was still going on in the Dojo. We returned back to the Dojo quiet late. When he entered the Dojo, he immediately exclaimed, "I am so impressed with your student!" Of course, when we returned, the Dojo was

HOLLAND con't.

your students at the Center in Los Angeles. Wish them strong spirit and safe training.

I hope to stay in touch. Please keep me informed of "Tao of Aikido."

Rob de Wolff
Holland.



in perfect condition after our usual after-practice clean-up. At this moment, Karita Sensei realized the kind of training we go through here. Although no one will usually see the Dojo at night, the Dojo is still kept in good order. We call this "hidden virtue." It is to do good works although no one may see it or recognize it. Nowadays, we don't do anything unless we can "perform" in front of an audience. At the moment Karita Sensei complimented the Dojo, I realized that it was all worthwhile to maintain the type of training that we do.

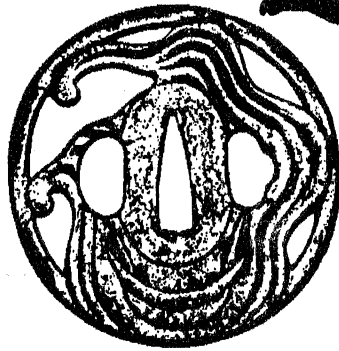
I share this with you so that you will also understand that eventually your efforts will be recognized in the very best way. We clean the Dojo because this is a very important part of our training. Many of us think that no one will ever understand this but, on this occasion, someone like Karita Sensei immediately recognized that our Dojo is doing a good job and that the old traditions are still being kept alive here. Don't seek recognition or fame, just do your best and somebody will eventually understand. Even if no one understands what you are doing, as long as you are sincere and true, your efforts will bear fruit. This is an important part of our Aikido spirit. Please continue the good works.

KODO

Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist

古
道



by Kensho Furuya

KODO

Ancient Ways

Rev. Kensho Furuya

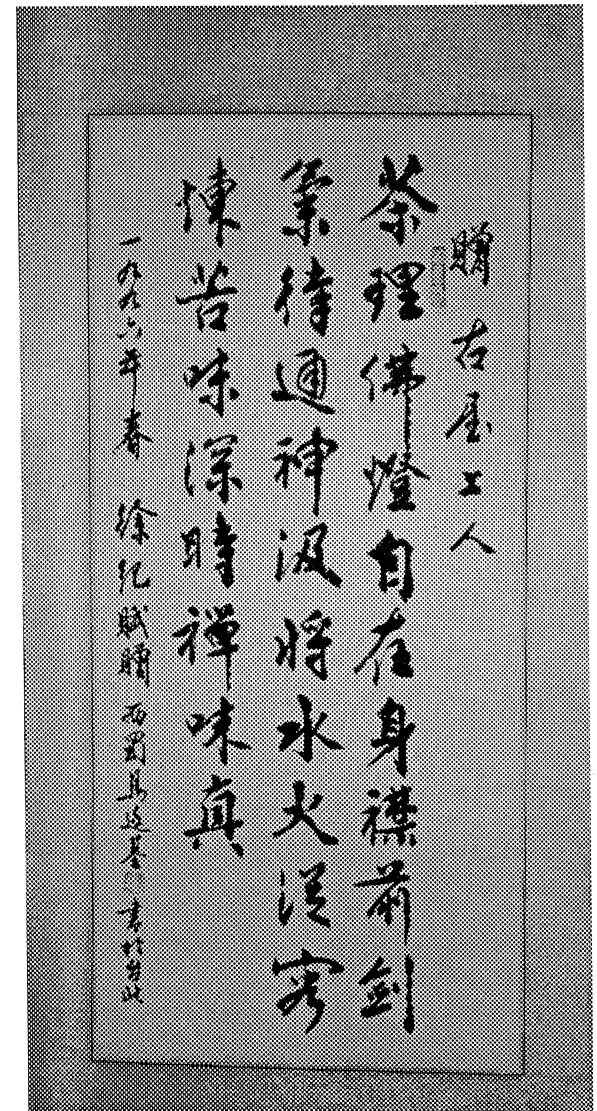
Please place your orders now!
\$16.95 + \$3.00 S&H
Send remittance to the Dojo.
Please order early!



A wonderful & beautiful scroll with poem presented to Sensei on the occasion of his birthday by Master Adam Hsu who is now in Taiwan.

Sensei's 48th Birthday Party

Sensei celebrated his 48th birthday with his students in the Dojo on April 25th. Many students joined in a party with punch and cake. Raffi brought in a delicious cake from West Los Angeles and flowers were brought by Cheryl. The students presented to Sensei a birthday present of \$1,000.00. Many thanks to all the students and members of the Dojo.



MASTER ADAM HSU: Kung Fu Master Bids Stanford Law Adieu

This article was sent to Sensei by Master Hsu along with a presentation of a beautiful scroll. Currently, Master Hsu is in Taipei, Taiwan, working on a special project. This article was published in Stanford Law Journal.

By Jechye Park, Law School, 1996

Adam Hsu, mild-manner librarian by day and top Kung Fu master by night, has left the Stanford Law Library to return to Taiwan. Featured on the covers of dozens of martial arts magazines and elected to the Black Belt Hall of Fame and the Kung Fu Hall of Fame, Adam Hsu is one of the most respected Kung Fu masters in the world. The Law Library and the Law School wish him well and hope he will one day return. Here are excerpts from the *Journal's* interview:

Question: Is it true that you are the most important person in Kung Fu in the last 400 years?

A: No! Where did you hear that?

Q: Why would someone say that?

A: Well, maybe because in the past forty years I have been a troublemaker, in Taiwan, the US and China. When I visited China, I criticized the government martial arts program and its training, because it is not real martial arts. They pretended to accept my words, but they are Communist and don't hear anything they don't want to hear. Martial arts, like all the Chinese arts, needs to be modernized. But many are against progress. In the U.S., I have tried to be friendly, but I have published many articles here, mostly critical. So people can feel defensive. Many teachers here are fake. Because once you cross the Pacific Ocean, who can check?

Q: How are you trying to change martial arts?

A: Well, first we have to clean it up. They say in China that Treasure Mountain is also Garbage Mountain. You have to clean it up first, and then you can dig and find the treasure. You have to get rid of the strange uniforms, the inconsistent degrees and belt colors and the Kung Fu movies. Kung Fu masters should not hold back their best techniques as secrets to be shared with a select few, but should teach openly.

Q: You would get rid of Kung Fu movies?

A: Kung Fu movies are not real Kung Fu, just like hot dogs are not real dogs. They use exaggerated movements and speed up the film. I know many of the actors and directors of Kung Fu movies. Jackie Chan, for example, is a famous Kung Fu movie star. But what he does is not real Kung Fu. He cannot even say what his style is! (A look of utter disgust.) He is an acrobat who trained at the Peking Opera. And those actors who did have good training lost it by staying in the film

industry. Some became mentally damaged, thinking they could really fight 12 men at one time.

Q: It seems that you do more than one type of martial art. What kinds do you do?

A: Islamic Long Fist, Preying Mantis, Tai Chi, Ba Ji . . .

Q: What is Ba Ji? I've never heard of it.

A: Ba Ji is totally different from Tai Chi. It is straightforward without flowery movements. It focuses on combat usage and delivering power. It is popularly used by bodyguards, including the bodyguards of Chairman Mao, Chiang Kai Shek and the last emperor. It's interesting because they were all mortal enemies, but their bodyguards were all taught by students of the same grandmaster. I had the same teacher as Chiang Kai Shek's bodyguards. They are all very busy right now because of the elections in Taiwan.

Q: Did you know when you first started training that you were better than everybody else?

A: No, in fact I wasn't very good. I started my real training in high school with Islamic Long Fist. I could do the forms beautifully, but I had no usage. Then I started Preying Mantis, which made me very fast. But I still had no power. That was when I started Ba Ji, the bodyguard style.

Q: Why did you switch styles?

A: I felt bad. I looked like a dancer, not a martial artist. I couldn't even protect myself! If you hit someone without power, it's like giving them a massage. So I wanted to learn how to issue power.

Q: What are your greatest strengths?

A: I never feel it necessary to demonstrate my strong points.

Q: And what are your greatest weaknesses?

A: I always try to cover up my weak points!

Q: Can you really kill five men on horseback?

A: No. Not even if I were drunk! Who told you that anyway?

Q: I heard you have written a book and several articles.

A: Yes, I probably have more than 100 articles published and several columns. And I published a collection of essays on martial arts, "Thousand Miles Without Resistance." And I'm currently collecting articles from my column, "Sword Polisher's Record," and putting it together in book form. It has nothing to do with polishing swords, but it's about cleaning up Kung Fu.

Q: Where do you teach?

A: In San Francisco and the South Bay. But I myself don't teach. My students teach.

Continued in next month's June issue.

NEWS ITEMS

KODO: Ancient Ways Book came fresh off the printing press on April 8, 1996. Sensei and Bill Gillespie went to pick up the first shipment at Ohara Publications in Santa Clarita. By first reports, it is doing very well, it has sold nearly 1,000 copies in the first week.

Sensei has become the editor for the new Greater Little Tokyo Anti-Crime Association Newsletter. The first issue came out on April 15, 1996 and will be produced bi-monthly.

April 19, 1996, Sensei conducted a special workshop at the Monterey Park Karate Club under the direction of Richard Kageyama Sensei.

The 2nd Asian Pacific Martial Arts Festival will be on May 4, 1996. Some of the top martial arts masters in the country will be demonstrating. Please invite your family and friends.

On May 5th, the Dojo will be demonstrating at the same JACCC Plaza Children's Day Festival but under the title of the Japanese American Artists Touring Program. Demonstration will be at 3:00pm.

Please Take Care with the Dojo Plants

After Dojo clean-up, please do not carelessly throw the rakes and brooms on top of the plants breaking their branches and harming them. Also, after practice, some students are rushing through the garden, unknowingly breaking leaves and branches of the plants with their big uniforms bags. This is very careless and totally unnecessary. Walk slowly and carefully through our beautiful garden and take a moment to enjoy it.

Harming the plants and damaging the Dojo makes the practice of clean-up meaningless. Thank you.

CONDOLENCES

The Dojo wishes to express its sincerest condolences to the family of Phillip Mineo Ozeki and to the members of the New York Aikikai.

Phillip Ozeki, 52, was one of the instructors of New York Aikikai and passed away suddenly on March 20, 1996

A Memorial Service was observed at the New York Aikikai on April 8, 1996

Late Yamaguchi Seigo & Phil Ozeki Senseis Remembered at Dojo Memorial Service

Yamaguchi Seigo Shihan of the Aikido World Headquarters and Mr. Philip Ozeki, instructor of the New York Aikikai were both remembered at O-Sensei's Annual Memorial Service held on April 26, 1996. Both were very old acquaintances of Furuya Sensei and will be sorely missed by him. Their names were included in O-Sensei's Memorial Service.

Phil Ozeki: In Memoriam

This is from a newspaper clipping brought to the Dojo by Phil's mother, Mrs. Mae Ozeki, who dropped by after returning from New York after the funeral. Mrs. Ozeki also brought greetings from Jane Ozeki (Phil's wife) and a program of the memorial service held by the New York Aikikai.

Delhi - Phillip Mineo Ozeki, 52, of New York City and Hamden Hill Road Spur, Delhi, died unexpectedly Wednesday, March 20, 1996, in New York City as the result of a coronary attack.

He was born March 16, 1944 at Heart Mountain, Wyo., the son of Benjamin M. and Masako M. (Megoru) Ozeki. He grew up in Los Angeles and received a degree in architecture from the University of California at Berkeley in 1968, after which he came to the East Coast where he served for two years in VISTA, working with city planning in Waterbury, Conn. Subsequently, he moved to New York City, where he married Jane S. Chen on Oct. 31, 1970.

Mr. Ozeki was employed for the past 26 years with Leslie E. Robertson and Associates in New York City, where he was manager of computer-assisted

Mrs. Mae Ozeki with Sensei at our Annual Memorial Service for O-Sensei and the late Phillip Mineo Ozeki.

drawing. Since 1971, Phillip had been practicing Aikido, a Japanese self-defense martial art to which he was totally devoted. At the time of his death, he held a Fifth Degree Black Belt and was one of the senior instructors.

In 1973, he, with his wife, purchased property in Delhi, which they owned jointly with their close personal friend, David Cyr, and together they had been building a home and developing their farm.

A high energy person, Phillip touched the lives of many people. A devoted father, at the time of his death, that energy was directed toward his daughter's future college education. He was also a sports enthusiast and found enjoyment cultivating his garden in Delhi.

Surviving are his wife of 25 years, Jane Ozeki; a daughter, Mieko Aimee Ozeki; his mother, Masako "Mae" Ozeki of Monterey Park, Calif.; and a sister and brother-in-law, Carol Ann and Eric Mayr of Staten Island.

Services were held on April 6th at the United Ministry of Delhi with the Rev. Dr. Mark Chatterton, pastor, officiating.



BLACK BELTS & INSTRUCTORS

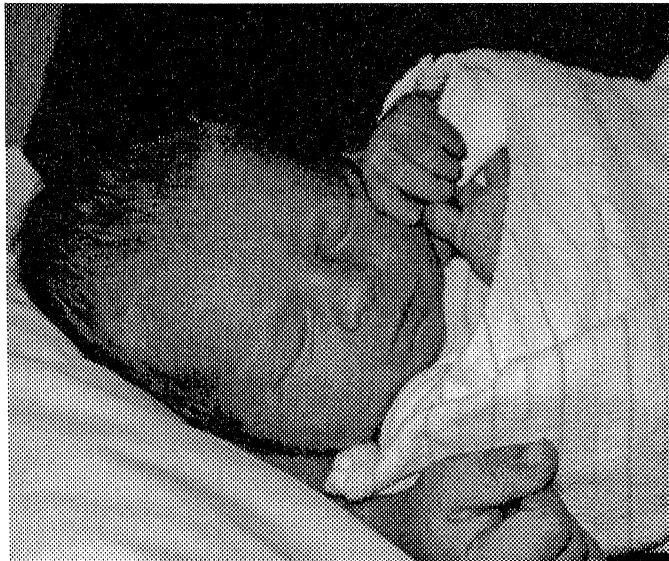
Please do not miss the weekly Advanced Practices and Monthly Intensive Seminars each month.

May 25th: 6:30am-8:30am
Breakfast-meeting follows.

Next meeting to discuss summer schedule of demonstrations and promotion requirements. Please attend. Thank you.

Musings on Birth and Practice

By Curtis A. Westfall



In the waning moments of April 9, 1996, I witnessed the birth of my second child, and first daughter. As with the birth of my son five years ago, at the moment of delivery I was floored with overwhelming emotions--greatly humbled by and thankful for the process of birth and the miracle of life--reverently awe stricken with nature's perfection. Though, with my wife, responsible for the creation of a new life, I felt small and inconsequential at that moment, with no role other than that of passive observer. So many forces, much greater than the individual, were necessarily present and operative at the moment of delivery, none of which I had any power over or ability to control.

In the few days since the birth, I keep coming back to the many lessons to be taken from my daughter's birth, and marvel at the many parallels which can be drawn to our Aikido training. As a father, I hold my new daughter with loving pride, seven and a half pounds of brand new, uncluttered, unstressed, unpolluted perfect harmony. I have often noticed how adults in particular are drawn to a newborn, and captivated with the simplest of movements or sounds. Why is it that people love babies so much?

One reason, I think, is that the newborn represents a new beginning, and that many people, longing to escape the dictates and compromises of trying to survive and make a go of it in 1996 Los Angeles, are secretly envious of the baby's simple, uncomplicated life. It is true, work, school, bills, taxes, relationships, deadlines, traffic, graffiti, violence, etc. are a harsh reality compared to the trilogy of mother's milk, a clean diaper and plentiful sleep. It is very easy for us to become worn down and negative because of the stresses of our respective day to day lives.

Another reason people are captivated with babies is that we are envious of the promise of the newborn's life, and of the infinitely unchecked opportunity to accomplish and live a fulfilling life. In this regard, the newborn is free from the years of emotional and psychological baggage which we carry, a necessary component of each of us, a derivative of life's experience, yet nonetheless, a weight which we can easily come to resent. Perhaps in the newborn we see and relive and are confronted with our own decisions and regrets. What if we could go back in time and relive, in a different vein, such experiences? The babysoft, unblemished, pure newborn may be a metaphor for this internal conflict, a glimmer of a life lived free from regret and indecisiveness.

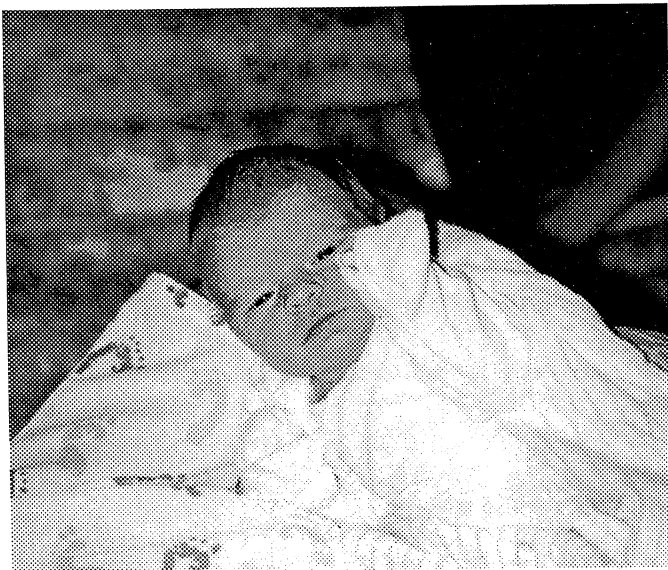
Finally, we are envious of the wondrous amazement with which the newborn beholds the world. Everything is new, everything miraculous. As adults, we often become jaded, accustomed to our daily routines, and rarely stop to "smell the flowers." A baby, however, can spend an eternity simply looking at and experiencing her hand.

Each of these independent reasons for people being enraptured with infants presents a powerful lesson which we should incorporate into our training. First, with each practice, in a way, we may experience a rebirth and gain a sense of freedom from the harsh realities of our daily lives. Two, we should approach each practice with a new sense of devotion and beginning--just as the newborn's entire life lies

ahead, so to does the path toward enlightenment. Especially at our Dojo, practice is a privilege, and should be approached with renewed zeal and commitment each day. Casual indifference and banality have no place on the mat, however, I have seen (and been guilty of it) too many times. On your way to the Dojo, think about and prepare yourself mentally for practice. Leave the problems of your day in your car.

Second, through practice, we are each given a "new beginning", and an opportunity to improve, not only our Aikido technique and proficiency, but ourselves. Through ongoing diligent and committed practice, we can, in a way, achieve and experience the same vast opportunity which lays before the infant. Keeping this in mind will help us to approach each practice with an appropriate measure of enthusiasm and appreciation.

Third, and perhaps most importantly, we should adopt the infant's perception of the world while we practice. As mentioned above, a newborn looks at everything with marvel and wonder. In practice, we often open class with Tenkan exercise. If you are familiar with this exercise, do you let your mind wander as you simply go through the motions until class "really begin?" I have seen it, and you may have too. Instead of telling ourselves that "I did this technique last night--I wish we would practice something "new", we should savor, appreciate and



marvel in each moment of practice, and approach each technique as if it was the first time we ever saw it.

By observing and incorporating the lessons of birth and the newborn into our approach to practice, we will ensure that, individually and collectively, we enjoy the maximum growth and benefit from our training.

Sensei's Message:

"CHO"

By Kensho Furuya

Until recently for Japanese, when one said, "Cho," one immediately thought of "cho" and "han," the two words used in an old form of gambling with dice, something like craps.

The "cho" which is popular today is a different cho but has come into common use today. Instead of "number one," to say, "cho-ichi-ban" means the "ultimate number one." "Bijin" is the word for "beautiful woman" but now we say "cho-bijin" which, I guess, is a beautiful woman which is "better" than a beautiful woman. I bring this up because it is an interesting insight into the psychology of a people and culture. Until now, Japanese would describe very good as "maa maa" or "not bad." They rarely used the word, "the best." For one reason, it was a sign of modesty and humility. Secondly, they believed that to use the word, "best" or "number one" would incite the wrath of the gods and bring on "heavenly punishment." In everything, one must consider how the gods would accept or be pleased. Today, we don't care how the gods think about what we do or say or think. We only think of being "number one," not just number one but the "ultimate" number one. In olden days, we feared the gods. Today, with our science and technology, we have become the gods themselves. At the very least, we certainly have begun to talk and think like them. Have a "cho" good day.

IMPORTANT DATES

May 2nd. Grand opening ceremony of the Little Tokyo Koban - police sub station.

May 4th. Japanese American Cultural & Community Center Children's Day Festival and 2nd Annual Asian Pacific Martial Arts Festival. All day: 10 - 4pm.

May 5th. Demonstration for the Japanese American Artists Touring Program at the JACCC. 3:00pm.

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

May 24th. Demonstration at the Jonathan Club for Japan International Week Celebration.

May 25th. Black Belt Intensive 6:30am. Breakfast Meeting follows.

May 27th. Memorial Day observed. Dojo will be closed.

FUTURE DATES:

July 4th. Independence Day observed. Dojo will be closed.

July 13th. Lotus Festival.

July 20th. Pasadena Obon Demonstration.

July 20-21st. Higashi Hongwanji Obon Demonstration.



The Dojo will be featured in an upcoming issue of Black Belt Magazine on "Strategies Against Multiple Attackers in Aikido." The issue will also premiere the Sensei's new book, KODO.

BOOK NEWS

According to the Publishers, Sensei's new book sold nearly 1,000 copies in the first week of publication (which is almost a record) and it has barely hit the stands as yet. In less than one month, the book is already going into its second printing. The Publishers have also informed Sensei that the first printing will become a "collector's item" so signed first editions will eventually become very valuable. Please keep your first editions safe and clean. The book makes a nice present for friends.

DONATIONS

Richard Kageyama Sensei, Monterey Park Karate Club for Seminar. \$150.00.

Ms. Masako Mae Ozeki for Memorial Service.

Mr. Larry Armstrong - Donating photos.

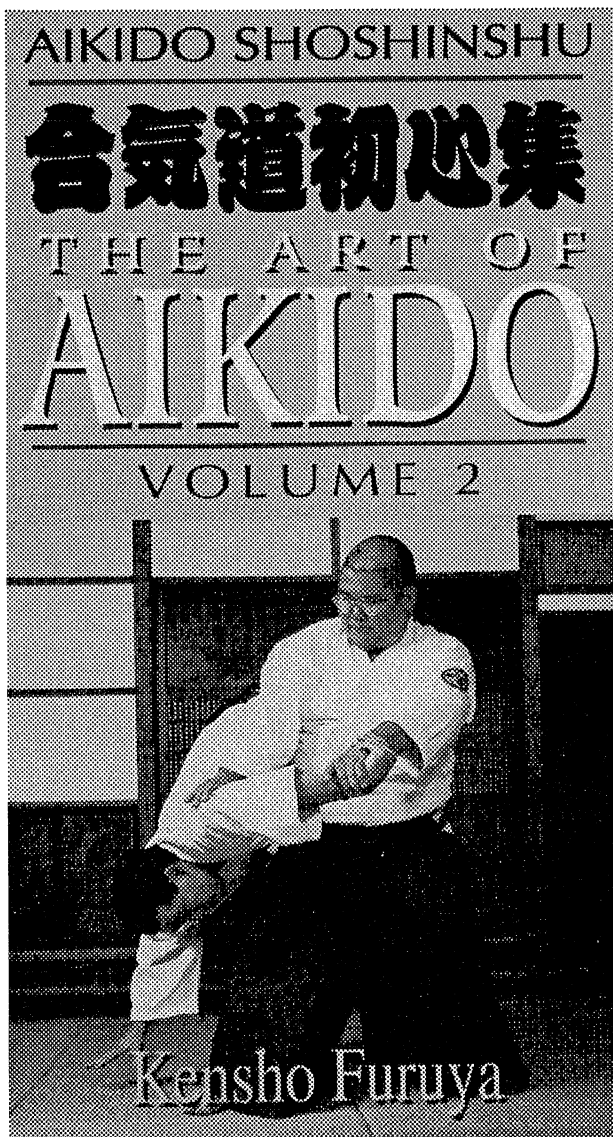
Mr. William Gillespie for Memorial Service.

Dr. Cheryl Lew for Memorial Service.

Dr. James Doi for Memorial Service.

Raffi Badalian for Memorial Service.

Rev. Shin-etsu Fukushima, Kotokuji, Japan. \$100.00.



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VIDEO REVIEWS:

"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . . This is a thoughtful and professional series of impressive scope. For those who can afford the nine volumes, the whole series would be a worthwhile investment."

Susan Perry, Editor-in-Chief
Aikido Today Magazine #44, Vol. 9, No. 6.

"Furuya's latest project has been the production of a compre-

hensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes."

Stan Pratin, Editor-in-Chief
Aiki Journal, April 1995 Issue.

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . .

Dr. Taitetsu Unno, Smith College, Eastern Religions. Trans. "The Spirit of Aikido."

Aikido TRAINING SCHEDULE

BEGINNING & OPEN CLASSES

Monday thru Friday Evenings
6:15pm-7:15pm

Monday & Thursday Evenings
7:30pm-8:30pm

Tuesday & Thursday Mornings
7:00am-8:00am

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
Please bring weapons.

CHILDREN'S CLASSES

Saturday Afternoons
12:45pm-1:45pm

Sunday Mornings
8:30am-9:30am

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings
7:30pm-8:30pm

Saturday Mornings
9:00am-10:00am

Sunday Mornings
7:30am-8:30am

INTRODUCTORY IAIDO

Saturday Mornings
8:00am-9:00am

SPECIAL MONTHLY SEMINARS

BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR

Every Last Saturday of the month
6:30am-8:30am
Instructor's Meeting follows.

IAIDO INTENSIVE SEMINAR

Every 3rd Saturday of the month.

6:30am-8:30am
General meeting follows.

BUDO & SWORD STUDY CLASS

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