

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

Los Angeles Sword & Swordsmanship Society Kenshinkai

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

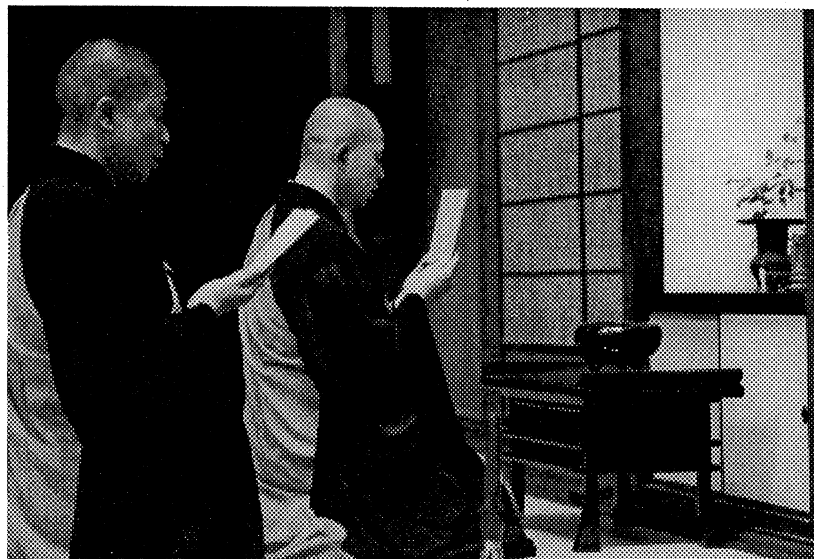
\$2.95
Donation

May 1, 1998

Volume XVI. Number 5.

O'Sensei's Thirtieth Memorial Service April 26th.

Many members attended our 30th Memorial Service for O'Sensei. The Service was conducted by Rev. Furutani and Rev. Yokoyama of the Soto Zen Education Center nearby the Dojo. After the Service, O-Doki was served at the

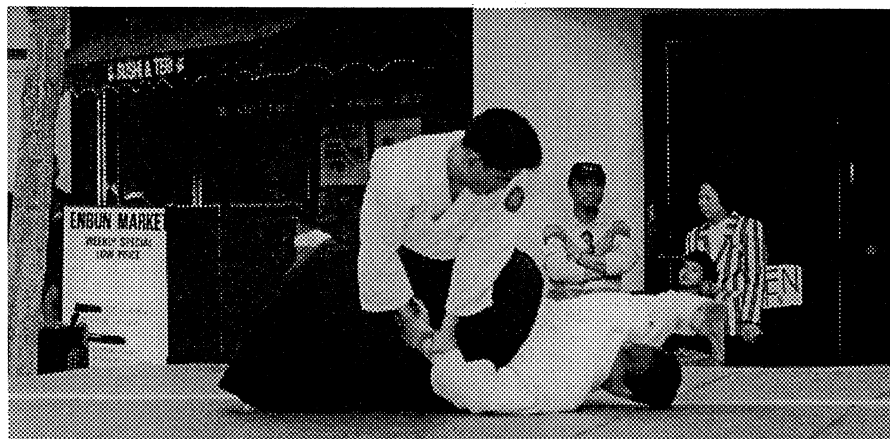


Soto Zen Education Center Ministers Performing 30th Memorial Service.

Kacho Restaurant in the Yaohan Plaza. We hope members of the Dojo will always cherish and respect the memory of O'Sensei, the Founder of Aikido, for everything he has done for us. The Dojo has conducted this Service every year since his Passing on April 26, 1969.

French TV Comes To Our Dojo

French television, *Point du Jour*, filmed our Dojo and extensively interviewed Sensei on April 26 and 27th, during a five day shooting in Los Angeles before returning to Paris. Benny Urkidez and the Gracie Brothers were also featured. The documentary is scheduled to air in France and Germany in October of this year.



David Ito and Mike Dotzenrod at the Hanmatsuri Festival in Little Tokyo on April 5, 1998.

Welcoming
From The
Omiya Dojo:
T. Sakurai
Y. Sezaki
K. Yamaguchi
May 1-4th.

Sensei's 50.

Sensei celebrated his 50th birthday with a few of his senior students at the exclusive Ivy in Beverly Hills.

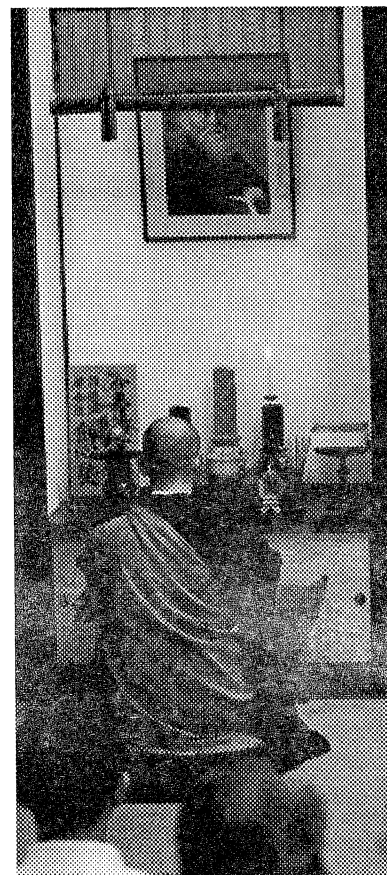


Point Du Jour Television from France filming our Dojo for a documentary on the martial arts.

O'Sensei's 30th Memorial Service April 26, 1998



Members of the Dojo and the television crew from France at O'Sensei's 30th Memorial Service on April 26, 1998. Far right, first row seated is Ms. Francoise Marie who heads the TV crew from Paris. Scheduled for a one day shoot, they were so taken with the beauty of the Dojo, they returned for a second day of shooting on April 27th. The two other schools featured on their LA shoot were Benny Urkidez and the Gracie Brothers. They will also travel to Japan to complete their documentary on the Martial Arts. By coincidence, the 2-hour A&E special, Martial Arts, aired on April 27th at 7:00pm and 11:00pm.



SPECIAL PRACTICE

With Members of the
Omiya Dojo, Saitama, Japan

Tadashi Sakurai, 3rd Dan
Yutaka Sezaki, 3rd Dan
K. Yamaguchi, 1st Dan

May 1st, Friday: 6:30-7:30pm
May 2nd, Saturday: 10:15-11:30am
May 3rd, Sunday: 10:15-11:30am

Welcome Dinner: Friday 8:30pm
Sayonara Dinner: Sunday 7:00pm

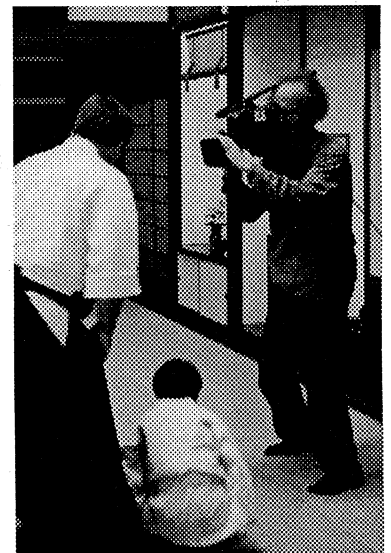
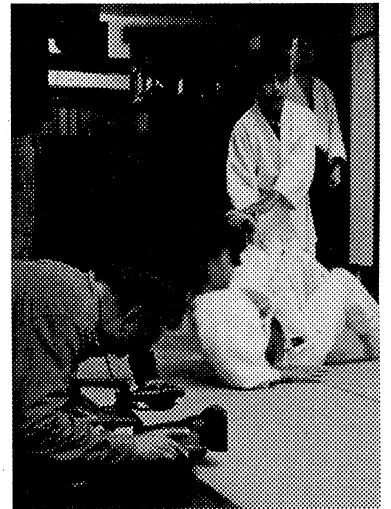
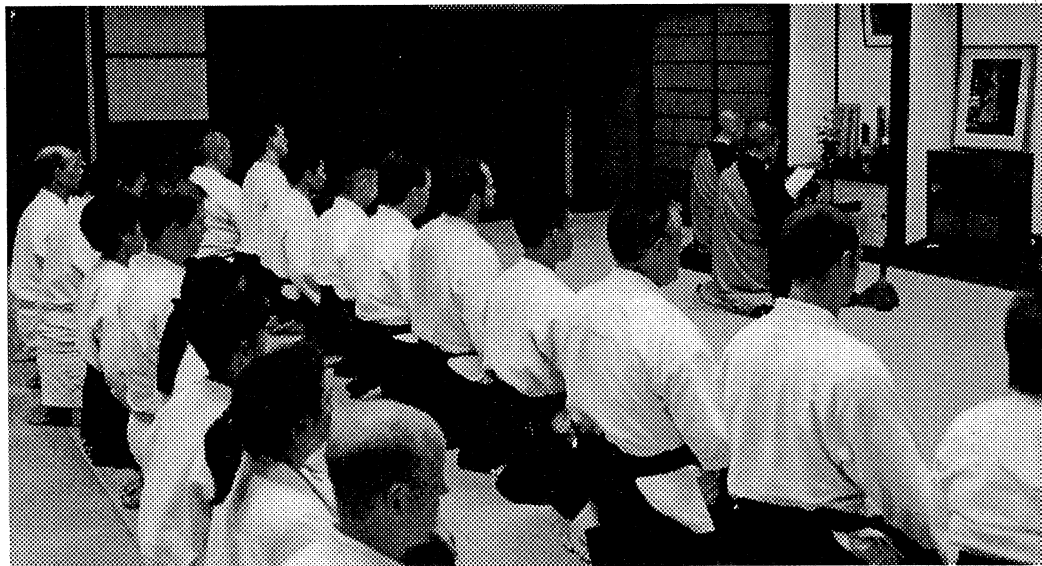
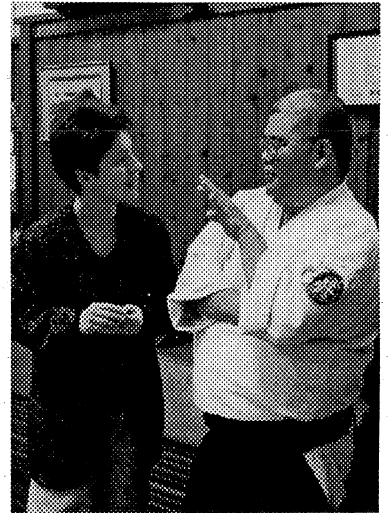
For reservations, please see Cheryl

Television From France For Special Documentary on Martial Arts



Film crew from France with Sensei.

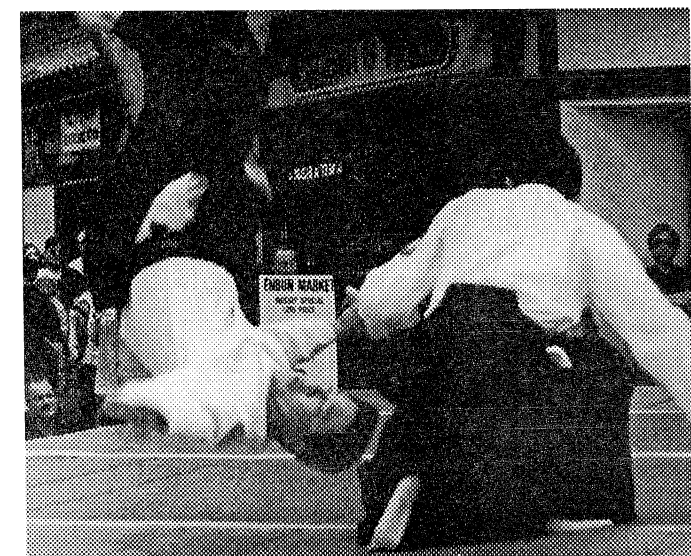
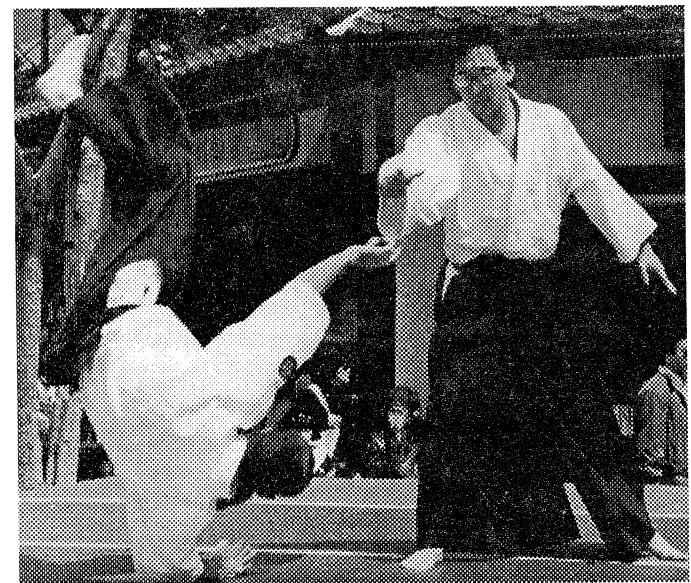
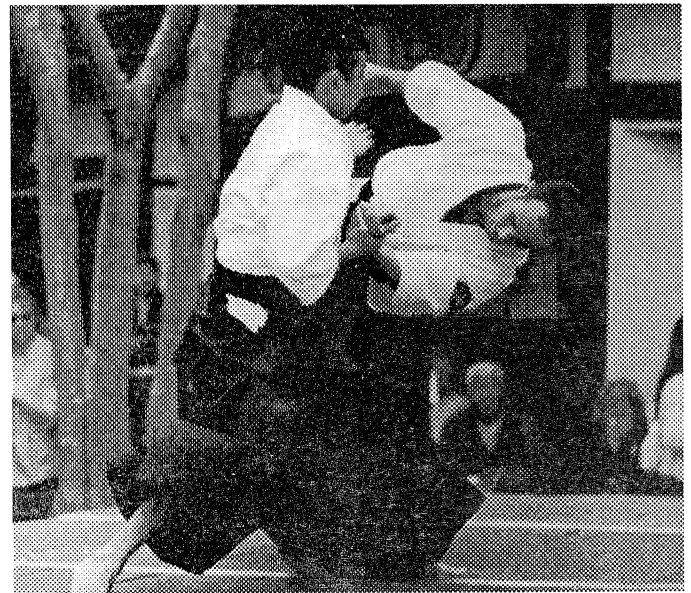
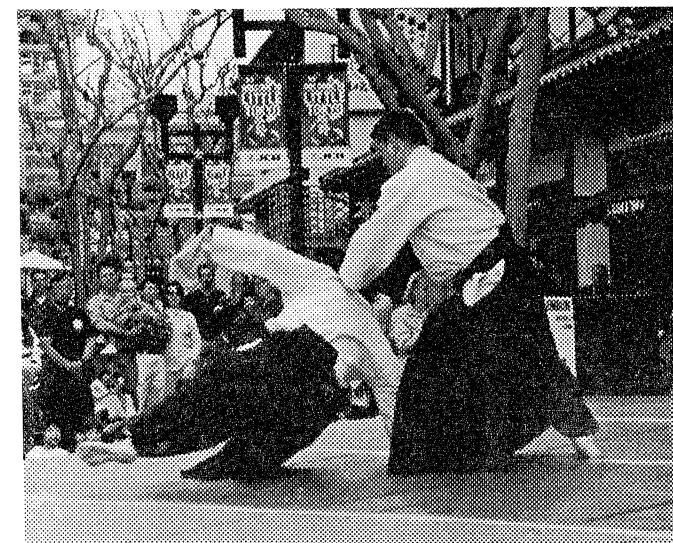
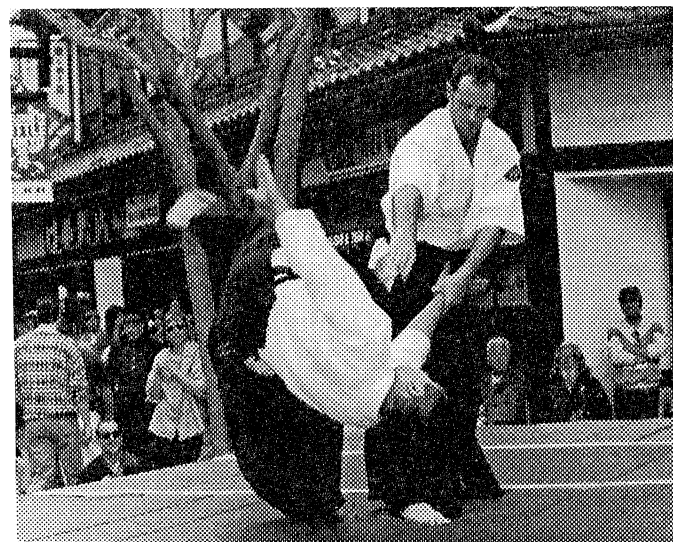
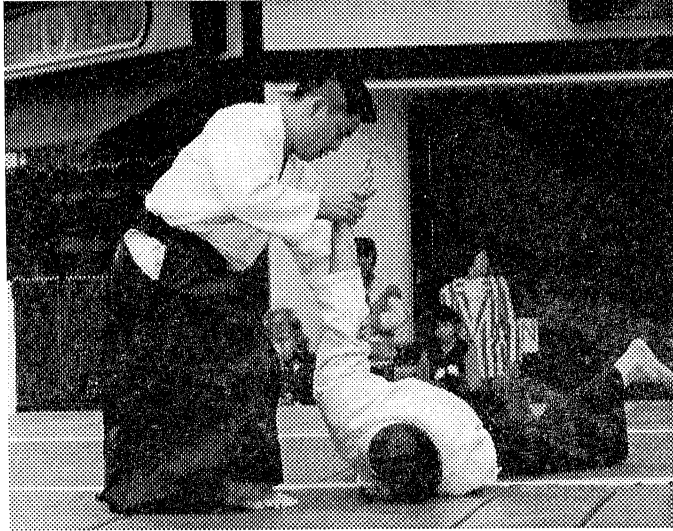
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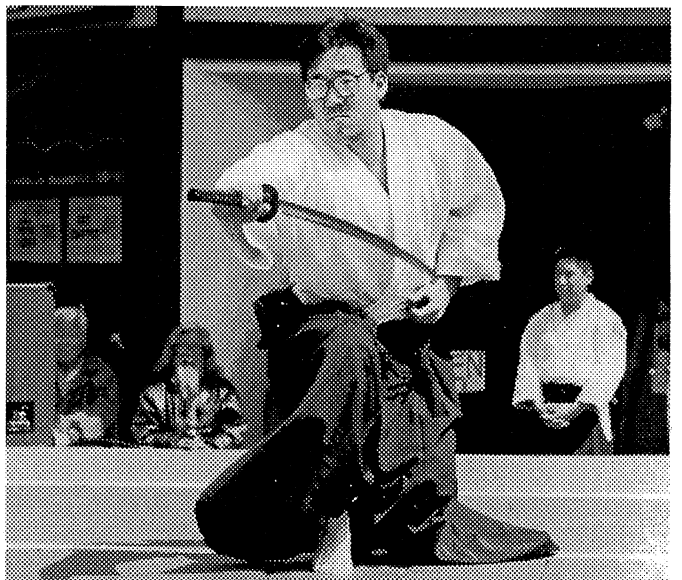
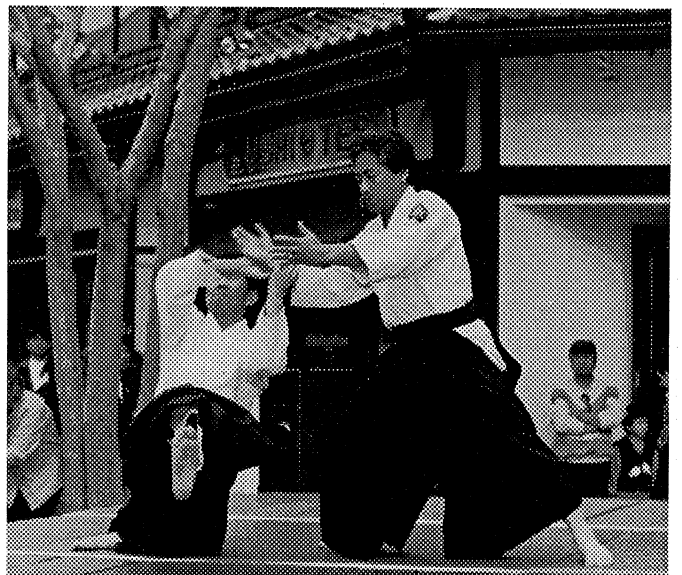
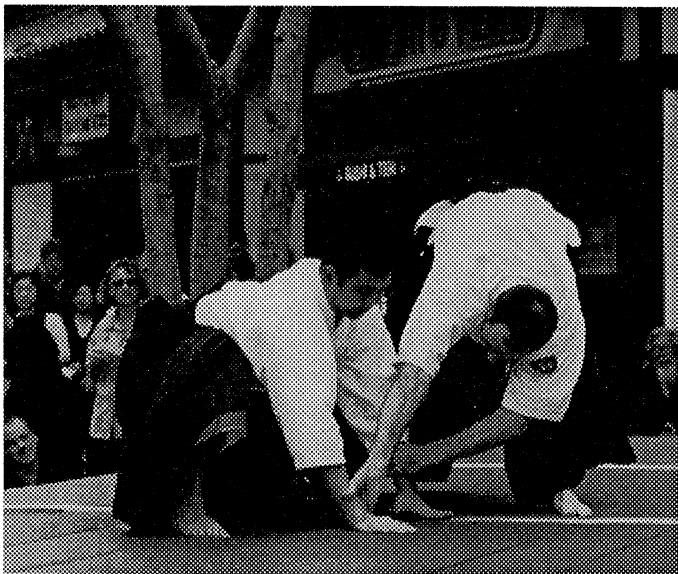
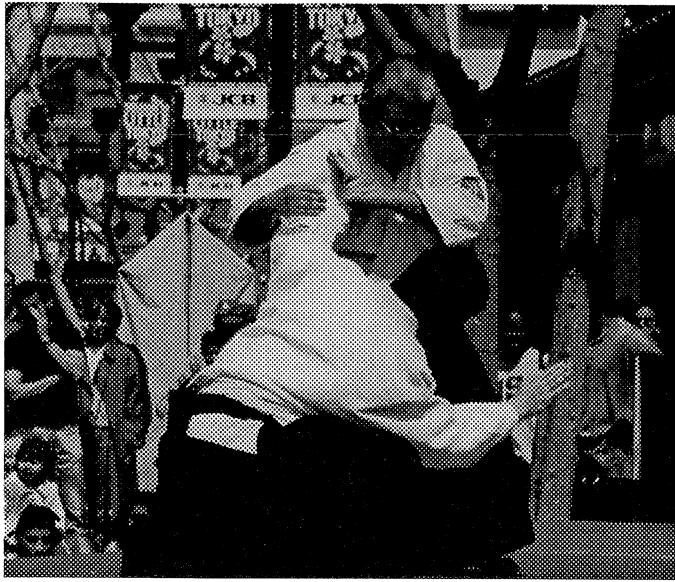
Top: Members of our Special Practice on O'Sensei's Memorial Day on April 26th.

Middle: Founder's Memorial Service
Various scenes: With Film Crew from France.

Hanamatsuri Aikido Demonstration April 5th.



Aikido Center of Los Angeles
NEWSLETTER



We Need Your Help!

DOJO FUND RAISER

We are requesting donations from members and friends of the Dojo for the purchase of badly needed Tatami to replace the ones damaged by water recently. Although our Landlord verbally promised to replace them, he is now trying to escape out of our agreement.

Donations of \$100.00 or more (or any amount) will be greatly appreciated to purchase the tatami and to make repairs on the first floor.

We greatly appreciate the very generous donations of the following students:

Dr. James Doi \$1,500.00
Dr. Cheryl Lew \$1,500.00
Mr. Curtis Westfall \$1,000.00
Mr. William D'Angelo \$500.00
Mr. Andy Kissel \$500.00
Dr. George Nakashima \$100.00

Donations can be sent to:
Aikido Center of Los Angeles
940 E. 2nd St. #7
Los Angeles, CA 90012

Many, many thanks for your kindness.

In Gassho,

AIKIDO CENTER OF LOS ANGELES
Rev. Kensho Furuya

Sensei's Greetings: 50 YEARS

This year is a rather special year for me. I guess everyone considers 50 to be a sort of benchmark. It is also my 40th anniversary in Aikido and my 10th year as an ordained priest. However, it was very tough to reach this day. I am saddened by the passing of my teacher, the Bishop Kenko Yamashita, recently in February. We also suffered damage in the Dojo and are in the process of replacing the Tatami. Somehow, in recent months we were hit with numerous other problems which came at us with the speed of an overly oiled, hyper-sensitive, assault gun. It has been devastating. Yet somehow, we try to make an effort to get to the next day.

My greatest concern is the changing attitude of the students in general and how to better communicate with each one of you more effectively. Students are progressing on a technical level but need more attention in a spiritual sense. What I mean by this is not a sudden and profound religious experience in which you enter an all encompassing state of bliss, but more common sense attention to each tiny activity in your life. In Zen, humans are not the greatest creation of Nature although they are very high on the life scale because of their ability to learn and experience profound enlightenment. We do not, for the most part, live up to our destiny. We should seek this enlightenment, actually, I think it is more meaningful if we call it - "self knowledge." This "knowledge of the self" is the goal of Aikido to understand ourselves as ourselves. But, unfortunately, it can be said we pay much too much attention to ourselves in a totally destructive sense.

In Aikido, there is great concern for the opponent. We take pains not to see he is injured and spend years perfecting techniques to fine tune ourselves to use only appropriate power. In other martial arts, we look down on and despise our opponent. One of my old teachers advised me: "You must kill your opponent in your mind or you can never defeat him." I like Aikido. I don't want to live like that.

The world is changing so fast now and I am still stuck in the past. I like it here. It is a time when honor and knowledge were respected. It is a time when we valued the worth of all things. It is a time when we took care of the spiritual as well as our material lives. It is a time when we could see the unknown. It is a time when our roots and ancient traditions were very important in our lives.

I hope my students will continue to practice hard. I don't think our Dojo will ever grow big or become popular, I don't think our Dojo is for everyone. As long as there are just a few students who want to study a kind of old-fashioned Aikido in a kind of old-fashioned Dojo, I will always be happy. In Gassho,

Reverend Kensho Furuya

March 29th

Japan Lecture Series:

Family Heirlooms-Everything You Wanted To Know About Swords But Were Afraid To Ask.



4-29-89

Dear Reverend Furuya:

My name is Brandon Alvarez. Recently, my girlfriend joined your dojo and brought home from one of her classes your book "Kodo: Ancient Ways." After talking to her about her class, I happened to pick up the book, figuring I'd read a chapter or so. Well, needless to say, one chapter turned into a hundred pages, until the next thing I knew I'd finished the entire thing.

My reason for writing you is I simply wanted to commend and thank you for writing what I consider to be the most intelligent and uplifting book I've read in years. I found so much I could relate to and so much that, at the least, made me genuinely smile and feel good. It's always nice to stumble upon a valuable tool of knowledge to help navigate oneself through this crazy journey called life. Again, thank you for hours of reading enjoyment. Peace to you, Brandon Alvarez.

Correspondence:

My heartfelt wishes to you on your 50th birthday. I regret that I will not be in Los Angeles on April 25 to wish you Happy Birthday in person, but from afar I will celebrate in spirit your Special Day! I also regret that I will not be able to participate in O'Sensei's Memorial Service on April 26. I wish you and all the members of the ACLA health, peace, harmony and abundance of happiness.

With Gratitude Always,
Raffi Badalian
Beverly Hills, CA.

Thank you for such a quick reply to my letter and the invitation to visit your Dojo. I also appreciated you sending me the dojo newsletter, which gave me a lot of good information. I intend to be in Southwestern US probably some time in early fall and am looking forward to meeting you in person.

As to the possibility for live-in training, I now have an idea about the situation at your Dojo and understand that this is not a question that can be answered right now. I will be happy to start with a short visit and a few days' training as you suggested and see what happens. I will contact you again, closer to the time I am ready to travel to California. Thank you again.

Sincerely,
Oleg Gorfinkel
135 Isabella St., Apt. 903
Toronto, Ontario, M4Y 1P4, Canada

My name is Matthew Miller and I am writing from Australia to discuss a problem that I have. I need to learn to defend myself but in the city of Brisbane there are many imitation martial arts and I have been to these classes but when I have tried to use it, those skills in a real situation I have been defeated and I was wondering whether you could give me some advice or information on Ki, balance, centre of gravity or anything so I may stand a chance. Yours Sincerely,

Matthew Miller
34 Annear St., Acacia Ridge, Brisbane
Australia

Dear Aikido Center of Los Angeles:

I am writing to you to request some information about the Aikido Center. I have a deep interest in this martial art and enjoy all aspects of aikido training. I recently was awarded my shodan, and I am not affiliated with any federation or association. I am familiar with Reverend Furuya's KODO and was automatically interested when I saw your advertisement in Martial Arts Training magazine. I would appreciate hearing from you, and I would like to let Rev. Furuya know that he has influenced the life of a young martial artist all the way up here in Nova Scotia. Thank you.

Sincerely,
Keith Mac Neil
2392 Hwy 28, South Bar, Sydney, Nova Scotia B1N 3H9

Reprinted Voga Magazine, April 1998 Issue
Translated from the Japanese

DIETING WITH AIKIDO

With Dr. Rocky Lee

I am a female reader, about thirty-something with one child. I am not especially fat but lately I am worried that I am getting flabby. I don't really see the benefits of super-diets, walking, aerobics and sports gyms. Gaining weight, losing it, everyday, doesn't really impress me until I spoke with Dr. Rocky Lee who said he has lost weight and somehow introduced me to the ancient traditional martial art of Aikido.

I arrived at the Yaohan Plaza around 6:00pm and walked to the nearby Dojo. As I was worried if Aikido would suit me, we arrived at the Dojo in about 5 minutes. The Dojo is a warehouse and stands like a very high class Japanese inn. And here, even people in Japan would be surprised at the beautiful practice area surrounded by Japanese antiques. It is like entering a time-slip. - Inside and out - it is like another world!

At 6:30pm, along with some women, all the students begin stretching exercises. As I joined them and began to exercise my body I could feel myself warming up. But to speak frankly, I was getting tired already. After 15 minutes of stretching, we did about 15 minutes of very light, basic techniques. With all of this warm-up, I felt it was good prevention against injury. From about 7:00pm, when I felt that I was completely warmed-up, we began the formal techniques. As the regular students were throwing each other around, As a first time beginner, I was introduced to the basic techniques by the side of the mat, one on one, with an instructor. First of all, I learned to stretch my wrists and other basic movements. All of these movements were brought together and I was able to throw a person down. I was explained that one of the basic techniques was to pin the person to the ground. Next, it was my turn to be thrown! As I looked around and saw other people being thrown, I thought to myself that this all looks fake - but when I was thrown to the ground and pinned, there was no way to resist. It was like there was nothing one could do but be thrown. I felt like my whole body, including all my bones and joints were being held. And with just one of my arms being taken, my whole body was very naturally put to the ground. I was just like a puppet. In trying to go against this movement - it was even more painful. You really have to try it to understand this feeling. I think that if a meet a person much, much bigger and stronger than myself, I couldn't throw him with just one or two techniques but putting everything together - I think I could throw him. This is the way I practiced until about 7:25pm. We finished with more warm-down exercises and we finished. I sweated much more than I expected to. And feeling the cool night air against my face, I left the Dojo behind me.

I challenged myself by taking a second class in Aikido. I persevered until my whole body was sweating. Being thrown, throwing, rolling over and standing up, etc., I used my whole body. There was no muscle ache in any one part of my body - my whole body hurt. But I didn't feel like my whole body was burdened - rolling was not painful. Compared to aerobics or other sports - because there was no burden on my joints like the knee or elbow - someone like me, who has no endurance or pain threshold at all, was OK. Although one gets tired, it is interesting because there so many techniques and one keeps repeating them until one gets good. Without a chance of losing any interest, I feel like I should try harder. Also, it is a countermeasure against bad guys. And afterwards I feel so good. Speaking frankly, I have no sense of Aikido being old-fashioned or rigid - on the contrary, I feel this Dojo - as a Japanese myself, made to feel something very close to the Japanese heart - a very serene, quiet place.

Dr Rocky's Aikido - Survival Guide

In Furuya Sensei's Dojo, I am the the oldest at 55 years old. I started when I was 53 years old and have a 3rd Kyu rank. Rocky first started Aikido a year and a half ago. What made Rocky start Aikido at such a late age?

Q: Rocky. Why did you start Aikido at such a late age?

A: I was born in downtown Tokyo, Asakusahashi, and came to America when I was 37 years old, about 20 years ago. I did judo in elementary school, and kendo in high school. I am fond of martial arts. I read Yoshikawa Eiji's Miyamoto Musashi and aspire to martial arts training although I know nothing about it. There are three direct causes why I started Aikido at the age of 53 years. First of all, in July of 1977, my wife and two kids returned to Japan, and I remained in Los Angeles. After work, I have no interest to return home alone, and eat my dinner watching TV or drinking beer. Because of this timing, I went to the Dojo. Secondly, in this Dojo, there is not much seiza or formal sitting. I may sound strange to say that there is little seiza in Aikido. For beginners, outside the little bit of seiza when bowing, it is okay to sit crosslegged if it is painful. In Japan, I never sat seiza. Because my right knee is very painful, this helped me alot. Of course, now I can sit seiza much longer. But for beginners, seiza can be very painful. Thirdly, because the Dojo is only a 5-minute walk from my office - it is very convenient. (Sensei, Excuse me!)

Q: Rocky, since you started as a beginner a year and a half ago, what was your most painful experience?

A: I didn't know if I could last one hour of practice. I was unsure if I would get too tired. I didn't know anything because it was the first time I did Aikido since I was born. But, as I was told, you do move your body. At the very beginning, with 15 minutes of stretching exercise, I was already tired. The

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remaining 45 minutes - I bore it to the end - blue faced and out of breath. Of course, understanding my disappointment, they said that beginners can rest in the corner if they get tired. At first, there was dissension of the heart - "I wanted to rest!" During practice, every 5 minutes - I would glance at the clock on the wall looking at the time. "Oh my God!, it is only 7:00pm - there is still 30 minutes to go!" Or, "it's 7:20pm, only 10 minutes to go!" I did this falling between joy and sadness. In this way, I kept hoping the class would end soon. Each person is different. For the beginner, the first two months is the biggest battle. If you can overcome this test - strangely, you get renewed stamina and somehow you are quite easily able to finish the class.

Q: Do you have any interesting story of failure or mistake?

A: As you say. . . . during the very first practice, we rolled forward and got up and rolled backwards and got up. When I rolled backwards I hit my head and thought a broke the floor.

Q: In your year and a half of practice, what was your most pleasant experience?

A: Yes. I will never forget it on July 10 of last year. I had been doing Aikido for just about one year, when I found time to practice repeating the same technique over and over. Sensei always got mad at me to straighten my back or correct my knee. On that particular day, I seemed to relaxed my body completely and did the turn (tenkan) well. As I did it, Sensei exclaimed, "Very Good!" Even at my age, I was very happy. It only made me want to practice more.

Q: In throwing and being thrown in Aikido, do you get injured?

A: As a martial art, it is certainly intense. Although I have trained my body in the gym, it is possible to injure yourself if you use your body incorrectly. One time I stretched my muscle in my left knee and had to rest for one month. After that, maybe I had about four small injuries.

Q: After a year and a half of Aikido, what have you gotten? What are your future dreams?

A: Well Now I am 3rd kyu and I still don't know what "ki" or "heart" means. But I never realized how interesting Aikido is. With my own body strength and condition, I have confidence that I can do Aikido my entire life. If you speak about the present, I am surprized at how much sweat comes out of my body! During practice, I really sweat. After practice, I think that I didn't injure myself and safely return home gratefully. I feel like I just got out of the Japanese bath.

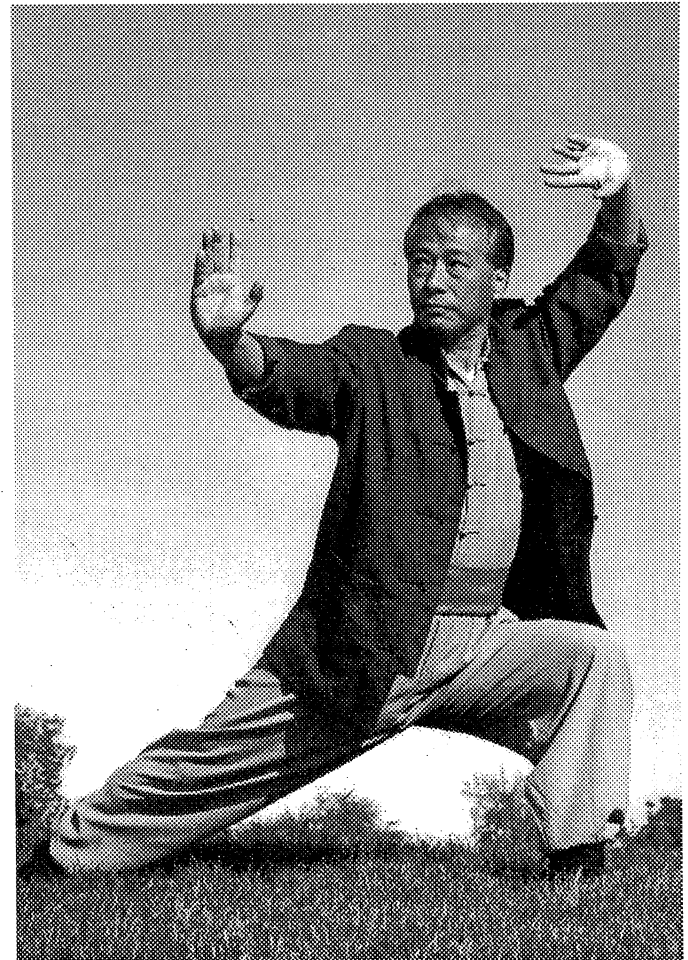
How Aikido has effected me? Before I started Aikido I was 195 pounds. Now I am 175 pounds. I lost 20 pounds. My belt

notches closer. During practice, Sensei always gets mad, "Straighten your back!" Nowadays, I feel my back is straighter. I feel it myself and I notice the way I walk has changed. In one year, I notice I walk much more spritely.

Someday, I hope I make black belt in five years - I have 2 years left. I hope to wear a black belt before the millenium. I hope I can practice Aikido all over Japan, I hope I can practice Aikido all over the world. Of course, if I said this in front of my wife, she would only scold me and tell me to bring her more money! Myself, a romantic fellow - I am not Don Quixote, but alas! - my unfulfilled dream!

Dr. Rocky Lee

Congratulations! **Master Hsu's Book Is Out!**



Congratulations to Master Adam Hsu on the recent publication of his book, "The Sword Polisher's Record - The Way of Kung Fu," by Tuttle Press. The book is a compilation of articles written over the years and is an excellent sourcebook for the martial arts. It is recommended for all students. The Dojo will be taking orders. It is \$16.95 plus shipping and handling. Master Hsu now resides in Taipei, Taiwan, and is an old friend of our Dojo and we anxiously await his next visit to Los Angeles.

TECHNICAL AIKIDO

By Mitsunari Kanai, 8th Dan

New England Aikikai

Reprinted from *Aikido East*

Definition of Aikido as a Combat Technique **(BUGI) 1998**

It is important to know that aikido includes a philosophy and ideas that go beyond budo. Budo is a subset of aikido, but aikido is not a subset of budo. Therefore, developing aikido technique as a complete form includes, in addition to the principles of combat that will be discussed here, other elements such as ki (and its constituent elements), kokyuryoku (breath power), and spiritual functions. These aspects will be addressed in a future work. For the moment, it is more critical to clarify the issue of the physical elements of aikido techniques, for these provide a necessary foundation upon which to build an understanding of more abstract elements.

Bugi means combat techniques to deal with an opponent who initiates a confrontation. More than that, bugi's techniques aim to dominate the opponent physically in order to achieve control over him. Bugi has methodology, rules, and principles. Bujutsu is a system to organize and continually improve all aspects and elements of bugi. The bugi of aikido is characterized by the application to combat techniques of two fundamental principles: the principle of the unified body, and sotai kankei (the confrontational relationship between oneself and the opponent). Application of these physical principles allows one to more effectively utilize any technique.

Bujutsu no housoku - the principle of bujutsu requires that all techniques and movements, and all elements of bujutsu and bugi be applied with total precision and accuracy. Their effectiveness is determined by whether they are applied at the right time, in the right way and with the right amount of energy. For example, bugi includes the elements of speed and power. Power is the emergence of energy which is used to achieve a goal. Speed can create power and power can substitute for the lack of speed. Speed can create real destructive power, for example, when a hurricane wind blows a straw to such a velocity that it penetrates a wall. Conversely, even if moving slowly, a power of sufficient force can push through the same wall. Effectiveness depends on whether they are applied correctly in light of particular conditions.

Thus, bujutsu no housoku can be expressed as determined activity to deal a confrontational relationship in order to place oneself in a more advantageous situation given certain conditions. Bujutsu no housoku is an inevitable consequence of achieving and maintaining control over an opponent using minimally required amounts of 1) movement, 2) ma-ai, and

3) power.

This bujutsu no housoku is the basis for aikido techniques, and, similarly, by keeping them in mind, very precise definitions and descriptions of aikido techniques can be generated. There are three key requirements for accurate aikido techniques: 1) maintaining one's correct and proper posture, 2) entering into shikaku and 3) consciously using the body to avoid direct confrontations with the opponent's movement.

The first requirement for an accurate technique is proper posture. Proper posture allows one to generate all the power that one possesses, execute movements accurately and rapidly, and also maximize one's attacking or defensive power.

The second requirement is to enter into shikaku, that is, the opponent's "opening," "blind spot," or "dead angle." Although the opponent's dead angle is the opponent's weak point which can be attacked, it is simultaneously much more than this, i.e. it is a place where one can maintain one's own safety.

The third requirement is to use the body in a way that avoids collision, that is, a direct opposition of power against power, or movement against movement. To be most efficient in dealing with a confrontational relationship, one must use the opponent's power or movement and the minimally required amount of one's own movement and power to make the situation develop in the way one desires, that is to one's own advantage.

Direct opposition of power or movement necessarily increases the required effort, and therefore wastes energy. In addition, when two sources of power or movement come into direct opposition, the one with stronger force will win, an outcome contrary to the objectives of aikido's combat techniques. The ability to control movement so as to avoid clashes with the opponent requires repetitive and continual practice over an extended period of time until this approach becomes a strongly embedded habit. If aikido practitioners would devote themselves single-heartedly to focusing on these elements, bujutsu no housoku would automatically and naturally spring up and grow. Another note to the preceding discussion is that bujutsu, in addition to being based on fundamental and unalterable principles, has another aspect which is simultaneously free, unrestricted, and able to adapt to any circumstances. Within this, there is room for kichi (quick wits) that do not necessarily fit into any predetermined principles. Those who train sufficiently so as to develop and master bujutsu no housoku will also generate ki and its elements, which include kan (intuition), and kichi. This allows one to deploy mental and spiritual elements which are described, for example, as "leading ki," the "feeling" or "knack" of budo, and the ability to "see" the opponent's movement (even in the case when the opponent is behind one's back).

Kichi, however, has a higher and lower expression. Its higher

A&E "Martial Arts" Special 2nd Aired April 26th

The 2-hour A&E special program, "The Martial Arts," aired again on April 26th at 7:00pm and again at 11:00pm on Sunday evening coincidentally on O'Sensei's Memorial Day. Narrated by Star Trek's George Takei, this program features our Dojo and brief interviews with Sensei. It is considered to be the most comprehensive program to date on the state of martial arts in this country.

Birthday Greetings:

Dear Sensei:

May the coming year be filled with the Success, Fulfillment, and Gratification that you so richly deserve, and may your fondest dreams be realized. It continues to be an honor and privilege to be your student. - Student.

... I'm very thankful that you accepted me as your student. I hope to learn much from you and hold up the standard of not only Aikido, but of character as well. I hope to serve you along with other students to meet the goals of the Dojo. I believe we have a bright future. There are many who can benefit from your teaching. you are a hidden treasure, Sensei. It's time to let the world see. ... - Student.

Many, many thanks for your kind thoughts. - Sensei.

Kanai Sensei: Technical Aikido continued:

form can only develop as a result of a high level of training aimed at creating consummate skills based on fundamental theories or principles. Those who have really mastered bujutsu no hosouku can deploy such a high form of kichi.

There is another and different example of a technique similar to kichi would could be possibly (although roughly) included as bugi. This is sutemi (the sacrifice trick) in which one attempts to extricate oneself from danger by making a surprise move to startle the opponent.

Although this technique follows some of the principles of budo, it ignores some other critical elements, such as posture and balance. Sutemi technique can be classified as one of the combat techniques, but because it does not include all aspects and elements of bujutsu, it should not be included as a complete technique. This is precisely why sutemi is not included in aikido.

The reason why aikido so fully expresses bubi (the aesthetics of the martial arts) including many aspects such as precise techniques, sense of stability and elegance, is that it incorporates all the essential elements of bujutsu no hosouku. Based on the explanations and viewpoints described above, now I would like to enter into the subject of technical theories.

Important Dates MAY 1998

- | | |
|------------------|---|
| May 1-4 | Tadashi Sakurai to LA
From Omiya Dojo. |
| May 5 | Budo Study 7:45pm |
| May 9 | Iaido Intensive 6:30am |
| May 17 | Dojo Clean-up |
| May 19-21 | Ichihashi Shihan Visits |
| May 25 | Memorial Day |
| May 30 | Black Belt Intensive
6:30am. Meeting follows |

Happy Birthdays For May

- Richard Bruton 5-7-56
Scott Howard 5-19-64
Ryan Kageyama 5-5-83
Maria Macias 5-3-68
Mari Masumori 5-19-82
Mitchell Okamoto 5-11-87
Reed Povernly 5-8-59

For June

- Bill D'Angelo 6-24-67
Susan Kageyama 6-30-84
Lisa Lee 6-14-66
Marcus Matsumoto 6-8-87

For July

- Aisha Favela 7-2-91
Karl Flowers 7-26-49

規範 **合気道** 基本編

合気道連主 植芝吉祥丸 著
本部道場長 植芝守央



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による初めての合気道教科書!
財団法人合気会・出版芸術社 発行

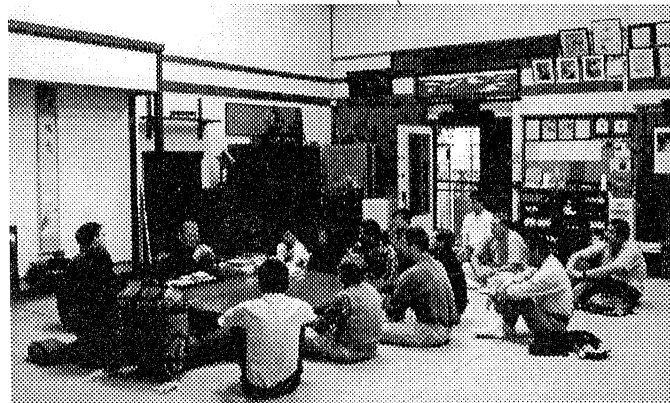
KIHAN AIKIDO
Fundamental of Aikido

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."

Japan Culture Lecture Series

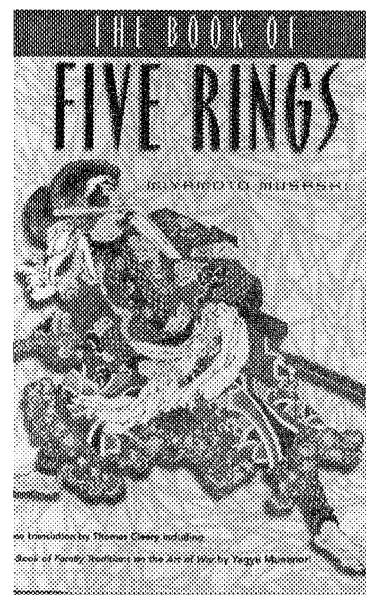
On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



**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.

翻府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER

The Aikido Center of Los Angeles, 3932 East 2nd Street #1, Los Angeles, CA 90012. Tel: (213) 687-2875
Address: The Aikido World Headquarters, 1718 Hollywood Blvd., Hollywood, CA, 90028
Mission: To promote, teach, and disseminate the art of Aikido throughout the world.
Office of the President: Hon. Yasuhiro Kariya, 1st. St. Cal. Telephone: Professional Association

April 1, 1997 Volume XV, Number 4 \$2.95

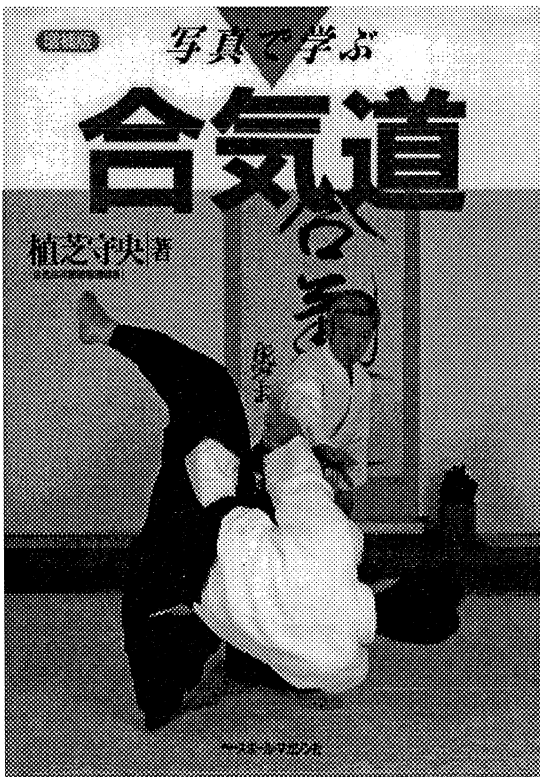


Dojo Treasure Arrives From Japan
On their last visit to our Dojo, four members of the Onyia Dojo, Mr. Yanki, Suzuki, Mr. Takayoshi Asama, Mr. Tadamasa Sakurai and Mr. Taro Sakurai presented screens with a beautiful white fan. It was suggested the fan would be greatly enhanced if it had Doshu's writing.
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 requests for his writing, some people around us to Ichizuka Sensei, making more than three to four years. Recently Doshu finished the writing and returned it to Ichizuka Sensei. Mr. Chikaru Haganu of the Onyia Dojo who recently moved to Los Angeles, had carried it from Japan on February 26th. Chikaru-san will soon be giving our practice room as the writer down with the job in Toronto.

**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.

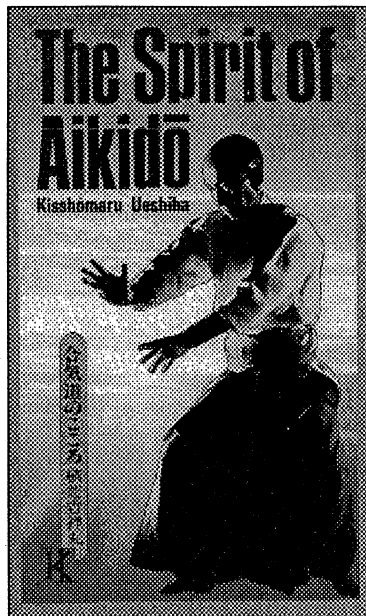
Aikido Center of Los Angeles
NEWSLETTER



SHASHIN DE MANABU AIKIDO

By Dojocho Moriteru Ueshiba

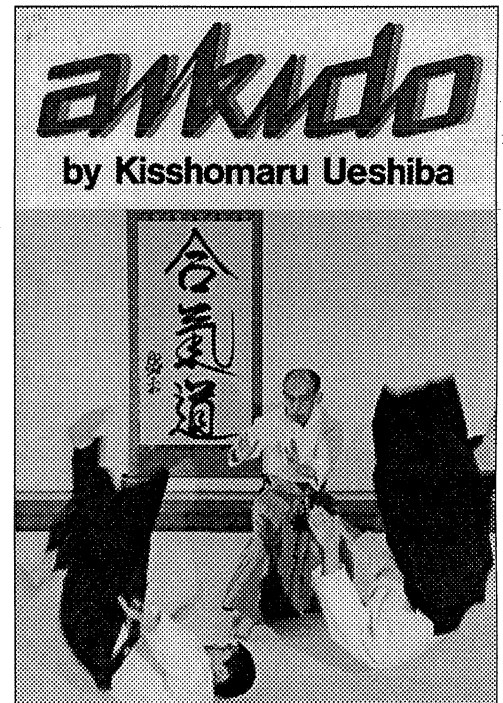
Hombu Aikido techniques demonstrated by Dojocho Moriteru Ueshiba. In Japanese but self-explanatory and an excellent reference source.



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. Send them one our new Dojo Flyers or Newsletters.

**Japanese Art Swords
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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.

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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.

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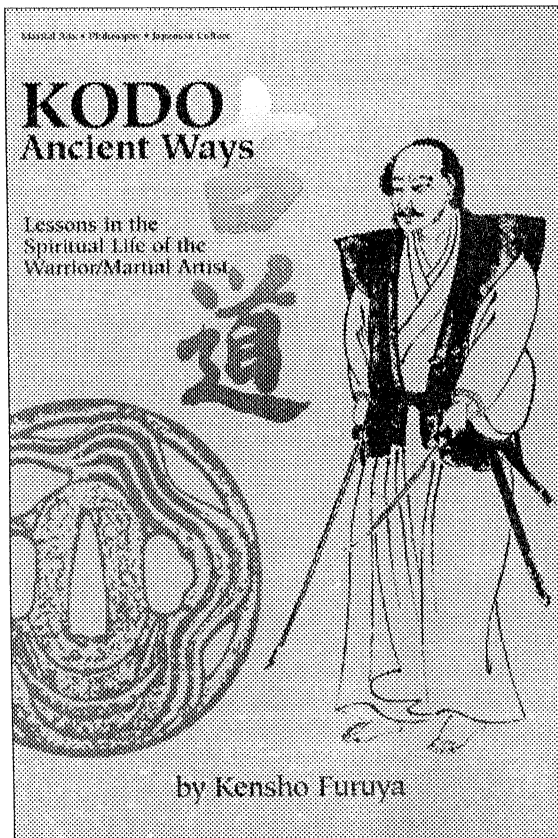
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KODO

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

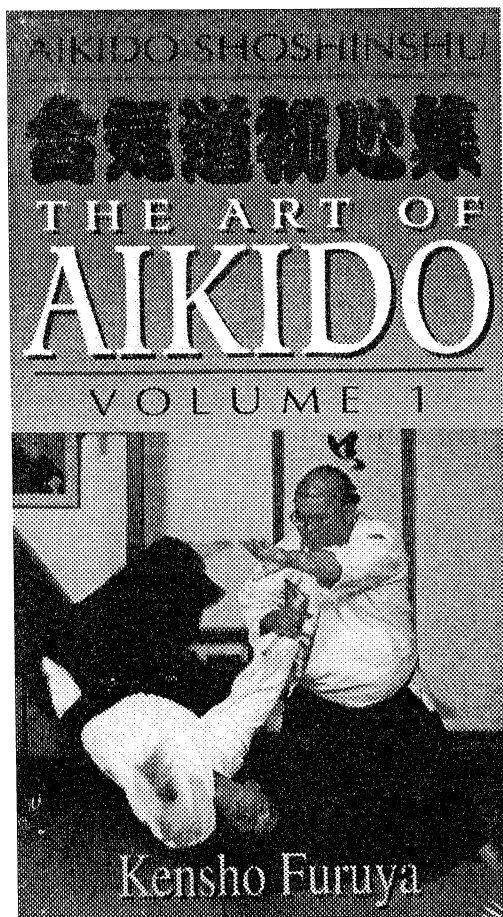
Rev. Kensho Furuya

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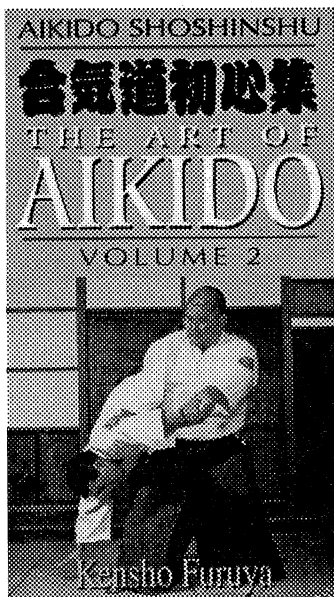
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Please inquire about dojo and quantity discounts.

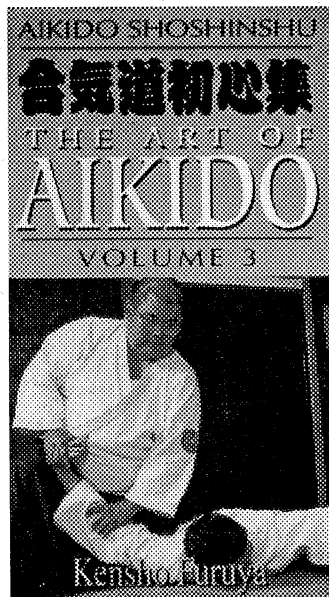
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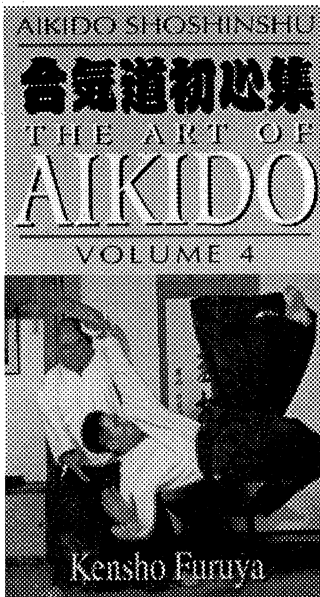
The Art of Aikido Instructional Video Series



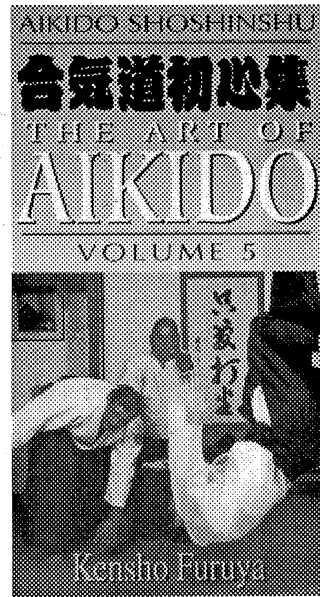
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo
& Gokyo



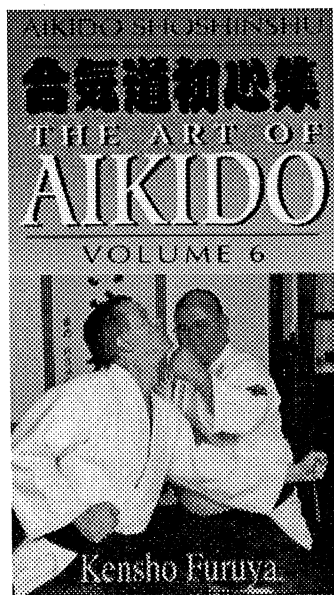
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



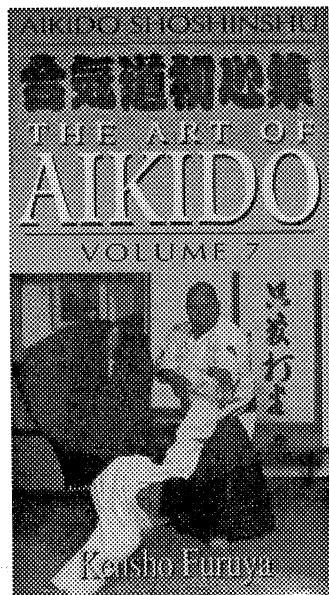
Katatetori Ryotemochi: 2-hand.
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



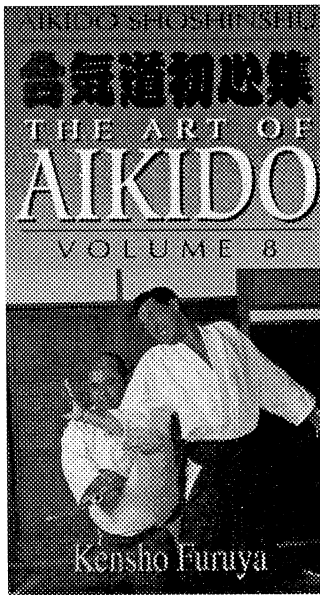
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



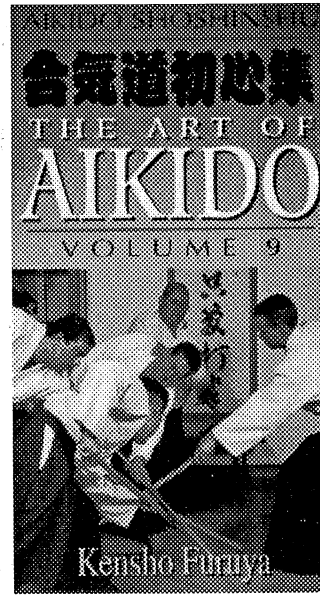
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the
side of the head & neck.



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

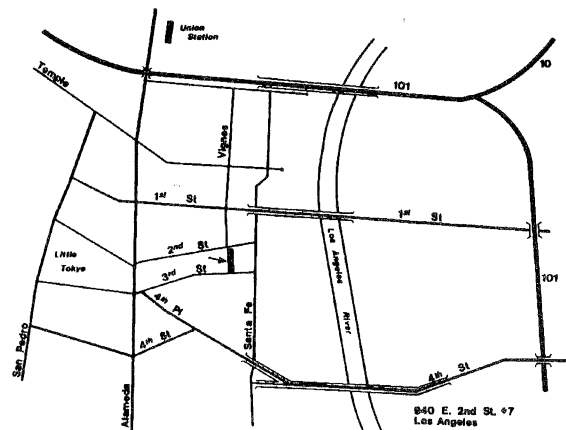
Every 1st Tuesday of the month.

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 are 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.