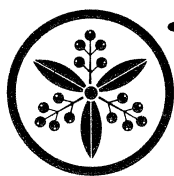


羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

940 E. Second Street #7
Los Angeles, California
90012
(213) 687-3673

Affiliation: Aikido World Headquarters Aikikai, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
United States Aikido Federation, Eastern Region
Nihon Iaido Kenshin Kai - Japanese Sword & Swordsmanship Society

November 1, 1995

Vol. XIII. Number 11.

Inside this Issue:

NEW KYU
PROMOTIONS

MASTER HSU
SEMINAR
Part II

SPECIAL
PEOPLE
IN THE NEWS

OPERATION
SPARKLE
CLEAN-UP



Master Adam Hsu and members of seminar, "Multiple Forces in Single Movements, Theory and Practice of Mental Aspects of Training." September 9-10, 1995 at the Dojo.

Special Exhibition

OSHIGATA

Important Sword Rubbings of the
Shitahara School

December 3 - 10, 1995

Japanese American Cultural &
Community Center, Little Tokyo

Dojo Fund Raising Event

We are still asking everyone's help to reach our goal in our Dojo Fund Raising Event. We greatly appreciate your generosity and the many donations to our fund. Many, many thanks for all of your help and thoughtfulness. It comes at a time of great need. In Gassho,

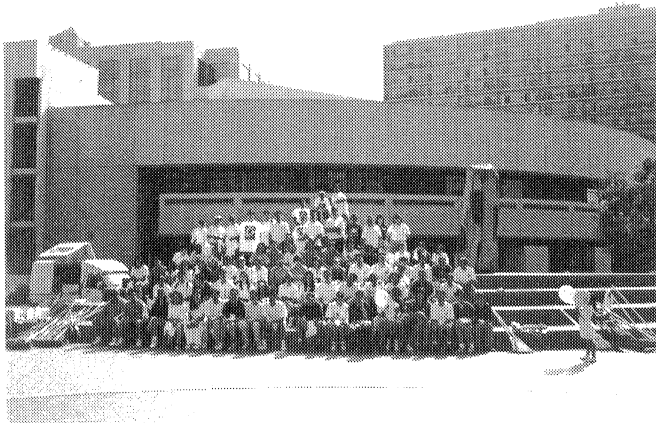
*Rev. Kensho Furuya
The Aikido Center of Los Angeles*



ACLA Team Adds Sparkle to Operation Sparkle October 7th

Many thanks to James Doi, Bill Gillespie, Ken Watanabe, Kenny Furuya, Steve Tarango, David Ito, Curtis Westfall, Rey Espino, Cheryl Lew, Frances Yokota, Joe Holguin, Jim Evans, Jon Cooperson, Jun Joon for their hard work on the Sparkle

ACLA team who worked on OPERATION SPARKLE on October 7th. Sparkle is a volunteer clean-up program in downtown LA. According to Coordinator Brian Kito: "You guys did a helluva great job!"



Project on October 7, 1995. Sparkle is a project sponsored by the LAPD and local businesses to organize volunteers to clean-up Los Angeles. Our team cleaned up Little Tokyo on First Street between Vignes and Alameda Sts. which was the considered dirtiest, most unkept area. Our team filled up over 50 large trash bags of garbage. Good Work! Brian Kito, the organizer, commented: "They did a helluva great job! That's why I gave them the worst area to clean." Next year, I hope more Dojo members will participate and really keep our neighborhood clean.





The Aikido Center students cleaned up the area on 1st Street between Vignes and Alameda Streets. They collected over fifty large trash bags of garbage. Another tough job on a very hot day well done! Thanks.

JACCC BLOOD DRIVE HELPS

The Dojo would like to thank several members of the Dojo who donated blood at the JACCC Blood Drive on October 13, 1995. It was coordinated to help a two-week old baby who needed a heart and lung transplant. By a coincidence, this happened to be our Dr. Cheryl Lew's patient. Additional blood not used will be credited to the baby's account. Many, many thanks. And Good Luck to Kaitlin Takenaka!

Los Angeles Sword Study Class & Budo Study Class

Due to many requests from the students and members, both lecture/study groups will be conducted together on the first Tuesday of every month from 7:30pm-8:30pm. Everyone is welcome to attend. Next Class on November 7, 1995.

This discussion group is especially recommended to assistant instructors, black belts & senior students. Please bring your notebooks.

Current topic for our Budo study is: "Zen & Japanese Culture" by D. T. Suzuki. Please read the chapters on Zen & Japanese Swordsmanship I & II.

KODO Ancient Ways book is on its way to the printers!

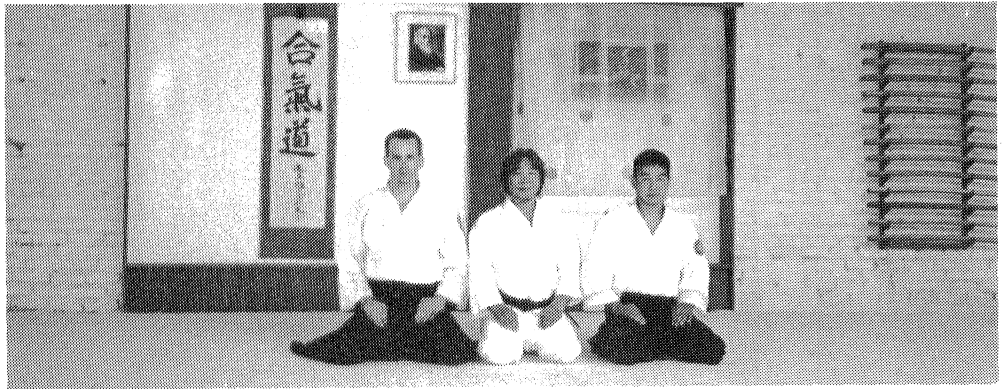
**KODO: Ancient Ways
Lessons in the Spiritual Life
of the Warrior/Martial Artist**

By Rev. Kensho Furuya

From Rainbow Ohara Publications

GILLESPIE & FURUYA ATTEND KANAI SENSEI'S SEMINAR AT S. F. AIKIKAI

Two of our uchi-deshi, Bill Gillespie and Kenny Furuya, attended Kanai's Seminar at the San Francisco Aikikai hosted by Joe Poslum Sensei on September 23-24th. Both of them flew up to San Francisco on Friday and returned Sunday evening. They practiced with Claude Berthume from Montreal, Canada, David Halprin, Assistant to Kanai Sensei and Joe Poslum, Chief Instructor of the San Francisco Aiki Kai and enjoyed a good practice. Bill and Kenny flew up Friday morning and returned Sunday afternoon. This is their second participation in Kanai Sensei's Northern California seminar.



Master Hsu with his daughter, Helen Hsu, Ken with Watanabe and Sensei at the Chuan Ju De Restaurant in San Gabriel. This restaurant specializes in Peking duck and established this first branch outside of mainland China just last year. The restaurant itself was established 130 years ago and was the restaurant visited by President Nixon in the sixties.

From Sensei:

Master Hsu's Seminar Part II

Master Hsu visits to the Dojo are always a pleasure for me because it is always a great learning experience in addition to the pure pleasure of his company.

In addition to going to all the bookstores in Chinatown and Little Taipei in the Alhambra area, we did have many chances to chit-chat about martial arts.

Nowadays, we see two distinct types of students developing. Informal students who practice just for the pleasure and entertainment value of the art and much more devoted students who really make a sacrifice in their lives to pursue

Con't.



Master Hsu Seminar con't.

the martial arts much more seriously. Of course, I don't have to say that these two categories overlap in many respects but generally we can speak of these two groups of students. Of course, the student himself never seems to quite clearly define this for himself and this is where many misunderstandings arise.

Some students wish to pursue martial arts very strictly on their own terms practicing only as it is convenient, only to the degree that it is always very comfortable and enjoyable. This is fine and great. I once had a student who came to me and said that he only wanted to practice Aikido as a form of exercise and wasn't really interested in getting very good. He had a case of very acute bursitis and the doctor had recommended Aikido as a form of very needed exercise. I agreed with this and allowed him to practice at his own pace and he seemed to do rather well. I was quite surprised one day when a visiting teacher from Japan asked me, "What rank is he?" The teacher thought he was so good that he immediately asked me to promote him to the black belt level. It doesn't always happen like this but it shows that one can practice informally and also advance at quite an adequate rate.

Then again, we have students who really wish to pursue Aikido more seriously. They practice more regularly and more intensely and as
Con't.



Master Hsu with Taiji Chuan master, Ms. Helen Chu.

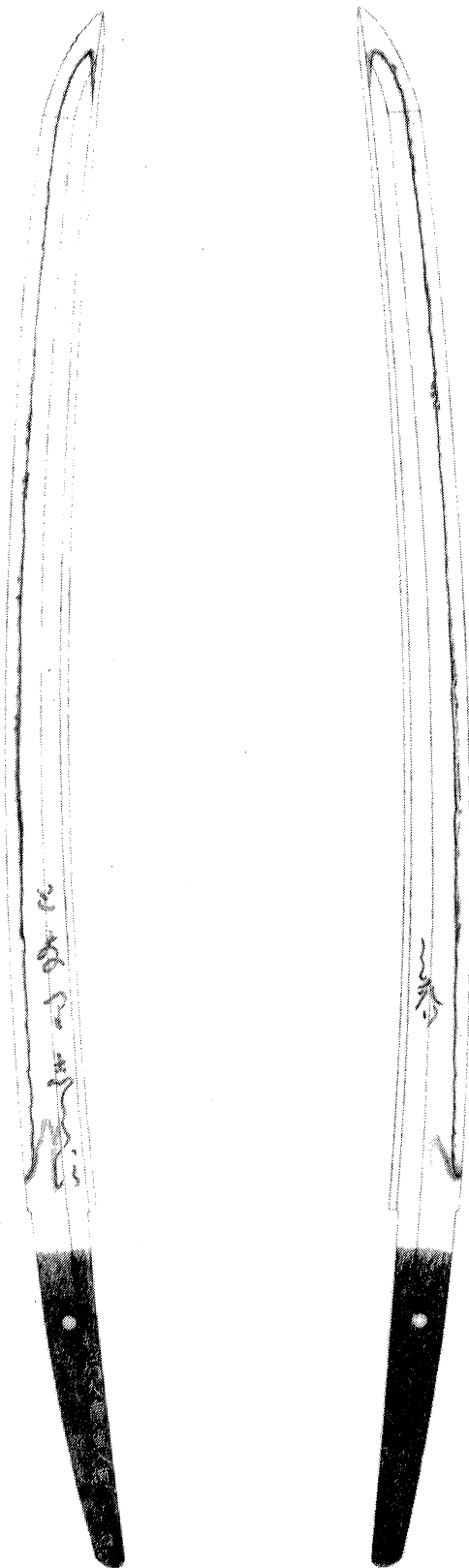


Master Hsu with Sifu Harry Wong (far right) and Bill Gillespie, Ken Watanabe Cheryl Lew, Kelly (Bill's fiance) and Helen Hsu in Little Taipei.

OHSIGATA: Sword Rubbings of the Shitahara School Works & Lecture by Master Sword Polisher Naoji Karita

At the Japanese American Cultural & Community Center, Little Tokyo

December 3-10, 1995



The JACCC & Aikido Center of
Los Angeles presents:

**Premiere
Exhibition of
Oshigata:
Sword Rubbings
of the Shitahara
School**

Dec. 3rd-10th.

**Japanese
American
Cultural &
Community
Center**

**Opening: Dec. 3rd, 2pm.
Lecture & demonstration
By Naoji Karita Sensei
from Tokyo.**

Fund Raising Event

HONORED DONORS

Bill Gillespie \$385.00 (Dojo acc't)
 Ken Watanabe \$100.00 (")
 Arsha Badalian \$40.00
 Mike Badalian \$100.00
 Tracy Eagle \$40.00
 Raffi Badalian \$120.00
 Joe Quinn \$100.00
 Mrs. Murakawa \$100.00
 Andy Kissel \$100.00
 Rev. Tetsu Unno \$30.00
 Dr. Cheryl Lew \$200.00
 Rev. Kathy Nolan \$100.00
 Dr. Jeff Johnson \$50.00
 Richard Eloriagga \$100.00
 Dr. James Doi \$200.00
 Raul Montolfo \$180.00 (Software)
 Delano Leslie \$20.00
 Joe Holguin \$50.00
 Peo Lapansri \$50.00
 Kenny Furuya \$300.00
 Bill Gillespie \$250.00
 Bruce Ino \$100.00
 Raffi Badalian \$35.00
 Frank Horiguchi-Frances Yokota
 \$100.00
 Ted Takeuchi \$500.00 (Pledge)
 Miles Hamada \$100.00 (T-shirts)
 Jim Evans \$100.00 (Water cooler)
 Curtis Westfall \$100.00 (")
 Mark & Cromwell Ty \$300.00

Many, Many Thanks

Many thanks for everyone's generous support of our Fund Raising Event. We still have a long ways to go but if we all work together and support each other to support the Dojo, we can do it.

As of this date, we still have about \$6,500.00 to go. Let's keep trying until we make it.

Thank you very much.

Dojo Fund Raising Committee

Dr. James Doi

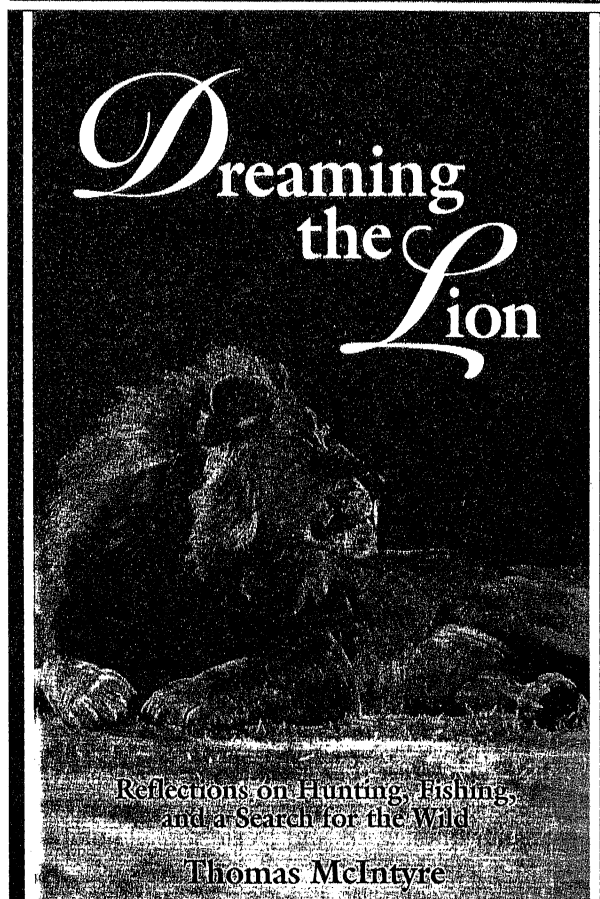
Andy Kissel \$50.00
 Dr. Cheryl Lew \$100.00
 Tim Shimono (Seattle) \$100.00
 Raffi Badalian \$120.00
 Joyce Wakano Chinn \$100.00
 Nisei Week Office
 Peter Merwin \$20.00
 Tom McIntyre \$100.00
 (Wyoming)
 Greg Horton \$20.00
 LAPD Swat Team
 Vincent Calderon \$100.00
 Y. Nakadeguchi Sensei \$200.00
 Beppu Aikido Dojo, Oita, Japan
 Rev. Ryugen Ogasawara \$130.00
 Ryuunzan Kotakuji Temple,
 Nagano, Japan

Very Special People:



THOMAS MCINTYRE, a Californian by birth, has family ties to that state that extend back into the mid-1800s. He has written about the outdoors for nearly twenty years and has been able to live much of his life in open spaces. The hunting editor for *Sports Afield*, McIntyre has earned his place in the new generation of outdoor writers. With a modern view of hunting, conservation, and the sportsman's role in the preservation of our outdoor resources, McIntyre lends an educated, reflective voice to our modern sporting literature.

"Dreaming the Lion is the best book written about hunting and fishing in the past twenty-five years. Everyone who ventures outdoors with rod or gun needs to read this gem of outdoor writing."



Clive Siegle of *Safari* magazine said "Put quite simply, this is one of the best-written books of the genre that I have ever had the pleasure to read." We agree, and you will too after reading this personal reflection on hunting, fishing, and their place in the world today. Each chapter begins with an essay on McIntyre's first trip to Africa, then moves into thoughts on hunting and fishing the world over. Rarely has anyone captured the spirit of the wild the way Thomas McIntyre has. For everyone who spends time in the wilderness, *Dreaming the Lion* is sure to be one of the most thought-provoking books ever read. Illustrated by Glenn Wolff. Standard edition is 6"x9" hardcover with full-color dust jacket; 320 pages. *Limited edition; see page 21.*

61120-A • *Dreaming the Lion*.....
61120-B • *Dreaming the Lion; Limited Edition*

Reprinted from Countrysport catalogue Fall/Winter 1995.

Tom McIntyre is a reknown world class, big game hunter, author, and editor for *Sports Afield*. He is also one of the senior members, 1st dan, of the Dojo. Last year, Tom and his family relocated to a ranch in Wyoming where he plans to open an Aikido school. We wish Tom success and happiness.

Opposite page: Our own **Morgan Weisser**, 1st dan, is another senior member who is starring in his own TV series, *Space: Above & Beyond*. We wish him much success and happiness in his career and wait for the time he returns to practice.

Much, Much Happiness

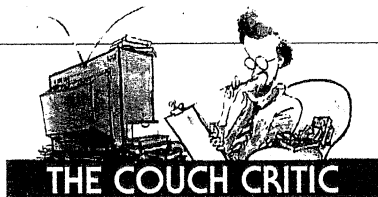
Congratulations goes to **Dr. Jeff Johnson** and his family on their latest addition, a new baby daughter named Shannon. This is #5.

Congratulations also goes to **Steve Tarango** and family who are now expecting #3.

Please send in information on birthdays, marriages, births, anything printable about our members, etc. and we will publish the news in our Newsletter. Thanks.

Please support the Dojo's Fund Raising Event.

MANY THANKS to all the members who helped to up-date our Student Board.



By Jeff Jarvis

Space: Above and Beyond

Fox, Sundays, 7 P.M./ET

A few of my many reasons to celebrate fall: (1) Less sweat. (2) I can finally stop watching those same *Cybill* reruns. (3) At last, there are new shows to review.

I've decided to kick off my new season on the couch with *Space: Above and Beyond* because there is nothing more ambitious you can do on TV than start a sci-fi series. Competition from the past is legendary; everything is compared to *Star Trek*. The audience is tough; they are mostly Trekkies (who, for some politically correct reason I cannot fathom, are supposed to be called Trekkers). And the subject matter is so cosmic; there are no bounds to sci-fi's perspective—or pomposity.

Sci-fi is all about the setup, the beginnings. So here is how *Space* starts: It's 2063 and we antsy earthlings are colonizing space, believing that we've finally proven we are alone. Oops. We're not. Mean, mysterious aliens attack our pilgrims, then head toward an inevitable battle for Earth. "We cannot possibly retreat," says the head of the United Nations. "There is no moving Earth." True enough. So this is war. And we meet the soldiers, mostly rookie Marines, who will defend humankind. Morgan Weisser plays an earnest guy with a two-by-four spine who has been separated from his girlfriend, one of the colonists; he's the one most likely to

look to the night sky and get moony. Kristen Cloke is a fellow space grunt, who saw her parents die in an earlier "artificial intelligence war" (an oxymoron for sure). This gives her the resolve of a General Patton. Since she's also a woman, I'll wager that Weisser, being light-years away from his lady, will be tempted her way. Rodney Rowland plays a troublemaker



"Space" man Weisser.

sentenced to duty in the Marines. He's one of the "In Vitros," test-tube creations who face bigotry from other humans; with him lies sci-fi's obligatory message about our sin of prejudice living on. And James Morrison is their scar-faced commander. My favorite moments so far have less to do with space than with the seemingly unchanging nature of Marines, who can't stop shouting macho sayings: "In space, no one can hear you scream—unless it is the battle cry of the U.S. Marines!" *Semper sci-fi!*

This looks like a promising start because it has more action than such space-ship-bound shows as *Babylon 5* or *Star Trek: Deep Space Nine*. It isn't about lofty thoughts. It's about saving humankind's rump with tough talk and big weapons. The bad news: It's more violent than most TV sci-fi. The good news: It's less boring. If *Space* can keep its tension and create truly scary bad guys, this could mark the end of the age of nabby-pabby sci-fi shows and the return of the Buck Rogers era of space action. ■

TV GUIDE/SEPTEMBER 23, 1995

Congratulations to **Genoveve Ty** who was accepted and has entered the prestigious John Hopkins Medical University.

A Speedy Recovery to **Curtis Westfall's** father who recently entered the hospital for surgery after suffering an accident at work. **Mrs. Curtis Westfall** is also expecting.

Congratulations to **Daniel Riordan** of the Santa Monica Dojo who has just entered the LAPD Police Academy.

Congratulations to **David Ito** who just turned 25 years old in October.

Sensei was elected to the Review Panel for Grants issued by the Los Angeles Cultural Affairs Department. This year, 2.5 million dollars in grants will be given out to local artists and cultural groups.

Sensei, as President of the Yamanashi Kenjinkai Prefectural Association of Southern California, organized the annual Memorial Service for those born in Yamanashi and have passed away in this country. The Memorial Service took place on October 22, 1995 at the Zenshuji Soto Mission from 12:00pm. Luncheon was at the banquet room of the Miyako Inn.

Not Every Celebrity's "Face" in the News Gets in the Newsletter! This is reprinted from the LA Times, October 18, 1995.

For a special Oct. 26 prime-time episode of their top-rated daytime drama, the producers of "The Young and the Restless" taped a scene in a gym that included a shot of actor Don Diamont's naked rear end. But after a CBS executive suggested that the shot seemed gratuitous, executive producer Bill Bell decided to re-shoot with a covered-up version. "We're not here to offend people," he explained. "If there's a risk of offending people without any strong dramatic benefit, why do it?"

Don Diamont is one of our private students and we certainly hope everything came out well in the "end!" No butts about it!

Don Diamont is one of our private students and we certainly hope everything came out well in the "end!" No butts about it!

Students & Members: Please send in your news items, birthdays, births, marriage announcements, etc. about yourselves and your fellow dojo-mates and we will print it in the Newsletter. Funny stories and serious essays related to Aikido and your training are most welcome.

ACLA Newsletter

Published monthly by the Aikido Center of Los Angeles. Annual Subscription: \$30.00/year for active members. Non-members and supporting members: \$40.00 donation. \$3.00 per copy. All fees go towards printing, postage and handling.

All Rights Reserved.

© Copyright 1995 by Kensho Furuya & The Aikido Center of Los Angeles
940 E. 2nd St. #7, L. A., CA 90012
(213) 687-3673

RECOGNITION

Kito Honored as Hero by Reader's Digest

One of the leaders of the Little Tokyo Anti-Crime Association is recognized for his work to reduce crime in the area.

RAFU SHIMPO SPECIAL

1995 has been a good year for the Little Tokyo Anti-Crime Association and for Brian Kito, 38, head of Fugetsudo, the 90 year-old family-owned confectionery company in Little Tokyo.

Last month, Kito was contacted by the *Reader's Digest*, which boasts a circulation of 53 million, to be profiled in the "Heroes for Today" section. In recognition for Kito's contributions, *Reader's Digest* has profiled him in the October issue. He will also receive \$500.

"At *Reader's Digest*, we strive to make a difference in people's lives," Kenneth Y. Tomlinson, *Reader's Digest* editor-in-chief, said, "We want to reward people whose courage and caring make a difference in their communities, who risk their lives or take exceptional measures to help others."

For his part, Kito said the *Reader's Digest* recognition hasn't sunk in yet. Earlier this year, Kito and the Little Tokyo Anti-Crime Association was recognized by the Little Tokyo Service Center, as written up in the *Los Angeles Times*

(of which the *Reader's Digest* article is based on), and he, along with Satoru Uyeda, represented the Anti-Crime Association for the Los Angeles City Attorney's community service award. Kito was also one of six community service people selected nationally to be profiled in a Timberline advertising campaign.

The Little Tokyo Anti-Crime Association's foot patrol unit began in 1992, when Kito, Uyeda and Kenji Suzuki became fed up with the rise in crime in the area and decided they wanted to make things better.

And what started out as a three-men volunteer unit patrolling a one block area, expanded to include more than 50 volunteers walking the four block area that encompasses the hub of Little Tokyo.

Kito said the \$500 check from *Reader's Digest* will, directly or indirectly, go to the patrollers. "A lot of them use their own money to eat after they're done with patrol, so the money will probably go in a reserve fund to treat these guys," said Kito, who also added that he was very appreciative of the local support he was getting.

The Dojo congratulates Brian Kito for the great work he is doing in our community. Brian is one of the coordinators for the Little Tokyo Anti-Crime Association and this year's Nisei Week Street Fair.

Kindly reprinted from the *Rafu Shimo*. September 27, 1995 Issue.

and eyes wide open, we are in some position to find out more about ourselves. This is the meaning of enlightenment. But you must understand that you can even delude yourself about this. We are looking for self-awareness, you must understand, not replacing one delusion or distorted idea for another.

Know your limitations. But somehow it is very diffi-

Master Hsu can't.

a result they give up at part of their lives to practice. Miss dates with friends occasionally and never have much free time for themselves. This kind of self-sacrifice is quite admirable in the traditional, old way of pursuing martial arts.

It has nothing to do with age, skill, talent or aptitude but it is a matter of personal choice. It is up to the teacher to be more demanding with those students who wish to pursue Aikido more intensely, yet he must be more understanding with those who are only pursuing the art at a more leisurely level.

All students in our Dojo practice hard and do well and I am quite proud of everyone. Yet each student must understand that the teacher must teach each student at a different level, each towards his own individual capability and potential. The great difficulty is to teach and encourage the student to push himself beyond his own limitations while, at the same time, directing him to find out exactly what his own limitations are.

What usually happens is that hard working students push themselves thinking that they are not doing enough and students who shirk their practice often develop inflated notions of their own ability. This is human nature. One can never be off guard in training because it is so easy to delude oneself and usually in deluding one's self we don't even know that it is happening.

Real, earnest practice keeps your feet on the ground. Once we know how to keep our feet on the ground, mind alert,

cult to know your own limitations without trying to surpass them. I don't know why it must work this way but it does. The best policy is to train hard and devotedly. I do urge the students to pay more attention to their training and to the instruction. In this many students are lacking. It may not be good to continually admonish you, as my students, but there it is. Just do your best - and then do better!

PROMOTIONS

Effective as of October 1, 1995

3rd Kyu

Frances Yokota
Peo Lopansri
Kevin Fujimoto

4th Kyu

Matthew McCarley

5th Kyu

Maria Murakawa
Joon Jung
Joe Holguin
Arturo Lopez
Jim Evans
Frank Martinez

6th Kyu

Keith Hardine
Remleh Scherzinger
Craig Black
Faisal Shah
Kevin Quinn
Alfred Paredani
Dean Hess
Delano Leslie
Ryan Yokota
Gary Terrell
Michael Cole
Ming Lee
Raul Olivas
Larry Armstrong
Daniel Lee

Iaido-Kenshin Kai

3rd Dan

Ken Watanabe
Richard Eloriagga

2nd Dan

Kenny Furuya

1st Dan

Dr. Cheryl Lew

Santa Monica Dojo

3rd Kyu

Peter Merwin
Neville Charles
Raffi Badalian

4th Kyu

Daniel Riordan

5th Kyu

Jon Cooperson
Douglas Kyle
William Horgan

6th Kyu

Michael Degieter
Annette Murray
Johnathan Palad
Maralee Grantham
Mark Grow

their name on the contract?

It was quite different many years ago. No one was ever encouraged to begin training. In fact, it was customary to discourage anyone to wanted to come into the dojo. Why? Two reasons. One was to verify the sincerity and earnestness of the student's desire to learn. Second, to point out that there are no guarantees in training. Everything is up to the individual. Today, we promise so much making the student dish out so much money under tough contracts that the teacher loses control of the entire teaching situation. The teacher doesn't wind up with a student, but a client, a customer.

In our own Dojo, we need to find the proper balance. It is important to encourage students to join our practice. We also need to think of building up our income so that we are not always in financial straits. Yet, at the same time, we need to preserve the spirit, essence and practice of Aikido as it was taught by the Founder. This question of balancing art and commercialism is a very old problem and few, if any, have solved this problem or have created any happy compromise.

As a teacher, if it must be a choice between having good students or making lotsa money, I would certainly choose having good students, without a doubt. Yet, in this complex world today, we must take care of the other side - only because most people think exclusively in terms of money. It is a shame. I believe we have become too materialistic and our Aikido practice may be our only real link with our spiritual selve. We must define what is right for ourselves and act with faith. Just because it is momentarily popular and the current fad does not necessarily mean that it is the right thing to do. And sometimes, just doing what is right might be the highest spiritual training of all. Keep up the good work.

Important Dates **November 1995**

Nov. 4th. Aikido demonstration at the Japanese Village Plaza from 2:00pm-2:30pm.

Nov. 7th. Sword Study Class from 7:30pm-8:30pm.

Nov. 18th. Iaido Intensive Seminar from 6:30am. Meeting follows from 8:30am

Nov. 23rd. Thanksgiving Holiday Morning Class only from 10:00am-11:30am.

Nov. 25th. Black Belt Intensive Seminar from 6:30am. Breakfast-Meeting follows from 8:30am-9:30am.

Dec. 3-10th. OSHIGATA SWORD RUBBINGS OF SHITAHARA SCHOOL Exhibition at the Japanese American Cultural & Community Center, 244 So San Pedro Street, Little Tokyo, Los Angeles.

Dec 3rd. OSHIGATA EXHIBITION OPENING CEREMONY & LECTURE by Master Sword Polisher, Naoji Karita Sensei from Tokyo. From 2:00pm-4:00pm.

Dec 25th. Special Christmas Day Practice from 10:00am-11:00am.

Dec. 31st. Special Year End Practice from 10:00am-11:00am.

NEW FROM UNIQUE PUBLICATIONS!

Aikido Shoshinshu

THE ART OF AIKIDO

A Nine Volume Video Series Featuring
Kensho Furuya

Kensho Furuya, Aikido 5th Dan brings over thirty-five years of experience in Aikido to a monumental nine volume series of highly instructional videos. Detailed, step-by-step instruction is easy to follow and clearly understandable. Furuya Sensei covers all aspects of training and takes the beginning student on an enriching journey through the physical and spiritual "Art of Aikido." Furuya Sensei is a student of Doshu Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan and is the resident Chief Instructor of the Aikido Center of Los Angeles. He is an ordained Zen priest, scholar and Iaido master of the sword.

VOLUME 1 (#AIK01)

- Remembering the Founder of Aikido and Doshu
- General Introduction to Aikido Techniques
- The Principles of Entering and Turning
- Keiko-Gi—The Practice Uniform
- The Meaning of Practice

VOLUME 2 (#AIK02)

- Basic Techniques
- Throwing and Joint Techniques
- The 5 Controls: Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo

VOLUME 3 (#AIK03)

- Aikido is Commitment and Perseverance
- Ukemi—Breakfall Training
- More Basic Techniques and Freestyle Applications
- The Principle of Tenshin
- Ki—Vital Energy
- Internal Breathing Exercises
- Training is a Lifetime Study

VOLUME 4 (#AIK04)

- Katate Tori Ryote-Mochi—Against 2-Hand Grip
- Ryote Tori—Against 2-Hand Hold
- Practice Serenity
- Rei-Gi Saho—Etiquette in the Dojo
- Koshinage—The Hip Throw
- Words of a Zen Master
- Words of Teshu the Swordsman

VOLUME 5 (#AIK05)

- Beginning Your Practice
- Going With the Flow
- Suwari-Waza Kihon—Basic Techniques from Sitting Position
- Gokyo—The 5th Control Against Knife Attacks
- Hanmi Handachi—Sitting Techniques Against Standing attacks
- Kokyu Dosa—Sitting Ki Development Exercise
- Katatori—Against Shoulder or Lapel Attacks
- Su-Nin-Kake—Negotiating Multiple Attackers
- Go-Nin-Kake-Randori—Freestyle Against 5-Man Attack

VOLUME 6 (#AIK06)

- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

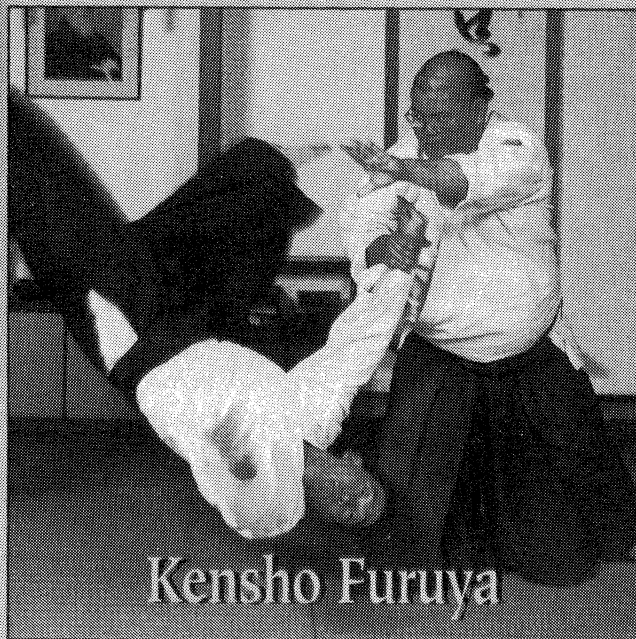
AIKIDO SHOSHINSHU

合気道初心集

THE ART OF

AIKIDO

VOLUME 1



VOLUME 7 (#AIK07)

- Shomenuchi—Against Direct Thrusts
- Ushiro-Waza—Basic Techniques Against Attacks from Behind
 - Ushiro Katatetori Kubishime—Choke from Behind
 - Ushiro Ryote-Tori—Both Hands from Behind
 - Ushiro Ryohiji-Tori—Both Elbows from Behind
 - Ushiro Ryokata-Tori—Both Shoulders from Behind

VOLUME 8 (#AIK08)

- Atemi Waza—Use of Striking in Execution of Techniques
- Negotiating Kicks
- Tanto-Tori—Strategy Against Knife Attacks
- Aiki-Ken—Sword Training Fundamentals

VOLUME 9 (#AIK09)

- Jo—Introduction to Long Staff Fundamentals
- Black Belt Examination Requirements

Only \$39.95 each

1-800-332-3330