

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER



Please visit our
new Dojo Website:
www.aikidocenterla.com

Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
Office of the President: Nanka Yamanashi Kenjin Kai So. California Yamanashi Prefectural Assc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

November 1, 1999

Volume XVII. Number 11.

Congratulations To Moriteru Ueshiba Doshu

Moriteru Ueshiba Sensei's Celebration of Succeeding Position of Doshu

Doshu Moriteru Ueshiba Sensei, grandson of the Founder of Aikido, Morihei Ueshiba O'Sensei, and son of the late 2nd Doshu Kisshomaru Ueshiba, succeeds as 3rd Doshu of Aikido on September 24 in a grand celebration in Tokyo. Over two thousand members were in attendance. The Dojo wishes him our sincerest congratulations and best wishes.



Above: 3rd Doshu Moriteru Ueshiba Sensei and his wife, Madam Kyoko Ueshiba.



About two thousand aikidoists from all over the world attended the event.



お祝い

**All Aikidoists
should congratulate and
welcome our new Doshu
and do our best to support
him as we did his father.**

**Our Dojo especially
will continue to make a strong
effort to do our best
to support Doshu and his
work and the Aikikai
Foundation.**

**We offer Doshu our Sincerest
Congratulations and
Best Wishes for continued
success, good health and
happiness.**

*Members of the
Aikido Center of Los Angeles*

Rev. Kensho Furuya

Holiday Schedule:

**November 25th. Thanksgiving Holiday
Dojo closed.**

November 26th. Practice resumes.

December 4th. Dojo Christmas Party

**December 18th. Bo-nen Kai: Forget the
Year Party.**

December 25th. Christmas. Dojo closed.

December 26th. Practice resumes.

December 27th. Great Dojo Clean-up

**December 31-January 2nd. Dojo Closed
for the Holidays**

**January 3rd. First Practice of the New
Year.**

**(January 4th. Doshu's Memorial Service
Doshu's Mourning Period Ends)**

**January 16th. Kagami-Biraki Opening
the Dojo Practice and New Year's Party.**

Cable TV History Channel: History of Sports Special Airs November 23-24

At the time of this printing, we have not heard any official announcement as yet, but a cable special, "The History of Sports" is scheduled to debut on November 23 and 24th. Sensei was interviewed extensively in the dojo for several hours to be a part of this presentation. Please watch for airing times on the History Channel.

We now have our new
Website, please visit us at:

www.aikido-center-la.com

New Fall Schedule

Beginning Classes:
Monday, Wednesday,
Thursday & Friday
6:30-7:30pm

Thursday evenings are now open to beginners.
All beginners are welcome.

Intermediate-Advanced
Tuesday
6:30-7:30pm

For 3rd kyu and up or by prior approval from Sensei.
Please bring your weapons.

* * * * *

Monthly General Meeting **Combined with Budo Study**

We will combine our Budo Study Class and our General Meeting together on the second Wednesday of every month, until further notice. All members should make a strong effort to attend this class and participate in the direction of our Dojo and study more of the culture, history and traditions of Aikido.

New Iaido Class Schedule: **Wednesdays**

1st Wednesday - Open

3rd Wednesday - Non-black belts only.

4th Wednesday - Black belts only.

Occasional 5th Wednesday Practice will be determined by Class members.

Dojo Fund Raising Campaign

Donations:

Ms. Katsumi Kunitsugu \$100.00
Mr. Norman Lew \$200.00
Rev. Tetsuo Unno \$100.00
Dr. George Nakashima \$100.00
Mr. Jim MacDonald \$100.00
Master Adam Hsu \$200.00
Honorable Peter Lichtman
\$1,000.00
Mr. Mark Ty \$300.00
Dr. James Doi \$1,000.00
Dr. Taitetsu Unno \$100.00

Many thanks for your generous and kind support.
We hope others will follow your example because
we are far from our goals. Thank you,.

Aikido Center of Los Angeles
Rev. Kensho Furuya

Looking To The Year 2000

In many respects we have a lot to look forward to in the New Year 2000. This happens to be our "Anniversary" year. We will be celebrating the 25th Anniversary of the Dojo; I celebrate 40 years in Aikido and martial arts, ten years as a priest.

In the last year, we did not participate in as many cultural and community-oriented events as usual, but this is mainly due to the re-organization of the Japanese American Cultural & Community Center last year in their upheaval and the growing trend towards multi-ethnic and more "updated" activities as opposed to very traditional and cultural venues such as ours. This is particularly noticeable in the new direction of our annual Nisei Week Festival. We have added the Monterey Park Cherry Blossom Festival to our list of events and I plan to return to the annual Lotus Festival in Echo Park next year. This year, we were honored by the Japanese Chamber of Commerce and State Assembly as an "Outstanding Cultural Organization." I consider this a particularly important honor for us and Aikido. We were also entered into the well known publication, the "Who's Who In the World." This year we appear on a two-hour special on the cable History Channel - I don't know if this is an honor or not. As of this writing, it has not debuted on cable TV. Let's hope for the best.

As always, it has always been a battle of survival for the Dojo. We must concentrate on becoming more financially strong in the future. Indeed, a true Dojo is not a moneymaker - only a "human-being maker." However, this argument doesn't hold water with the landlord, power company, Pacific Bell, etc. As in any battle, we have had our casualties and our rewards. People come and go. We have been blessed with many fine people coming into the Dojo this year. Many old students have grown considerably - by their own strong will and by the crack of my whip. Either way, the result has been good.

As for myself, it has been a year of compromise for me. I have had so many of my dreams and beliefs somewhat dashed to the ground in many ways. I suppose this is all a part of the growing process and the inevitable changes in the passing of time. In many ways, I feel like one of the antiques I collect - gathering dust, not much appreciated by people today, and becoming more and more useless and old. A few students have been incredibly loyal and committed to me. My heartfelt and life-long thanks to them because they have made this period bearable. It hasn't been easy for me this year. I want to teach more and do more writing, but I must worry about making money and making ends meet - my worst talent!

I have started calligraphy - a dream I've had for many years now. It only confirms my belief in the immense value and incredible joys of learning and education. I hope this is something all my students will come to understand as they practice in the Dojo.

What do I want for the new year 2000? Not much. I am so blessed after all, but I would want to see my students continue to grow and become wonderful Aikidoists. I want to educate more good Aikidoists. I want our Dojo to be safe and sane and a haven for all who want to study Aikido. My indulgences - not to worry about money any more - that either means to have too much of it or none at all. As my late Zen master used to say, "there is no difference between being rich or poor. But if I had my choice, personally - I would choose to be rich!"

What is so difficult about keeping up our Dojo is that there are so many people you must please everyday. It is difficult to find students who commit themselves to the Dojo and even inconvenience themselves and make personal sacrifices towards its success. We have a few - everyone in the Dojo should follow their example.

Normally, we must spend a great deal of time with the beginners because there is so much for them to learn in the beginning and they need to become accustomed to the training and all of our customs in our Dojo. Nowadays, however, as a result of our growth over the years, it is the black belts who seem to demand the most time and energy. How sensitive they have become! How demanding they have become! How finicky they have become! How spoiled they have become! What is going on here? This is not because they demand more training - many hardly ever appear in the dojo anymore - it is because they allow their egos to become too big. Please don't do this!

I wonder why I have to say it over and over again when I have said it so many times before. When one achieves his 1st degree black belt it does not mean that he is automatically a "teacher." 1st degree black belt only means that he has entered a slightly more serious level of training and must be more committed to his practice - that is all. However, because we are so shorthanded nowadays, I do request that new black belts help out the newer students. I rather expected my black belts to have just a little bit better understanding than they do - they immediately demand some kind of "teacher's status!" Please - give me a break. It is also becoming a problem with my older black belts as well. I don't think I ever taught you to become so arrogant and egotistical. My assistants don't assist but only think about themselves - if Aikido is only to prove that you might in some way be better than someone else - you really have mistaken what Aikido is. What hurts the most, I think, is that even students who have been with me for many years, still do not understand the difficult position I am in nor appreciate how much I must sacrifice of myself to keep our Dojo going.

As we mature, we truly become more humble. But this is only if we have entered "Do" or the Way of Aiki. If we are like human beings without discipline and training and without the wisdom of O'Sensei's teaching - all we do is fight, be jealous and make demands of others, thinking only of ourselves. Our new Doshu needs our support, commitment and Con't.

**Aikido Doshu
Kisshomaru Ueshiba
1st Year Memorial Service**

January 4, 2000

**Memorial Practice
6:30-7:30pm**

**Memorial Service
7:45-8:00pm**

**Dinner Reception
8:30-9:30pm**

Everyone is welcome to attend.
Please bring your family & friends.
For the reception, please RSVP by
December 27th.
See Mr. Watanabe for questions.

Website Correspondence

10-21-99

Dear Rev. Kensho Furuya:

Your association is so well known in my country that I would like to know more about it.

I am sure that the literature you will forward will enable me to pass on its accomplishments to my disciples. What we know about Aikido is so little because we have no contact with the associations overseas. I will, therefore, be grateful if you forward some documents concerning your association.

Kerin Hadj, Association D'Aikido Cocoro Aragon
08: Rue Bouzeboudja Mohamed
Maraval Oran Algeria

**Many Thanks To Special
Friends This Year and Into
The New Year 2000**

Japanese Chamber of Commerce
Consulate General of Japan
Little Tokyo Businessman's Association
Little Tokyo Service Center
Little Tokyo Sports Center Committee
JACCC
Copies Unlimited
Nisei Week Festival Committee
Japanese American National Museum
Da Camera Society
Los Angeles Police Department
LAPD Arrest & Control Unit
Yamanashi Kenjinkai
So Calif. Kenjinkai Kyogikai
Master Adam Hsu
(Traditional Wushu Association)
Terry Yuan Shrfu
Madam Fujima Kansuma
(Kansuma-kai)
Madam Sosei Matsumoto
(Urasenke Konnichi-an Tea)
Zenshuji Soto Mission
Higashi Hongwanji Buddhist Temple
Pasadena Buddhist Church
Johnny Mori Sensei
Kazunori Yamamoto Sensei
(Shorinji Kempo)
Richard Kageyama Sensei
(Shotokan Karate)
Helen Nakano Sensei
(So. Calif. Naginata Assc.)
Takafumi Hamabata Sensei
(Goju Ryu Eibukan Dojo)

PROMOTIONS:

As of October 1, 1999

2nd Kyu

Jim MacDonald
Adam Bennett
Ryan Kageyama

3rd Kyu

Neil Wetenkamp
Robert Lew

6th Kyu

Mario Rios
Mike Mitani
Abhijit Arunachalam
Judy Olsen
Paulina Kawasaki

CANDIDATES:

DAN EXAMINATION

For the Upcoming Year 2000

4th Dan

Kenny Furuya
David Ito

3rd Dan

Tom Williams
Norman Lew
Dr. Cheryl Lew
Dr. Jeff Johnson

1st Dan

Maria Murakawa
William D'Angelo
Mari Masumori

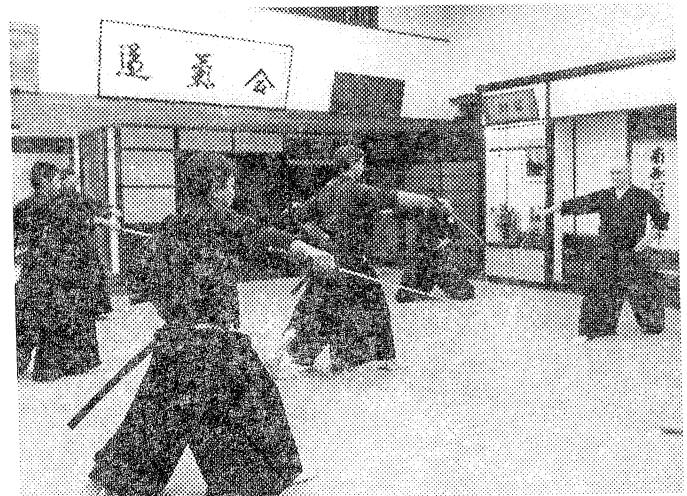
Please do not forget that in addition to proper technique and skill, attendance, work towards the Dojo, attitude and proper behavior are of utmost importance towards your promotion.

Warmest Congratulations: Ken Watanabe Promoted To Aikido 4th Dan



Ken Watanabe began Aikido and Iaido training under Sensei about ten years ago. Although his training is in animation, he currently works for the Japanese American National Museum in Little Tokyo. He is Sensei's senior assistant instructor in Aikido. From 3rd to 4thdan, Ken Watanabe accumulated over 1300 hours of training in 3 years.

Iaido Class



The Iaido Department is doing extremely well and the class is filled. Prospective students will now be put on a waiting list until there are openings for practice. Instructors who assist Sensei in the class are Mr. Gary Myers, 4th Dan, and Mr. Ken Watanabe, 4th Dan. Classes are on Saturday and Sunday mornings from 8:00-9:00am. There is Intensive Iaido on the second Saturday of every month from 6:30-8:30am. Our monthly breakfast-meetings follow our intensive seminars.

LA Earthquake Oct. 16.

We should all count our blessings when around 2:00am in the morning of October 16th, a 7.1 earthquake hit Los Angeles but missed us by about a 100 miles. Very luckily little damage was done. We were very lucky that we were not directly hit. Our Dojo has already survived three earthquakes over the years, and, each time, the Dojo was severely damaged. Somehow, we recovered each time. I don't know if we can survive another. This 7.1 earthquake is considered to be the biggest in this area in the last 100 years. We were very lucky the Dojo was spared. Please count your blessings. We should all be very thankful.

2000

loyalty. Everyone must think about developing themselves into good Aikidoists and supporting Doshu. Doshu is our only real link to O'Sensei and the heart of Aikido. Before O'Sensei passed away, he asked everyone to support the Ueshiba Family. This request is just as important today as it was over 30 years ago. We should never forget it in our daily practice.

I hope in the coming New Year, all my students will put themselves out just a little and try to keep up their training. I hope all my students will touch the true heart of Aikido and become more giving, selfless, people - more caring people. I hope all my students will think less of themselves and sacrifice themselves for another. I hope somehow all my students will rally and support our Dojo. After all these years, does anyone really appreciate my tiny efforts? Maybe not. Yet, I cannot believe that my students would create such a lonely world for their teacher.

A long time ago when one of my beloved teachers was very old, I heard one of his senior students say that he wished he would "hurry up and kick the bucket - what a nuisance he is to take care of!" I was so shocked that anyone could think that, especially of their own teacher. It was so horrible and cruel to me. Nowadays, it doesn't shock me at all. Please practice to become good Aikidoists! In Gassho, Sensei.

Limited Edition Now Available Again:

OSHIGATA: Sword Rubbings of the Shitahara School

*Published 1995
By Rev. Kensho Furuya*

\$25.00 Donation for Dojo Fund Raiser

Our Black Belt Association Yudanshakai:

Dr. James Doi, 4th Dan
Mr. Ken Watanabe, 4th Dan
Mr. Kenny Furuya, 3rd Dan
Mr. David Ito, 3rd Dan
Mr. Norman Lew, 2nd Dan
Mr. Tom Williams, 2nd Dan
Mr. Santiago Almaraz, 2nd Dan
Mr. Tom McIntyre, 2nd Dan
Dr. Jeff Johnson, 2nd Dan
Dr. Cheryl Lew, 2nd Dan
Mr. Ismael Araujo, 2nd Dan
Mr. Scott Howard, 2nd Dan
Mr. Mark Ty, 1st Dan
Mr. Mike Dotzenrod, 1st Dan
Mr. Douglas Lew, 1st Dan
Mr. Larry Armstrong, 1st Dan

Iaido Department

Mr. Gary Myers, 4th Dan
Mr. Ken Watanabe, 4th Dan
Dr. Cheryl Lew, 3rd Dan
Mr. Kenny Furuya, 3rd Dan
Dr. George Nakashima, 1st Dan

Branch Dojos

Salamanca Kodokai, Spain
Hacienda La Puente Aikikai, La Puente

Future Dojos

Fountain Valley Aikikai
Aikido Center of Pasadena

Two Birds With One Stone:

Remember! *KODO Ancient Ways* makes a great gift for a friend and also supports the Dojo at the same time. Copies signed by Sensei are also available. Many people write in saying they are already on their third and fourth copies.

Sensei's Message:

The Bear Facts

I was speaking with one of my senior students the other day about the state of affairs, the Dojo, etc, in general, and he related a story to me which I would like to share with you. Somehow, it illustrates how many of us look at things today:

Two men were camping in the mountains one evening when they were attacked by a bear looking for his evening's dinner. One camper stood immediately and began to release his backpack.

"What are you doing? There is no way you can outrun this bear!" cried his partner.

"I'm okay as long as I outrun you!" replied the other as his feet shifted gears in a manner that would make Mario Andretti proud and took off into the night.

I always wonder how self-centered we can be. Somehow it has become a virtue which many aspire too. Today, it's not longer something to be ashamed of. There is even this story in Zen.

There was a married couple who constantly fought and bickered and never seemed to get along. Finally, neither one could bear it any more and they both went to the Buddha for his advice. The husband confessed that as much as he really loved his wife, he loved himself best of all. The wife also confessed that as much as she loved her husband, she really loved herself more than anything in the world. Appealing to the Buddha for some solution to the problem, the Buddhas also confessed that as much as he loved this couple and everyone else in the whole world, he loved himself best of all.

Sometimes, I envy selfish people. They have no responsibility to anyone but themselves. They don't have to care about anyone or anything, just themselves. How wonderful this is! I wish I could be like this.

I was thinking about this the other day as I was reading my morning newspaper and read about how a young child was brutally murder in a public restroom. Someone came up from behind and slit his throat and stabbed him from behind. How sad! How shocking! Then I read about how another kid got lost in the San Gabriel mountains and died under a tree because he did not have his proper medication. I feel so sad about this too. I also read that his loyal dog kept by his master and protected him. They found some scratches on the young boy's face - obviously the dog was trying to revive him. The rescuers could not readily approach the body because the dog was protecting him. Despite the cold and hunger, the dog never left his master's side. How wonderful! A dog is definitely not as smart as a human, yet I see few humans who can do such a courageous thing. I was moved to tears.

I turn on the morning tv news and I see this killer of that young kid saying that he has "no remorse and would do it again in a second." He is only 17 years old. How can someone become a monster at such a young age - when one should still be so innocent? I am so moved and saddened by these events - these people are all strangers to me. I don't know them. I only see them on the news and in the newspaper. Yet, I feel for them. It is not something I want or planned to do. This feeling of sympathy and compassion for these people treated so badly and cruelly makes me so sad, comes out of myself by itself.

We can be selfish people but it is not a part of our ture nature. It is a part of our greed or weakness but actually we are very selfless people if we allow ourselves to be - we feel such compassion for others - even those who are complete strangers to us. I believe this is our real nature and the part of ourselves we should continually train and refine. Over 2000 years ago, a famous student of Confucius, named Mencius, once declared that all humans are basically good - his proof: If one sees a tiny baby playing on the edge of a well and suddenly she loses her balance and falls in - don't we all feel shock and sympathy? Like the Buddha said, we all love ourselves, - but perhaps we love ourselves a little too much. True love is the feelings we have for others and everything around us - not just for ourselves. In the Dojo, a great part of our training should be to think of others - even before our own selves. Of course, this is not easy at all.

In the East, we don't have such a "bear" story as I told you at the beginning of this article, but there is an unusual "lion" story. In an old temple in Japan, there is a very unusual picture of the Buddha jumping off a cliff! As odd as this is, this rare and beautiful picture is considered a national treasure of Japan. As it is explained, a long time ago in one of the Buddha's previous lives, he had come across a deep ravine. Looking down, he saw that a mother lion had fallen off and got killed, but her two cubs survived and were starving to death. In an act of compassion, the Buddha threw himself off the cliff so that his body could provide food for the two baby cubs.

Of course, I don't want my students throwing themselves off cliffs, but I hope everyone of you will never forget this story.

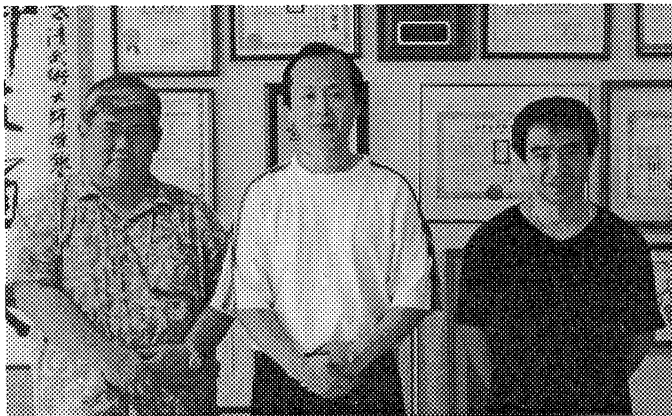
Upcoming:

Christmas Issue: Dec. 1st.

New Year's Issue: Jan. 1st.

We are requesting articles, photos and stories from all of our membership for our upcoming special Christmas and New Year's issue. Articles should be about a page long, typed, and about your experiences in Aikido or the Dojo or something in your life related to Aikido. All articles will be limited to and edited for space. Unique and interesting photos are also welcome. Start writing now!!!

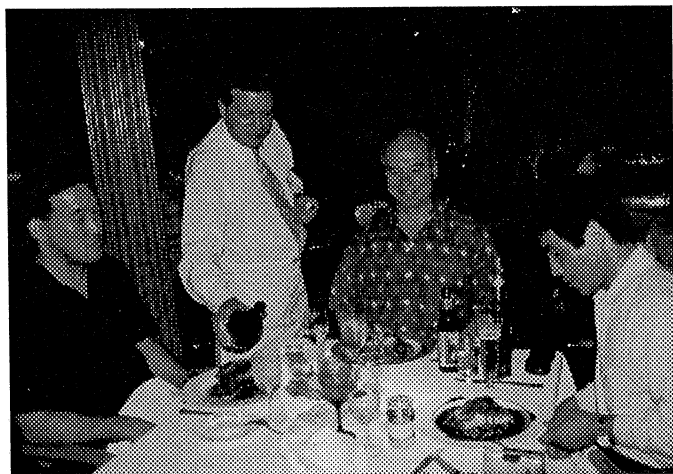
Sword Polisher Karita Naoji Visits LA. Oct. 9-12.



Karita Sensei, master sword polisher from Tokyo, Japan,, with his kung-fu teacher, Master Wang and Sensei. In Rosemead.



At the Quanjude Restaurant which specializes in Peking duck. The main restaurant in the Tiananmen Square in Beijing is 130 years old.



With Gary Myers, Ken Watanabe (and Sensei).

Congratulations:

Best Wishes Always!
**Brian Seiji Kito &
Tomoko Ueno
To Be Married
November 7, 1999**

Congratulations:

**Furuya Sensei Celebrated
The 10th Anniversary of his Ordination
As a Zen Priest
Under Late Bishop Kenko Yamashita
October 22, 1989 - 1999**

Thank you:

I would like to take this opportunity to once again express my deepest thanks to those who attended the 50th Anniversary of the Japanese Chamber of Commerce when we received the Outstanding Cultural Award on September 24, 1999.

Rev. Kensho Furuya

Supporting Membership:

Now offered through our new website, individuals can now support our Dojo and our work through our Supporting Membership Status of a \$100.00 donation per year. This entitles one to our monthly Dojo Newsletter as well as invitations to all of our lectures, demonstrations and special events.

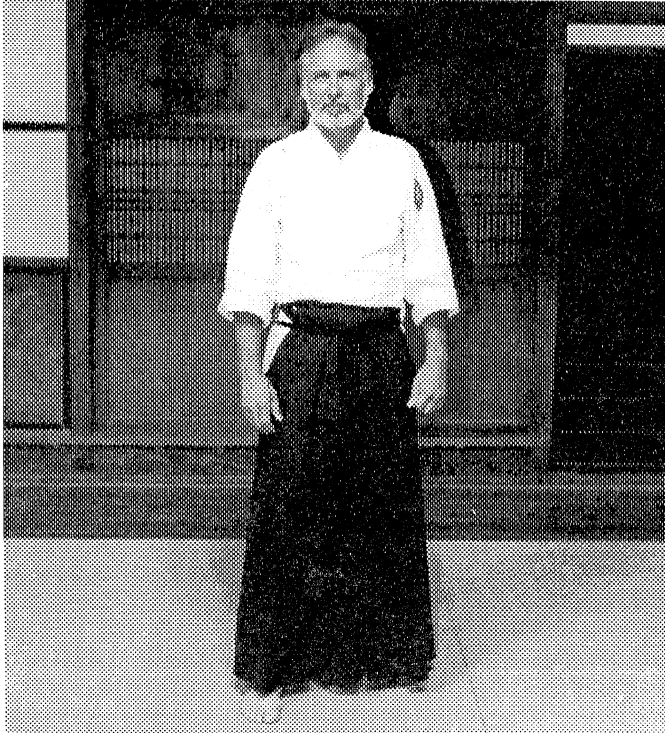
Your friends and family members can support our Dojo by joining us as a Supporting Member. We really need your help! Thank you. *ACLA*

Annual Membership Dues

Annual Membership Dues of \$40.00 for dues on January 1st or before for every students. Students who joined after June 1, 1989 need not pay this year although your contribution will be greatly appreciated. The annual membership dues is an idea from the studentbody to help out the Dojo during the slow Holiday Season when membership is usually down.

We appreciate you help, generosity and support.

Letters:



Larry Armstrong: New rank, new hakama and new granddaughter.
9-26-99

Dear Rev. Kensho Furuya:

We wanted to send our thanks for the beautiful quilt you sent Alexandria. It was so nice of you to think of her. My father (Larry Armstrong) said that red was for good luck and cranes are for long life. What a wonderful sentiment. Not only have we been blessed with a beautiful and healthy baby girl, she has been blessed to have so many wonderful people think of and care for her. Thank you again. Love, Julie, Steve and Alexandria.

Yamanashi Pref. Kenjinkai Memorial Service. Oct. 3



Sensei presided over the annual Memorial Service & Luncheon for the Yamanashi Kenjinkai Prefectural Organization of Southern California. Sensei is the President as was his grandfather many years ago. The Organization itself is 96 years old.

Terry Yuan Sensei Gives Calligraphy Demo At JACCC.



Yuan Sensei demonstrating the art of Shodo at the JACCC.



Yuan Sensei with Santiago, Susana and Mark Ty at the grand opening of the exhibition, The Art of Ink In America at the JACCC. Sept. 24.



Teacher's Day Party honoring Yuan Sensei with his students.

Aikido Center of Los Angeles
NEWSLETTER

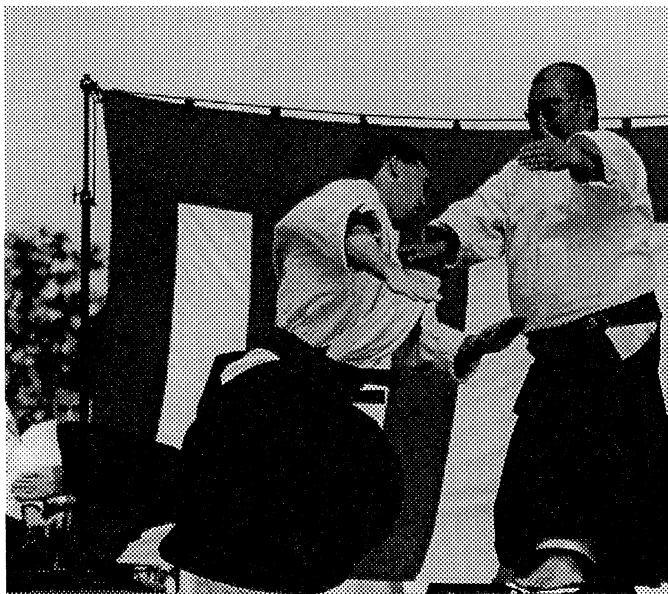
Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

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

**Recipient:
*Outstanding
Cultural Award*
50th Anniversary
Japanese Chamber
of
Commerce**



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

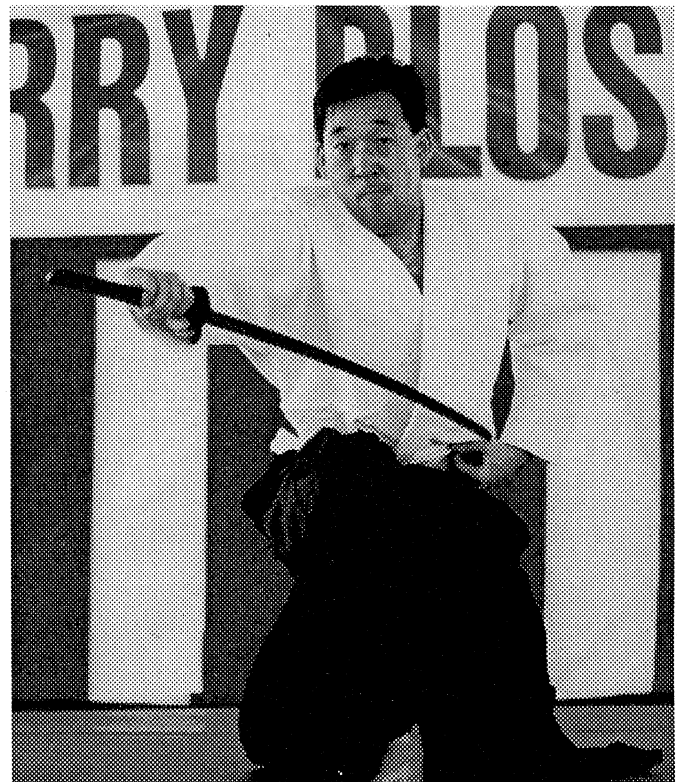
Official Dojo Jackets

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

Japanese Swords: Purchase, Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.



Japanese Swordsmanship Muso Shinden Ryu Iaido

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


Aikido Center of Los Angeles
NEWSLETTER

Master Kuro's Philosophy - Japanese Culture

KODO

Ancient Ways

Lessons in the Spiritual Life of the Warrior/Martial Artist



by Kensho Furuya

KODO

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

Rev. Kensho Furuya


Please place your orders through:
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\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H

Copies signed by the author on request.

aikido

by Kisshomaru Ueshiba



Highly Recommended Reading:
AIKIDO
By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.

羅府合気道学院古屋道場

AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

April 1, 1997 Volume XV Number 4

In This Issue:
Master Hsu
Dojo Treasure Arrives From Japan
Visiting Master Adam Hsu



Master Hsu returned to Capetown from Japan for a month to finish personal business and reconnect his students and assistants throughout the San Francisco Bay area. Master Hsu is also working on his new book. Due to a persistent cold, Sensei visited Master Hsu's last invitation on celebration the Chinese New Year's with him and his school on Feb. 10. He was able to arrange a trip from Feb. 21st through the day to meet with the book editor from Tuttle who was scheduled to meet with Master

The group took in the last back in Berkeley, Sensei who presented it at Doke's with me, together in the evening. Doke is extremely busy and has many many requests for his writing some people according to Kinoshita Sensei, writing more than three in four years. Recently, Doke finished the writing and revision of Kinoshita Sensei. He, Chikamasa, and the Onoda Dojo who recently moved to Los Angeles, hand carried it from Japan on February 20th. Chikamasa will come by passing our practice as well as he settles down with his wife to translate

ACLA DOJO NEWSLETTER

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規範 合気道 基本編

合気道 精進古洋丸 著
1982年 編者守央 著



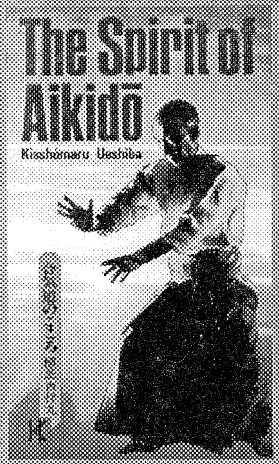
150万合気道人のバイブル!
全世界合気道の権威・植芝吉祥丸道主と
技法の中心・植芝守央本部道場長の共著
による初めての合気道教科書!
習得達人研究会・出版 芸文社 発行

KIHAN AIKIDO

Fundamental of Aikido
By Doshu & Dojocho Moriteru Ueshiba
The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."

The Spirit of Aikido

Kisshomaru Ueshiba



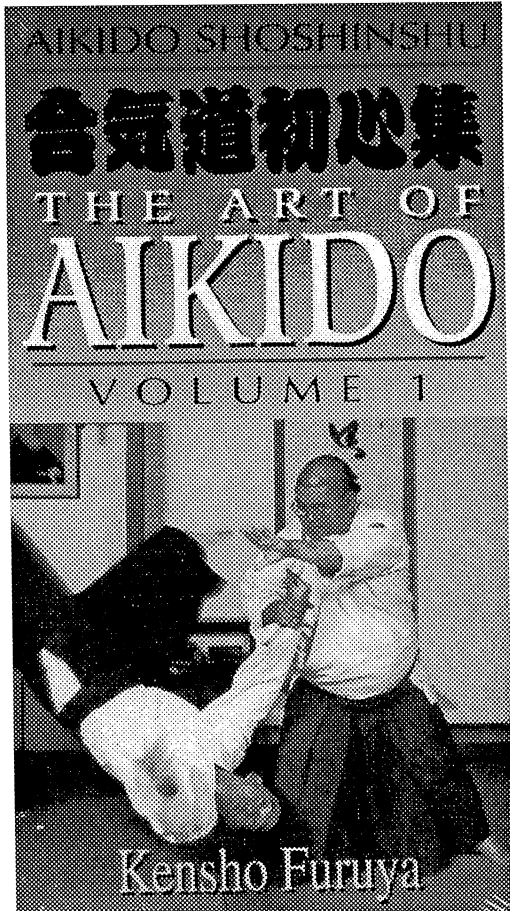
THE SPIRIT OF AIKIDO

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.

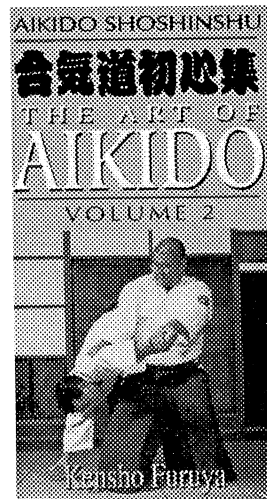
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

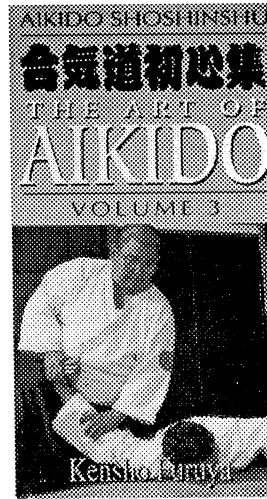
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



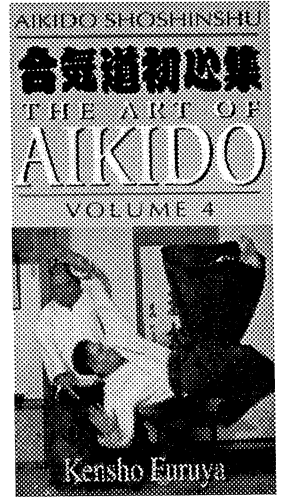
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



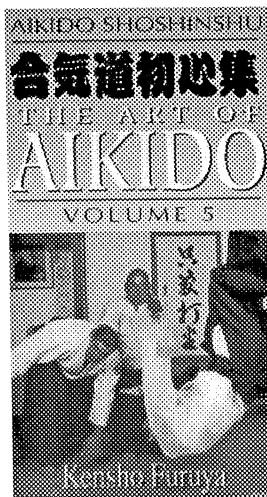
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



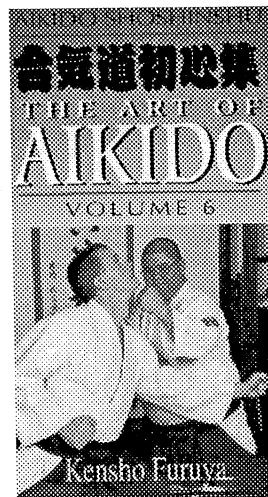
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



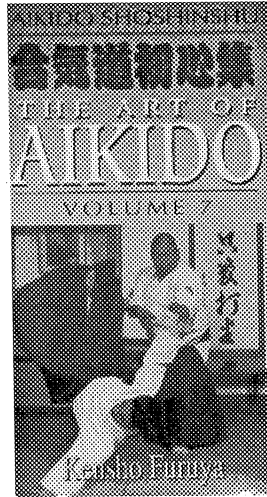
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



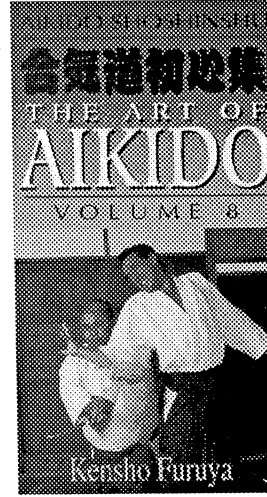
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



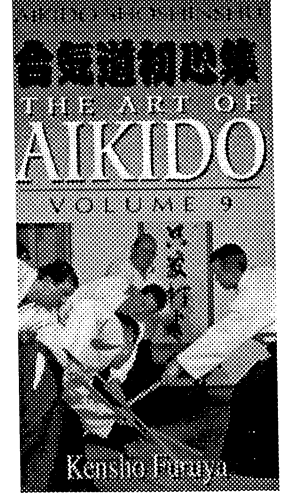
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro Katatetori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
Ryokatatori.



Atemi-waza: Striking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.
Complete 1st Degree
Black Belt Examination

Aikido

TRAINING SCHEDULE

Adult BEGINNING

Monday, Wednesday & Friday
Evenings
6:30pm-7:30pm

Intermediate-Advanced
Tuesday & Thursday Evenings
7:45pm-8:45pm

Open
Saturday & Sunday Mornings
10:15am-11:15am

CHILDREN'S CLASSES

5 - 16 yrs old
Sunday Mornings: 9:00am-10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS
Aikido So-Hombu Dojo - Aikikai
17-18 Wakamatsu-cho
Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba Doshu and the current Moriteru Ueshiba Doshu. We hold no other affiliation; we are a not-for-profit school.

ATTENTION:

Please be very cautious of people misusing the name of Rev. Kensho Furuya Sensei and the Aikido Center of Los Angeles but have no authorized affiliation with us. *Aikido Center of Los Angeles*

Dojo Website:

www.aikidocenterla.com

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

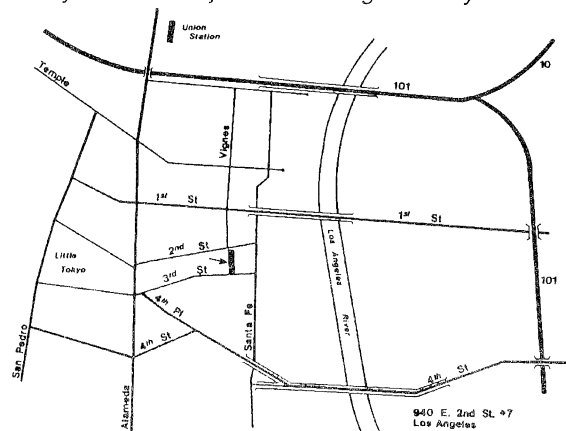
AIKIDO & BUDO DISCUSSION GROUP

Every 2nd Wednesday of the month.
7:45pm-9:00pm

Group Study & Discussion
Aikido philosophy, Japanese art & culture, martial arts, &
Japanese sword appreciation. Everyone is welcome.

About the Dojo:

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 Aikido students alike, are cordially welcome to join our training. Thank you.



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. The Easiest Way: From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.