

AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

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

Volume VII. Number 10.

October 1, 1991

Annual Dojo Picnic September 8, 1991



The Way of the Samurai Martial Arts Demonstration September 28th & 29th

The Aikido Center of Los Angeles participated in "The Way of the Samurai" Martial Arts Demonstration held at the Japanese Village Plaza on September 28th and 29th. Other participants were the Los Angeles Matsuri Taiko, Masashi Shikai Sensei of the Southern California Kendo Federation, Hayward Nishioka Sensei of the Los Angeles City College Judo Team, Fumio Demura Sensei of the Shito Ryu Japan Karate Federation and Nori Bunasawa Sensei of the Tustin Judo Dojo.

Thanks to the following members who participated and helped out during the demonstration. Victor Rodriguez, Yasushi Matsuki, Mitsuko Yoshimoto, Richard Elorriaga, Ken Watanabe, Bill Gillespie, Ismael Araujo, Rick Parent, Paul Williams. Our special guests were Mr. Bahman from the New York Aikikai and Mr. Nick Kiritzen from Washington D. C..

Also many thanks to Kenny Furuya who helped to move the mats to the Japanese Village Plaza. Also thanks to Monica Alvarez and David Ito who helped with the flyers and answered questions.

Black Belt Meeting September 21, 1991

The monthly Yudansha Kai (Black Belt Association) Meeting was held on September 21, 1991 from 1:00pm to 2:45pm at the Far East Cafe in Little Tokyo. In attendance were: Mitsuko Yoshimoto, Ken Watanabe, Mark Moore, Ismael Araujo, Richard Elorriaga, James Doi and Victor Rodriguez.

The following items were under discussion:

Getting a Black Belt is not a teaching credential, it only means you start a different level of training.

New Training Schedule

As of October 20, 1991

Please note new changes.

Open & Beginning Classes

**Mondays through Fridays
6:15pm to 7:15pm**

**Monday & Fridays
7:30pm to 8:30pm**

**Saturdays
10:30am to 11:30am**

**Sundays
10:30am to 11:30am**

Advanced 4kyu & up

**Tuesdays & Thursdays
7:30 to 8:30am**

**Muso Shinden Ryu Iaido
Zen Nippon Battodo LA Branch**

**Wednesdays
7:30pm to 8:30pm**

**Saturdays & Sundays
9:00am to 10:00am**

Aikido Center of LA Newsletter

This monthly publication is available free to active members. Non-members: \$30.00/year subscription.

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Black Belt Meeting continued.

Black belts should make a better effort to maintain regular practice hours. Black belts are encouraged to help with taking care of the classes and pay their dues on time.

Black belts should also make a better effort to attend the Yudansha Kai meetings.

We think about requiring new students and building up our membership.

The Weapon Class attendance is down. Should be close it or not?

Pain? Try Chiropractic

Back Pain. Neck Pain. Joint Pain. Sports Injury. Work Injury. Auto Injury.

**Western Avenue Family Medical Clinic
Sungmin (Shawn) Pak, D. C.**

5481 Santa Monica Blvd, Los Angeles, CA.
90029

(213) 469-2344

Special Discount for Dojo Members.

Zen Gakko

On October 20, 1991, the Zenshuji Soto Mission will conduct a Kaiko-shiki or Opening Ceremony for the newly instituted Zen Gakko or Zen School. The instructor will be Rev. Kensho Furuya.

The classes will be every Sunday morning from 10:00am to 12:00 noon for children and young people from 7 years to 19 years of age.

The Zen Gakko will emphasize traditional values and discipline including meditation, morning ceremony, Heart Sutra and Aikido.

Back Attack

By Shawn Pak, D.C.
ACLA - Aikido Shodan

Lumbar backache is one of the most common afflictions of the human race, and unfortunately Aikido practitioners are not exempt from this most annoying and at times incapacitating malady.

If you find that you have suffered an acute episode of low back pain, you may want to try some or all of the following helpful hints. Following suggestions are just that - suggestions.

If your pain is very severe, be sure to contact your doctor for advice.

1. Stop what you are doing and lie down. If you are unable to lie down, sit and place your head between your knees. If possible, place one or both feet on the floor with your knees bent.

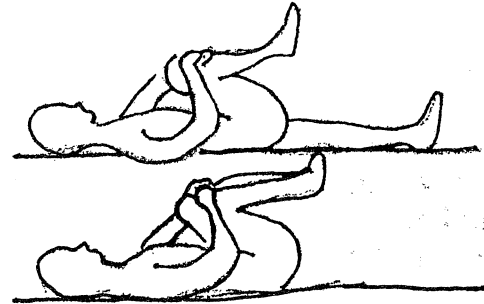
If the pain is not too great, bring one or both knees to your chest and hold them there. Do not cause additional pain. Only assume the position most comfortable for you.

2. Relax - Do deep breathing or any other relaxation technique you know to relax and let the pain subside. Stay relaxed for at least 20 minutes.

3. Ice - Have someone put crushed ice in a wet towel or plastic bag and place the ice on your back. Lying on your back on the ice with your hips and knees bent is best, but assume the position that you find most comfortable. Ice will help decrease the pain and more importantly the swelling. Leave the ice on 15-20 minutes or to your tolerance, but no longer than 20 minutes at a time.

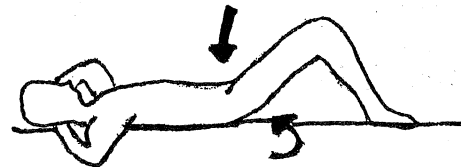
4. If medication has been approved by your doctor, you may want to take an anti-inflammatory medication such as aspirin.

5. Stretch - very gently, before rising by carefully bringing one knee towards your chest, then the other. Rest in this position to your tolerance.



6. Strengthen - very gently begin a pelvic tilt by tightening your stomach muscles and flattening your lower back.

If you experience any additional pain, discontinue the exercise and begin when you feel that your back is ready.



7. Sleep - position yourself with three pillows under your knees whenever you are sleeping on your back. Another position of comfort may be to sleep on your side with your hips and knees bent (Fetal Position).

8. Heat - begin using a heating pad 24-48 hours after the injury. If ice relieves your pain better than heat, then continue to use ice 15-20 minutes at a time to your comfort.

9. Doctor - If your pain is severe or if it appears to be getting worse, contact your doctor immediately. If you have had a previous back injury, contact your doctor immediately and do whatever he prescribes.

10. Do NOT do any of these suggestions if your doctor has prescribed another treatment for you. Always follow your doctor's advice.

Promotions

6th Kyu

Matthew Glave
Tse Fung Wong
Kenneth Lai
Stephen Murillo

5th Kyu

Mark Sprintz
Michael Marx
Akikazu Bunasawa
Chad Sakamoto

4th Kyu

Paul Williams
Frank Mattox
George Machkalov

3rd Kyu

Abel Perez
Robert Tam
Andy Kissel
David Ito

2nd Kyu

Kenneth Furuya
Ann Enomoto
Rick Parents

1st Kyu

John White
Jean-Francois d'Entremont

Please support your dojo.

◆ 生徒募集 ◆

子供の為の禅学校

日本伝統と心の教育

〈対象：7歳から19歳〉

【指導】 礼儀作法、坐禅、般若心経、合気道
【内容】 の護身術と呼吸法、そうじの仕方等。

開校式：1991年10月20日(日) 午前10時より11時迄

古屋顕正師による合気道の演武会が行われます。

〈現在受付中です。お気軽にお問い合わせ下さい。〉

禅宗寺 123 SOUTH HEWITT STREET
LOS ANGELES, CA 90012 (小東京)
(213) 624-8658

Message from Sensei:

Zen Master Dogen Zenji said that in order to practice Zen you need a good teacher. He said that even if you can achieve enlightenment on your own effort's you still need a good teacher. He said that, without a good teacher, it is better not to practice at all.

This is very true with Aikido as well. Although in Zen and traditional martial arts like Aikido, the tradition of the teacher or "sensei" is very strong. We do not have this type of concept in this country, especially in this day and age. Nowadays, dojos are social centers or dating clubs, some are even like opium dens. If it even "smells" like discipline or order, a worthy dojo is usually cast aside or destroyed. The attitude of most people today is: "I don't care if I understand it or not, just make it quick and easy." It sounds like what a prostitute might say to the earnest customer. Although we may treat ourselves in a lowly manner, we must still be caring with the people around us. This is not so easy. Sometimes it is like trying to save a drowning person. In his panic, he may struggle against the person who is actually trying to save his life. It takes many years to understand Aikido. Hold on dearly to O-Sensei's teaching, practice to polish yourself spiritually and physically, and beware of false teachers.