

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Los Angeles, California
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Celebrating 30 Years of Aikido

October 1, 1993

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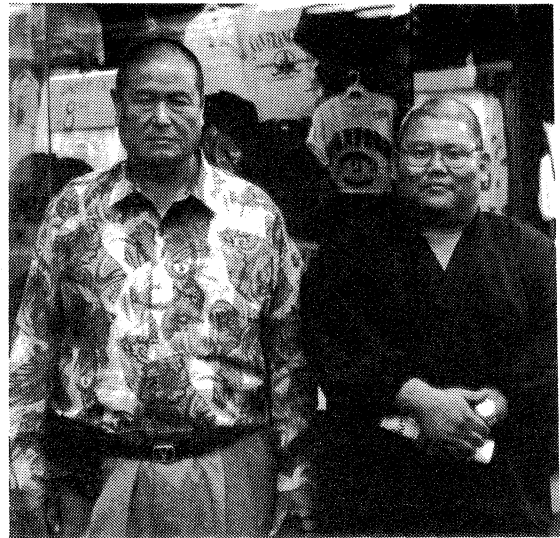
The Dojo Welcomes Morito Suganuma Sensei from Kyushu, Japan.

Suganuma Sensei will be conducting a Seminar from October 29th thru November 1st. Everyone is cordially invited to participate.

Suganuma Sensei, 7th dan, is head of the Aikido Shohei Juku Dojo in Fukuoka, Kyushu, Japan. He is a direct student of the Founder of Aikido and present Doshu, Kisshomaru Ueshiba Sensei and was greatly influenced by the late Kisaburo Ohsawa Sensei, 9th dan.

SEMINAR SCHEDULE

OCTOBER 29TH FRIDAY	6:30pm-7:30pm 8:00pm-9:00pm
OCTOBER 30TH SATURDAY	10:00am-11:00am 11:30am-12:30pm Lunch Break 2:00pm-3:00pm 3:30pm-4:30pm
OCTOBER 31ST SUNDAY	10:00am-11:00am 11:30am-12:30pm Lunch Break 2:00pm-3:00pm 3:30pm Dojo Party
NOVEMBER 1ST MONDAY	6:30pm-7:30pm 8:00pm-9:00pm



Kazuo Uyeki Sensei, 7th dan, from Ibaragi Prefecture and Furuya Sensei touring San Francisco with the entire group after the successful Nisei Week Demonstration on August 8th.

Sensei's Message:

To Be Committed

When I say "To be committed," I do not mean to be committed to an asylum or booby farm. I am talking about commitment to one's belief's or commitment to one's goals. It is something that no one can do for you nor can one teach you. You must do it all by yourself. Only you yourself. This is why it is so difficult for most people to be committed. Today, we live in a world of convenience. If it is not convenient or profitable for ourselves, we don't even want to bother with it, we don't even want to think about it or give it our slightest attention. In fact, this form of self convenience or self-indulgence has permeated our thinking so deeply that it has become our ethical and moral standard for our thinking and for our actions. This may be why our world is in such a mess as it is today.

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Seminar Budget:

\$1,000.00	Air ticket from Kyushu to Tokyo to LA
1,500.00	Honorarium
500.00	Hotel for 6 days
300.00	Meals & misc. expenses.
\$3,300.00	TOTAL SEMINAR EXPENSES

40 Students x \$75.00 seminar fee = \$3,000.00

50 Students x \$75.00 seminar fee = \$3,750.00

We require 40 to 50 students participation for this event.
Thank you for your participation and committment.

DOJO WELCOME PARTY FOR SUGANUMA SENSEI

October 31st, Sunday afternoon from about 4:30pm.
This will be a pot-puck party and we need the bar-be-que, coolers for soda, beer and juices, meat dishes, rice, salads, deserts and entrees. Please see Kenny Furuya or Ken Watanabe for details.

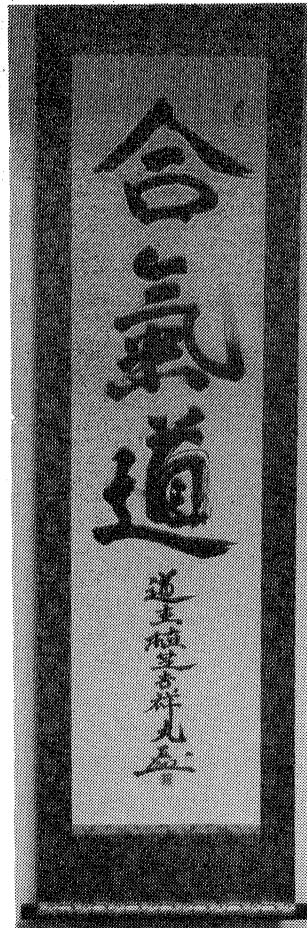
Everyone is invited to participate. Let's have another great dojo party and welcome Suganuma Sensei.

DOJO RECEPTION DINNER

On October 30th, from 7:00pm, there will be a formal reception dinner party for Suganuma Sensei welcoming him to our dojo. \$35.00 per person. Place not yet determined. Everyone is cordially invited to attend. Fees must be pre-paid.

Seminar Hints:

1. Bring an extra uniform for the seminar on Saturday and Sunday. Have another clean uniform ready for the following day.
2. Bring your bokken, jo and tanto.
3. Bring your own bottled water and snack or light lunch.
4. Make our guests from other dojos feel welcome and at home ion our dojo.
5. Please train hard and absorb his instruction.

**"AIKIDO"**

The characters, "Aikido" written by Grandmaster Doshu Kisshomaru Ueshiba for our 30th anniversary celebration has been mounted as a beautiful scroll in Japan and now has its place of honor in the tokonoma of the dojo.

The three characters read as "AIKIDO" followed by Doshu's signature, Ueshiba Kisshomaru, and "kao" or hand-seal in red ink and his stamp.

The scroll was mounted by one of the Iaido teachers who visited us during our 1990 Nisei Week Aikido Demonstration.

Doshu's writing gives our dojo a great honor.

NEW ITEMS

Congratulations to Dr. Jeffrey Johnson on the birth of his new daughter, Darcy. Dojo Application Form was sent immediately.

Kevin Sonico just returned from his honeymoon, a two week ocean cruise to Paradise.

Men's Fitness magazine photographed Aikido techniques in our dojo recently for an article on martial arts by Jim Coleman, the editor of Black Belt magazine. It should be appearing in their December issue according to Men's Fitness editor.

Cheryl Lew has photos available of the Nisei Week Demonstration as well as all the demonstrations we conducted in July. Nice photos. Thank you.

We are looking for volunteers to go on patrol for the Little Tokyo Anti-Crime Association. Usually it is for about three hours in the evenings about twice a month. We will also be creating a patrol for the area immediately around the dojo. Volunteers, please see Sensei.

Committed:

Our science and technology are totally directed towards our own self-convenience. Thanks to our science we have sewers and a plumbing system in our homes which makes it nice that we don't have to draw water from a well every morning. To this degree, I think, science is a greatly necessary field of knowledge. Yet, when we begin to carry this to extremes, I think that we may be embarking into dangerous territory. If man becomes too dependent on science and becomes too lazy, he will eventually destroy himself. Science is a way to explain certain phenomena of our world, but we should not assume that it is also a way towards self-enlightenment and it is not a magic pill to cure everything. I know I am getting myself into lotsa trouble by making such a "crazy" statement as this. Why, I say this is because science does not teach us about the human "spirit" which we have all but forgotten about today.

Our training, especially our training in Aikido, is the opposite of convenience. We might even go so far as to say that our training is the "science of inconvenience." Why? Because our training deals with the human spirit. It means that we put ourselves second to everything else in the world. It means that a blade of grass in a field or a leaf falling from the branch of a tree in autumn is just as important as our own selves. I know how hard this is to understand. This is what we are trying to understand in our practice.

Today, if someone asks for a glass of water, we take a glass from the shelf and stick it under the tap. If we are a little more extravagant, we may pop the cap and serve Perrier or Evian for a change. It is all a very easy, convenient process. In ancient times, the host would go to the well in the early morning at the break of dawn to draw water to prepare refreshment for his guest. It is said, in the early morning, the water tastes the sweetest. Even to serve a guest a cup of water, one goes through a great deal of trouble for a friend. Because the host is willing to sacrifice for the comfort of his guest and because the guest appreciates the efforts of his host, a simple cup of water becomes a truly spiritual experience and what Aikido means by "harmony." In Aikido, I know students think there is so much rigamarole and tradition which is so inconvenient and seems to obstruct our own goals. Inconvenience yourself, go to some trouble for your friend. This is how we commit ourselves to others. This is what we appreciate to establish bonds of friendship. Don't make everything a matter of convenience. In this way, we must commit ourselves to the dojo and to our practice as well.

Continued next issue.

PROMOTIONS

As of September 15, 1993

3rd Kyu

Michael Amparano
Jeffrey Johnson
Sasi Pratsertsit
Rey Espino

4th Kyu

Ralph Wanlass
Kristene Lew
Bernard Ng

5th Kyu

Mark Olvera
Keith Fujishige
Jose Araujo

6th Kyu

Cromwell Ty
Mark Ty
Genoveve Ty
Bruce Ino

Support Your Dojo

Tell your friends about our dojo. Invite them to join our practice. It is always nicer to practice with friends and help our dojo to grow a little at the same time. Members need to be more conscientious in paying their monthly dues. We exist by your support, efforts and cooperation. Thank you.

Nisei Week Video

A video of the 53rd Nisei Week Aikido and Traditional Martial Arts Demonstration at the Japan America Theatre will be available for a \$25.00 donation each.

Nisei Week Poster

A few souvenir posters are left. \$15.00 each. Limited supply.

Important Dates

October 1st. Monthly Dues.
From 7:30pm. **Rafu Token Kai Sword Study Club.**

October 2nd. **Aikido demonstration** at the West Covina Japan Community Center in West Covina. Autumn Festival from 1:15pm.

October 5th. **Black Belt Meeting** from 8:30pm.

October 16th. Kenshinkai. **Intensive Iai-do Seminar** from 6:30am-8:30am. Breakfast-meeting follows.

October 23-24th. **Dojo Clean-up.** Everyone helps after practice. Please plan to stay for one hour after class. Bring rags & vacuum cleaners and elbow grease.

October 29th-November 1st. **Suganuma Sensei Seminar.**

October 31st. From 4:30pm, **Dojo Welcome Party** (pot-luck & bar-be-que) from Suganuma Sensei. Volunteers needed. Everyone welcome!

There will be no regular classes conducted during the Seminar days only.

Suganuma Sensei Seminar

Please sign up and pay your fees early to reserve your space. We are looking for full participation by all of our membership. This is a very important seminar and rare opportunity to study Aikido under a well known teacher.

Aikido Center of Los Angeles

Training Schedule

AIKIDO

Beginning Open Classes
Mondays thru Fridays

7:00am - 8:00am

6:15pm - 7:15pm

7:30pm - 8:30pm (Except Tues. & Fri.)

Saturdays: 10:15am-11:15am

Sundays: 9:30am - 10:30am

Advanced Classes (2nd Kyu & up)
Bring bokken, jo & tanto.

Tuesdays

7:30pm - 8:30pm

Saturdays

11:30am - 12:30pm

Children's Classes

Sunday Mornings

8:30am - 9:30am

IAIDO-BATTODO KENSHINKAI

Wednesdays

8:45pm - 9:45pm

Saturdays

9:00am - 10:00am

Sundays

7:30am - 8:30am

BLACK BELT MEETING

YUDANSHAKAI

This month: Tuesday, October 5th from 8:30pm. Black Belts & Senior Students attend.

RAFU TOKEN KAI

First Friday of the Month from 7:30pm.
Everyone welcome.

KENSHINKAI IAIDO INTENSIVE

Third Saturday of the month from 6:30am. Breakfast-meeting follows.