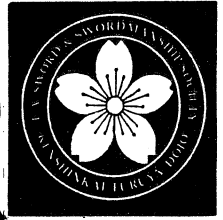


羅府合氣道学院古屋道場



# 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  
United States Aikido Federation, Eastern Region  
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society  
Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

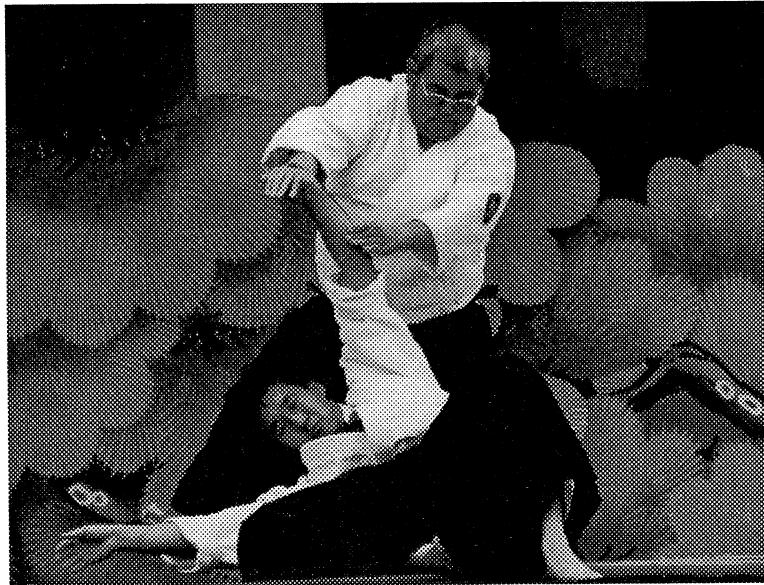
\$2.95  
Donation

October 1, 1997

Volume XV. Number 10.

## Welcome to LA! Ichizuka Isamu Shihan

**WELCOME:  
I. Ichizuka  
Shihan Visits  
Los Angeles  
Once Again:  
Oct. 1-4.**



Sensei at 1997 Nisei Week Japan Martial Arts Demo at the JACCC.

**SPECIAL  
PRACTICE  
Oct. 2 & 3.**

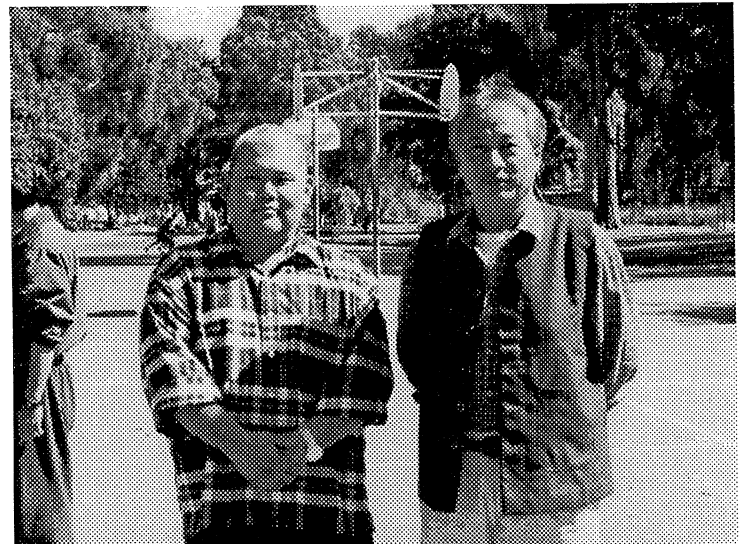
**Little Tokyo  
Public Library  
Book Sign &  
Aikido Demo.  
Nov. 8.**

**WELCOME:  
N. Ichihashi  
Shihan's Son  
Honeymoons  
in L.A. Oct. 11**

### 1st Children's Health Fair In Dojo Held September 6

On a very beautiful Saturday morning, the Dojo conducted its first Back To School Children's Health Fair in coordination with doctors from Children's Hospital and supervised by our Dr. Cheryl Lew. Dr. Jeff Johnson also took off time from his busy schedule to help out. The Dojo thanks all the volunteers who came and spent the whole day in the Dojo helping out.

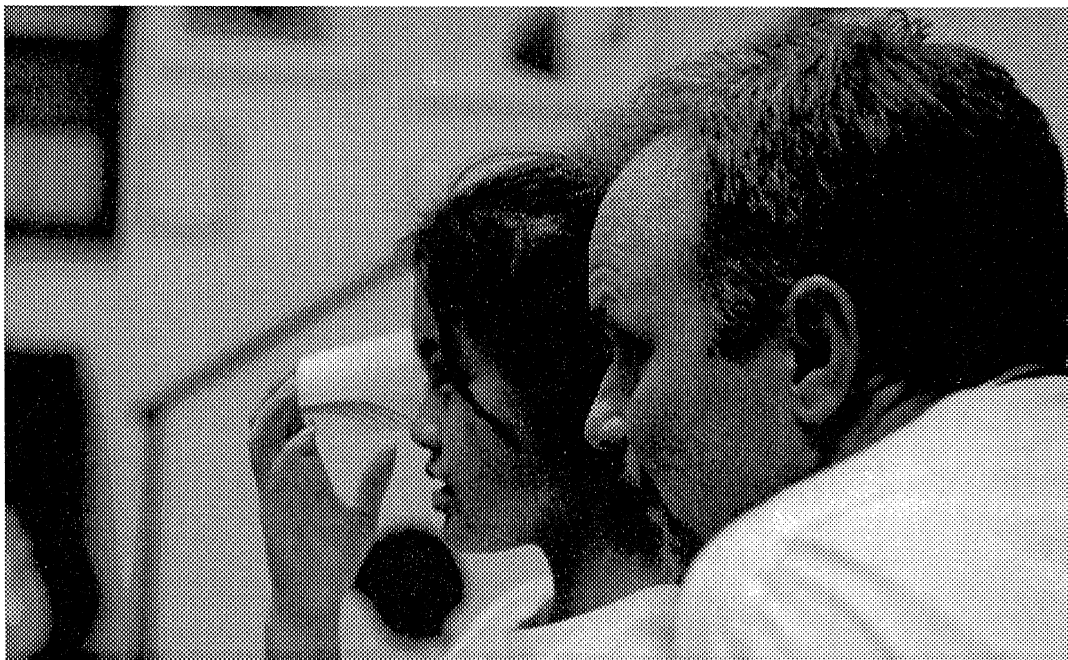
Many thanks to all the participants from Children's Hospital in Hollywood.



Sensei with Master Hsu at San Francisco's Panhandle Park. Sept. 26.

## Our Children's Health Fair September 6.

Our Senior Black Belt, Dr. Jeff Johnson, helps out a young lady with her eye examination in the Dojo. Below: Other youths be looked after. Many thanks to



## Ichihashi Shihan Visits LA September 12.



Ichihashi Shihan with Ken Watanabe at LAX

Norihiko Ichihashi Shihan, 8th Dan, from Hombu Dojo made a quick stop-over at LAX on September 12 and was greeted at the airport by Sensei and Ken Watanabe. It was a short but happy meeting. Ichihashi Sensei spoke to Sensei about entertaining his son who will be married on October 10 and will be honeymooning in Los Angeles for a week from October 11. The Dojo will plan a great welcome for him and his new bride. Congratulations!

## SPECIAL PRACTICE

Isamu Ichizuka  
Shihan, 6 Dan

October 2-3rd

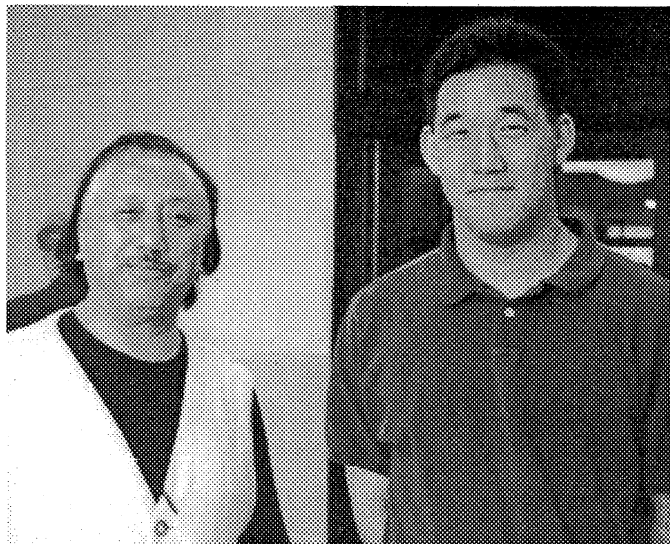
6:30-7:30pm  
Both Days

## WELCOME PARTY

October 3rd.

8:30pm-10:00pm  
Please see Cheryl  
For RSVP.

## Fujita Shihan Makes LA Stopover August 29



Fujita Shihan from Hombu Dojo made a 2 1/2hour stopover in Los Angeles on his way back from South America to Tokyo. He was met at LAX by Sensei and Ken Watanabe. All enjoyed coffee and a long talk about Aikido in the world today. Fujita Shihan may make another visit to Los Angeles sometime in the Spring of 1998. Fujita Sensei taught a special class for us in mid-August of this year.

## KODO: Ancient Ways Book Signing

November 8, 1997  
1:30pm

Little Tokyo Public Library  
244 S. Alameda St., LA

Tele: (213) 612-0525

*Important Seminar*

Norihiko  
Ichihashi

Shihan, 8th Dan  
From Hombu Dojo

November 13-14, 1997

6:30pm-7:30pm

7:45pm-8:45pm

Both Days

*Exclusively for members of the Dojo.*

\* \* \*

November 14, 1997

Thank You Party

8:30pm

Please RSVP

Cheryl Lew

Limited Seating

Schedule is subject to change.

**Visiting With  
Master Adam Hsu  
In San Francisco Sept. 26-28.**

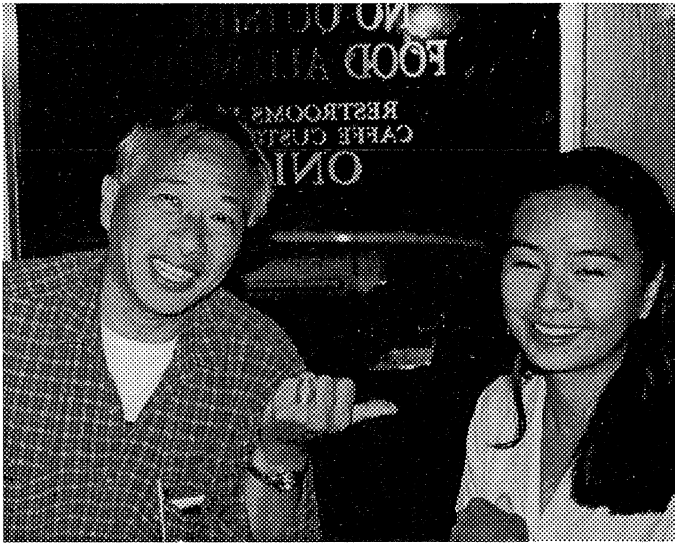


In Japantown, Master Hsu serving lunch with Marie looking on. Early Friday morning around 5:30am, Ken Watanabe picked up Sensei at the Dojo and escorted him to the LAX on his way to San Francisco to meet Master Adam Hsu. Master Hsu arrived earlier this month from Taipei to conduct seminars with his students in San Francisco and Palo Alto. Due to his busy schedule he was unable to accept Sensei's invitation to come to LA so Sensei went up to see him. According to Sensei: "It was so nice to see Master Hsu." Sensei stayed in Union Square and visited Chinatown, Japantown, etc. with Master Hsu who treated him very cordially as usual. Sensei met his students at Saturday morning practice in Golden Gate Panhandle Park and had dinner with Master Hsu, his assistant Marie Anthony and his daughter,





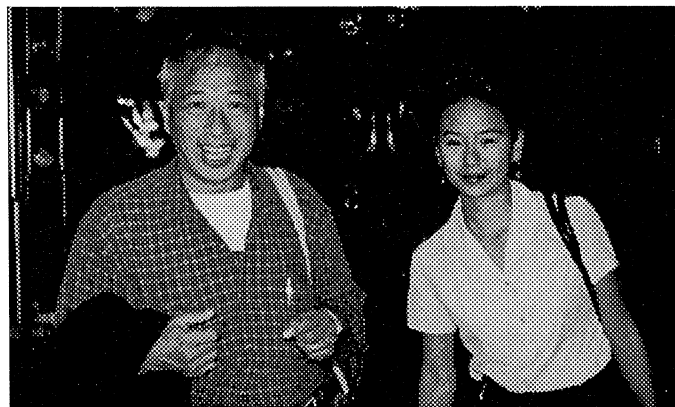
Aikido Center of Los Angeles  
NEWSLETTER



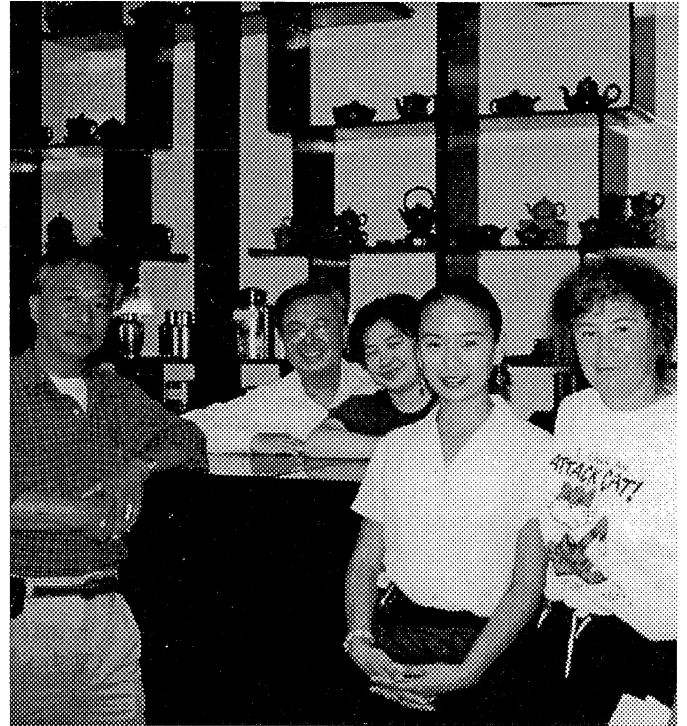
Enjoying Italian soda in Little Italy in SF with his daughter, Helen. Helen Hsu, in Chinatown. Sensei returned to LA early Sunday morning. In addition to the treat of meeting Master Hsu, Sensei was specially treated to a very newly developed tea, *Imperial Green*, at his favorite Imperial Teahouse in Chinatown.



As usual, Master Hsu serving up a great feast of Chinese cuisine.



At the Imperial Teahouse in Chinatown.



At the Imperial Teahouse in San Francisco's Chinatown, left to right: Master Hsu, owners, Helen Hsu and Master Hsu's assistant and senior student, Marie Anthony. One of Sensei's favorite places to visit in San Francisco.

Master Hsu returned to Taipei on Sunday and immediately went to his class to teach. We wish Master Hsu much good luck, good health and success. Sensei cannot wait to see him again on his next visit to the West Coast. Many thanks to Master Hsu, Marie Anthony, Helen Hsu and his students for all of their hospitality during Sensei's short visit.

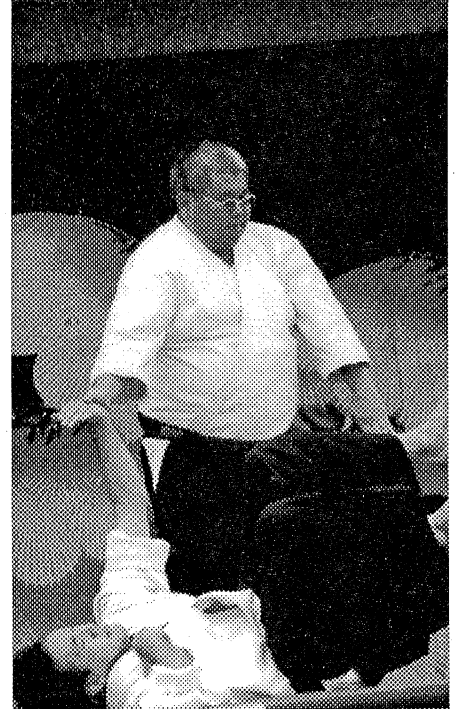
## In Memoriam: Tamiyo Nakahiro

On September 25, 1997, Mrs. Tamiyo Nakahiro passed away at the age of 103 years old. She was an old friend of Sensei's grandparents and parents and remained a close friend of Sensei while he was training at Zenshuji - a friendship which spanned Sensei's family over 70 years. Sensei also shared the same tea class with her. She left her family along with 8 greatchildren and 9 great grandchildren. She will be sorely missed. She is remembered in "KODO: Ancient Ways."

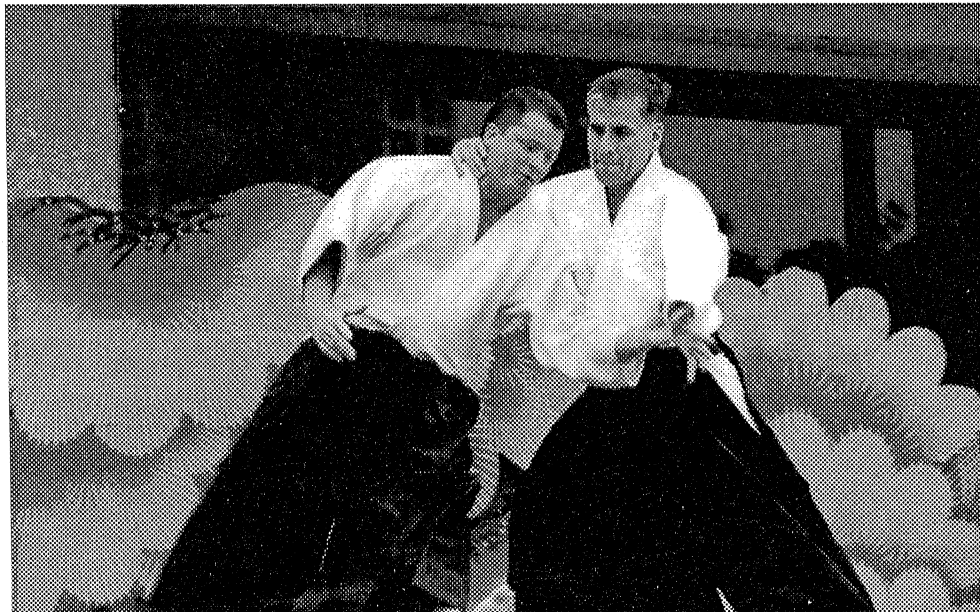
## More from Our Nisei Week Demonstration.



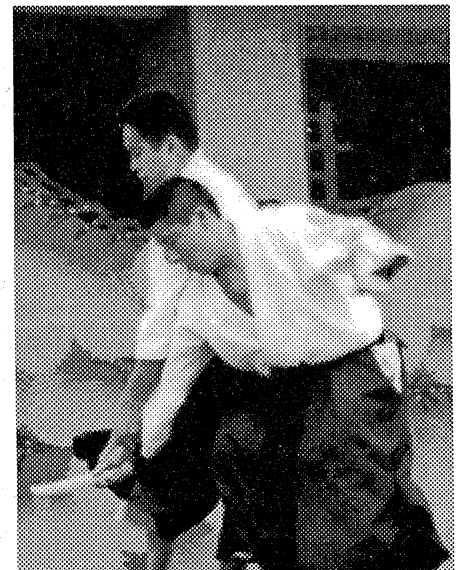
Kenny Furuya demonstrating tanto-doru, knife defense techniques.



Sensei



Richard Eloriagga demonstrating beautiful irimi-nage technique with Scott Howard. Richard is one of the oldest members of the Dojo and also a senior member of our Iaido Department.



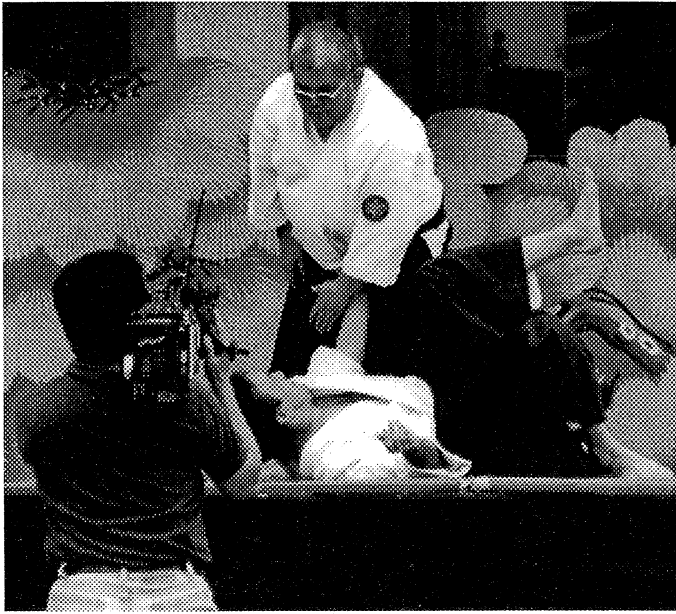
Kenny Furuya and David Ito/

### Meg, Get Well Soon!

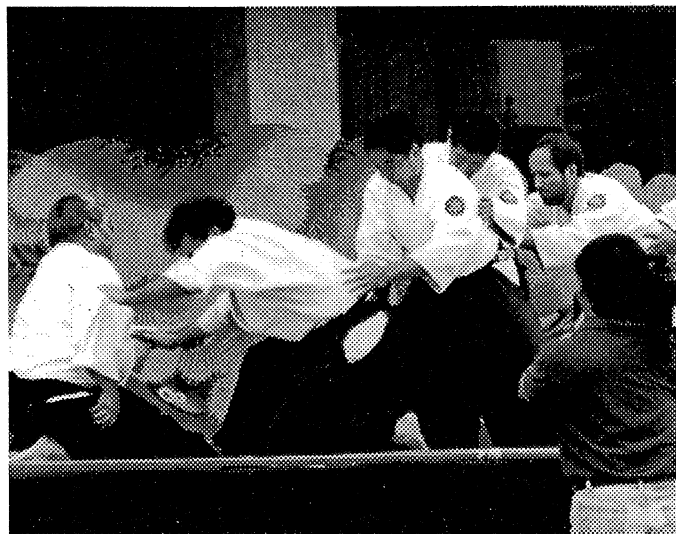
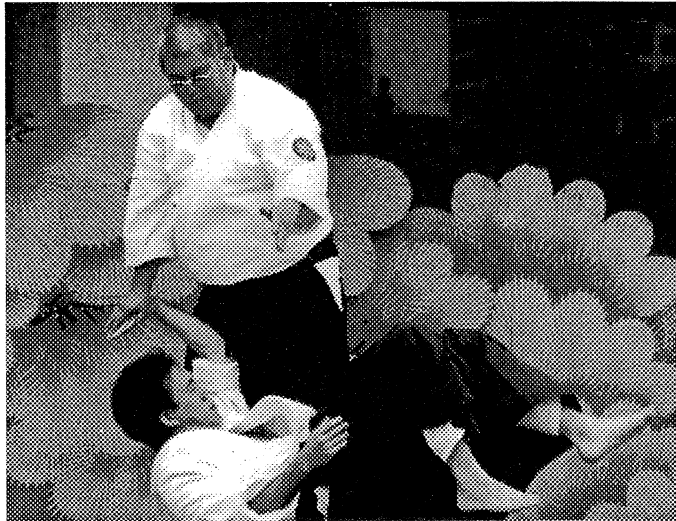
Best wishes to Ms. Meg Imamoto of the JACCC who entered the hospital on September 25 for an operation. Also, a speedy recovery for Mrs. Miles Hamada who also entered St. Vincent's recently.

### Special November Issue:

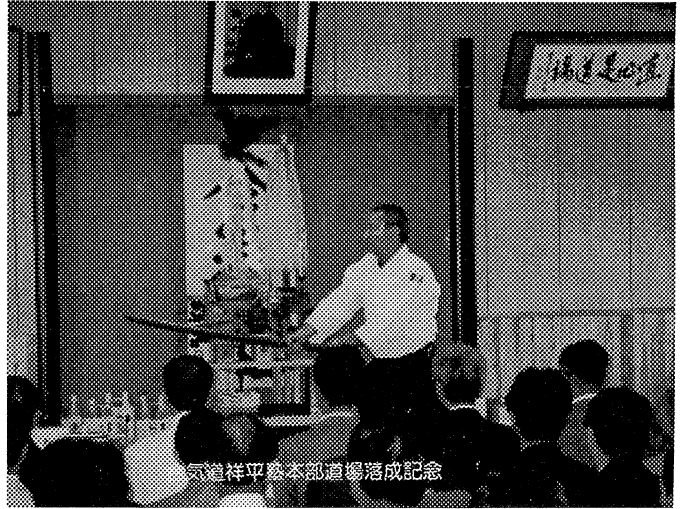
Don't miss our next Special November Issue which will feature Ichizuka Sensei's visit and our annual summary of activities for 1997. Also details of our X'mas and New Year's Party.



Sensei's demonstration while KSCI Channel 18 shoots special documentary on the Nisei Week Festival.



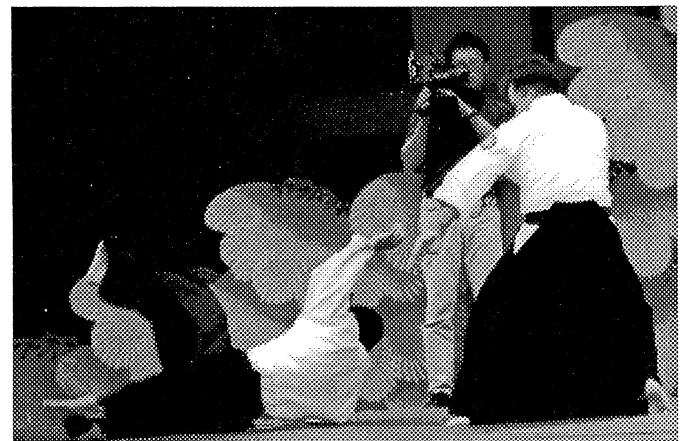
## Special Moments:



Suganuma Sensei at his Shoheijuku Dojo in Fukuoka, Japan. From a recent correspondence from Suganuma Sensei.



Participants of Shisengumi's anniversary celebration. Left to right: Scott Howard, David Ito, Kenny Furuya, Mike Dotzenrod, Sensei, Ken Watanabe, James Doi and Curtis Westfall.



Curtis Westfall, 2nd Dan.

## **TECHNICAL AIKIDO**

### **By Mitsunari Kanai, 8 Dan**

### **New England Aikikai**

Excerpt from his upcoming book of the same title. Kindly reprinted from the USAF News. Summer/Spring 1997.

One of the most basic, chronic, and perhaps inevitable problems in practicing aikido, is that aikido training can be reduced to an easy going exercise based on excessive compromise between the practice partners (nage and uke). This problem arises because aikido practitioners often base their practice on sincere but ill-founded philosophies and theories.

Examples of the many incorrect interpretations of aikido as applied to practice include emphasizing an idea of an "aikido style" ambiance, expressing an "ideology" of aikido, and misconstruing the concept of "harmony."

Because of the importance of correctly understanding the meaning of harmony in the specific context of aikido, I will give a brief explanation. Keep in mind that I will cover only a tiny fraction of the meanings and aspects of aikido's harmony.

First, it is important to know that harmony is a central component of aikido. Most fundamentally, it means harmony with the entire universe, with all existence. In terms of mind and body, harmony simply means that one should equally emphasize each, rather than focusing on one of the other. But in physical terms, harmony has a technical meaning referring to a certain way of using one's entire body in every movement. Applied to a confrontational situation that brings the opponent into harmony with oneself.

Harmony does not mean just getting along with people on the basis of a lowest common denominator, or creating agreement without regard to rules in order to avoid confrontation and maintain an easy going or overly comfortable environment. Harmony, as used in aikido, does not involve compromising, diminishing, or diluting opposing things and their individual essences. Such an approach waters everything down, sacrifices the essence of things, erodes standards of behavior and attitude and thereby diminishes each individual. Rather, aikido's harmony brings different - even opposing - elements together and intensifies them in a way that drives everything toward a higher level.

It is often pointed out that aikido permits men and women, adults and children, and old and young to practice together. This is true. It is equally true, but not as frequently noted, that within aikido there is also room to practice in other ways, for example, to use very hard practice to develop martial techniques. Aikido's breath and inclusiveness does not mean that its practice is easy, or that those practitioners focusing on

developing hard fighting techniques are less important, or less legitimate, than those interested in other of its aspects.

The result of these errors, I suspect, gives rise to the first major problem in aikido training, which is that many aikido practitioners have been unable to establish a training method based on the most fundamental understanding of how to use the body to produce, apply and receive power.

What follows is a theory and explanation of how to correctly use the body. It seems to me necessary to articulate in detail this logic of aikido. It is intended that this articulation of aikido's physical principles should replace the abstract explanations typically advanced by many practitioners of aikido and other martial arts.

The aikido practitioner must understand how the physiology of the body, the very structure of the body, gives rise to rules or principles of how the entire body should most effectively and optimally function. Correctness of a body movement is judged solely by this criteria: whether the movement, in light of human physiology, utilizes with complete economy all the parts of the body organized in the most efficient possible way. Understanding such a fundamental theory of body utilization must precede explanations of the specific techniques of aikido.

Any system of body movement must be based on human physiology. The martial arts in general have rules which further define the implications of the human physical structure in the context of combat situations. Aikido, which is aimed at the broadest approach to martial arts, should have an even more precise set of principles.

A specific technique based on these principles will utilize every part of the body, organized and sequenced so as to optimize the generation of power. If this is done, the technique will be correct and will "work."

Failure to understand and apply it makes techniques ineffective.

One must understand that aikido training should be solely based on this uncompromisable principle of maximum efficiency arising from human physiology. Armed with this understanding, the practitioner may readily determine whether techniques that may look free flowing and correct are based upon the true principles of aikido training. Incorrect techniques are all too common due to failure to understand this principle.

The failure to understand the principle of efficient body movement has other implications, for example, that the main groups of techniques characteristic of aikido (throws, joint techniques, strikes, and thrusts) lacks a theoretical consistency and therefore appear overly distinct from each other.



## Many Congratulations & Best Wishes:

Mr. & Ms. Atsuhiko Ichihashi  
On Their Marriage  
On October 10, 1997

The son of Norihiko Ichihashi Shihan, the new-lyweds will be honeymooning in Los Angeles as guests of the Dojo. Let's give them a grand welcome. October 11-17.

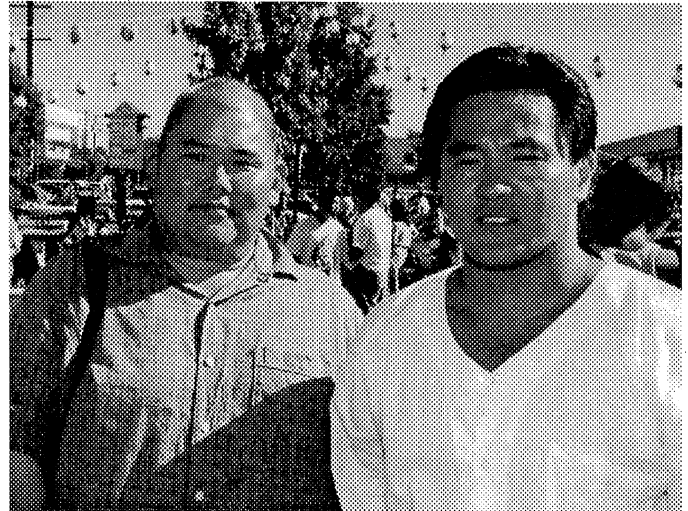
### Technical Aikido con't.

It should be understood that I am not proposing to constrain aikido in a rigid mold but, on the contrary, I am suggesting that it is necessary to break out of a rigid mold already in existence, a mold made up of formalized bad habits. The results of these bad habits are easily observable in much of what is today called aikido practice.

Harmony does not mean just getting along with people on the basis of a lowest common denominator, or creating agreement without regard to rules in order to avoid confrontation and maintain an easy going or overly comfortable environment. Harmony, as used in aikido, does not involve compromising, diminishing, or diluting opposing things and their individual essences. Such an approach waters everything down . . . .

. . . I am suggesting that it is necessary to break out of a rigid mold already in existence, a mold made up of formalized bad habits. The results of these bad habits are easily observable in much of what is today called aikido practice. . . . .

## Shinsengumi Restaurant Anniversary Demonstration. August 24.



Shigeta Sensei of the Ashihara Karate Dojo At Shinsengumi.

It was a very nice balmy Sunday afternoon in Torrance, to celebrate Shinsengumi Yakitori Restaurant's 5th Anniversary celebration. There was an extensive program going on all day long with many game and food booths including a big raffle at the end of the day. Shigeta Sensei, head of the Ashihara Karate Dojo in Torrance, treated us quite grandly with a \$100.00 of food tickets for delicious yaki-tori, yaki-nigiri, roasted corn and soft drinks. Shigeta Sensei, the owner of Shinsengumi Restaurant, demonstrated Ashihara Karate at 4:00pm and we demonstrated at 5:00pm. Participants were: Sensei, James Doi, Ken Watanabe, Kenny Furuya, David Ito, Curtis Westfall, Scott Howard, and Mike Dotzenrod. Larry Armstrong was there as always to take photos for this issue. Everyone had a great time. Congratulations to Shigeta Sensei and the Shinsengumi. The Dojo presented Shigeta Sensei with a large house plant for their restaurant.



Scott Howard demonstrating at the Shinsengumi celebration.

## The Polite Language:

As many people know, the Japanese language is considered one of the most polite languages in the world. Within normal conversational levels there is also a unique polite style called "keigo" or "honorific Japanese" which is quite often used. When many students of the language begin their their studies, they tend to learn a more familiar "abrupt" style of speaking often used among young people and kids thinking that this "sounds" more fluent. In older days, this abrupt form was called "beranmeicho" and was commonly used by untouchables, outcasts, and gangster types. What many people are not aware of is that even in feudal times, farmers and non-samurai class people spoke their own familiar style but were also well versed in the polite forms of speaking - this was the only way they could communicate with the samurai class. Today, although English - or "American" to be more accurate, has greatly influenced the Japanese language (causing concern among many scholars), the polite or honorific form of Japanese is still preferred and still appropriate for most social circumstances at all levels and all occasions.

In Japanese, there are no "cuss" words. This was always cause for amusement when Westerners see a Japanese movie and at the most dramatic moment, the hero can only come out with "you cheeky bum!" That is about the extent of bad Japanese language - nowadays, however, Japanese must resort to using American words when cussing - of which the selection is much more dramatic and certainly much more colorful as everyone knows.

Arguably, polite language influences one's thinking and one's behavior. There is the old cliché about meeting a Japanese person for the very first time and getting caught in an awkward bowing marathon.

In the Dojo, this polite form of Japanese and the conduct it prescribes is very important. It creates order and harmony and establishes - continually, day to day, moment to moment - the correct relationship between teacher and student and student and student. Of course, the traditional martial arts dojo has the traditional "vertical" social structure. Yet, this structure is not immobile - as is quite common - but quite fluid based on development of character and progress in one's training.

When one is addressed in the Dojo, one immediately acknowledges by saying, "hai." The untrained person hesitates to answer or does not answer at all. To wait too long to answer or not answer at all or refuse to answer or not be aware that one needs to answer or respond is the incorrect direction of one's training. To answer correctly with the right timing indicates to the teacher that the student is "in tune." But simply to answer quickly is not the bottomline. At all times, we should think of others and all of those around us - especially in the Dojo as part of our Aikido practice.

## Top Ten Practice Hours: Month of August

1. Ken Watanabe	34 Hours
2. Eric Russell	26 "
3. Larry Armstrong	21 "
4. David Ito	19 "
5. Kenny Furuya	18 "
6. James Doi	16 "
7. Cheryl Lew	16 "
8. Scott Howard	15 "
9. Bryan Waldron	15 "
10. Mike Dotzenrod	14 "

## Top Hours To Date: 1997

1. Ken Watanabe	254 Hours
2. Kenny Furuya	167 "
3. Larry Armstrong	166 "
4. David Ito	148 "
5. Cheryl Lew	143 "

## Over 100 Hours

1. James Doi	135 Hours
2. Scott Howard	114 "
3. Kristine San Luis	126 "
4. Bill D'Angelo	125 "

## Visitors:

Recently, welcomed the following visitors to the Dojo: Kenzo Egami, 4th Dan, from Osaka, Japan, Ms. Meike Brand, 5th Kyu, from the New York Aikikai, Joshua Nakaya from Provo, Utah, and many others. Everyone is always welcome.

## Welcome Back:

Maria Murakawa from a brief illness. Frances Yokota from a long injury to the hip (not in the Dojo!), Richard Villaverde from a work-related injury and Albert Miller who was out of town.

## The Nature of the Book (Beast):

Japanese bookstores are always very efficient and continually re-arrange their inventory so that popular books or in-demand books are always available and easy to spot. My favorite bookstore is near the Tokyo Station, the Yaesudori exit - the Yaesudori Bookstore - which is a huge building comparable to many of our large department stores of a past generation, brimming over with five floors of books - and only books - with a few old maps, perhaps. They had books of some of my favorite authors that I didn't even know were written. Amazing and impressive! The last time I was there I bought as many books as I thought I could carry in both hands and this was only a fraction of all the books I wanted and/or needed. I had so many books in hand that when I entered a nearby eatery for a little lunch, they asked me to leave the books outside because they would jam up the aisles. Preferably, I would have liked to camp out in that bookstore for my entire stay.

Our local Japanese bookstores are a step down from this. Popular magazines for kids, gangsters and housewives in that order, the three major consumer groups in modern Japanese society, dominate. I once accompanied my teacher, the Bishop Yamashita, to the bookstore to buy a book which was a huge bestseller and had just won one of the most prestigious literary awards in Japan. They didn't know what he was talking about and asked him to come back with the name of the publisher - they thought perhaps they would have better luck finding it through the publishing company. Also, amazing and impressive! On the way back to the temple, the Bishop ordered me never to return to that bookstore because he considered it as a rather dismal monument to the end of our civilization.

I usually avoid Japanese boostores nowadays - a small paperback of about 200 pages ranges from \$25.00-\$35.00. Important books, especially on swords, can easily go from \$800.00 to about \$3,000.00 and more - if they are not sold-out!

My technique for entering a Japanese bookstore is to first go to "new publications," then, "religion & philosophy" followed by "martial arts," "history," "art," and "historical novels" in that order. I like some crafts, fine art, folk art and cooking books - I try to avoid everything else. As I have mentioned some time ago in another article, they eliminated the "martial arts" section and threw them into "sports." I complained. The "martial arts" section was re-established. Now, "martial arts" has succumbed once again for "fighting arts" which really means pro-wrestling mixed in with judo and karate. Let the dead rest in peace, I say. I didn't complain. It's like the old joke about the customer who goes to the bookstore clerk and asks for "War & Peace." "Make up your mind," replies the irritated clerk, "which one do you want?"

Today, when I am looking for something on religion, philoso-

phy, Zen, self-help, etc. , I do not go to the "religion" section. This section should more accurately be called the "where to spend your hard-earned money on a phoney religion" section or the "crappy, immature, who can believe it, give me a break philosophy" section. In a Japanese bookstore, if you want something of the spiritual, something religious or something inspiring for the body, soul or mind - you go to the "business" section! That is where you will find it.

A comtemporary of O Sensei was a popular philosopher known as Nakamura Tempu. As a matter of fact, several early Aikido students studied under him intensively. In his early days, he was known as "hitogiri Tempu" or "Tempu, the Assassin," because of his formidable skill in Iaido - having killed no less than 20 opponents in life & death duels. He travelled to America under the name of a rich Hong Kong businessman and received a degree in medicine which he promptly returned to Hong Kong, keeping the education and experience for himself. Diagnosed with terminal cancer of throat, he, quite by chance, met an Indian yogi and returned with him to the Himalayas for four years of training. He returned to Japan completely cured and spent the rest of his life lecturing on health and philosophy. It is only recently that there has been revived interest in his ideas and many of his books are being re-published for the first time in many decades. I manage to snap all of them up in the bookstore's "business" section.

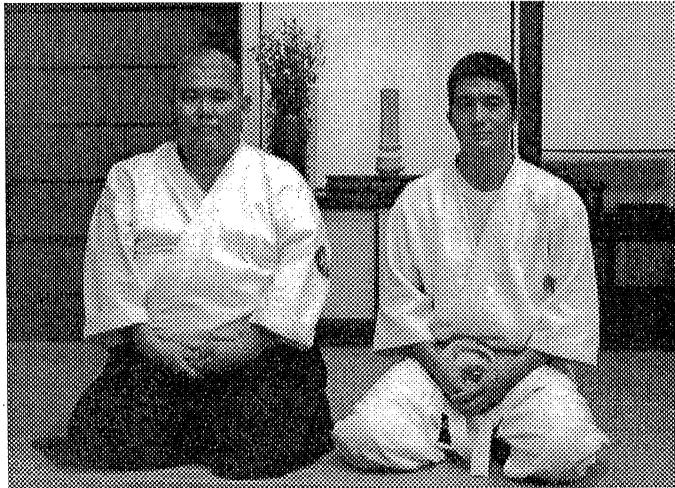
Today, philosophy and religion which has served to develop, improve, enlighten the people for so many generations has taken a new turn (for the worst in my "book"), today, the Japanese people's aspirations can be summed up into two currently very popular words: "success" and "cho" which means ultimate. Nowadays, you cannot be "ichiban" or just "number one," you must be "cho-ichiban," or "beyond #1." You cannot be just a "bijin" or beautiful woman, you must be a "cho-bijin" - a beautiful woman beyond all other beautiful women in the entire universe from here to eternity *ad infinitum*. Where are we going to go from here? Too bad no one asks this question more seriously.

As a youth in martial arts, I was taught never to walk into a dark movie theater but to stand by the entrance until one's eyes adjusted to the light or darkness. Also, to stand to the side when the elevator doors open. We were taught to be careful and always on guard. Nowadays, we go everywhere blindly not even considering if we can see where we are going or not. We are only concerned with blind success.

In the fifties in Japan, when science fiction was getting very popular as it still is today, the Japanese had no words to describe these space monsters which were obviously ten times more awesome than dinosuars - so everyone of them became "cho-dinosaurs" or "cho-beasts" meaning that these are alien monsters more terrible than you have ever seen before. We now have taken "cho" which originally described only Con't.

horrific space monsters threatening world peace and the existence of mankind to become the spiritual and social ideal for our own selves. Is this where modern Japanese people are heading? Is this where we are heading? Perhaps this is the nature of the beast - or book. Luckily for us, we have our Dojo to come to everyday. I am grateful.

Kensho Furuya.



Joshua Nakaya from Provo, Utah, visited the Dojo recently.

# WITH DEEPEST SYMPATHIES

*The Dojo Expresses  
Its Deepest Condolences  
On the Passing of Two  
Great Humanitarians:  
Mother Teresa  
&  
Princess Diana*

## **New Children's Class Schedule & Program Every Sunday Morning 9-10am**

Individual Youth:  
\$30.00/month

Brothers & Sisters (2):  
\$45.00/month

Parent & Child (2):  
\$50.00/month

Parent & Child (2)  
Full Time Adult Schedule:  
\$100.00/month

Does not include Annual Membership Fee & Uniforms. No refunds, exchanges or make-up classes. Individualized Family Plans available.

### **Take A Second:**

Everyone is welcomed and encouraged to stay for our second class on Mondays, Tuesdays and Thursdays from 7:45-8:45pm. The extra practice will really help you out. Join us!

### **KODO: The Next Edition**

The NEW EDITION of KODO will have many corrections and several new photos. Your First Edition is a valuable collector's item now. Buy a new copy. KODO will make an excellent gift for all of your friends. A nice gift for Christmas or a Birthday. Make your holiday shopping easy this year. An autographed copy makes it extra special.



## Important Dates:

- Oct. 11. Iaido Intensive. 6:30am.
- Oct. 13. Columbus Day Holiday  
Observed.
- Oct. 25. Black Belt Intensive. 6:30am.
- Oct. 26. Daylight Savings.
- Oct. 31. Halloween. Reg. Practice.
- Nov. 27. Thanksgiving Holiday.
- Dec. 25. Christmas Holiday.
- Dec. 31.- New Year's Holiday.  
Jan. 2.
- Jan. 3. 1998 Training Begins.

## Adopt a Japanese (Lifestyle, That Is):

"The Graying of Japan"

Reprinted from Parade's Special Intelligence Report  
September 21, 1997. Parade Magazine LA Times.

The average age of a resident of Japan passed 40 this year, making it the first time in history that any country has had a population this old, according to the publication *Asiaweek*. The Japanese also have the longest life expectancy in the world. On average, Japanese men live to be 76.3 years old; the average Japanese woman lives to be 83. In the US, the average life expectancy for men is 72.3 years; for women, it's 79.

## Where Are Our Kids?

It has been reported that the fastest growing segment of our prison population in this country are teenagers on death row. What's wrong here?

## Correspondence:

8-19-97

On behalf of our teacher and organization, I would like to express our gratitude in having been afforded the opportunity to participate in the Nisei Week Martial Arts Festival at the JACCC this year. The courtesies and attention given to us by you and your students is much appreciated.

We hope that you will keep us in mind for next year and any events in the near future. Now that the Nisei Week Festivities have come to a close, I hope that we do not lose touch with one another and that we maintain our friendship. If at any time there is anything we can do for you and/or your students, please do not hesitate to call on us. Sincerely,  
Martha N. Valdez, President  
American Nippon Kempo Federation

Thanks, Learning from a teacher who cares about his students and values the "Ancient Ways," is an opportunity not easily found these days. Thank you for giving me such a chance.  
Rob Yale.

8-20-97

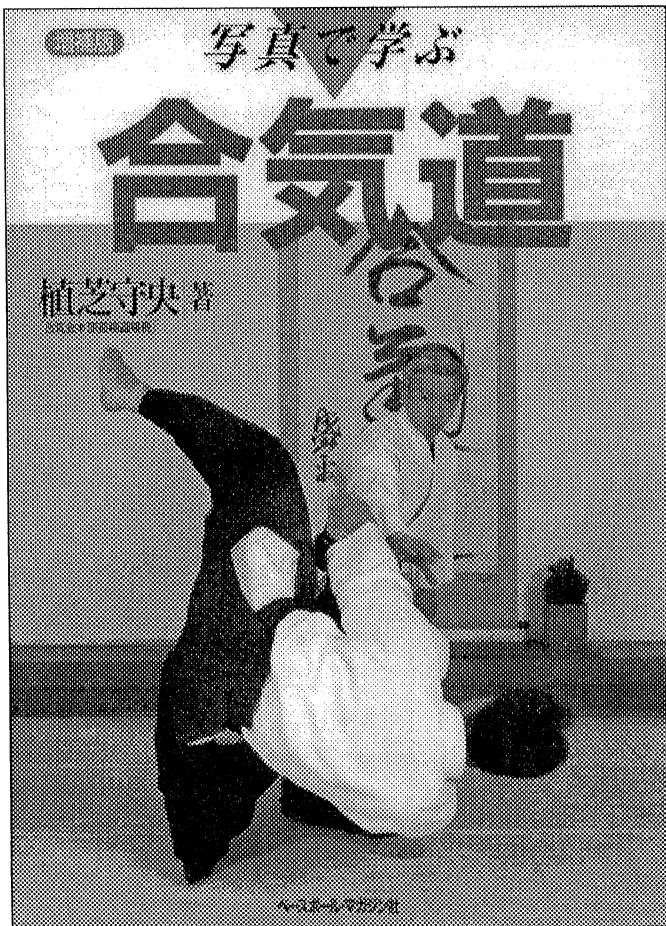
Thank you for the gorgeous chrysanthemum platter. . . . Thank you also for all of your support and encouragement as we begin our married life. We look forward to many years of training under you. . . . Best regards,  
Dana & Michael (Dotzenrod)

8-23-97

. . . here's brief rundown of what I'ved been up to of late, such as the fact that I recently interviewed General H. Norman Schwarzkopf for a profile to appear in the *The Shooting Field*, a quarterly published by the English gunmakers Holland and Holland, had my short story, "Greenwell's Glory," selected as one of the five finalists in *Fly Rod & Reel's* annual Robert Traver Flyfishing Fiction Award competition - the story appearing in the current issue of that magazine - and wrote a chapter on caribou for the Boone & Crockett Club's new *Records of North American Caribou and Moose*. I'll also be travelling to Norway next month to hunt moose, and am planning to go to China in March to hunt blue sheep in the high plateaus in the country's west. Hoping all is well with you, I remain, Very Truly Yours,  
Tom (McIntyre), Wyoming

EDITOR'S NOTE: Thanks for your continued support and monthly dues. Hope you can squeeze some time in to write for our Newsletter as well. Good Luck in all your travels. Please send me a copy of your interview with the General.

We always welcome articles from the membership. Please submit your typewritten articles to Sensei for publication. Photos also welcome.



Recommended Reading:

### *Shashin De Manabu Aikido*

(“Learning Aikido By The Photos”)  
Dojocho Ueshiba Moriteru

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#### STAFF

Editor: Rev. Kensho Furuya  
Archives & Dojo Records: Dr. Cheryl Lew  
Photographer: Larry Armstrong  
Legal: Curtis Westfall

## Much Appreciation:

Many thanks to all of our participants and helpers for the Nisei Week Japan Martial Arts Demonstration.

#### Participants:

James Doi  
Ken Watanabe  
Kenny Furuya  
Andy Kissel  
David Ito  
Curtis Westfall  
Richard Eloriagga  
Ismael Araujo Jr.  
Scott Howard  
Mike Dotzenrod

#### Helpers:

Cheryl Lew  
Larry Armstrong  
Eric Russell  
Bryan Waldron  
Kristine San Luis  
Manuel San Luis  
Dana Frank

A special word of thanks to Larry Armstrong for all the beautiful photos.

Total number of participants this year is 164 including all dojos and organizations.

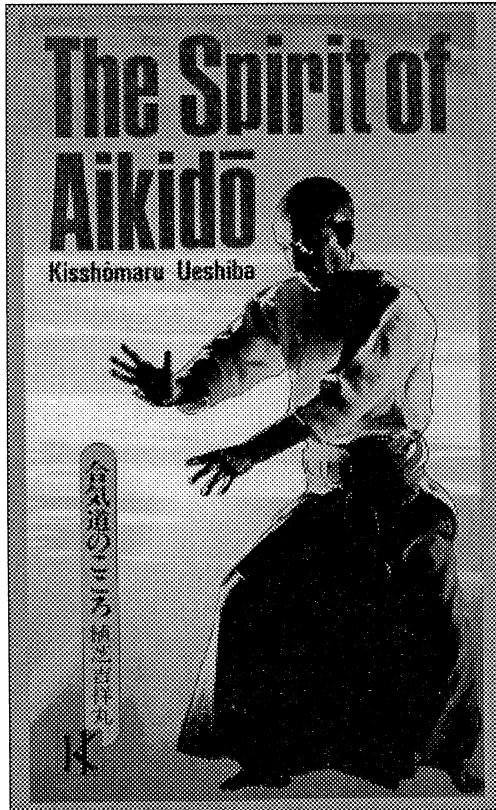
## Many Thanks:

Many Thanks to all the participants of the Shinsengumi Restaurant 5th Anniversary Demo on August 24. James Doi, Ken Watanabe, David Ito, Kenny Furuya, Curtis Westfall, Scott Howard, Mike Dotzenrod and Larry Armstrong.

Also congratulations and much appreciation to **Shigeta Sensei** of the Ashihara Karate Dojo and the Shinsengumi Restaurant for all of his hospitality and kindness shown to us at his Anniversary celebration.

## Dojo Visitors-KODO Fans:

Recently, we have had many visitors to the Dojo who are all fans and readers of KODO: Sifu Robert Brown of the School of Chinese Martial Arts in Berkley, Michigan and David P. Williams of ABS Americas from Houston, Texas. Also, two brothers from Nepal.



**By Aiki Doshu Kisshomaru Ueshiba**  
Now available in the Dojo

## Official Dojo Jackets

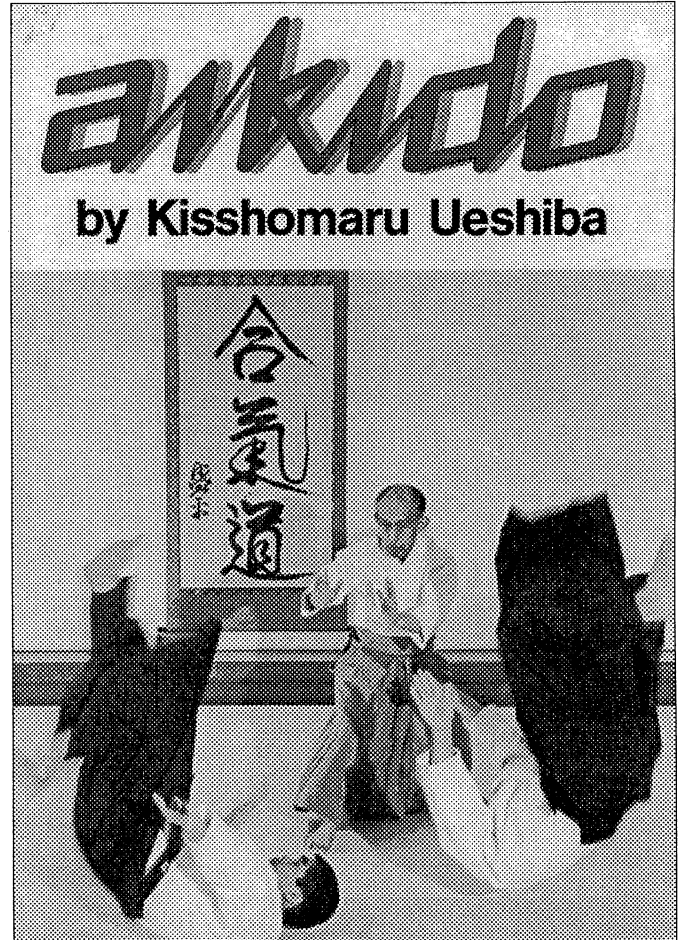
Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each. In sizes: small, medium, large and extra large.

## Official Dojo T-Shirts

Our Dojo T-shirts are on sale. Special Price of \$12.00 each. Buy one now for yourself or as a gift for a friend. NEW SHIPMENT IN!

## Dojo Volunteers Needed!

Our Dojo needs Assistants & Assistant Instructors for our ever-growing Children's Class. Please help out! All students, black belts and assistant instructors are welcome to join our Children's Class to help out our kids.



*Highly Recommended Reading*

## **AIKIDO** by Doshu Kisshomaru Ueshiba

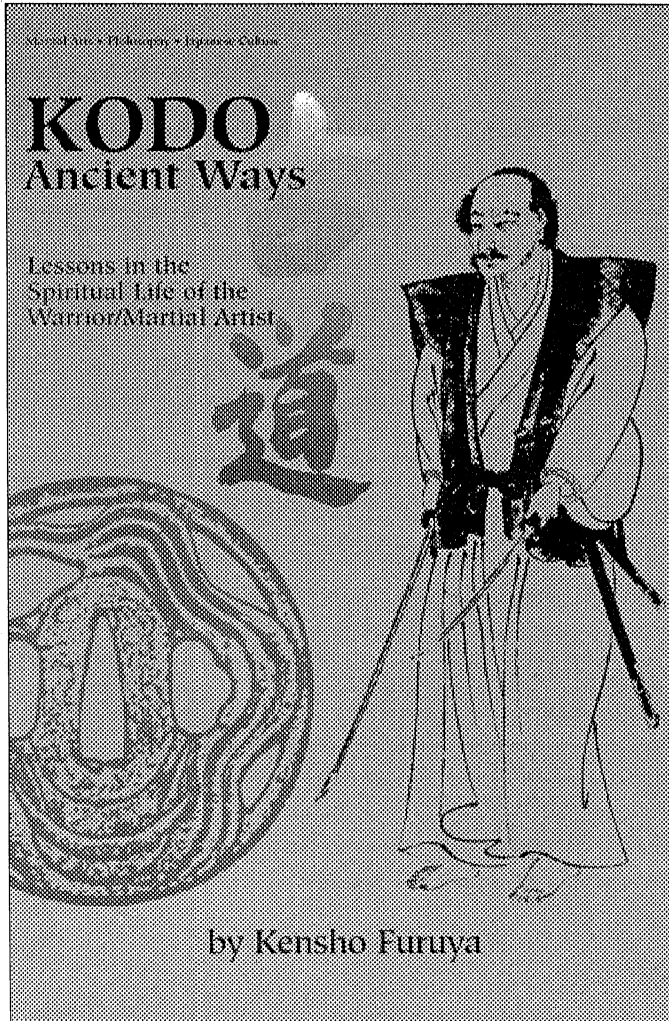
Doshu's book, **Aikido**, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving and the book will no longer be available. It is very strongly recommended that if you don't have this book, buy a copy now.

## Honorable Mention:

The newsletter of the United Fighting Arts Federation "OCTOGON" under movie action star, Chuck Norris, published a big quote from KODO on their back page. Many thanks.

## Your Kind Attention:

You can best show your appreciation to the Dojo and Sensei's efforts by paying your dues on time. Dues are required at the first of the month. Please cooperate. One teacher used to say: "If you really love Aikido, you will pay your dues on time." This really worked because he had one of the most successful dojos in the area. Can't we do the same?



# KODO

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

Rev. Kensho Furuya

Please place your orders through:  
Aikido Center of Los Angeles.  
940 E. 2nd St., #7, LA, CA 90012

\$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.*

### Recommended Readings:

1. Aikido. Kisshomaru Ueshiba.
2. The Spirit of Aikido. Kisshomaru Ueshiba.
3. Zen & Japanese Culture. Daisetz Suzuki.
4. KODO-Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist. Kensho Furuya.
5. "Homeless" Kodo. Kosho Uchiyama.
6. Zen Mind, Beginner's Mind. Shunryu Suzuki.
7. "Ancient Ways" column in MA Training Magazine. Kensho Furuya.

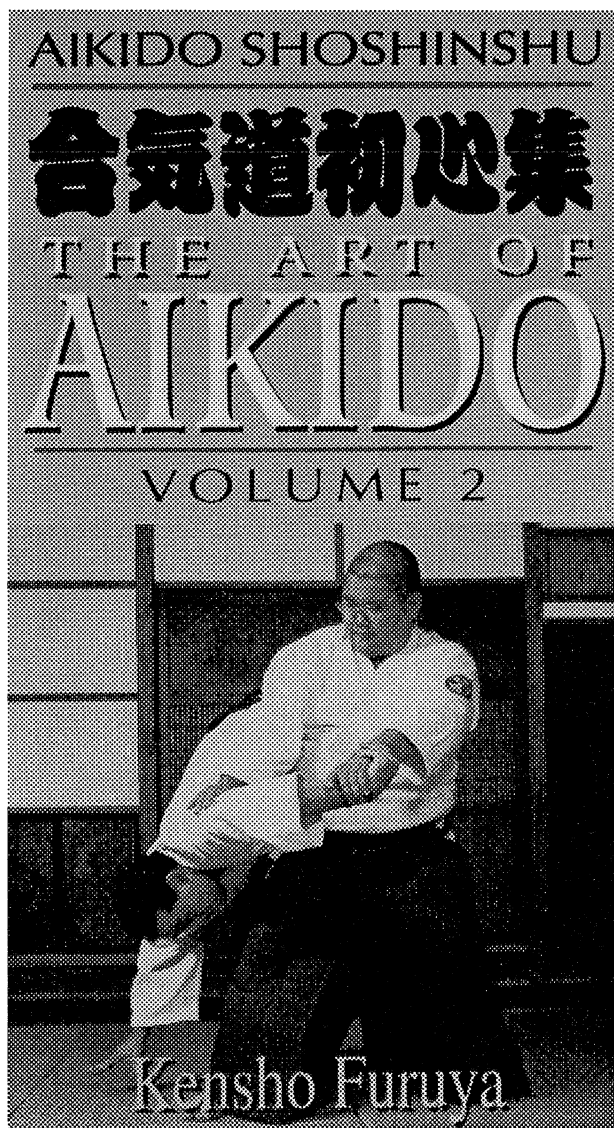
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"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . This is a thoughtful and professional series of impressive scope. A worthwhile investment." **Susan Perry, Editor-in-Chief Aikido Today #44, Vol. 9, No. 6.**

"First rate!" **Inside Kung Fu Magazine.**

"The best I have ever seen!" **Aikido student, New York, New York**

"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of sub-jects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes." **Stan Pranin, Editor-in-Chief, Aiki Journal, April 1995.**

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . **Dr. Taitetsu Unno, Smith College, Eastern Religions. The translator of "The Spirit of Aikido" & Aikido teacher.**

# Aikido

## TRAINING SCHEDULE

### BEGINNING & OPEN CLASSES

Monday thru Friday Evenings  
6:30pm-7:30pm

Monday, Tuesday & Thursday Evenings  
7:45pm-8:45pm

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

### ADVANCED & INSTRUCTORS' CLASSES

Bring bokken, jo and tanto.

Wednesdays  
8:00pm-9:00pm

Saturday Mornings  
11:30am-12:30pm

Black Belt Intensive & Instructors'  
Last Saturday of the Month  
6:30-8:30am  
Monthly Meeting follows.

### CHILDREN'S CLASSES

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

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE SWORDSMANSHIP

Saturday Mornings  
9:00am-10:00am

Sunday Mornings  
8:00am-9:00am

### IAIDO INTENSIVE SEMINAR

Every 2nd Saturday of the month.  
6:30am-8:30am  
Monthly Meeting follows.

### BUDO & SWORD STUDY CLASS

Every 2nd Tuesday of the month.  
7:30pm-8:30pm  
Everyone welcome.

### Special Memberships

*Supporting Membership*  
\$10.00/month or \$120/year.  
Includes Our Monthly Newsletter.

*Affiliate Membership*  
\$25.00 or more/month or \$300.00/year.  
Includes Membership and Invitation to  
all Workshops, Events & Seminars.  
Our Monthly Newsletter.

*Full Time Training Student*  
Monthly, 3-Month, 6-Month & Yearly Rates.  
Family Rates & Private Instruction also available.  
See Instructors.