

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
 Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
 Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
 Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
 Donation

October 1, 1998

Volume XVI. Number 10.



James Doi Demonstrating Nikyo with David Ito. Nisei Week, August 1998

New Saturday Training Schedule:

- 7:30-8:00am Clean-up
- 8:00-9:00am Iaido
- 9:00-10:00am
 Beginning-Open Aikido
- 10:15-11:15am
 Intermediate-Advanced
- 11:30-12:30pm
 Children's Class



Rev. Kojima Conducting Service in the Dojo. September 16.

Continuing To Develop Our Dojo

Bigger Is Not Always Better

When I was quite small, a kind of ramshackle little restaurant started up around the corner from my house. I don't know if you could call it a restaurant, some people built a little hut on the front lawn of their home and began to sell fried chicken cooking it in a converted oil can. It looked pretty bad but there was always a delicious smelling smoke pouring out the top of a funny little chimney sticking out of their awkward looking roof. One day, my mother decided to try out this new place but we were both just a little suspicious. The people were friendly enough but we were surprised when they wrapped our order in old newspapers and stuck it in a rather used brown paper bag. What surprised us was the fact that this is just the way my mother disposed of the garbage everyday as it goes into the trash can. By the time we got it home, the paper bag was already soaked through from the oil. Despite all of this,

Continued.

Taiji Master Helen Zhu Ming

Classes are now forming in the art of Taiji-chuan scheduled to begin in mid- October with Helen Zhu Ming, one of the top champions in Taiji in this country.

Fujita Sensei From Hombu Visits LA. September 4.



Fujita Sensei with David Ito at LAX.

Masatake Fujita Shihan, General Secretary of the Aikido Hombu Dojo made a stop over at LAX on his return to Japan from his two-week trip to South America on September 9 and was able to visit with Sensei for several hours before boarding his plane again. Fujita Sensei usually visits the area about twice a year and conducts a seminar at the Tenshinkai Dojo in Westminster. Although there are many organizations and federations forming now across the world, our own Dojo is slightly isolated from all of the local activity but tries to maintain a strong relationship directly with Hombu Dojo. Fujita Sensei will be returning next Spring and is scheduled to conduct another seminar in Los Angeles and in San Francisco. Fujita Sensei has visited our own Dojo on several occasions in recent years and commented on the high level of training.

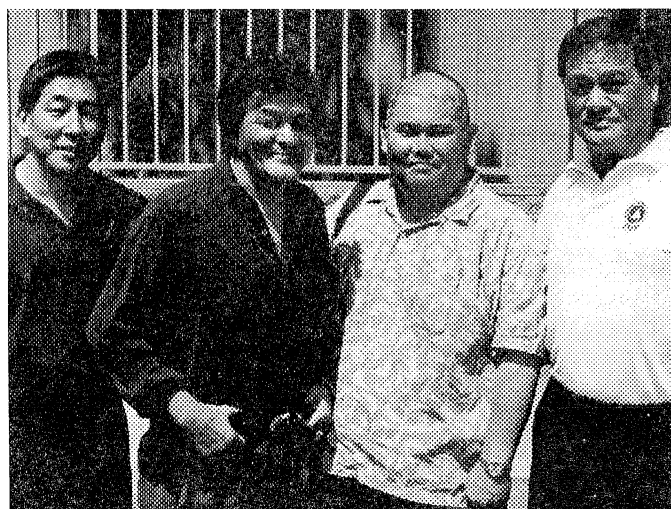
As much as our Dojo tries to stay out of much of the political activity in Aikido, we have achieved an extremely good reputation throughout the martial arts community and around the world. This has caused, very regretably, some envy and bad feelings among other dojos and Fujita Sensei has done much to speak out for us and support our cause. We appreciate his untiring efforts in our behalf.

Sensei met Fujita Sensei during his training at Hombu Dojo in 1969 and recently celebrated a long time reunion several years ago in our Dojo. Almost 30 years ago, Fujita Sensei took Sensei around Shinjuku in the little bits of free time that he had. He introduced Sensei to "ramen & gyoza" and let him try out "pachinko" just for the experience although it was strictly forbidden by Doshu at the time. Fujita Sensei was General Secretary at that time and had been working at Hombu Dojo for about four years which means that Fujita Sensei has been working at Hombu for at least 35 years.

WELCOME! Santiago Almarez Garcia from Spain. October 4-19.

We once again welcome Santiago, 1st Dan, from Salamanca, Spain, who trained with us last year for a week and really enjoyed himself. He is coming again for further training so we hope everyone will give him a hearty welcome and train with him during his stay. Santiago also teaches Aikido at his Dojo in Salamanca which is considered one of the oldest and most beautiful cities in the country. We hope he will take back good Aikido when he returns. Please welcome him.

Old Friends at Nisei Week



Many old friends at Nisei Week. Right to left. Sgt. Robert Teramura-LAPD, world reknown Tadashi Yamashita-Karate, Sensei, and Guro Richard Bustillo of the IMB Academy, Kali-Eskrima.

Developing Our Dojo continued:

it was probably the most delicious tasting fried chicken we had ever ate in our entire lives. Long after I moved out, my parents were loyal, long time local customers of this family until finally, one day, they moved away. Quite a few years later, on my way to LAX, I saw a fancy looking franchise boasting the same name as that humble little shack I remember. Very fancy, clean and all the people inside were wearing neat little uniforms. It was the same place, but they had become famous, rich, expanded, grew, and now covered a major part of South Central LA and Inglewood. The chicken was still pretty good, but it never tasted as good as I remember the chicken that came wrapped in those old newspapers. With mixed feelings, I am happy that they are so successful and I am impressed that they came so far from the tiny little enterprise started in their front yard but I am also saddened that no one, including myself, can ever enjoy such delicious chicken again. We should all work hard together to develop our Dojo and finally enjoy some success but we should never lose sight of a standard of quality.

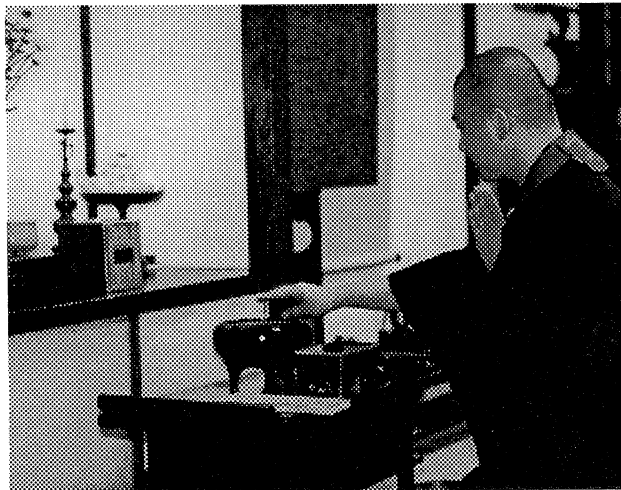
Kuma-chan's Farewell Service Conducted Sept. 16.

Our Dojo conducted a Farewell Service for Kuma-chan on September 16 officiated by Rev. Kojima of the Zenshuji Temple. It was a beautiful service attended by Gary Myers, Ken Watanabe, David Ito, Scott Howard, Cheryl Lew, Steve Sahl, James Doi, Andy Kissel and, of course, Sensei. Afterwards, a reception was held at the nearby Traxx Restaurant.

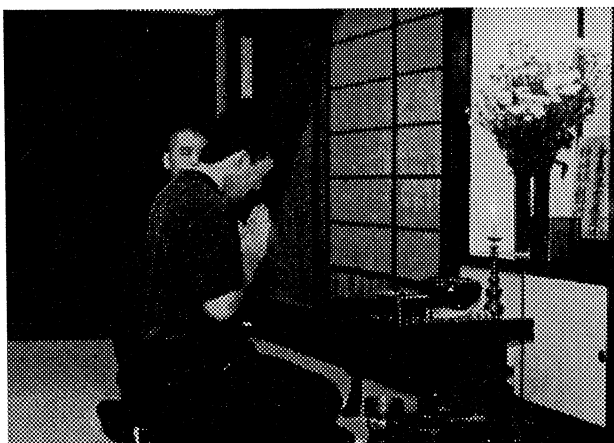
After the service, Rev Kojima spoke a little about how we should respect all life as important and should not differentiate between various life forms. Kuma-chan protected the Dojo and was a good friend and companion for Sensei as well as many old members of the Dojo who remember him. Kuma-chan was of ill health for a long time and it was thought that he should stay at Sensei's home in Altadena where he could enjoy the outside more. He was in human years 120 years old.



Farewell Service for Kuma, Our Dojo Guardian for 16 years.



Above: Rev. Kojima. Below: Ken Watanabe offering incense.



Above: Kojima Sensei giving talk. Below: "O-Doki" Reception at Traxx in Union Station with James Doi, Kojima Sensei, Andy Kissel, Ken Watanabe, Sensei, Gary Myers, Cheryl Lew and Larry Armstrong (taking photo).

The Delusion of Delusions: Understanding Self-Esteem

As an instructor, I have dealt with self-esteem for many years in class and, I must admit, it has always been a problem in teaching. In traditional martial arts, there is little or no outward or verbal encouragement for the student by the teacher. I remember my younger days and I never received a single word of support from my teachers but never felt deprived or cheated as so many do nowadays. In fact, I am quite thankful for all they did for me decades later in my life. Despite lack of soothing words, it was obvious that I was actually learning something and applying myself to it. This was important.

One of the differences of today's students as opposed to students several decades ago, is the constant need for verbal encouragement. I have always been against this because it encourages much too much b*** kissing in the Dojo and irreparably spoils the student. Yet, today's student demands it. Our Dojo has been criticized in the past for not doling out adequate spoonfuls of self-esteem. I remember, as I have recalled to you many times in the past, about the student who refused to help with the after practice clean-up because it "jeopardized his self-esteem." It was quite obvious in this case that it was not a matter of self-esteem but pure laziness.

Some students feel that they cannot practice without the constant cooing of sweet words into his ear by the sensei about how brilliant and skillful they are. Anyone would immediately deny it but it is so true. Like a dog might stand on his hind legs for a Milk-Bone, we should not make the goal of our efforts the approval by another.

There is an informative article dealing with this in the July 13, 1998 issue of Newsweek entitled, "You're OK, I'm Terrific: 'Self Esteem' Backfires," by Sharon Begley.

Say this for the self esteem movement: despite taking hits from critics as varied as "Doodlesbury" and the president of the American Psychological Association, it is still going strong 21 years after a psychologist first argued that instilling self-esteem should be a paramount goal of child rearing and education. If students work in classrooms where posters proclaim WE APPLAUD OURSELVES! and complete sentences like "I am special because . . ." they will be inoculated against drug use, teen pregnancy, bad grades and just about everything else short of the common cold. Or so the story goes. Parents like educators, have soaked up the message, trying to make their child feel good about himself no matter how many courses he fails or fly balls he drops.

At worst, all this has seemed silly (as when California established a task force on self-esteem). but now there is evidence that it might be dangerous. A new study examined inflated self-esteem, the kind that can come not from actual achieve-

ment but from teachers and parents drumming into kids how great they are. The researchers find that this sort of unjustified self-esteem can trigger hostility and aggression, and may even underlie violence like the recent school shootings. "If kids develop unrealistic opinions of themselves and those views are rejected by others," warns psychologist Brad Bushman of Iowa State University, the kids are "potentially dangerous."

. . . Although psychologists have long believed that low self-esteem causes aggression and other pathologies, it's not that simple. High self-esteem that is unjustified and unstable - Bushman's definition of narcissism - also puts kids at risk of turning violent, he says. In this view, narcissists are super-sensitive to criticism or slights, because deep down they suspect that their feelings of superiority is built on quicksand.

. . . What seems to happen . . . is that unjustified self-esteem needs constant propping up. When the real world fails to deliver - when the narcissist gets rejected by a girlfriend or made fun of in gym class - he may explode.

Schools often contribute to the problem. . . by viewing self-esteem as a cause of success, rather than the result of achievement. They ladle on the praise indiscriminately, rather than focusing on helping the child achieve something to deserve it.

. . . if teaching self-esteem is done wrong, you can raise a generation of kids who cannot tolerate frustration."

In the martial arts tradition, we have known this for a thousand years, today, it is where traditional values in the martial arts are altered negatively to fit today's audience. This compromise comes more in the promise of financial success for the teacher and school more than out of an honest consideration for the student's upbringing and welfare. It is not healthy for the student to demand such attention from the teacher, at the same time, it is not healthy that the teacher cater to such needs disregarding what the student truly needs.

Not only should the student stand on his own two feet and realize his worth through his own efforts - blood, sweat and tears - he should discover his own worth, for himself, on his own with the teacher only offering a little bit of encouragement and support only when it is desperately needed. Ideally, the teacher must provide the best environment for learning and self-discovery possible for the student to create his own learning process. It is easy to merely compliment the student and give him false assurances - it is a shame the student could be satisfied with just that - not really a true student of Aikido - in my book.

It is very hard work to suffer the problems of the student together with the student but holding back one's own inclination to "interfere" and offer the so-called helping hand which ultimately may be equal to giving a healthy person a crutch or

Aikido Center of Los Angeles
NEWSLETTER

wheelchair by which he will never learn to walk on his own. Here the teacher must use wisdom, self-restraint with large portions of self-sacrifice to be able to stand by his student silently yet encouragingly and supportingly. Gilbert Highet in his classic on education, "The Art of Teaching," mentions in several instances that the student truly never knows how much he has received from his teacher. When the educational process is successful with an individual student, the student himself believes that he has accomplished everything totally on his own; for the teacher, a totally successful but entirely thankless job.

I hope, in the 90's and in the next millineum, the term "self-esteem" will be replaced by words such as "self-accomplishment" or "self-discovery." True self-esteem is nothing other than one's own enlightenment in which he sees the world around him as it is and not how he wants it to be at any price.

Students in the Dojo, should be careful to analyze their own desire for self-esteem and be careful that their need for self-esteem is NOT a polite word for selfishness. This also rears its ugly head as cravings and demands for attention at any price.

I recall a teacher who was very difficult and very disliked. In his personal confession to me, he had concluded for himself that because everyone disliked him, it would be his job to make everyone around dislike him "even more." I remember a student who couldn't stand it if no one complimented his Aikido at every practice. He reached 3rd kyu under me and showed so much promise but I never spoiled him and kept pushing him. I think he was even surprised at himself for what he could do if he truly applied himself. He visited another dojo one day and everyone was so impressed with him and complimented him so much that it went to his head. He transferred to the other, "kinder," dojo and I heard that he was immediately promoted to first dan. I met him some time after he had become a "sensei," and I was so saddened to see such an over-confident attitude backed up by so little experience. I heard somewhere that several years later he had quit. What a shame! What a waste of great talent!

Practice is not to please the teacher or receive his approval, it is ultimately to achieve one's own personal approval through self effort and self-discovery. I think that another possible reason we rely on this idea of self-esteem is that we really haven't understood the joy and tremendous value of education. Our generation today does not respect education as before. Traditionally, education was understood as the highest, noblest, and greatest privilege one could hope to receive; today, people look at education as a waste of time.

Many dojos ("dojo" meaning a "sacred place of learning") have been transformed into social clubs and cabarets. Quite a few years back in my travels across the country for Aikido training, I remember visting one very nice looking dojo.

I was surprised that the dressing room was almost as big as the mat area itself. It was explained to me that after practice, it was the custom of this dojo to meet in the large dressing room to chat with each other before going home. I thought this was a very nice idea at the time. And sure enough, after practice, the students put the chairs in a sort of circle and we all sat down to socialize. To relax, I had slightly leaned my chair back against the wall but somebody immediately yelled at me, "Don't do that!" I was taken by surprise. Another student sitting by my side, kindly and patiently explained to me that I was leaning on their beer; to my surprise, it was an entire wall of cases and cases beer kept on hand for the members. This also explained the odd presence of two very large refrigerators in such a prominent position in the room. The teacher had already ordered pizza for us during class so we didn't have to wait too long after we got dressed (an odd application of a perfect sense of timing). He boasted that he was the "sloppiest pizza eater in the world!" And sure enough, true to his word, in moments, I was given the dubious pleasure of watching gooey tomato sauce and cheese running down his clothes as he stuffed what I think were at least two or three giant slices of pizza (or was it one whole large pizza?) into his cavernous mouth at once. As I witnessed this scene of molten mozarella making its course down this person's shirt, I almost imagined great civilations like Pompei being destroyed by volcanos and overflowing lava.. I remember thinking at that particular moment many years ago, "No lack for self-esteem here!"

Correspondence:

*Dear Aikido Center of Los Angeles:
The Higashi Honganji Buddhist Temple held another successful Obon Festival on the weekend of July 25 and 26. Much of our continued success is due to the cooperation that we receive from our many friends in the community. It was truly a joyous celebration that we will all remember.*

We wish to take this opportunity to thank you for your participation inthe year's festivities. Your demonstration was most appreciated and it certainly enhanced the overall program of our 1998 Obon Festival. . . . We look forward to your continued support of our Higashi Honganji Buddhist Temple.

With Deepest Gratitude,

*Higashi Honganji Buddhist Temple
Board of Directors
Festival Committee*

If you have a penny and I have a penny and we exchange pennies, you still have one cent and I still have one cent.

But if you have an idea and I have an idea and we exchange ideas, you now have two ideas and I now have two ideas.

Old Proverb

Kuma-chan 1982-1998

Kuma-chan, our Dojo mascot along with Michiko-chan, passed away on Saturday evening, August 30, 1998 after a long illness.

Kuma-chan, a stray, came to the Dojo about one year after we had opened. He was very sick and dying so I gave him some food for several days and he got a little better. The neighbors informed me that they were going to call the SPCA to have him hauled away and I said, "no, I am keeping him." I immediately took him to the pet hospital and found out that Kuma had not been in an auto accident as I had suspected but he was brutally tortured with nails driven into his paws and beaten. Luckily, the doctors fixed him up and he always remained a loyal watchdog to our Dojo, so loyal, in fact, that I don't know how many prospective students he chased away. Kuma was a very smart dog and never needed to be trained or housebroken, he was naturally smart and followed me everywhere. Even when I sneaked away to Little Tokyo, he would come into Little Tokyo to find me. He traced me to my barber and sat down in front of me and wouldn't budge, the annoyed barber sprayed water in Kuma's face but Kuma still would not budge until I was finished. One day, he followed me to a restaurant and I ordered him to return to the Dojo and hid in the back room to eat. When I left by the back door, Kuma was there waiting for me at the back of the restaurant.

One woman in the neighborhood was attacked by a thief late at night but Kuma came to her rescue and chased the thief away. Kuma was never chained but never left the Dojo. Several times when Michiko wandered away, Kuma went out in the neighborhood and brought her back by himself. One local neighbor tried several times to steal Kuma and even offered me \$2,000.00 if I would sell him. How can you sell a family member, a member of the Dojo no less!

Later we had complaints about Kuma's barking from the new neighbors who did not realize that Kuma guarded our alley faithfully and all the old timers loved him. With failing health and complaints - the tenants across the alley would throw rocks at Kuma from the 2nd and 3rd floors and even threatened to poison him, I decided to have Kuma stay at my Altadena house and Ken Watanabe took very good care of him until his last days.

Last year, Kuma lost the sight in one eye and soon after suffered from glaucoma in the other eye which had to be surgically removed because it caused so much pain and would have led to his death. I was informed then, that the eye disease was caused by some other ailment which they could



not diagnose without lengthy and costly examinations and tests. Kuma was about 100 years old in human years when he became totally blind. I tried to prepare myself for the moment of his passing I estimate that he was about 120 years old when he died on August 30th.

I still get inquiries of prospective students who want to come to the Dojo but were afraid of Kuma. For some people, Kuma was so gentle and for some people, he was quite terrifying. I considered Kuma our guardian dog at the gate of our Dojo and only a few people were allowed to enter unharmed.

Michiko was his constant companion and they lived together till the end. Michiko came to the Dojo first. Michiko is the exact image of my childhood dog. When I first saw Michiko running down the alley, I thought it was my old dog's ghost. Kuma came later and it was a hard decision to have two dogs but I decided I wanted Kuma.

I believe he had a good life, sleeping in our nice Dojo, scaring away students and indulging in only the very best dog food money can buy and finally, only high ranking teachers and assistant instructors, no less, taking him for his daily walks. Actually, he got a little too fat and he had to go on a diet. He was taken to the Highland Park Pet Hospital once a month for a bath and a medical check. On one occasion Kuma caught a cold the same time as myself. Kuma's doctor's bill was three times more than mine!

Only a few of the senior students remember Kuma but I hope everyone in the Dojo will keep his memory in mind. I will never forget my Kuma-chan. I know Kuma-chan will return to the Dojo one day and I am waiting for him.

MEMORIALS:

Although there was a great deal of controversy and discussion on the first year anniversary of Princess Diane's passing, **Mother Teresa's** anniversary of her passing went by quite unnoticed. I hope everyone will observe a few moments of quiet in her memory. I believe she represents something in her lifetime, unselfish service to others that we, for the most part, have forgotten in our own lives.

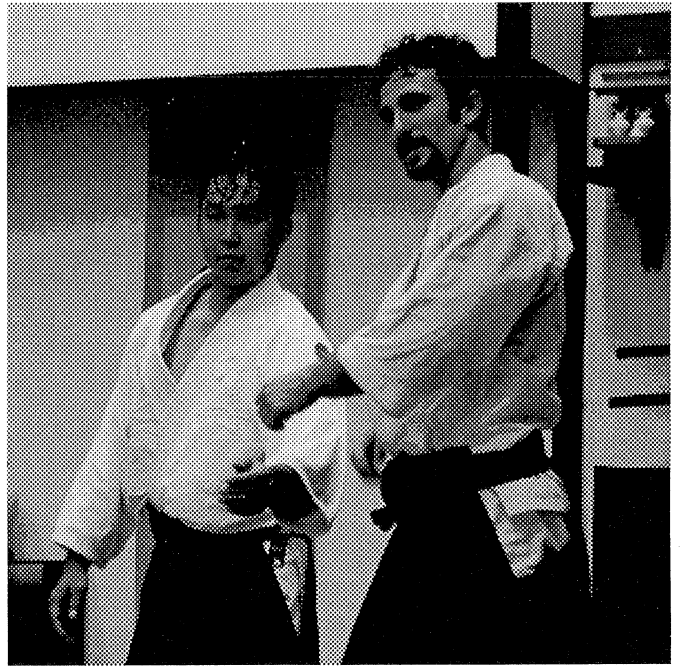
Akira Kurosawa passed away in September at the age of 88. He is considered one of the greatest directors of film in the history of film. Steven Spielberg called him a "visual Shakespeare." I mention him here because I think he introduced a great deal of Japanese culture to the world, more than any other single person. His period movies depicting samurai and the feudal age inspired a whole generation of his fans to seek out the martial arts. I am sure into Aikido as well. He made his debut with the classic, "Sugata Sanshiro," about a young man who comes to the city to study ju-jujitsu and eventually meets the founder of Judo. It is about a strong young man who is confident in his abilities who is transformed achieving a spiritual awakening through this new martial art called Judo. In many ways, it is symbolic of Japan finally opening up to new ideas in a new age. It also seems to warn us that we must not lose our spiritual direction despite the rapid progress we make in a rapidly changing world.

His other period masterpieces include, Rashomon, Seven Samurai, Sanjuro, Yojimbo, Hidden Fortress, Throne of Blood, Red Beard and Ran. His modern pieces include, Dodes-kaden, High and Low, The Lower Depths, The Bad Sleep Well, Dersu Ursala, Ikiru, and Dreams.

Since his death, the Japanese government is now talking of awarding Kurosawa with the country's highest honors, however, throughout his life, he was never recognized for his great films in his own country. Rashomon won an Oscar for Best Foreign Film and introduced Japanese film to the world for the very first time. Yet, on its debut, the movie backers had so little confidence that they thought the only way people would come to see the movie was to show the starring actress in a swimsuit lying on the beach in their publicity posters. The film is about a 13th century noblewoman who is raped and the retelling of several version of what happened. Kurosawa's last several films had no backers in Japan and Spielberg finally financed his works in America and in France.

Kurosawa was a demanding perfectionist and many complained about how difficult it was to work for him. In Red Beard, he insisted and everything be authentic to the smallest detail. In the hospital scenes, bandaides and bedding were aged six months to one year before use in the movie to give the sense of a real, working hospital. When beginning Ran, the late movie star Katsu Shintaro walked off the set complaining that Kurosawa was too demanding. Many thought that he

Nick Kiritz, Annapolis Dojo



Nick Kiritz, 3rd Dan, conducting class during his visit. Sept. 5.

Nick Kiritz heads the Annapolis Dojo in Washington, D. C., where he teaches Naval cadets. He now works for the government in Virginia. Nick travels often, especially to LA where his father lives. He always visits our Dojo when in LA.

would use Toshiro Mifune in the starring role but his comment was, "I would never use anyone in my film who played a role in Clavell's Shogun." This is how little he thought of Shogun. He produced great works of art which everyone will continue to enjoy for ages. I hope many will realize that during his last several films, his eyesight was already failing him yet his last several works were his most brilliantly colorful. His secret according to an early interview was "keep the story line simple, everything is in the final editing. He said that shooting a film in "real" rain was the most difficult, so all of the fight scenes in the rain in Seven Samurai were not using fake rain. In Hidden Fortress, it is the first time a duel with spears was ever shot successfully. Although the scene is very short over 275 spear techniques were employed. He wrote most of his own screenplays. I myself believe I have seen Seven Samurai at least 30 to 40 times. His most moving film, in my own opinion is Ikiru, about a shy bureaucrat who finds out he has terminal cancer and tries to find meaning to his dreary, simple life. Although many called Kurosawa an inspired poet about life and humanity through his films, he considered himself only a "simply storyteller." Finally, he also is the pioneer of more "realistic" style swordplay in films which were generally dominated by more traditional "kabuki" style or dancelike sword fighting scenes. Please read Sensei's two part article on the history and development of the sword fight scenes in Samurai movies in Martial Art Movies magazine.

Special Friends of the Dojo



Officer Steven Saletros speaks in Mandarin to Shao Shao Deng, 4, who is in LA for heart-sugeries not available in his homeland. Northeast Division personnel visited the boy We4dnesday and gave him gifts. Photo: Ken Luras. Los Angeles Times 9-16-98 issue.

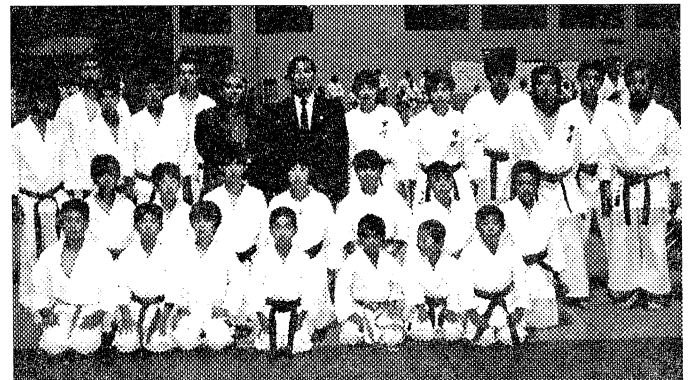
Off. Steven Saletros is a good friend of the Dojo and formerly patrolled the Little Tokyo District. Currently, he is assigned to night duty and patrols our Dojo regularly at night to make sure everything is okay. We appreciate his friendship, support and fine protection. Steven livse in Little Tokyo and is often seen in the neighborhood on his day-offs.



Sifu Eric Brown with his students from Detroit visited our Dojo during Nisei Week. Sifu teaches Kung-fu and Taiji and is an avid fan of KODO Ancient Ways which, according to him, is required reading in his school. They took back fives copies of KODO with them. They spent the entire afternoon speaking with Sensei about martial arts today. Our Dojo shows no boundaries in martial arts as long as there is the spirit of learning and inquiry. They had come back after Nisei Week to speak to Sensei personally.

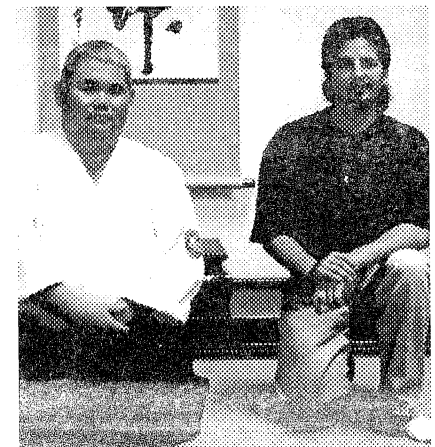


Daniel Rosen visited in September from the world reknown KODO Taiko Group on Sado Island in Japan. He works as their US manager and translator. He was referred to our Dojo at the recommendation of the Da Camera Society.



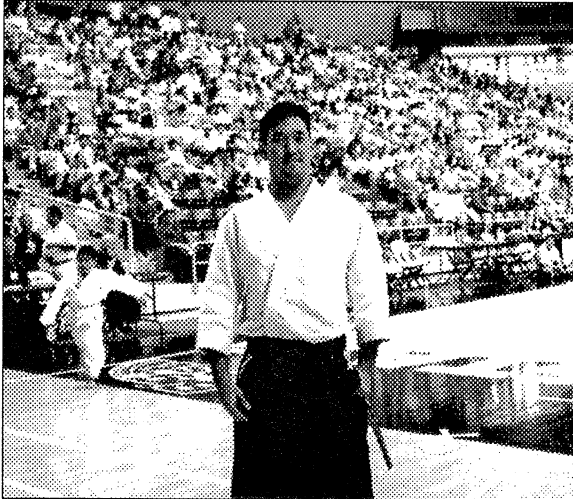
Sensei greets 30 members of a karate team here for the Nikkei Games. The team is from Yamanashi Prefecture and Sensei is President of the Southern California Yamanashi Prefectural Association.

Our fvriend Annabelle Nye's Taiji instructor visits us during Nisei Week. He teaches Taiji in the Torrance area and was presented a copy of KODO Ancient Ways for his birthday recently by his students.



Annabelle recently visited our Dojo to get her copy of KODO signed. Another real fan of our Dojo.

Sensei Attends Nikkei Games. August 23.

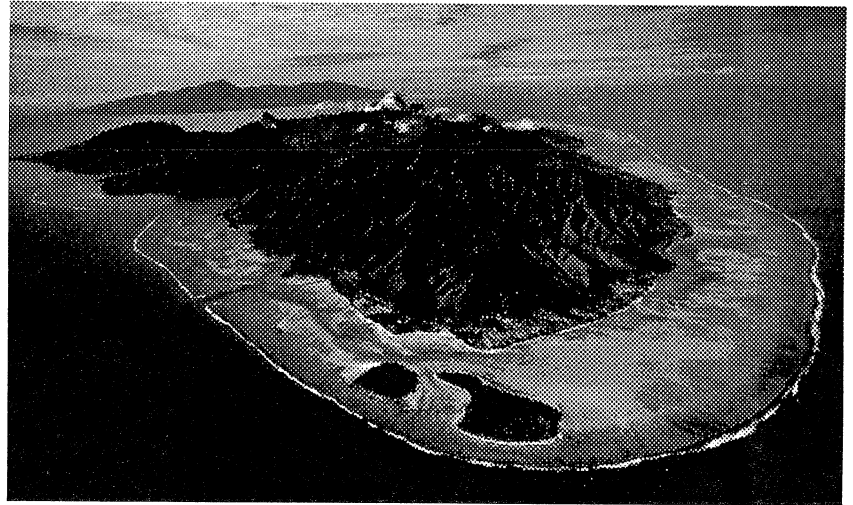


Ken Watanabe demonstrated traditional Iaido at the Nikkei Games on August 23 at Cal State Long Beach Pyramid Pavilion. At the invitation of Kiyoshi Yamazaki Sensei, Iaido is scheduled to be introduced into the event next year.

Master Helen Zhu Ming: Taiji Classes Starting In Dojo



Helen Zhu Ming will begin classes in Taiji at our Dojo on Sunday mornings from 11:30-12:30pm, from mid-October. Classes are forming now. Helen arrived to the United States about three years ago. She has taken gold medals in every major tournament throughout the country. She also teaches at Cal Tech in Pasadena. Our Dojo welcomes her and her art.



Eric Russell visits Tahiti for one week during summer break. Traditionally a paradise, Eric commented on how dirty it was there although he had a great time. Eric attends USC and formerly trained in Japan at the Aikido Hombu Dojo.

Martial Arts Special Airs September 12 on A&E Cable.

The two hour special on martial arts featuring our Dojo and Sensei aired once again on the A&E Channel at 6pm and 10pm on Saturday evening, September 12. We have had a very positive response from the few minutes we appeared on this program, especially in our stand for traditional martial arts and traditional values in light of the ever growing commercialization of the martial arts. We received many compliments on our Iaido and Aikido segments. The video is also available as "Mystic Origins of the Martial Arts" and is on sale from the Discovery Channel, A&E Channel, and at the Store of Knowledge in most mall for \$19.95. There were appearances by Oshima Tsutomu, Demura Fumio, Hayward Nishioka and many others.

Beverly's, Our Little Tokyo Post Office Closes Aug. 29.

We are very saddened that Little Tokyo has lost its Post Office. This is another indication of how the bad economy in Japan and Asia has effected this area negatively. We always send out our Dojo Newsletters from here and they always put the stamps on for us, giving us many years of great service. **Miki Okamoto** is part owner, his son and daughter attend our Children's Class and he helped us with this year's Obon and Nisei Week demonstrations at the Higashi Honganji Temple where he is a member. We will all miss Beverly's. By some odd chance, we received the September newsletter early and delivered them to Beverly's to be sent out on Saturday, August 29. We are their very last and final customer, our Newsletters were the last items to be received by them. What an odd karma this is. Beverly's donated a nice metal bookcase to the Dojo. Many, many thanks and good luck to the owners in the future.

Teaching Schedule

SUNDAY

8-9am. Iaido. *Gary Myers*
9-10am. Children's Class. *Ken Watanabe*
Assistants: Norm Lew, Doug Lew, Kenny Furuya
10:15-11:30am. Open Class. *Sensei*

MONDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm. Beginning Class. *Ken Watanabe/Andy Kissel*

TUESDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm. Intermediate Class *James Doi/Ken Watanabe*

WEDNESDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm. Weapons: Jo & Bokken. *Ken Watanabe*
2nd & Last Wednesday only. 7:45-8:45pm. Iaido. *Sensei*

THURSDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm. Intermediate Class. *David Ito/Jeff Johnson*

FRIDAY

6:30-7:30pm. Beginning Class. *Kenny Furuya et al.*

SATURDAY

(Please note Saturday changes.)
8-9am. Iaido. *Sensei*
9-10am. **BEGINNING.** *Kenny Furuya*
Assistant Instructors
10:15-11:30am. **INTERMEDIATE.** *Sensei*
11:30-12:30pm. **CHILDREN'S CLASS.**
Ken Watanabe/Kenny Furuya/Assistant Instructors
Class schedule & Teaching Assignments are subject to change.

Happy Birthdays

OCTOBER	Steve Sahl (12-17-46)
Douglas Lew (10-12-)	Kristine San Luis (12-26-78)
NOVEMBER	Masanori Yamamoto (12-7-86)
James Doi (11-14-52)	
Cheryl Lew (11-9-46)	
DECEMBER	
Vincent Calderon (12-1-69)	
Kenny Furuya (12-4-80)	
Jeff Johnson (12-25-60)	
Andy Kissel (12-23-)	

Please keep our Birthday Listings up to date. Please notify any changes or corrections to Cheryl Lew or one of the assistant instructors. Thank you.

Happy 70th Birthday! Madam Bando Mitsuhiro

On August 30th, I attended a Japanese classical dance recital at the Japan America Theater for Bando Mitsuhiro and her students who achieved Teacher's Status or *natori*. Bando Sensei has been teaching dance in this country for many years. I remember her about 20 years ago when she debuted her own choreography, *Shinkyoku Urashima*. It was great and shall never forget the performance. This year she celebrated her 70th birthday with this recital. She danced *Shigure Saigyō* with one dance master from Japan, Bando Mitsujiro. Bando Hideko also attended who is the granddaughter of Bando Mitsugoro one of the great dance masters of our age. *Shigure Saigyō* is about the well known priest, Saigyō and a chance meeting with a famous courtesan named Eguchi. Saigyō was a warrior who withdrew from the world and became a priest. He travelled throughout the country and is known for his poetry. During his travels, he meets by chance a single woman in a hut and asks for a night's stay because of the rain (*shigure*). They engage in a dialogue and in the final scene, he discovers that it is not a courtesan but Fugen Bosatsu, a Buddha, in disguise. Historically, it was not Saigyō but there is a legend about a priest meeting a well-known courtesan named Eguchi. The priest explains his discipline and practice to the courtesan but the courtesan decides to test him by trying to seduce him. When the priest refuses to sleep with her, she immediately kicks him out into the rain. This has become a famous Zen dialogue. Eguchi explains to the young priest that he refused her advances, not because of his beliefs and his practice, but because he doesn't understand his own feelings. And what good is your practice anyways if you don't know your own mind? This is the koan. He should not sleep with her in lust and break his holy precepts but if he refuses because of his own fears and lack of self-understanding, he does indeed defeat the goal of his own training. Eguchi, the famous courtesan, kicked him out because she would not sleep with such a priest who lacked maturity and self-understanding. This is a wonderful story and dance. Many congratulations to Bando Mitsuhiro Sensei and her wonderful students.

Special Holiday Sale:

Special discount to members makes nice presents for your family and friends for Christmas. From October 11th through December 11, 1998 only. This is a limited special offer. Please place your orders early, allow two weeks.

THE ART OF AIKIDO Videos

9 volume set: \$250.00. (Regular price: \$359.55.)
Single Vols: \$30.00 each. (Regular price: \$39.95.)

KODO: \$14.00. Special: \$130.00 for 10.
(Regular price \$16.95.)

Please Renew Your Newsletter Subscriptions:

If you wish to continue receiving our Dojo newsletter please confirm your interest in writing or open your subscription by sending us a donation. Paid subscriptions need not reply.

Our Little Tokyo Post Office at Beverly's in the Honda Plaza closed down as of August 31st. We regret this very much because of their many years of great service. Because of the additional considerations of the rising costs of paper and printing, we are going to cut down our mailing list drastically.

If you do not receive your Newsletter in the coming months but wish to continue, please contact the Dojo or send in a helpful donation. Thank you.

To All Students:

Please remember to keep your toenails and fingernails trimmed before coming to practice, especially your toenails because they damage our tatami. Always keep your uniform clean and in good repair. Please try to keep up your practice schedule during the busy, upcoming, Holiday Season.

To All Black Belts:

All Black Belts and senior students must attend the Monthly Intensive on the last Saturday of every month from 6:30am-8:30am and the Intermediate Class on Saturdays from 9:00am-10:00am in addition to our regular 10:15am class. Black Belts are also asked to help with our Children's Class on Saturday and Sundays. Although it is well understood that everyone has very busy work and personal schedules, everyone is responsible for his own training. Thank you.

Current Projects:

- 1. Begin planning Dojo Christmas Party.**
- 2. Begin planning Dojo New Year's Party.**
- 3. Year End Dojo Clean-up.**
- 4. Plan Dan Promotional Celebration.**
- 5. Discuss Teaching Assistants for Children's Class.**

Important Dates **OCTOBER 1998**

- Oct. 3. Budoshin Jujutsu Seminar. In Burbank.**
- Oct. 6. Aikido-Budo Discussion Group. 7:45pm-9:00pm**
- Oct. 10. Intensive Iaido. 6:30am.**
- Oct. 31. Advanced Aikido Intensive. 6:30am. Meeting follows.**
- Nov. 26. Thanksgiving Holiday. Dojo Closed.**
- Dec. 25-26 Christmas Holiday. Dojo Closed.**

LAPD - CMAAP

Sensei attended first Membership Committee meeting of the Civilian Martial Artists Advisory Panel of the Los Angeles Police Department on August 27 at the Arrest Control Unit. The department is headed by Sgt. Greg Dossey. At this meeting, the Membership Committee will now be known as the Executive Committee and formulate various policies as well as membership requirements and evaluations.

George Kirby's Martial Arts Seminar Burbank. Oct. 4.

Sensei will be participating as a guest instructor for Aikido on October 3rd, in Burbank, with two of our assistants. Martial artists from all around the country will be conducting classes in various martial arts.

Bowers Museum

Japanese Sword Lecture

Scheduled for April, 1999, Sensei will present a lecture on Japanese swords and fittings at the Bowers Museum in Santa Ana. This is part of their monthly lecture series program for next year. Sensei will exhibit fine examples of Japanese art swords, sword guards and various fittings while speaking on the history, art and traditions of the Samurai sword. Further details upcoming. Everyone is invited.

Aikido Center of Los Angeles
NEWSLETTER

規範 合気道 基本編

植芝吉祥丸 著
植芝守央



150万合気道人のバイブル!

KIHAN AIKIDO

Fundamental of Aikido

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

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. It is very strongly recommended.

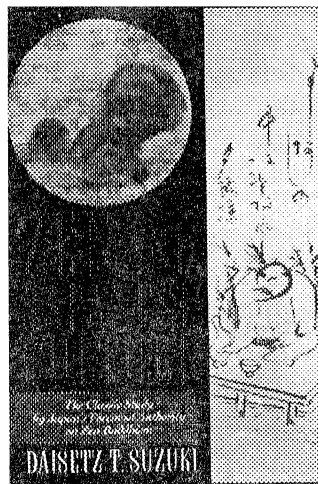
羅府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER
Volume XV Number 4
April 1, 1997

Dojo Treasure Arrives From Japan
The book has just arrived in our library from the courtesy of the Yamaoka Dojo. It is a beautiful volume. It was my great joy that the book would be given to our library. It is a treasure.

Visiting Ruler Adam Hsu:
Master Hsu visited the dojo for a month to finish personal business and maintain the students and teachers throughout the Los Angeles Bay area. Master Hsu is also working on his own book. One in a series of 100. He is currently in the United States. He is a graduate of the Chinese New Year's with him and his school on his. He has been able to arrange a visit from his 210 through the. This is a great book. It is a book that will be a great help to all who wish to learn from him. It is a book that will be a great help to all who wish to learn from him.

Our ACLA DOJO NEWSLETTER

Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students. Your donations are welcome please add a little extra for postage outside of the US. Everyone is welcome and invited to support our work. Many Thanks.



ZEN & JAPANESE CULTURE

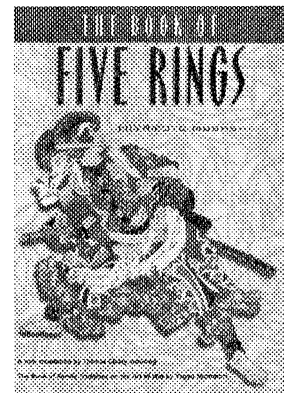
By D. T. Suzuki
Excellent sections on Japanese swordsmanship and culture.

Highly Recommended Reading:

THE SPIRIT OF AIKIDO

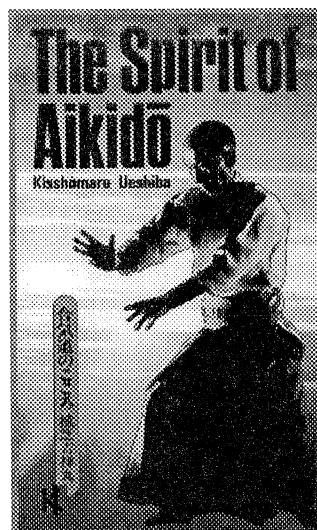
By Doshu Kisshomaru Ueshiba

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. Very important.



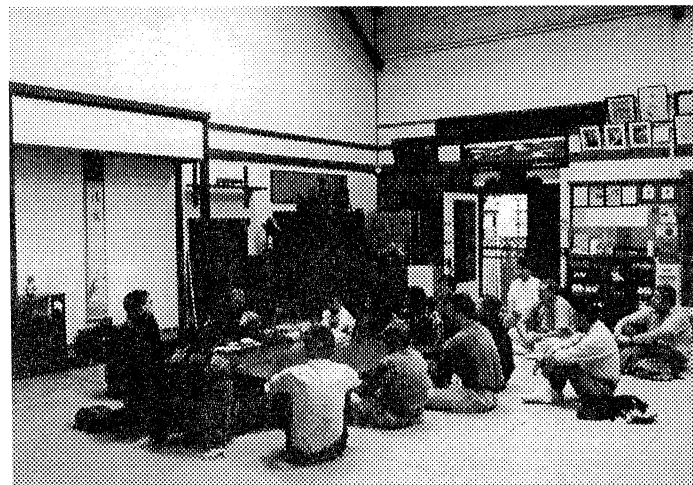
THE BOOK OF FIVE RINGS

By Miyamoto Musashi
Also includes translation of the *KADENSHO* by Yagyu Mune-nori.



Japan Culture Lecture Series

On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



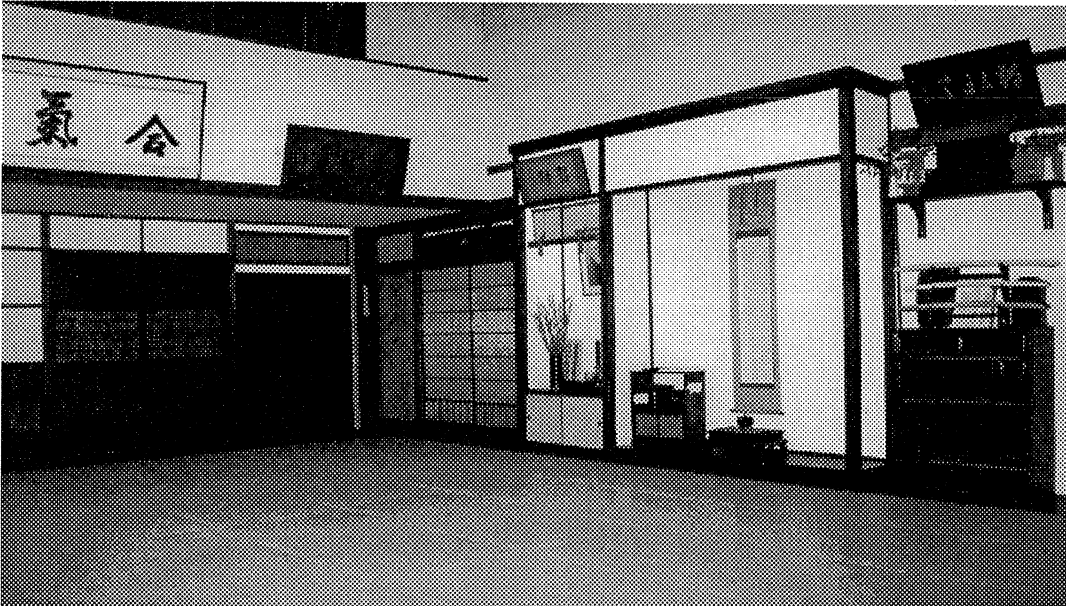
SHASHIN DE MANABU AIKIDO

(Learning Aikido by Photos)
By Dojocho

Moriteru Ueshiba
Hombu Aikido techniques demonstrated by Dojocho Moriteru Ueshiba. In Japanese but self-explanatory and an excellent photo reference source.

**Aikido Center of Los Angeles
NEWSLETTER**

Welcome To The Aikido Center of Los Angeles



Our Affiliations:

Aikido World Headquarters
Aikikai Hombu Dojo
Tokyo, Japan

Los Angeles Sword &
Swordsmanship Society

Los Angeles Police Department
Martial Artist Advisory Panel

Da Camera Society
Community Advisory Board

Greater Little Tokyo
Anti-Crime Association

Former Recipient Brody
Multi-Cultural Arts Grant

Yamanashi Prefectural Society
Yamanashi Kenjinkai\

Introduce Family & Friends To The Aikido Center of LA

Bring your friends to the Dojo and invite them to join our Practice. Everyone is welcome. Enjoy this beautiful art of Aikido in a quiet, serene environment to enhance the quality and awareness of your

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.

Dojo Supplies

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. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

T-shirts: \$15.00 each. Mugs: \$9.00 each. Patches: \$15.00.

Uniforms, bokken, jo, hakama, books are available



Everyone is welcome to join us.

Copyrighted © & All Rights Reserved.

Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
940 E. 2nd Street #7, L. A., CA 90012
Tel: (213) 687-3673

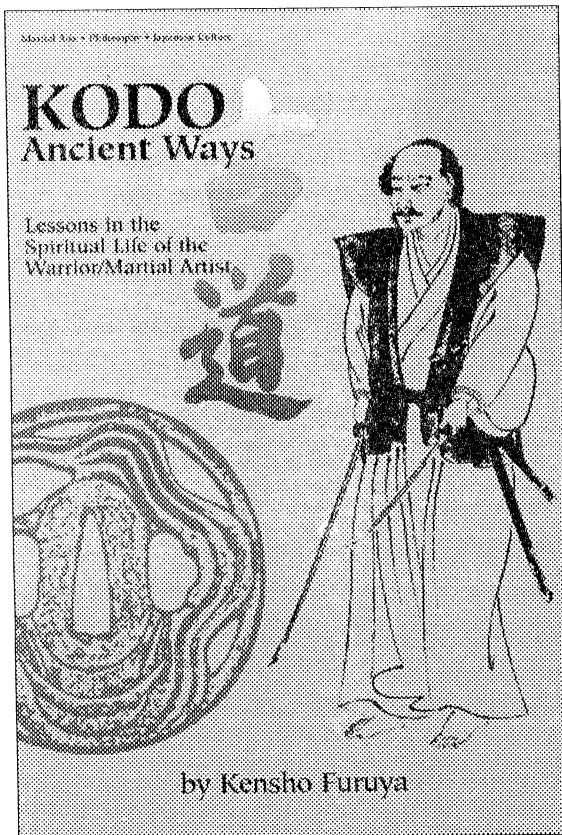
Newsletter: Rev. Kensho Furuya
Management: Ken Watanabe, Kenny Furuya
Archives & Records: Dr. Cheryl Lew
Photography: Larry Armstrong
Legal: Curtis Westfall
Personnel: Dr. James Doi
Medical: Dr. Jeffrey Johnson

*No portion of this publication may be copied without
written permission from the Publisher.*

Japanese Art Swords 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.*



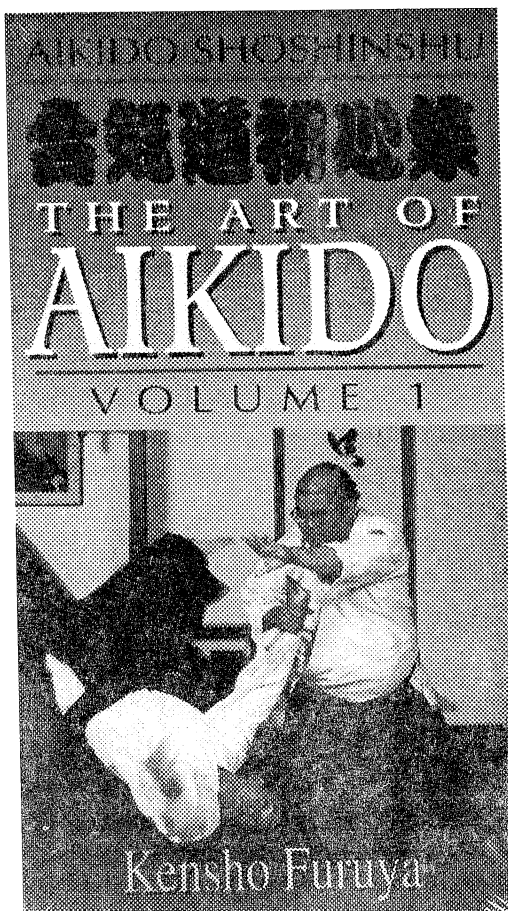
KODO

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



Aikido Shoshinshu THE ART OF AIKIDO

Detail Instructional Videos on Aikido In Nine Volumes Complete

Rev. Kensho Furuya, Aikido 6 Dan

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

\$39.95 each + \$5.00 S&H

Complete Set Special Discount: \$320.00

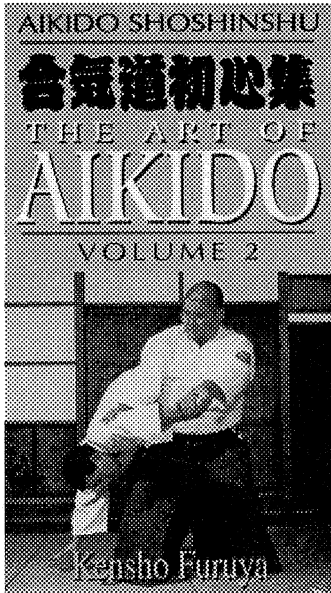
Free shipping in U.S. for Complete Set Special.
International Mail requires additional S&H \$25.00.

All books and videos are available in our Dojo.
Please inquire about dojo and quantity discounts.

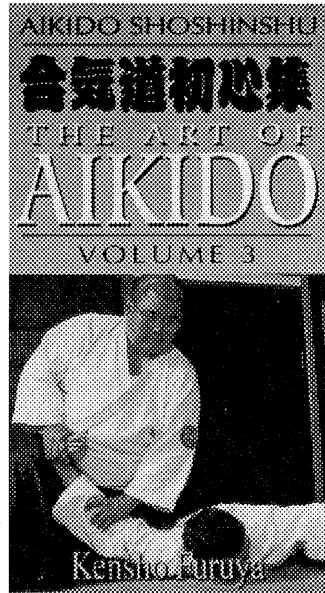
For further information: please call the Dojo: (213) 687-3673

AIKIDO SHOSHINSHU

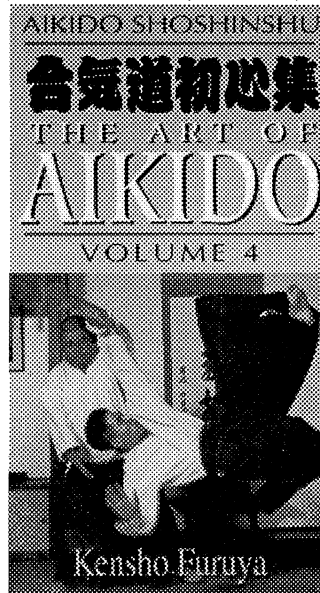
The Art of Aikido Instructional Video Series



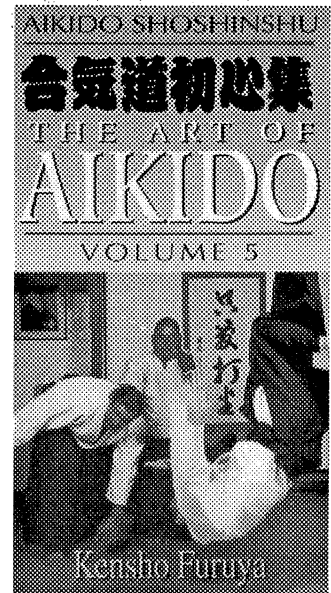
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo
& Gokyo



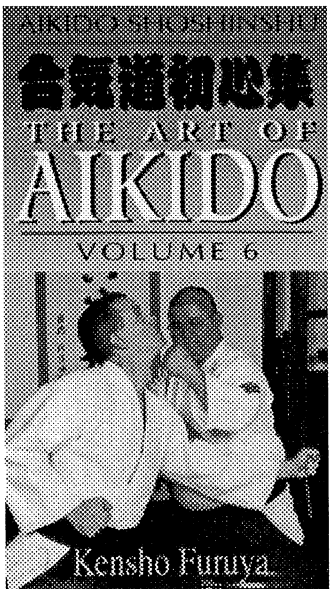
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



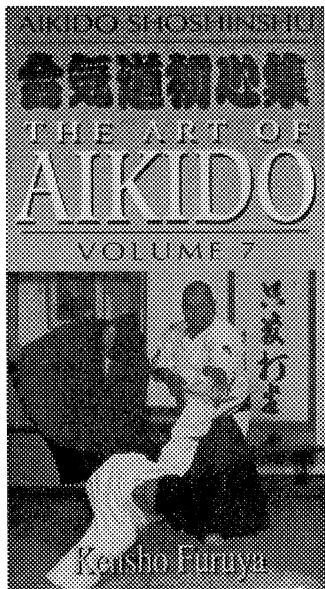
Katatetori Ryotemochi: 2-hand.
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



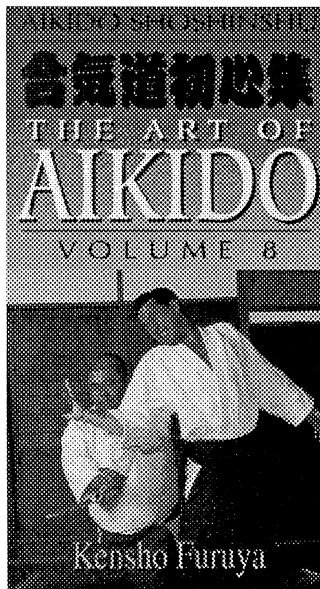
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



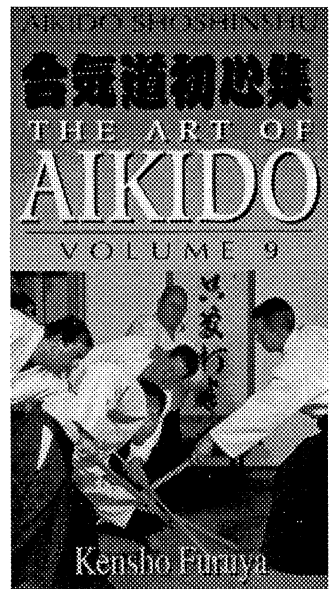
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the
side of the head & neck.



Shomenuchi: Direct strikes.
Ushiro-waza: Attacks from
behind.
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
Requirements Demonstrated by
Black Belt Candidate.

Aikido

TRAINING SCHEDULE

Adult

BEGINNING & OPEN

Monday thru Friday Evenings

6:30pm-7:30pm

Monday, Tuesday &

Thursday Evenings

7:45pm-8:45pm

Saturday & Sunday Mornings

10:15am-11:30am

Saturday Mornings

9:00am-10:00am

BLACK BELT SEMINAR

Bring bokken, jo and tanto.

Black Belts & Instructors'

Last Saturday of the Month: 6:30-8:30am

CHILDREN'S CLASSES

5 - 16 yrs old

Saturdays : 11:30am-12:30pm

Sunday Mornings: 9:00am-10:00am

ATTENTION:

Please be very cautious of unscrupulous people using Furuya Sensei's name and our Aikido Center of Los Angeles name to promote themselves and their schools but have no connection with us whatever they may imply and have no authorization to teach through us. We have experienced many such cases in the Los Angeles area and all around the world. Please be cautious of these people; they are NOT affiliated with us and are more than likely out to deceive the general public. We would greatly appreciate hearing of such cases you might encounter.

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

BUDO & SWORD STUDY CLASS

Every 1st Tuesday of the month.

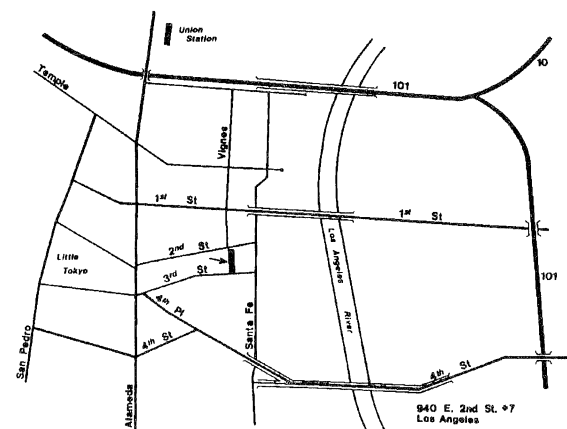
7:45pm-9:00pm

Group Study & Discussion of

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.



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 on Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.