

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER



New Website:
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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 So. California Yamanashi Prefectural Assoc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

October 1, 1999

Volume XVII. Number 10.

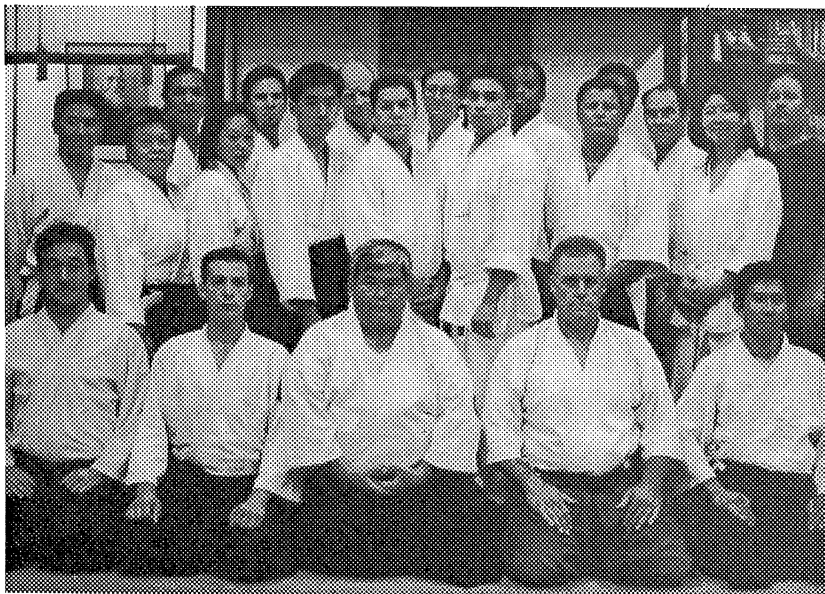
**Our Dojo
Receives
OUTSTANDING
CULTURAL
AWARD
at 50th
Anniversary
Japanese
Chamber of
Commerce.**



Sensei & Ken Watanabe Receiving Award from Mr. Hayahiko Takase, President of the Japanese Chamber of Commerce on September 24, 1999

**The Honor
Of Being
Honored:
A Night To
Remember**

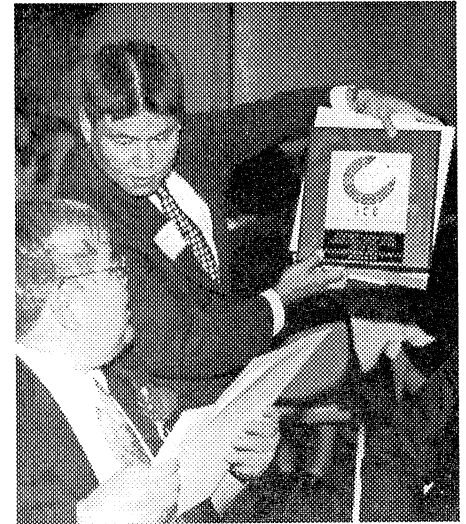
For many big and long established organizations, receiving recognition from the Chamber of Commerce may be the usual part of the program. But for us and our Dojo, it is the very first time we have received such recognition directly from the Little Tokyo community. This is a very important step for us, I do feel very much honored,



Dojo holds first joint practice with our affiliated dojos on September 8. Left: Santiago Garcia Almaraz from Salamanca, Spain, and right: Tom Williams of our Hacienda La Puente Branch Dojo.

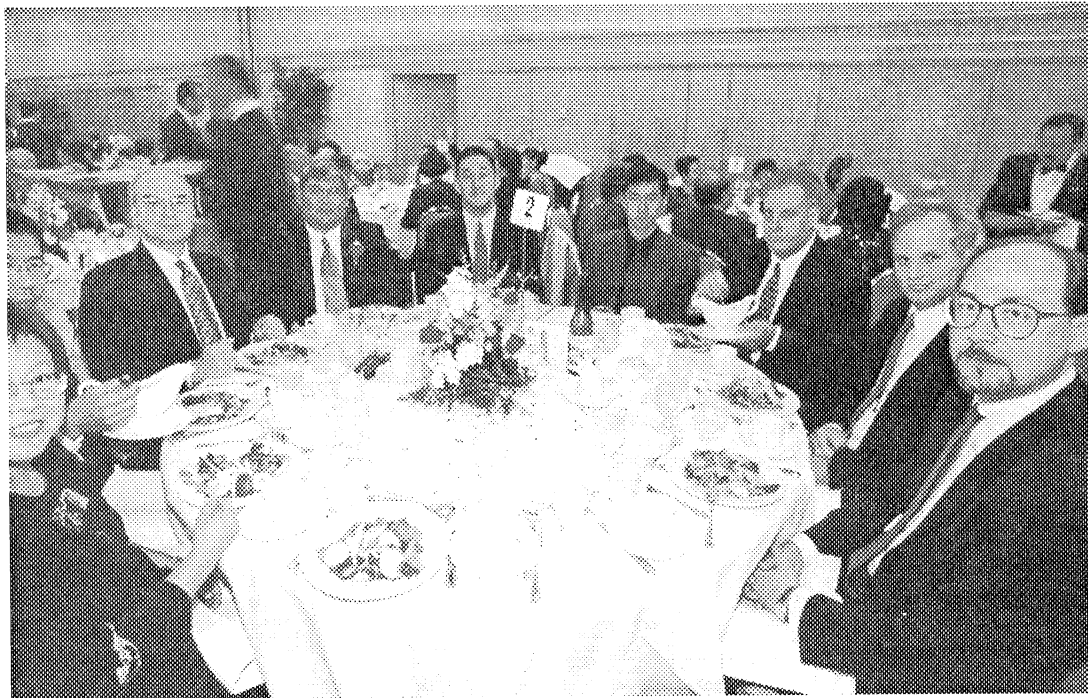
perhaps more so than most other honorees. Indeed, after many years of community service and efforts to have Aikido recognized as an important element of Japanese cultural and artistic heritage and not lumped together with chop-socky flicks and so-called "martial arts" free-for-alls in boxing rings, we are finally recognized as an "outstanding cultural organization." I feel that we have finally become a part of the cultural and artistic community more than ever before. Indeed, we were treated very nicely by the Chamber of Commerce with a special invitation to a VIP reception prior to the main event and table #2 right up in front. For me (and maybe not so much for others), it was all very special and a night I will never forget it. And finally, to share this moment with many old, loyal and committed students makes it only the most special moment of my life. I really want to thank everyone who made a special effort to come. For a \$2,000.00 table, the cheapest, each member paid \$200.00 per seat for a not very spectacular chicken dinner. But I suppose we didn't go just for the food! It was a great sacrifice for many of you and I really do appreciate such a special gesture of

JCC 50th Anniversary Awards Celebration Hyatt Regency Hotel. Sept. 24.



Sensei received commendations and a plaque from the Japanese Chamber of Commerce and the State Assembly for Outstanding Cultural Organization.

Students representing our Dojo at the \$2,000.00 per table celebration: Left to right: Gary Myers, Jeff Johnson, Ken Watanabe, Sensei, Tom Williams, Cheryl Lew, Mark Ty, Peter Lichtman and James Doi. Everyone is congratulated for their commitment to the Dojo.



At table #2 in the ballroom, we all felt like very special guests at a very special time for the Dojo.

Continued:
of support. After many speeches and dinner, we were presented with a certificate and plaque from the Japanese Chamber of Commerce which says: "Outstanding Cultural Award to the Aikido Center of Los Angeles Furuya Dojo in appreciation of their major contribution to our community through their out-

service and a source of power to the community at large. Our unselfish efforts towards the community will always be our proudest way to express the spirit of Aikido and O'Sensei's teachings. Our recognition can only mean an even greater responsibility to our community. Many thanks to all my students and friends for your continued support and energy.

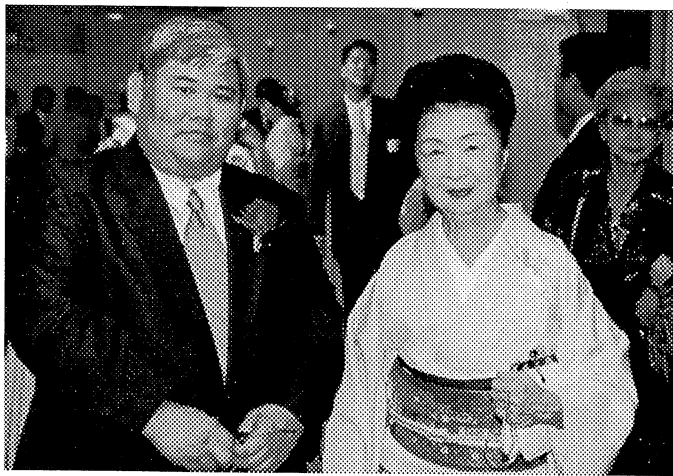
standing cultural activities. This presentation was made on September 24, 1999 at the JCC 50th Anniversary Dinner." We also received a proclamation from the California State Assembly stating: "In Honor of your Outstanding Contributions to the Japanese American Community of Southern California." Signed 53rd Assembly District. I hope every member in the Dojo will feel as proud as I do and will continue in their practice and become more and more involved in supporting our Dojo and its work. We are not trying to be a business although nowadays this is all we understand. It will always be a struggle for us. Art is a struggle. What is important is that everyone must work together in harmony. What is important is that we be of

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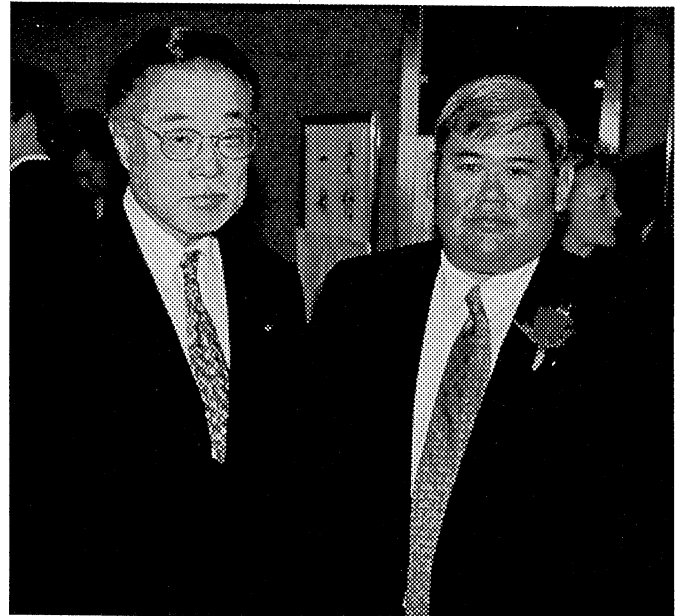
We would like to express our deepest appreciation to the Japanese Chamber of Commerce and the Japanese American Little Tokyo Community.



A night to remember at the Hyatt Regency Hotel in downtown Los Angeles. With representatives from the Mayor's Office and Sacramento and every major organization in the Japanese American community, there was also a letter of congratulations from the President. George Takei of Star Trek fame was the MC.



With Madam Fujima Kansuma Sensei., Japanese classical dance.



Sensei with Mr. Minoru Tonai, former President of the Japanese American Cultural & Community Center, JACCC, at the special VIP reception in the hotel's Polaris Room prior to the main celebration. Mr. Tonai is an old friend of the family and was best man at Sensei's uncle's wedding.

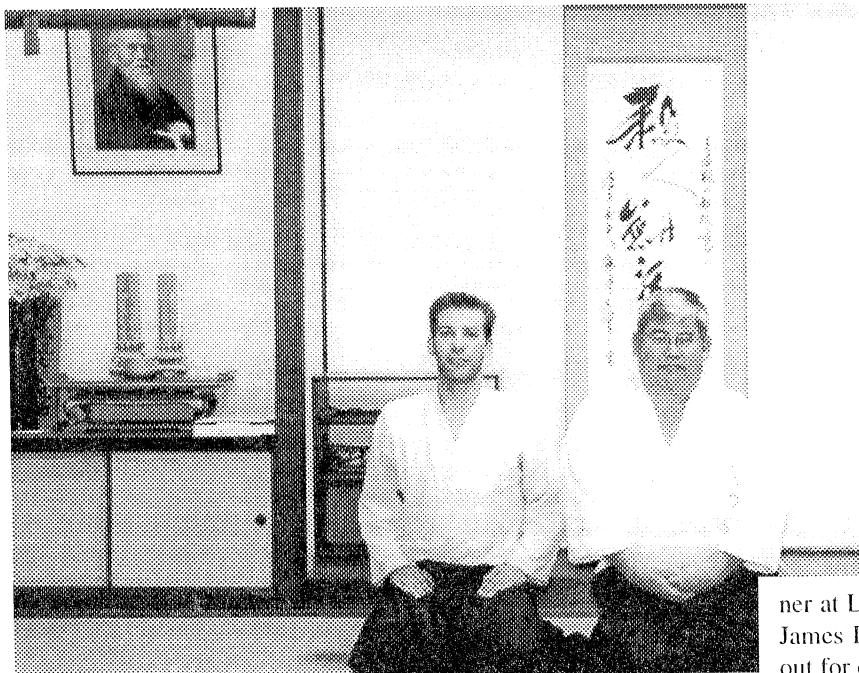
IN APPRECIATION:

Many thanks to all of our supporters, friends, students, rivals and opponents, as well, who have helped us to become the Dojo we are today. Also, many thanks to O'Sensei and 2nd and 3rd Doshu who make this all possible for us.

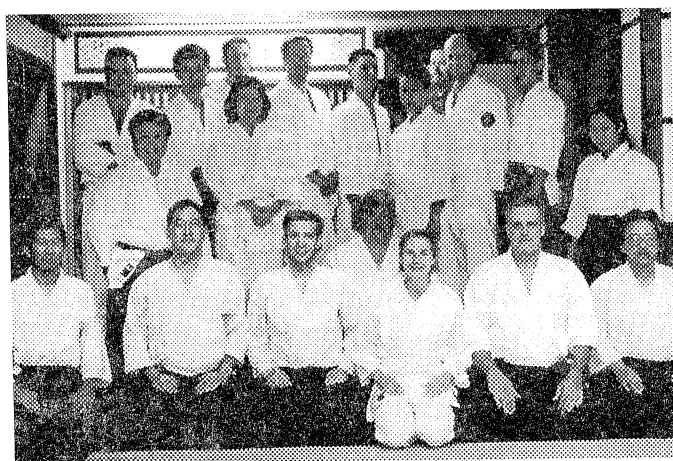


With Mrs. Fusako Kanai, Sensei's long-time tea ceremony friend.

Santiago Makes 3rd Special Training Trip To Dojo Sept. 6 - 27.



Santiago with Sensei



WELCOME SANTIAGO!

Santiago and Susana, his fiance, arrived on Sunday evening, Sept. 6., and were met at LAX by Cheryl. Practice began immediately. Santiago practiced in all of our evening classes and was able to take it easy and tour Los Angeles during the afternoons with Susana. On Wednesday, Sept. 8, we had our first Joint Practice with the Hacienda La Puente Dojo and Santiago representing his dojo in Salamanca, Spain. This was a first for our Dojo. They went to many places in Los Angeles, both old and new, with Sensei, always enjoying lunch or dinner with coffee afterwards and long conversations about Aikido. On one occasion, Susana and Santiago prepared din-



During practice in the Dojo.

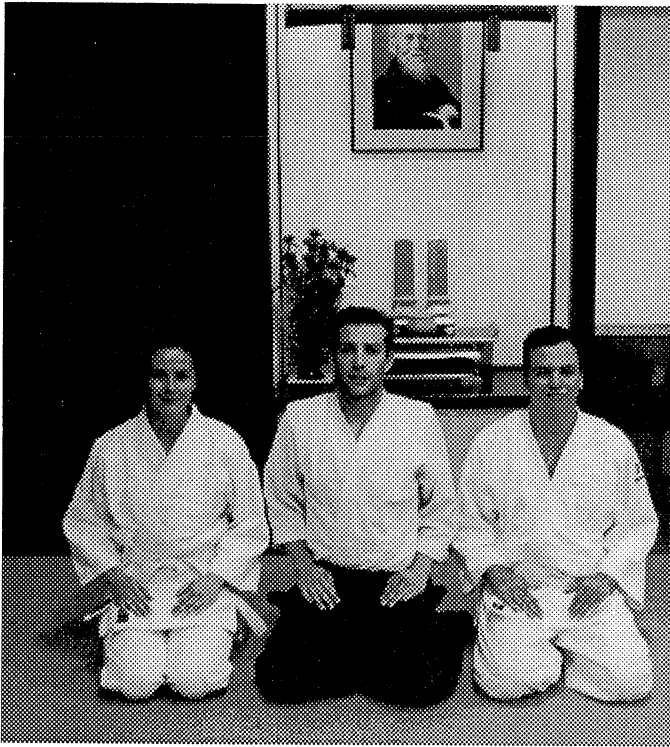
ner at Larry's house in West Hollywood. On other occasions, James Doi, Cheryl Lew and Mark Ty were able to take them out for dinner. One evening Ken Watanabe took them dancing at the popular Derby in Los Feliz. Everyone said that Ken is a good dancer. Also, they had enough privacy to be alone and enjoy themselves. Although this is a training trip for Santiago, it is also his vacation from his schedule as a full-time student with several jobs and his full-time dojo.

During the later part of his trip, his student, Juan, made a stop-over in Los Angeles to be with his teacher and train in our Dojo. On Friday, Sept 24, Santiago, Susana and Juan made a one-day trip to San Francisco, driving up in the early morning and returning by night to make it to our 6:30am Instructor's Class.

One of the first things they did upon their arrival to Los Angeles was have breakfast at the Pantry. Susana still remembered the sweet-and-sour fried shrimp at Paul's Kitchen, Canter's in West Hollywood and dim-sum at the Empress Pavilion in Chinatown. On the last evening before they returned, we all had dinner at the Smoke House in Burbank where we held their farewell party last year.

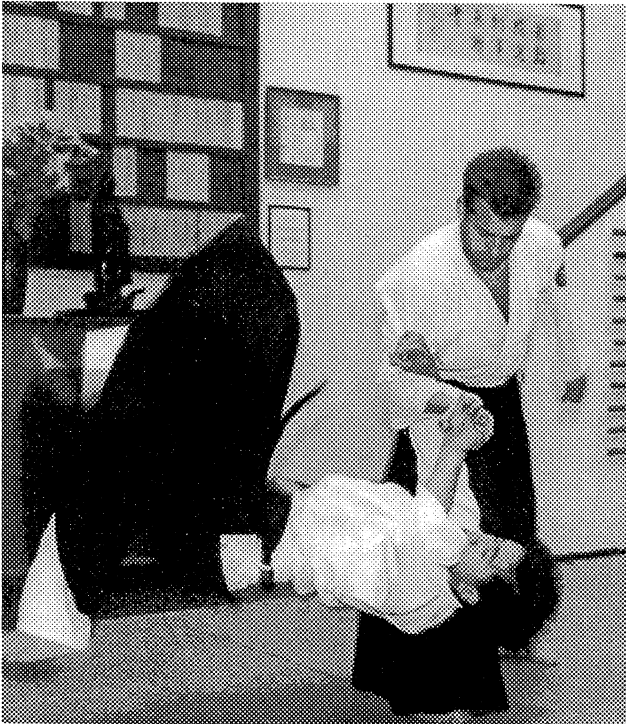
This year's training was significant. Santiago had his first lesson in Iaido. According to the Santiago, "the first day was hard, the second day was harder, it was even harder on the third day!" Susana, who has always been an observer of Santiago's training from the side, finally decided to begin Aikido and join us on the mats. In three days, she learned tenkan kyokuho, shihonage tenkan, aihanmi katatetori irimi-nage, kotegaeshi,

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Santiago with Susanna, his fiance, and his student, Juan, who arrived in LA for training for several days. Susanna took her first Aikido class in the Dojo on this trip.

kokyunage, ikkyo irimi and ryote-tori tenchi nage with the help of Cheryl Lew who worked with her everyday during her stay in Los Angeles. On her final day of practice, Sensei presented her with 6th kyu. Congratulations on her hard work and quick progress.



Santiago practicing koshinage with Mark Ty.



On their final day, from the Dojo, they were also presented with a black lacquered weapons rack, a Japanese Arita blue and white plate, a large Shigaragi vase and other mementoes. Recently, the engaged couple bought a house and will marry in October of next year. Many congratulations!

Sensei prepared four feature articles with photos for Santiago to take back to Spain for various magazines. Sensei will begin regular column on Aikido and martial arts for their country's #1 magazine, *Centuron Negro*.

We wish to thank them for their efforts in training and developing a strong branch dojo in Spain and visiting us and practicing hard everyday in the dojo. They are good examples of what the Aikidoist should be and we are so proud of them. We look forward to their next visit to Los Angeles and wish them all the best.

The couple left Los Angeles on Monday morning. Thank you for coming to visit us and have a safe trip home!



At Sweet Lady Jane's with Ken Watanabe and Juan.

1st Joint Practice. Sept. 8.



Everyone had a good time practicing together. Members from the Hacienda La Puente Dojo.

Santiago just arriving from Spain, Tom Williams brought his students to our Wednesday practice in our first joint practice with members from both our affiliated dojos. This is a first for our Dojo. Our Budo Study Class followed the practice. We hope to make our 2nd Wednesday practice and our Budo Study a regular event in our Dojo. Everyone is welcome.

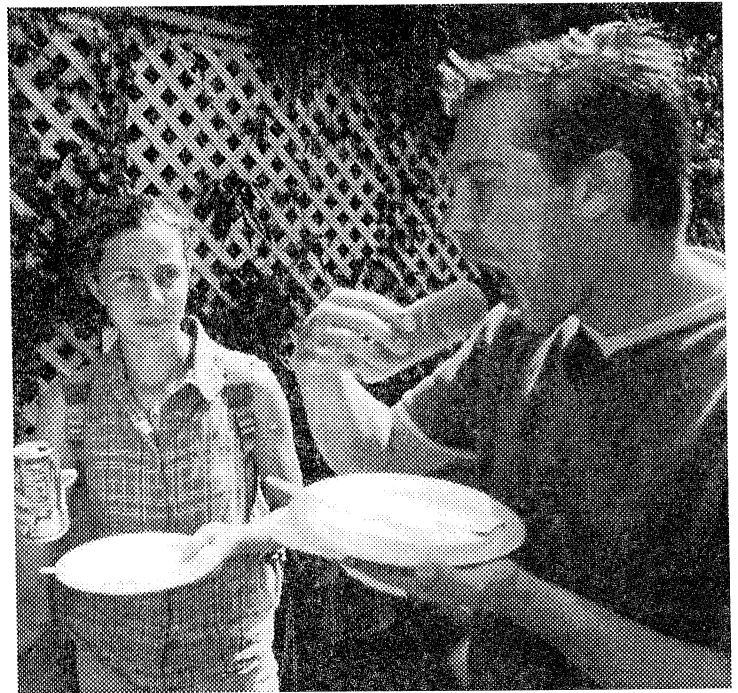
DOJO BAR-BE-QUE

With our busy schedule, our intended Dojo Fund Raiser deminished into an informal bar-be-que for the students. The turn-out was very poor and there was an especially poor showing among the senior students and black belts. I don't know what the problem is but, it does seem to me that our egos are getting the better of us. We have become too important to think about others. Some think that now that they have developed a little skill, they don't need anything more from the Dojo or they have gotten everything they will get and "what do I care?" Like a vandal in the night, once he has destroyed everything he just moves on. What a shame. I am most embarrassed because I must take responsibility for these people as their teacher. Every single night, I lose sleep thinking about what to do and how to correct this problem. It is hard, because people with big egos don't listen to anyone, they have no time for anyone, anyone outside of themselves simply don't count anymore. The cruelest of all, they show their own arrogance and selfishness by being rude and demonstrating a clear lack of respect to their teacher. I suppose they know that this will really hurt me so they use it to good advantage. How clever they are! In another article in this issue, Madam Kansuma says "to keep on fighting." She has been doing so for fifty years teaching Japanese classical

Dojo Bar-Be-Que. Sept. 19.



Dojo Bar-Be-Que: Left to Right: Mark Ty, Adam Bennett, Cheryl Lew, Tom Williams, Sensei, Jim MacDonald, James Doi, Ken & Maria.

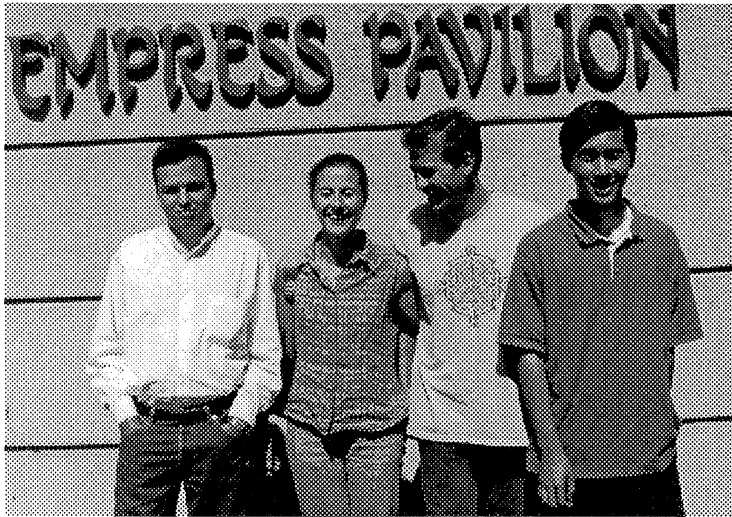


Santiago caught on to our many strange American customs very quickly.

dance. This is what I must do too. But so many battles I have been through! I know exactly how she feels when some students come to the Dojo thinking that they are doing me (and Aikido and the Dojo) such a big favor.

For most students, the easiest way to show that one is displeased about something is to be rude to the teacher. Very effective on a Sensei who cares. On teachers who don't care, it doesn't work at all. It is always the teacher who must take the blame. One student who hardly ever came to practice declared, "I think Sensei is mad at me for not making practice so I will just stay away for practice! I learned a very good word from one of my students recently. It is "Accountability." This is a really good word. I like it.

Santiago



Juan, Susana, Santiago and Mark Ty at the Empress Pavilion in Chinatown.



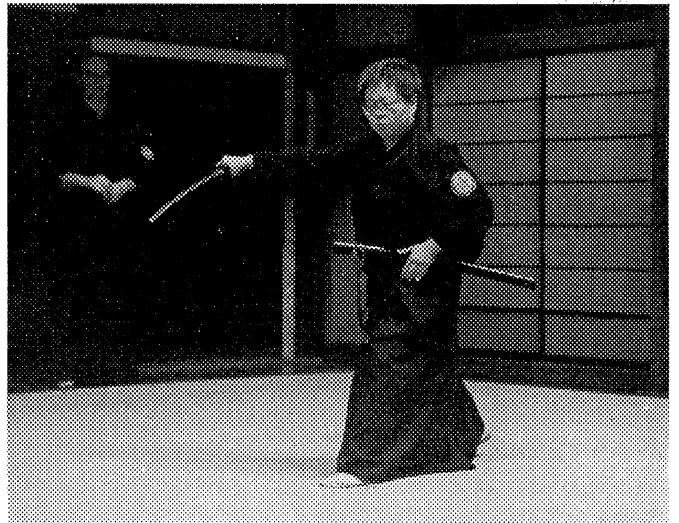
At early morning breakfast with other students. James doi at right.



In Little Tokyo after practice, Juan, Mark Ty, Ken Watanabe, Santiago, Susana and Cheryl Lew. No drinking but a lot of nice places to eat and have coffee all over Los Angeles.

Dojo Family Album

Nisei Week Aikido Demonstration. Iaido Department



Cheryl Lew demonstrating Muso Shinden Ryu Iaido.



Ken Watanabe demonstrating Hasegawa Eishin Ryu Iaido during Black Belt Magazine shooting for upcoming KODO Ancient Ways video. Mr. Watanabe recently promoted to 4th Dan in Aikido.

Nisei Week Reflections: The Favor And The Favored

At the Nisei Week Book Signing At the JACCC Plaza on August 21, I happened to see Madame Kansuma entering the main Doizaki Gallery, right by our table. Madame Kansuma is on the veteran classical Japanese dance instructors in the country. She has been teaching in Los Angeles for over half a century. I immediately went up to her just to say "hello" because she seemed to be in a rush. But, much to my surprise she began to talk to me at length. Just before I met her, she was speaking with one of her students and apparently this had bothered her a little. I know so well how she felt, I feel the same.



"Who do they think they are?" she said, "They think they are doing me a favor by attending my class. No. It is the other way around. I am doing them a favor by teaching them. They attend my class and they think that I should be thankful to them!"

"I understand exactly how you feel. It is the same way in my Dojo," I agreed. We continued on this sub-

ject for a while and it caused me to reflect on teaching over the next couple of days. Indeed, as students advance in skill and in rank, they become more and more vulnerable to the biggest enemy in one's training - their egos. I have had several students in the past who have thought that just their presence in the Dojo alone is a great blessing to Aikido. They really don't understand anything about anything - least of all - about themselves and, indeed, about Aikido.

These student types are easy to spot. They come only once in a while but when they do come they think that everyone should pay them attention. They are usually arrogant but think that they themselves are victims of everyone's envy. They need to prove to everyone how strong they are. They don't care what you can learn or what they can offer junior students. They only think to impress everyone around them. They ignore their teacher and when they are reprimanded or cautioned, they only think that their teacher must be jealous of their great skill! These people really amaze me! But - I am ashamed that after many years, this is what they turn into. This always makes me very sad. But again, it is part of human nature, I suppose.

The more you advance, the more humble and modest you must become. Of course, anyone who becomes a little skillful can brag and boast and no one will think much of it. It is no real crime and some people like it. But, to those who have entered the Way and truly want to become a good Aikidoist, this is an unthinkable thing to do.

To only practice the technique and show off one's strength is merely a form of fighting. This is martial arts at its lowest level. To strive for the Way of Aikido, one must seriously think about honor, duty, respect, humility and developing oneself as a true warrior.

It is a great honor to be an acquaintance of a great dance teacher such as Kansuma Sensei. Everytime I meet her, I feel inspired to work harder in my own Dojo and I always find some benefit in her wisdom and kindness. Finally, she told me "to keep on fighting and never give up." Of course, I tell myself this all the time and I occasionally hear it from others. but when it comes from Kansuma Sensei herself, it seems to have so much greater meaning and I feel very thankful to her.

From Hacienda La Puente Aikikai Affiliated Dojo:

By Tom Williams

The summer of '99 ended with a special visit to our dojo by our good friend, Jun Furukawa. Jun is originally from southern Japan but now lives in Tokyo and trains daily at Hombu Dojo. Jun's main teacher is Masuda (Seijuro) Sensei, who is in charge of the instructional division at Aikido World Headquarters.

Jun is in an Aikido training program that will result, upon successful completion in April, 2000, in his being sent to teach Aikido in Kyrgyzstan as a representative of Hombu Dojo. This program is part of the foreign aid policy of the government of Japan.

Several students from Hacienda La Puente Aikikai attended the first joint practice at ACLA on Wednesday, Sept. 8. Some also stayed for the Budo Study Group. Reactions seemed very positive and hopefully our participation will grow in the future. We all appreciate Sensei's generosity in encouraging monthly joint practice.

The start of the new fall semester also brings us to the four year anniversary of Hacienda La Puente Aikikai. I thought I might take the opportunity to share a little of my direct experience from teaching Aikido.

Teaching is a service. There is no credit to be gained. So personal ambition has no place in the dojo. Service should be given with an attitude of non-attachment.

Teaching is a job. It's hard work, even when it's something enjoyable. It takes years to become a good teacher. One needs to remain open, flexible, and humble. Teaching is an experience that can be used in one's personal spiritual growth.

The position of teacher creates no power or authority. Con't.

Nisei Week Book Festival. August 22.



Sensei with the 1999 Nisei Week Queen and her court at the KODO Book Signing at the Japanese American Cultural & Community Center during Nisei Week.



Signing a copy for Satoru Uyeda, one of the Board of Directors of the Little Tokyo Safety Association and community leader in Little Tokyo.

Donburi, a bestseller published under the sponsorship of the JACCC. Book signings and author meetings took place throughout Little Tokyo on August 24 and 25. Although Sensei's book has been out for three years

now, it sold quite well about 15-20 copies. Sensei's book is also available in the JACCC Center Gallery.

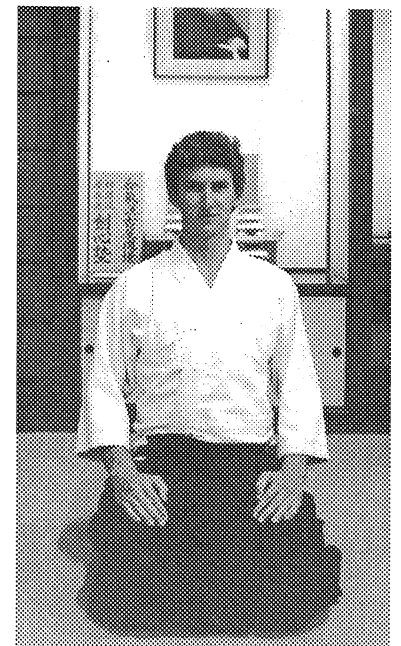
Sensei's book is also sold at Bunkado, Nippon Bookstore (Nihon Shoten), Kinokuniya Books, and at the Hongwanji Place which opened recently on 1st Street.

According to Sensei, one of the great perks of the Book Signing was meeting the 1999 Nisei Week Queen despite the fact that she did not buy his book.

Eric Russell

Eric Russell, as a new Black Belt in the photo, has relocated to the San Francisco area in his new career in the health business selling Clif energy bars (which, by the way, are highly recommended by Cheryl).

Eric studied at Waseda University in Japan and studied Aikido at Honbu Dojo. He will be visiting us whenever he has a chance to come to Los Angeles. We will all miss him in practice.



With Robert Hori, Director of the Doizaki Gallery at the JACCC and a teacher of the traditional Japanese tea ceremony, and Momoko Murakami, contributing editor of Kamai Forum Magazine.

This year was the premiere of the Nisei Week Book Festival as part of the renovation of our 59 year old Little Tokyo event. Sensei's KODO was also included among all of the Japanese American and Asian authors who participated and recognizes Sensei's work as a work of literature, something a little more than a typical "martial arts" manual. Sensei felt very honored to be included in the community of Asian American authors who are gradually making themselves known throughout the country in recent times.

Sensei shared a table with Chris Aihara and her work, Nikkei

Letters:

9-1-99

Dear Rev. Kensho Furuya:

Hoping this letter finds you and the rest of your students in good health and spirits. My name is Prashant V. K. and I am learning Aikido under a teacher out here. I recently ordered one of your Aikido cassettes and I was very highly impressed with the quality of production and explanations and philosophy as told by you. In fact I have been asking the rest of the students to place an order for the different volumes.

I would be very obliged if you can send me an autographed picture of yours. Hope I will get a favorable reply. Sincerely,
Dr. Prashant V. K.
PO Box 3892
Deira, Dubai, U.A.E.



Bob Cusanta visits us from New York (2nd from right), New York Aikikai. Also with Santiago (3rd from the right).

9-12-99

Dear Sensei & Students:

Thank you so much for your kind hospitality on my recent visit to your dojo. Your acceptance and the wonderful spirit of your community remind me of why I continue to love and practice Aikido. Thanks again and a special thanks to Tom (Williams) for getting me back to my hotel. I look forward to training with you all again in the near future. In spirit,
Bob Cusanta

118-80 Metropolitan Ave. #1H
Kew Gardens, NY 11415

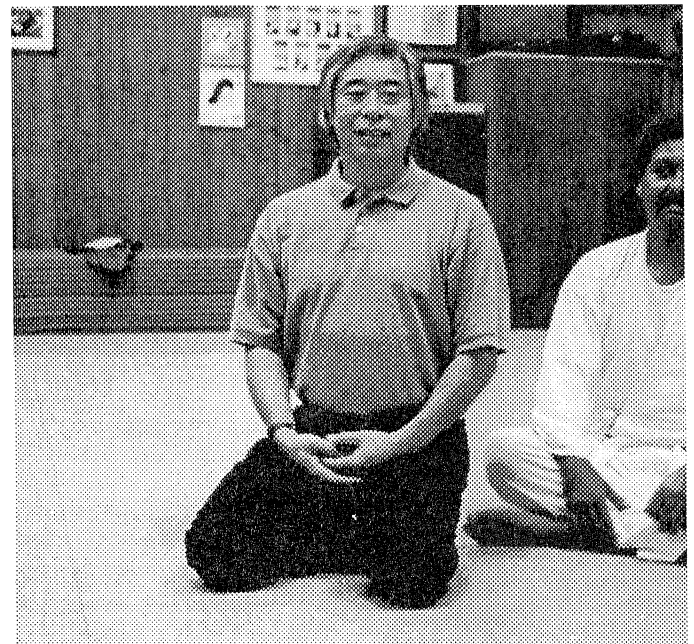
Editor's Note: We welcome you anytime you are in Los Angeles. As a side note, Bob's teacher is Toby Kasavan who began and studied Aikido under Sensei about 30 years ago. He now has his own dojo in New York.

Special Guests: Jun Furukawa From Japan



Jun Furukawa, 3rd Dan, (2nd from right), visited as Tom Williams guest. Mr. Furukawa practices at Hombu Dojo and his own dojo in the Bunkyo District of Japan. His 2nd visit to our Dojo.

Prof Craig Ihara, Asian Philo. Cal State Fullerton



Our dojo was honored with a visit from Prof. Craig Ihara, Prof. of Asian philosophy at Cal State Fullerton. Having to miss our Nisei Week Sword Arts Lecture on the life of Miyamoto Musashi, he decided to visit us for our Budo Study Class on Sept. 8th. He will be visiting us again and we hope to see him soon at Budo Study or one of our upcoming lectures. He was very interested in the Hagakure Bushido. We welcome all of our guests to our Dojo.

Calendar

- Oct. 9. Intensive Iaido 6:30am
- Oct. 6. GENERAL MEETING 7:45pm
- Oct. 10-12 Karita Sensei in Los Angeles
- Oct. 13. BUDO STUDY 7:45pm
- Oct. 24. Japan Culture Festival
Newport Beach Higashi
Aikido Demonstration.
- Oct. 30. Instructor's Intensive
6:30am
- Nov. 3. GENERAL MEETING 7:45pm
- Nov. 10 BUDO STUDY 7:45pm
- Nov. 11. Veteran's Day Holiday
Dojo closed.
- Nov. 13. Iaido Intensive 6:30am
- Nov. 25. Thanksgiving Holiday
Dojo closed.
- Nov. 27. Instructor's Intensive
6:30am
- Dec. 25. Christmas Holiday
Dojo closed.
- Dojo will be open Dec. 26.**

Please pay your monthly dues on time. Black belts recently are being especially negligent. Students who are not current will not be allowed on the mats. Continued tardiness may result in termination of your membership. Please cooperate. You are important to the Dojo and we do need your help and support. Thank you.

Fund Raising Campaign '99

We very gratefully acknowledge the following people for their great generosity and support of our Dojo in this time of need. Like pure gold, we see their true and most beautiful qualities in the midst of the fire. We must reach our goal of \$20,000.00 by the end of the year. We thank you for your valuable support

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

Please send in your non-deductable donations in care of the Aikido Center of Los Angeles. Please support our good works. It is truly difficult to preserve the traditional values in a world of commerce and money and where the self is set above everything else. We do value your kind thoughts but, facing such realities of today, we are in a most trying situation. Your help will be invaluable to us beyond your imagination. Thank you

Aikido Center of Los Angeles
Rev. Kensho Furuya

Aikido Center of Los Angeles NEWSLETTER



Sensei demonstrating at the recent Higashi Obon Festival.

Sensei's Message:

The Selfish Team Versus Self-Esteem

Plato asked the same question several thousands of years ago: "What's wrong with the young people today?" It's not just young people, it seems to be everyone nowadays. We have created for ourselves a highly permissive and self-centered society. We only think of ourselves, we can do no wrong and everyone else is stupid is what we think about the world. When we wonder why we have such terrible violence and tragedy, it seems like it should not come as a surprise to any one of us. Our own selfishness is a form of violence. Yet, we take pride in our selfishness. Perhaps we mistake what is selfish for what is self-esteem in our own eyes.

I always wonder why I have to explain this to everyone. I think it is very obvious. The ones who work hard and give of themselves are always the same ones. The ones who are a little selfish and arrogant are always the ones who are selfish and arrogant. Helping out with the Dojo, taking care of the classes, collecting dues, and keeping up one's own practice are all very important elements to our training. I am so sad to see that some of my oldest students still do not understand this or let their egos get in the way of their good judgement.

You are Like a Fine Sword

Many black belts brag about how good they are compared to others. People who are blessed with talent and ability yet belittle Aikido or waste their potentials are very bad. I see people with perhaps less talent but work so hard and are so devoted. I really must give these people the credit. In collecting fine swords, it is wiser to pick the best work of a lesser artist than

a very average work by a much better one. This is always the case. However, collectors today do not educate themselves and are only attracted to something pricey and gaudy thinking it is always worth more. Once a noted collector asked me why I liked a certain kind of sword guard. "It is very plain," he said, "I don't see any value in it. Why do you like it so much?" I realized that he could not see the inner beauty of the piece and the hidden quality of the forging. Nowadays, many people try to imitate me and are desperately looking for the same type of sword guard. They want it because I am interested in it. Yet, they don't even know what they are looking for. I think if they find one they will eventually be very unhappy with it. It's not even pretty. It is a kind of aesthetic in the East which is very different from our money and price

obsessed society. Some things look very good and people are willing to pay the price. Some things have hidden qualities and it is these hidden qualities that are most appreciated by connoisseurs of Japanese art. Like art, people have many hidden qualities that one must train to see as a teacher. When people say, "Art is in the eye of the beholder;" it means at what level is the eye of the beholder trained.

Hidden Quality, Hidden Virtue

The better one get, the more one should hide his skill. Arrogant people always show off and it is their showing off that brings them down. Some people that they are never really very good and are very humble about themselves and their own skill - these are the great masters of the art.

A Sign of the Times

I saw another nice sign the other day. It reads, "If you are irritable, mean and hard to get along with, please deposit \$10.00 here (in the kitty). I would also like to add, "If you cannot get along with others on the mat, please deposit \$10.00 here in the kitty." Finally, "If you cannot treat your teacher nicely and with respect, please deposit \$20.00 here in the kitty."

Santiago's Visit

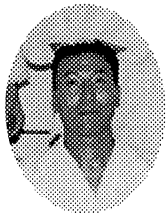
Santiago travelled thousands of miles to come to our Dojo to train, many black belts couldn't get out of bed and drive five miles to practice with him. I am so ashamed and take responsibility for this. But I do reprimand the many black belts who were so selfish or felt too good to train with Santiago. This was Santiago third visit and he plans many more. I hope, in the future, my black belts will make a more decent showing than this year. Also, many made promises to Santiago which he anticipated and looked forward to but people did not come through. From now on, as a matter of courtesy, all activities in all regards with guests of the Dojo in the future must have prior notification and approval from the Sensei. As a matter of courtesy, Sensei should be kept informed of the itinerary of our Dojo guests in the first place. Thanks for your cooperation.

Aikido Center of Los Angeles
NEWSLETTER

Hacienda La Puente Dojo continued:



Tom Williams talking with his students at our Nisei Week Sword Arts Lecture on the life of Miyamoto Musashi in August.



Jun Furukawa

It isn't a typical worldly game of exercising influence over others. A teacher should be sincere and committed to sharing the truth while the student is committed to learning the truth. Also, one's behavior needs to be in accordance with one's words. If I have a defect in my virtue, I need to straighten myself out first.

Students are directed to trust in the art of Aikido and the teachings and practice of O'Sensei rather than making them believe in me for the sake of my ego.

A strong sense of self is an impediment to learning and teaching Aikido. Being overly egoistic creates conflicts with others and limits the development of the good work of the dojo. Being open and objective brings a cooperative clear, and harmonious atmosphere for the benefit of all. The great Taoist sage, Lao Tzu said:

*Give birth to and nourish all things
Without desiring to possess them.*

*Give of yourself, without expecting something in return,
Assist people but do not attempt to control them.
This is how to realize the deep virtue of the universe.*

Dojo Website Installed:

www.aikidocenterla.com

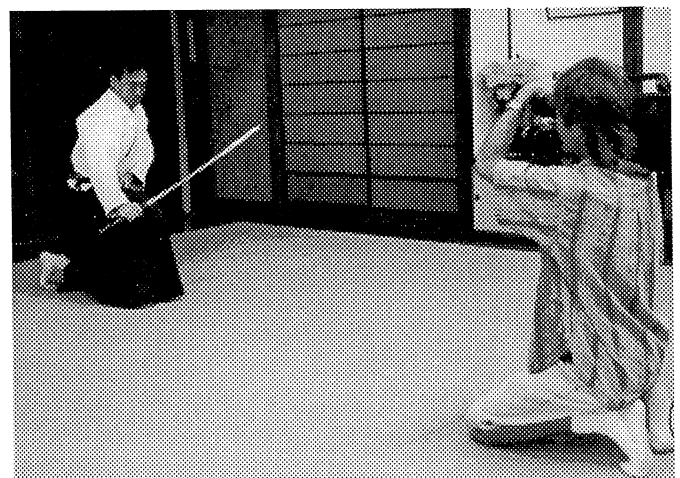
Many thanks to Gary Myers for creating our new Dojo website. Please visit us (I've always wanted to say that!) at our new Website. Sensei will be writing short articles and making announcements for the website on a regular basis. Please keep in touch. See our Website.



Larry Armstrong recently received his Black Belt, with almost 1500 practice hours. We thank Larry for all of the nice photos at the 50th Anniversary of the Japanese Chamber of Commerce on Sept. 24.



Santiago and Susana cook a Spanish dinner at Larry & Beth's beautiful house in West Hollywood. Center: Beth, Larry's wife with Susana, Santiago, Cheryl and Sensei.



Ken Watanabe during shooting of KODO Video by Black Belt.

Thoughts: The Quest for Moral Authority Starts Now

By William Schneider

Reprinted from the Los Angeles Times

Opinion Section, August 29, 1999

What are Americans looking for . . . ? They've got peace. They've got prosperity. They've got a declining crime rate. It's clear they're looking for *something* different. . . . The answer may be moral authority. The country is feeling a sense of moral drift amid prosperity. . . .

People feel vulnerable for the physical safety of themselves and their children. It's not fear of crime, exactly. Crime usually has a motive. Today's violence is unnerving because it seems random. Children get attacked at a day-care center, a presumably safe place. Workers get attacked at an office building.

Just like four years ago, when citizens going about their daily business at a federal building in Oklahoma City were in the wrong place at the wrong time.

There are ways to protect yourself from crime. But how do you protect yourself from random violence?

People see a link between these physical attacks and the deterioration of American culture. The senseless violence people see on the news mirrors a culture dominated by sensation and violence. Institutions that were once pillars of values in society - families, schools, churches, communities - have lost authority. What has replaced them? The answer is the one parents fear most: Kids are getting their values from the media, from the Internet and from each other. In other words, from sources that are value-neutral.

Do people want more regulation and censorship? No. They want leaders with moral authority, alternatives to celebrities and sports figures who degrade the culture. . . .

(William Schneider, a contributing editor to Opinion, is a political analyst for CNN.)

Sensei's Thoughts: I see this trend as well in the much smaller microcosm of the martial arts dojo. It is not simply a lack of moral authority, in my opinion, but a resistance to moral authority bred through a lack of respect for learning and a self-destructive permissiveness played by egos out of control. We seem to have created a world of "me" and "only me."

Many years ago, I clearly remember when one sword dealer who was very upset because he had been cheated out of a very fine sword. Somehow, he had come to me to complain and he was almost out of control. When I heard the details I was real-

disgusted at the lengths someone will go to at the expense of a friend (or even people in general) to make a fast (but dirty) buck. I really sympathized with this guy. Then he turned to me and suddenly declared, "I really admire that * * *! I wish I could be like him! I was so surprised that this odd statement. He then went on to explain that he had wished that he himself had thought of such a clever (but dirty) scheme himself to play on someone else. Yes, he finally did become like his "new" hero. Pretty disgusting and evil in my book. I haven't spoken to him in 15 years. From what I hear, however, he has surpassed his "hero" and has committed acts which I find too hard to believe. Generally, it is advisable to stay away from these people. In Japanese, we say: "*Aka to majiwareba, akaku naru.*" Or, "If you mix with red, you will become red yourself."

We do have a distorted sense of morality if we have a sense of morality at all. I remember another dealer who had really cheated another person and I was very upset about it because it almost, but not quite, bordered on thievery. Although knowing quite well himself that he cheated the other person, he merely said, "It's business." And that, in his book, made everything okay.

It appears that our "morality" is anything which benefits ourselves or promotes ourselves but not necessarily anyone else in particular; tripped up people, victims and the like are merely "perks" or "rewards." We have truly become selfish and when we no longer feel any shame about it at all but extoll it as a virtue then we have come pretty close to rock-bottom.

Letters:

September 15, 1999

Dear Aikido Center of Los Angeles

The Higashi Hongwanji Buddhist Temple held another successful Obon Festival on the weekend of July 24 and 25. 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 in this year's festivities. Your demonstration was most appreciated and it certainly enhanced the overall program of our 1999 Obon Festival.

Please accept our apologies for the delay in acknowledging your participation. We look forward to your continued support of our Higashi Hongwanji Buddhist Temple. With Deepest Gratitude,

Higashi Hongwanji Buddhist Temple
Board of Directors, Festival Committee

August 19, 1999

Best Wishes from Africa.

Tom McIntyre, 2nd Dan (Wyoming)

Aikido Center of Los Angeles
NEWSLETTER

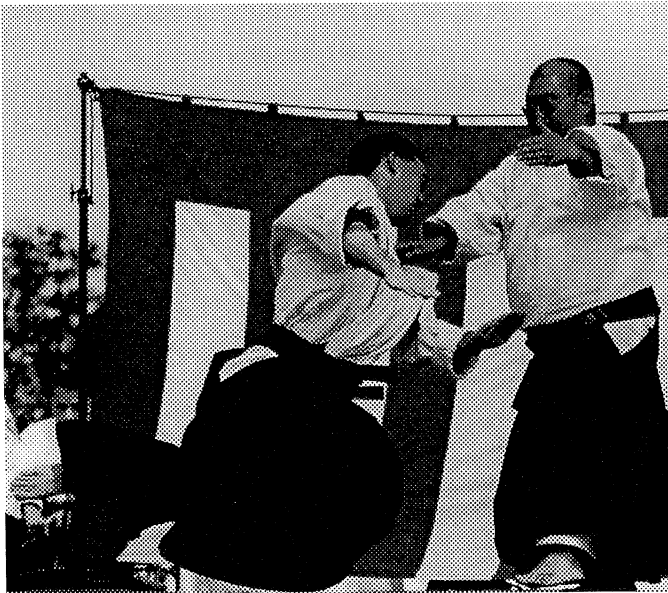
Welcome To The Aikido Center of Los Angeles



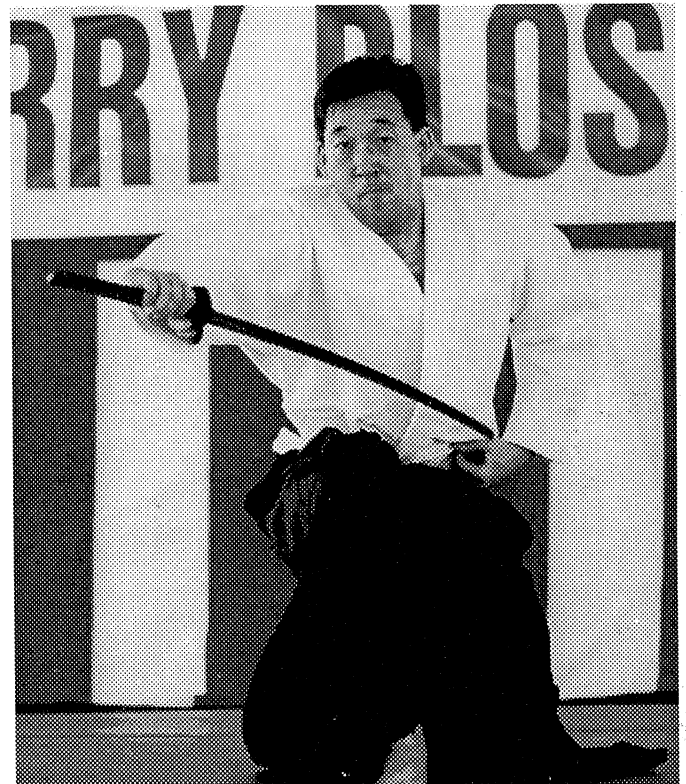
Aikido Center of Los Angeles

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

**Recipient:
Outstanding
Cultural Award 1999
By The Japanese
Chamber of
Commerce of
Southern California**



Reverend Kensho Furuya, 6th Dan



Japanese Swordsmanship Muso Shinden Ryu Iaido

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

Dojo Supplies

Official Dojo Jackets

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

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Aikido Center of Los Angeles
NEWSLETTER

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Rev. Kensho Furuya


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aikido

by Kisshomaru Ueshiba



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

羅府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673
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Office of the President: Tetsuo Yamamoto, 1000 S. Main St., Los Angeles, CA 90015. Tel: (213) 687-3673

April 1, 1997 Volume XV, Number 4

In This Issue:
San Francisco
Master Hsu's
Visiting Master
New San Francisco
Aikikai
Dojo Treasure
Arrives From Japan
The Spirit of Aikido



At the Aikido World Headquarters in Japan

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.

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

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規範 合気道 基本編

編者 横芝守英
著者 横芝守英




150万合気道人のバイブル!
全世界合気道の総帥・横芝守英道主と
技法の中心・横芝守英本部道場長の共著
による初めての合気道教科書!
財団法人合気会・川版芸術社——発行

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

The Spirit of Aikido

Kisshomaru Ueshiba

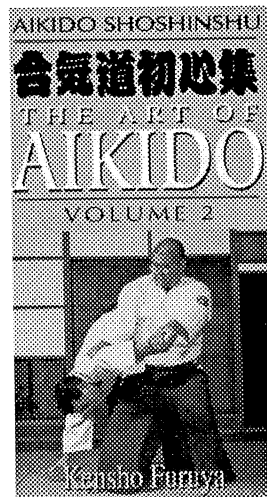
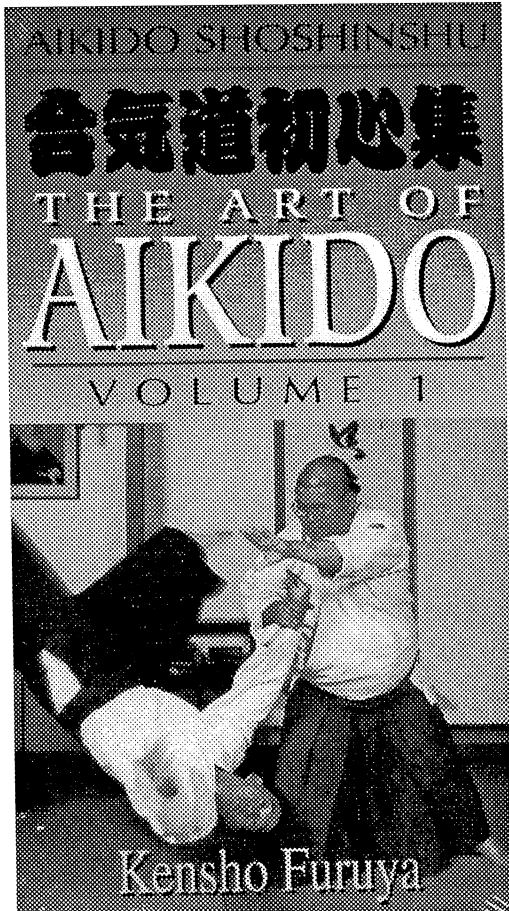


THE SPIRIT OF AIKIDO
By Doshu Kisshomaru Ueshiba
An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido.

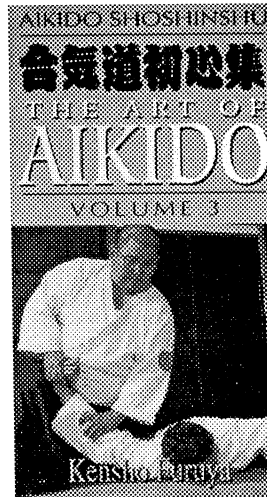
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

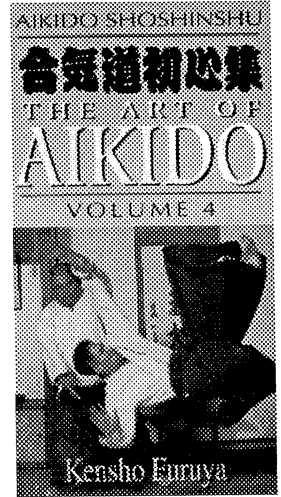
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



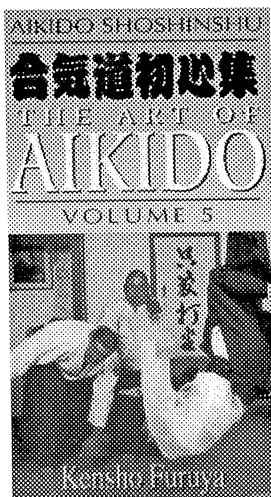
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



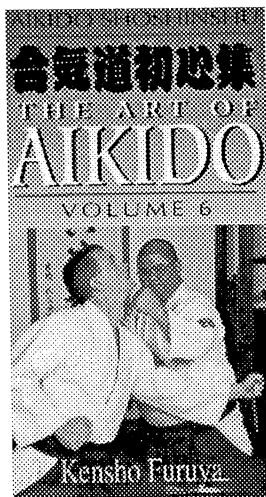
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



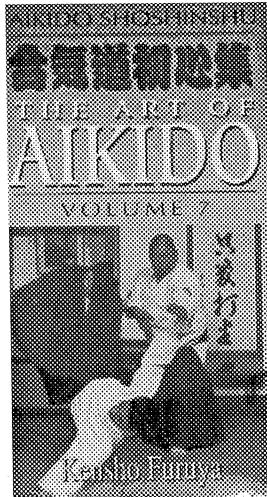
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



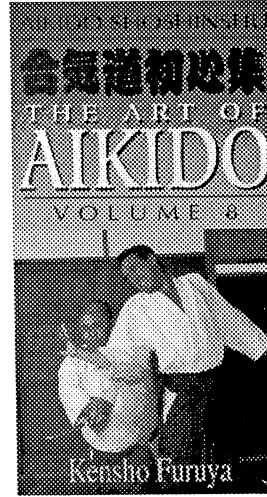
Suware-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



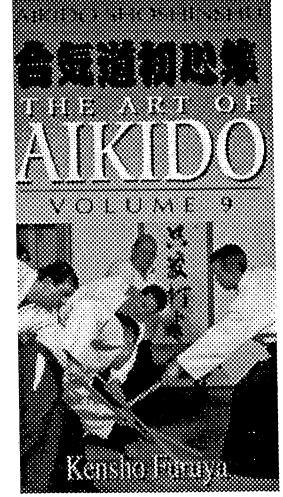
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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



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



Jo: Basic long staff
Fundamentals.

Complete 1st Degree
Black Belt Examination

Aikido

TRAINING SCHEDULE

Adult BEGINNING

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

Intermediate-Advanced
Tuesday & Thursday Evenings
6:30pm-7:30pm

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

CHILDREN'S CLASSES

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

Affiliation

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

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

ATTENTION:

Please be cautious of people misusing Rev. Kensho Furuya Sensei's name and Aikido Center of Los Angeles' name without authority or permission, whatever they may imply or infer.

Please visit our Dojo Website:
www.aikidocenterla.com

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturday & Sunday Mornings
8:00am-9:00am

IAIDO INTENSIVE SEMINAR

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

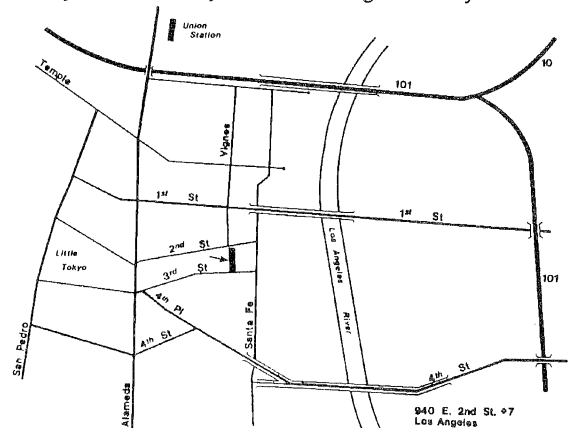
AIKIDO & BUDO DISCUSSION GROUP

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

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

About the Dojo:

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. The **Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.