

# NEWSLETTER

AIKIDO CENTER OF LOS ANGELES

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## "ANCIENT WAYS" RECEIVES TOP HONORS

According to the Martial Arts Training (MAT) magazine's recent Reader's Survey published in the latest November 1992 issue, Sensei's regular column, "Ancient Way," has been elected as one of its most popular and well read columns.

"... people particularly liked to note a favorite column, writing "Reverend K. Furuya is the biggest reason why I purchase M. A. Training..." It was also recorded: "As an interesting side note, Reverend Furuya's column received the most asterisks, exclamation points, four point scores (three is the maximum) and favorable marginal comments of any column or topic." Martial Arts Training is the companion publication to the well known Black Belt magazine to which Sensei is one of the contributing editors and technical advisors. Sensei has been writing the Ancient Ways column for about eight years now and Black Belt Magazine has plans to publish it in book form in the near future. Sensei is contracted to write three books with Black Belt magazine.



Mitsuko Yoshimoto, 2nd Dan, executing a beautiful two-man randori during Nisei Week Demonstration, Aug. 8th, at the Japanese Village Plaza before a crowd of about 500.

## Summertime In The Dojo

As most old timers in the dojo know, summertime in our dojo is always very busy. For most dojos, summer means summer vacation with many students away on trips and a very quiet period but not for the Aikido Center of Los Angeles.

Through the months of July and August, we performed very popular and well attended demonstrations at the West Covina Community Center,

the Lotus Festival in Echo Park (Hollywood), the Pasadena Buddhist Church, the Zenshuji Soto Mission, the Higashi Hongwanji Buddhist Temple in Little Tokyo and the Annual Nisei Week Aikido Demonstration at the Japanese Village Plaza. Eight demonstrations in all for a very busy summer in the dojo. Many thanks to all the students to supported and helped out and saved us from this busy program. Our dojo policy is to support all community oriented, non-profit programs which serve the people.

## ACLA Battodo Joint Practice With the Machida Dojo, Tokyo

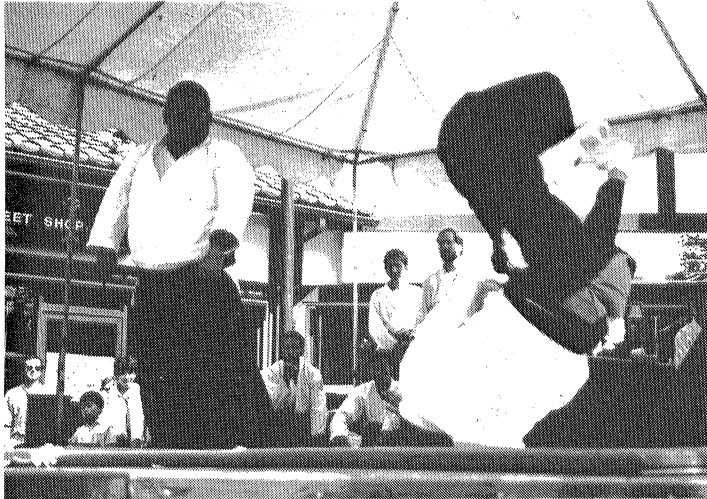
From August 3rd through the 10th, Mitsuo Hataya Sensei, 6th Dan, brought six members from his Machida Dojo in Tokyo for our annual Joint Practice and Dan Examination. Due to their busy tour schedule, they did not participate in this year's Nisei Week Demonstration. This year, they toured San Francisco and the Grand Canyon as well as beautiful downtown Los Angeles, of course.

## "The Raven"

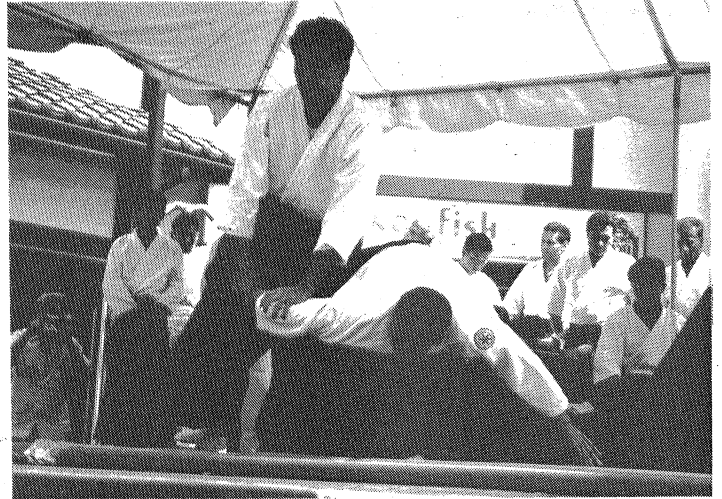
Jeffrey Meek, star of the summer hit, "Raven," series airing on channel 2, is studying Japanese culture and swordsmanship with Sensei before heading out to Hawaii to shoot another 15 episodes for its second run. Jeff will return in February and continue training in the dojo.



**Nisei Week Demonstration 1992**  
**August 8th. Japanese Village Plaza**



**Sensei - Free Style Technique**



**Ken Watanabe - Ikkyo Technique**



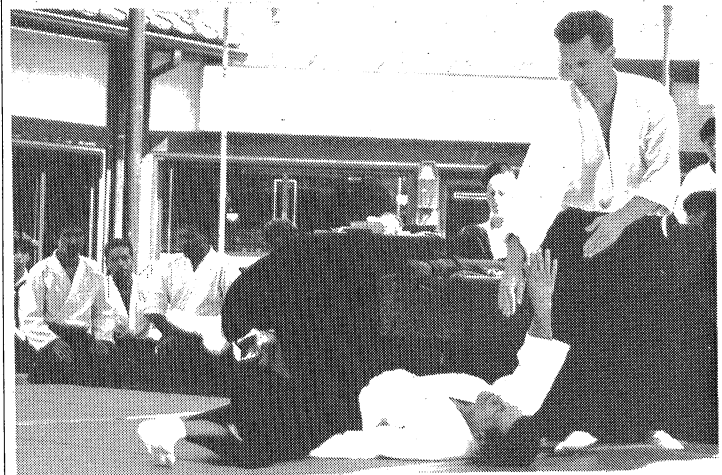
**Victor Rodriguez - Long Staff**



**James Doi - Ikkyo Technique**



**Sukkoo Lee - Kotegaeshi**



**Bill Gillespie - Kokyunage**

**Nisei Week Demonstration 1992**  
August 8th. Japanese Village Plaza



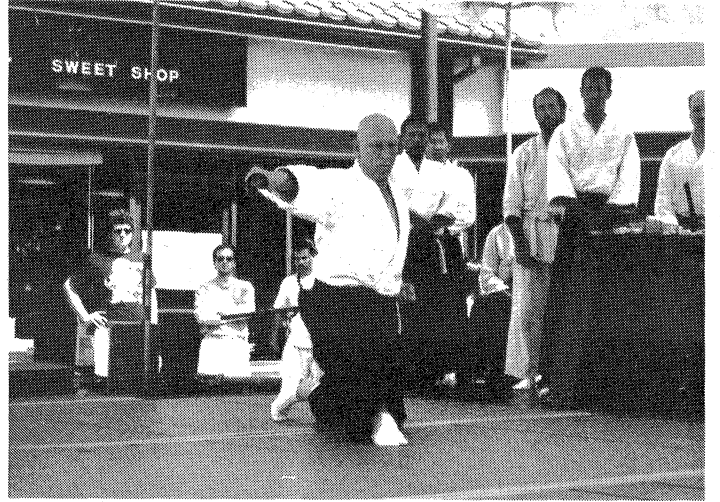
**Mark Moore - Kotegaeshi**



**Gary Myers & Steve LeHocky - Kunitachi**



**Ismael Araujo - Koykunage**



**Jeff Wheeler - Muso Shinden Ryu Iaido**



**Mitsuko Yoshimoto - Koykunage**



**Gary Myers - Battodo Tameshigiri**

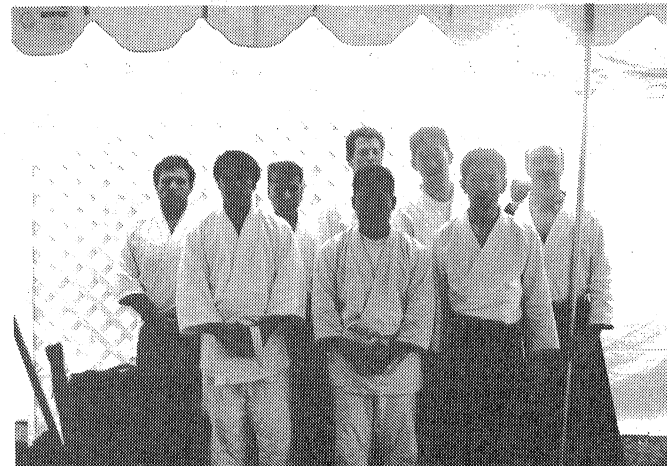
**Aikido Summer:**



West Covina Community Center on July 11th.



Pasadena Buddhist Church on July 12th.



Lotus Festival in Hollywood on July 12th. Our brave students performed in Hollywood at 4:00pm and made it to Pasadena on time for a 6:00pm demonstration there.

**Dr. Shawn Sungmin Pak, Chiropractor**

Make an appointment for your aches and pains.

Member of the ACLA.

# Training Schedule

## Begining Open Classes

**Mondays thru Fridays**

**7:00am - 8:00am**

**8:00am - 9:00am**

**6:15pm - 7:15pm**

**7:30pm - 8:30pm**

**Saturdays**

**10:15am - 11:15am**

**Sundays**

**9:45am - 10:45am**

## Advanced Classes

### 2nd Kyu & Up

**Tuesdays**

**7:30pm - 8:30pm**

**Saturdays**

**11:30am - 12:30pm**

## Children's Classes

**Sunday Mornings**

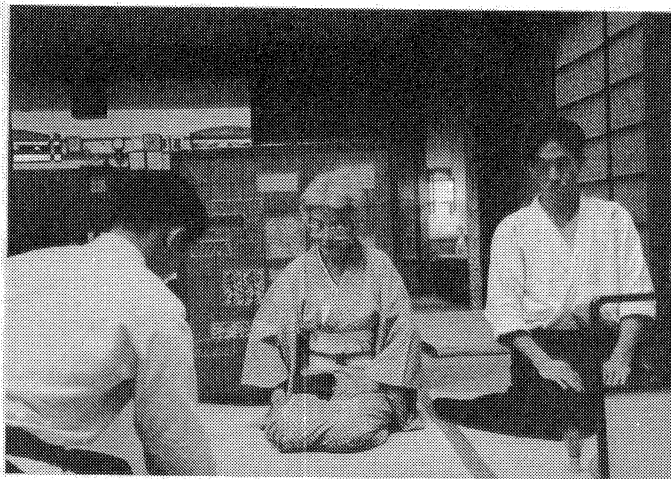
**8:30am - 9:30am**

## Women's Self-Defense & Workouts

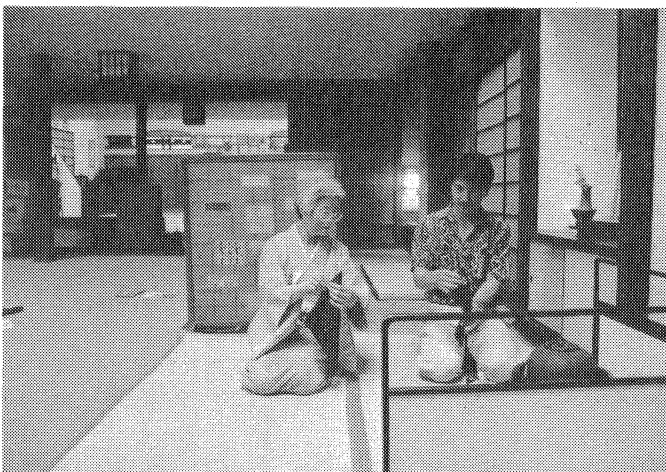
**Tuesdays & Thursdays**

**4:00pm - 5:00pm**

## Have a Cup of Tea?



Students in the dojo being instructed in the ancient art of the Japanese tea ceremony, Sado.



Brian Kanegawa being instructed in the use of the *fukusa* by Madame Sokyo Arai Sensei, teacher of the Edo Senke School of Tea.

The phrase, "Have of cup of tea?" comes from a very famous Zen koan. Our dojo is very proud to have Madame Sokyo Arai Sensei of the Edo Senke School of the Japanese Tea Ceremony teaching at our dojo on Saturday afternoons.

Participating members are Gary Myers, Ken Watanabe, Mitsuko Yoshimoto, Kenny Furuya, Brian Kanegawa and Jeff Meek (Raven).

Those interested in practicing the tea ceremony must see Sensei and enter the waiting list. The size of the class is restricted.

## Announcements

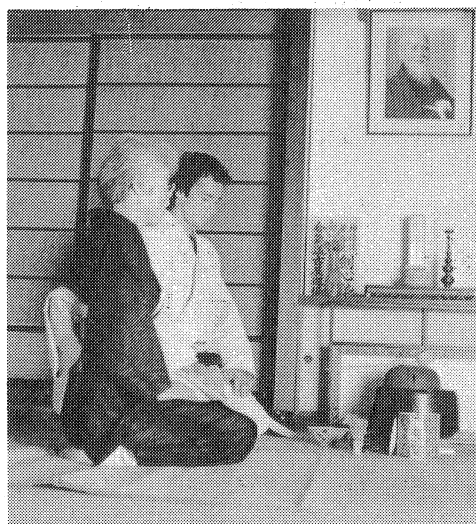
The Black Belt Examination has been postponed to September 27, 1992 from 12:30pm.

Congratulations to Monica and Victor who were wed in Santa Barbara on August 22, 1992. The wedding was attended by Sensei, Richard Elorriaga, Chris Prejean, James Doi and Ken Watanabe from the dojo.

The Children's Class schedule has been changed to 8:30am to 9:30am on Sundays. Please note this in your calendars.

## Official Dojo T-Shirts

\$14.00 each. Large and X-large sizes only. Limited quantities in three different colors of green, blue and purple.

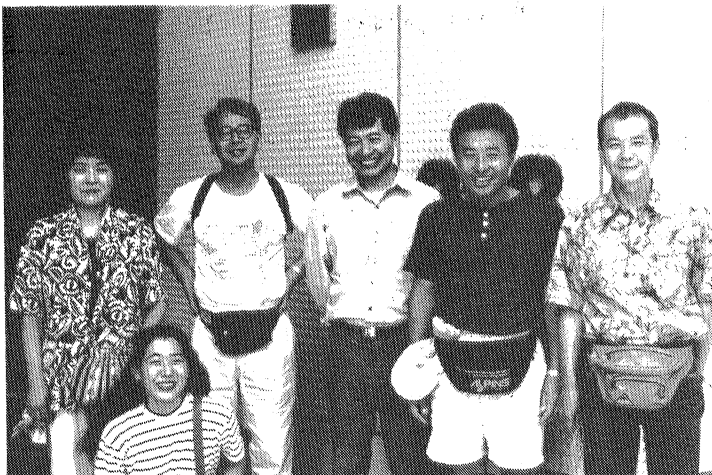


Arai Sensei instructing Jeffrey Meek in the art of tea. Classes are every Saturday at the dojo.

## ACLA NEWSLETTER

The ACLA Newsletter is published monthly by the Aikido Center of Los Angeles. It is free to active members; an annual subscription is \$25.00.

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Hataya Sensei and Members of the  
Machida Dojo from Tokyo, Japan

## Battodo Examination Results

Results of All Japan Battodo Iaido Federation annual test conducted by Mitsuo Hataya Sensei and Kensho Furuya Sensei on August 9, 1992 at the dojo.

Gary Myers promoted to 4th Dan

Jeff Wheeler promoted to 2nd Dan

Ken Watanabe promoted to 2nd Dan

## Iaido & Battodo Training Schedule

**Wednesdays: 8:45pm - 9:45pm**

**Saturdays: 9:00am - 10:00am**

**Sundays: 7:30am - 8:30am**

Every 3rd Saturday - Intensive practice  
from 6:30am - 8:30am.

Every 1st Friday - Sword Study Class from  
7:30pm - 9:00pm.

Every last weekend - No practice.

## Kenshinkai

We are re-organizing our ever growing swordsmanship group with the new name: *Kenshinkai*. "Kenshin" means "heart," "mind," or "essence," of the sword. "Kai" means group or organization. We are also still recognized as the Los Angeles Branch of the All Japan Battodo Iaido Federation headquartered in Tokyo, Japan. We are the only branch dojo officially recognized outside of Japan.

We decided on this name, "Kenshinkai," because it is important not only to study the technique of the sword but its "spirit" as well. This means we must penetrate through to the heart of the sword through our training and understand its purity and virtue.

Our training schedule has become a little complicated so everyone must pay close attention to the calendar. Every 1st Friday, we will have our sword study class from 7:30pm. On every 3rd Saturday, we will have an intensive training from 6:30am to 8:30am. There will be no practice on the last weekend of the month. Sunday practice has been moved to 7:30am. Please make a note of all these changes and we apologize for such a complicated schedule.

Mitsuo Hataya Sensei made his annual tour with five members from his Machida Dojo. They stayed for ten days. We had a very nice joint practice on August 7th and our annual examination on August 9th. There will be another examination around the beginning of November.

### Training Goals:

From the results of the recent examination, there are several points which need to be concentrated on in our training. Most members need to establish more regular training hours. It is for this purpose we have expanded the dojo training schedule.

In the next few months, I hope we can improve on the basic *suburi* and *noto*. Our timing is off and some students are going much too fast. Please slow down a little and watch your timing.

We need to relax our shoulders more and not try to control the sword with our arms or the strength in our arms. Concentrate your power in our center and in our legs. Watch your posture! Keep your chest open and relaxed at all times and please don't forget the position of the back foot.