

羅府合氣道学院古屋道場



# NEWSLETTER

AIKIDO CENTER OF LOS ANGELES

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Los Angeles, California  
90012  
(213) 687-3673

Affiliation: Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
United States Aikido Federation, Eastern Region  
Santa Monica Branch Dojo, 2300 Santa Monica Blvd., Santa Monica, CA. 90404  
Nihon Iaido Kenshin Kai - Japanese Sword & Swordsmanship Society c/o ACLA

September 1, 1995

Vol. XIII. Number 9.

## Doshu Receives Highest Honors

The Emperor of Japan will present Doshu Kisshomaru Ueshiba Sensei with one of the highest honors to those in the cultural arts, the *Kun San To Zuiho Sho*, on October 8, 1995 in a special ceremony and celebration. Our Best Regards and Congratulations to Doshu.



Aiki Doshu with the most Reverend Umeta Shinryu Roshi of Sojiji Temple and Suganuma Morito Sensei of the Aikido Shohei Juku Dojo on the celebration of Suganuma Sensei's 25th Anniversary of the establishment of his dojo.

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Nisei  
Week  
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JACCC  
Kid's  
Discovery  
Workshop  
July 21st



On Friday, July 21st, the Dojo hosted the JACCC Kid's Discovery Workshop sponsored by the JACCC. About 30 youths attended participating in Aikido exercises, ukemi and kid's sumo as well as enjoying a tour of the Dojo with an explanation of the all the various things in the Dojo and seeing, many for the very first time, a demonstration of Aikido. Assisting Sensei, were Kenny Furuya, Curtis Westfall, David Ito, Rick Parents, Douglas Lew and Rey Espino. Everyone had a good time and someone said they could hear the kid all the way

Special Edition: "Aikido & Human Spirituality" by Dr. Taitetsu Unno

In Gratitude:

We thank the following for their generous support of our Nisei Week Aikido & Sword Demonstration:

The J.A.C.C.C.

Dr. Taitetsu Unno

Little Tokyo Art Workshop

Nisei Week Street Art & Crafts Fair

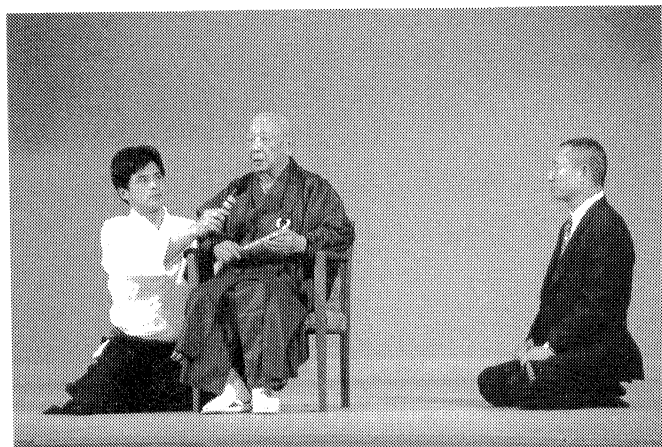
Nisei Week Office



Kids "jump for joy" in Aikido Workshop - JACCC's Kids Discovery Program

**Kid's Discovery Workshop con't.**

they could hear the kids all the way out to 2nd Street. This is the second consecutive year the Dojo has participated in this event. The Dojo wishes to thank Ms. Chris Aihara and Ms. Meg Imamoto of the JACCC and the parents for their help and support in coordinating this event. We look forward to seeing the kids again next year!



**Congratulations:**

Morito Suganuma Sensei &  
Aikido Shohei Juku Dojo

Above: The Most Reverend Umeta Shinryu Roshi of Sojiji Temple giving greetings and talk at Suganuma Morito Sensei's Anniversary Celebration of his dojo in Kyushu, Japan. Suganuma Sensei is at the right.



Kids had a great time as well as our own instructors.



Kid's Aiki-Sumo - JACCC's Kids Discovery Program

## DOJO FUND RAISING EVENT

Please help support our Dojo with our Fund Raiser. Our last Fund Raiser two years ago raised enough to purchase our tatami mats. This year, we need to raise \$10,000.00. We really need your support! Send your donation in to the Dojo today. We appreciate your continuous and very generous support of the Dojo. Thank you,

## MASTER ADAM HSU SEMINAR Sept. 9-10th

Master Adam Hsu will conduct Seminar #8 at the Dojo. Master Hsu is one of the very top Kung Fu masters in the world and an old, good friend of the Dojo. Please sign up early to reserve your space. There will also be a Welcome Luncheon for Master Hsu in Chinatown on Sunday after the Workshop. Please see Ken Watanabe for more detailed information.

## New Dojo T-Shirts

We have new Dojo T-shirts on sale in the Dojo. They are the light grey with the Dojo logo on the front in green and O-Sensei's writing on the back in purple. The Founder's words read: *Masakatsu, Agatsu, Katsuhayabi* or roughly translated as "The true victory is a victory over one's self. The day of a speedy victory."

T-shirts are in XXL, XL, L and M sizes. Quantities are limited so get your T-shirts early! Funds will go towards the costs of the shirts and as part of our current Fund Raiser. \$15.00 each. Many thanks for your kind support.

### Special Thanks

Much appreciation to the staff of the JACCC for their support of our 55th Annual Nisei Week Aikido & Sword Demonstration on August 20th. And also, many thanks to Miles Hamada of the Little Tokyo Art Workshop for the very beautiful posters this year. And to Brian Kito of the Nisei Week Street Art & Crafts Fair.

### ACLA Newsletter

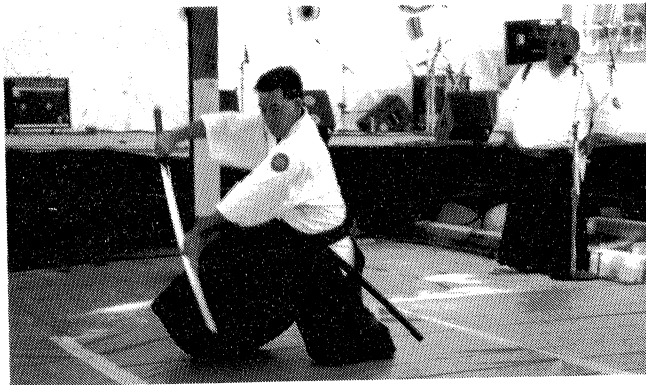
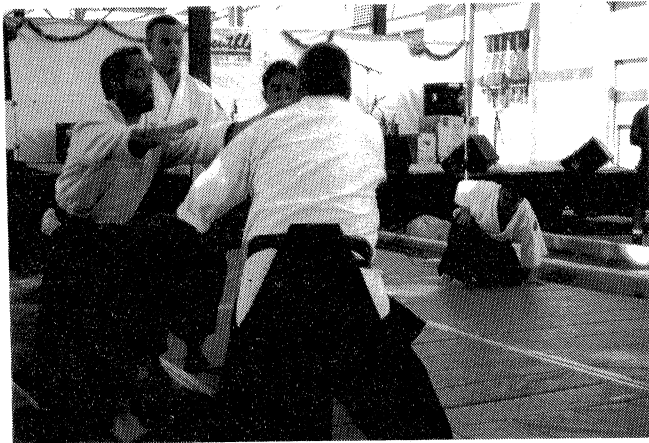
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Kensho Furuya

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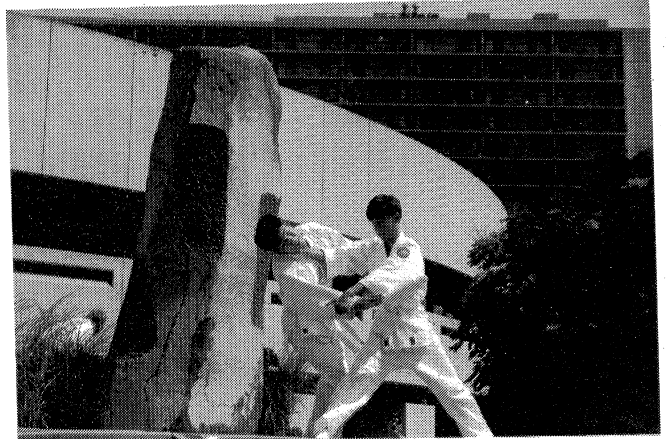
# Nisei Week Aikido Demo

August 19th: Nisei Week Street  
Art & Crafts Fair



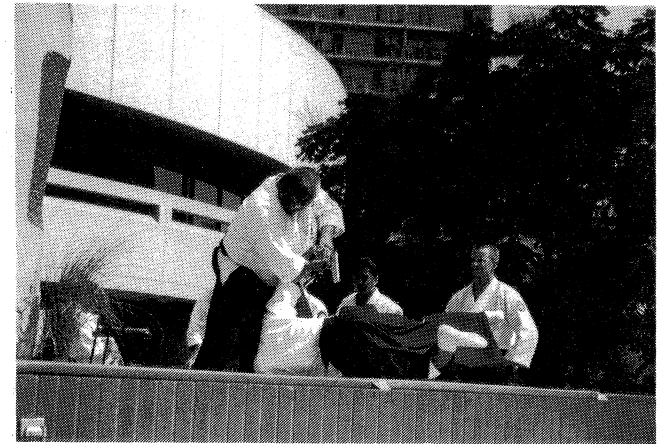
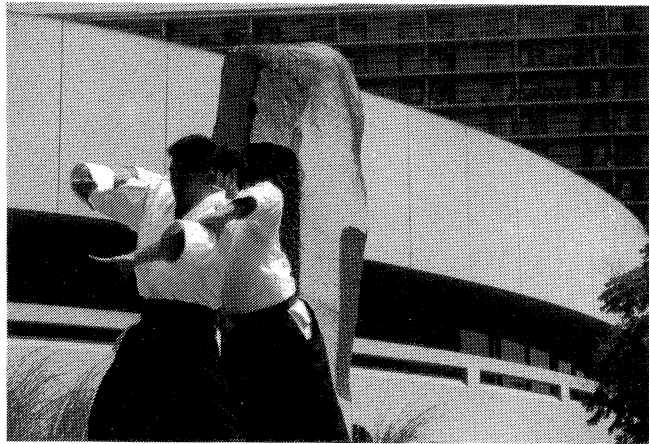
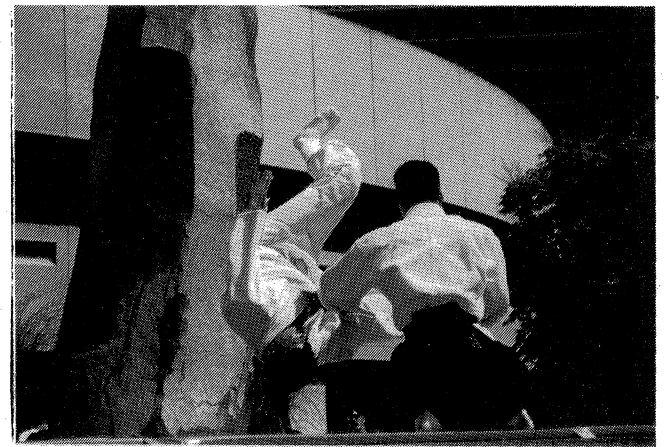
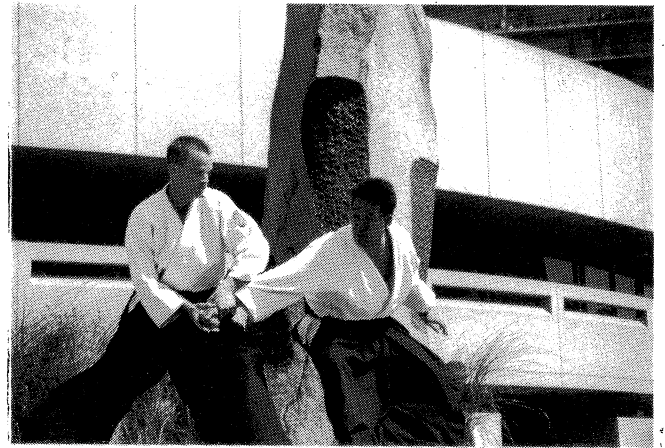
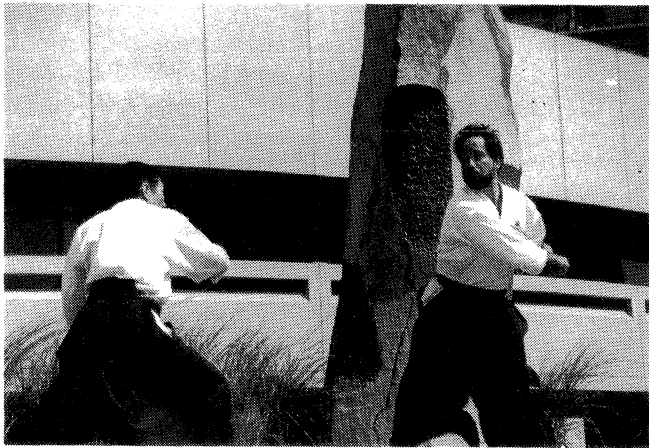
Our demonstration at the Nisei Week Arts and Craft Street Fair on 1st and Central Sts. next to the Japanese American National Museum was very well attended. A special guest was Sifu Randy Williams who came from Pennsylvania to see our demo.

August 20th: JACCC Plaza



We had a great turn-out of about 500 people and, according to the terrific response we received after the demonstration, everything went off quite well. Many dojos were there in the audience including the Musubi Dojo of Claremont, the Yoseikan Budo Dojo of Rolling Hills Estates, Tenshinkai of Westminster, the Shinkendo Dojo of Hollywood, Ryobukai of Orange County, with some guests from Canada and France.

**AIKIDO CENTER OF LOS ANGELES**  
**NEWSLETTER**



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Above: William Gillespie demonstrating two-man knife attack free style Aikido.  
Uke is Ken Watanabe and Kenny Furuya  
Below: Kenny Furuya demonstrating techniques against punches and strikes with Raul Montolfo.

**AIKIDO CENTER OF LOS ANGELES**  
**NEWSLETTER**



Above: Richard Eloriagga executing Muso Shinden Ryu Iaido technique - Ryuto.  
Below: Norman Lew demonstrating basic technique with Rey Espino.

# Aikido & Human Spirituality

## Lecture by Dr. Taitetsu Unno

Editor's Note: This article is a transcription of a lecture presented by Dr. Taitetsu Unno at the Dojo on August 16, 1995 as part of the Nisei Week Japanese Festival celebration. Dr. Unno is a Professor of Buddhism and Eastern Religions at Smith College in Massachusetts and a veteran Aikido teacher. He is also the translator of Doshu Kisshomaru Ueshiba's "The Spirit of Aikido." This lecture was kindly transcribed by Dr. Cheryl A. Lew.

Thank you for the introduction. I'm very happy to be here this evening. This is the first time I have met Furuya Sensei but the reason I'm here is he asked me to write a review of the tapes he made on Aikido and I was very impressed with his presentation and that's how we began communicating with each other. But as I said, this was my first encounter, person to person, with him.



Dr. Unno with many members of the Dojo. The lecture was part of the Dojo's Nisei Week Festival celebration on August 16th.

How many of you are not doing Aikido at the moment? Okay, that's alright.... We'll get you interested tonight.

I live in Massachusetts and I was very active in Aikido. At the moment, I'm not too active.

The main reason I felt that the nine videotapes made by Furuya Sensei should receive greater circulation is that I sensed in his tapes that there is something more in his presentation than just the atheletic aspect. By the "atheletic aspect," I mean the physical movements, the emphasis on the bodily movements of Aikido. Although never explicit, there is also the dimension of the psychological and even deeper, I sensed a kind of spiritual element. And these three are basic to Aikido: the physical, the psychological, and the spiritual. And so this evening, I would like to briefly discuss my views on these three and how they become integrated. And then leave some time for discussion.

I began Aikido very late. I was thirty-five when I started Aikido at the Hombu Dojo, the Headquarters, in Tokyo. I was taking private lessons for about three years under the Shihan--we call them Shihan, these professional teachers. And I've been continuing Aikido ever since, and so what I say concerning the physical, the psychological and the spiritual will be related to my own experience, not only in Aikido itself, but in Asian spirituality. My main field is Buddhist Studies. I teach Buddhism at Smith College. And for me, spirituality has no boundries whether it is Aikido, Buddhism, Confucianism, Taoism and Western traditions, if we search deeply enough into them.

But to go back to the basic point, as you know, Aikido begins with the physical training. Now, the physical training in Aikido has a number of characteristics. And all of you who have done Aikido are familiar with these, and those of you who are new to Aikido will find this very interesting, I think. The physical training--**the main purpose of the physical training in Aikido is to get rid of bad habits that we have developed in using our bodies.** Bad habits. And in order to achieve that goal, we practice basic *kata*--



forms. The English word "form" is very interesting because we use "form" also with "reform"--that means changing the form from our, what we think natural, but very unnatural way of sitting, standing, walking, moving. We reform that and we try to "conform" to a pattern--*kata*, that have been developed over the centuries for maximum physical movement. And when we conform to the *kata*--the form--what we "perform" follows what experts have developed over the centuries for maximum functioning of the body. So there is "reforming", "conforming", and "performing."

And as you know, the training is to find the center of gravity--the center of gravity: not in the muscles up here (pointing to the upper body), not here (pointing to the legs), but in the pit of the stomach, where the Ki energy comes from--the Center. Now, in order to achieve this, as all of you know, the practice is very repetitive. You repeat the same motions, right?

When I started Aikido, for about three weeks, all I did was learn how to roll forward and roll backward--I said, "Where's the action?"-- "No, no--you've got to roll." That's all I did--I was paying a good fee for private lessons! (Laughter) But there's a very interesting psychological element in that, which I will go into in a minute. But, it's repetitious. And the teachers never explain why we're doing this--you know, you just watch and you copy. And this is true with the Art of Flower Arranging, with Tea Ceremony, with Calligraphy. In the Asian traditional arts--they never explain: you just do it, you just do it. So, there's repetition, no explanation--which means that the burden of learning is on the student, --**the burden of learning is on the student.**

Because I was taking lessons under the Shihans--these professional teachers--it was one to one. And sometime my teacher would have

to go off for training camp, to teach at a training camp, and his substitute would come--another professional teacher. And we would do the same thing--like *katate-tori shiho-nage*. And I've mastered it, I think, and so I do it, and this substitute teacher says: "No, no--that's no good, no good. Gotta do it this way." So I say: "Well, okay--I'll do it this way." But the third teacher came a few months later and he says: "No, no, that's no good, that's no good, you've got to do it my way." So, I thought, why don't these damned teachers get together? (Laughter) and agree--you know, you know? It's the same professional staff, and it's very basic movements. Why don't they agree? So, after years of this, I realized that, when you are training in any of these Asian arts, you follow your teacher exactly the way he says, and if the next teacher says "No, that's no good, you do it this way," You follow that until you reach a point where you develop your own movements. You know.... I'm short, I'm weak--not strong. Some teachers are big and strong; others are thin and swift. But that's their own style and I have to develop my own style, depending not only on my physical abilities, but my temperament, my personality. But to reach that level, I do think we really have to repeat (the movements) over and over. And this becomes monotonous. And so, the physical training, as I said, is to get rid of bad habits of physical movements, sitting, standing, walking, that we've acquired over the years--get rid of them. And by training with different teachers, gradually one begins to settle into what is most comfortable for oneself.

The second element--**psychological**--enters in here, because the repetitious practices, movements, no explanation, no encouragement, is testing our commitment, our will power, our perserverence, and, most important of all, **reducing the arrogance we have:** "Oh, I've mastered this much."

Dr. Unno's Lecture continued:

That kind of arrogance is gradually--is never done away with--but is gradually reduced.

In Buddhism, we speak of seven kinds of arrogance. If I'm doing Aikido, and there's a beginner--and I say: "He's a beginner." There is already an arrogance. That's the first one. And then, when I see someone who has had some number of years in training, about the same ability, but still I think I'm a little better than he is--you know, a little better--second kind of arrogance. Then, I see someone who has been training for years, really good, you know--in every way he is superior to me--but I say: "My *gi* is cleaner than his." (Laughter) You know? Always! Or I say: "My wife is better than his: my dog is more intelligent than his dog, you know? That's another kind of arrogance. The fourth is the arrogance which gets into a different area, but still, to think that we are going to somehow live forever. And the problem of that kind of arrogance is that we keep putting things off, we don't concentrate in the here and now. And that does affect the kind of training that we do. The fifth arrogance is to think one has attained enlightenment when one has not. In Aikido, this would be to think that one has attained a level of mastery such that one pats oneself on the back. And this is a kind of ultimate delusion that all of us have because we want to make it! We want to get enlightened. We want to get black belt.



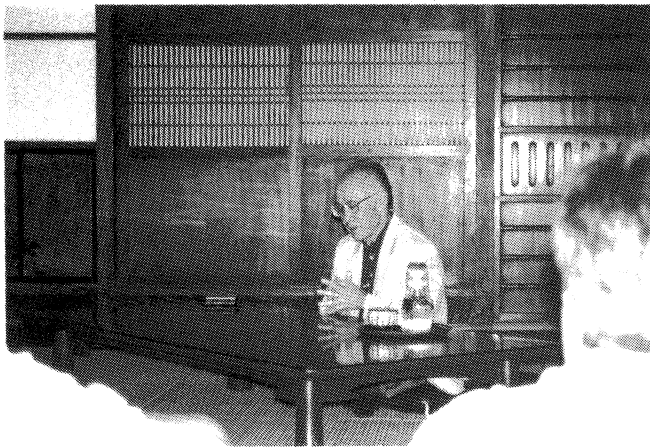
Dr. Unno spoke about many of his own personal experiences

Regarding black belt: what I learned in Japan was that when a person gets a black belt in Aikido, and I think other martial arts, it's a confirmation of the fact that he or she has really become a student of Aikido and that they really train hard. But then I came back to this country after studying for several years in Japan and I began doing Aikido, and I noticed that in this country when a person--maybe it's changed now--but this is like twenty years ago--when a person got a black belt, immediately they want to turn around and start teaching. But of course that's unavoidable, because in Japan, they have all kinds of great teachers, and so if you got a black belt you just feel that "Now, I'm really a first grade student." And you train harder. But in this country where we don't have this long tradition, the moment we get a black belt, immediately we want to teach. I asked Kanai Sensei, who was also Furuya Sensei's early teacher: "Kanai Sensei, how come it's more difficult to get a black belt in this country, U. S., than in Japan." Because in Japan, it wasn't that difficult--I got it in Japan. And he said, "Oh, but in this country, we have to make it hard, because the moment they get black belt, they want to teach." Oh, interesting.

But the psychological cannot be separated from the physical. We separate mind and body, but as you know, they are inseparable. The psychological and the physical may be combined and understood when we truly appreciate the bowing we do in the Dojo. When we bow. When I began Aikido at the Hombu Dojo, the Headquarters, I had a friend who was a teacher at City College here in Los Angeles. He and his wife happened to be in Japan and I had just started. I thought he might be interested, so I took him and he attended two to three sessions. Then he quit. And so I said, "How come you quit--you just started?" He said, "I don't like that bowing stuff."

Bowing at pictures, photographs. Bowing at scrolls. I don't like that bowing." And I said, "Okay, you don't have to do it." But then I realized later, much later, that **bowing is the physical manifestation of humility**. Or to put it psychologically, every act of bowing reduces arrogance. And here clearly, the physical and the psychological cannot be separated.

And these two are intimately connected with what I call the spiritual dimension of martial arts. The spiritual dimension of martial arts can be illustrated by an anecdote I relate frequently. At one Aikido Summer Camp in Massachusetts--this is the East Coast Federation--we invited a teacher from the Headquarters, Hombu Dojo. He came. It's a one week training camp. Towards the end of the training session, he said: "Unno, I don't understand why, in America, martial arts is called *self-defense*." And I said, "Uh, yeah, they're called self defense--what's wrong with it?" He said: "The purpose of Aikido is not self-defense-it is to train oneself such that there is no *self to defend--no self to defend*." And that is a deeply, I think, spiritual or religious understanding of the goal of martial arts.



Everyone enjoyed Dr. Unno's honesty and very intelligent talk on Aikido, Buddhism, training, and martial arts in America and Japan. Now, I don't know if I can explain this clearly, but let me try. In ordinary human relationships, we have what we call the subject and object. Or in terms of martial arts, there is the

attacker and the attacked--subject and object. But the training, I believe in all martial arts--Judo, Karate--the really good, fine teachers--what they are teaching is that as long as we perceive the world in terms of self, other--attacked, attacker--then, the tension that builds up in one's body doesn't lead to a fluid, centered movement. And we have to go beyond, what I call, the subject-object duality. Only then, we are able to disarm the other.

And this kind of **going beyond *self* and *other* is at the heart of all creative activity**. And by creative activity, I mean music, painting, photography, sculpture--all of these things have this quality of getting away from this little, small minded "I" and entering into what I call "the mode of being of the other."

Just to throw off a few quotations that I use, and some of you may be familiar with... For example, T.S. Eliot in the *Four Quartets* has a line that says: "Music heard so deeply, it is not heard at all; and you are the music while the music lasts." See, in deep hearing of music, there is no "I am listening to music"... "Music heard so deeply it is not heard at all..." And there we see the essence of the spirituality of Aikido also. One is so deeply centered, one with the Ki energy of the Universe, that there is no other. The other is oneself. The photographer, Minor White, has a passage in one of his books. He says, "Advice to people who want to take good pictures..." He says, "Be still until the object of your perception affirms your presence." Which means if you want to take picture of a flower, Minor White says "be still" until the flower says, "Okay, you can now take my picture." There are many stories like this. The Japanese gardener who makes his stone garden, rock garden; it is said he sits and meditates before this rock and waits until he hears a small voice that says "I want to go there." I really believe that these things do

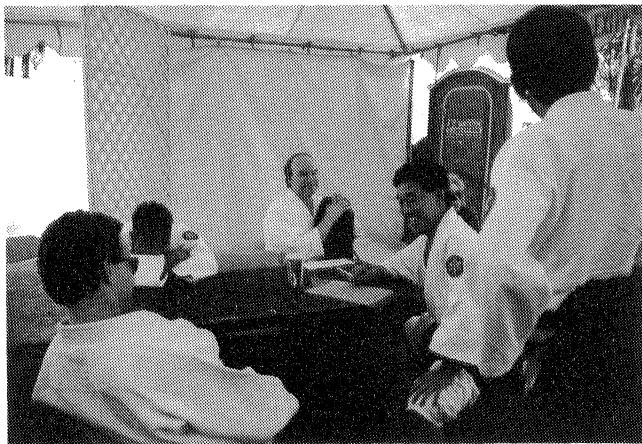
Dr. Unno's Lecture continued:  
happen.

I read once a famous sculptor of Buddha images...he said, in a little essay, I read, "When I want to sculpt a Buddha image, I sit before the tree stump and I wait until a little man comes walking out of the woodwork and turns around and says, 'Follow me.' Then I take my things and I follow him."

So this is, I really think, going beyond the subject-object dichotomy. And which is, "I got to do a good job...I got to do this...I got to do that." And as long as this "I" is at the center, my movements are really hindered.

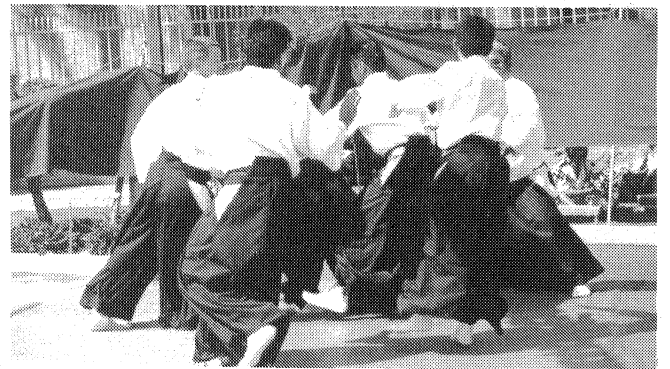
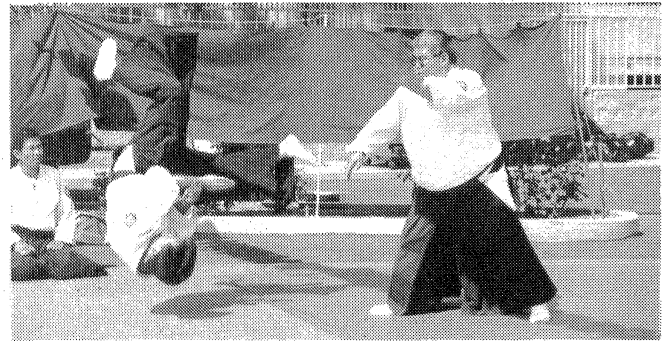
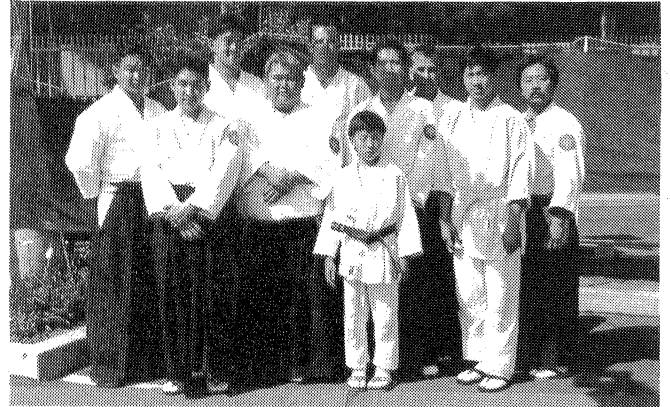
So, the physical, the psychological, the spiritual are one. And what this means is, I think, **ultimately training in Aikido is not so much becoming a good martial artist, is not so much mastering all the techniques, is not so much being able to defend oneself at all times, but more fundamentally, and this is my own personal view, more fundamentally, it is to train oneself to become truly human; as a human person, to become whole.**

Continued in the next issue.



Students relax before presenting annual Lotus Festival Aikido Demonstration on July 9th. The Dojo has been doing the Lotus Festival for nearly 20 years since its inception in Echo Park.

## Higashi Hongwanji Obon Demonstration July 22nd & 23rd:



*From the Hagakure:*

## The Way of the Warrior Hidden Under the Leaves:

### HOW TO BE A SAMURAI

If one were to say in a word what the condition of being a samurai is, its basis lies first in seriously devoting one's body and soul to his master. And if one is asked what to do beyond this, it would be to fit oneself inwardly with intelligence, humanity and courage. The combining of these three virtues may seem unobtainable to the ordinary person, but it is easy. Intelligence is nothing more than discussing things with others. Limitless wisdom comes from this. Humanity is something done for the sake of others, simply comparing oneself with them and putting them in the fore. Courage is gritting one's teeth; it is simply doing that and pushing ahead, paying no attention to the circumstances. Anything that seems above these three is not necessary to be known. . . .

As for outward aspects, there are personal appearance, one's way of speaking and calligraphy. And as all of these are daily matters, they improve by constant practice. Basically, one should perceive their nature to be one of quiet strength. If one has accomplished all these things, then he should have a knowledge of our area's history and customs. After that he may study the various arts as recreation. If you think it over, being a retainer is simple. And these days, if you observe people who are even a bit useful, you will see that they have accomplished these three outward aspects. . . .

Covetousness, anger and foolishness are things to sort out well. When bad things happen in the world, if you look at them comparatively, they are not unrelated to these three things. Looking comparatively at the good things, you will see that they are not excluded from wisdom, humanity and bravery. . . .

This is according to what Nakano Kazuma Toshiaki said. There are people who feel that using old utensils for the Tea Ceremony is coarse, and that it is better to use new, clean utensils. There are also people who are wont to use old materials because of their lack of gaudiness. Both are mistaken. Old utensils, although they are things that are used by the humble, are also used by the higher classes because of their value. Their value is revered. . . .

A retainer is just like this. A person rises from the humble to the higher classes because he has value. At the same time, to feel that a person of no family cannot do the same work as one of higher family, or that a man who has heretofore been only a foot soldier should not be allowed to become a leader, is entirely wrong thinking. As for a person who has risen from the humble, his value should be prized and especially respected, even more than that of a person who was born into his class. . . .

References: "The Book of the Samurai, Hagakure," Trans. William Scott Wilson. Avon Press. 1981.

## Dojo Will Host Concert by Noted Da Camera Society

The Dojo has the honor of being included the prestigious De Camera Society's 1995-1996 Program. The De Camera Society of St. Mary's College sponsors a very special program entitled: "Chamber Music in Historic Sites" which holds concerts in many beautiful and significantly historical and artistic buildings in the Southern California area. The Dojo has been selected for next year - on March 16, 1996.

According to the program: "Japanese folk tales and traditional music in a 16th century Samurai home (re-created in a historic sugar warehouse in Little Tokyo, joined with a demonstration of ancient Japanese martial arts tempered by the serenity of the Zen spirit."

Our building which houses the Dojo was built in 1897 and will be 99 years old on the date of our concert. It was originally a sugar warehouse where sugar was transported by the old Santa Fe Railway to all parts of the country.

Those who are interested in enjoying some of the historic landmarks of Los Angeles and appreciating great music should seriously consider membership in the De Camera Society. It is truly a unique cultural and enriching experience. Sensei has attended several concerts and thoroughly enjoyed himself. It is also a rare opportunity to really see a very beautiful Los Angeles.

## Promotions

As of August 1, 1995

1st Kyu

Jose Araujo

Cheryl Lew

Mark Ty

Cromwell Ty

2nd Kyu

Raul Montolfo

Michael Cervantes

4th Kyu

Allan Judd

David Berver

5th Kyu

Douglas Murakami

Matthew McCarley

Jesse Fernandez

Francisco Fernandez

Victor Sanchez

6th Kyu

Maria Murakawa

Arturo Lopez

Jun Joon

Anthony Mora

Joe Holguin

Jeff Nagasuga

Frank Martinez

Jim Evans

## CHILDREN'S CLASS

### Promotions

As of August 1, 1995

1st Kyu

Matthew Burns

2nd Kyu

Canek Aguirre

Ryan Kageyama

Mari Masumori

3rd Kyu

Susan Kageyama

4th Kyu

Vincent Calderon

5th Kyu

Michael Yamashita

6th Kyu

Eric Akira Marcin-Cuddy

7th Kyu

Justin Kosaka

Ruby Amabel

Kristine San Luis

Norman San Luis

## Dojo Fund Raising Event

Goal: \$10,000

If everyone helps, it's easy.  
Thanks for your support.  
Please help!

### CURRENT DONORS

Bill Gillespie \$385.00  
Ken Watanabe \$100.00  
Arsha Badalian \$40.00  
Mike Badalian \$100.00  
Tracy Eagle \$40.00  
Raffi Badalian \$120.00  
Joe Quinn \$100.00  
Mrs. Murakawa \$100.00  
Andy Kissel \$100.00  
Rev. Tetsu Unno \$30.00  
Dr. Cheryl Lew \$200.00  
Rev. Kathy Nolan \$100.00

Total: \$1,415.00 as of 8-21-95

To reach our goal: \$8,585.00

### MORNING CLASSES

Mondays & Thursdays  
7:00am-8:00am

Dojo Open  
for Individual Training  
Monday thru Thursdays  
6:00am-7:00am

It is recommended to bring your  
training partner.

*Everyone Welcome*

*Please help a friend:*

### ASIANS FOR MIRACLE MARROW MATCHES

Asian bone marrow donors are  
in great need. Please contact:  
Tony Osumi, Japanese Task  
Force Coordinator: (213) 626-  
3406, (213) 626-3827.

## Important Dates:

September 1st. Sword Study Class  
from 7:30pm.

September 3rd. David Smith's (Omiya  
Dojo-Saitama Pref.) **Welcome Party** after  
morning class at 11:00am.

September 4th. Memorial Day Holiday.  
Morning Class only from 10:00am.  
No evening classes today.

September 8th. Budo Study Class  
Cancelled this month for upcoming  
Master Hsu Seminar.

September 9th-10th.  
**MASTER HSU SEMINAR.**

September 10th. 12:30pm -1:30pm  
Master Hsu's Welcome Luncheon.

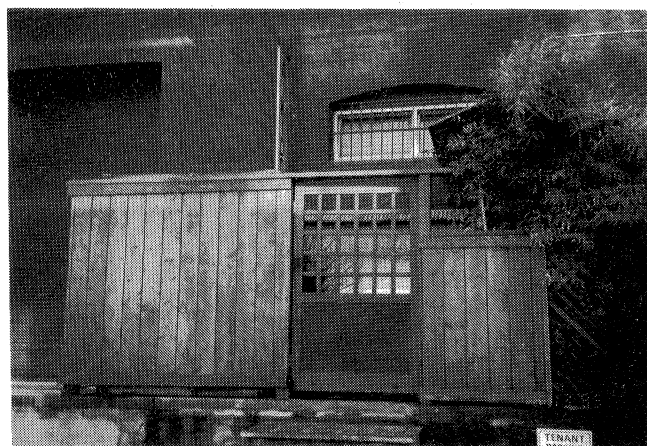
September 16th. Iaido Intensive  
6:30am. Monthly Breakfast Meeting  
follows.

September 30th. Black Belt Intensive  
Seminar from 6:30am-8:30am. Monthly  
Breakfast Meeting follows.

## Dojo Builds New Gate



Louie Duran donated his time and energy for our New Gate.



The Gate itself is an old Japanese warehouse gate about 150 years. Students helped to water-proof and stain the new addition.

## Current Publications:

Budo Dojo Magazine, December, 1995.

*The Samurai Sword: If You Must Use It, Use It Right!*

Martial Arts Training Magazine, November 1995.

*Ancient Ways: What Does A Black Belt Really Mean?*

Japanese Sword Society of the U. S., August, 1995.

*Skull Motif in Japanese Sword Fittings.*

## Letters: "Ancient Ways is Inspirational"

I enjoy Kensho Furuya's column *Ancient Ways*. His insights provide helpful guidance to the inner workings of martial arts development, which is just as vital as the physical aspects of training.

I am sure I am not the only reader who hopes you'll keep featuring his work.

Cady Ann Goldfield, Marblehead, Massachusetts  
(Published in MA Training, Nov. 1995 Issue, Page 6.)



**To All Black Belts & Seniors:**

**Monthly Advanced  
Intensive Workshop  
Sept. 30th, Saturday  
6:30am-8:30am**

*Bring jo and bokken. Monthly Breakfast Meeting follows. Attendance required for all Ass't. Instructors, Senior Students & Black Belt Candidates.*

**KODO**

**Ancient Ways**

*Lessons in the Spiritual Life of the  
Warrior-Martial Artist*

**Coming Soon!**

**May 6th Children's Day  
1st Asian Pacific Martial Arts  
Demonstration Video**

The 1st Asian Pacific Martial Arts Festival demonstration video will be edited by David Berver and made available for sale as a fund raiser for the Dojo. Coming soon! Please reserve your copy now.

**"The Art of Aikido"**

***Aikido Shoshinshu***

*Nine Volumes Complete*

*Nine hours of comprehensive, very detailed, instruction in traditional Aikido by Rev. Kensho Furuya.*

*\$300.00 special discount price  
for the complete set.*

*\$39.95 per volume (\$359.55)  
plus shipping & handling*

**Upcoming Books  
By Kensho Furuya**

**THE TAO OF AIKIDO**

Comprehensive volume on basic Aikido techniques and the spiritual aspects of practice, emphasizing Aikido in the philosophy of daily living.

**ANCIENT WAYS**

The very popular "Ancient Ways" column will now be in book form covering the column appearing the MA Training Magazine over the last eight years. This column was elected as most popular and well read column in a national survey in 1993 and 1994 consecutively.

Future Publications

**INTRODUCTION  
to the  
JAPANESE SWORD**



Submissions of newly published books and videos, and the most recent issues of magazines and newsletters may be sent to: *The Book Page*, 5-11-21-106 Koenji Minami, Suginami-ku, Tokyo 166 Japan.

### Reviews

*Aikido Shoshinshu: The Art of Aikido.* Produced by Unique Publications. Presented by Kensho Furuya. Burbank, CA: Unique Publications, 1994. Color VHS. 9 vols. US\$39.95 (+ shipping & handling) each. Available from 1-800-332-3330, Unique Publications Video, 4201 Vanowen Place, Burbank, CA 91505. Special set discount is available. Kensho Furuya may be contacted at the Aikido Center of Los Angeles, 940 East Second St #7, Los Angeles, CA 90012, or call 213-687-3673.

I first met Kensho Furuya about 1964 at the Los Angeles Aikikai while he was still a teenager. I remember too that we took our shodan tests together in front of Koichi Tohei Sensei in August of 1965. Furuya later spent time at the Aikikai Hombu Dojo in Tokyo for intensive training in 1969. Along the way he received college degrees from the University of Southern California and Harvard.

Furuya has devoted himself to aikido for over thirty years and presently operates a full-time dojo in Los Angeles. He is also adept at iaido, an ordained Zen priest and frequent contributor to several martial arts magazines.

Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of aikido.

With cordless microphone pinned to his keikogi, Furuya explains in detail as he performs the scores of techniques included in



**Rev. Kensho Furuya**

these tapes as though conducting a class in his dojo. Several camera angles and close-up shots focus on important details. His explanations are conversational in tone and consequently easily followed. The camera work is excellent throughout and there is sufficient repetition of techniques to allow one to thoroughly grasp essential points.

Furuya's aikido shows the influence of several teachers who have had prominent roles in his aikido formation. In particular, I noticed movements and explanations drawn from Koichi Tohei Sensei's teachings of the 1960s. Also, the influence of Aikido Doshu Kisshomaru Ueshiba and other Hombu Dojo shihan is evident. Emphasis on ki no nagare or flowing movements is seen in his techniques and explanations.

It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes.

*Stanley A. Pranin*

*Aikido: The Heavenly Road.* Kenji Shimizu. Chicago, Berlin, Tokyo, and Moscow: edition q, inc., 1994. ISBN 1-883695-02-3. 175 p. Illustrated with photos. 8½" x 12" hardbd. \$29.95. To

order call 1-800-421-0387.

Technical volumes are a real challenge to produce, and an even greater challenge to produce successfully. Kenji Shimizu's *Aikido: The Heavenly Road* is particularly successful in its presentation and selection of technique—nearly one hundred are included—and less so in its text and translation. The technical photographs are well reproduced and easy to follow, and the explanations, though sketchy, connect clearly with the illustrations. I especially like the occasional use of overhead sequences. The photos are presented as cut-out from their backgrounds, which reduces distractions, but sometimes results in very blocky silhouettes of fine details such as fingers. Some readers may not be happy with the paucity of detailed explanation in the technical text, but for those who would use this book as a memory-jogger or as supplemental study to a well-supervised training program, this should present no problem. I found the selection of techniques very interesting, since many correspond to ones that appear in Tomiki aikido's series of *koryu no kata* (classical forms). Those who are studying these forms might benefit from comparing our versions of the techniques with the way Shimizu Sensei performs them. The group of escapes/releases provided at the very end also provide quite good study material.

Given that the bulk of the volume is its pictures (in addition to the technical sequences, there are a number of quite beautiful aikido photographs), perhaps the textual shortcomings can be excused. The very brief history of aiki-jujutsu that Shimizu provides is not based on the most recent historical evidence, and could be misleading. The translations are sometimes a bit strange, for example "blade-hand" for *tegatana* (hand-blade), or "passive body movement" for *ukemi* (receiving technique). And in the introduction, we have a discussion of "atemi-

*NEW FROM UNIQUE PUBLICATIONS!*

Aikido Shoshinshu

## THE ART OF AIKIDO

A Nine Volume Video Series Featuring

Kensho Furuya

**K**ensho Furuya, Aikido 5th Dan brings over thirty-five years of experience in Aikido to a monumental nine volume series of highly instructional videos. Detailed, step-by-step instruction is easy to follow and clearly understandable. Furuya Sensei covers all aspects of training and takes the beginning student on an enriching journey through the physical and spiritual "Art of Aikido." Furuya Sensei is a student of Doshu Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan and is the resident Chief Instructor of the Aikido Center of Los Angeles. He is an ordained Zen priest, scholar and Iaido master of the sword.

### VOLUME 1 (#AIK01)

- Remembering the Founder of Aikido and Doshu
- General Introduction to Aikido Techniques
- The Principles of Entering and Turning
- Keiko-Gi—The Practice Uniform
- The Meaning of Practice

### VOLUME 2 (#AIK02)

- Basic Techniques
- Throwing and Joint Techniques
- The 5 Controls: Ikiyo, Nikiyo, Sankyo, Yonkyo and Gokyo

### VOLUME 3 (#AIK03)

- Aikido is Commitment and Perseverance
- Ukemi—Breakfall Training
- More Basic Techniques and Freestyle Applications
- The Principle of Tenshin
- Ki—Vital Energy
- Internal Breathing Exercises
- Training is a Lifetime Study

### VOLUME 4 (#AIK04)

- Katate Tori Ryote-Mochi—Against 2-Hand Grip
- Ryote Tori—Against 2-Hand Hold
- Practice Serenity
- Rei-Gi Saho—Etiquette in the Dojo
- Koshinage—The Hip Throw
- Words of a Zen Master
- Words of Teshu the Swordsman

### VOLUME 5 (#AIK05)

- Beginning Your Practice
- Going With the Flow
- Suwari-Waza Kihon—Basic Techniques from Sitting Position
- Gokyo—The 5th Control Against Knife Attacks
- Hanmi Handachi—Sitting Techniques Against Standing attacks
- Kokyu Dosa—Sitting Ki Development Exercise
- Katatori—Against Shoulder or Lapel Attacks
- Su-Nin-Kake—Negotiating Multiple Attackers
- Go-Nin-Kake-Randori—Freestyle Against 5-Man Attack

### VOLUME 6 (#AIK06)

- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

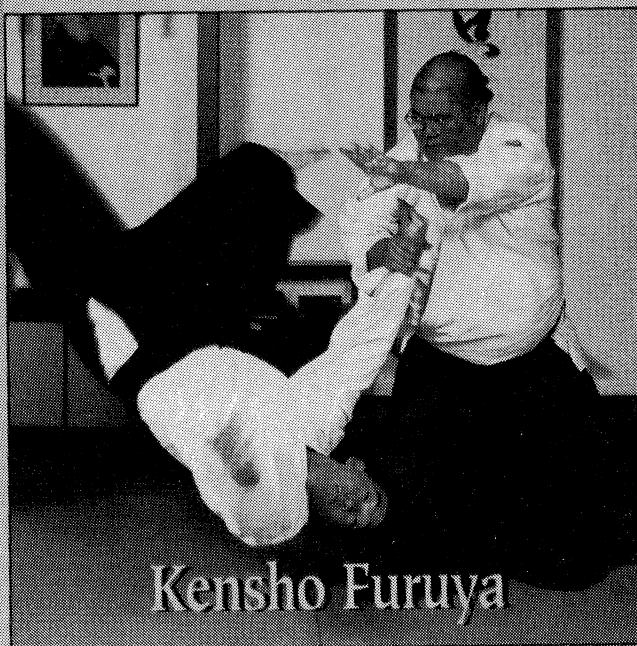
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THE ART OF

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VOLUME 1



**Kensho Furuya**

### VOLUME 7 (#AIK07)

- Shomenuchi—Against Direct Thrusts
- Ushiro-Waza—Basic Techniques Against Attacks from Behind
  - Ushiro Katatetori Kubishime—Choke from Behind
  - Ushiro Ryote-Tori—Both Hands from Behind
  - Ushiro Ryohiji-Tori—Both Elbows from Behind
  - Ushiro Ryokata-Tori—Both Shoulders from Behind

### VOLUME 8 (#AIK08)

- Atemi Waza—Use of Striking in Execution of Techniques
- Negotiating Kicks
- Tanto-Tori—Strategy Against Knife Attacks
- Aiki-Ken—Sword Training Fundamentals

### VOLUME 9 (#AIK09)

- Jo—Introduction to Long Staff Fundamentals
- Black Belt Examination Requirements

Only \$39.95 each

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## **AIKIDO**

### **Training Schedule**

#### **BEGINING & OPEN CLASSES**

Monday thru Friday Evenings  
6:15pm-7:15pm

Monday & Thursday Evenings  
7:30pm - 8:30pm

New !  
Monday & Thursday Mornings  
7:00am-8:00am

Saturday Mornings  
10:15am - 11:15am

Sunday Mornings  
9:45am - 10:45am

#### **ADVANCED & INSTRUCTOR'S CLASSES**

Please bring bokken, jo & tanto.

Wednesday Evenings  
7:30pm - 8:30pm

Saturday Mornings  
11:30am - 12:30pm

#### **MONTHLY INSTRUCTOR'S INTENSIVE SEMINAR**

Please bring bokken, jo & tanto.

Every 4th Saturday of the month  
6:30am - 8:30am

#### **CHILDREN'S AIKIDO CLASSES**

7 - 17 yrs.

Sunday Mornings  
8:30am - 9:30am

## **KENSHINKAI**

### **Traditional Japanese Swordsmanship**

Tuesday Evenings  
7:30pm - 8:30pm

Saturday Mornings  
9:00am - 10:00am

Sunday Mornings  
7:30am - 8:30am

#### **MONTHLY INTENSIVE IAIDO SEMINAR**

Every 3rd Saturday of the month.  
6:30am - 8:30am  
Monthly Meeting follows.

## **Santa Monica Branch Dojo**

Tuesdays & Thursdays  
7:15pm - 8:15pm

Sundays  
12:15pm - 1:15pm

2300 Santa Monica Blvd. at Cloverfield Blvd.  
Santa Monica, California 90404

## **Special Monthly Study Class/Discussions**

Japanese Sword Study Class  
Every 1st Friday of the month from 7:30pm.

Budo Martial Arts Study Class  
Every 2nd Friday of the month from 7:30pm.