

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER



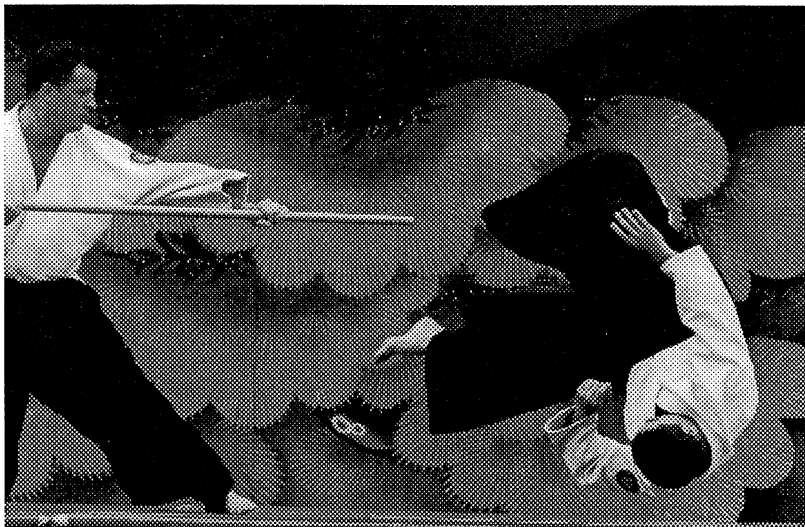
The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
United States Aikido Federation, Eastern Region
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society
Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

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Donation

September 1, 1997

Volume XV. Number 9.

**JACCC 57th
Nisei Week
Japan Martial
Arts Demo.
Aug. 16-17.**



Scott Howard Demonstrating Jo during Nisei Week Japan Martial Arts Demo

**Fujita Shihan
From Hombu
August 15.**



Fujita Masatake, 8th Dan, General Secretary of the Aikido Hombu Dojo, Tokyo, Japan, conducting Special Class on stop-over to South America. Fujita Sensei spent the day with Sensei & Ken Watanabe discussing the matter of bringing instructors from Hombu Dojo to our Dojo for practice. It was an enjoyable day for Fujita Sensei.

**Upcoming:
Free
Children's
Health Fair
Sept. 7.**

**Higashi
Obon Demo
July 26.**

**Annual Nisei Week Aikido
Demo. Aug. 10.**



Sensei demonstrating Aikido during our annual Nisei Week Aikido Demonstration on August 10. We had a great crowd this year.

Special 57th Nisei Week Japanese Festival Issue

*Children's Hospital &
The Aikido Center of Los Angeles
presents:*

ACLA Children's Health Fair

September 6
In the Dojo

Everyone Welcome. Bring the Family.

Many Thanks

Participating Members
Nisei Week JACCC Japan Martial Arts
Demonstration. August 16-17, 1997

Japan Karate Federation

Masashi Shikai Sensei
Chuo Kendo Dojo

Hirokazu Yamamori Sensei
Shorinji Kempo

Helen Nakano Sensei
Torrance Naginata Dojo

Tom Shimoji Sensei
Pasadena Judo Dojo

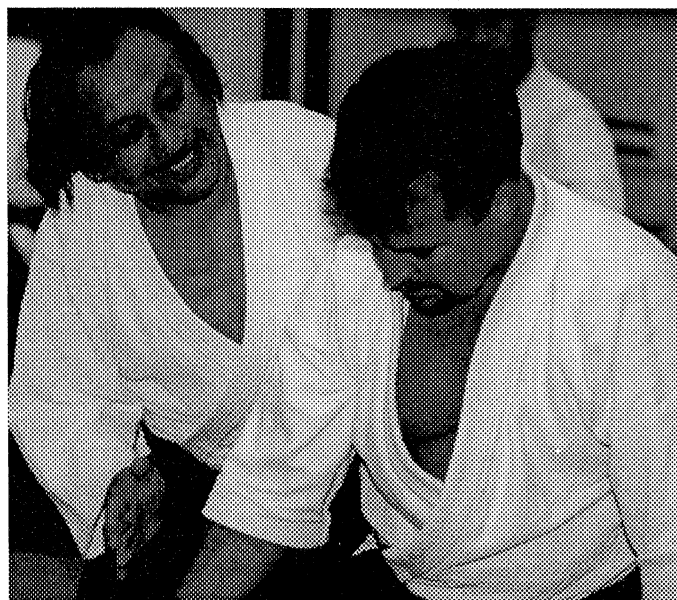
Richard Kageyama
Monterey Park Shotokan Karate Club

Takafumi Hamabata Sensei
West Covina Goju Ryu Karate Club

American Nippon Kempo Federation

Welcome! Fujita Masatake Shihan from Hombu Dojo. August 15.

We welcomed Fujita Sensei once again to Los Angeles while on a 2 day stop over on his way for a two week teaching tour of South America. Sensei and Ken Watanabe met him at the LAX at 8:00am in the morning and brought him back to the Dojo before we took lunch at Campanile's in Hollywood. Fujita Sensei conducted a Special Practice at 6:30pm. After practice, we took him for a Thank You dinner in Chinatown. It was very nice to see him again.



Fujita Sensei instructing Curtis Westfall.

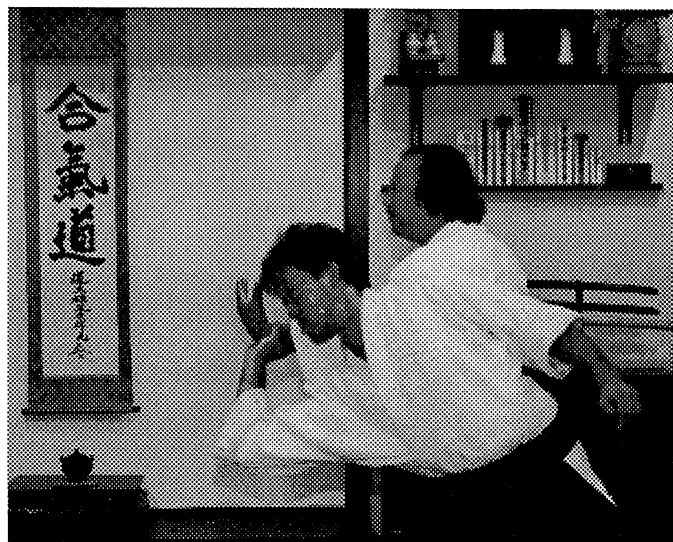


With Cheryl Lew.

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Special Class with Fujita Sensei on August 15.



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Bansankai



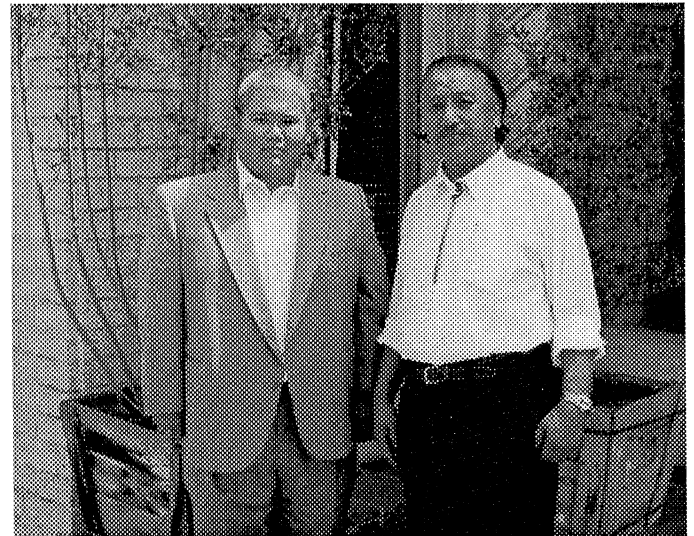
Welcome Dinner at Full House in Chinatown.



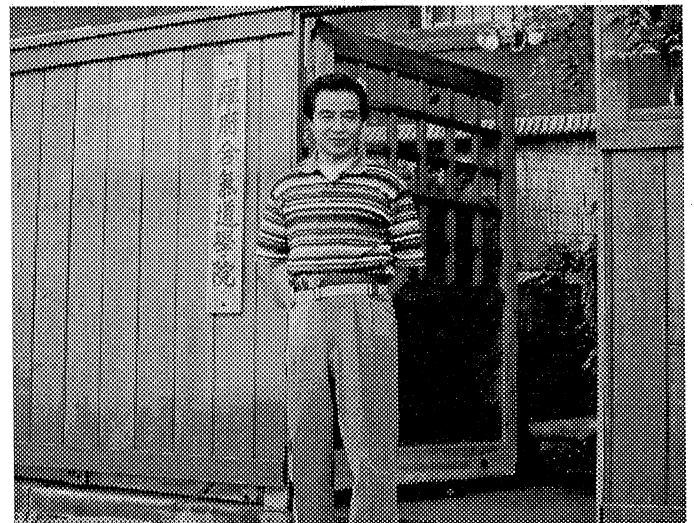
Menu consisted of sizzling rice soup, fresh steamed Chinese broccoli with oyster sauce, deep fried shrimp, orange beef, crispy chicken with lemon sause, Cantonese style roasted duck, fresh lobster with garlic and ginger, steamed fresh rock cod with ginger and onions, minced squab with lettuce and Chinese style tapioca soup for dessert.



Fujita Sensei with Ken Watanabe at Campanile's. August 15.



With Sensei.



To complete the busy Nisei Week schedule including Fujita Sensei's visit and Special Class, Naoji Karita, one of Japan's top sword polisher's visited Sensei from August 17 -19.

Higashi Obon Martial Arts Festival. July 26.

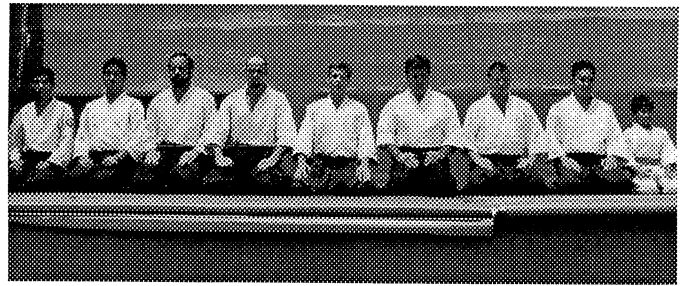
On a very beautiful Summer day, our members demonstrated once again at the Higashi Hongwanji Obon Martial Arts Festival which is, by the way coordinated by Sensei every year. Our audience grows each year and this year we had about 300-350 guests enjoying the event - the biggest ever. Along with our Dojo, we were joined by Tom Shimoji of the Pasadena Judo Club, members of the Chushinkan Dojo, the American Nippon Kempo Federation, Takafumi Hamabata of the West Covina Goju Ryu Karate Club, Patrick Auge of the Yoseikan Budo Federation and Masashi Shikai of the Chuo Kendo Dojo.



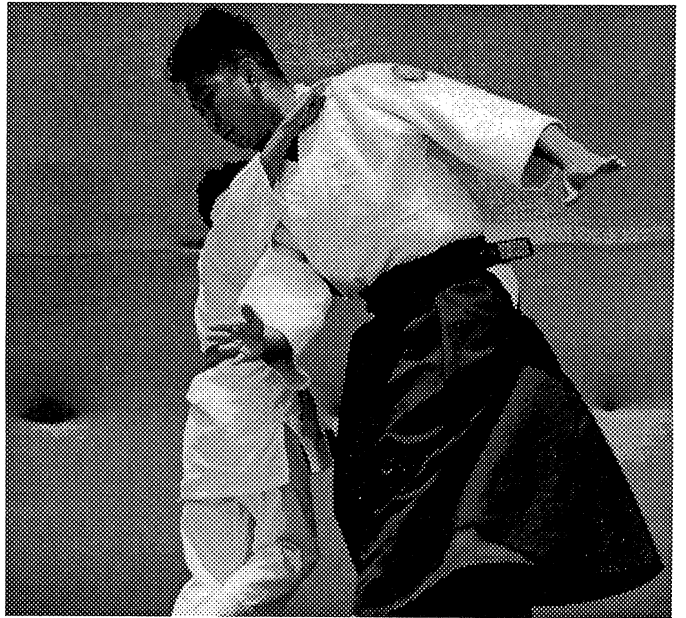
Gary Myers & Ken Watanabe-Toyama Ryu Kumi-tachi.



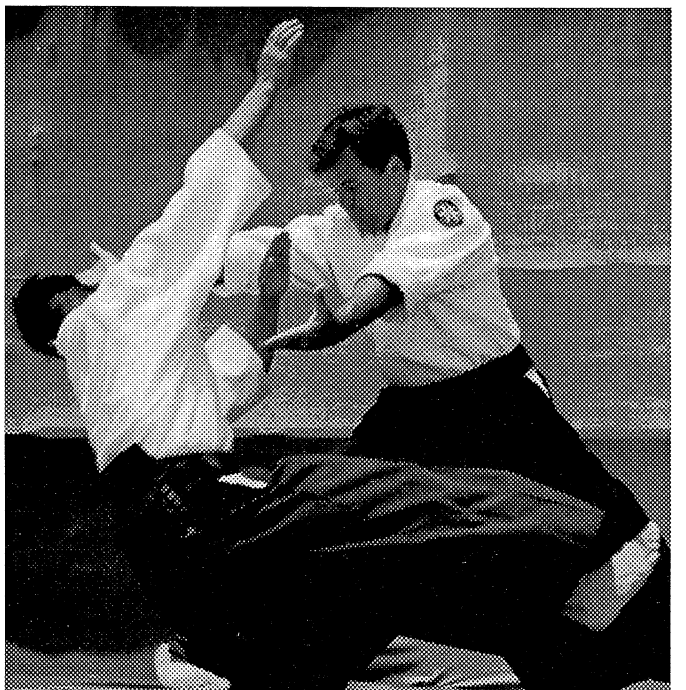
Ken Watanabe - Hasegawa Eishin Ryu Iaido.



Participants left to right: James Doi, Ken Watanabe, Andy Kissel, Mike Dotzenrod, Santiago Garcia (from Spain), Curtis Westfall, Scott Howard, Ken Furuya and Mitchell Okamoto.



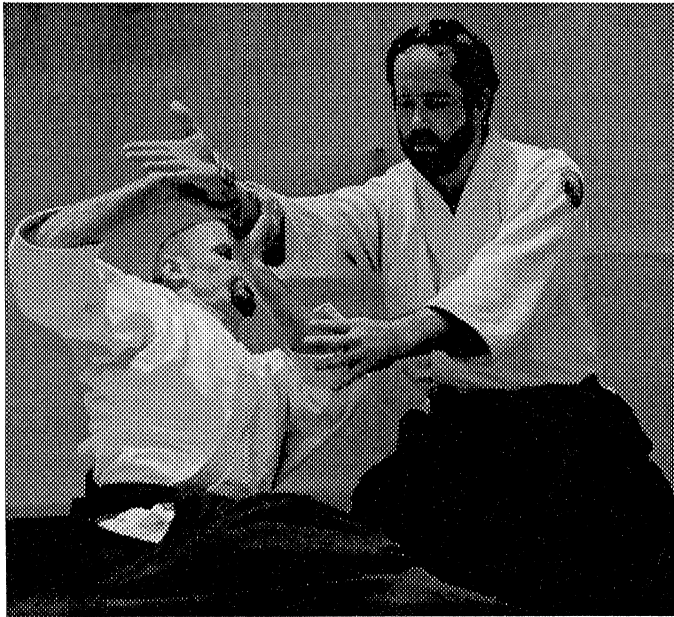
Mitchell Okamoto & Kenny Furuya.



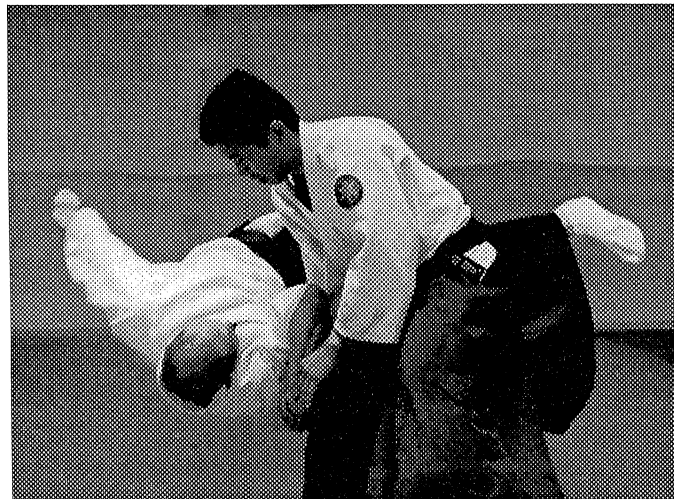
Curtis Westfall & Kenny Furuya.

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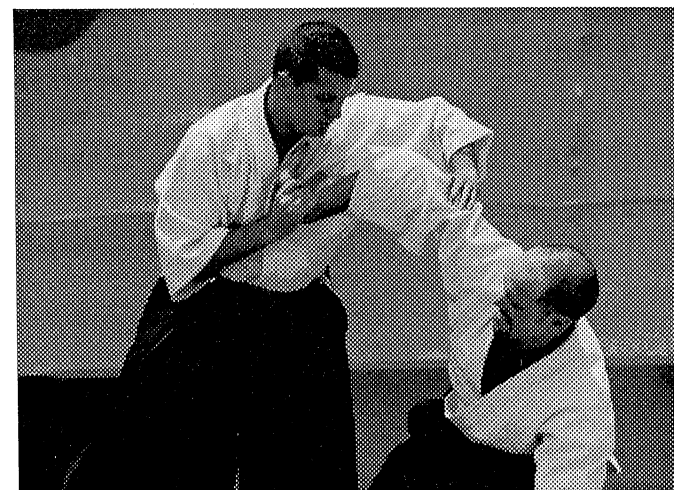
Higashi Obon Demonstration con't.



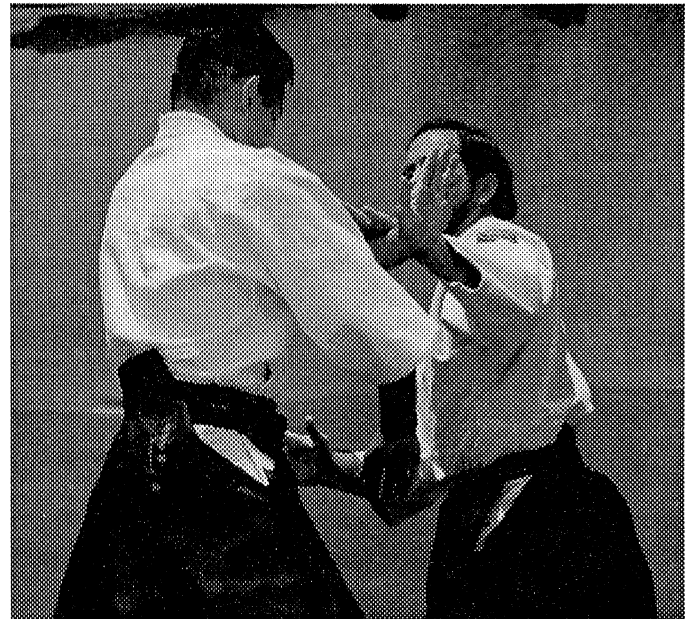
Andy Kissel & Mike Dotzenrod.



James Doi.



Scott Howard & Mike Dotzenrod.

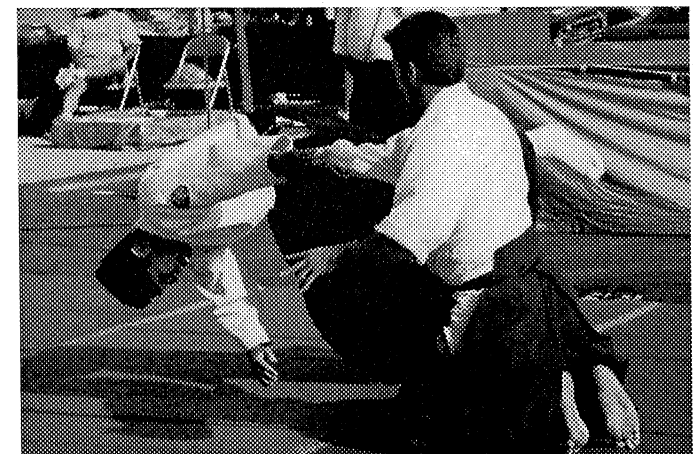


Kenny Furuya & Andy Kissel.

**Montebello Sozenji Aikido
Demonstration. July 26.**



Sensei demonstrating randori. From the Higashi Demo we rushed to Montebello to do our 2nd demo of the same day. Below: Santiago.

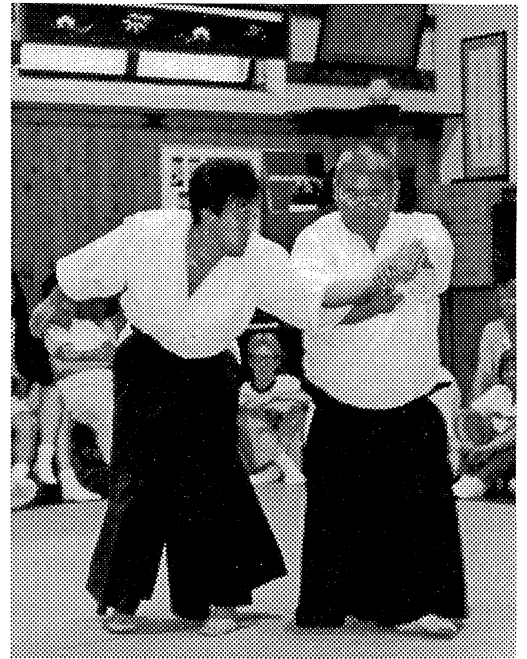
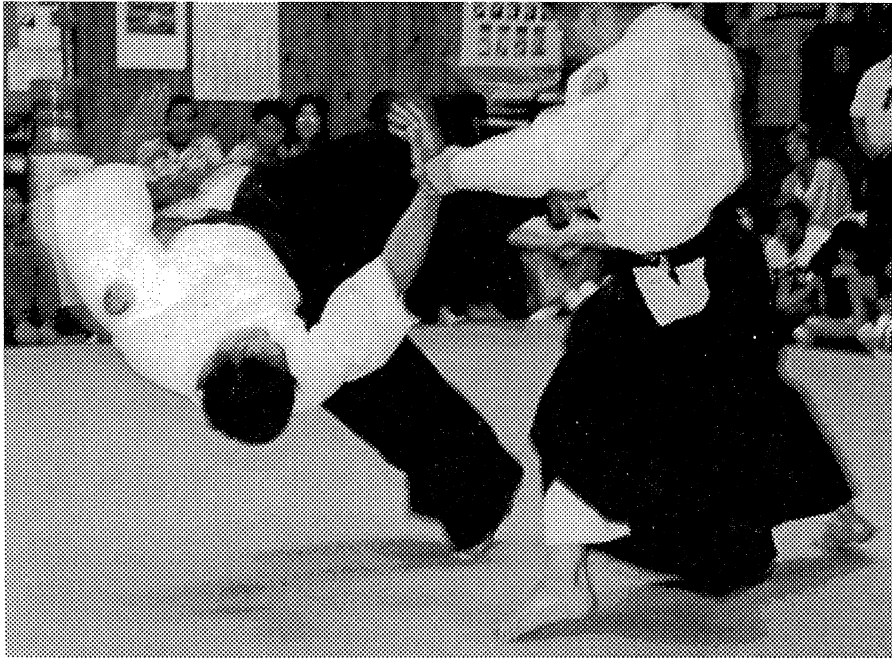


Annual Nisei Week Aikido Demonstration & Open House. August 10.

On an exceptionally beautiful day in summer our Dojo conducted our Annual Nisei Week Aikido Demonstration to a very nice audience. Sensei talked about the Dojo and Aikido. Gary Myers and Ken Watanabe demonstrated Iaido followed by a demonstration of Aikido. Many Aikidoists from other dojos were present including Ki Society, Tomiki and Yoshinkan Aikidoists. Sensei has been conducting this demonstration since 1975.



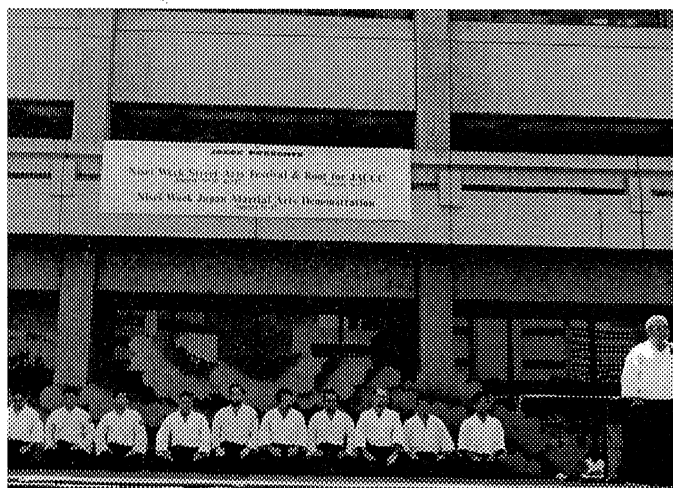
First row: Richard Eloriagga, Ken Watanabe, Sensei, Andy Kissel & Scott Howard. Back row: Eric Russell, David Ito, Mike Dotzenrod, Tom Williams, Kenny Furuya.



NISEI WEEK FESTIVAL JACCC Japan Martial Arts Demonstration. August 16-17.

It was a beautifully cool and wonderful weekend for our annual Japan Martial Arts Demonstration at the Japanese American Cultural & Community Center in Little Tokyo. Despite many obstacles, it turned out to be one our our most well attended and most successful demonstrations to date.

We had a schedule conflict with the Nikkei Games in Long Beach occurring on the same weekend as ours. At the last minute Yamazaki Sensei went out of town and although he turned the demonstration over to his students they were just not up to it. And finally Demura Sensei was also called out of town as well. Nowadays, it is getting harder and harder to find groups of any caliber to participate in our demonstration. Despite the glitches in the program, due to Dojo members' hard work, cooperation and perserverance, the demonstration was an extremely big success and Aikido received many kudos and an exceptionally warm response from the audience. I want to personally thank all the members who participated in the demonstration and who helped at our table with the books, flyers and answering questions of our guests. Many old students came out of the woodwork to attend this demonstration but I didn't have much time to speak with anyone with the full-time job of ushering around the various martial arts groups, making sure they were on time and ready and finally doing the emcee for both our Demonstration and the JACCC as well. One Aikidoist felt rejected because I didn't have time to chit-chat with him. Sorry, but our Nisei Week Demonstration is really a full-time, one shot job. This year we were visited by the Nisei Week Queen and her Court and we were interviewed extensively by KSCI International TV channel 18 for their documentary on the Nisei Week Festival. A busy job which gets harder every year, but somehow, when it is finished, the great feeling of relief is a great pleasure. Many Thanks to everyone for all your help!



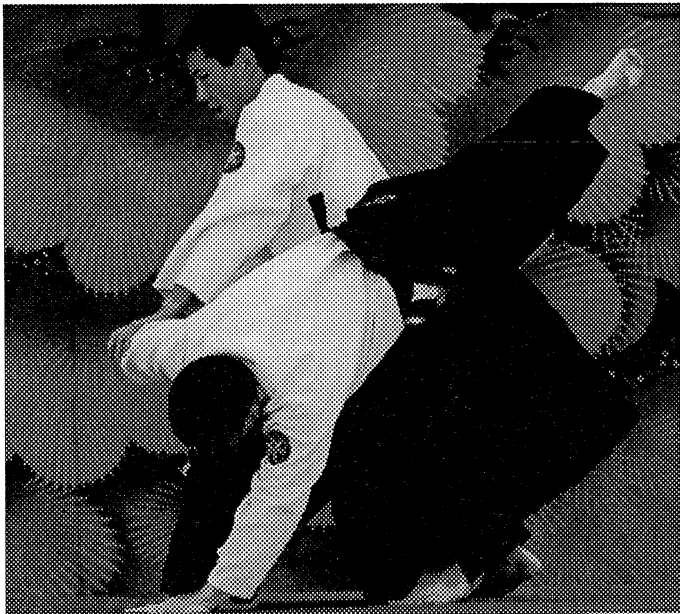
Opening Ceremony.



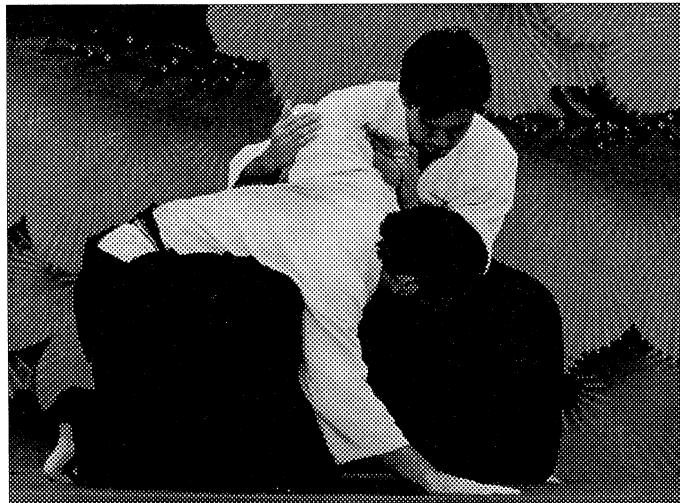
Although the numbers seemed less than last year, the reception and compliments from the audience was much, much more warm and positive.

Many Apologies: Topsy Turvy But Up-Side Down?
The JACCC stage hands lost the red & white curtain and put up "pine trees" instead - upside down!

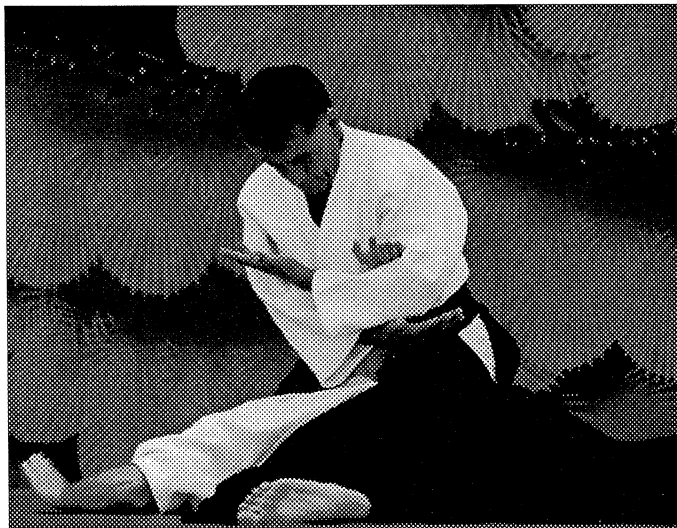
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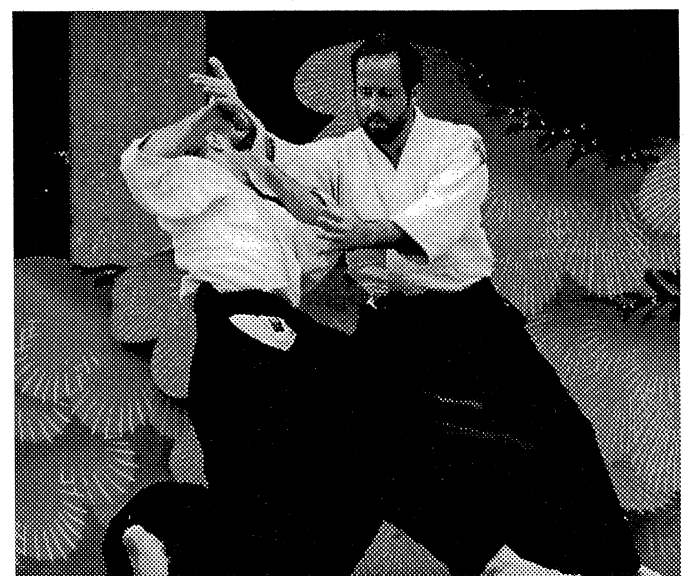
James Doi, 4th Dan, executing ikkyo.



Ken Watanabe, 3rd Dan, executing nikyo.

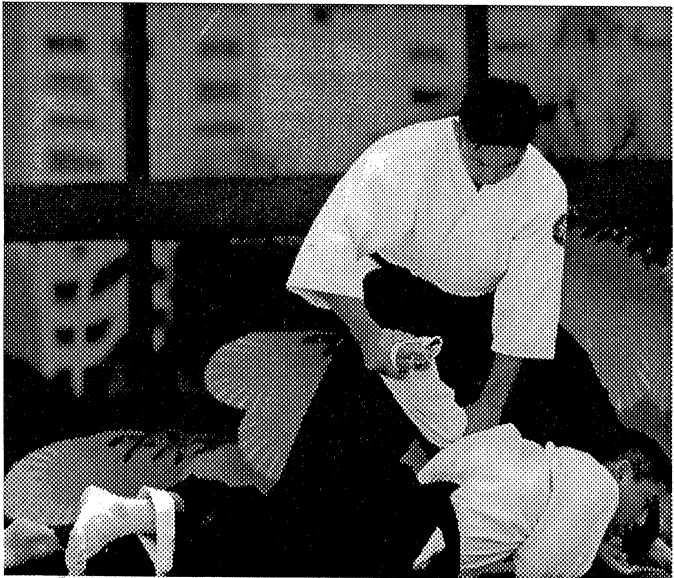
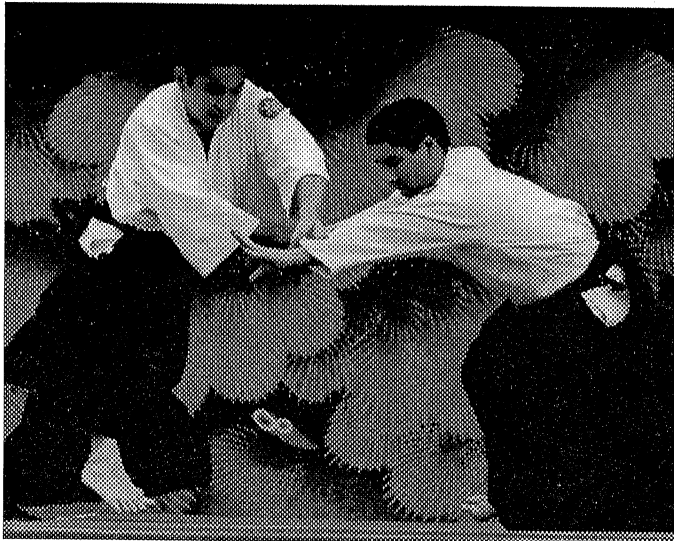


Richard Eloriagga, 2nd Dan.

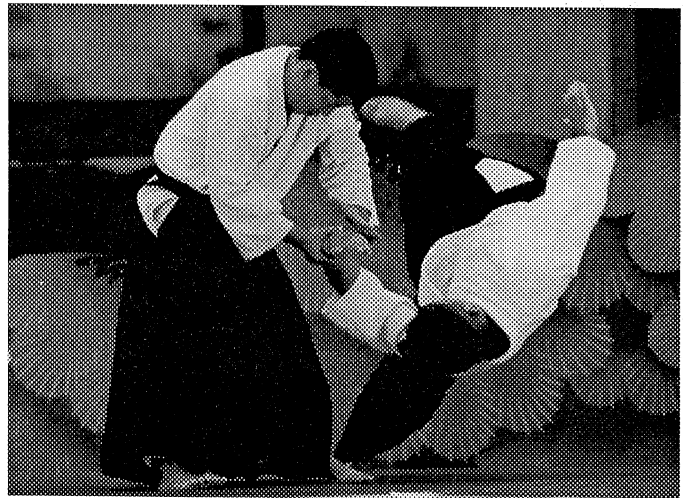
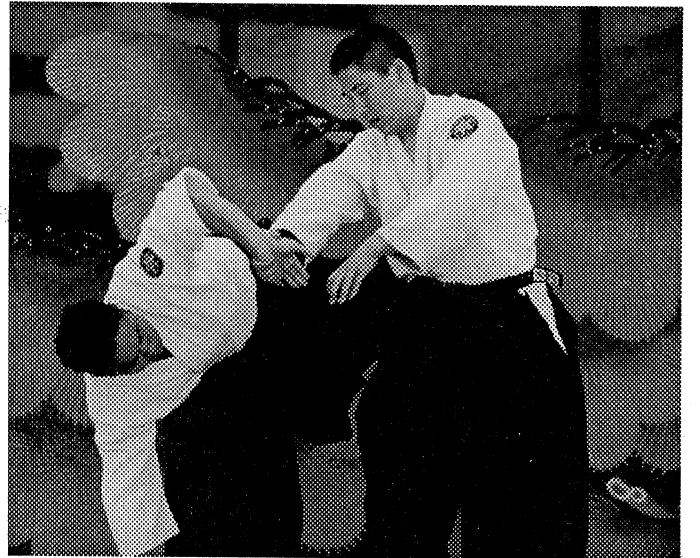
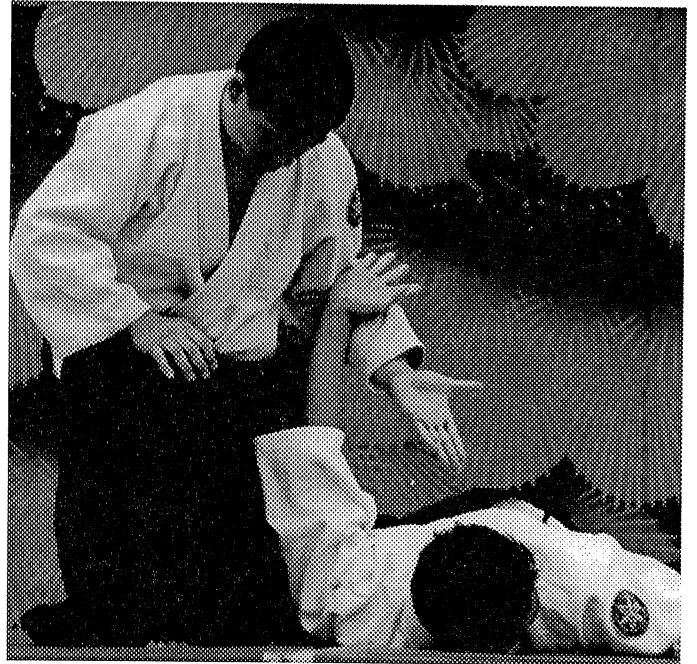


Andy Kissel, 2nd Dan.

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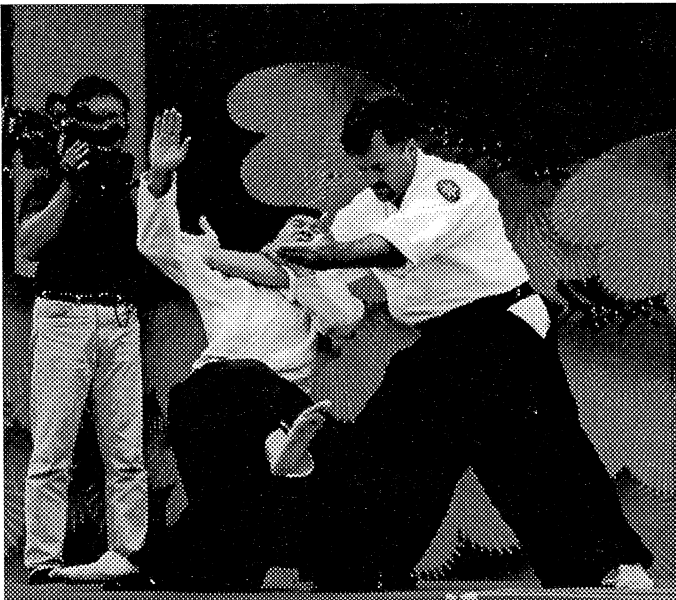
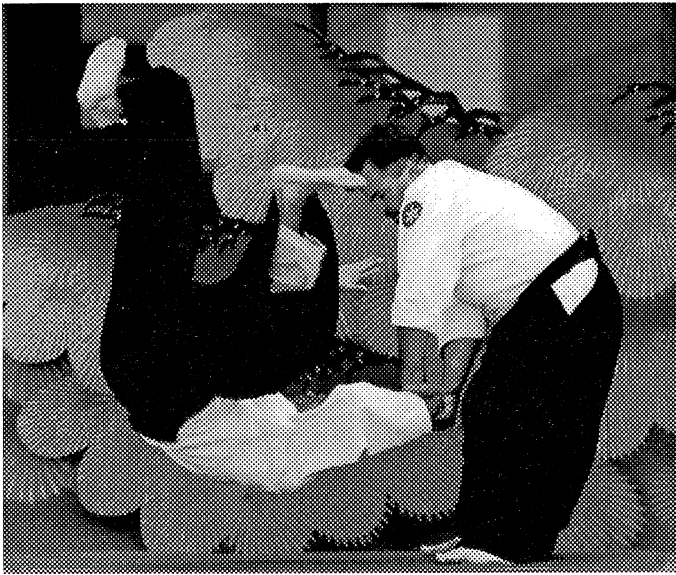


Kenny Furuya, 2nd Dan, demonstrating knife technique.



David Ito, 2nd Dan.

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Ismael Araujo, Jr., 2nd Dan.

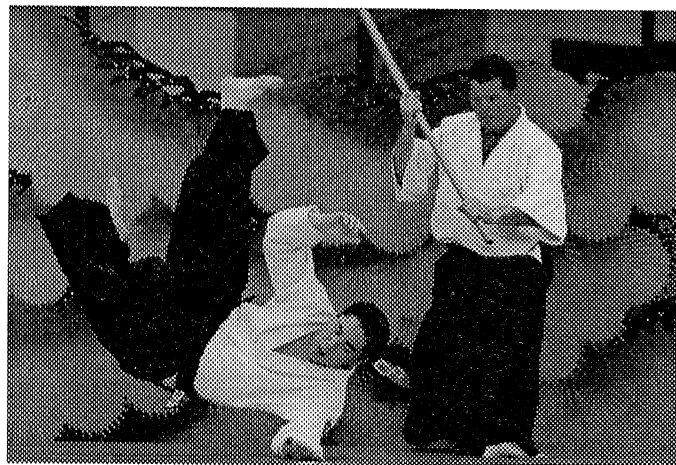
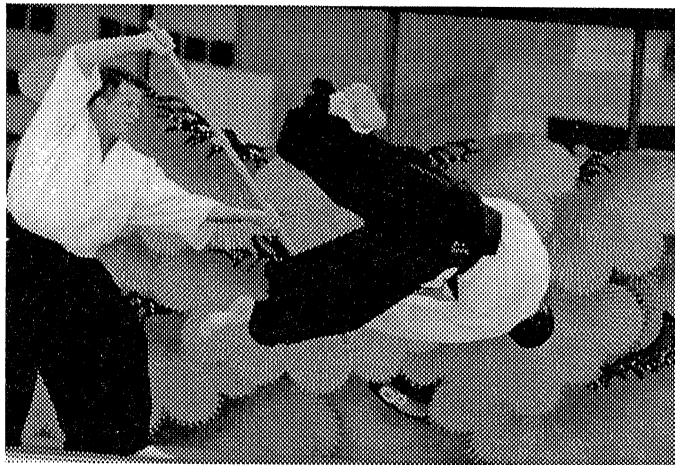


Curtis Westfall, 2nd Dan.



Scott Howard, 1st Dan, executing jo technique.

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Demo Participants:

AIKIDO

Kensho Furuya

James Doi

Ken Watanabe

Richard Eloriagga

Andy Kissel

Kenny Furuya

David Ito

Ismael Araujo, Jr.

Curtis Westfall

Scott Howard

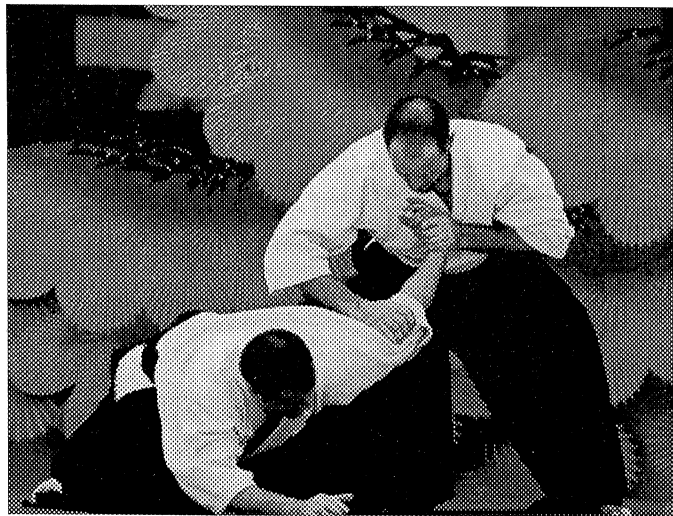
Mike Dotzenrod

IAIDO

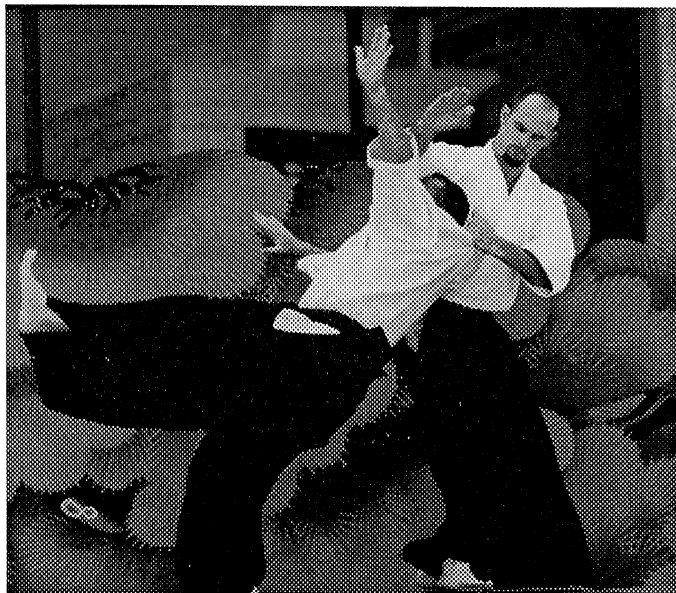
Gary Myers

Ken Watanabe

Scott Howard with demonstration of jo.



Milke Dotzenrod, 1st Dan.



June 16th Special Practice with Ichihashi Shihan:

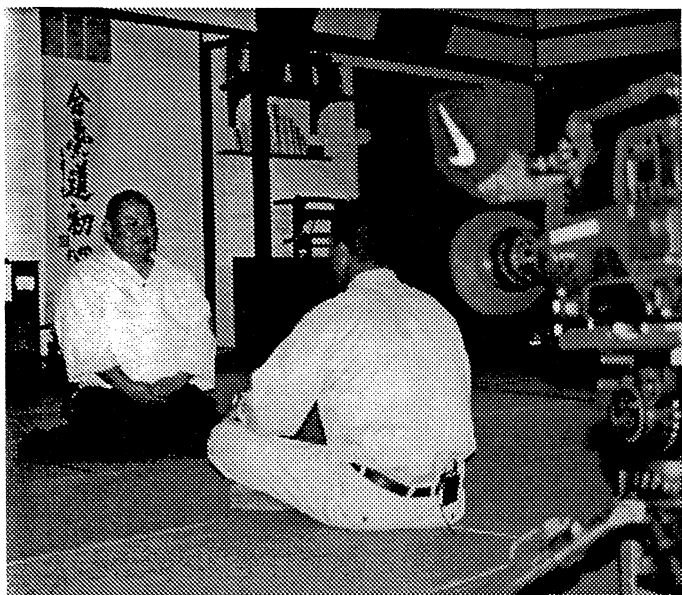
| | |
|-------------------|----------------|
| James Doi | Joon Jung |
| Ken Watanabe | Bill D'Angelo |
| Richard Eloriagga | Valerie Nerres |
| Kenny Furuya | Rob Yale |
| Norm Lew | Bryan Waldron |
| David Ito | Hamzah Nu'man |
| Andy Kissel | GUESTS |
| Cheryl Lew | George Kongo |
| Scott Howard | Thomas Young |
| Mike Dotzenrod | Eric Raye |
| Douglas Lew | Adam Le |
| Takashi Saito | Jim Ogden |
| Rey Espino | Gil Izaguirre |
| Larry Armstrong | Tom Williams |
| Kristine San Luis | Hai Nguyen |

A Mass of Media

Sensei will be featured on "Strange Universe" on Channel 13 scheduled to air on August 12, 1997. There will be a discussion of the probability of the Chinese "death touch." Sensei is interviewed with a short demonstration of Aikido.

Sensei was also filmed for a brief segment on **Staying on the Streets** on Channel 7.

Sensei is also scheduled for a 2 hour special, "Fighting Arts of the World" to air on the cable A&E Station on February 1, 1998. This features Sensei's interview with a brief demonstration of Aikido and Iaido.



Greater Little Tokyo Anti-Crime Association

presents

Self-Defense & Arrest Tactics Seminar II

September 6, 1997
11:30am-1:30pm

Congratulations!

Congratulations to **William D'Angelo** and **Robert Yale** who successfully took their Bar Exam in July. Rob has relocated to Florida for a while and hopefully returns to LA. Bill takes a two week vacation in Oahu to recuperate - with his girlfriend! Sounds like good medicine!

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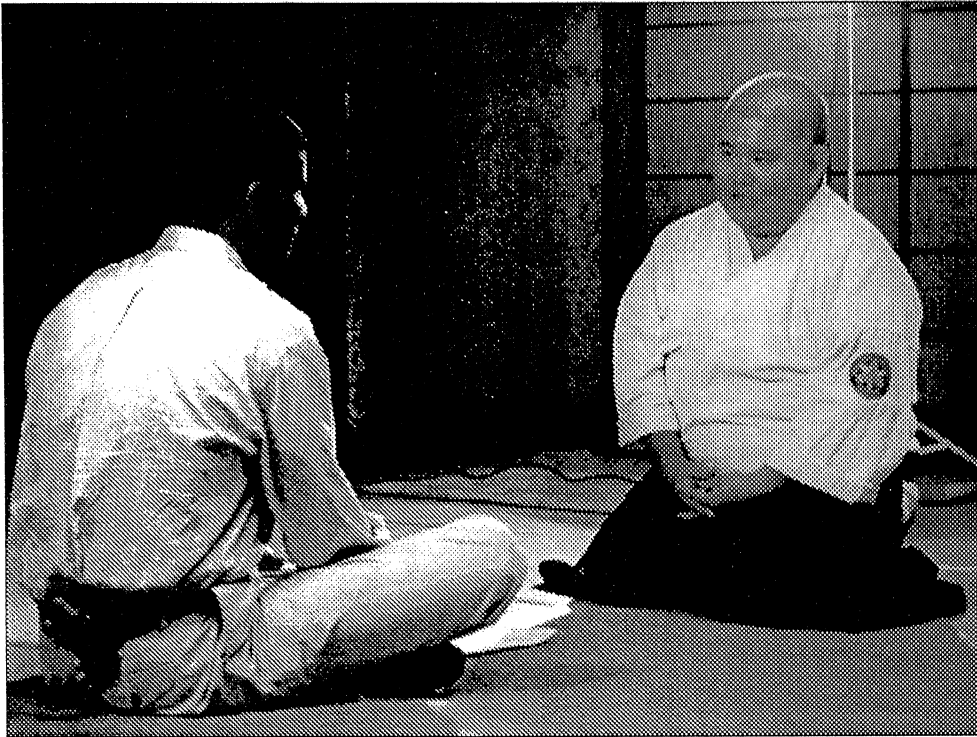
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Sensei being interviewed by Emmit Miller.

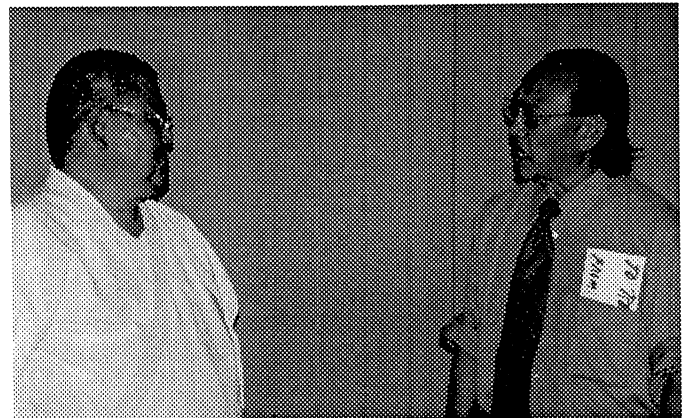
Special Moments:



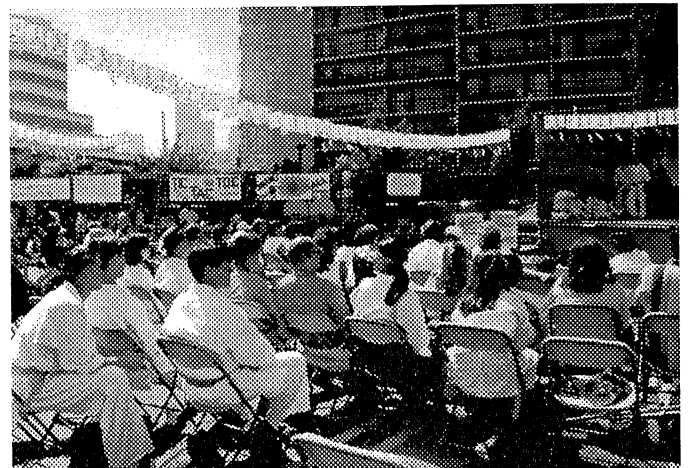
David was a big hit with all the Saishin Dojo kids. At the graduation party on July 25 at the Nishi Hongwanji Temple Gym.



After practice at the Curry House in Little Tokyo, with Maria, Santiago our guest from Spain, Cheryl, Ken & Tom Williams, a new black belt member who recently joined our Dojo. On July 27.

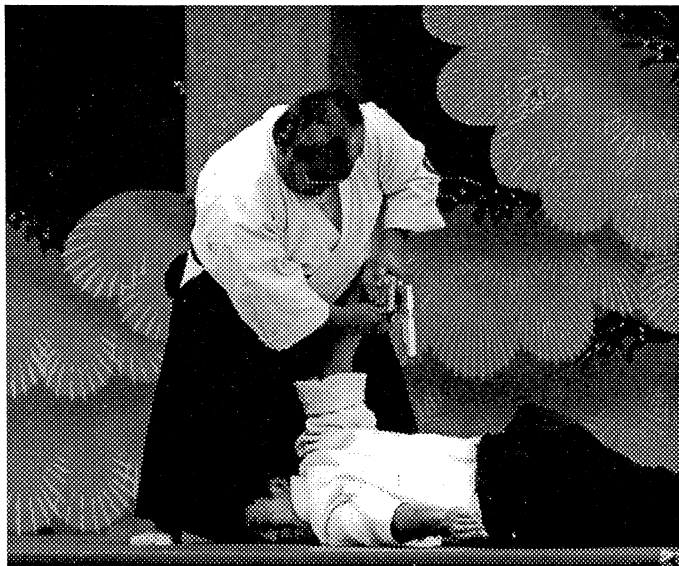
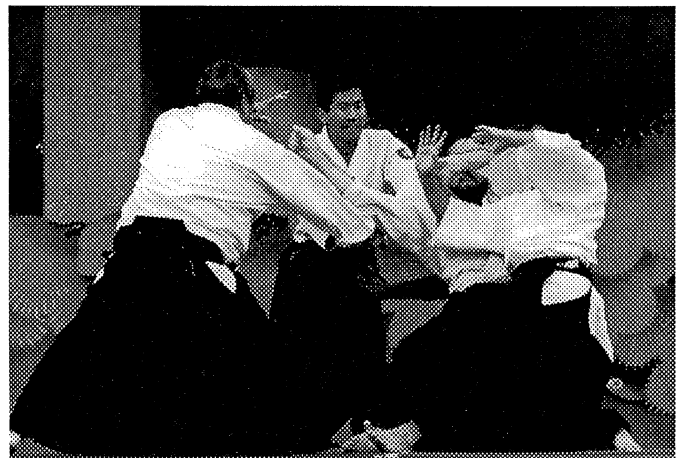
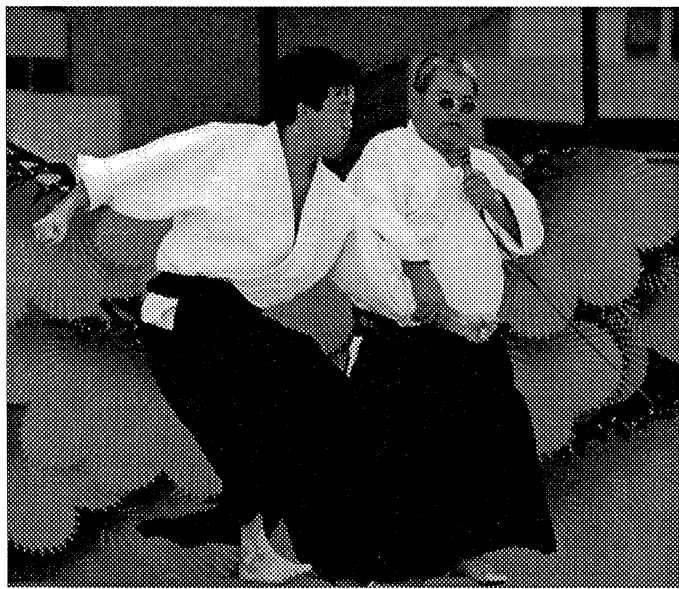
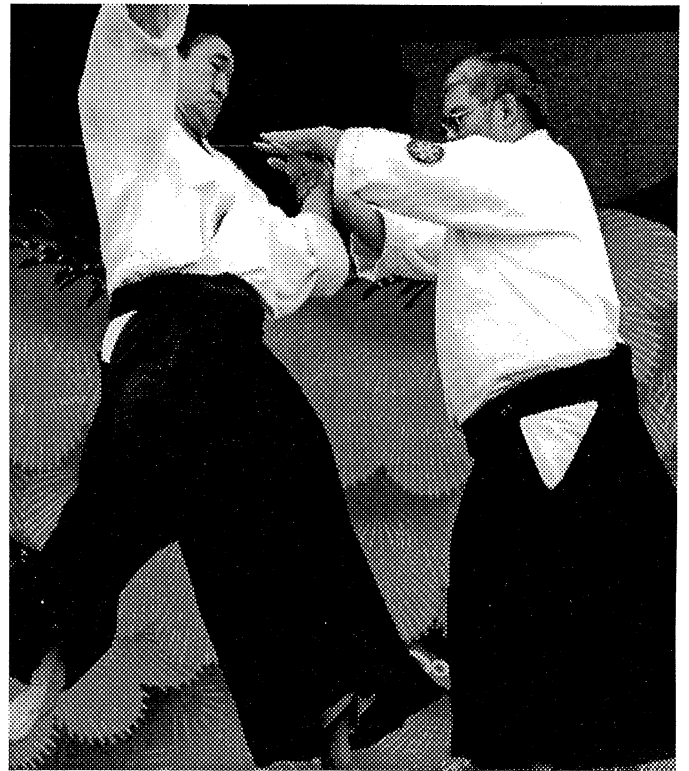


Sensei with Rev. Tetsu Unno, one of the very best friends of our Dojo at the Pasadena Buddhist Church Obon Aikido demo on July 19.



A really great crowd for our demonstration at Higashi on July 26.

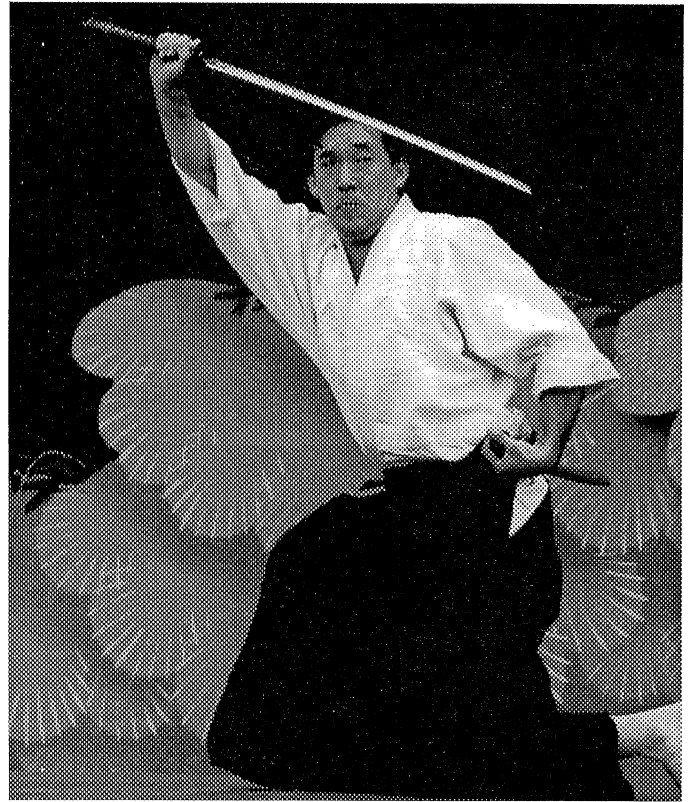
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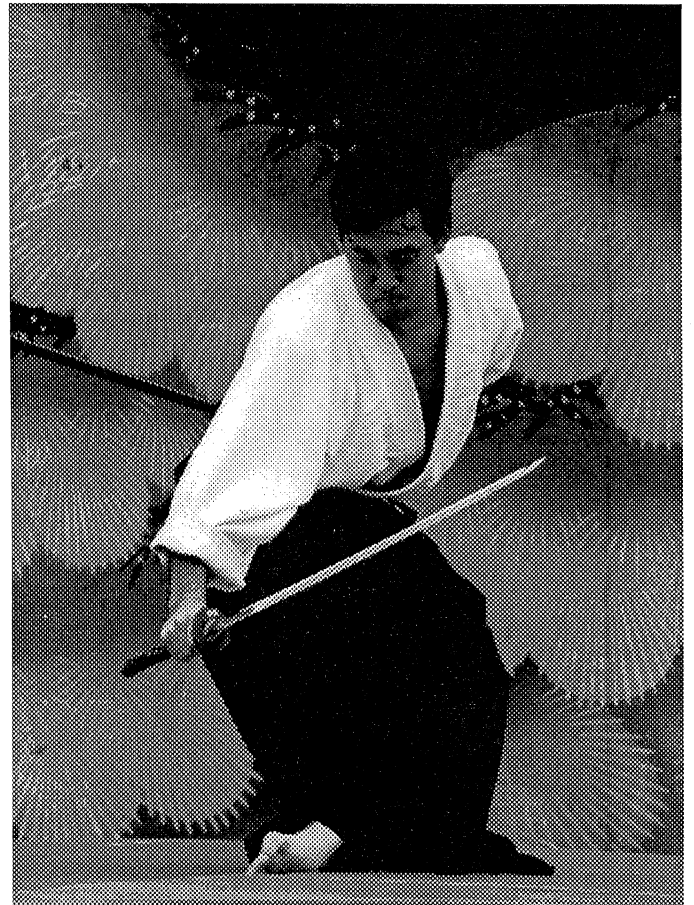
Nisei Week Iaido



Gary Myers, 5th Dan, one of Sensei's oldest Iaido students.



Ken Watanabe, 4th Dan, executing Ryuto from Muso Shinden Ryu Iaido. Below: Hasegawa Eishin Ryu.



Nisei Week Demo '97 Special Moments:

With the Queen & Her Court



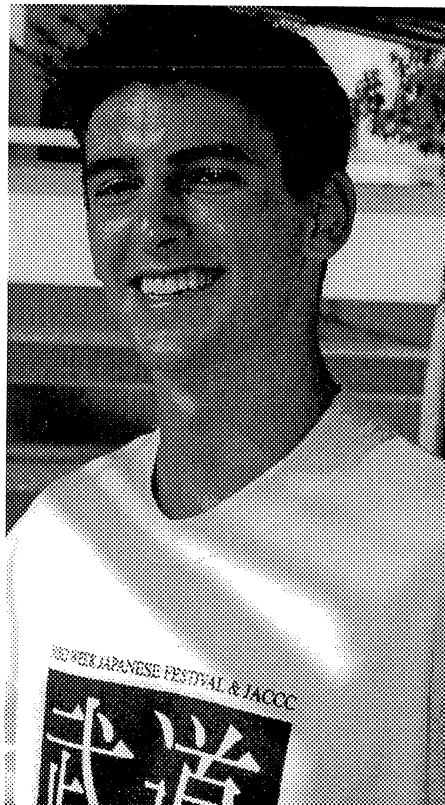
With the Nisei Week Queen, Ms. Hamabata, and her court. A special surprise for Sensei!

With KSCI Int'l Channel 18



With the TV crew of KSCI International Channel 18 who documented our demonstration extensively and interviewed Sensei about our demonstration. The interview is scheduled to air on August 23rd at 7:00pm on Channel 18. Ms. Sakamoto, the host, interviewed Sensei for KSCI about 8 years ago.

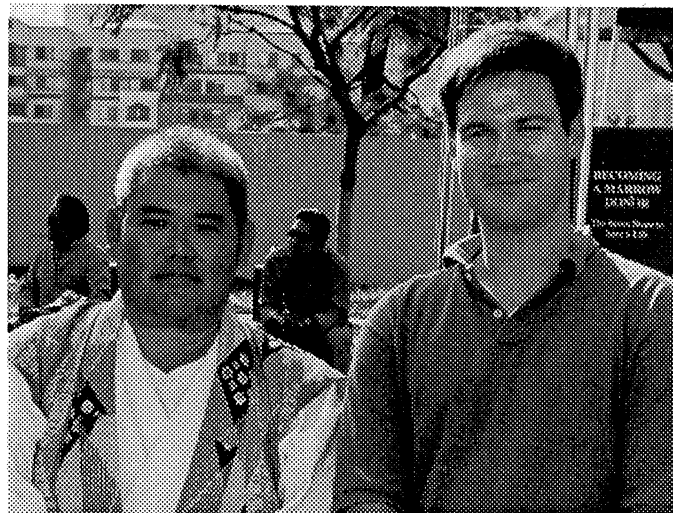
A Nisei Week Birthday!



Special Happy Birthday Greetings goes to Eric Russel who spent his very important 21st birthday on August 16, Saturday, at our Nisei Week Japan Martial Arts Demo, helping out at our information table. Many Thanks. The Dojo really appreciates the sacrifice.

Russel just returned from a home-stay program in Japan and begins his studies again at USC in the later part of August.

Congratulations and Good Luck.

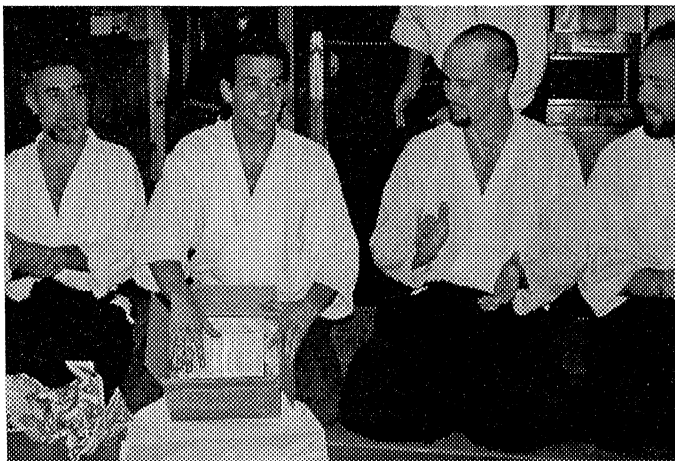


Sensei with one of our new students Bryan Waldron, a professor of mathematics, who was one of the many volunteers to spend his entire weekend at our Nisei Week Demo. When asked, "How was it?" Bryan replied: "I'm tired!" I understand very much.

Many Thanks:

Much appreciation to all the participants and helpers of our very successful Nisei Week demonstration. Thank you.

Santiago's Farewell Party. July 29.



For his hard work, Santiago received a going-away present of Sensei's video tapes, "AIKIDO SHOSHINSHU - The Art of Aikido" in the European format. Santiago commented that instruction in Aikido is hard to get in Spain and came to us in LA after seeing only two of our tapes. Sensei gave him the set because it is very hard to get in his country. We hope they are useful for his training.



Our Farewell Party at the California Pizza Kitchen in Downtown.

Important Dates:

- Sept. 1. Labor Day Holiday. Closed.
- Sept. 7. Children's Health Fair.
- Sept. 9. Budo Study Class. 7:30pm
- Sept. 13. Iaido Intensive Seminar
6:30-8:30am. Meeting follows.
- Sept. 27. Black Belt Aikido Intensive.
6:30-8:30am. Meeting follows.



Nisei Week Helpers: 1st Row: Kenny Furuya, James Doi, Sensei, David Ito, Cheryl Lew, Kristine San Luis. Back Row: Ismael Araujo Jr., Ken Watanabe, Eric Russell, Richard Eloriagga, Andy Kissel and Bryan Waldron.

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Sensei's Message: THE GENTLE ART OF BOWING YOUR HEAD

It was reported in the Pacific Citizen newspaper, July 18-31, #2826, Vol. 125, No 2. that a young nine-year old girl refused to bow to the mat and to the photo of Jigoro Kano, the founder of Judo, and was disqualified from the tournament. Her mother is suing the U. S. Judo Federation and the case is currently being heard in the courts. This comes up every once in a while in Aikido when someone refuses to bow because it is "detrimental to one's self esteem" as one student put it quite a few years back, as I recall. In most typical cases, it involves someone who is not familiar with Japanese customs or martial arts and is only accustomed to shaking hands. What is very odd about this particular case is that the child was told by her mother not to bow and what is more unusual, to my mind, is that this mother came to this country from Japan as recently as 1995. Most typical mothers who come to this country usually encourage their children to keep up some Japanese customs as a way to preserve their roots. But, nowadays, Japan is changing very rapidly. Recently, there was an article in the LA Times about how Japanese women are taking a more aggressive stance in regards to their husbands and most traditional customs have been thrown out the window. No more walking several steps behind your husband and no more calling him "master." This is progress. A different scenario and illustration of the effect of progress in Japan, is the current, popular trend of English style gardens which are gradually replacing the traditional Japanese garden which is so esteemed and admired in the West. But let us get to the subject of bowing.

This is a difficult matter to explain, when one goes to Japan, a Westerner would probably feel quite cheated if, at the hotel entrance, the kimono clad young woman did not bow but simply stuck out her hand for a good old Western style handshake. For the Japanese - or at least traditional Japanese people, bowing is very beautiful and very important to establish a relationship with the other person. Up until now, one could see women bowing even when picking up the telephone to speak with the other person!

More simply explained, there are three types of bowing: one is political, one is social and one is spiritual.

POLITICAL BOWING: This type of bowing is the most contradictory to Western people. It is a show of surrender or obedience to another who is politically more powerful than you. It is recognition of another's dominance or superior position. Most people, including Japanese, do not like this type of bowing.

SOCIAL BOWING: In social bowing, it is way to immediately establish a relationship with the other person. It is a

pleasant and friendly act and is always beautiful and heart-warming to the other person. For instance, in greeting a teacher we might bow to show respect but to also show appreciation to what he has done for you. Bowing occurs between husband and wife, parents and children, teacher and student, boss and employee, etc. to keep, maintain and clearly define ones relationship with the other. Bowing, in this case, is a social custom - much like shaking hands or hugging or giving someone a kiss on the cheek. Of all of these, I prefer bowing!

SPIRITUAL BOWING: In Aikido, we practice or should be practicing "spiritual bowing" which means that we recognize the soul, enlightenment, God or the Buddha-nature, in the other person. It is not political and the meaning is much deeper than social bowing. It is a spiritual act. O'Sensei bowed to the trees, the rivers, oceans, stones, the sun, everything. Why? Because he is recognizing God or thanking God which manifests itself in everything. In bowing to another person, we recognize his enlightenment or, as some explain, to the other person as the Buddha.

When we bow in Aikido, we show our appreciation to Nature. It is a humble act which is also deeply spiritual and therefore should be done with great dignity and beauty. This is where your training comes in - how can you be humble and modest at the same time you are trying to be dignified and strong?

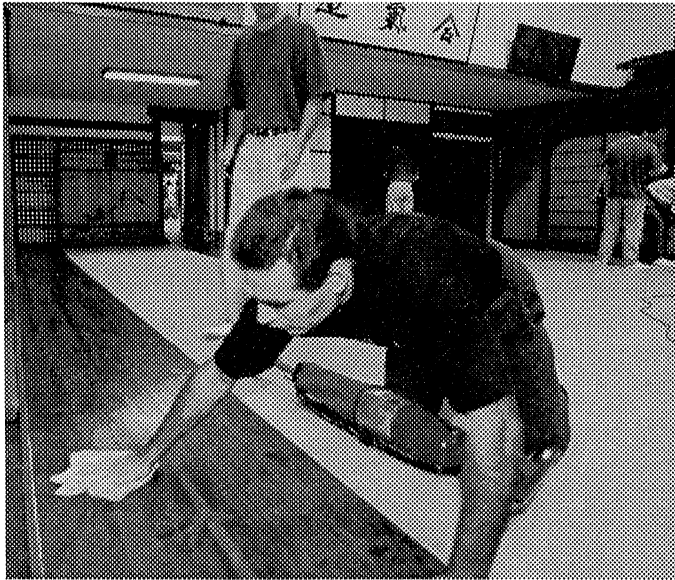
Some people say they can judge a person by the way he shakes your hand. In the same way, one can judge another person in the way he bows. To be too surrendering and grovelling is no good. Yet, to be too proud, stiff and make a display of strength or superiority is no good as well. In your own training, you should practice your bowing to be modest, yet dignified, beautiful yet not ostentatious, and not so physical an act as it is an expression of your own heart or spirit. In bowing, we train our spirit as well as express our spirit and heart to others.

This is a rather simple explanation but I hope everyone in the Dojo will get the message and practicing bowing as part of their Aikido training - as part of their spiritual training in Aikido. And, above all, keep politics out of Aikido.

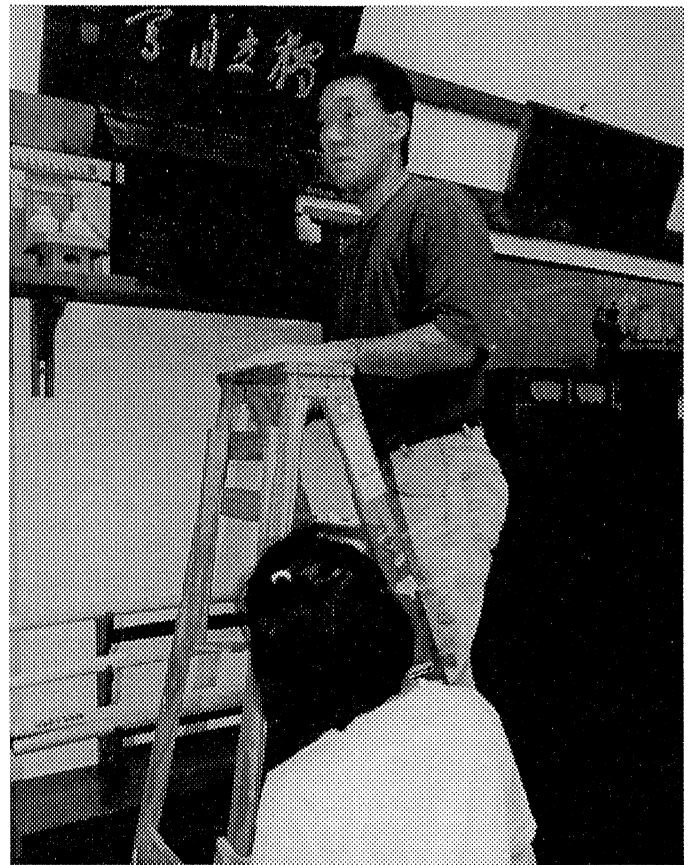
In my Dojo, I would never have you bow to a wooden picture frame, piece of glass and an old photo. This is ridiculous. When you enter the mat, at the beginning and end of practice and before you leave the Dojo, take a good look at O'Sensei's face in the tokonoma. See his nobility, see his many years of sacrifice and hard training, see his great dignity, wisdom and enlightenment through which he created Aikido, then, if you are moved by this and this encourages you in your practice of Aikido more - you will, indeed, find that bowing comes quite naturally to you. When we practice, I believe that O'Sensei is right there in the Dojo with us. His picture only reminds of this. Indeed, Aikido is a gentle art. In Gassho.

Preparing for Our Special Guests: Hombu Shihan DOJO CLEAN-UP. June 6

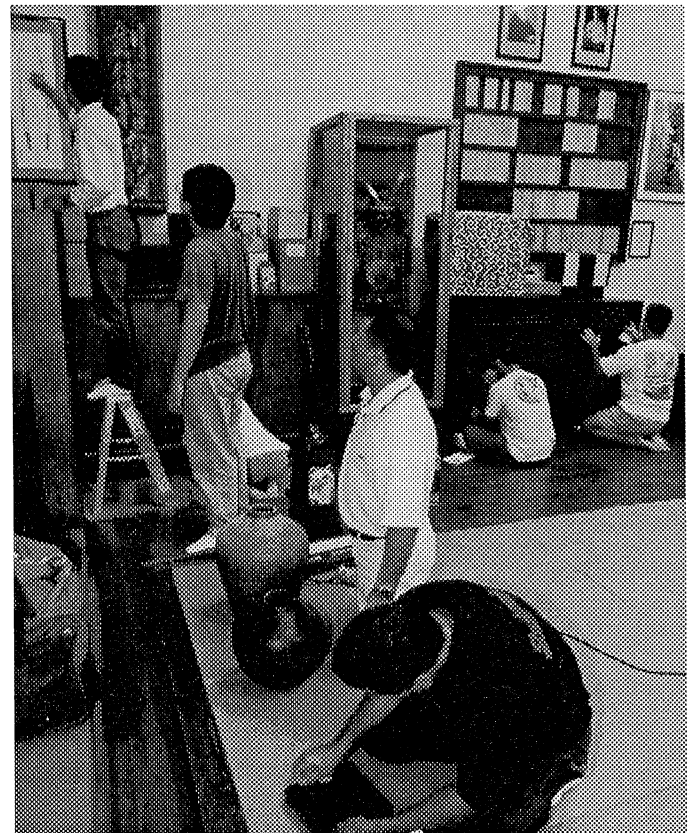
We would like to take this opportunity to thank everyone who helped with a major Dojo clean-up on June 8 in preparation for Ichihashi Shihan, Yonemochi Shihan and 5 instructors from Hombu Dojo.



Ismael Araujo Jr.



Ken Watanabe & Kristine San Luis



The entire crew. Left: Curtis Westfall

Correspondence:

Rob Yale Moves to Florida

July 29, 1997

As the month of July passes, so does my happy tenure as an active member of the Aikido Center of Los Angeles. Sometime during the first few days of August I will head east in a two door Saturn with my life in the trunk for 9 months in South Florida. There I will study one more year of law with the hope of earning a LL.M. in Real Estate Law. Although I have yet to determine the Latin for which the letters "LLM" stand, I am looking forward to the opportunity both for study and to see a new part of the country.

My study of Aikido, however, is not over by any means. I will wait until I have been in Miami for a few weeks before I search for a dojo in which to practice, if I decide to undertake that task at all. I feel that I am building a strong foundation upon which my technique can develop and I do not want that foundation to suffer due to mixing too many styles.

When I have found our my new address in south Florida, I plan to send for a subscription to the Aikido Center of Los Angeles Newsletter. This way I can keep informed of all that goes on, from special visits from Hombu Dojo, and Omiya dojo, to appearances on A&E, to when Larry Armstrong gets his Black Belt.

My only regret is that there has always been something keeping me from giving Aikido the kind of commitment it requires. During the past year, on top of a full load at USC Law School, I kept two part time jobs on campus. Often my studies pushed into the night. Six-thirty would come and go, and I told myself that I could always practice tomorrow. Also, my family lives in south Orange County, far enough that I can live at college, but so close I often found myself there on the weekends.

Finally, I look forward to a period of time after I have finally finished with classes, but before I start a family of my own (hopefully that will be in the DISTANT future, that I *will* be able to practice every day, and allow my technique to grow. That being said, my only hope for that day is that my home will then be in the Los Angeles area so I can finish what I started at the Aikido Center of Los Angeles.

Rob Yale, 4th Kyu.

EDITOR'S NOTE: The Dojo wishes Rob a lot of good luck and success in Miami, Florida and hopes he will return sometime to Los Angeles. Rob transferred from another dojo about one year ago and had a difficult time adjusting to the harder training and more orthodox techniques, but he persevered and has made good progress in his Aikido.

Right: Photos of Kenny's recent trip to Japan taken by Tadashi Sakurai of the Omiya Dojo. Middle: Kenny taking ukemi for Sasaaki Shihan. Below: Saturday morning practice at Hombu Dojo.

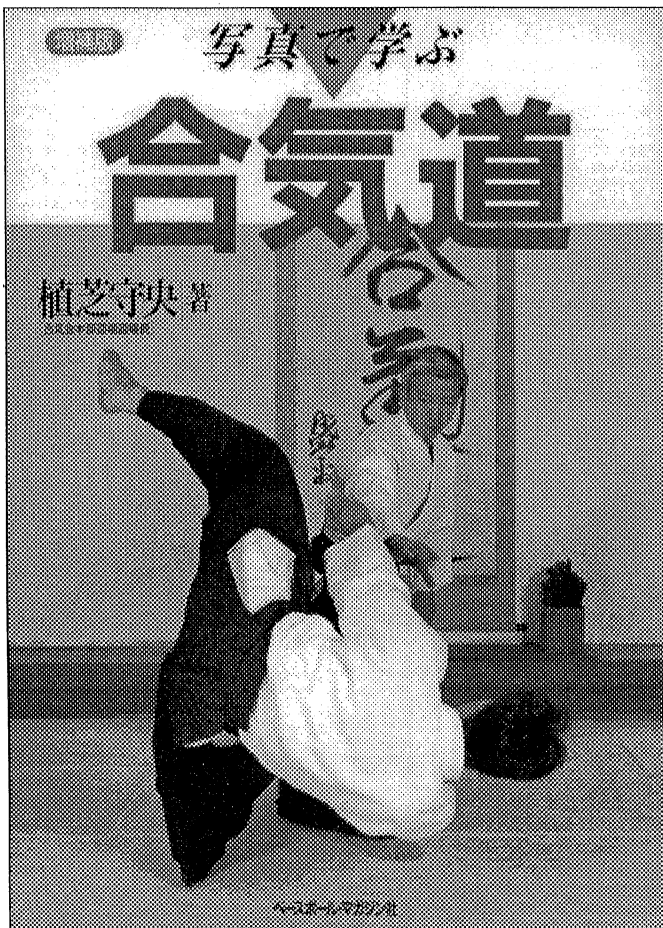
From the Omiya Dojo:

Photos Kindly Sent by Tadashi Sakurai Sensei.



Kenny Furuya at Hombu Dojo after attending Sasaki Shihan's class. Front right is Ichizuka Sensei and second right back row is Tadashi Sakurai Sensei. March 1997.





Recommended Reading:

Shashin De Manabu Aikido
("Learning Aikido By The Photos")
Dojocho Ueshiba Moriteru

Many Congratulations: Richard & Lois Kageyama Celebrate 25th Wedding Anniversary

On September 14, 1997, Richard Kageyama Sensei, Chief Instructor of the Monterey Park Shotokan Karate Club and his wife, Lois, celebrate their 25th Wedding Anniversary. Many Congratulations and Best Wishes Always! Kageyama Sensei, along with his son and youngest daughter, is a member of the Dojo and always helps us with demonstrations during the busy summer months. Congratulations!

Top Ten Practice Hours July 1997

- | | |
|----------------------|----------|
| 1. Ken Watanabe | 38 Hours |
| 2. Scott Howard | 22 " |
| 3. Bill D'Angelo | 22 " |
| 4. Cheryl Lew | 19 " |
| 5. Kristine San Luis | 19 " |
| 6. David Ito | 18 " |
| 7. Maria Macias | 18 " |
| 8. Larry Armstrong | 17 " |
| 9. James Doi | 16 " |
| 10. Mike Dotzenrod | 15 " |

Top Hours to Date: January thru July

- | | |
|--------------------|-----------|
| 1. Ken Watanabe | 220 Hours |
| 2. Kenny Furuya | 149 " |
| 3. Larry Armstrong | 145 " |
| 3. David Ito | 129 " |
| 4. Cheryl Lew | 127 " |
| 5. James Doi | 119 " |

Highest average to date: 36.6 hours/month. Mr. Ken Watanabe. This average is higher if Children's Classes and Intensive Seminars are included.

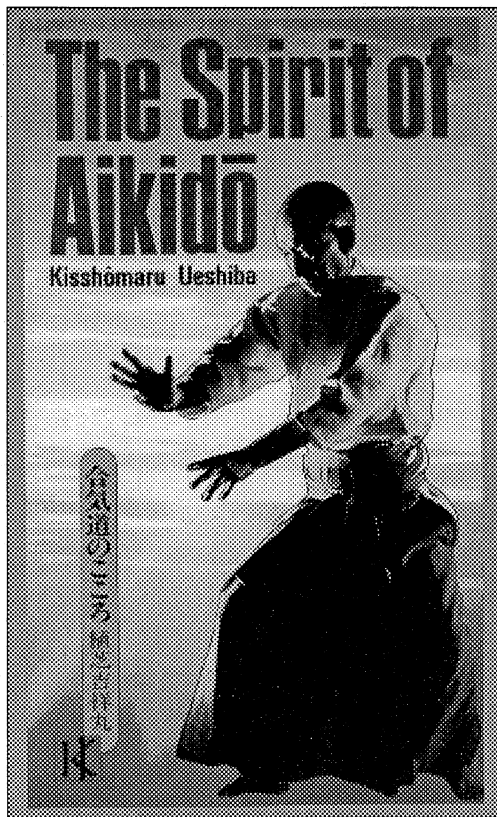
Welcome Guest: Karita Naoji

Sensei welcomed Karita Naoji Sensei from Tokyo, Japan, who stayed in L. A. as a guest of Sensei from August 17 - 19. Karita Sensei is one of the top sword polishers in Japan and visits Sensei about 2-3 times a year. Both did the Oshigata Exhibition at the JACCC several years ago.

Get Well Soon!!

Recently, our student, Larry Armstrong's wife, Beth, had surgery. We all wish her a speedy and complete recovery.

Ken Watanabe's mother, entered the hospital for several days and is now at home recovering. We all wish her the very best and a speedy recovery.



By Aiki Doshu Kisshomaru Ueshiba
Now available in the Dojo

Official Dojo Jackets

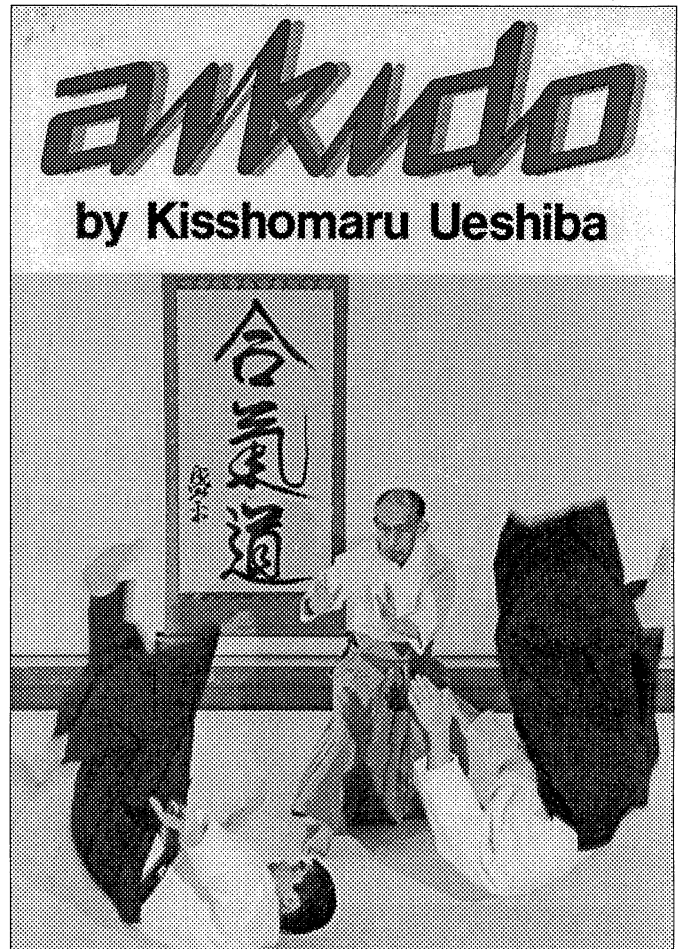
Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each. In sizes: small, medium, large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

Official Dojo T-Shirts

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

Dojo Volunteers Needed!

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



Highly Recommended Reading

AIKIDO by Doshu Kisshomaru Ueshiba

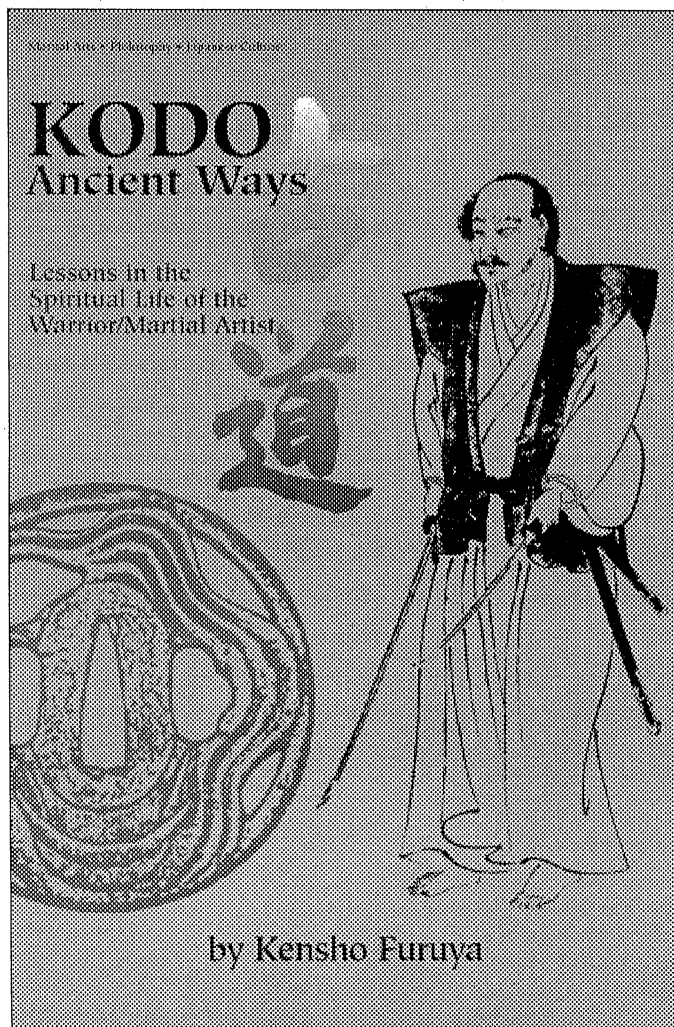
Doshu's book, **Aikido**, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving and the book will no longer be available. It is very strongly recommended that if you don't have this book, buy a copy now.

New Hours for Kid's Class

Kid's Class will be on Sundays only from 9:00am-10:00am. New Dues Special Rate is \$30.00 per month not including Annual Membership Fee for 1st timers. Please tell your friends.

Your Kind Attention:

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



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Rev. Kensho Furuya

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Copies signed by the author on request.

Recommended Readings:

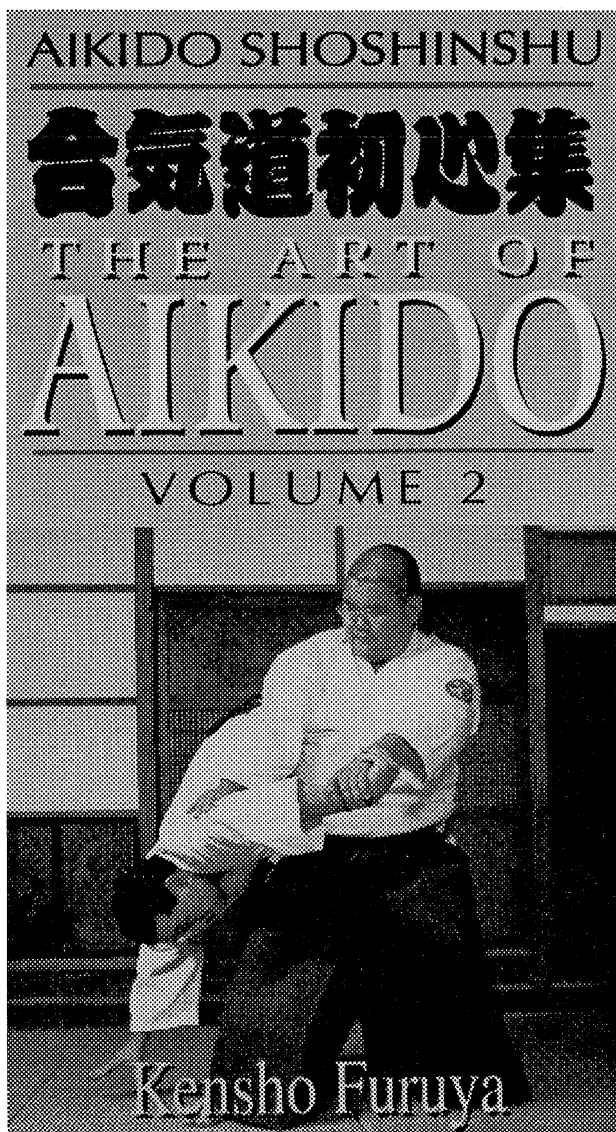
1. Aikido. Kisshomaru Ueshiba.
2. The Spirit of Aikido. Kisshomaru Ueshiba.
3. Zen & Japanese Culture. Daisetsu Suzuki.
4. KODO-Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist. Kensho Furuya.
5. "Homeless" Kodo. Kosho Uchiyama.
6. Zen Mind, Beginner's Mind. Shunryu Suzuki.
7.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

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

"First rate!" Inside Kung Fu Magazine.

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

"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of 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. . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes." Stan Pranin, Editor-in-Chief, Aiki Journal, April 1995.

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

Aikido

TRAINING SCHEDULE

BEGINNING & OPEN CLASSES

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

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

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

ADVANCED & INSTRUCTORS' CLASSES

Bring bokken, jo and tanto.

Wednesdays
8:00pm-9:00pm

Saturday Mornings
11:30am-12:30pm

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

CHILDREN'S CLASSES

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

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE SWORDSMANSHIP

Saturday Mornings
9:00am-10:00am

Sunday Mornings
8:00am-9:00am

IAIDO INTENSIVE SEMINAR

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

BUDO & SWORD STUDY CLASS

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7:30pm-8:30pm
Everyone welcome.

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