



AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

940 E. Second Street #7
Los Angeles, California
90012

(213) 687-3673

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NEWSLETTER REVISITED

Here we go again. Sensei is trying to do the dojo newsletter again. No one is certain how long it will last but a heroic attempt will be made to keep it up. As the membership continues to grow, the newsletter becomes a handy medium to communicate all the dojo activities and keep everyone informed and up to date.

YAMADA SENSEI'S SEMINAR

Sensei Yoshimitsu Yamada, 7th degree black belt and Chief Instructor of the New York Aiki-kai conducted a very successful seminar at our dojo on March 21 and 22. There were thirty five students participating and about three guests from outside dojos. This was Yamada Sensei's first visit to our dojo.

Yamada Sensei celebrated the 25th anniversary of his dojo about two years ago. The New York Aiki-kai is one of the largest dojos in the country and the headquarters of the United States Aikido Federation.

Yamada Sensei was a personal student of the Founder of Aikido, and the author of two books, *Aikido Complete* and *Aikido Complete Revised*. He has done much towards the development of Aikido in this country and travels all across the nation, Canada, South America and Japan teaching seminars and coordinating Aikido for the International Aikido Federation under the Aikido World Headquarters in Japan.

Yamada Sensei enjoyed the seminar and said he looks forward to coming again.

O-SENSEI'S MEMORIAL DAY: APRIL 26, 1987

O-Sensei or the Founder of Aikido, Grandmaster Morihei Ueshiba passed away on April 26, 1969 peacefully in Japan. Since that time, it has been a custom of the dojo to conduct a small memorial service on his "meinichi" every year on the 26th of April.

This is done to keep his memory strongly in our minds and, in a small way, to offer our thanks for all he has done for us through the art of Aikido. The priests from the Zenshuji Soto Mission will come to the dojo and offer a few sutras (scriptures) and then everyone will offer incense as a token of respect and

gratitude. The entire ceremony takes about twenty minutes.

On Sunday, April 26, 1987, there will be a special practice from 10:00am to 11:00am. The service will begin from 11:30am to 12:00pm. Afterwards, we will go to a restaurant for luncheon. The restaurant has not been decided as yet.

UPCOMING EVENTS AND ACTIVITIES

On Sunday, April 19, 1987, there will be no children's class in celebration of the Easter Holiday. There will be regular practice from 10:00am to 11:30am.

On April 28, 1987, Tuesday, sensei will be conducting a self-defense seminar for the Norwalk Nikkei Seniors. This seminar gives safety tips and crime prevention information for senior citizens. This is a Japanese-American senior citizens group in Norwalk.

Sensei gives free lectures and seminars on self-defense to all community and non-profit organizations as a community service provided by the dojo.

On May 2, 1987, Saturday, the Japanese American Cultural and Community Center on San Pedro Street between First and Second Streets in Little Tokyo will be celebrating a Children's Day Festival which will be going on all of that week. On Saturday, the dojo will be conducting an Aikido demonstration from 11:30 am. This demonstration will highlight the children's class but the senior members will also be demonstrating their skills. Everyone is invited to come and applaud everyone on.

On May 24, 1987, sensei will be conducting another self-defense seminar for the Nichiren Shinto-kai, a group of senior citizens in Long Beach.

On June 6 and 7, 1987, Kanai Sensei, Chief Instructor of the New England Aikikai, will be conducting a seminar here at the dojo. More about that in another section.

On August 16, 1987, the dojo has been invited to participate in the annual Nisei Week Festival with an Aikido and Iaido demonstration at the Little Tokyo Plaza in the Yaohan Mall on the corner of 3rd and Alameda Streets in Little Tokyo. The demonstration will be at 1:00pm and again at 3:00pm. Everyone is invited to participate in this demonstration.

KANAI SENSEI WILL BE COMING IN JUNE

Kanai Sensei will be here on June 6 and 7 conducting his second seminar at our dojo. He visited us about two years ago and the response of the membership was tremendous. We are very happy to have him come again.

We are still in the planning stages and we need everyone's help to make this seminar a big success. Everyone, please help!

Sensei studied under Kanai Sensei in 1969 while he was attending Harvard University in Cambridge, Massachusetts.

FOR BEGINNERS AT THE BEGINNING

THE TRAINING UNIFORM

1. The proper name for the Aikido uniform is "keiko-gi" or "do-gi." This means "training uniform." "Gi" is an American bastardization of "keiko-gi" and not the proper name. Generally, we wear a double or single weave 100% cotton uniform which consists of a heavy jacket, loose pants and a belt. Some people prefer to wear a karate uniform but it is not suitable for ukemi and for label grab (kata-tori) techniques because the material is much too thin. The uniform is always white or natural color.

2. The jacket is folded over the chest with the left side on the outside. It should be pulled so that it does not buckle up in the back. The jacket is loose but worn neatly. The sleeve should fall about four inches above the wrist.

3. Proper underclothing and protective equipment should be worn under the uniform. Women should wear a t-shirt or blouse under the jacket.

4. The pants should be loose and the hem reaches halfway between the knee and ankle. The two strings tie at the loop in the front of the pants.

5. The belt is tied with a square knot. One holds the middle of the belt at the tummy and winds it around; one side loops under the whole belt and then a square knot is tied.

6. No design other than one's name and dojo logo or patch may be worn on the uniform.

7 The uniform should be washed regularly. Prefer-

ably after every practice. It is practical to have several uniforms.

8. All tears in the uniform should be repaired immediately to avoid accidents or injuries.

9. No bandanas or hachimaki of any kind should be worn.

10. All jewelry such as rings, ear-rings, watches, chains should be removed before practice to avoid any kind of injury to yourself or others.

11. Women may wear a black hakama with their uniform.

12. When bringing your uniform to and from the dojo, you should carry it in a tote bag. In addition, weapons should always be carried to and from the dojo in some kind of cover or carrying bag.

JAPANESE PHRASES USED IN THE DOJO

1. O-HAI-YO GO-ZAI-MA-SU. Good morning.

2. KON-NICHI-WA. Good afternoon.

3. KON-BAN-WA. Good Evening.

4. O-NE-GAE-SHI-MA-SU. Please. . . . Used at the beginning of class to request instruction from the teacher. Also used when requesting practice with your partner or requesting special or individual instruction from the teacher.

5. DO-MO-ARI-GA-TOH GO-ZAI-MA-SU. Thank you. Often at the conclusion of class to your teacher and to your training partners. Used whenever receiving anything as we normally use "please" in English.

6. GO-MEN-NA-SAI. Excuse me. (I'm sorry.)

7. SHI-TSU-REI SHI-MA-SHI-TA. Excuse me. (Pardon me.)

A FEW WORDS FROM SENSEI

I hope everyone enjoyed Yamada Sensei's visit and his seminar. I myself considered it a big success. Although we did not have many students from outside dojos participating, I am glad that he spent all his time with you.

I am trying hard to get other great instructors to visit our dojo to teach you, so I hope you will look forward to them and enjoy training and learning from them.

Yamada Sensei's seminar financially was disastrous for us. I deeply appreciated the many students who donated extra money towards the financing of the seminar. This is really not a good thing but I mistakenly underestimated our expenses and, at the same time, made the seminar reasonable enough so that no one would be turned away for lack of money. Normally, dojos charge much more to cover expenses. Thank you again for all of your generosity, I really appreciate it. If we all work together and if we plan these seminars a little better we can avoid this problem in the future.

Everyone in the dojo is practicing well and making good progress. New students who first come into the dojo may not know all of the dojo protocol. Please help them and make them feel at home. Senior students must not ignore new students coming into the dojo. Everyone must learn how to practice together seriously, enjoyably and positively.

Everyone, please keep up the good work!!!