



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

940 E. Second Street #7  
Los Angeles, California  
90012  
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April 1, 1992

## ANNUAL MEMORIAL SERVICE & SPECIAL SEMINAR

In commemoration of the passing of the Founder on April 26, 1969, we will conduct our annual Memorial Service for him. This is one of our most important dojo traditions and we hope everyone will participate.

### Program

1:00pm - 2:00pm Fundamentals of Aiki Sword

2:00pm - 3:00pm Lecture on the Care and Usage of the Samurai Sword.

3:00pm - 4:00pm Aiki-ken

4:00pm - 4:30pm Zen Buddhist Memorial Service

4:30pm Japanese tea and cakes served.

*Everyone is invited.*

## MARCH SEMINAR

The Seminar on March 7, 1992, was a big success with many members from the dojo participating. The seminar began at 9:30am and finished at 4:30pm in the afternoon. For lunch, most of the members enjoyed a Japanese style "maku-no-uchi" box lunch in the dojo.

We would also thank our guests: Nick Kiritz from Washington D. C., and Brad Styne and J. Murray from Orange County.

The following dojo members participated: Andy Kisel, Ken Watanabe, Mark Sprintz, Richard Eloriagga, Mitsuko Yoshimoto, Bill Gillespie, Kenny Furuya, Michael Dancy, Mark Moore, Hieu Nguyen, David Ito, Joseph Quinn, Jim Doi, Shawn Pak, Jon White, Chris Prejean and Yasushi Matsuki.

## TRAINING SCHEDULE

### Open & Beginner's Classes

Monday-Wednesday-Friday Mornings  
7:30am - 8:30am

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

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

Saturday Mornings  
10:15am - 11:15am

Sunday Mornings  
10:30am - 11:30am

### Advanced Classes 3rd Kyu & Up

Tuesday Evenings  
7:30pm - 8:30pm

Saturday Mornings  
11:30am - 12:30pm

### Children's Classes

Sunday Mornings  
8:00am - 9:00am

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## Promotions

3rd Kyu  
Joe Quinn

4th Kyu  
Kenneth Lai

5th Kyu  
Michael Dancy  
Kevin Sonico

## Children's Promotions

7th Kyu - Green  
Marco Mitrovici  
Milena Mitrovici

## Special Promotions

Congratulations to Mr. James Doi who has been promoted to Hombu Dojo 2nd Dan.

### Shawn Pak, Chiropractor

WESTERN AVE. FAMILY MEDICAL CLINIC

Sungmin (Shawn) Pak, D. C.  
5481 Santa Monica Blvd.  
Los Angeles, California 90029  
(Western Ave. & Santa Monica Blvd.)

(213) 469-2344

*Special Discount to Dojo Members.*

**Letters: March 2, 1992**

*Hope and trust this finds you and your students well.*

*You and the students who accompanied you to the last Aikido demonstration might be happy to know that those who attended are still talking about what they learned and saw. This is very rare; sometimes it's discouraging to me but most things seem to fall off the members' backs, like oil off a duck's back. But in this case, for one reason or another, they seemed to have gained something, which, for me, is also very gratifying.*

From Rev. Tetsuo Unno, Pasadena Buddhist Church

## CALENDAR OF EVENTS

April 19th. Easter Sunday observed. Dojo closed.

April 25th. Dojo clean-up day. Everyone please help.

April 26th. Memorial Service for O-Sensei.

1:00pm - 4:00pm Special Seminar on Aiki Swordsmanship.

4:00pm - 4:30pm Memorial Service for O-Sensei.

4:30pm Japanese tea and cakes.

## Morning Practice

We are now offering Morning Classes  
from 7:30am to 8:30am on  
Mondays-Wednesdays-Fridays

*Everyone is welcome.*

## Back Issues of the Dojo Newsletter

Sensei is thinking of taking the back issues of the dojo Newsletter from 1985 through 1991 and compiling them into a book for dojo members. A donation of about \$25.00 or \$30.00 will be charged to help out the dojo. We may also include all the "Ancient Ways" columns from 1981. Sensei has written many monographs on swords and martial arts as well and is looking for a way to preserve them for his students. Published texts in total range from about 450 to 600 pages in the last ten years.

We would like student opinions on this project. Please see Sensei.

*Aikido Center of Los Angeles*

Message from Sensei:

**"Train Me Hard, Beat Me, Put Me  
Through Struggles of Life and Death, But  
Just Don't Hurt My Feelings"**

Several years ago, I had a student who quit the Dojo because the after-practice cleaning "jeopardized his personal integrity." In another instance, an new Iai-do student went ahead and bought a training sword which I specifically told him not to do because it was not appropriate for training and much too overpriced. Wasting money, I asked him why he bought it when I told it was no good. Later, he said he was "humiliated for buying the wrong sword" and quit practice. In most cases, however, people feel hurt when they ask questions and somehow the answer doesn't seem to confirm or agree with their preconceived conclusions. The end result is that I hate to answer questions from my students. An honest or true answer, as much as I can do, is not as important as building up the questioner's ego. In America, we say, "use diplomacy." In Japanese martial arts, we say, "good medicine is always bitter to taste."

Then, I notice that many people don't ask questions because they are really searching for an answer. They only ask the question as a way to start a conversation or just chit-chat. One day, several years ago, a middle aged, rather dignified gentleman, called the dojo and made an appointment to see me with the purpose of joining the dojo. He asked me many questions about Aikido and this and that. In fact, after about an hour, I was obliged to serve him tea and sweets. He stayed for another hour and finally, seemingly satisfied with the answers and getting up to leave, he confessed to me, "I have no intention of joining this dojo or practicing Aikido, I heard of your name before so I just thought your talk would distract me from the fight I just had with my wife." And, with that, he left he left without so much as a "thank you." From that day on, I rarely serve tea to my guests. For the most part, this type of dialogue is just a waste of time. Perhaps, he now feels a little better, but I felt lousy being taken advantage of this way.

Sometimes I think people believe I just sit around the dojo contemplating my navel waiting for people to show up so I can expound on the nature of the Universe. Unfortunately, I am not this type of person. The important thing in this world is study, hard work and practice. If just "talk" suits you, you have my sympathy because it will never lead you to the true path of Aikido.

One of my teachers used to tell all of us, "You ask questions only at the risk of your life. If your question is not truly thought out and is not something that you have been sincerely thinking about or questioning, then don't bother to ask me." Indeed, by the time that we thought out our questions thoroughly, we also found out the answer at the same time. This was good training for us. And, this is a good point to remember for everyone.

Before anyone can go through any kind of training at all, one must first throw away his ego. Most of what we do in training is work we dislike, don't agree with, or don't even approve of. I never heard of training that involved only things that the students liked to do. In the old days of the old Hombu Dojo, the toilets had to be cleaned out by hand. There was no convenient sewage system in those days. This job was always left up the youngest disciple of O-Sensei. Kanai Sensei of New England was one of the last disciples and he had to keep up this job for over two years until another student was finally accepted as an uchi-deshi. During my training at Hombu Dojo, I was so tired by the last class each day, yet I had to vacuum clean the entire mat area every evening after everyone left. If I took my time, all the restaurants would close and I would have to go without dinner.

When O-Sensei's wife passed away, the entire dojo had to be cleaned for the funeral service. I had to go out on the tiny outside ledge of the second floor to clean all the windows. "I am afraid of heights," was no excuse. Before the funeral, I had to stay up all night in front of the coffin by myself. There was another teacher but he was dead-drunk and no help to me. "I am afraid of ghosts," was no excuse either.

No one likes to clean-up after the dogs or feed them or take them for walks. No one likes to sweep or clean the mats. No one likes to do this or that for Sensei. No one likes to be criticized or be humiliated or corrected in front of the other students. No one likes to train without being able to talk or chit-chat. No one likes train until they are ready to drop. No one likes to practice while Sensei is watching with a angry look on his face. No one likes any of this but what an excellent, first class, method of training it makes! This why it has remained unchanged for the last thousand years!

Many students, after several years or more, say: "It's too much. I can't take it. I quit. (I'll run away and start my own dojo and manage it my own way.)" These people are just quitters and no one can learn anything good from a quitter. Keep going.

## INCREASES RISK OF CANCER

### **Cigarette smoking**

Major cause of lung cancer (the No. 1 cause of cancer death). Also causes cancers of the mouth and throat, esophagus, larynx, pancreas, kidney and bladder.

### **Passive smoking**

Associated with modest increased risk of lung cancer.

### **Animal fat**

Strongly associated with colon and rectal cancer.



### **Alcohol**

Increases risk of cancers of the oral cavity, pharynx, liver and esophagus, and has synergistic effects with tobacco. Also linked to colorectal cancer.



### **Preserved or salty foods**

Linked to cancers of the stomach and nasopharynx.

### **Obesity**

Increases risk of endometrial cancer. During childhood, predisposes to earlier puberty, a risk factor for breast cancer. After menopause, increases risk of breast cancer.

### **Ultraviolet light/sunburn**

Associated with malignant melanoma, a skin cancer, particularly in fair-skinned populations.

### **Estrogen Replacement Therapy**

Marked increase in endometrial cancer risk, modest increase in breast cancer risk.

### **Diagnostic x-rays**

Linked to leukemia, brain tumors and other cancers of the central nervous system.

### **Viruses**

Linked to liver cancer and certain lymphomas and probably increased risk of cervical cancer.

### **Asbestos exposure**

Increases risk of lung cancer.

## REDUCES RISK OF CANCER

### **Fiber-rich diet (fruit, vegetables, whole grains.)**

Reduces risk of colon cancer.



### **Exercise**

Helps prevent obesity (a risk factor for endometrial and breast cancers) and may delay menarche in adolescent girls, thereby reducing their breast-cancer risk. Reduces risk of colon cancer.

### **Beta-carotene (found in carrots, broccoli, spinach, dark greens, sweet potatoes, winter squash, cantaloupe and apricots).**

May reduce risk of lung and other tobacco-related cancers.

### **Vitamin C**

May be protective against some cancers, such as cancers of the stomach and esophagus.



### **Oral Contraceptives**

Reduce risks of ovarian cancer and endometrial cancer. However, in young women, increases risk of liver cancer, a relatively rare tumor.