

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Los Angeles, California
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Celebrating Our 30th Year

April 1, 1994

Volume XII. Number 4.

Sensei's Message:

One Step At A Time.

I had hoped that this year would be a quiet one because we were so busy in 1993. Yet, already this year is proving to be a busy year once again. This month we are completing a six volume video on Aikido and we are in the planning stages of starting a branch dojo in Santa Monica.



Photo: Yasushi Matsuki and Ken Watanabe in Aikiken kumitachi at a recent JVP demonstration.

Many Thanks

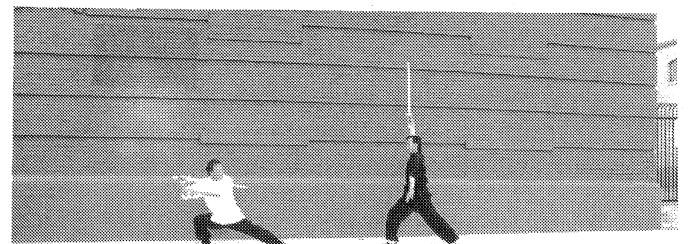
Many thanks to Dr. James Doi, Dr. Cheryl Lew, Mr. Richard Eloriagga and Mr. Bill Gillespie for contributing six months dues in advance to help out the dojo. We need everyone's help.

We do a lot but most of what we do outside the dojo is community service. Really, our progress is very slow as we are always in trouble with debts. I don't think it is necessary to make great strides although it would be like a nice dream. I am sure we will never become rich and famous, yet, if we can go one step at a time in our training and in the development of the dojo, I am happy. To preserve the true meaning of a dojo, we must understand that it is not designed to make money like a business. It is also not a place of opportunity to become well known or famous like the movie set. It is a place for one's physical and spiritual training. This is where we always come to odds with the present world of today which is ruled by money and fame. "One step at a time" is not economical and is not the way to become famous. Yet, "one step at a time" is the only way we understand our own personal training as it applies to our lives.

We must continue to work hard and persevere and study ourselves through our Aikido training. We must be grateful to progress even one step at a time.



Above L to R: Marie Anthony, Mark Shprintz, Master Hsu & Ken Watanabe at the Hotel New Otani Japanese garden during Master Hsu's video shoot. Below: Master Hsu in two man sword form on 3rd St.



Important Dates

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

April 3rd. Easter Sunday. Regular Class Schedule.

April 8th. Budo Study Class. From 7:30pm.

April 10th-15th. Students from Suganuma's Sensei dojo for practice. Schedule to follow.

April 16th. Iaido Intensive Seminar from 6:30am. Monthly meeting/breakfast follows.

April 16-17th. Cherry Blossom Festival demonstration at the Japanese Village Plaza.

April 25th. Sensei's Birthday Party in Chinatown. Please RSVP by April 15th. \$20.00 per person.

April 26th. O-Sensei's Memorial Practice from 6:15pm-8:15pm

April 30th. Intensive Black Belt Seminar from 6:30am-8:30am.

April 30th-May 1st. JVP demonstration. Aikido & Iaido.

May 1st. Please pay your dues on time. Dojo needs your support. Thank you.

May 8th. Ladies Day Brunch. All ladies (and men) invited for lunch after class from 11:00am.

Dojo Promotions

1st Kyu
Sasi Prasertsit

2nd Kyu
Michael Amparano

4th Kyu
Jose Araujo
Bruce Ino
Cromwell Ty
Genoveve Ty
Mark Ty
Bill Prepetto

5th Kyu
Michael Cervantes

6th Kyu
Aaron Case
Chris Mitchell
Meynard Ancheta

Congratulations!

Free Security Parking

The dojo now has free security parking on the far side of the building. Please see Ken Watanabe or Kenny Furuya for the security code. Please take advantage of this new convenience for the dojo. You may also park in the Third St. side of the alley but not in front of spaces occupied by tenants.

Thank you for your cooperation in this matter.

Please pay your dues on time.
Your support and contributions are vital to us.
Thank you.

News Items

Congratulations to Fumio Demura Sensei who held his 35th Anniversary Celebration of his dojo on February 26th. Sensei attended the event with Ken Watanabe and Kenny Furuya.

Master Hsu presented Sensei with a wonderful Chinese sword with a personal inscription during his recent stay in February.

About five students from Suganuma Sensei's dojo, Shohei Juku, in Fukuoka, Japan, will be visiting the dojo during the week of March 10th. Their itinerary was not set up at the time of this printing.

An article on "What is a Dojo?" by Sensei will be appearing in Dojo Magazine within the next several weeks. Many nice photos of the ACLA will be featured in the article. Sensei will be writing for Dojo magazine on a regular basis which is published quarterly. Please subscribe or patronize this publication.

Sensei's most recent article, "**Half Inch Worm, Half Inch Spirit**" is on the stands in MA Training magazine. The next article in 'Ancient Ways,' to come out soon is "**Cultivating Inner Strength.**" Watch for it when it comes out on the stands.

For ten days beginning March 5th, Dr. Cheryl Lew spent time training at the Woodstock Dojo in New York under the direction of Harvey Konigsberg Sensei.

ACLA Newsletter Subscriptions

The ACLA Newsletter is published monthly by the Aikido Center of Los Angeles, 940 E. 2nd St. #7, LA, Ca 90012. It is free to all active members. An annual subscription for friends and supporters of the dojo is a \$30.00 donation. We appreciate your support and generosity.

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Congratulations

30th Anniversary

of the

New York Aikikai

PRACTICAL AIKIDO

Aikido Instruction Video in Six Volumes
By Kensho Furuya

Out by summertime!

New Publications

Recommended Reading List for members:

The Essence of Aikido. Kisshomaru Ueshiba and John Stevens. Kodansha Press.

Budo, Teachings of the Founder of Aikido. Kisshomaru Ueshiba. Kodansha Press.

The Book of Virtues. William J. Bennet. Simon & Schuster.

The Book of Five Rings. Trans. Thomas Cleary. Shambala Press. Also includes a translation of the *Heiho Kaden Sho* by Yagyu Tajima no Kami.

Recent Articles Published by Sensei

Half Inch Worm, Half Inch Spirit. MA Training Magazine.

Cultivating Inner Strength. MA Training Magazine. Current Issue on the stands.

The Traditional Meaning of the Dojo. Dojo Magazine. Forthcoming.

Gaikotsu, The Skull & Bones Motif on Japanese Sword Fittings. Japanese Sword Society of the United States Newsletter. Forthcoming.



Master Hsu during recent seminar. About 25 participants.



Children's class meets every Sunday morning from 8:30am. Black Belts and seniors welcome to join us and help out with practice.

Grand Opening

The ACLA will be opening a branch dojo in the Santa Monica-West LA area in the next several months.

Please watch for our Grand Opening soon.

kokoro-e

Sensei's "Be Mindful" Column

After Practice

After practice is a happy time. After a good workout, it feels good to relax, talk to friends, get ready to go home to relax some more. Yet, when practice ends and we bow to the teacher, it doesn't mean that our "training" has ended. Our training continues every minute of the day or, at least, we must have that state of mind. As soon as practice is finished, it is important for everyone to clean the dojo. This is a rule of our dojo in particular. It is important to clean-up very quickly and efficiently and it is important that everyone works together. Everyone working together is equally as important as getting the dojo clean. This is also an important part of our dojo training.

We work with a partner throughout the class and we change partners often in one hour, but everyone working together in a large group is a very important practice of our dojo too.

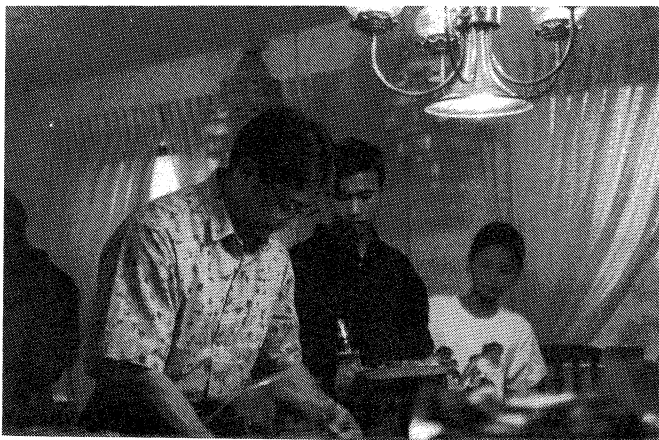
If the dojo is cleaned up quickly, it gives some people a chance to do individual practice. This is what really makes a teacher like me happy to see.

The samurai used to say, "After the victory, tighten your helmet strings." This means that we should always be ready and alert even when other people have relaxed their guard. Thank you for listening.

Do You Remember Back In December?



Christmas Party 1993 at Kenny Furuya's house in Duarte. Lots of great food and great fun.



Bruce Ino scarfing up with Sasi Prasertsit and Ryan Kageyama.

Reminder:

Tell your friends about Aikido and our dojo and encourage them to join our practice. We are having a membership drive now and everyone is always welcome to join at anytime. Thank you.

Letters:

February 28, 1994

We would very much like to express our sincerest thanks for your special performance at the Japanese Village Plaza on Saturday and Sunday, February 12th and 13th, 1994. It was indeed a great pleasure and honor to have your goodself at the performance which was extremely interesting and enjoyable. . . .

Japanese Village Plaza

March 1, 1994

Your thoughtful essays in Martial Arts Training have inspired me for several years. I particularly enjoyed your most recent column about the "one-half inch worm," as it reminds me of my own journey on the path of martial arts, these past 11 years. . . .

*Cady a. Goldfield
Boston, Massachusetts*

Birthday Party!

Sensei's 46th Birthday Party will be held on April 25th at the Empress Pavilion Restaurant in Chinatown from 8:00pm. We will be taking our official dojo photo so please bring your uniform. Let's have a good time!

Please RSVP by April 15th.
\$20.00 per person.
Thank you.

1994 ACLA IAIDO KENSHINKAI

Training Schedule

Wednesdays: 8:45pm-9:45pm

Saturdays: 9:00am-10:00am

Sundays: 7:30am-8:30am

Monthly Iaido Intensive Seminar

April 14th, 6:30am-8:30am
Monthly meeting/breakfast follows.

The Iaido Intensive Seminar is held on the third Saturday of every month from 6:30am.

RAFU TOKEN KAI
Los Angeles Sword Study Society

First Friday of every month from 7:30pm.

Program: Making oshigata and recording information about your sword. Please bring your oshigata equipment.

Everyone is welcome.

BUDO STUDY SERIES:

"The Life and Art of Miyamoto Musashi, the Swordsman, and the Book of Five Rings."

2nd Friday of the month
from 7:30pm to 9:00pm.

Please bring a 3-ring looseleaf notebook and pen and pencil. You will be taking some notes but there will be handouts of translations and Sensei's personal notes which is recommended you keep together in a 3-ring binder. Everyone is welcome to attend and join us in our study class.

Text: The Book of Five Rings. Overlook Press, 1982.

'94 Training Schedule

AIKIDO
BEGINNING OPEN CLASSES

Tuesday & Friday Mornings
7:00am-8:00am (Subject to change.)

Mondays thru Fridays
6:15pm-7:15pm
7:30pm-8:30pm (Except Tues & Fri.)

Saturday Mornings
10:15am-11:15am

Sunday Mornings
9:45am-11:00am

ADVANCED & INSTRUCTORS'
CLASSES

2nd Kyu & up. Please bring bokken & jo.

Tuesdays
7:30pm-8:30pm

Saturdays
11:30am-12:30pm

4th Saturday
Monthly Intensive Seminar
6:30am-8:30am
Attendance required.

CHILDREN'S AIKIDO

Sunday Mornings
8:30am-9:30am

YUDANSHA KAI
ACLA Black Belt Association
Meeting: April 5th
Tuesday, 8:30pm