

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

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

(213) 687-3673

Affiliations: The Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, Tokyo, Japan
The United States Aikido Federation Eastern Region, New York, New York
The Los Angeles Sword & Swordsmanship Society, Los Angeles, Ca.
The Aikido Center of Santa Monica - Branch Dojo, Santa Monica, Ca.

April 1, 1995

Vol. XIII Number 4.

May 6th

ASIAN PACIFIC MARTIAL ARTS FESTIVAL at the JACCC Plaza

Many of the top martial artists in the country will be demonstrating at the Asian Pacific Martial Arts Festival on May 6, 1995 at the JACCC Plaza in Little Tokyo. This event is in conjunction with the JACCC Children's Day Festival, the Spring Festival and the Asian Pacific Arts & Crafts Faire. Among some of the masters demonstrating are Fumio Demura Sensei, Kiyoshi Yamazaki Sensei, Master, Jun Chong, Guro Richard Bustillo of the IMB Academy, Masashi Shikai Sensei, Helen Nakano Sensei of the US Naginata Federation, Arthur Ishii Sen-

APRIL 1995
P. 57-58-59-60-61-62
U.S. \$1.50-2.00

**MARTIAL ARTS
ULTIMATE
WARRIORS**

**ARE WE
LOSING
AIKIDO'S
PAST?
FURUYA SENSEI
PRESERVING ART'S
TRAINING
METHODS!**

**New!
WING CHUN
SUPERBLOCKING
TECHNIQUES!**

**BE SMART,
STAY ALIVE!
Use Street-Smart
Lameco Eskrima!**

MU TAU KICKING!
Fast, Powerful and
Brutally Effective!

sei of the Okinawa Shorinryu Karate, Richard Kageyama Sensei of the Monterey Park Shotokan Karate Club and Mark Cheng of the UCLA Kung Fu Club There will be a special.

guest appearance by James Lew, Kung Fu master and actor. This event is being organized by Sensei for the JACCC Children's Day Festival. Everyone is invited. Bring all your friends! It's free!

Sensei
Featured
in Ultimate
Warriors
Cover Story:
"Aikido
Training:
Past &
Present"

Dojo Welcomes Harvey
Konisberg Sensei from
New York & Woodstock
Dojo.

Special Practice at the
new Chushinkan Dojo,
Orange County April 1st

Sensei Is Honored as the
President of the So.
California Yamanashi
Kenjinkai on March 12th

The "Kensho Special"

April 26th is the Founder's 27th Memorial Service

News from Wyoming:

Dear Sensei:

I enjoyed the small write-up you did on me and my family in the last newsletter. You said many very gracious things about me and my work. One point, however, is that I work for Sports Afield magazine, not Field & Stream. It is a very easy mistake to make, and I hope you do not mind my pointing it out.

The weather went from 70 degrees one day (a record) to 0 degrees the next. We had a beautiful snowfall -badly needed-and now the mule deer are in the "yard," acutally the sage-brush covered hillside feeding. Now it is still cold, the sun is out, and everything is covered in white.

I learn a little more about this country and the people who live here day by day. I'll have to write you a longer letter about the entire experience in the near future.

I'll also have to let you know more about my plans for teaching Aikido here. I am enjoying your tapes very much and find them an invaluable learning resource. Hoping everything is well, I remain, very truly yours,

Tom (McIntyre)

Editor's Note: Ooops! My mistake! Everyone please read Sports Afield! Thanks for the beautiful letter and we can't wait for the next. Special Report from LA to Wyoming: The weather never changes here in LA. Everything is nicely covered in brown dust and the homeless are often grazing in our forest green dumpsters. The non-biodegradable garbage and styrofoam waste scattered about the streets glistens blightly in the afternoon sun! Rather than "Home on the Range," we might be called "Hormone Deranged!" Wyoming must be paradise!

News from Mexico:

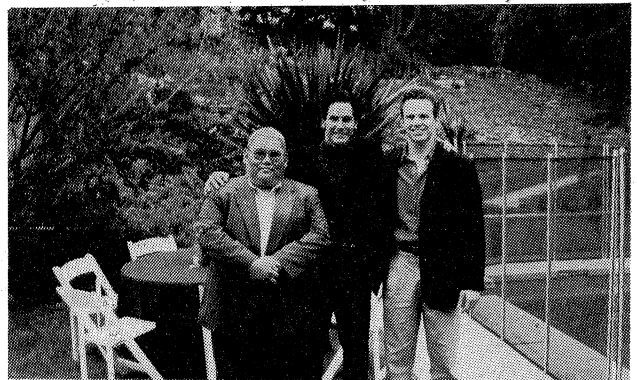
. . . I have been practicing and on Wednesday started staying for both evening classes. Sensei Moreno who by the way sends his regards, mentioned to me that he was planning a trip to LA this year. He still is not sure about the date he will be travelling, but would like very much to meet you, and if possible see the Dojo. . . . Anyway, I hope that you are doing well, as well as everybody else at the Dojo. Hoping to see you soon. Best Regards,

Gabriel (Zorilla)

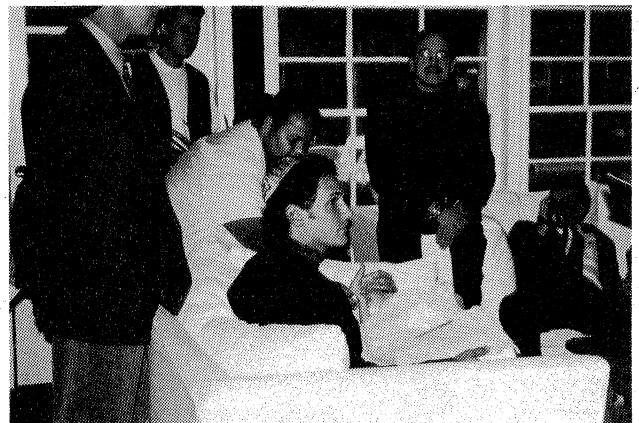
Editor's Note: Good luck on your Japanese studies too!



Sensei with Ueki Masaharu Sensei, Chief Instructor of the All Japan Battodo Federation. At Demura Sensei's 30th Anniversary celebration in Orange County, Feb. 25th.

Congratulations

Congratulations to Don Diamonte on the birth of his third son recently. Don is one of the stars of the popular TV soap, The Young and the Restless. Sensei and Bill Gillespie with Don at his beautiful home in Bel Aire.



Don during the bris of his new son. Don will be going to Israel to shoot several action films in which he will star. At the moment he is taking lessons from Sensei to prepare for his new film role.

Important Dates:

April 1st. Special Practice at the newly opened Chushinkan Dojo in Orange County from 10:00am to 12:00 noon. Hosted by James Nakayama Sensei, 5th dan.

April 7th. Sword Study Class 7:30pm.
Everyone welcome.

April 13th. Greater Little Tokyo Anti-crime Association Meeting from 12:00 noon.

April 14th. Budo Study Class 7:30pm.
Everyone welcome.

April 15th. Iaido Intensive Seminar 6:30am.
Breakfast-Meeting follows.

April 25th. Sensei's 47th Birthday.

April 26th. O-Sensei's 27th Year Memorial Practice & Service. Reception follows.
Please attend.

April 29th. Black Belt & Instructor's Seminar 6:30am. Breakfast Meeting follows.
All Black Belts & Instructors are required to attend. Executive Advisory Board Meeting.

May 6th. JACCC Children's Day Festival & Pacific Asian Martial Arts Festival. All day from 10:00am to 4:00pm.

May 7th. Japanese Village Plaza Demo 1:00pm. Everyone help!

July 8-9th. Lotus Festival Demonstration. Echo Park, Hollywood.

July 15th. Obon Aikido & Iaido Demo/ Lecture at the Pasadena Buddhist Church.

August 19th. Nisei Week Demonstration.

Sensei Is "Special" Or Rather - Sensei "BECOMES a Special."

Nick's Cafe on Spring St. near the railroad tracks in downtown LA has just named their breakfast special in honor of Sensei. If you go there and get the "Kensho Special" you will probably get the most delicious, tasty thick-cut homemade French toast and biggest and best serving of homemade sausage patty on the West Coast. Believe me, this is no bologne and you won't get turkey, although Nick's is famous for their home-cooked Ham.



Nick's is called "the best kept secret in LA" and has been around for over 40 years. It is the epitome of the ever disappearing 50's cafe/diner. Featured in the LA Times several times over the last few months, it did not have a name until Nick retired and it was taken over by a LA

Homicide detective, Jim Crawford, last year. Nick's is open from 5:00am to 3:00pm Mondays thru Fridays and 5:00am to 11:30am on Saturdays and Sundays. To catch Sensei there having breakfast and coffee several times a week, you should go about 5:00-5:30am in the morning. Don't forget to ask for the "Kensho Special" - homemade French toast and sausage.

Master Adam Hsu's Video Library

The first two sets of Master Hsu's Kung Fu instructional video tapes are now on sale. **Chen Style Taiji: Old Form, Linking Form & Cannon Fists.** Bagua Zhang: **Eight Changing Palms, Linking Forest Penetrating Palms & Internal Palms.** (Excellent Kung Fu!) For information & sales, please contact: Master Adam Hsu' Kung Fu Videos, PO Box 1075, Cupertino, CA 95015-1075. Or call: (415) 326-8253.

Sensei's Message:

**A Rose By Any Other Name,
Is Not a Rose?
Or, Aikido By Any Other Name
Is Not Aikido.**

The other day, a prospective student came to the Dojo to inquire about Aikido classes. As usual, we give him our training times and rates but not much else. We are not a "hard-sell" school but, at the same time, we are not a "soft-shelled" dojo.

Then he said, "You teach very effective Aikido here, don't you?"

"Why do you say that?" I responded because he hadn't seen our practice yet, not even the inside of the Dojo.

"Well, I went to another school nearby and when I told them I wanted effective Aikido technique; they recommended me to come to you."

"How strange," I said, "why did they tell you to come here?"

"They said your school is "more physical" and "more intense."

I know this well-used conversation (which I am certain you have heard before) but it nicely illustrates how much misunderstanding there is in Aikido, even among Aikidoists themselves! I had to explain to this poor chap that we are doing normal, orthodox Aikido - nothing more and nothing less. This is about the way everyone practices Aikido and this is the way best recommended by Doshu and the Aikikai.

What do they mean "more physical" or "more intense." Of course, Aikido is a martial art and that obviously means great power and energy. And, the bottom line is that it is a physical discipline. Aikido is "intense" as well. Not in a negative sense as this other dojo seems to want to imply but in the most profound sense of a physical, mental and spiritual discipline. As human beings, we call each other names. Sometimes, we are so involved in names that we forget what we are talking about or doing. Aikido by any other name is still Aikido but many seem to prefer otherwise. Finally, if we are going to "call it like it is." Be sure that you are "calling it like it is." Otherwise we only display our own ignorance about what

on earth we are talking about. If we are "more intense" and "more physical," it seems to follow in an odd sort of logic that someplace else is "less physical" and "less intense." If these are the choices, I think I would rather be, in this particular case, "more" rather than "less."

As I mentioned before, we don't do much selling of the dojo; but please don't go around saying, "We are less physical and less intense than anybody else!" It simply doesn't make any sense. And, I couldn't stand it. Horrible!

Maybe, our membership will never grow, but among martial artists all over the world, we have a 1st rate reputation as all the correspondence I receive appears to indicate. Yet, this is bragging and not a good practice. Let's just be ourselves and concern ourselves with our own practice and building up our Dojo. For myself, teaching Aikido is not a matter of competition with others or desire for reputation or fame. It is not necessary for us to put down other dojos to make ourselves look good. This is not why we practice Aikido. This is the Practice of Aikido, indeed!

For myself, Aikido is a matter of faith cultivated through many years of training and study. Like something very precious, we don't exploit it, but we take very good care of it, treasure it, and pass it down for the next generation to enjoy. Aikido is such a great treasure as this. This is my job - to give you something very precious - something I believe to be the most precious thing in the world!

People may criticize our Dojo and people may criticize me. Nothing new! All I can say is "Thank you for taking so much time and energy to think of me! You're so sweet!" Of course, I am half joking in this article (only "half" joking!) so please don't take me too seriously. But if I have made you think just a little bit, then I have given you something precious!

Sometimes, my students suffer because of me, but please remember: we are not dealing with money or fame, drugs or sex. We are dealing with the matter of your own lives. And above anything else, whatever name you give it, is the most precious thing in the world.

Finally, if you readers find this article just a little "too intense" and just a tad-bit "too physical." Well, you are absolutely right! Thank you.

Please remember our Founder:

**O-Sensei's
27th Anniversary
Memorial Service**

April 26, 1995

Practice - 6:15pm-7:15pm
Service - 7:30pm-8:00pm
Reception - 8:30pm-10:00pm

Zen Buddhist Memorial Service will be conducted
by Rev. Furutani of Zenshuji.

Place of dinner reception to be announced. Please
make your reservation early for dinner-reception.
Seating is limited.

*This is the 27th year of O'Sensei's
passing on April 26, 1969.*

**Official Dojo Patches
Available**

Dojo patches are still available. We have a new shipment. They are a \$5.00 donation each and should be worn one inch below the shoulder seam on the left shoulder of your uniform. You can also use the patches to decorate your favorite jacket, uniform bag, baseball cap, weapons bag, etc. Please do not use on the seat of your pants

ACLA DOJO NEWSLETTER

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by Rev. Kensho Furuya

Subscription rate: \$25.00 annually \$2.00 donation per issue.

**CONGRATULATIONS
Dojo Grand Opening**

James Nakayama Sensei
& the Aikido Chushinkan Dojo

7212 Orangethrope Ave. 3B
Buena Park, CA 90621

Bring a friend to the dojo.
Let's build up our membership.
Develop your training partner.

**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**

Welcoming: Harvey Konisberg Sensei, 6th Dan Woodstock Dojo, New York March 18th-22th.



Harvey Konisberg Sensei, Chief Instructor of the Woodstock Dojo in New York, recently visited the Dojo teaching on Sunday and Monday with one afternoon class at the Santa Monica Dojo on Sunday. Everyone enjoyed his classes.

Konisberg Sensei went to Santa

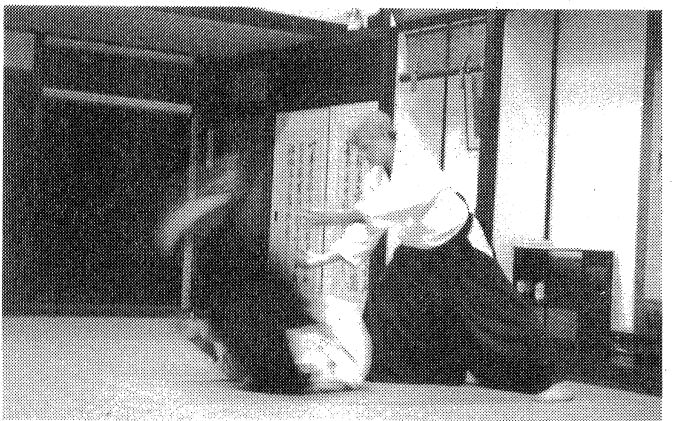
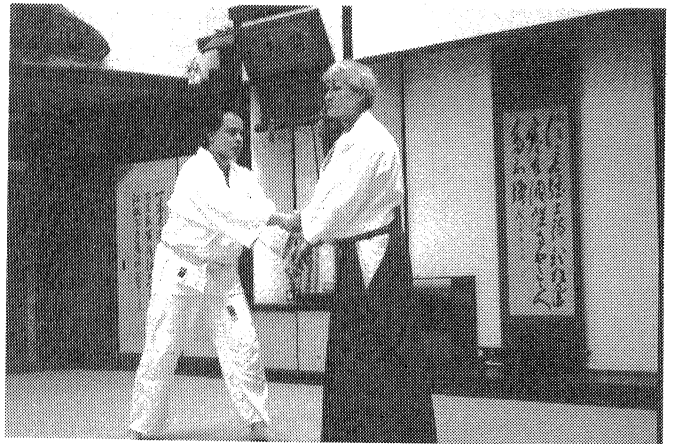
Barbara on Tuesday, returning the same day and finally heading for home on Wednesday. He is a long-time friend of Sensei and this is his second visit to our Dojo.



March 19th, Sunday morning class.



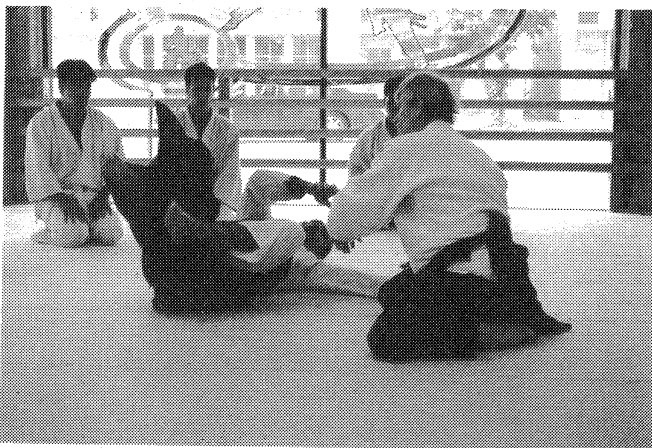
March 20th, Monday evening class.



Konisberg Sensei continued:



Sunday afternoon class at the Santa Monica Dojo with Master Jun Chong and S.M. members.



Many Thanks

Furuya Sensei and the membership would like to thank Konisberg Sensei for the wonderful two-day workshop and hope that he will soon make another trip to Los Angeles in the very near future.

Dojo Welcomes Aiki Journal



Stan Pratin, publisher and editor of Aiki Journal in Japan, recently visited the Dojo and had a nearly 25 year reunion with Sensei. Both talked over old times on the West Coast as they enjoyed lunch together at R-23 Sushi across from the Dojo.

Stan recently published a great review of the "The Art of Aikido" video set which will appear in the April issue of Aiki Journal. Watch for it!

Sensei Elected to So. Calif. Yamanashi Kenjinkai President

On March 12th, at the Southern California Yamanashi Kenjinkai New Year's Party, Sensei was unanimously elected to the Presidency of the organization following the tenure by Mrs. Tatsuko Sato. About 30 members attended the annual gathering. Sensei will also attend monthly meetings of the Nanka Kenjin Kyogikai as a Board Member. The Yamanashi Kenjinkai is a club made up of members from Yamanashi Prefecture. Sensei, although a 3rd generation Japanese American, traces his roots back to Yamanashi as his ancestral home. His family are hereditary temple custodians of the Asama Jinja in Higashi Yatsushiro and, at one time, retainers of the feudal warlord, Takeda Shingen in the 16th century.

Sensei Chairs Nisei Week '95 Sports & Exhibition Section

Greater Little Tokyo Anti-Crime Association Newsletter Premieres soon.

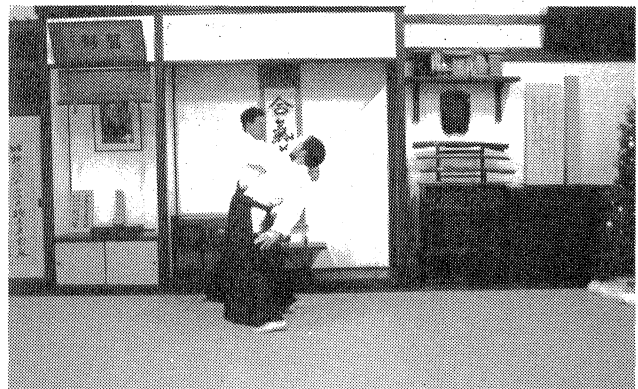
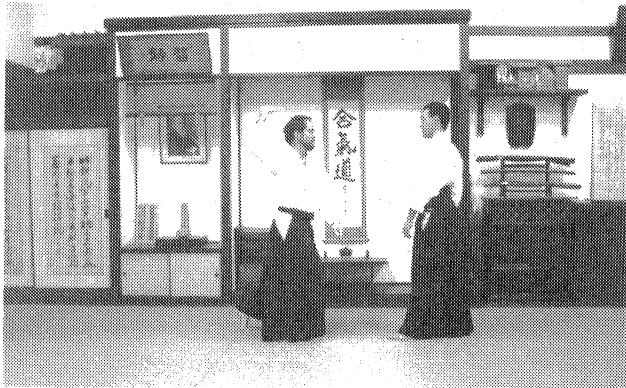
Sensei will be volunteer as Editor for the new Greater Little Tokyo Anti-Crime Association Newsletter which will be premiering this month. The 1st edition Newsletter will feature articles on the inception and history of the Anti-Crime Assc. to date. Satoru Uyeda, President, and Brian Kito, Patrol Commander, will also be working on gathering information for the new publication.

Technical Corner:

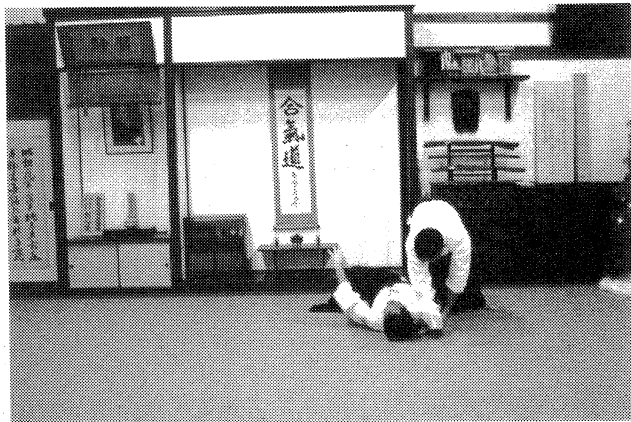
TANTO-DORI YOKOMEN-UCHI SHIHO-NAGE

This is one of the fundamental techniques to learn for beginners so it is practiced very often. Several points to remember are:

1. Watch your distancing and move back away from your opponent quickly. Study the *ma-ai* or spacing.
2. Don't grab the attacking hand but deflect it downwards in a circular movement with your hand blade.
3. Grip his hand at the lowest point in front of your hips. Turn your hips to bring your opponent more off balance. Ideally, he should be facing away from yourself.
4. In shiho-nage, move in deeply and turn without collapsing your arms.
5. Throw and pin him all the way to the ground. Apply pressure against the wrist before removing the knife.



Yokomen-uchi Shiho-nage con't.



Front view of the final shiho-nage pin.

When practicing yokomen-uchi shiho-nage, with or without a knife, always practice as if your opponent is holding a knife. It is important to find the proper angle to move away from your opponent in order to deflect his hand without making contact with the knife.

When completing the shiho-nage throw, your opponent's hand should end up behind his neck - not in front of his shoulder. Make sure that you have properly brought your opponent off balance before executing the throw or pin.

Shiho-nage, like kote-gaeshi, is a technique which can be executed as a throw or pin. For beginners, it is important to practice the pin often. Also, do not forget to apply the strike to your opponent's face. Your opponent should block it, incapacitating his own hand.

Although yokomen-uchi is illustrated here, shiho-nage should be practiced thoroughly from every attack.

Finally, in taking ukemi, the basic method is to take a backwards fall. However, it is important to also master the forward breakfall from the shiho-nage throw. Of course, this may take a little time for beginners, but practicing this little by little, you will surely master it.

This April 26th is the 27th anniversary of O-Sensei's Passing on April 26, 1969. Everyday you practice, please remember him. Please count your blessings. Please practice hard. Please become good and true Aikidoists.

Promotions

As of April 1, 1995

1st Kyu
Kevin Sonico
Bruce Ino

2nd Kyu
Cromwell Ty

3rd Kyu
Ricardo Villaverde
Michael Cervantes
Raul Montolfo

4th Kyu
Peo Lopansri

5th Kyu
Alan Judd

6th Kyu
Doug Murakami
Matt McCarley
Victor Sanchez
Jesse Fernandez
Francisco Fernandez
Don Diamonte (Private Class)

Santa Monica Dojo

4th Kyu
Neville Charles
Don Gallagher
Raffi Badalian
Peter Merwin

5th Kyu
Klaus Lindenberg
Dan Riordan

6th Kyu
Jon Cooperson
Douglas Kye
William Horgan

Recent Publications:

By Kensho Furuya

1. "Cultivating Inner Strength."
MA Training, July, 1994
2. "The Face of Humility."
MA Training, Sept., 1994
3. "Sweetening the Bitter
Medicine of Training."
MA Training, Nov., 1994
4. "Aikido and the Mysterious
Power of Ki."
Budo Dojo, Fall, 1994
5. "Power Talk: Insights into
Aikido." By Andrew Dickinson
Australasian Fighting Arts,
Oct/Nov., 1994
6. "Realize Your Greater Self."
MA Training, Jan., 1995
7. "Cutting Edge: The Curious
Samurai Custom of Testing
Swords."
Budo Dojo, Winter, 1995
8. "The Quest for Health."
MA Training, March, 1995
9. "What Makes a True Master."
MA Training, May, 1995

New Publications:

10. "Simple & Effective Aikido
Knife Technique."
Budo Dojo, Spring, 1995
11. "Aikido Training: Past and
Present: Less Perfection More
Perspiration."
Martial Arts Ultimate Warriors
Cover Story - April, 1995

Future & Upcoming Publications:

12. "Nothing Like the Real
Thing"
MA Training: Ancient Ways
13. "Conquering Speed"
Budo Dojo Magazine

*To immerse yourself into your
practice is to give Life to it.
And, by giving Life to it, you
bring it into your own living
world of the here and now.*

*We always think of the "first"
step forward, but don't forget
the important "million" steps
which came before.* Kensho Furuya

AIKIDO

Training Schedule

BEGINING & OPEN CLASSES

Mondays thru Fridays
6:15pm - 7:15pm

Mondays & Thursdays
7:30pm - 8:30pm

Saturday Mornings
10:15am - 11:15am

Sunday Mornings
9:45am - 10:45am

ADVANCED & INSTRUCTOR'S CLASSES

Please bring bokken, jo & tanto.

Wednesdays
7:30pm - 8:30pm

Saturday Mornings
11:30am - 12:30pm

MONTHLY BLACK BELT 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 SEMINAR

Every 3rd Saturday of the month.
6:30pm - 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.
In Santa Monica. Free Parking.

Special Monthly Study Classes

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.

NEW FROM UNIQUE PUBLICATIONS!

Aikido Shoshinshu

THE ART OF AIKIDO

A Nine-Volume Video Series Featuring
 Kensho Furuya

Kensho 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: Ikkyo, Nikyo, 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)

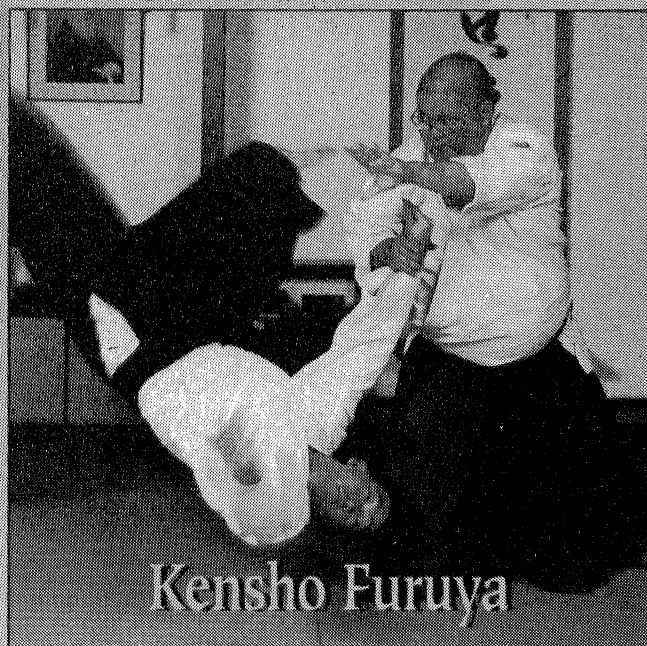
- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

AIKIDO SHOSHINSHU

合気道初心集

**THE ART OF
 AIKIDO**

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

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