

# 羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER



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Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters

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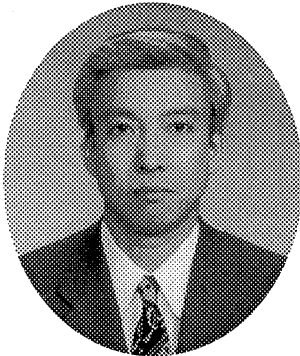
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## Ueshiba Moriteru Succeeds As 3rd Aikido Doshu.

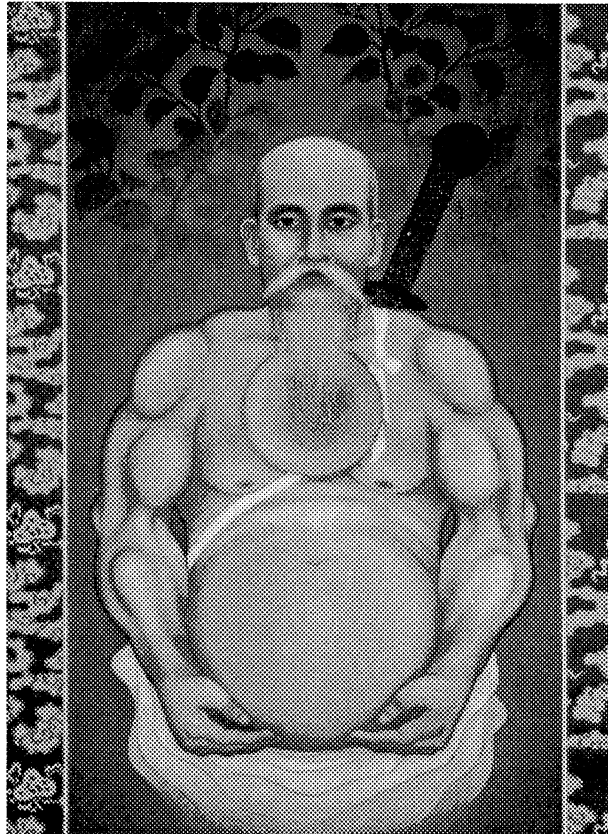


*This will serve to announce that I, Moriteru Ueshiba, have assumed the position of Aikido Doshu following the passing of Aikido Doshu Kisshomaru Ueshiba.*

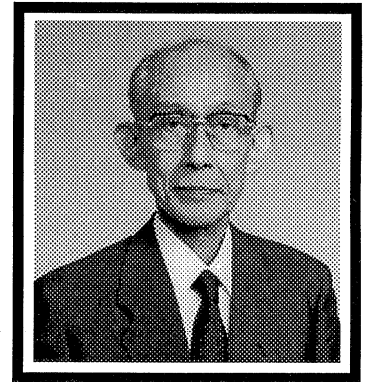
*As Doshu I will do my utmost to adhere to the legacy of the late Doshu, and to enable Aikido to further develop and flourish in a harmonious manner so that I may meet the expectations of Aikidoists throughout the world.*

*I ask for your continued support and assistance. Sincerely,*

*Moriteru Ueshiba  
Aikido Doshu*



Ueshiba Morihei, The Founder of Aikido



The Late 2nd Doshu  
Kisshomaru Ueshiba

## Preserving The Aikido Tradition:

As we mourn Doshu Ueshiba Kisshomaru and commemorate O'Sensei's 30th Memorial Service, we also celebrate Ueshiba Moriteru's Succession as the 3rd Aikido Doshu and pledge our wholehearted & committed support of his work. We pray for his every success and good health and appreciate his guidance and support of our Dojo.

## Aikido Founder Ueshiba Morihei 30th Memorial Service April 26, 1999

6:30-7:30pm O'Sensei's Video  
7:30-8:00pm Memorial Service  
8:00-8:30pm Tea  
8:45-10:00pm Reception (RSVP)

Aikido Center of Los Angeles  
Rev. Kensho Furuya  
ACLA Black Belt Association  
General Membership

# *Congratulations*

## **3rd Aikido Doshu Moriteru Ueshiba**

Moriteru Ueshiba, the grandson of the Founder of Aikido, Ueshiba Morihei, and the second son of the late Kisshomaru Ueshiba, assumed the role of 3rd Aikido Doshu as the legitimate successor and inheritor of the Aikido tradition on January 18, one day after the funeral service of his father. Due to the long illness and failing health of Aikido Doshu Kisshomaru Ueshiba, he assumed the work and responsibilities of his job several years ago as Dojocho, the Head Instructor of the Aikido Hombu Dojo, Aikido World Headquarters.

Although we are still in mourning for Ueshiba Kisshomaru Doshu, we must all offer our most sincere congratulations to Aikido Doshu and pledge our support and loyalty to his continued work in spreading and developing Aikido. We are also very proud and honored to be affiliated with the source and roots of Aikido.

Everyone in our Dojo must renew his efforts to develop himself as a good Aikidoist and everyone must work together to maintain a fine and respectable Dojo. This is the best we can do to support our new Doshu.

*Aikido Center of Los Angeles*

## **Masatake Fujita Shihan Meets Senior Members At LAX. March 14.**



Early on Sunday morning, March 14, the day of the Los Angeles Marathon, 14 instructors and senior members of the Dojo joined Sensei at the Tom Bradley International Terminal at LAX to meet Masatake Fujita Sensei for a one hour stop-over on his return to Japan from a two-week teaching tour of South America. Gary Myers conducted the Iaido class, and Norm Lew, 2nd Dan, and Douglas Lew, 1st Dan, stayed back to hold the fort and conduct the morning Children's and Adult classes in the Dojo.

Everyone was able to reintroduce themselves to Fujita Sensei and thank him for all of his support to our Dojo. His last visit to our Dojo was two years ago. Sensei also pledged the Dojo's support to Hombu Dojo and our New Doshu, Ueshiba Moriteru Sensei.



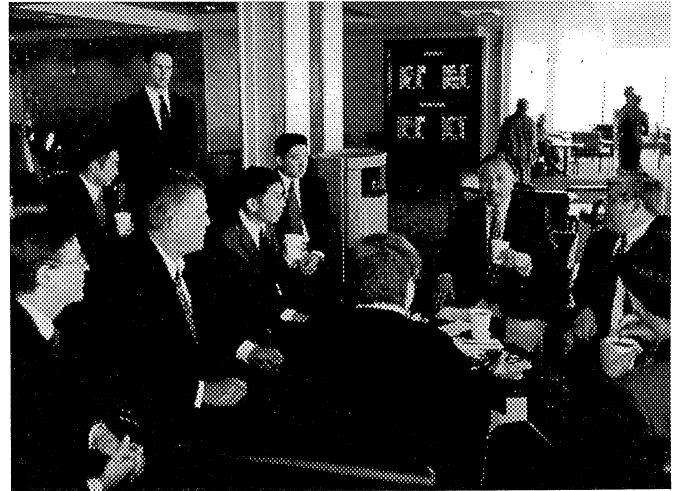
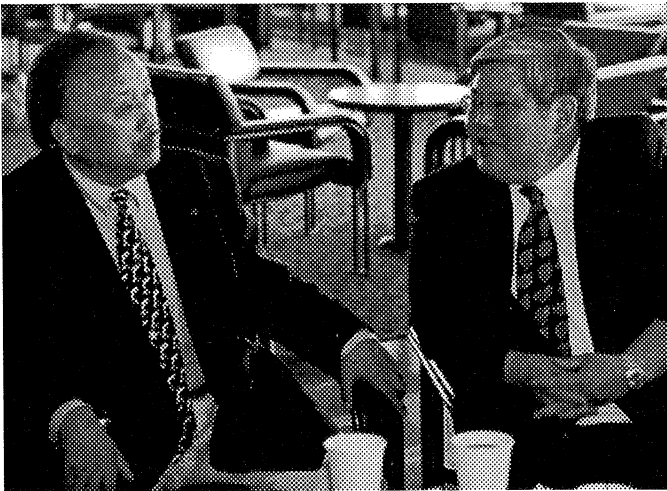
## Aikido Center of Los Angeles NEWSLETTER



Fujita Shihan and Yudansha-kai senior members of the Aikido Center of Los Angeles

### Fujita Shihan:

Everyone met at LAX at 7:00am, his plane arrived late and he exited Customs at about 8:30am and boarded his flight again at 9:30am. Two bottles of fine California wine were presented to Fujita Sensei and he took back two more bottles of very fine wine for Doshu. After our meeting, we all had breakfast at Dinah's near the airport. In attendance were: Sensei, James Doi, Ken Watanabe, Kenny Furuya, David Ito, Curtis Westfall, Cheryl Lew, Mike Dotzenrod, Tom Williams, Mark Ty, Larry Armstrong, Bill D'Angelo, Eric Russell, Frances Yokota, and Maria Murakawa.



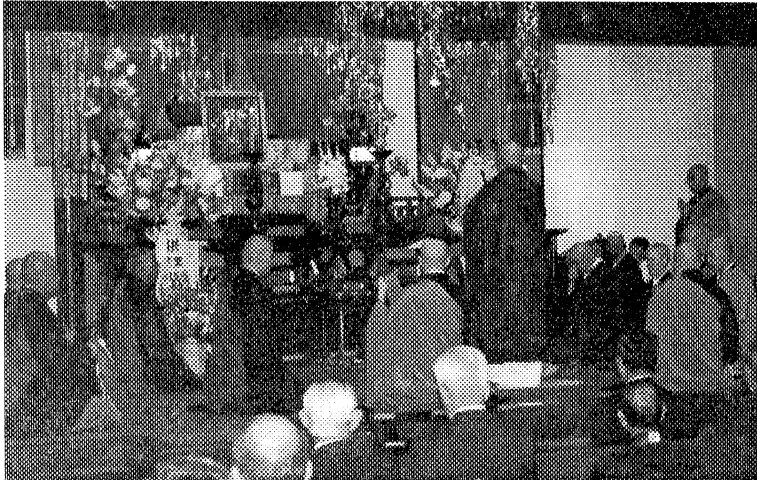
### Newsletter Contributions

We are always interested in articles from the membership. Please write something about Aikido, experiences in Aikido or about the Dojo. News items, vital statistics, etc. are also welcome.

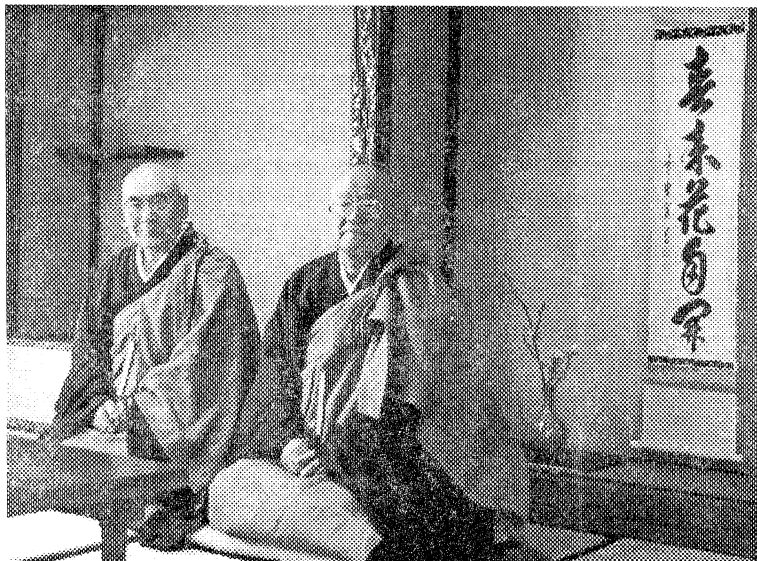
### Many Thanks

Many thanks to Adam Bennett who donated a new computer keyboard to replace Sensei's broken one in the Dojo.

## Bishop Kenko Yamashita's 1st Year Memorial Service. Zenshuji, March 6-7.



Many priests participated in the Bishop's 1st Year Memorial Service



Venerable Donin Minamisawa Roshi, Chief Director of Eiheiji Temple, and Venerable Shinzan Egawa Roshi, Former Chief Director of Sojiji, administered the Memorial Service for the late Bishop Kenko Yamashita Roshi.

Many priests from Japan and about 300 members of the congregation attended two days of memorial services for the late Bishop Kenko Yamashita Roshi (1910-1998) at the Zenshuji Temple near the Dojo. The late Bishop Yamashita is Sensei's Zen teacher and was ordained under him in 1987.

### **Final Dharma Poem by Bishop Yamashita**

*Having been expounding the innermost wonders of the  
Dharma for eighty-eight years,  
Completely penetrating the whole heaven and earth,  
Untrammled, plunging into the Yellow Spring.*

(Yellow Spring refers to death.)

## Founder of Aikido Ueshiba Morihei O'Sensei's 30th Anniversary MEMORIAL SERVICE

April 26, 1999  
Monday Evening

6:30-7:30pm  
O'Sensei's Video  
7:30-8:00pm  
Memorial Service  
8:00-8:30pm

Tea  
8:45-10:00pm  
O'Doki Reception

Service Conducted By  
Rev. Taiken Yokoyama  
Soto Zen Education Ctr

## Cherry Blossom Festival Aikido Demonstration April 17 12:00-12:20pm

Monterey Park Civic Center  
320 W. Newmark Ave.  
Monterey Park, CA 91754

## Does Shangri-la Really Exist?

### Health Secrets of the Hunzas

By Kent DeLong, M.D.

Reprinted from *Vibrant Life*, January/February, 1997

When James Hilton wrote his immortal *The Lost Horizon*, he was inspired by a small group of people living in one of the most remote areas of the world . . . a small community existing for centuries many miles from any other in the Himalayan mountains.

Nestled between Pakistan, China and Afghanistan, these people called the Hunza regularly live more than 100 years in what may be a real-life Shangri-la. Some people reportedly even live to 120 years of age.

Thirty years ago, following a report in the *Journal of the American Medical Association*, Dr. Jay Hoffman decided to make a trip to this most remarkable and remote land that time had seemed to have forgotten.

What he found then might still be useful to us today.

In this land of 30,000 people there were no hospitals, no police, no crime, no beggars, and very little sickness. There was no alcohol, caffeine, or tobacco, and the crops of this agricultural land didn't even require insecticides. Dr. Hoffman also found what was probably the oldest living people on earth, a people suffering from almost no cancer or heart disease.

In a book published when he returned, Dr. Hoffman listed the unique characteristics of this society and what he considered to be the reasons for the people's health and longevity.

He found the Hunzas' water to be rich in minerals. This water is drunk frequently and almost ritualistically throughout a normal day. The water, in combination with the land's black soil, produces incredibly healthy and deeply colored vegetables. The Hunzas never eat meat, eggs, refined sugar, or white flour. Oil, fat, and grease are unknown to these people.

Interestingly, the Hunzas' bowel habits are quite unique from ours. They consider "formed stools" unhealthy and, in fact, were noted by Dr. Hoffman to have "at least three loose bowel movements each day."

This is consistent with cereal pioneer, Dr. John Kellogg's observation in the past century that frequent, loose eliminations are far more healthy than daily, formed ones.

Dr. Hoffman also found the Hunzas to be hardworking,

## Important Dates

**April 4**            **Easter Sunday - Dojo Closed.**

**April 17**           **Cherry Blossom Festival.**

**April 25**           **Sensei's Birthday.**

**April 26**           **O'Sensei's Memorial Service**

but capable of relaxation. They had full-night sleeps that began at sundown and lasted until dawn. He observed that their homes were quiet, "without the sound of televisions, barking dogs, or traffic outside."

Finally, the Hunzas have no artificial retirement age. In fact, no one retires. Dr. Hoffman found people at age 90 working in the fields right alongside people who were 40.

He also observed that the physical fitness of a working 90-year-old Hunza was equivalent to that of an American 50-year-old and suggested it was because of their lifelong exercise. He noted that arthritis of any kind was rare with these people.

### Interesting Facts About the Hunzas:

- \* Women frequently have children as late as 50 years old, but families rarely have more than three children.
- \* The Hunzas are not thin people, but neither are they fat.
- \* Apricots, soybeans, and wheat are the most frequently eaten foods.
- \* The Hunza climate is very similar to Southern California's at the elevation of the mountain resorts.

### EDITOR'S NOTE:

I think more than what they eat and how many bowel movements made each day, the environment plays a big part in their healthy, long lives - no crime, no noise pollution - living a quiet life of hard work and peace. In our own busy, frantic lives, the dojo should be an oasis of peace and quiet. Of course, it is hard work and the discipline is strict. It is not strict for the sake of strictness but a way to maintain a sense of order and harmony which creates peace and serenity. Many years ago, I had a student who caused everyone so many problems during practice. Everyone complained and no one could get a good practice with him. Finally, I sat him down and asked him why he was like he was. He replied, "I like to take all my frustrations and disappointments out on the other students, it makes me feel good." I told him, "Students here are not punching bags for your pleasure, please leave." I am sure he would have been kicked out of Shangri-la as well. Practice hard & correctly.



## **New Training Class Structure**

We are in the process of trying to restructure the daily classes with the purpose of offering more students better opportunities for training. I hope everyone will read the interview with Master Adam Hsu under the title, "Kung Fu Students" published recently in his own publication, "Journal of Traditional Wushu," (in this issue) in which he discusses this topic at great length.

Ideally, I would like to keep the classes as they have been with everyone working together in a single class. There are many valuable lessons in this process, especially in the context of everyone working together. Today, it is the students who now govern the way the class is taught. I guess this is what people today demand. It has been a problem for a long time now in our Dojo (as everywhere else, I imagine): advanced students do not want to practice as hard as before and demand easier classes. If the classes are too hard, they simply don't show up. If the class is too fast, the beginners get left behind and become frustrated. If the class is too slow, the intermediate and advanced students are not getting enough training. With separate advanced classes for advanced students and black belts - no one shows up and it is almost a waste of time. This is not the teacher's wish; it is (I am sorry to say) how the advanced students may manipulate the teacher to their own demands. I guess I must bow my head down to this, I have lost to our current changing times.

I want to try out different methods and plans so I must make it clear that the new structure is not the permanent one but the first step to a more productive and efficient way to train. I expect to make many changes and alterations to find the right combination and balance in which everyone will be satisfied and return to a more regular training schedule. This is my sincere wish.

Of course, as before, classes should be divided between children and adults. I don't think I need to explain why because this is quite evident.

Some suggest women and men should be in separate classes, the young adults and elderly should also be separated. I am not quite sure about this. Rather than using gender or age as the criteria, I myself analyze my students generally in the following categories.

1. Beginning students who must proceed slowly and deliberately at the normal pace.
2. Beginning students who advance quickly and need greater challenges and pace in their training.
3. Advanced students who require intense training to continue to polish their art.
4. Advanced students with restricted schedules due to work,

school, family, etc. and cannot maintain their conditioning and level and demand moderate levels of practice.

There is another category to consider:

Students who come regularly to practice, three to five days a week which is normal.

Students who come infrequently, two or less times a week which is considered normal but less than the standard in our Dojo.

Students who come six to seven days a week which is a superior schedule but in our Dojo is considered ideal.

Another category I must consider is:

Students to progress slowly at first and build up speed in their progress as they catch on and gain experience. This type of student usually stays in training the longest.

Students who catch on very quickly at first and slow down the longer they practice. This type usually quits in a short time.

Finally, there are students who:

Progress continually at their own pace at their own level and need no outside encouragement.

Cannot progress without strong encouragement and guidance from the teacher or their peers.

Because of all the considerations which must be made in order to design the ideal class, I have found it very difficult to make specific changes. Especially changes which would negatively effect the content, direction and spirit of the class.

What I am trying to do at this first level is to divide each class, each day, into two groups, according to who is present and at what level and pace they appropriately should practice at. This has, you must understand, nothing to do with rank, age or gender. For example, on a given day, an advanced student may be put in with more beginners because that person must practice at a slower, easier pace. A beginning student may be placed in a more advanced group because he needs to be challenged with more intense training. On the following day it may change in the opposite direction. Perhaps, each class must be individually arranged according to who is participating.

On the following schedule, one can see Beginning, Intermediate and Advanced classifications. I am not sure if I mean by rank more than I mean by the actual pace of the class. "Advanced" means intense training. "Intermediate" means above-normal paced training and "Beginning" means a more slower pace training oriented to new students and beginners. This is according to pace of the class, not so much one's rank or seniority although this should have some kind of correlation (a correlation which is becoming more and more vague - the reason for all of these alterations in the first place!)

Hopefully, as the student now knows what to expect in each class, he can now feel more confident to attend training

## New Daily Training Schedule

### Monday

**6:30-7:30pm New-Beginning**

**7:45-8:45pm Beginning (Individual)**

### Tuesday

**6:30-7:30pm Open-Intermediate**

**7:45-8:45pm Advanced Weapons**

### Wednesday

**6:30-7:30pm New-Beginning**

**7:45-8:45pm Advanced (1st & 3rd)**

**Iaido (2nd & 4th)**

### Thursday

**6:30-7:30pm Open-Intermediate**

**7:45-8:45pm Intermediate-Advanced**

### Friday

**6:30-7:30pm New-Beginning**

### Saturday

**8:00-9:00am Iaido**

**9:00-10:00am Advanced**

**10:15-11:15am Open General & New**

### Sunday

**8:00-9:00am Iaido**

**9:00-10:00am Children**

**10:15-11:15am Open General & New**

without any surprises for himself. Generally, Mondays, Wednesdays, and Fridays will be oriented more to beginners and new students. It is strongly recommended that new students try to arrange their schedule to come of Mondays, Wednesdays and Fridays and on the weekends.

Tuesdays and Thursdays are more for intermediate and advanced students. However, this is not a restriction. Advanced students who demand slower, easier training should attend beginning classes, beginning students who demand more intense training should attend the intermediate and advanced classes (with Sensei's permission). I hope this is not too complicated to understand and will increase class attendance. The main purpose of this schedule is to increase attendance and afford each student greater opportunity to practice.

However, the old rule applies - the more you are training and attend class the greater your progress and the more benefits you will reap from your training. And the bottomline also remains true - those who do not maintain a regular schedule do not maintain their level but actually begin to fall down in skill.

Black belts must also continue to keep in mind that it is not just their own convenience and schedule to consider, black belts also serve as role models for the beginning students. If the seniors fail, the beginning students will also fail and everybody loses.

Recently, I have been thinking about reorganizing the class into beginning and intermediate sections during the regular class hour. New students find it too difficult to keep up with the senior students. Senior students who spend too much time assisting the newer students do not get in their own training. At the same time, I received Master Hsu's publication which addresses this same issue. I would like my students to read it and give me their reaction and input as it relates to our own Dojo.

## **KUNG FU STUDENTS**

### **Customizing The Training to Fit Their Needs**

This is the second installment of a series based on the author's interview with Sifu Adam Hsu on various aspects of his training program.

*When you were training, it is said that you took mostly private classes. What would you say are the benefits and disadvantages of private versus group training?*

Well, generally speaking, in private lessons you get more attention. It's easier to receive corrections that fit your personal needs. I will still give a student private instruction if it is needed. This doesn't mean the student has to book a formal class with me and pay a special fee. Sometimes I'll grab students from out of the group and give them personalized advice because they need it; that is private. The difference between private and group training is not just the format of the class, but how the instructor handles the class.

Group classes are necessary; that's almost the only way right now for any martial arts school to afford a decent place to practice in. It is also a way to build up the kung fu population. While I can teach ten or twenty at a time. I can only teach one or two privately. The group class is absolutely necessary for kung fu's continued expansion.

Having classmates is also important so that students have practice partners, especially now that sifus are more open and no longer hold back information the way we traditionally did. In the old days, because they didn't want to teach openly, it was difficult for a student even to get the material because in the group class the sifu could easily - sometimes automatically conceal important information. Consequently, private lessons were very important. Now times have changed: you don't have to always be sparring with the old master to learn usage. Learning in a group class is sufficient.

*Some people believe that students of different gender and different age should learn martial arts in separate classes; others contend that this is unnecessary. Based on your years, what do you say?*

Men, women, children, middleaged adults, the elderly, they are all different. This is a difficult topic for some people to discuss because they have the idea that everything and everyone must be equal. But don't confuse "equal" and "same." That's a big mistake. Can I say they're simply not the same? (Laughs)

Gender and age make lots of difference. Regarding age, everybody is changing every single minute of every day. We all grow older, and at every stage, our physical and mental condition changes. And any doctor can tell you physically men and women are different, not only with respect to the reproductive organs, but in terms of their body chemistries as well. I agree that men and women are no different mentally. People do show differences in mental ability, but this is at an individual level, independent of gender.

These differences require different methods of instruction, so ideally, classes should be separated based on gender and age.

*Can you say more about the differences between the groups with respect to learning kung fu, and in what ways the training would be distinct for each?*

### **Mental Differences**

Age does have some impact on one's mental ability. Children have not fully developed yet, either mentally or physically, so they are not as smart. However, they are constantly absorbing information from their environment, like sponges drink water! And then when people become aged, they begin to lose some of the mental quickness they once had. Take me, for instance. I'm not as smart anymore. Honestly, I've never been really smart, otherwise I wouldn't have done martial arts, right? (Laughs) At least not to make a living. You can make a living in the computer business and then do martial arts on the side, right? Isn't that smart? Isn't that your own future, what you're going to do, Pedrito? Anyway, I wasn't a very smart person to start with, and now as I get older, I get confused more easily and notice my memory isn't as sharp as before.

If you want to teach American history, elementary school and high school textbooks are very different, even though the history is relatively short, just three hundred and something years. Go to any bookstore and you will find books suitable for the kids to read and others for the adults. Clearly age goes hand in hand with different mental stages, and if we want to provide a class-any class-we must take this into account.

### **Physical Difference Due To Age**

However, differences in physical ability also play a part. For example, little kids can do only little kids' kung fu. I really love to see children doing kung fu. When I see lots of them at tournaments, I feel so good. But they can only do kung fu appropriate for their age. Even when they practice the same form, say pao quan, that's *their* pao quan, different from an



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adult's. When we design a children's training program, we must pay attention to their special needs. Because their development is incomplete, the program should not be complicated, but easy to follow. Let me give an example: children cannot focus for too long a time, so do not ask them to do anything for more than, say, ten minutes. Always follow with a short break. A break does not necessarily mean sitting down, walking away, drinking water, or going to the bathroom; it's just breaking away from the training. After this break, you can repeat the same training again.

Alternatively, you can provide more varied movements in a shorter time period. you may have the same goal as you do for adults, say, to develop their leg strength. But you cannot use the same kind of strict training adults should be doing; such as long ba shi (eight stances). You have to make it fun. Design a game out of the training for them to play. Each time bring out something new. They will love it and come back to ask for more. They will even continue to do what they learned outside of class. But you-no, they themselves earn the desired result: their legs become stronger. Asking them to focus for too long a time will not have this effect.

Applying requirements for young adults is not the right approach. With the elderly, you must be lighter, just as in low-impact aerobics. The pace of their training must also be lighter than for students in their twenties, not because mentally they cannot focus, but because physically they cannot take it. It we are too heavy on them before they earn their health, we damage them. So, for example, we allow the horse stance to be higher and don't make them hold it too long. Also, we give breaks often: several short breaks followed by a bigger break, and all before half-time, and similarly for the second half.

Some cannot or should not jump-maybe their joints are weak or they need to lose weight first. So we have them do the double linking kick (kick twice, nonstop) rather than the double jumping kick. Some have a hard time balancing. We don't require a single leg stance. Instead, we have them do the empty stance. They will naturally use the empty leg for support and that's OK. As they do so, they still continue to practice, building up strength, until they are strong enough to use the single leg. This is really what we want and what they need. If we insist, "Hey, you should put your toe on your knee!" then we might cause trouble.

Some of the elderly cannot turn too quickly, so we break down each turn into one-two-three steps. You, Pedrito, you can spin around in one turn with little effort, but they need to do it in three or four steps. There's nothing wrong with that at all. Sometimes they cannot wave their arms too high to too far away, so allow them to reach as far as they can. Do not insist on a standardized distance. We should avoid this so we don't cause unnecessary damage to people's health and self-confidence. In general, we need to just soften the requirements,

offering low-impact kung fu. This allows them to continue practicing, increasing strength, endurance, and coordination. Under these conditions, they will surprise everyone by what they accomplish. And do remember, you will get old too.

### **Physical Differences Due To Gender**

Oh, I do hate to get into the gender issue because it is such a sensitive topic, full of emotion and so easy to be misunderstood. But since you asked, I will.

As you know, today all over the world-Taiwan is no exception-there is a strong feminist movement. Throughout history women have not been treated equally and fairly and so we are coming to a turning point. Of course there are many things affecting women that are obviously and sometimes not so obviously wrong, horrible, and must be changed. But there are also issues and situations that may not be so clear cut even within the ranks of our modern mothers, daughters, sisters, and friends.

One example is athletic training. In the field of martial arts, there are women who believe that it is much better to train in an all-female school. On the West Coast alone, I've heard of several such schools, unfortunately none of them kung-fu. On both coasts, women's martial arts organizations hold yearly training camps-no men allowed!

Here's another example: Silicon Valley is filled with health spas and gyms. The majority are coed, men and women pumping iron or doing aerobics together. The opportunity is everywhere. Yet, in Palo Alto there is a female-only gym and very popular too. A number of women feel more comfortable working out in this setting and also think their needs are much better met there.

I believe men and women should be treated with equal fairness. Unfortunately, some people are taking this principle to an extreme. They want to ignore the physical differences between men and women and mix them all in the same class, whereas I believe in separate classes. Years ago, I had a number of discussions about it and it caused lots of trouble. I remember what I wrote in a column at the time: "Look at the Olympics: even they have male and female divisions." I was surprised to get a negative response. Some people hated to hear it.

But just take a look at the facts of the situation. Can we put men and women together in the 100-meter dash and see who will win? Compare the best times for Olympics male and female divisions through the years. Or professional basketball. Now we have professional women players. This is truly wonderful. The sport was male-dominated until now. Members of the women's basketball league are world-class athletes. But notice, they still have male and female leagues.

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I remember reading about some scientific research which shows some differences between men and women directly affect our ability to react with bursts of power or explosiveness as the nerve impulse reaches the muscle. This one factor alone gives a built-in advantage to men in sparring.

By no means am I looking down on women. But physically, men and women are really different. Yes, of course, you can always find a few that are similar on either side. But for the general group, the differences are unavoiable.

### **Differences In Goals**

Besides the physical distinctions of gender and age, we also need to consider differences in desires and goals. Why do study kung fu? For self-defense? Usage will be emphasized, and we will try to build a martial artist. For maintaining health? And do you just want to maintain your health, or to heal an illness? These are distinct.

There are other motivations: You are a dancer and want to enrich your dancing technique. Sometimes you just want to understand or enjoy something about a different culture and dont' want to use it to fight at all.

Kung fu is like a big four-star hotel. Such a hotel has many different restaurants, facilities for a variety of athletic activities, and entertainmen t choices for all tastes. Likewise, kung fu students have different goals and desires and we should design a different class for each.

### **Each Group Deserves A Spearate Class**

To bring the top program to our students, we would divide our classes based on the physical make-up of the students; that is, their age, sex, and general physical ability as well as their goals so that we can optimize the training for each. Thinking honestly about some of the elderly in my Taiwan classes, it is difficult for them to see young guys like yourself, Pedrito, bouncing around when for them it's not easy. I hope you can understand, even though you are still young. At my age, I can really feel that every year you're not as good, then every month and every week. I won't say every day yet for myself, But I can foresee that time. So I do empathize with them.

Also look at the kids in our class: they keep picking on the adults, asking why adults get to do things they don't. It's heavy on them too. Looking at it from the opposite direction, we may innocently put too much pressure on them by demanding they match a level of precision that belongs to adults. This can ultimately cause kids to drop out, perhaps claiming some other reason. But in fact, the reality is we need to have a different program to satisfy their needs.

Women also deserve separate training. In golf, everyone is given what they call a "handicap" so that players in each game can compete on a more or less equal basis. It makes golfing a

lot more interesting and fun to do. But kung fu sparring is a very different animal. Unfortunately, there is no clean or clear cut way to equalize things and, unlike golf, safety is a major consideration..

Martial arts is very different from many competitive athletic sports: in track and field, for instance, you run as fast as you can. In martial arts we're talking about action-reaction. Yes, in a sport like tennis, we're dealing with action-reaction too. But with martial arts, there's the underlying intent to cause harm. I've noticed in my classes that no matter how tough and brave the women are, the men almost always have to hold back. And then this is not fair to them because it slows down their own development.

To train top female athletes, I strongly believe they need their own program. I certainly hope that some of my excellent female coaches can help design a specialized program for women. In past years I've actively encouraged some of them to open up their own women's kung fu school. For best results, every group deserves its own special program.

### **The Importance Of Enough Students**

In the meantime, in my school and in many, many others, all students are lumped together. It's not the ideal way to handle things but you can't divide students in the way I am talking about without a huge enrollment. This is why we are forced to teach everyone together. Quite obviously, we need to learn better promotion and recruitment.

In my dream, I could recruit a longfist class only for those between the ages of eighteen and twenty-eight. Others, don't call, save your quarter. But that would not be the only class. I would run ads directed at mature adults, say, announcing a class for people over forty or older, or a senior's taiji for sixty and over. I would then have another ad for junior high kids only. "You are in your last year in elementary school? That class will start in two months." And each class would have about thirty students, start on a specific date, and offer our special customized program. This is what I'd really love to do. It's been twenty years and I still haven't realized this dream. Recruiting, management-that's another issue, of course. People with special training and ability to handle the business end of things are truly needed.

### **Mixed Self-Defense Classes**

Today, especially in our urban jungles, our society is not so peaceful or safe. As long as our friends and family members still have concerns about going out in the evening, there is always a need for self-defense. For self-defense training, I totally agree and strongly suggest mixed classes of men and women, young and old, body builders and couch potatoes together, because that's the real world.

Now obviously the very most basic and original purpose of

## April Happy Birthdays

4-1-92	Jocelyn Okamoto	Monkey
4-1-70	Victor Torres	Dog
4-9-73	Frances Yokota	Ox
4-10-46	Richard Kageyama	Dog
4-12-48	Gary Myers	Rat
4-12-69	Ken Watanabe	Rooster
4-15-64	Frank Loera	Dragon
4-20-85	Steven Lee	Ox
4-20-60	Curtis Westfall	Rat
4-21-70	Jose Castillo	Dog
4-23-52	Tom Williams	Dragon
4-24-76	Derlis Samaniego	Dragon
4-25-48	Sensei	Rat
4-28-68	Mike Dotzenrod	Monkey
4-29-69	Frank Kim	Rooster

Congratulations & Best Wishes.

martial arts is self-defense. The fact that for many people it's a great way to improve fitness or become healthier doesn't cancel that out. But in this case, I'm not talking about kung fu usage. Don't get me wrong! Kung fu is a very efficient, powerful way to fight. But just to become proficient takes years of dedicated physical and mental training.

So when I speak of a "self-defense class" for my loved ones or the general public, I am talking about practical survival training for everyone. This can include things like learning to scream really loud (many people feel self-conscious), what to scream, how to react when strangers approach, proper body language, etc. In my class, I will use the stronger to attack the weaker, forcing the weaker to face aggression, experience the fact of power, and learn how to take care of it. As we all know, an adult is stronger than a kid. Typically, a male is stronger than a female. A healthy person stronger than a normally strong guy who has the flu.

To teach self-defense, we must set up lots of different situations to give these citizens the confidence and ability to handle themselves in an emergency. But for regular kung fu training, for the students to benefit and get the most from the class, I believe separate classes are better.

### *How else can a student improve his or her kung fu?*

Kung fu is from China. It grew up in Chinese soil. So the cultural and philosophical background is important. Many people find it difficult to do kung fu well because they do it in a Western way.

In our classes, we encourage people to go to the Chinese opera

even if it is just a local, amateur performance. We recommend visiting the museum if a Chinese exhibit is on display. Even just going to a Chinese restaurant helps. And not just to order the sweet-and-sour pork or wonton soup or beef chow-fun! You have to have some real Chinese food. It's not like having a whole chunk of New York steak with potato and broccoli on the side. Is that for me to eat or is it decoration? In Chinese dishes, there is less meat, it is chopped or sliced, and really mixed with the vegetables, carefully balanced, reflecting the yin and yang principle of balance.

Of course, we certainly encourage people to visit China, to get into that environment, to stay there for a while, the longer the better.

You might think that this is directly related to your kung fu, and it's not. But indirectly this is extremely important. How so? It is important for expanding your viewpoint, to improve your basic idea of training. Say you want to learn Chinese calligraphy. You think, "Well, that's calligraphy and I like it. But that's art; it isn't related to my kung fu training." That is not true. The way the Chinese use the brush is the Chinese way. Likewise, when we punch with our fist or chop with our palm, we have to do it in a Chinese way. All those things can change our thinking and help our practice.

*Pedrito Maynard-Reid II is a graduate student in computer science and a kung fu student in Palo Alto, Ca.*

**Kindly reprinted from Winter Light-Journal of the Traditional Wushu Association, January 31, 1999.**

Editor's Note: This is an excellent article and I always find Master Hsu's discussions of martial arts inspiration for a great deal of thought and consideration. Although, most of the time, he is speaking to his students and speaking specifically about kung fu, because he touches on very profound points in the martial arts, I believe his discussions are invaluable to all disciplines including Aikido. I have been considering separate classes although not so detailed as Master Hsu's plan. I have been thinking about dividing our regular class into an intermediate and advanced section on one side of the mat and a new and beginning student class on the other side. In this manner, new students can become more familiar with the basics at an easier and more comfortable pace. The senior and advanced students can work out at a more brisk and stronger pace. I have experimented with this before and I feel it is worth it to do much more of this. I am employing this method in our Iaido class because everyone is at a different level and each student must now train on an individual basis. In Aikido, it is not just a matter of senior and new students, we have black belts from other dojos who need a slower pace they are accustomed to and we have very new students who practice harder and are more devoted than many black belts. It is a very difficult problem to assess and would appreciate your input in this.

## **Active Mind, Body Linked to Brain Growth**

**By Robert Lee Hotz**

**Reprinted from the Los Angeles Times,  
February 23, 1999 Issue.**

Regular running and intensive mental exercise may revitalize the mind by spurring the growth of new brain cells responsible for learning and memory, new animal experiments suggest.

The research, made public Monday, sheds light on how the effects of daily experience can foster new brain cells in adult mammals from mice to human beings. In essence, the research suggests that an active life - whether the activity be physical or mental - can have a positive impact on the brain.

In separate studies published in *Nature Neuroscience*, scientists at the Salk Institute for Biological Studies in La Jolla and at Princeton University discovered that some kinds of physical and mental exercise promoted the growth of new neurons, while also measurably prolonging the survival of existing brain cells. The changes took place in a part of the brain called the hippocampus, which is crucial to the formation of new memories.

"That is terribly exciting, given that we know the hippocampus plays a role in the memory of new facts and new events," said Neal J. Cohen, a cognitive neuroscientist at the University of Illinois. "It is clear the adult brain continues to be modified structurally and functionally by experience."

The Salk researchers, to their surprise, found that adult mice exercising on a running wheel regularly developed twice as many new brain cells in the hippocampus as mice housed in standard cages.

The scientists had designed their experiment to test the effects of learning and had only included the running wheel as one of the several different variables. The mice ran at their own pace, as often and for as long as they liked.

"The difference was so striking," said neurobiologist Fred H. Gage, senior author of the Salk study. "And because we know now that human brains also make new cells, it just might be that running or other vigorous exercise stimulates brain cell production in people as well."

Until recently, the idea that the human brain can produce new neurons well into old age was a scientific heresy. Most experts were convinced the human brain had done almost all its growing by the time a child was born.

But several animal studies have shown that, contrary to expectations, the hippocampus of the adult brain can produce thou-

sands of new neurons every day. Recently, Gage and his colleagues demonstrated that the human brain is no exception, producing new neurons even in the elderly.

The Salk researchers do not know why running should have such an enhancing effect on neural development. Running might increase the flow of oxygen and nutrients to brain tissues or release special growth factors that promote new neurons, Gage said.

It may well be that the primordial biology of running prompts the nervous system to prepare for an onslaught of new information as an animal navigates unfamiliar terrain in the pursuit of prey or in flight from an enemy. In those situations, the brain may respond reflexively to running by expanding its store of neurons in anticipation of new learning, several experts said.

"Exercising itself over the eons may have become associated with a bunch of effects that help the brain prepare itself for new information, new learning, new brain work," Cohen at Illinois said.

In their experiments, the Princeton team found that purely mental tasks could double the number of new neurons in the adult hippocampus and help existing neurons live longer.

Mental challenges that required the animals to master information involving spatial relationships and timing, which placed special demands on the hippocampus, had the greatest effect. The lab mice, for example, had to learn how to locate platforms in a water maze, which tested their ability to put together spatial relationships. Learning tasks that did not place demands on the hippocampus had no effect.

"It is a classic case of 'use it or lose it,'" said Princeton psychologist Elizabeth Gould, who conducted the research. "Certain types of learning that require this brain region - the hippocampus - were very good at rescuing new neurons from death. It was not just learning in general. It was not experience in general."

Although the Princeton research was not intended to address human well-being directly, the animal experiments underscore the importance of an active life of the mind, Gould said.

If the right kind of mental exercise promotes a healthy mind, the absence of mental stimulation may have an equally harmful effect on the brain, by allowing neurons to atrophy and die. "A lack of learning opportunities may have a negative structural impact on the brain," Gould said.

Together, the findings hint at the physical mechanisms underlying the human brain's unexpected "flexibility," its ability to change in response to experience.

Previous studies have shown that animals, including primates, created more new cells in the hippocampus if they lived in a more stimulating, enriched environment rather than in a standard cage. In the new research, the two teams of scientists were trying to pinpoint the tasks most likely to spur new brain cells.

"I think it is a pretty big deal," said neuroscientist Janice Juraska at the University of Illinois, who studies brain development. "It helps explain why we are as flexible as we are."

**Editor's Note:**

I believe that if they pick a few select mice who practice Aikido on a regular basis, they would discover that their brain cell development would be quite significantly greater than those of mice who just run or jog.

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## **A New Wrinkle on Our Gray Matter**

**By Robert Lee Hotz**  
**Reprinted from the Los Angeles Times,**  
**February 25, 1999 Issue.**

### **The report that the human brain produces new cells has opened an intriguing research frontier.**

In the singular cells that give rise to the mind, researchers are discovering provocative evidence of the brain's unexpected ability to renew itself.

Contrary to long-standing belief, people keep growing new brain cells well into old age, recent research suggests. One energizing effect of learning may be to spur the growth of new brain cells, while helping others to survive longer, animal experiments show.

As researchers announced earlier this week, even regular jogging may spur the growth of new brain cells.

Together, these new insights raise hopes that doctors might someday be able to mend minds damaged by disorders such as Parkinson's and Alzheimer's with treatments that stimulate the growth of additional neurons. By seeding the brain with new cells, doctors also might be able to replace nerve tissue damaged by birth defects, injury or stroke.

Eventually, they suggest, they might even be able to stave off the mental effects of aging or devise more effective educational techniques to promote learning.

"It is potentially revolutionary," said William Thies, vice-

president for medical and scientific affairs at the Alzheimer's Assn., which has funded some of the research.

Experts caution that no one knows what these new cells actually do in the human brain, or whether they even become part of functional neural circuits where they could effect behavior and thought. The new cells have been detected only in one part of the brain called the hippocampus which is involved in learning and memory.

Even so, scientists say the findings herald a new era in brain research.

"The door has been opened," said neurobiologist Fred H. Gage at the Salk Institute for Biological Studies in La Jolla. "This field is exploding."

Until recently, neuroscientists were convinced the brain stopped producing any new nerve cells at birth. While the connections between neurons might rise and fall dramatically during a lifetime, the number of brain cells was thought to be fixed.

Researchers speculated that nature had designed the brain that way because any new neurons would disrupt the patterns of cell and synapses in which memories are stored and which form the support structure of thought.

Overturing a century of conventional wisdom about the central nervous system, Gage and his colleagues at the Salk Institute found that the human brain can replenish itself by growing new neurons, even among the elderly.

Most of us learned in medical school that nerve cells simply do not reproduce in the brain. That was the dogma," said Dr. Ira Black, a neuroscientist at the Robert Wood Johnson Medical School. "This is exciting new information suggesting that. . . might not quite be true."

### **An Unexpected Discovery**

Gage, in collaboration with Dr. Peter Erickson of Sahlgrenska University Hospital in Sweden, detected the new neurons in the hippocampus. The cells were growing at a rate of perhaps hundreds of new cells every day.

In research reported late last year, the scientists found the new cells by examining samples of brain tissue from a small group of patients who had died of cancer. As part of their chemotherapy, the patients had been treated with an unusual chemical called Bromodeoxyuridine, which is absorbed only by dividing cells.

When the researchers detected the chemical in neurons of the hippocampus, they could only conclude that new brain cells must have been growing.

**Aikido Center of Los Angeles**  
**NEWSLETTER**

“Our study is important to the extent that it demonstrates that new neurons are being born in humans,” Gage said. “But we don’t know whether or not the new neurons are functioning.”

Even so, Gage’s findings were enough to convert one of the dogma’s staunchest defenders. Dr. Pasko Rakic, a leading expert on neurons at Yale University, said, “I was one of those who were skeptical. But this is very exciting.”

Indeed, Rakic recently reported that, for the first time, his own lab had detected the growth of new neurons in the brains of adult macaque monkeys.

His work is one in a series of new findings about neurons reported at research meetings in recent months that have scientists rethinking the brain’s unique gray matter.

Researchers have discovered that brain cells:

- \* Double their number after birth, especially during the first six years of life. An analysis by William Shankle, a cognitive neuroscientist at UC Irvine, suggests that the new neurons appear in each of the six layers of the brain’s neocortex as infants and young children develop.

- \* Continue to grow in the brains of many adult mammals, including three species of primates, reinforcing the likelihood that it happens in people too. Princeton University expert Elizabeth Gould, who conducted the new research, said the young adult monkeys produced thousands of new brain cells every day. The number of new cells being produced declined dramatically only in the oldest monkeys, Gould said. Researchers now wonder if some mental effects of aging, such as memory loss, may be related to a defect in the brain’s previously unsuspected ability to grow new cells.

- \* Are kept alive by exercise and even stimulated to grow new neurons. Gage and his colleagues recently reported that adult mice living in an enriched environment that included running wheels, tunnels, treats and toys not only improved their learning ability, but also doubled the number of new brain cells in the hippocampus region. Regular exercise, in this case by running in the wheel, spurred the growth of new neurons in mice, Gage reported.

- \* May benefit especially from learning tasks that exercise the hippocampus. Under normal conditions, new neurons in the hippocampus usually die within two weeks. But memory and motor-control tasks that stimulate the hippocampus more than doubled the number of neurons that survive, from about 3,000 to 7,000, within a day, Gould’s team at Princeton recently reported. Learning may profoundly alter the structure of the adult mammalian brain at the cellular level, they said.

The findings are especially important because they offer proof

that, at the level of basic biology, all brains work in much the same way, whether the species is a rat, a tree shrew, a monkey or a human being.

“This presents the likelihood that studies performed in rodents have a lot of relevance to primates, including humans,” Gould said.

That gives greater scientific weight to animal studies that have demonstrated the killing effects of stress on brain cells and the enriching neural influences of learning and stimulating surroundings.

“This work opens the door to studying the effects of experience,” Gould said, “to doing experiments in animals with direct relevance to humans.”

Editor’s Note:

Somehow I can’t believe that this has not been hinted at much earlier. There was a case many years ago of a young woman who, through some catastrophic disease or accident, had about 70% of her brain removed. Although, they assumed that she would never recover, she did recover fully after several years and led a full, wholesome life. They assumed that the remaining portions of her brain took over the functions of the missing parts, I cannot help but think that new cells were grown to replace, in some way, the portions of the brain which were removed. I knew one young woman who had a tumour the size of a “large grapefruit” removed from her brain. I was surprised that she was back at work and perfectly normal within two years.

In Aikido, I can clearly see greater clarity of thought, sensitivity and awareness in students who practice Aikido regularly. I cannot help but think that some physiological process or growth in the brain is occurring at the same time. Although, as this article concludes, I hope that this is not merely an argument for more animal experimentation. I think, from the standpoint of Aikido, we must concentrate on exercise, physical activity or any type of training which is rich in the thought process and awareness. Too many of our methods today, involve “turning off” the brain and somehow letting the body takeover in typically mechanical and overly regimented activity. The most ideal activity, of course, is Aikido which emphasizes movement rich in thoughtfulness, awareness and sensitivity and promotes an idea of the projection of concentrated energy from the body. The key of this article is that these new cells will only develop in concentrated or challenging activities which test the mind. We must, in our own Aikido training, continue to practice hard but thoughtfully and with deep sensitivity and awareness. As science progresses its knowledge in the area of the mind and brain, I see that they only verify O’Sensei’s ideas incorporated in the creation of his art many, many years ago.



## From the New KODO II:

*The student only thinks about  
what he can do;*

*His teacher only thinks about  
what the student can't do.*

Truly I believe teachers like myself are becoming dinosaurs on the brink of extinction - one foot in the grave, as they say. I read recently in one martial arts publication that we shouldn't refer to our students as "students." They are "clients" or "customers." If I wanted to run a retail business I would sell videos or groceries. A dojo is something different - a dojo is where a tradition is preserved and passed on to the next generation. It is where one can communicate and know himself. In ancient times, a dojo was a sacred place where one communicated with the gods and nature.

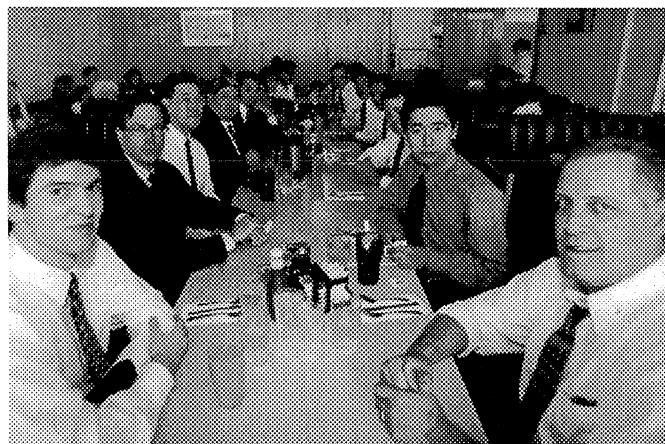
We only think about what we can do and look no further. Somehow, we have become satisfied with this. The teacher thinks about what the student can't yet do and continues to push him and push further and further.

Miyamoto Musashi wrote that, on the battlefield, it was a great shame to see the fallen soldier with yet his short sword still unsheathed. This means that he did not use all of his weapons in the battle. Our potentials, talents, abilities, etc. are our weapons. It would be a great shame and waste to go through our lives without ever using them. The teacher shows the students how to unsheath all of his weapons. Not to just unsheath them but to use them skilfully.

In dojos today, the student always feel good, confident and maintains a great sense of accomplishment and self satisfaction. He is always reassured and supported in every way by the teacher. Every achievement is praised. Every accomplishment is rewarded. The teacher always shakes his hand and pats him on the back. It is like heaven. NO!

It is truly a hell a earth. And this is exactly what hell would be like if you suddenly fell into it!

Heaven is tough. No one congratulates you. Everybody criticizes you. You can do nothing right. You are scolded everyday. You lose your confidence. You lose your pride. You lose you self-worth and self-esteem. You always have to struggle but don't seem to get anywhere. Everyday is hard work. Everyday you must use everything in your body and mind you can muster just to survive. You only focus on the moment and put all your spirit and body into just accomplishing the task. You never sleep but are always aware, alert. You become like a razor - ever sharp. You know exactly what you are and can do. You merge and become one with Nature. This is heaven.



Students enjoying breakfast after meeting with Fujita Shihan.

## For Your Kids: Read, Read, Read!

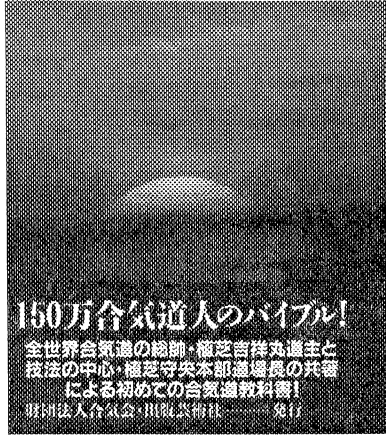
Recent surveys indicate that only 20% of school children in the United States and particularly Los Angeles have minimal reading skills. Los Angeles is 39th and one of the lowest in the entire country - lower than some third-world countries. Although we are in the advanced computer age, parents should encourage their children to read books. It is not merely reading skills one is trying to develop but also "exercising the brain," broadening their interests, and, most importantly, which cannot be done with computers, developing their powers of concentration and mental focus.

If your child reads one book a month, it is only 12 books a year. If he reads one book a week, it is only 54 books a year. I believe, in my own opinion, your child should read at least 100 books a year, at least two books a week. Because of my own varied interests, I think I averaged about 3-4 books a week as a child. I remember reading 65 books in one summer as a teenager. It is not just a race for numbers of books; later, I found that I had developed a strong power of focus which helped me in every aspect of my life. It also helps very much if you read with your child or allow your child to read in a big voice to you across the room. You can count this as quality time with your children.

Some people may criticize me for advocating 100 books a year for your child. In my own experience, we very greatly underestimate the potentials and talents of our kids. Even a celery stalk needs nourishment to grow. You feed your body daily, you need to feed your mind as well. Particularly, children need to develop and expand their mental powers before it is victimized by society at large. You calculate how much food your children need each day for breakfast, lunch and dinner. Have you ever calculated how much nourishment your child's mind requires each day? You will be surprised!

規範 合気道 基本編

著者 植芝吉洋丸  
著者 植芝守典



**KIHAN AIKIDO**

**Fundamental of Aikido**

By Doshu & Moriteru Ueshiba

The latest reference book on Hombu Aikido by the late 2nd Doshu and 3rd Doshu with excellent photos on all basic Aikido techniques. Referred to as the "Aikido Bible," by Hombu Dojo.

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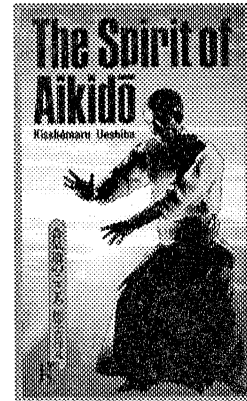
Highly Recommended Reading:

**AIKIDO**

By Doshu Kisshomaru Ueshiba

The late Doshu's book is one of the best sources available today on Aikido technique.

**Recommended Sources & Readings On Aikido**



**THE SPIRIT OF AIKIDO**

By Doshu Kisshomaru Ueshiba

An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese version - *Aikido no Kokoro*.



**SHASHIN DE MANABU AIKIDO**

(Learning Aikido by Photos)

By Doshu Moriteru Ueshiba

Hombu Aikido techniques demonstrated by Moriteru Ueshiba. In Japanese.

羅府合気道学院古屋道場

**AIKIDO CENTER OF LOS ANGELES**

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United States Aikido Federation, Eastern Region  
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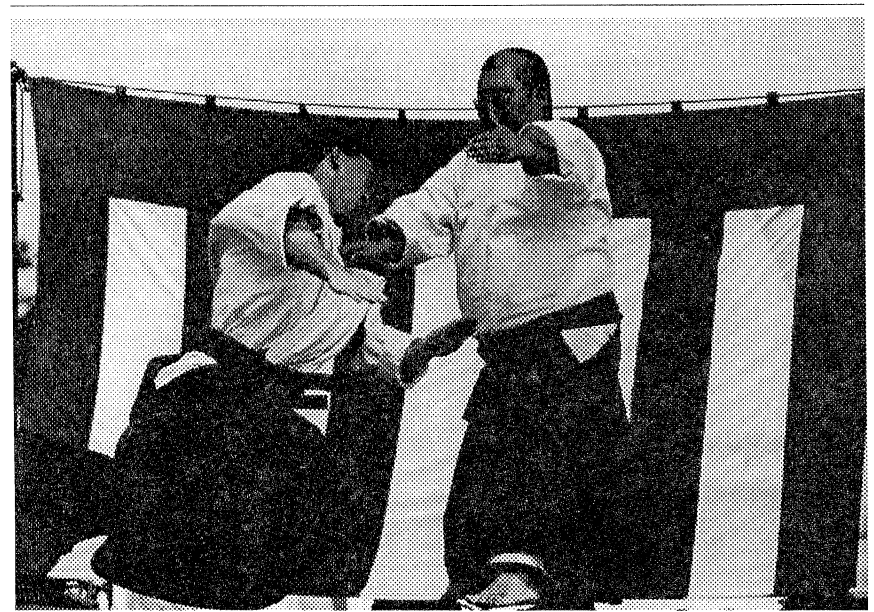
**In This Issue:**  
San Francisco: Master Adam Hsu  
Visiting the New San Francisco Aikikai  
Guests from the Omiya & Shohajuku  
More on Fuku Masahiko Sensei  
**New San Francisco Aikikai**  
During Sensei's visit with Master Hsu, he was able to visit the new San Francisco Aikikai Sunday just before his return back to Los Angeles. Cwt

**Dojo Treasure Arrives From Japan**  
On their last visit to our Dojo, four members of the Omiya Dojo, Mr. Yutaka Sezaki, Mr. Takayoshi Azuma, Mr. Tadashi Sakuran and Mr. Tetsu Sakuran presented Sensei with a beautiful white fan. It was suggested that the fan would be greatly enhanced if it had Doshu's writing.

**Visiting Master Adam Hsu:**  
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and instruct his students and assistants throughout the San Francisco Bay area. Master Hsu is also working on his new book. Due to a persistent cold, Sensei missed Master Hsu's kind invitation to celebrate the Chinese New Year's with him and his school on Feb. 7th, but was able to arrange a trip from Feb. 21st through the 23rd to meet with the book editor from Tuttle who was scheduled to meet with Master

The group took the fan back to Ichizuka Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many requests for his writing, some people, according to Ichizuka Sensei, waiting more than three to four years. Recently, Doshu finished the writing and returned it to Ichizuka Sensei. Ms. Chiharu Ikegami of the Omiya Dojo who recently moved to Los Angeles, hand carried it from Japan on February 26th. Chiharu-san will soon be joining our practice as soon as she settles down with her job in Torrance.

**Our DOJO NEWSLETTER**  
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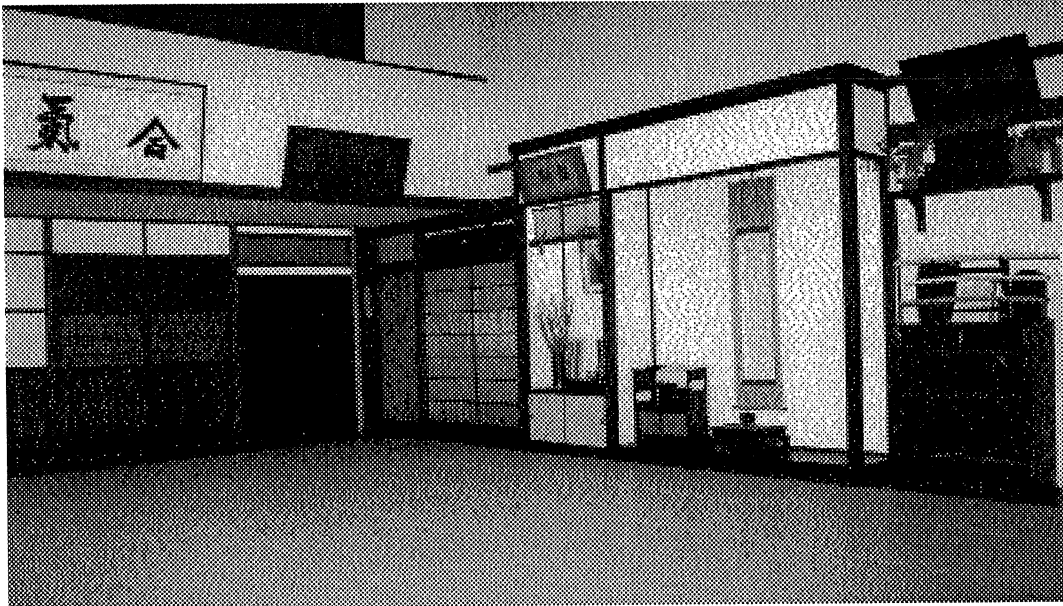


**Our Chief Instructor: Rev. Kensho Furuya**

Furuya Sensei is a 6th Dan in Aikido and a 6th Dan Kyoshi in Iaido. With degrees from Harvard and the University of Southern California in Asian Studies and philosophy, he has published numerous articles on Aikido, martial arts, Zen Buddhism and Japanese swords, history and culture. He began his martial arts training at the age 8 years and started Aikido at the age of 10 years. He studied under Doshu Kisshomaru Ueshiba in 1969 and was ordained as a Zen priest in 1988 under the late Bishop Kenko Yamashita. He is the Resident Chief Instructor of the Aikido Center of Los Angeles which he established in 1974. He is the author of *KODO: Ancient Ways & The Art of Aikido* video series.

**Aikido Center of Los Angeles  
NEWSLETTER**

## Welcome To The Aikido Center of Los Angeles



### Introduce Family & Friends To Our Dojo: The Aikido Center of Los Angeles

Bring your friends to the Dojo and invite them to join our Practice. Everyone is welcome. Enjoy the beautiful art of Aikido in this quiet, serene environment to enhance the quality and awareness of your life. We have an international reputation.

## Japan Culture Lecture Series

On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Everyone is welcome.



## Dojo Supplies

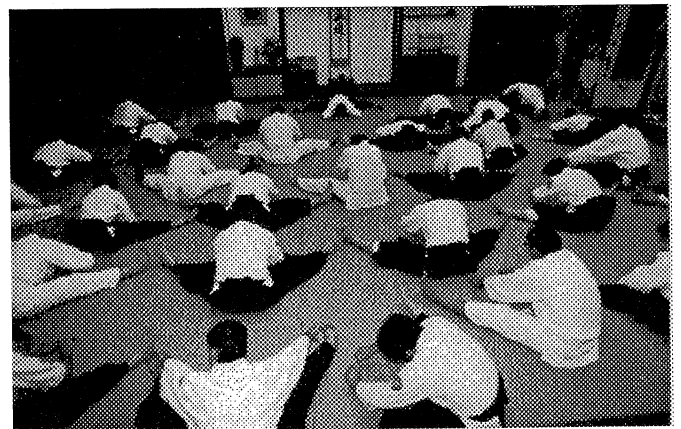
Official Dojo Jackets: Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo. \$55.00 each. Must be pre-ordered.

Dojo T-shirts: \$15.00 each. Mugs: \$9.00 each. Patches: \$15.00. Uniforms, bokken, jo, hakama, books are also available

## Japanese Art Swords Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

**JAPANESE SWORDS BOUGHT & SOLD**



## Japanese Swordsmanship: Muso Shinden Ryu Iaido

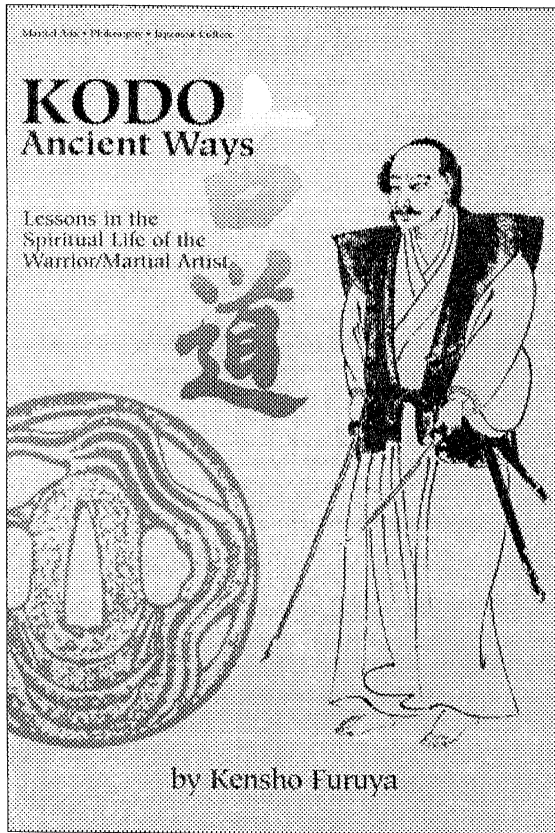
We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years.

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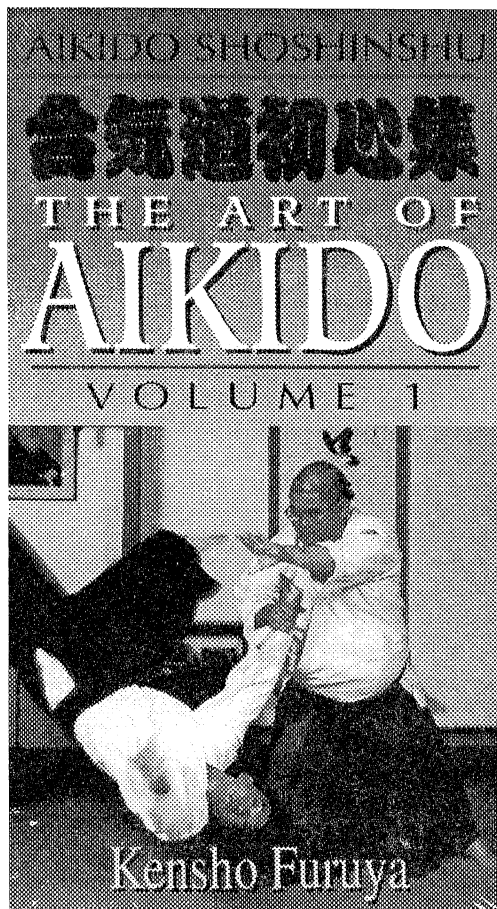
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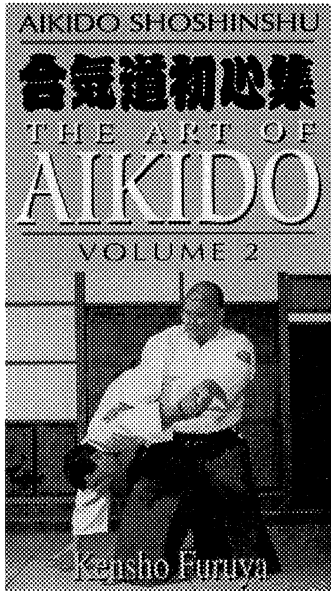
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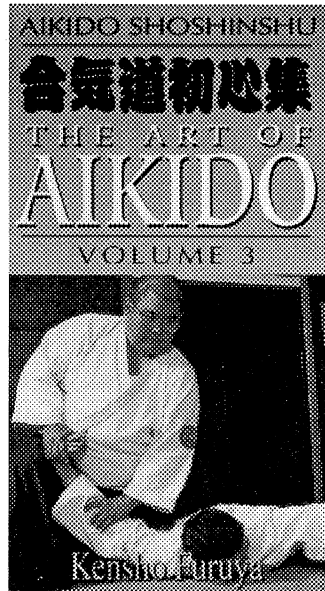


# AIKIDO SHOSHINSHU

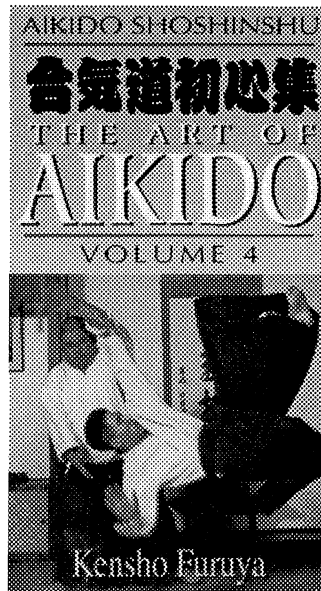
## The Art of Aikido Instructional Video Series



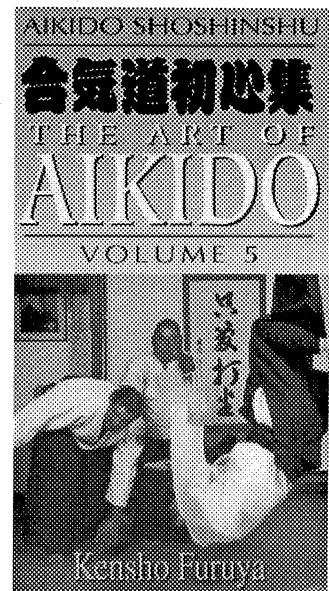
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo  
& Gokyo



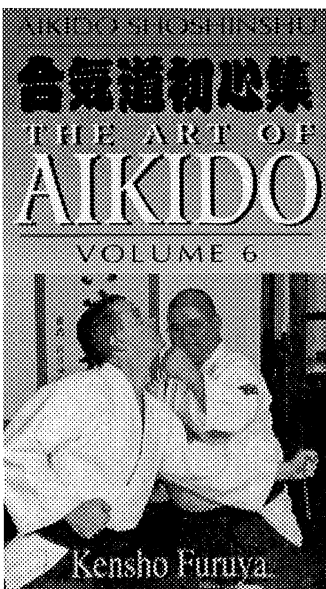
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



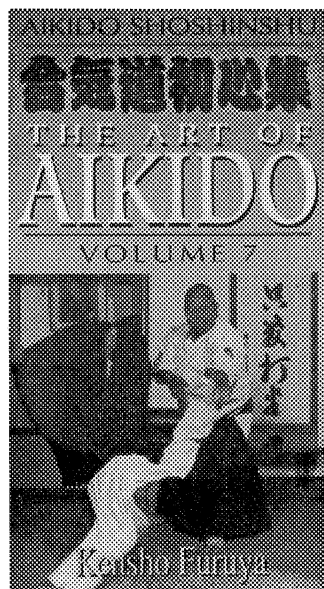
Katatetori Ryotemochi: 2-hand.  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



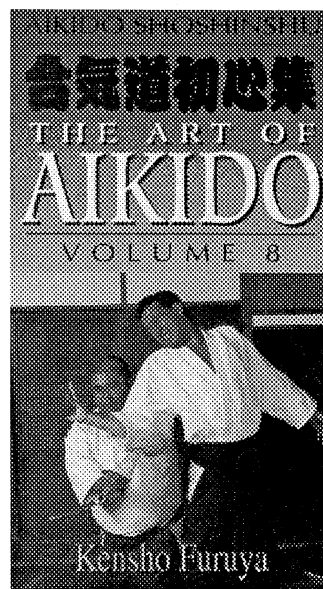
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



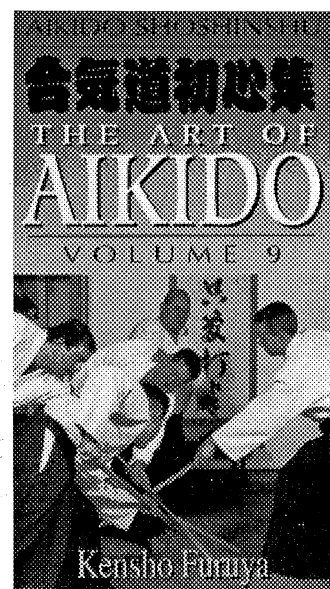
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the  
side of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro-waza: Attacks from  
behind.  
Ushiro Katatetori Kubishime:  
Chokes from behind.  
Ushiro Ryotetori, Ryohijitori,  
Ryokatatori.



Atemi-waza: Striking  
Defense against kicks.  
Tanto-tori: Knife defense.  
Aiki-ken: Sword Training  
Fundamentals.



Jo: Basic long staff  
Fundamentals.  
  
Complete 1st Degree  
Black Belt Examination  
Requirements Demonstrated by  
Black Belt Candidate.

# Aikido

## TRAINING SCHEDULE

### Adult

### BEGINNING & OPEN

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

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

Saturday & Sunday Mornings  
10:15am-11:30am

Saturday Mornings  
9:00am-10:00am

### BLACK BELT SEMINARS

Black Belts & Instructors  
To be announced. Prior approval required.

### CHILDREN'S CLASSES

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

*We are affiliated:*

AIKIDO WORLD HEADQUARTERS  
17-18 Wakamatsu-cho  
Shinjuku-ku, Tokyo, JAPAN

### ATTENTION:

Please be very cautious of people using Furuya Sensei's name and our Aikido Center of Los Angeles name to promote themselves and their schools but have no connection with us, whatever they may imply. They have no authorization to teach through us. We have experienced many such cases in the Los Angeles area and all around the world. They are NOT affiliated with us. Weapologize for this inconvenience.

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturday & Sunday Mornings  
8:00am-9:00am

### IAIDO INTENSIVE SEMINAR

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

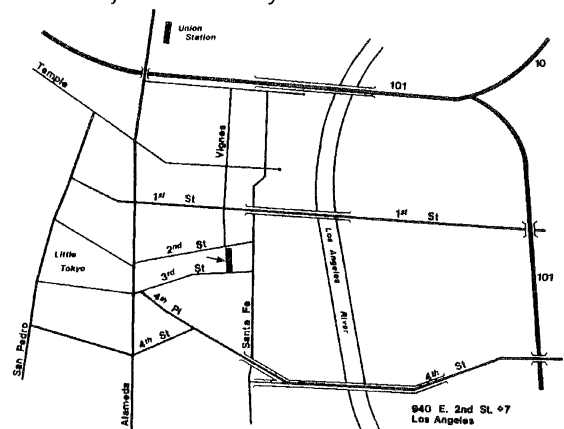
### AIKIDO & BUDO DISCUSSION GROUP

Every 1st Tuesday of the month.  
7:45pm-9:00pm

Group Study & Discussion of  
Aikido philosophy, Japanese art & culture, martial arts, &  
Japanese sword appreciation. Everyone is welcome.

### About the Dojo:

*We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active students alike, are cordially welcome to join us. Thank you.*



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. The **Easiest Way:** From Alameda go east on 1st St and make right turn on Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.