

# 羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

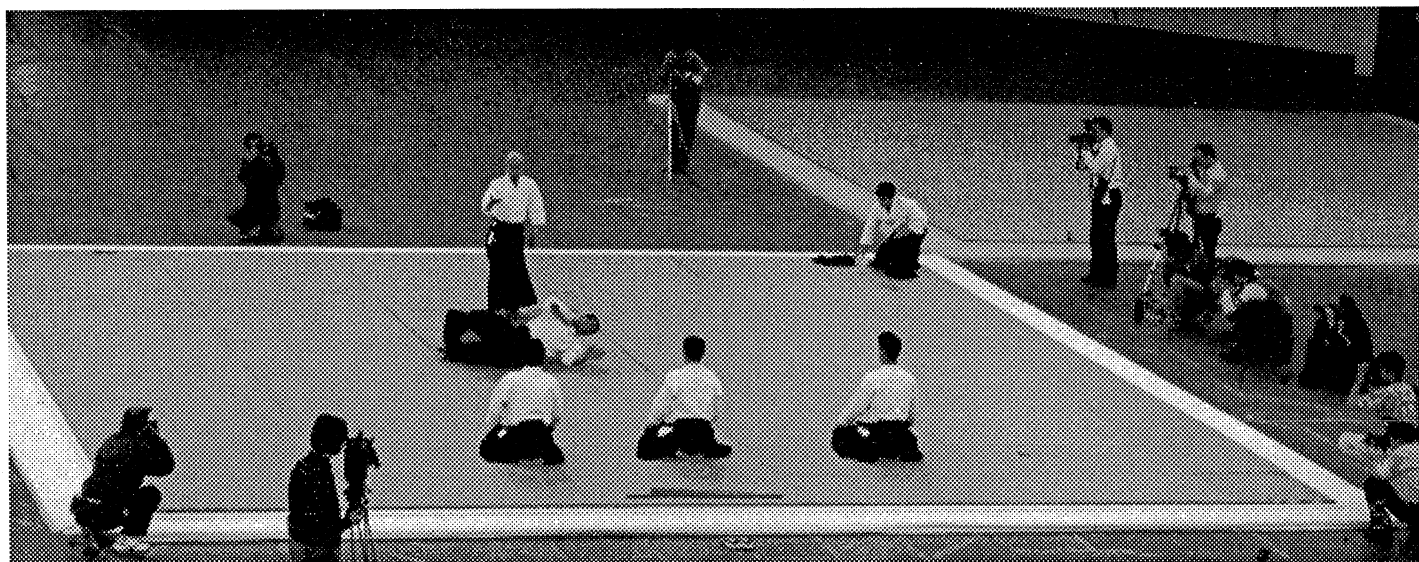
940 E. Second Street #7  
Los Angeles, California  
90012  
(213) 687-3673

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673  
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
United States Aikido Federation, Eastern Region  
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

August 1, 1996

Volume XIV. Number 8.

## Congratulations! NISEI WEEK JAPANESE FESTIVAL - August 1996



Doshu Kisshomaru Ueshiba demonstrating at the All Japan Aikido Demonstration at the Budokan in Tokyo. May 1996.  
Over 5,000 Aikidoists participated in the annual event.

## Endless Summer

Once again, as we enter the summer months, our Dojo becomes extremely busy. Each year, I promise my students and myself that we will do less next year, but as the time approaches we seem to get busier and busier with each coming year. Truly, it is always an "endless summer" for us. We have finished our big Children's Day demonstration in May and all the Obon demos in July and this month, we will be doing two demonstrations for Nisei Week, one in the Dojo on the 11th and a big demonstration at the JACCC Street Fair on the 17th & 18th. In addition, we will welcome four black belts from our good friends, the Omiya Dojo, during Nisei Week. But that is not all. After a very successful Book Signing at the JACCC on June 30th, we have three more scheduled: Phoenix Books in Santa Monica on August 24th, Kinokuniya Bookstore in Weller Court, Little Tokyo, on September 8th and

the Bodhi Tree Bookstore in West Hollywood on October 27th. I fully recognize what a sacrifice it is for all of my students and assistants - a sacrifice of time and energy. But I believe it is this very sense of giving and contributing to the community unselfishly that is an important part of our Aikido training and spiritual practice. I don't want this to sound self-important but as much as we need to concentrate our efforts to build our own Dojo into a strong, cohesive organization, it is important to share our strengths with others and learn how to work together with other groups. Within the Dojo, members must apply as much effort to their training as with getting along with their fellow classmates. As we go through our "endless summers," we find our "endless practice." Please keep up the good work, keep up your Aikido practice and double your efforts to maintain and build up the good Dojo we are so very fortunate to have. Many thanks on behalf of our Dojo and our little Community.

## **NISEI WEEK JAPANESE FESTIVAL**

**Aikido Demonstration  
Dojo Open House  
KODO Book Signing**

**August 11, 1996  
1:00-3:00pm in the Dojo**

## **KODO BOOK SIGNING PARTIES**

**August 24, 1996 from 7:00 pm  
Phoenix Books  
1514 3rd Street  
Santa Monica**

**September 8, 1996 from 2:00pm  
Kinokuniya Books  
Weller Court  
123 Onizuka St. - 2nd Flr.  
Little Tokyo**

**October 27, 1996 from 3:00pm  
Bodhitree Books  
8989 Melrose  
Los Angeles, CA 90069**

## **SUMMER GASSHUKU**

**Joint Practice  
August 12-19th**

**Yutaka Sezaki Sensei  
Tateo Sakurai Sensei  
Tadashi Sakurai Sensei  
Takayoshi Azumi Sensei**

**From the Omiya City Dojo  
Saitama, Japan**

## **NISEI WEEK STREET FAIR MARTIAL ARTS DEMONSTRATION**

**August 17th  
10:00am - 6:00pm**

**August 18th  
10:00am - 4:00pm**

**Japanese American  
Cultural & Community Center  
Outside Plaza  
244 So. San Pedro St.  
Little Tokyo**

**Everyone welcome!**

Invitation

KENSHO FURUYA  
6TH DAN PROMOTION  
CELEBRATION PARTY

August 17, 1996

Cocktails 6:30pm

Dinner 7:30pm

New Otani Hotel  
120 South Los Angeles Street  
Little Tokyo

Please RSVP by August 7, 1996. Attn: Dr. Cheryl Lew, MD

Aikido Center of Los Angeles  
940 East 2nd Street #7  
Los Angeles, CA 90012  
(213) 687-3673

## **NISEI WEEK FESTIVAL**

**August 11, 1996**

**Nisei Week Aikido Demonstration  
Open House & Book Signing  
1-3pm. Dojo.**

**August 17-18, 1996**

**JACCC Street Fair  
Trad. Japanese Martial Arts Festival  
JACCC Plaza**

### *Special Guest Masters*

**Fumio Demura Shihan  
Japan Karate Federation-Shito Ryu Itosu Kai**

**Kiyoshi Yamazaki Shihan  
Ryobu Kai Karate Fed. & Iai-Tatedo Assc.**

**Takayuki Kubota Shihan  
International Karate Association**

**Masashi Shikai Shihan  
Chuo Kendo Dojo - So. Calif. Kendo Fed.**

**Yamamori Hirokazu Shihan  
Shorinji Kempo**

**Richard Kageyama Sensei  
Monterey Park Shotokan Karate Club**

**Arthur Ishii Sensei  
Centenary Karate Club - Shorinryu Karate**

**James Nakayama Sensei  
Chushinkan Aikido Club**

**Dang Thong Phong Sensei  
Tenshinkai Aikido Dojo**

## **Rokudan Party Menu**

**August 17, 1996  
New Otani Hotel**

Caesar Salad  
Romaine lettuce with Tomato  
Bay Shrimp and Croutons  
Caeser Dressing

Filet Mignon Forestiere  
Broiled Filet Mignon with Forestiere Sauce

or

Salmon Lemon Sauce Miso Shiitake  
Grilled Salmon served with Lemon-Miso Cream  
Sauce with Shiitake Mushroom & Green Onions

and

Asparagus, Cauliflower, Roma Parmesan Tomato

Vegetarian Plate  
Broccoli, Carrots, Cauliflower, Eggplant,  
String Beans, Yellow Squash, Tomato, Shiitake  
Mushrooms with Linguini Pasta, served with  
Sun-dried Tomato Sauce

Rolls & Butter

Grand Marnier Pastry  
Served with Mango Sauce

Coffee, Tea, Decaf.

Children's Menu  
Fruit Cup, Fried Chicken, French Fries,  
Fresh Fruit Garni, Dessert, Milk

Please RSVP by August 7, 1996  
Attn: Rokudan Party Chair-Dr. Cheryl Lew

Aikido Center of Los Angeles  
940 E. 2nd St. #7  
Los Angeles, CA 90012

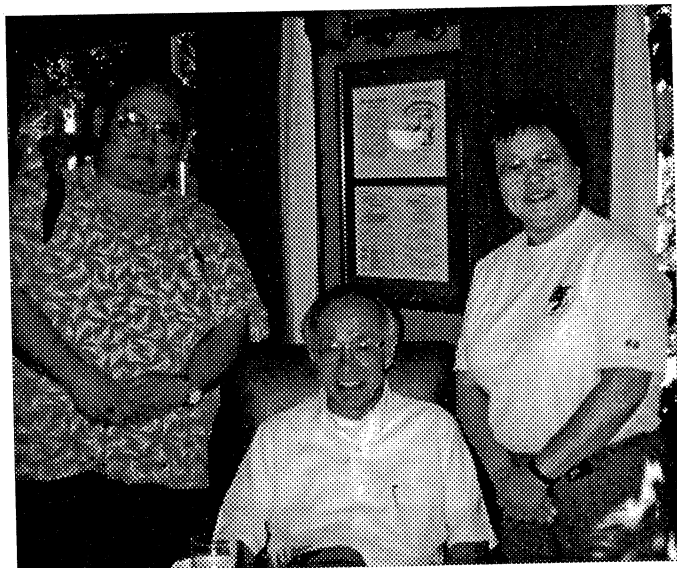
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**Please note:  
New Class Time Changes**

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

**Children's Class  
9:00-10:00am**

**Open Class  
10:15-11:15am**



Dr. & Mrs. Taitetsu Unno, of Smith College in Massachusetts, made a quick stop-over in Los Angeles on July 7, 1996 for the wedding of his brother's daughter's wedding. His brother is our good friend, Rev. Tetsuo Unno of the Pasadena Buddhist Church. Dr. Unno with Sensei and Dr. Cheryl Lew at the Pacific Dining Car for Sunday breakfast before his return.

**Dojo Newsletter**

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Telephone: (213) 687-3673

**Important Dates:**

**August 12-19. Members of the Omiya Dojo, Japan. Summer Aikido Gasshuku.**

**August 11. Nisei Week Festival Aikido Demomonstration, Dojo Open House & Book Signing. 1-3pm.**

**August 17. Sensei's 6th Dan Promotion Celebration. New Otani Hotel. 6:30pm.**

**August 17-18. Nisei Week Martial Arts Demonstration at the JACCC Street Fair. 10am-6pm.**

**August 24. KODO Book Signing at Phoenix Books, 1514 5th Ave., Santa Monica. From 7:00pm.**

**August 31. Instructor's Intensive. 6:30am. Breakfast Meeting follows. All instructor's requested to attend.**

**September 2. Labor Day Holiday. No classes today. Have a good rest!**

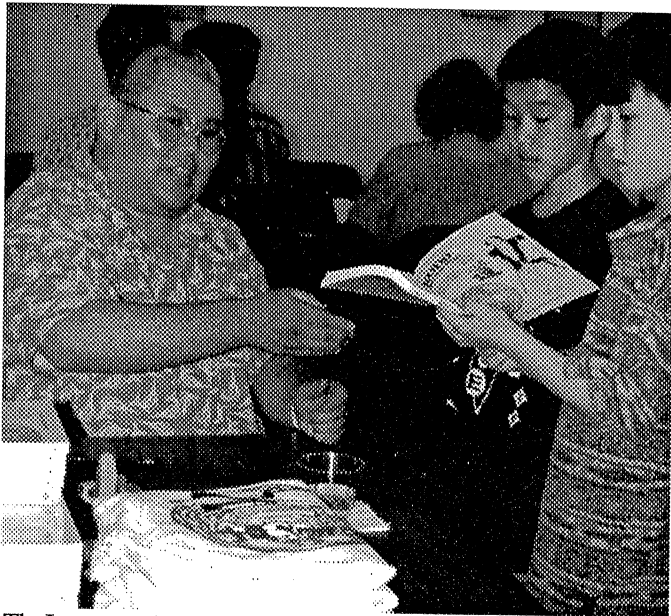
**September 8. KODO Book Signing at Kinokuniya Bookstore, 123 Onizuka St., 2nd Flr., Little Tokyo**

**October 27. KODO Book Signing at the Bodhi Tree Bookstore, 8989 Melrose, Los Angeles, CA 90069. (310) 659-1733**

**Notice**

All students must have current telephone number (home & business), address and contact person on file on your application form with the Dojo. Please confirm that it is current. We are currently updating our files and enrollment sheets.

## JACCC KODO Book Signing June 30th.



The Japanese American Cultural & Community Center sponsored a Book Signing Party for Sensei's new book, *KODO: Ancient Ways*, on June 30th in the Doizaki Gallery of the JACCC. It was a tremendous success with about 100 guests. Sensei signed 39 copies of his book. Many thanks goes to Chris Aihara and Meg Imamoto of the JACCC for all of their help and support. Also, many thanks goes to Francis Yokota and Kenny Furuya for arranging for all of the wonderful refreshments and cold drinks for the guests.



A magnificent buffet of all kinds of goodies was prepared by Francis Yokota and her sister. Many thanks to everyone who brought and prepared refreshments for the Book Signing Party. Right: Sensei as a cake decoration.



Chris Aihara (right) and Meg Imamoto (left) of the JACCC who arranged the Book Signing Party.



Dr. Carl Lau having his book signed. Dr. Lau was a student of Sensei's about 15 years ago.





## KODO - What Price Book?



Meg's son wants a copy of KODO during the Book Signing Party and receives a copy from Sensei for cutting off his ponytail which had been the center of a family dispute for a while. What price book? One's ponytail - the highest price yet! He looked much better without the long hair.

## Our Appreciation

Our sincere thanks to the following people & organizations for their support during our busy Summer 1996.

Saishin Dojo Summer Program  
Nishi Honganji Buddhist Temple

Higashi Honganji Buddhist Temple  
Obon Festival

Pasadena Buddhist Church  
Obon Festival

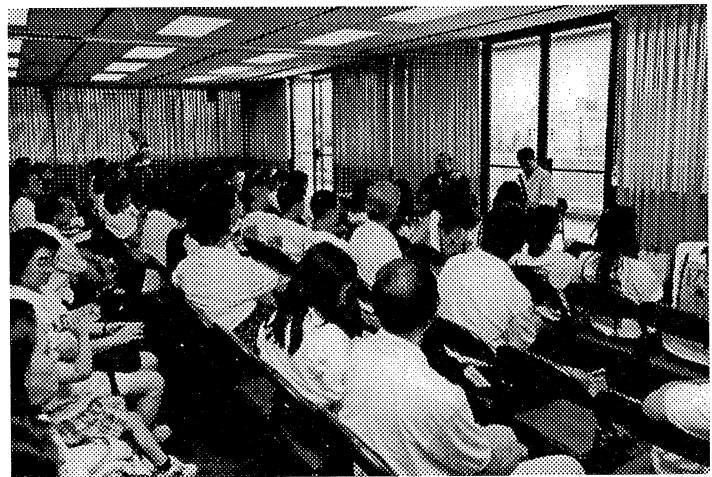
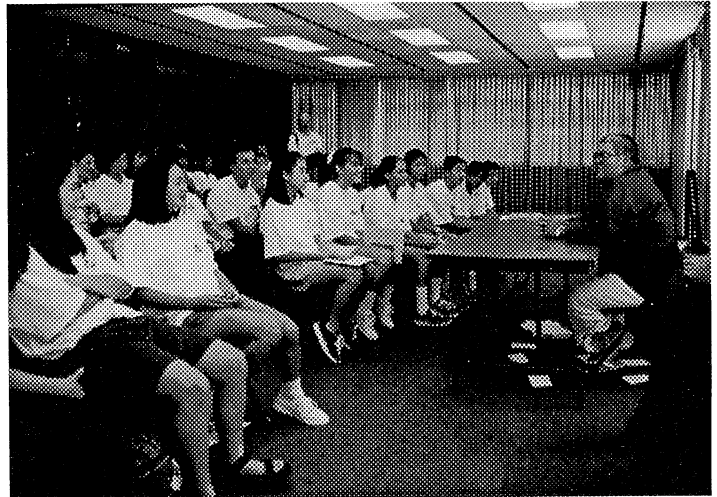
Japanese American  
Cultural & Community Center  
JACCC Book Signing Party

Yonsei Basketball  
Japan Tour Orientation & Lecture

Nisei Week Japanese Festival

## Yonsei Basketball: Japan Lecture-Orientation.

Sensei presented an orientation on Japan for about 90 members of the Yonsei Basketball League on July 20th at the JACCC along with several other speakers. Sensei's lecture was very well received. Ken Watanabe also gave a demonstration of Iaido. The members of the Yonsei Basketball League are travelling to Japan as one of the annual events. Most of the members have never been

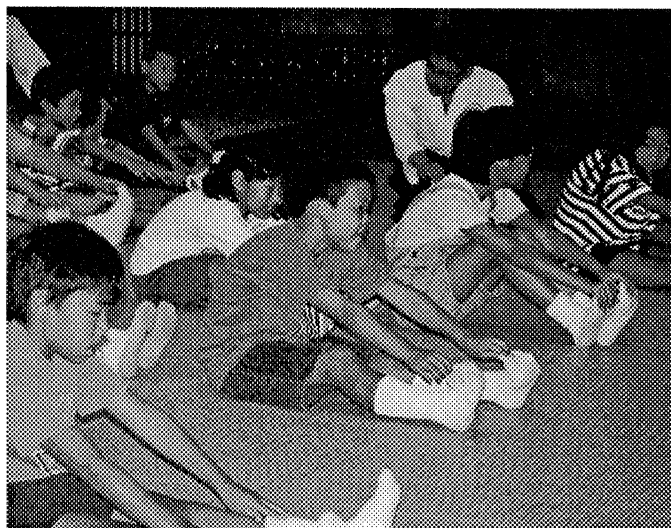
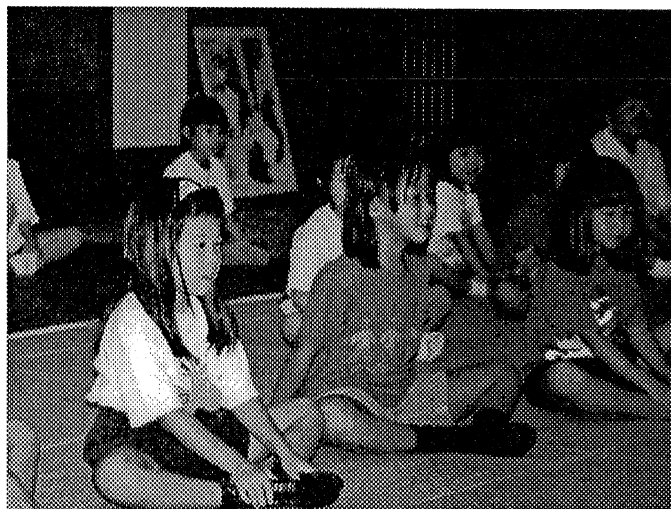
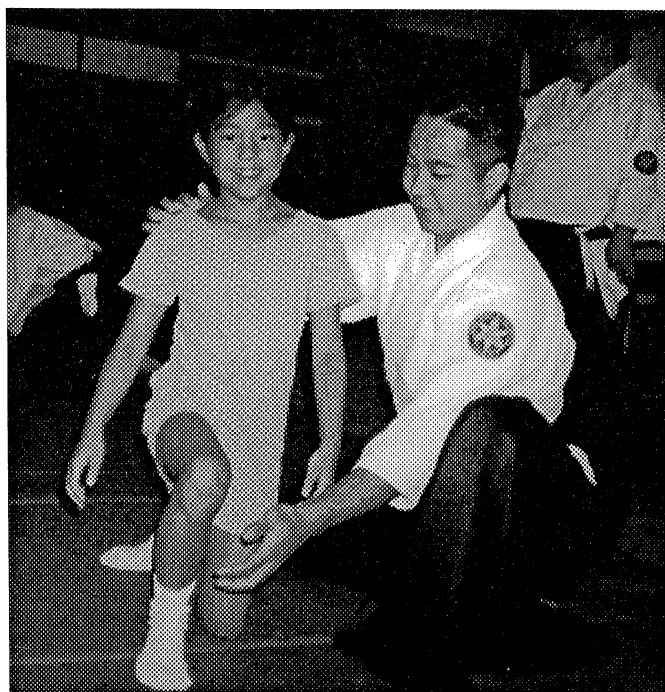
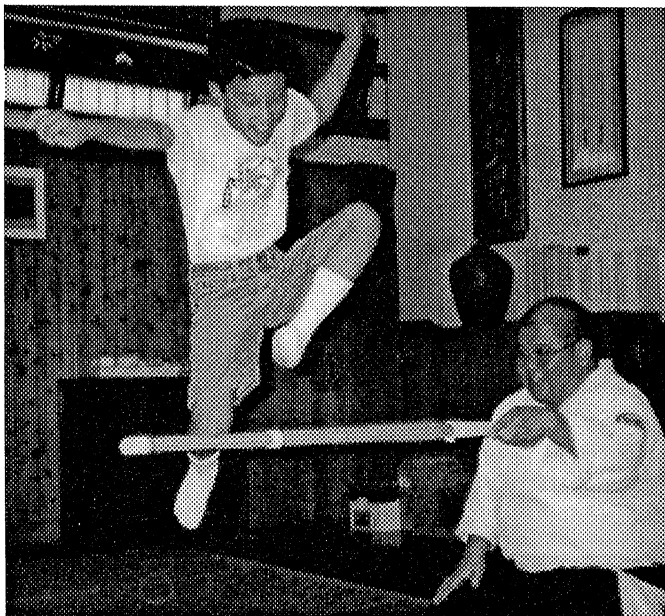


to Japan before but will be living there during the summer months. Several of the managers of the group happened to be old high school classmates of Sensei.

This was a busy day for Sensei and members of the Dojo who conducted an all day demonstration at Higashi Honganji Obon Festival and assisted this lecture during the interval and then one more demonstration at the Pasadena Buddhist Church Obon Festival in the evening. Many thanks to all the assistant instructors and demonstration participants. Also, many thanks to Cheryl Lew who took video tape and passed out flyers and to Larry Armstrong who took photos of all of the day's events. As for our usual busy summer schedule, this is a typical weekend for all of our old-timers.

## Nishi Honganji Temple: SAISHIN DOJO SUMMER AIKIDO PROGRAM

From July 1st to the 26th, our Dojo hosted a Summer Aikido Program for 86 youths of the Saishin Dojo at our neighboring Nishi Honganji Temple. According to the kids, the program was a big success, it was extremely for Sensei and his assistants, Kenny Furuya, Bill Gillespie and David Ito, who generously donated their time to help out. Sensei was invited to attend by Richard Katsuda, one of the senior instructors. Rev. Mas Kodani is the inspiration for this program.



Students learned Aikido exercises, tenkan kokyu-ho and proper etiquette such as arranging one's shoes neatly at the door upon entering the Dojo as shown below. Students also learned how to say, "Onegae-shimasu (Please teach me.)," Ohayo-gozaïmasu (Good Morning)," and "Arigato-gozaïmashita (Thank you.)." Students had the most fun jumping over the *obi* and *shinai* bamboo sword. Classes were held on Mondays, Wednesdays and Fridays from 9:30am to 10:30am. Instructors also attended the classes.



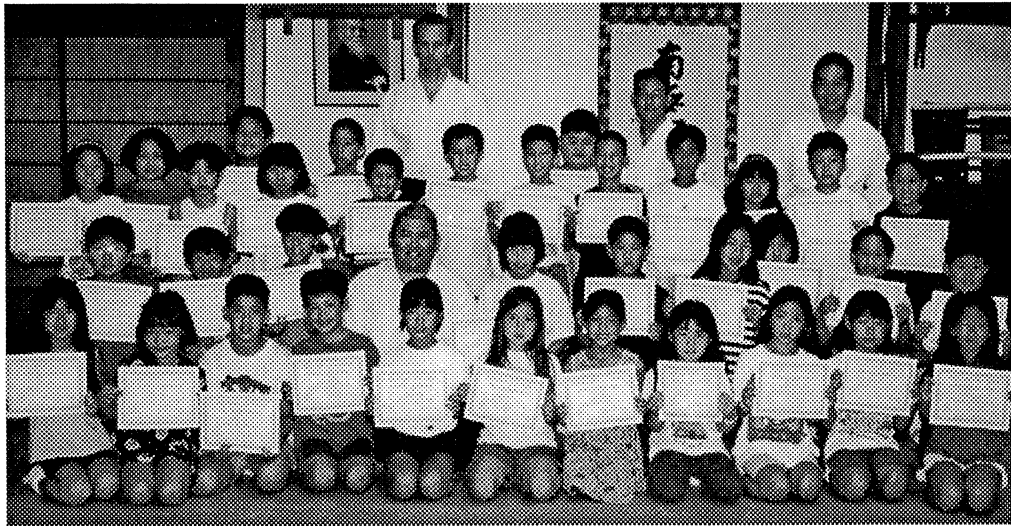


**Aikido Center of Los Angeles  
NEWSLETTER**



**FIRST GRADE:** Maria-Eugenia Aguilera, Riki Aihara, Cary Fukui, Alexander Hall, Curtis Ida, Mitchell Ida, Kevin Isomoto, Andrew Kochi, Mark W. Lee, Jade M. Lew, Kelly Nishikawa, Jonathan Noriyoshi Omokawa, Christopher Ryan Quon, Ryan Taketomo, Michelle Sachiko Tanaka, Nobue Jennifer Yoshimura.

**SECOND GRADE:** Stephanie Cheung, Sarah Akemi Fukui, Elise Takemi Hanaoka, Jamie Hayashibara, Kathryn Hirayanagi, Philip Koichi Hirose, Matthew Hiroki Ichinose, Michelle Ciemi Kawato, Nicholas Yoshito Tanita, Kelsey Tani Wong, Lynnette Yamamoto.



**THIRD GRADE:** Sabrina Billinghamurst, Arnold Chen, Derek Katsumi Escano, Andrea Kimura, Adriana Kochi, James Yukio Nakamura, Kyle A. Nishihara, Brett Daisaku Nishikawa, Daryl Takashi Ogawa, Melissa Fujiyo Okabe, Lisa Tamiko Omoto, Marshall Wong, Britinee Yasukochi, Megan Midori Yokoyama.

**FOURTH GRADE:** Kayla Hanada, Stephanie Kiyoko Ida, Lisa Ikkanda, Darren Isomoto, Lauren Kawaguchi, Kelcie Kawakami, Kathleen Sayuri Kawato, Gina-Ann Kikumi Kozai, Kendall Kozai, Darrin Lew, Ryan Linder, Lindsey Masako Miyatake, Lauren Masako Ohata, Grant Isamu Saita, Rand Sugano, Sen Sugano, Jonathan Takahashi, Warren Katsunori Takashima, Michel Toguchi, Steven Umamoto, Justin Yamamoto.



**FIFTH GRADE:** Steven Aihara, Carrie Mariko Hanaoka, Nathaniel Hatakeyama, Michael Ikkanda, Kelli Kakita, Kyle Kawakami, Todd Matsuzaki, Jackie Hiromi Miyatake, Chiemi Mori, Kevin Kenji Ogawa, Jennifer Quon, Allison Emiko Tanaka, Phillip Wong, Jana Akemi Yokoyama.

**SIXTH GRADE:** Brady Masami Fukumoto, Kristopher Hideaki Hattori, Laura Shigemi Kaneko, Jennifer Akemi Kawato, Kyle Akiyoshi Sato, Michael Tabata, Robin Yumi Takashima, Miro Terrell, Juliana Tashiro.

## Higashi Honganji Obon Festival Martial Arts Festival July 20-21st.

This year, our dojo presented a greatly expanded Obon Martial Arts Festival at the Higashi Obon Committee's request. It was a great success and with many fine martial artists performing. Our special guests included: Arthur Ishii Sensei of the Centenary Shorinryu Karate Club, Helen Nakano Sensei of the Southern California Naginata Federation, Richard Kageyama Sensei of the Monterey Park Shotokan Karate Club, Shimoji Sensei of the Pasadena Judo Club, James Nakayama Sensei of the Chushinkan Aikido Club and Takafumi Hamabata Sensei of the West Covina Goju Ryu Karate Club.

Our participants included Ken Watanabe, James Doi, Gary Myers, Ken Furuya, Bill Gillespie, Andy Kissel, and David Ito. Many thanks for Cheryl Lew for video taping and Larry Armstrong for his photos.



Kensho Furuya



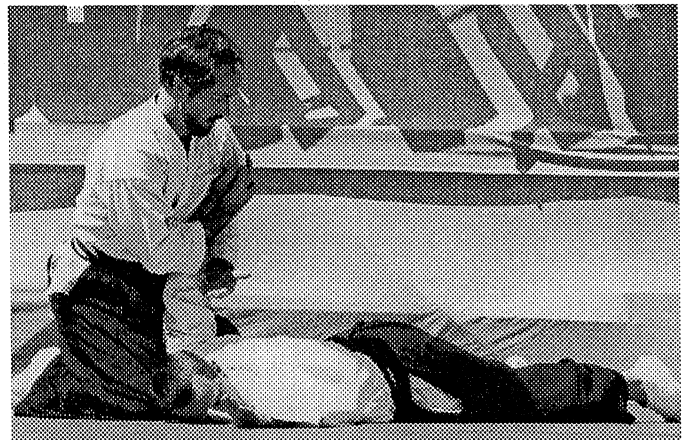
Ken Watanabe demonstrating jo-tori.



Kenny Furuya demonstrating niko-tenkan.



Bill Gillespie demonstrating tanto-dori knife defense.



### Many Thanks

Much sincere appreciation to the Higanshi Honganji Temple for their invitation to their Obon Festival and all of their kind support and encouragement.

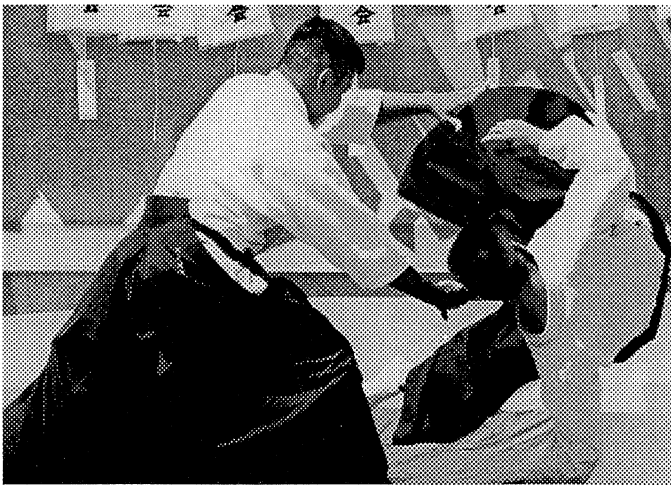
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David Ito demonstrating suwari waza ikkyo.



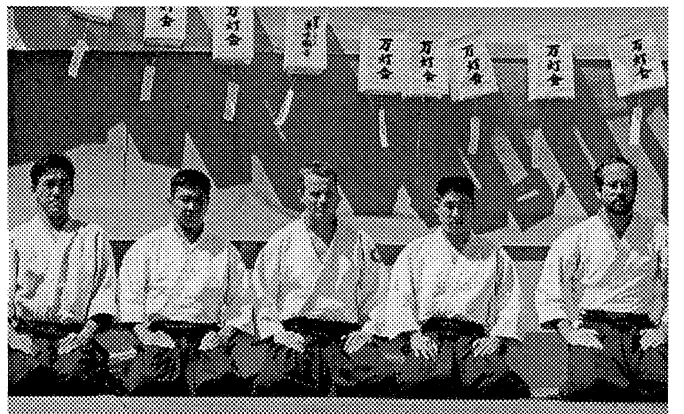
Kenny Furuya demonstrating kokyu-nage technique against David Ito.



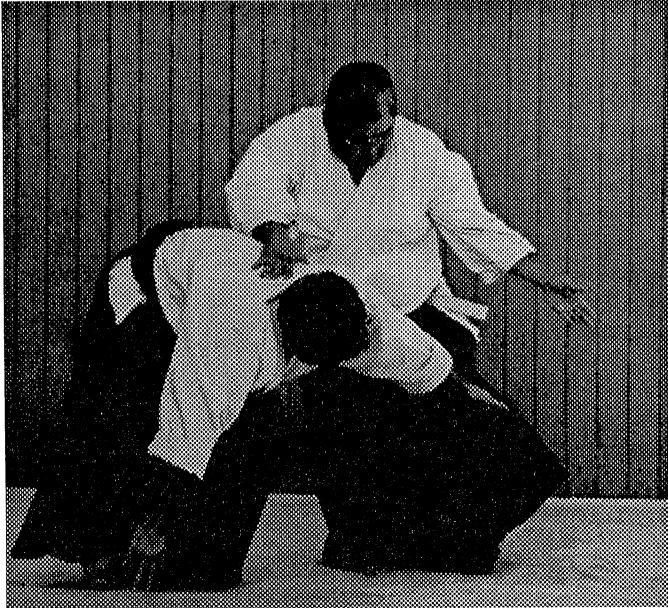
Ken Watanabe executing Irimi-nage against Bill Gillespie.  
Our dojo has been doing the Higashi Obon Festival for quite a few years now and this was the biggest demonstration ever.



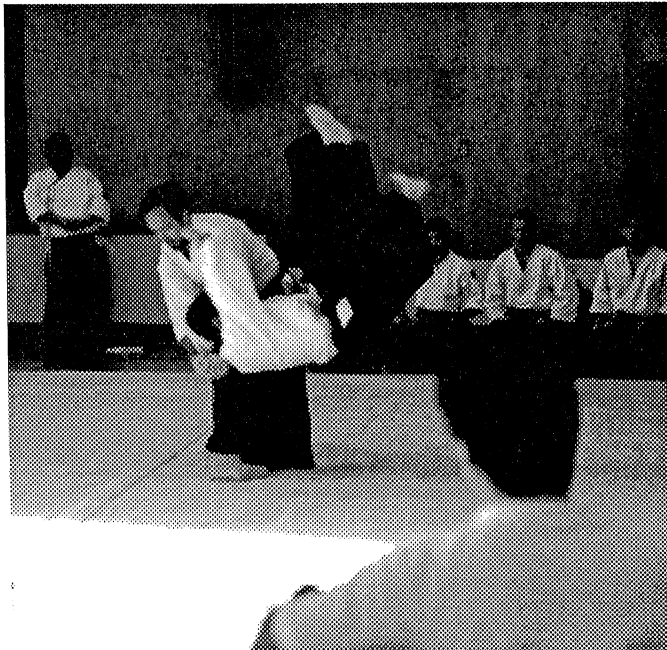
Furuya Sensei demonstrating jo-tori technique against Ken Watanabe.



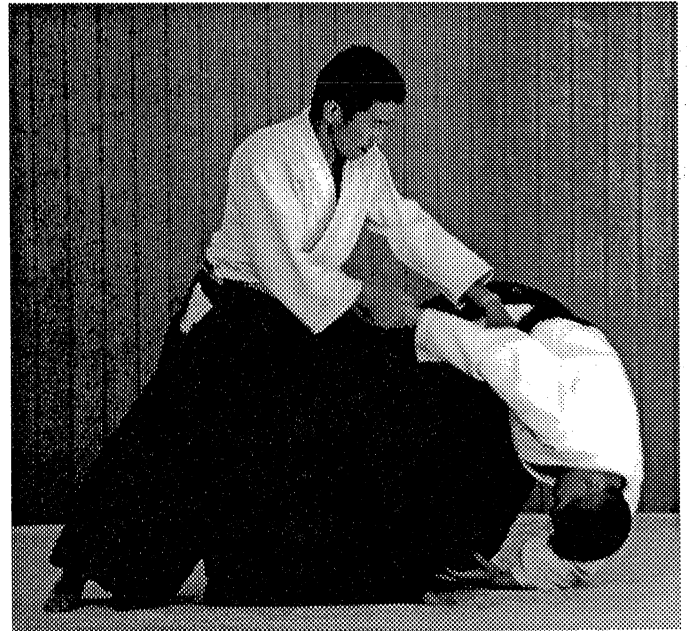
## Pasadena Buddhist Church Obon Festival Aikido Demo. July 20th.



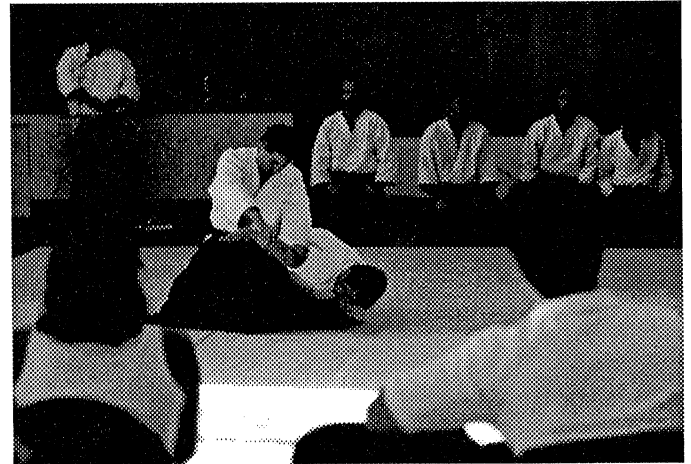
Once again, our Dojo presented a demonstration of Aikido and Iaido for the Pasadena Buddhist Church Obon Celebration. According to Rev. Tetsu Unno, attendance has increased by 3-4 times in recent years because of the many activities they are now sponsoring. Participants were Sensei, James Doi, Ken Watanabe, Kenny Furuya, Bill Gillespie, Andy Kissel, David Ito and Gary Myers for Iaido.



Andy Kissel, 2nd Dan, demonstrating at the Pasadena Buddhist Church Obon Festival.



Dr. James Doi, 4th Dan



David Ito, 2nd Dan.



## Moderate Exercise Is Too Much For Too Many

By Shari Roan

Reprinted from the LA Times, July 12, 1996

**Health:** Despite findings that exercise is a good thing and the chipping-away at fitness recommendations, Americans just aren't doing it, a new report shows. Why are we such dedicated couch potatoes?

Americans are overwhelmingly failing to meet the recommended levels of physical activity despite a concerted attempt by health officials to make the requirement as easy as possible.

In the first-ever Surgeon General's Report of Physical Activity and Health released Thursday, health experts reminded Americans that regular, moderate activity can dramatically reduce the risk of many diseases and health problems related to aging.

Nevertheless, more than 60% of adults do not achieve the recommended amount of physical activity and 25% are not physically active at all.

And the outlook is bleak as Americans averse to perspiration and heavy lifting, take to their sofas with snack foods in hand.

Even among young people ages 12 to 21, almost half are not vigorously active on a regular basis, with female teens far more sedentary than males. The report found that physical activity declines dramatically with age during adolescence.

The statistics on youth fitness are especially troubling because the young require a more vigorous level of activity for good health, said Dr. Antronette Yancey, director of public health for Richmond, Va., and UCLA faculty member.

"With them, it's more of an issue because they are supposed to be vigorously active. That's how they build muscle mass and store calcium in the bones. Exercise is so important for kids."

Parents aren't setting a good fitness example for children and neither are schools, the report found. Enrollment in daily, high school physical education classes dropped from 42% in 1991 to 25% in 1995.

"These are dangerous trends. We need to turn them around quickly," said Health and Human Services Secretary Donna E. Shalala, who commissioned the report.

The report is grim considering a steady stream of scientific findings showing that fitness is a key to good health.

Regular exercise can substantially reduce the risk of developing heart disease, diabetes, colon cancer, osteoporosis and high blood pressure. Activity has also been shown to reduce the symptoms of depression and anxiety, improve mood and enhance the ability to perform daily tasks.

Moreover, since the 1950s health education has chipped away at lofty recommendations for what people need to do to stay fit. While participation in team sports was promoted in the 1950s and 1960s and intensive aerobic exercise was the mantra of the 1970s, the message is much more palatable now. Daily chores, walking to the bus stop, using stairs, playing outdoors with your kids--all count toward a recommended goal of 30 minutes a day of accumulated, moderately vigorous activity.

"The good news is, you don't have to train like an Olympic athlete to enjoy the benefits of a healthy lifestyle," Shalala said. "Walking, bicycling or even gardening for at least 30 minutes per day most days of the week is good for your health."

Acknowledging that many people cannot find the time for a solid, 30 minutes, the report emphasizes several recent studies noting that fitness gains are similar when activity occurs in several short sessions as compared to one longer session.

". . . For people who are unable to set aside 30 minutes for physical activity, shorter episodes are clearly better than none," the report states.

The report should be seen as a "call to action" said Acting Surgeon General Audrey F. Manley, noting that "active and healthful lifestyles are within the grasp of everyone."

But if that is so, the puzzling question remains: why aren't more Americans moderately active?

"It's really surprising that no report like this has never been done," said Vice President Al Gore.

Government leaders have not emphasized the fitness message strongly enough, said Yancey, who founded an exercise program called Fitness Funatics that is targeted at multiethnic groups in south Los Angeles.

"As a government, we spend way too much money on basic science research and not nearly enough money on trying to translate scientific findings into programs and interventions that affect the larger public," Yancey said. "We need someone to step up and say this is important."

The report was timed for release before the Olympics "when people are thinking about fitness and sports," said Sandra Perlmutter, executive director of the President's Council on Physical Fitness. "We want people to understand about



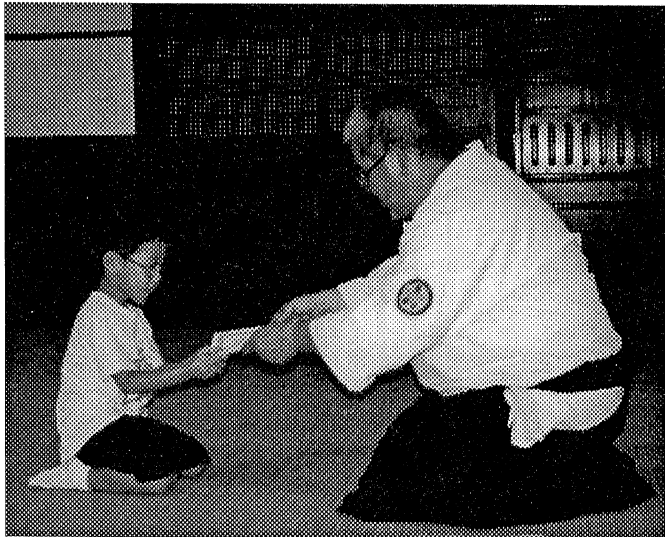
**Aikido Center of Los Angeles  
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activity, that something is better than nothing at all and more is better.”

The report noted that well-designed physical education programs in schools are effective and should be encouraged. Workplace fitness programs are also beneficial. Health professionals and community leaders need to explore ways to promote physical activity, the reported urged.

Times Staff writer Josh Greenberg contributed to this story.

## Saishin Dojo con't.

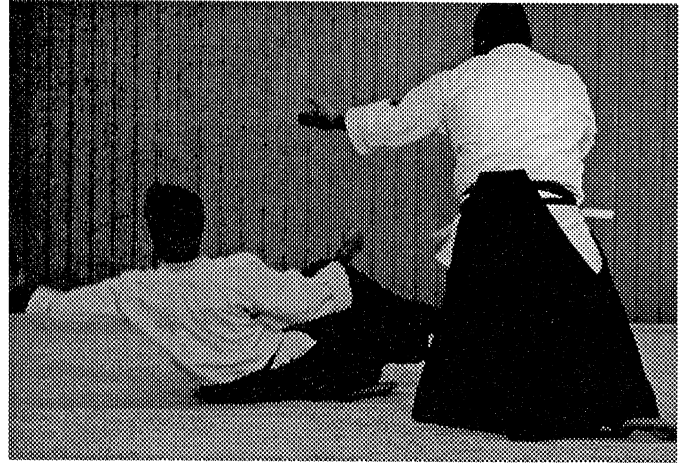


Saishin Dojo student learns how to receive his certificate with the proper etiquette with both hands. Below: David Ito helps to supervise the safe return of the students to Nishi Honganji, our neighbors on 1st & Vignes Sts.

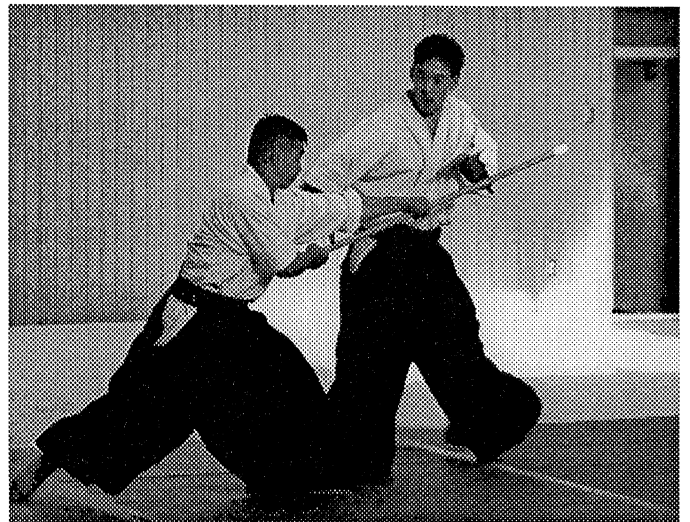


One of the instructors was grateful and impressed that the assistants, Ken, Bill and David, were always there to meet them at the corner when coming to the Dojo and always escorted everyone back to the Temple after practice. This is proper Aikido protocol and the example we try to set for the children.

## Pasadena Obon con't.



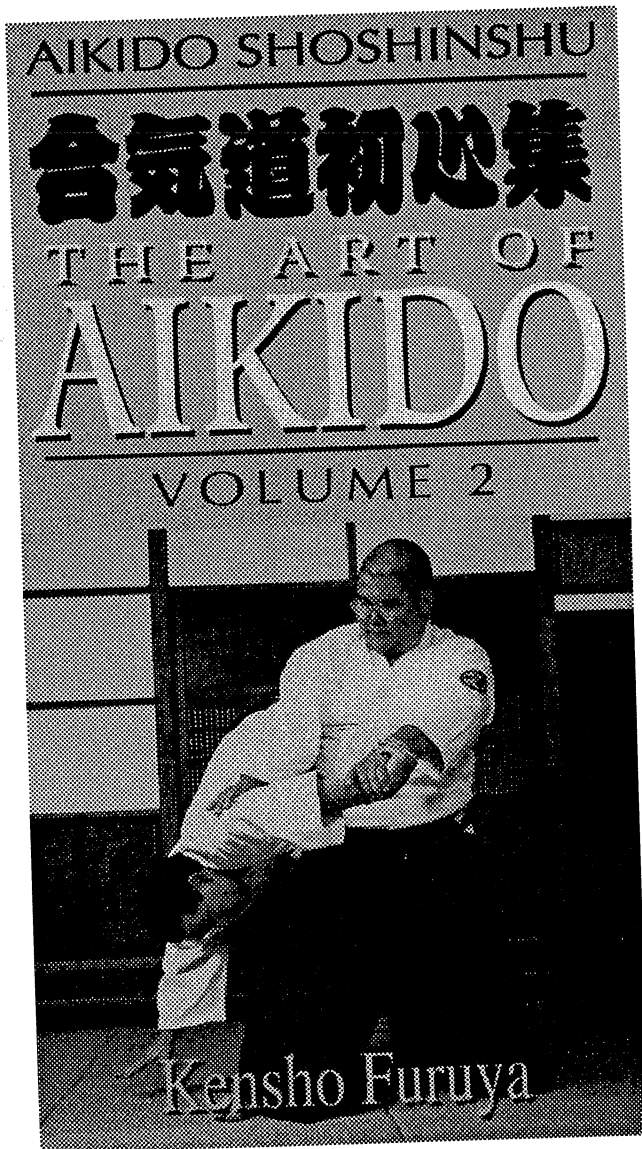
Many thanks and appreciation goes to Rev. Tetsuo Unno and the Pasadena Buddhist Church for all of their support and encouragement every year.



Ken Watanabe & Kenny Furuya - jō-tori



Kensho Furuya demonstrating four-man free style randori at the Pasadena Buddhist Church Obon Festival. Uke are Ken Watanabe, Bill Gillespie, Kenny Furuya and Andy Kissel.



## AIKIDO SHOSHINSHU The Art of Aikido Video Series

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Aikido 6th dan

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## VIDEO REVIEWS:

"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . . This is a thoughtful and professional series of impressive scope. For those who can afford the nine volumes, the whole series would be a worthwhile investment."

**Susan Perry, Editor-in-Chief**  
**Aikido Today Magazine #44, Vol. 9, No. 6.**

"Furuya's latest project has been the production of a compre-

hensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes."  
**Stan Pranin, Editor-in-Chief**  
**Aiki Journal, April 1995 Issue.**

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . .  
**Dr. Taitetsu Unno, Smith College, Eastern Religions.** Trans. "The Spirit of Aikido."

## Aikido TRAINING SCHEDULE

### BEGINNING & OPEN CLASSES

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

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

Tuesday & Thursday Mornings  
7:00am-8:00am

Saturday Mornings  
10:15am-11:15am

Sunday Mornings  
10:15am-11:15am

### ADVANCED & INSTRUCTORS' CLASSES

Wednesdays  
7:30pm-8:30pm

Saturday Mornings  
11:30am-12:30pm  
Please bring weapons.

### CHILDREN'S CLASSES

Saturday Afternoons  
12:45pm-1:45pm

Sunday Mornings  
9:00am-10:00am

## Iaido TRAINING SCHEDULE

### TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings  
7:30pm-8:30pm

Saturday Mornings  
9:00am-10:00am

Sunday Mornings  
8:00am-9:00am

Every third Saturday of the Month  
6:30am-8:30am  
Monthly Meeting follows.

## SPECIAL MONTHLY SEMINARS

### BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR

Every Last Saturday of the month  
6:30am-8:30am  
Instructor's Meeting follows.

### IAIDO INTENSIVE SEMINAR

Every 3rd Saturday of the month.  
6:30am-8:30am  
General meeting follows.

### BUDO & SWORD STUDY CLASS

Every 1st Monday of the month.  
7:30pm-8:30pm