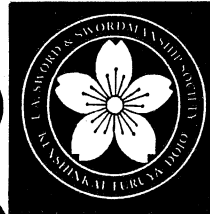


羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER



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

Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

\$1.95  
Donation

August 1, 1997

Volume XV. Number 8.

## A Hot & Busy Summer!

**Saishin Dojo  
Summer Aikido  
June 30-July 24**



**57th NISEI WEEK  
JAPANESE FEST:**

**JACCC Kid's  
Discovery  
Workshop  
July 25**

**Aikido Demo &  
Open House  
August 10  
At the Dojo**

Sensei interviewed on  
Channel 13's, "Strange  
Universe," scheduled to  
air on August 11, 1997.

**JACCC Japan  
Martial Arts Demo  
August 16-17**

Saishin Dojo Kids Return to Our Dojo.

### Dojo Welcomes Sanitago from Spain



At Nishi Hongwanji Obon with JACCC's Miles Hamada and Santiago Garcia on July 12.



### Pasadena Obon Demo

James Doi & David Ito demonstrating on July 19 at  
the Pasadena Buddhist Church Obon Festival.

Nisei Week  
Japanese Festival

August 10

Nisei Week  
Aikido Demonstration  
& Open House  
10-12pm

August 16-17

Nisei Week  
JACCC  
Japan Martial Arts  
Demonstration

In the JACCC Plaza  
12-4pm. Both Days.

244 S. San Pedro St.  
In Little Tokyo.

感謝

Many Thanks  
Our Honored Guests  
From Hombu Dojo  
June 13-16

Norihiko Ichihashi Sensei  
Hideo Yonemochi Sensei  
Takeshi Kanazawa Sensei  
Ryoichi Nagai Sensei  
Motohisa Kosugi Sensei  
Hiroyuki Sakurai Sensei  
Kenki Tanaka Sensei

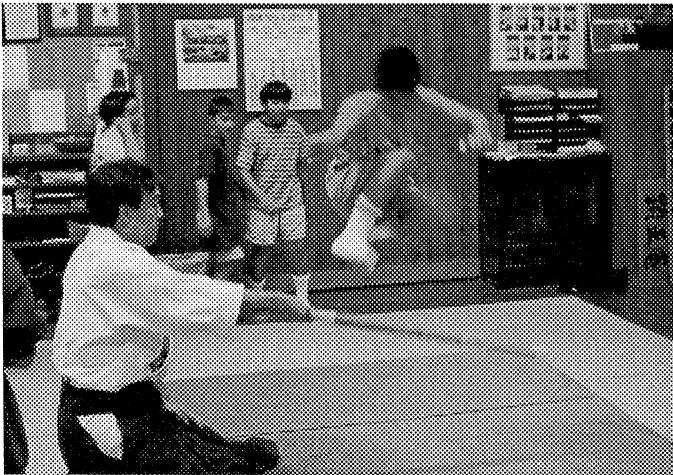
Many Thanks

*Higashi Hongwanji Obon Festival  
Martial Arts Demonstration  
July 26, 1997*

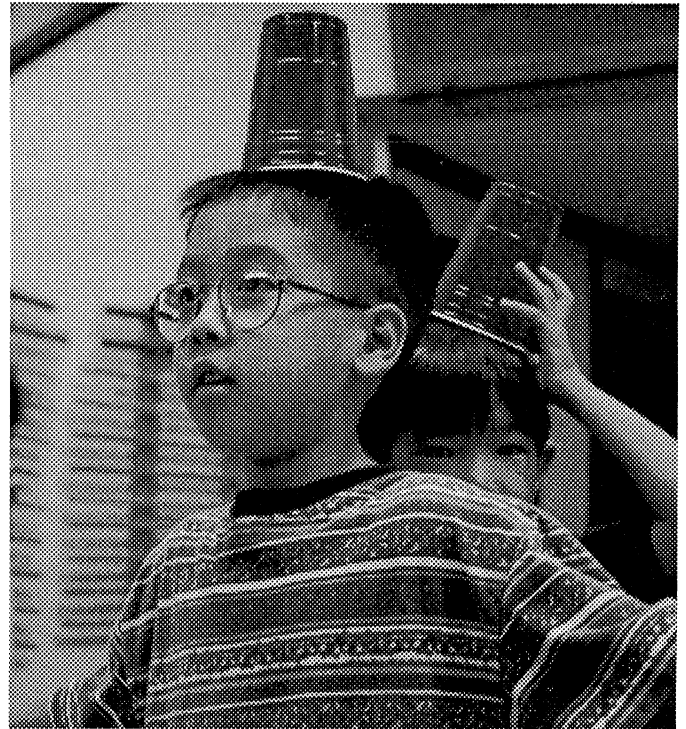
Chushinkan Dojo  
Chuo Kendo Dojo  
West Covina Goju Ryu Karate  
Yoseikan Budo Federation  
American Nippon Kempo  
Pasadena Judo Dojo

## Saishin Dojo Children's Summer School June 30-July 24.

This summer our Dojo hosted 89 kids from the Saishin Dojo Summer Program for kids sponsored by the Nishi Hongwanji Temple and Rev. Mas Kodani of Senshin. This was our second year of participation and we have already been invited for next year. Sensei's assistants were Ken Watanabe and David Ito who helped out every Monday, Wednesday and Thursday. Cheryl Lew was able to help on Thursdays. This year the kids learned about setting their shoes straight at the entrance way. Also learning to say the important Japanese phrases, "Ohayo Gozaimasu (Good Morning)," Arigatou Gozaimashita (Thank you)," and "Yoroshiku Onegaishimasu (Please teach me)."



Along with the basic Aikido warm-up exercises, they learned *tenkan* and the *funa-kogi undo*. This year we concentrated on *kotegaeshi* technique. Balance, concentration by walking the rope and jumping over the bamboo *shinai* taught them to push their limits and challenge themselves while having a very good time. Discipline, politeness, working hard, training together and trying something new all come together for an enjoyable experience - Aikido in our Dojo. Graduation party was held on July 25th at the Nishi Hongwanji Gym and the reception for Aikido was great. Unfortunately, some students graduate and will not return for next year but many will still remain. We can't wait for next summer to come again!



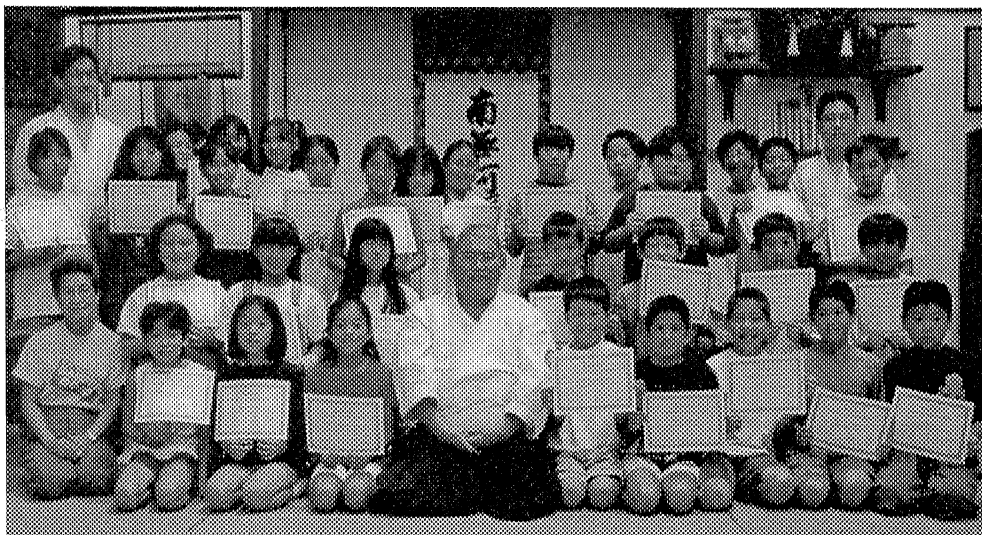
nBalancing a cup on the head while walking the rope taught balance, concentration and control. Walking backwards with the eyes closed was much harder!



Ken Watanabe presenting Certificate of Achievement to the students.

**Special Thanks to Saishin Dojo Teachers:**  
Ms. Bessie Tanaka, Ms. Terry Nakawatase, Mr. Jeff Hiroto, Ms. Esther Quon, Ms. Mitsuyo Tanaka, Mr. Richard Katsuda, and Ms. June Kondo. Special Thanks to Rev. Mas Kodani, Senshin Temple and the Nishi Hongwanji Buddhist Temple.

**Aikido Center of Los Angeles**  
NEWSLETTER



6th & 5th graders.



3rd & 4th graders. Below: 1st & 2nd graders.



**Saishin Dojo Members:**

- Mark Hara
- Mika Paige Hasama
- Ryan Hiroto
- Jeffrey Kamei
- Jonathan Kawasaki
- Paige Maeda
- Andrew S. Mori
- Jason Ogawa
- Joseph Samuel Ordonia
- Minoru Garrett Tabata
- Andrew Takahashi
- M. Codie Wakano
- Mandy Yoshida
- Maria Eugenia Aquilera
- Riki Aihara
- Kenichi Alexander Hall
- Curtis Ida
- Mitchell Ida
- Kevin Isomoto
- Andrew Kochi
- Mark Lee
- Meiko Jade Lew
- Kelly Nishikawa
- Jonathan N. Omokawa
- Christopher Quon
- Ryan S. Takemoto
- Sachiko Michelle Tanaka
- Kurtis Watanabe
- Jennifer Yoshimura
- Stephanie Cheung
- Akemi Sarah Fukui
- Takemi Elise Hanaoka
- Jamie Hayashibara
- Philip Hirose
- Masashi Brian Iwama
- Chiemi Michelle Kawato
- Sara Nishida
- Tani Kelsey Wong
- Lynette Yamamoto
- Derek Katsumi Escano
- Keiko Andrea Kimura
- Adriana Kochi
- Yukio James Nakamura
- Kyle Nishihara
- Brett Nishikawa
- Daryl Ogawa
- Fujiyo Melissa Okabe
- Marshall Wong
- Britinee Yasukochi
- Midori Megan Yokoyama
- Kayla Hanada
- Stephanie Ida
- Lisa Ikkanda
- Darren Isomoto

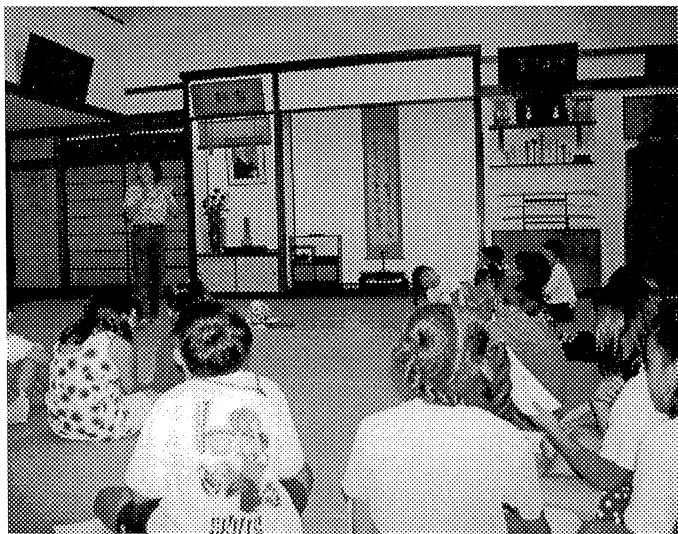
**Aikido Center of Los Angeles**  
**NEWSLETTER**

**Saishin Dojo continued:**

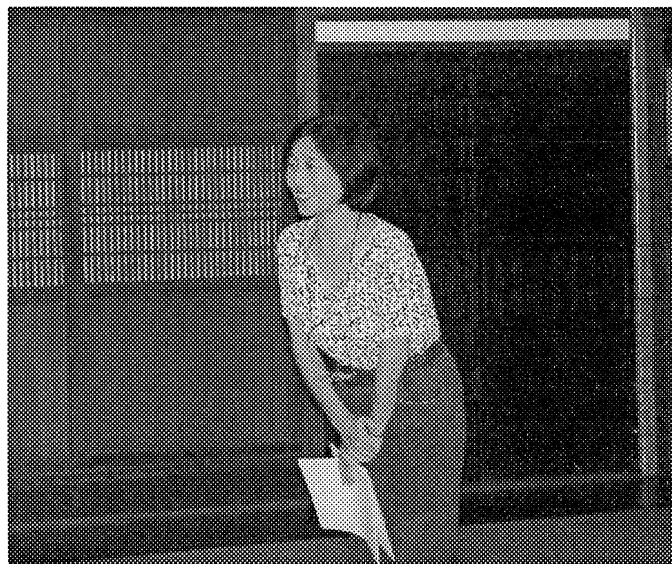
Lauren Kawaguchi	Steven Aihara
Shoko Kelcie Kawakami	Mariko Carrie Hanaoka
Kathleen Kawato	Nathaniel Hatakeyama
Kikumi Gina Ann Kozai	Jessica Huey
M. Kendall Kozai	Michael Ikkanda
Ryan Linder	Kelli Kakita
Masako Lindsey Miyatake	Kyle Kawakami
Lauren Ohata	Hiromi Jackie Miyatake
Isamu Grant Saita	Chiemi Renee Mori
Shigeru Rand Sugano	Kevin Ogawa
Sen Sugano	Jennifer Quon
Jonathan Takahashi	Kyoko Allison Tanaka
Katsunori Warren Takashima	Emiko Lisa Tanaka
Michel Toguchi	Phillip Wong
Steven Umemoto	Akemi Jana Yokoyama
Justin Yamamoto	

**JACCC Kid's Discovery  
Workshop Aikido Seminar  
July 25.**

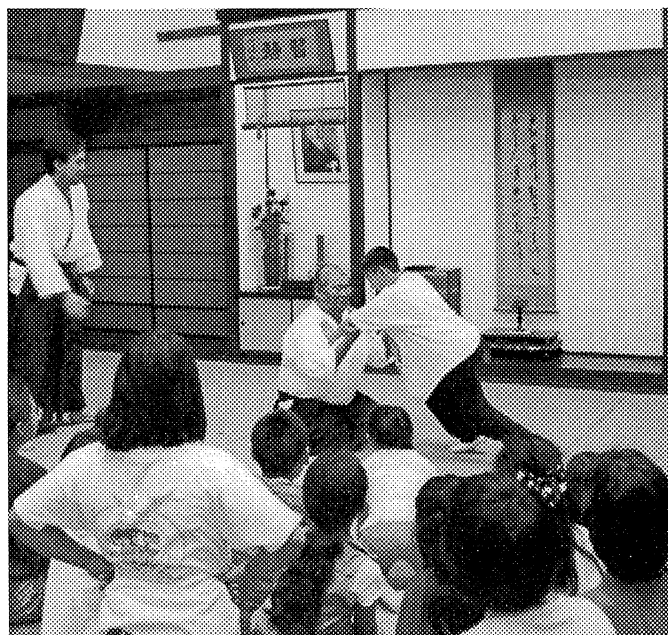
On Friday, July 25, the last day of the Saishin Dojo summer session, we also hosted the Japanese American Cultural & Community Center's Kids Discovery Aikido Workshop in the Dojo for the third time. About 35 kids attended a class in Japanese language taught by Tazuko Inui of the Kyodo Language System from 10:00am-10:40am and then we conducted a workshop from 10:45am-11:30am. The kids appeared to have had a great time. Many thanks to Chris Aihara of the JACCC for coordinating the event.



Inu Sensei teaching an excellent and energetic Japanese class.



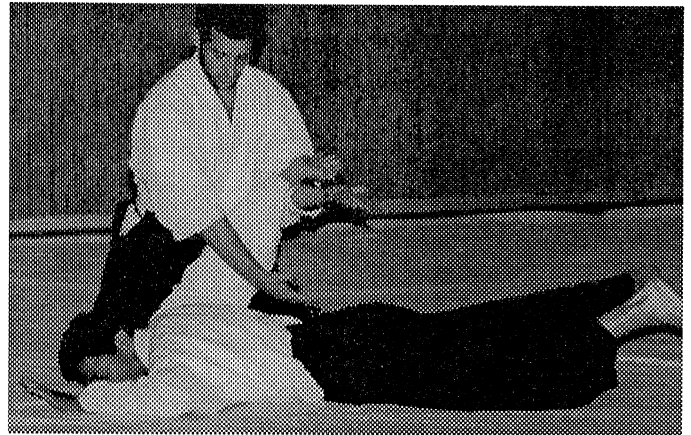
Tazuko Inui Sensei, Kyodo Language System



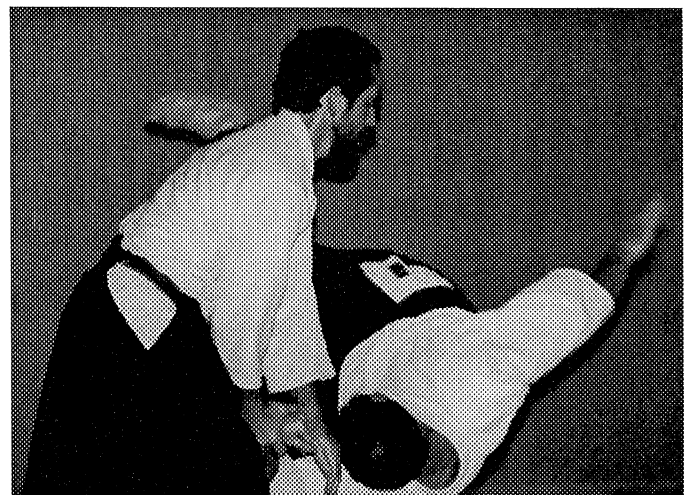
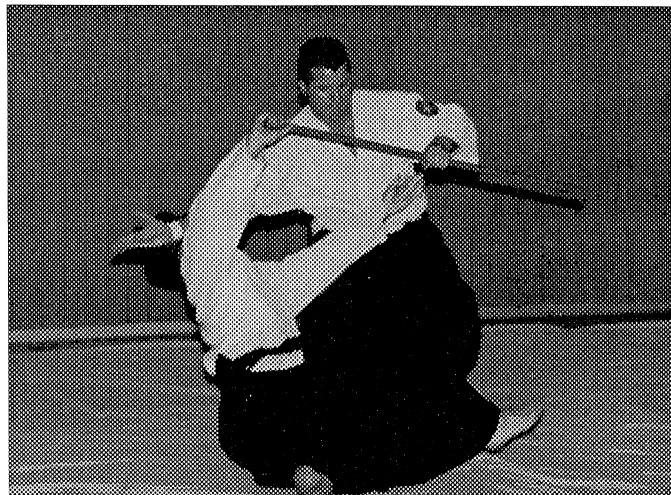
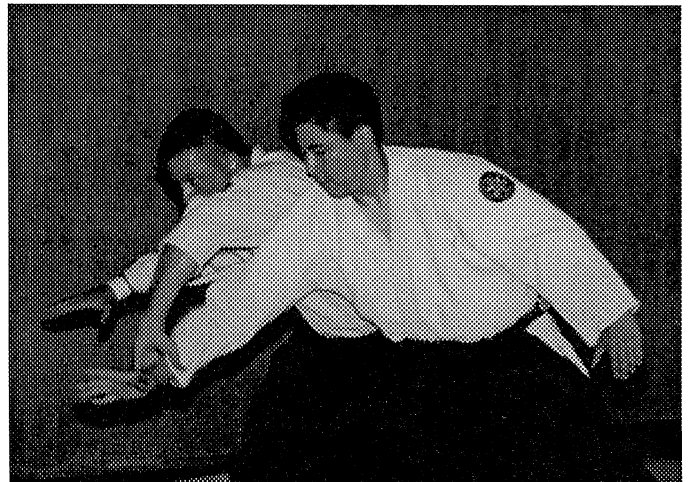
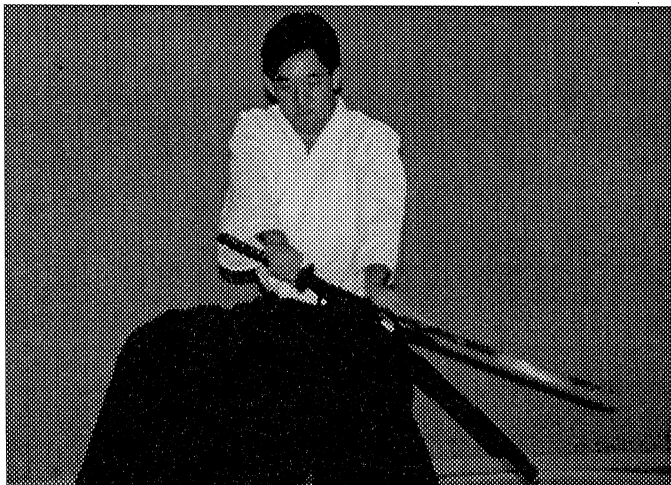
## Pasadena Obon Festival Aikido Demonstration July 19



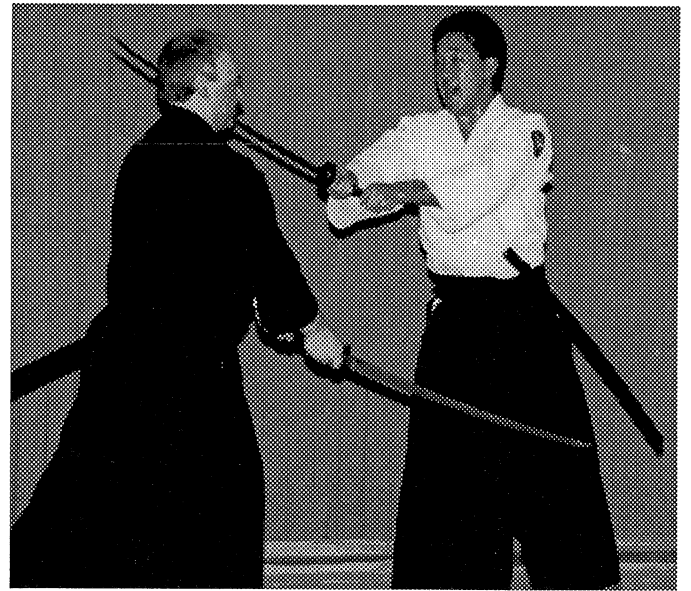
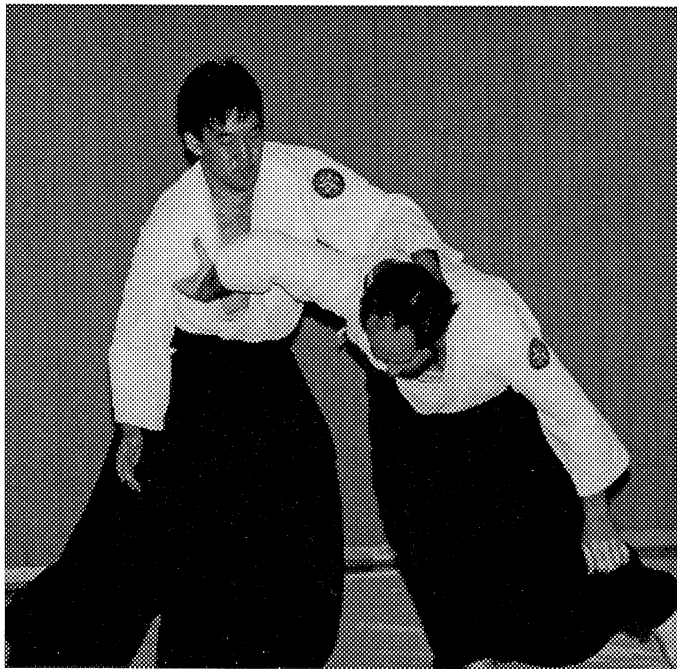
Left to right: Scott Howard, Andy Kissel, Gary Myers, Mike Dotzenrod, Sensei, Ken Watanabe, Santiago from Salamanca, Spain, James Doi, Kenny Furuya, and David Ito.



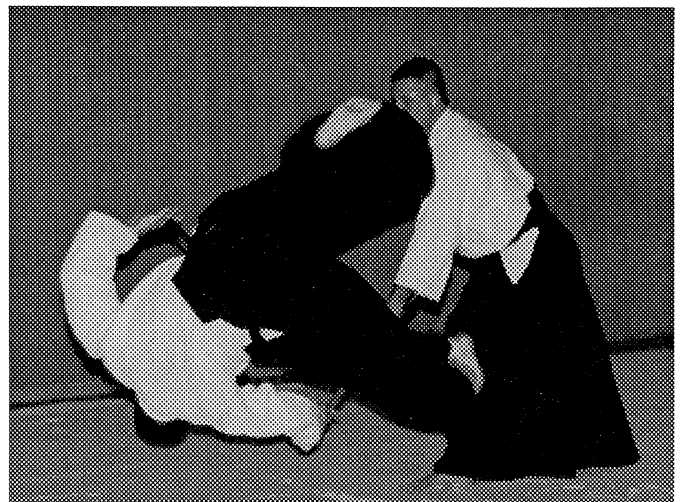
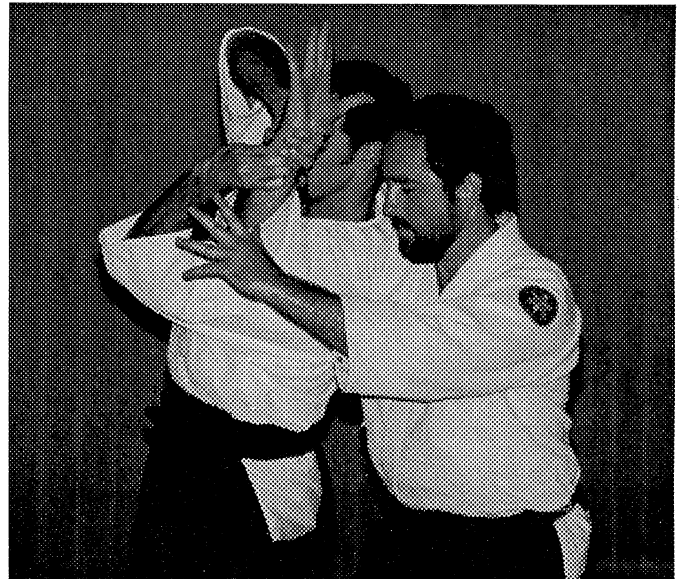
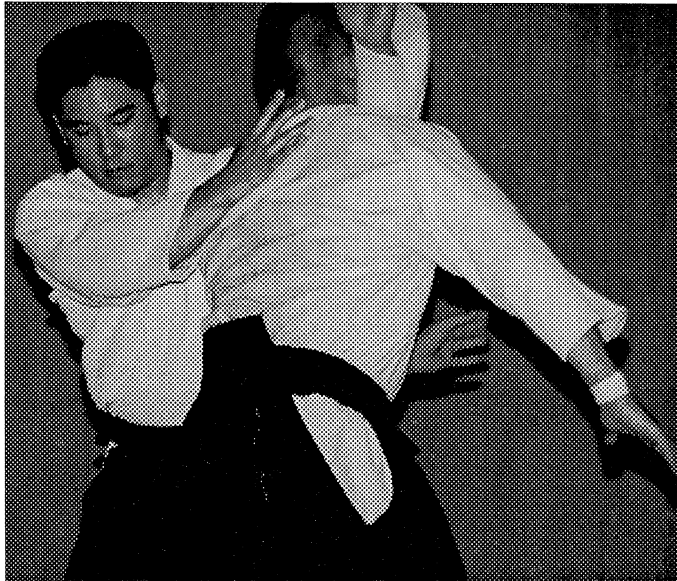
Members of the Dojo participated in this year's Obon at the Pasadena Buddhist Church on July 19, at the invitation of our good friend, Rev. Tetsu Unno. Along with a demonstration of Iaido by Gary and Ken, Santiago was also able to join the demo. We have been doing the Pasadena Obon Festival for a number of years now and it has become a tradition with our Dojo.



Aikido Center of Los Angeles  
NEWSLETTER



Gary Myers & Ken Watanabe demonstrating Toyama Ryu kumi-tachi.



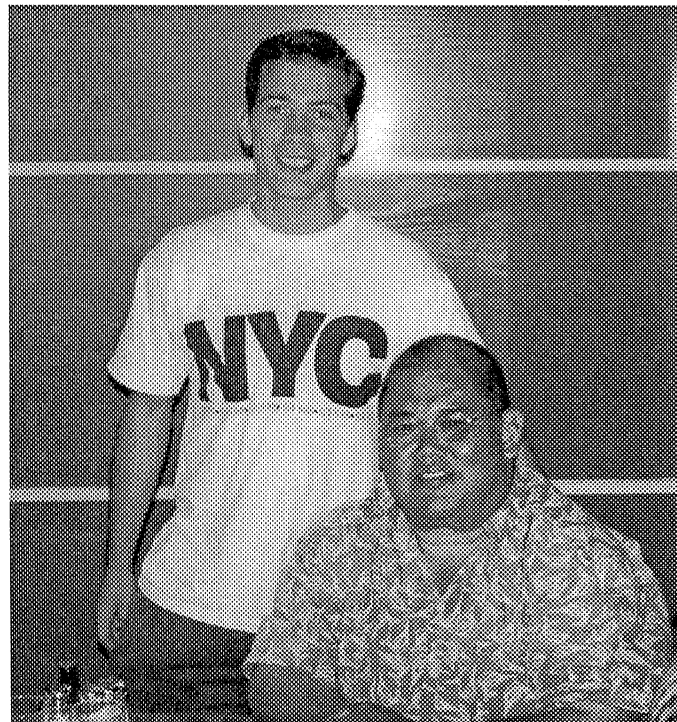
## Santiago Garcia From Salamanca, Spain



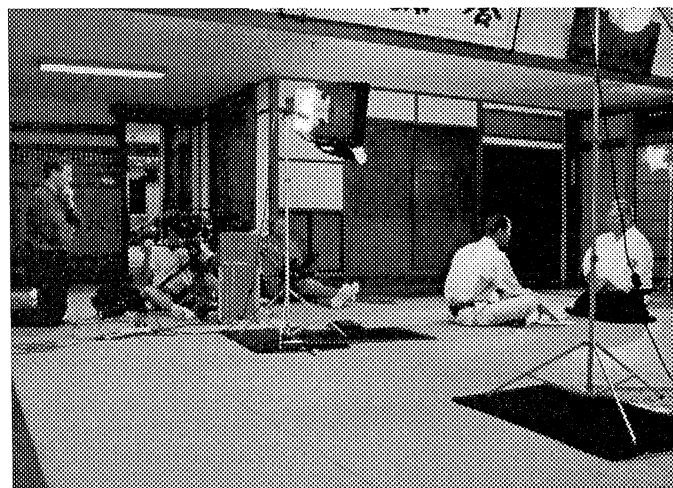
With (left to right) Maria, Scott, Kenny and Ken at the La Serenata de Garibaldi in East Los Angeles.

Sanitago Garcia from Salamanca, Spain, visited Los Angeles and trained hard to two weeks during his stay coming to the Dojo everyday. He heard about our Dojo through our "Art of Aikido" video series and decided to seek us out. He stayed in Inglewood for the first week before moving into a more convenient accomodation in Little Tokyo. Santiago has a school in Salamanca, a two hour trip from Madrid. He says he enjoyed the training very much and learned a lot and plans to come again for more training next year. He says that there are not many schools or instructors in Spain.

The first few days of practice seemed hard for him getting many blisters on his foot and very achey muscles on on the first night. He seemed to acclimatize to our Dojo quickly and trained well until his last day making many good friends in the Dojo. He saw quite a bit of LA including Venice, Griffith Park Observatory, Hollywood, Beverly Hills, Chinatown and Olvera Stree. He experienced our local Obon Festival which they certainly do not have in Spain and participated in our Pasadena Buddhist Church Obon demonstration and also the demo at Higashi Hongwanji. He commented that we are a very busy Dojo! We wish him good luck and look forward to seeing him when he comes again next year for training. *Muchos Gracias.*



## TV's "Strange Universe" Interviews Sensei. July 26



Sensei was interviewed by Emmitt Miller, the host of the popular TV series, "Strange Universe," on channel 13. Sensei discussed martial arts, Aikido and also gave a short demonstration. The intevieew took from 8:30am in the morning until 12:00noon when everyone had to rush off to Higashi Hongwanji Obon Martial Arts Demonstration. The interview went very well and the producer seemed very pleased with the results although Sensei said many things which were not planned on their script.





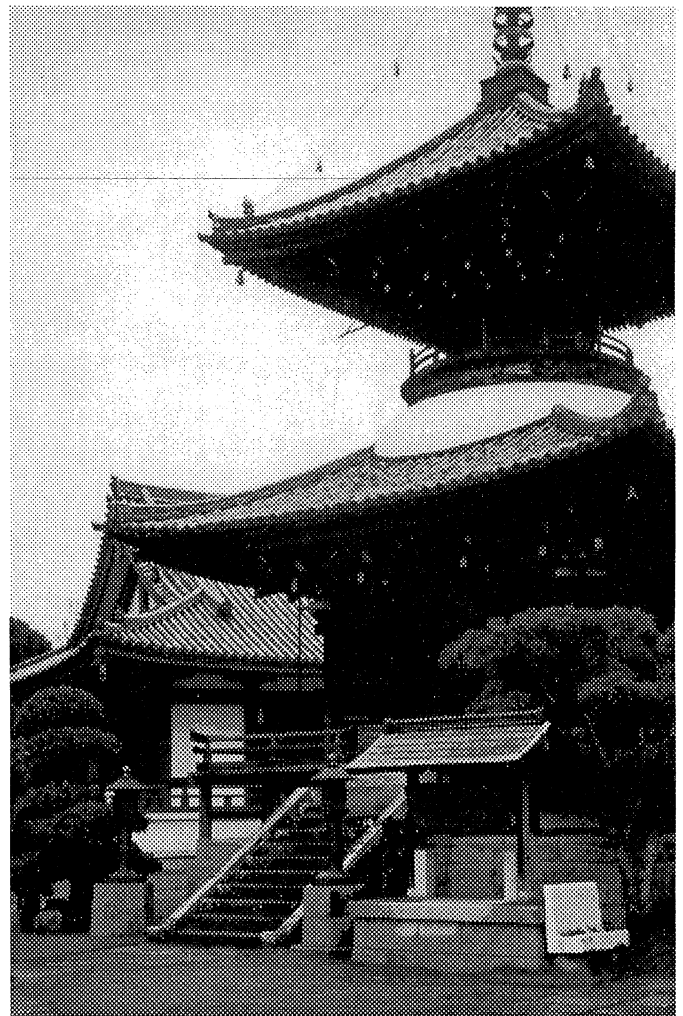
## Scott Howard Visits Japan & O'Sensei's Gravesite

Scott Howard at the gravesite of O-Sensei, the Founder of Aikido, in Wakayama Pref. Scott also attended the Aikido International Federation Congress last year. Scott was also able to visit Tokyo and Kyoto. Below: a view of Kozanji Temple where O'Sensei's gravesite is cared for. Scott was told that the gravesite is taken care of every single day by members of a local Aikido Dojo. The smaller grave to the left of O'Sensei's is the Ueshiba Family memorial stone. A wonderful experience!

### From Eric Russell: Summer Homestay In Japan:

*Greetings from Tokyo. I hope all is going well with you and the Dojo. As for me, my internship is not going too well so I am concentrating on Aikido. It just so happened that my first host-father was a student of Otani sensei, so I practiced there for the first month. I also occasionally went to Hombu to practice with the Waseda University Aikido Club. I am now at my second host family. It would take over an hour to get to Hombu so I looked in the phone-book for one in my area. I called the Kobayashi Dojo and found out that he visited your dojo three years ago. I went to practice the other night and it was great so I will be going there until I move. My next host family is in Shibuya so I should be able to go to Hombu. Anyways, take care and have a great summer. Eric.*

Eric attends USC and is one of our students. Eric began training in Japan at Waseda University which is not far from Hombu Dojo and is also Doshu's alma mater. Eric spent the summer in Japan as a home-stay student and returned to the Dojo on July 31, 1997. He also was able to practice at Otani Sensei's and Kobayashi Yasuo Sensei's dojo. Kobayashi Sensei visited our Dojo three years ago.



Kozanji Temple In Wakayama where O-Sensei is interred.

## Nisei Week Festival & JACCC JAPAN MARTIAL ARTS DEMONSTRATION

### August 16th. Saturday

- 12:30 Shito Ryu Karate  
Fumio Demura, 8 Dan
- 1:00 Ryobu Kai Karate  
Kiyoshi Yamazaki, 8 Dan
- 1:30 Pasadena Judo Dojo  
Tom Shimoji, 8 Dan
- 2:00 Aikido Center of L. A.  
Kensho Furuya
- 2:30 Iaido - ACLA  
Kensho Furuya
- 3:00 Torrance Naginata Dojo  
Helen Nakano, 5 Dan
- 3:00 Chuo Kendo Dojo  
Masashi Shikai, 7 Dan
- 4:00 American Nippon Kempo

### August 17th. Sunday

- 12:30 Shito Ryu Karate  
Fumio Demura, 8 Dan
- 1:00 Ryobu Kai Karate  
Kiyoshi Yamazaki, 8 Dan
- 1:30 Aikido Center of L. A.
- 2:00 Iaido - ACLA
- 2:30 Shotokan Karate  
Richard Kageyama, 4 Dan
- 3:00 Goju Ryu Karate  
Takafumi Hamabata
- 3:45 Shorinji Kempo  
Hirokazu Yamamori, 7 Dan

*Everyone is welcome &  
bring your friends! Free!*

Japanese American Cultural & Community Center  
At 244 So. San Pedro St., Little Tokyo, Los Angeles

## Important Dates for August

**August 1.** Monthly Dues.

**August 2.** Iaido Intensive. 6:30-8:30am.  
Prepare for Nisei Week Demonstration.

**August 10.** NISEI WEEK AIKIDO  
DEMONSTRATION & OPEN HOUSE.

**August 16-17.** JACCC NISEI JAPAN  
MARTIAL ARTS DEMONSTRATION.

**August 23.** Black Belt Intensive 6:30-  
8:30am. Breakfast/meeting follows.

**September 1.** Labor Day Holiday. Dojo  
closed.

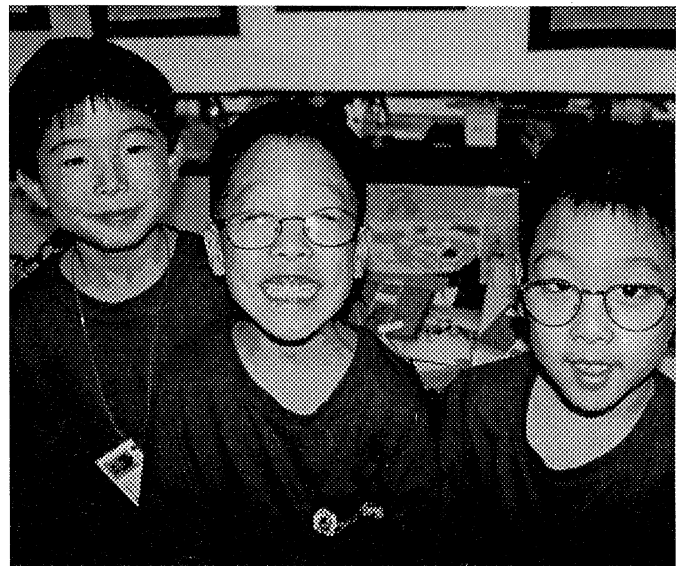
### Summer Training:

1. Regulate your training intelligently during the summer hot spell.
2. Drink plenty of water before and after class. Keep well hydrated.
3. Get plenty of rest after a good practice.
4. Keep a regular training schedule. An irregular training schedule is not healthy, slows your progress and will not make you feel good during practice.
5. Increase your stretching and warm-ups before class to avoid injuries.
6. Keep your uniform clean & neat.

## Top Ten Practice Hours June 1997

Ken Watanabe	37 hours
Kenny Furuya	26 "
Scott Howard	22 "
Larry Armstrong	22 "
Bill D'Angelo	21 "
Kristine San Luis	19 "
Cheryl Lew	18 "
David Ito	17 "
James Doi	16 "
Valerie Nerres	12 "
Hamzah Nu'man	12 "

Congratulations and keep up the very good work. It is important to maintain regular, consistent training hours in insure regular progress in your practice.



Saishin Dojo kids love Aikido! (The Ida twins)

### Children's Health Fair

September 7, 1997

In the Dojo.

Everyone is welcome.

## Correspondence:

5-6-97

I am writing to express my support for you as well as letting you know that I have been following you in the martial arts magazines and have been very impressed with you as well as your martial arts background. I truly believe you are one of the greatest martial artists I have ever seen.

Bryan Baldwin, Dana, NC

*Editor's Note: ??? Thank you but you've never seen me!*

6-11-97

Following to our telephonic conversation, I permit myself to send you this letter. By this, I would like to thank you for your precious times that you have offered me generously. Doing the Aikido since couple years, my friends and I are very interested about anything in relation to this Art. Particularly those: Serious, Honest and pure like yours. This is the way we have found our path through your video tape, but unfortunately we could not find more than two of them. . . .

Cyril Danan, Paris, France.

*We have also received news from Holland regarding the popularity of our Video Series and KODO.*

6-15-97

For some years I read your articles in the martial arts magazines. They fascinate me and give me much strength. Only by reading them I learn so many things. . . .

Hung K. Bauer, Amsterdam, the Netherlands

6-19-97

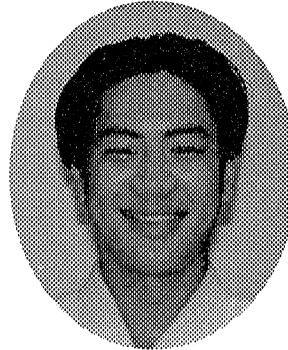
I have seen you in Black Belt Magazine several times and enjoyed your articles. I have also enjoyed your tapes and books. . . . Matt Zanoskar, Euclid, Ohio

7-14-97

I would like to schedule a visit to your dojo. I would like to travel to Los Angeles for a week or two and take some beginning lessons . . . . Tim Knisley, Columbus, Ohio

As we enter the rainy season in Japan, it has really become a typical summer, the weather in Los Angeles must be much more balmy. On the occasion of the America Japan Week Budo Demonstration, I want to thank you for your warm hospitality and very kind friendship. In a foreign country, we got around a lot and our workshop on Saturday and the Long Beach demonstration was a great success plus our safe return to Japan was, for a great part, all do to you and your students. Many, many thanks. I also enjoyed our Monday practice which was a very big success - truly a rare opportunity and experience. As for the students I practiced with, I really appreciated their very orthodox Hombu Aikido and their mental attitude, technique and physical ability was very substantial. In them, I can see your instruction and enthusiasm. Con't.

## Douglas Lew:



Douglas Lew, 14, one of the youngest Black Belts in the Dojo is currently being considered as a Candidate of Eagle Scout, one of the highest awards a young man can achieve. Much Good Luck!

## Many, Many Thanks:

Thanks goes to **Larry Armstrong** for the wonderful photos for the Dojo Newsletter as always. Thanks to **Norm Lew** for helping with the electrical work in the Dojo. Thanks to **Andy Kissel** for some of the Dojo carpentry. Thanks to **Cheryl Lew** for taking care of the books and attendance records. Thanks to **Ken Watanabe, David Ito & Cheryl Lew** for help with the Saishin Dojo Children's Workshop from June 30-July 24. Thanks to **Tadashi Sakarai** of the Omiya Dojo for sending photos and videos from Japan.

## New Items:

June 16. **Michael Dotzenrod** returned from his honeymoon in Europe.

June 29. **NBC Television** visited the Dojo and shot several sequences for their news report on Little Tokyo. They will advise us when the program airs.

July 2. Sensei and **Ken Watanabe** did a photo shoot for **Karate Illustrated** magazine on an article about etiquette. It is tentatively scheduled to come out in August.

July 22. Sensei participated on the **Los Angeles Grants Review Panel** for the **Los Angeles Cultural Affairs Department** in Downtown Los Angeles. This was his second year of participation.

August 16-17. Don't forget!!! Our **Nisei Week Japan Martial Arts Demonstration** at the JACCC Plaza.

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

I do not know how to thank you for everything else that you did for us, taking us around, shopping, the meals and all the presents. Thanks to you it was a perfect tour for us.

I really would like to return to Los Angeles again sometime and I would really like to count on you. I pray for the good health and good spirits for you and the students you teach.

Kenki Tanaka, Hombu Dojo, Tokyo, Japan

August 1, 1997

Sensei:

I wanted to say thank you for all your support and encouragement while I was studying for the Bar. I also wanted you to know how grateful I am for the support my fellow students have given. It made the exam much more do-able. Sincerely,  
Bill D. Angelo

August 2, 1997

Thank you for the higher rank belt (orange belt). It made me feel proud and happy. I will continue to work hard so that one day I may get a higher rank belt. Sincerely, your student,  
Mitchell Okamoto (Children's Class).

## 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 and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each. In sizes: small, medium, large and extra large.

## Official Dojo T-Shirts

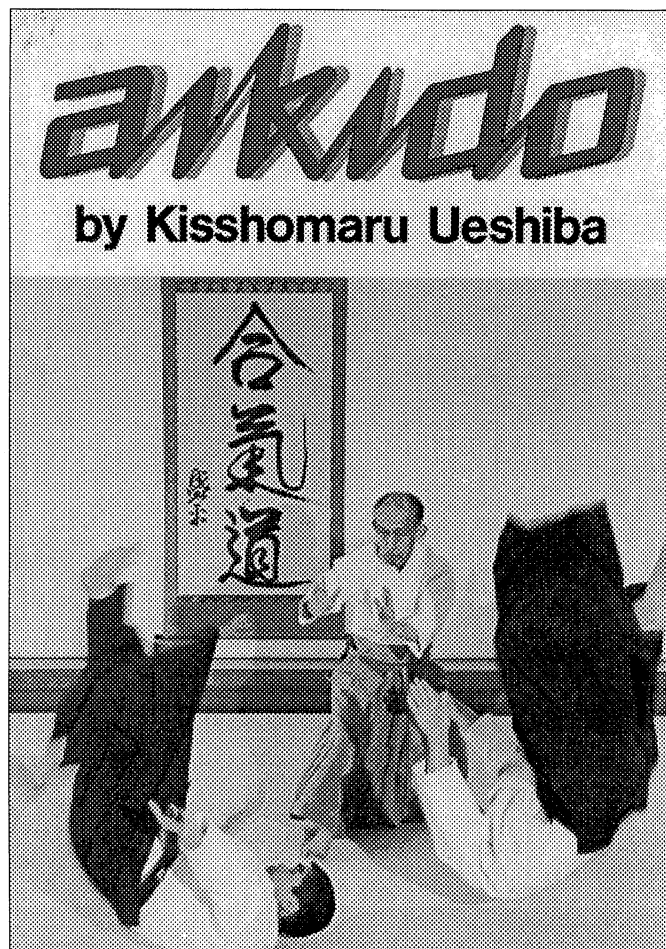
Our Dojo T-shirts are on sale. Special Price of \$12.00 each. Buy one now for yourself or as a gift for a friend. **NEW SHIPMENT IN!**

## Dojo Volunteers Needed!

Our Dojo needs Assistants & Assistant Instructors for our ever-growing Children's Class. Please help out! All students, black belts and assistant instructors are welcome to join our Children's Class to help out our kids. Saturday: 12:45-1:45pm. Sunday: 9:00-10:00am.

## New Members Needed

Help with our membership drive, bring a friend, associate or relative to the Dojo.



### HIGHLY RECOMMENDED READING:

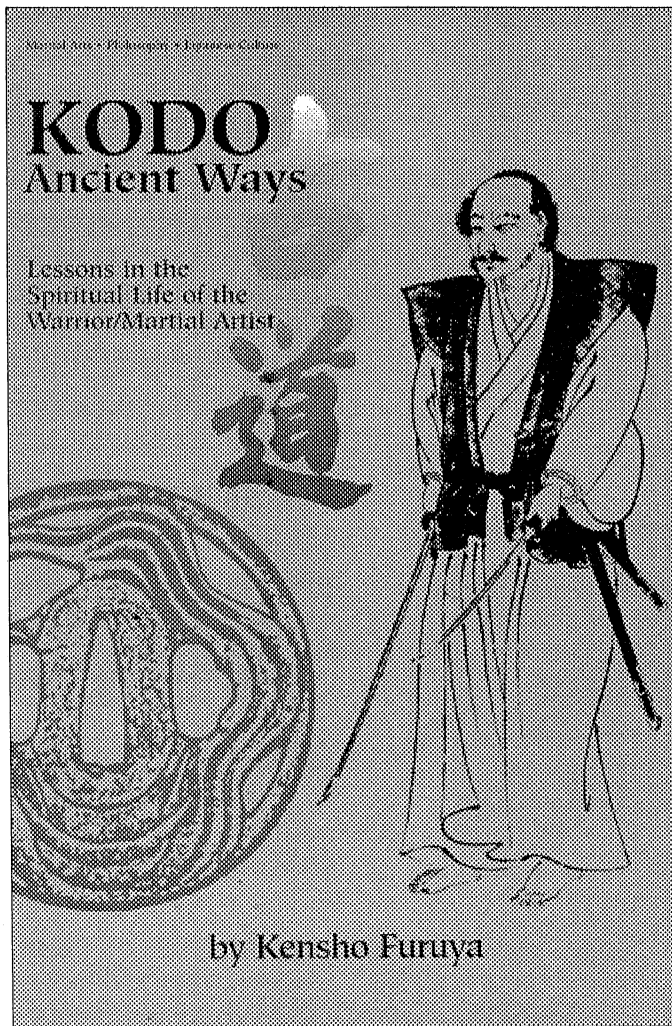
#### **AIKIDO by Doshu Kisshomaru Ueshiba**

Doshu's book, **Aikido**, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving and the book will no longer be available. It is very strongly recommended that if you don't have this book, buy a copy now while a few copies are still on the stands.

### Your Kind Attention:

You can best show your appreciation to the Dojo and Sensei's efforts by paying your dues on time. Dues are required at the first of the month. Please cooperate.

One teacher used to say: "If you really love Aikido, you will pay your dues on time." This really worked because he had one of the most successful dojos in the area. Can't we do the same?



# KODO

## Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist

Rev. Kensho Furuya

Please place your orders through:  
Aikido Center of Los Angeles,  
940 E. 2nd St., #7, LA, CA 90012

\$16.95 + \$3.00 S&H  
Payable to Aikido Center of Los Angeles  
Foreign postage: \$5.00 S&H

*Copies signed by the author on request.*

### Recommended Readings:

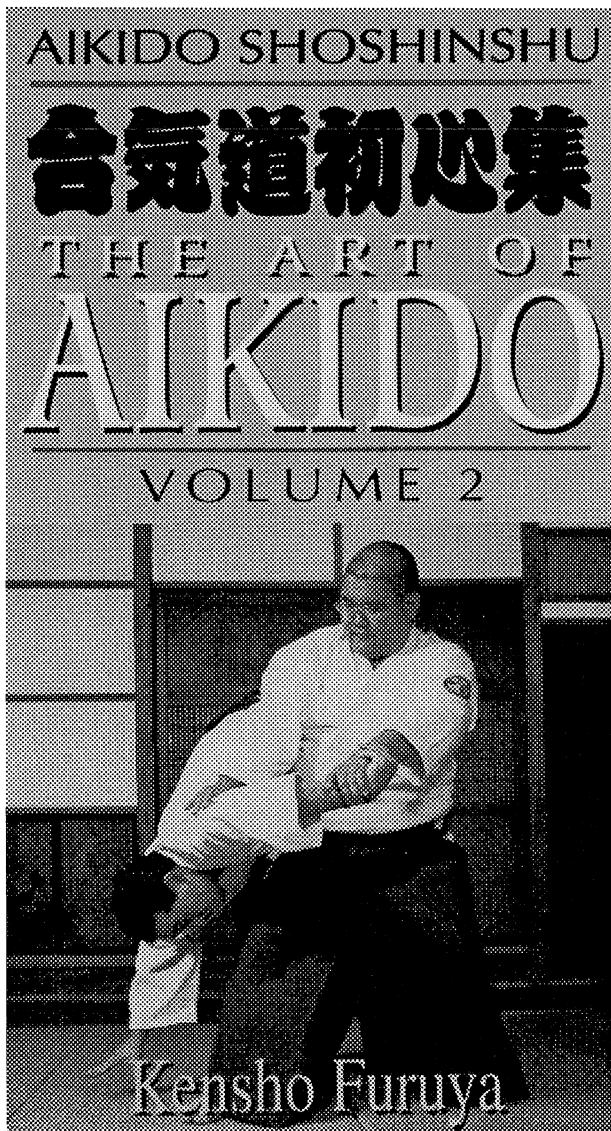
1. Aikido. Kisshomaru Ueshiba.
2. The Spirit of Aikido. Kisshomaru Ueshiba.
3. Zen & Japanese Culture. Daisetsu Suzuki.
4. KODO-Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist. Kensho Furuya.
5. "Homeless" Kodo. Kosho Uchiyama.
6. Zen Mind, Beginner's Mind. Shunryu Suzuki.
7. "Ancient Ways" column in MA Training Magazine. Kensho Furuya.

### Japanese Art Sword Appraisal & Restoration.

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"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. A worthwhile investment." Susan Perry, Editor-in-Chief Aikido Today #44, Vol. 9, No. 6.

"First rate!" Inside Kung Fu Magazine.

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"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of sub-jects 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.

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. The translator of "The Spirit of Aikido" & Aikido teacher.

# Aikido

## TRAINING SCHEDULE

### BEGINNING & OPEN CLASSES

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

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

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

### ADVANCED & INSTRUCTORS' CLASSES

Bring bokken, jo and tanto.

Wednesdays  
8:00pm-9:00pm

Saturday Mornings  
11:30am-12:30pm

Black Belt Intensive & Instructors'  
Last Saturday of the Month  
6:30-8:30am  
Monthly Meeting follows.

### CHILDREN'S CLASSES

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

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE SWORDSMANSHIP

Saturday Mornings  
9:00am-10:00am

Sunday Mornings  
8:00am-9:00am

### IAIDO INTENSIVE SEMINAR

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

### BUDO & SWORD STUDY CLASS

Every 2nd Tuesday of the month.  
7:30pm-8:30pm  
Everyone welcome.

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