

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES  
**NEWSLETTER**

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Los Angeles, California  
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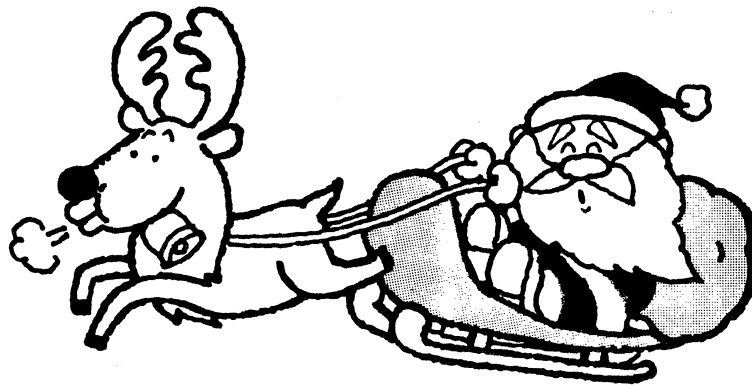
Affiliation: Aikido World Headquarters Aikikai, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
United States Aikido Federation, Eastern Region  
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

December 1, 1995

Volume XIII. Number 12.

To All of Our Friends & Students:

MERRY CHRISTMAS  
&  
THE VERY BEST OF THE  
HOLIDAY SEASON



The Aikido Center of Los Angeles  
The Los Angeles Sword & Swordsmanship Society  
Nihon Iaido Kenshinkai

Reverend Kensho Furuya

# OSHIGATA: Sword Rubbings of the Shitahara School

December 3-10th

**JACCC**

244 So. San Pedro St., Little Tokyo  
Japanese Cultural Room  
5th Flr.

Monday thru Friday 12-5pm

**OPENING CEREMONY**

Dec. 3rd from 2:00pm.

Demonstration & Lecture:  
Master Sword Polisher,  
Naoji Karita Sensei

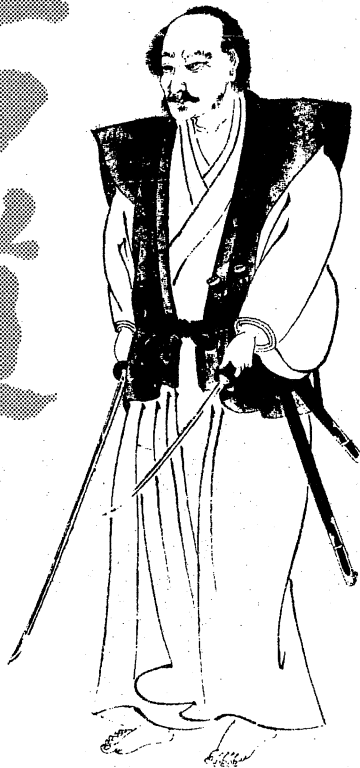


## KODO Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist



古  
道



by Kensho Furuya

Coming This Month!

Furuya Sensei's long-awaited book from Rainbow-Ohara Publications is scheduled for release this month. This book includes 40 articles written for MA Training's "Ancient Ways" column written over a period of the last eight years and is greatly expanded featuring much additional commentary, footnotes and many more rare illustrations and photographs. The book is approximately 250 pages and should be out before Christmas.

Sensei's Message:

## FELICITATIONS

On behalf of the Dojo, the Black Belt Yudanshakai, the Executive Advisory Board, the Kenshinkai and my uchi-deshi, I would like to extend my sincerest and warmest greetings for the Holiday Season.

I believe this has been one of the very best years for us. I am especially happy to see many students taking an active role in the Dojo, supporting it, assisting in the administrative work and generally helping the Dojo to run smoothly and more efficiently. We have never experienced this before.

One of my greatest joys is to see the next generation of teachers and leaders developing themselves and getting experience and skill in all aspects of Aikido. For myself, there is nothing more beautiful than seeing the transmission of culture and art taking a step forward into the future. What I do is very tiny so I am not trying to brag about it. But in my own small way, to see the Dojo growing as it has done this year and to see more and more students applying Aikido to their own lives, gives great meaning to my own existence. I am very grateful to my students for this. Thank you so much.

It is great to hear that our video series, The Art of Aikido, is doing so well and our book, Kodo: Ancient Ways, will be out very soon. I think the future looks bright for the Dojo.

As we are progressing, it is very important to keep several points always in mind or we are doomed to the fate of many others. As well as we are doing, it is important not to become arrogant or too self-confident. It is important to remember that we all grow together and need to hang in together very strongly to create a strong Dojo and Aikido community.

As we grow, it is important that everyone works together harmoniously. This means that everyone must understand the principles of "give and take" and sharing. This is not easy, of course, but it is an important and necessary part of our training.

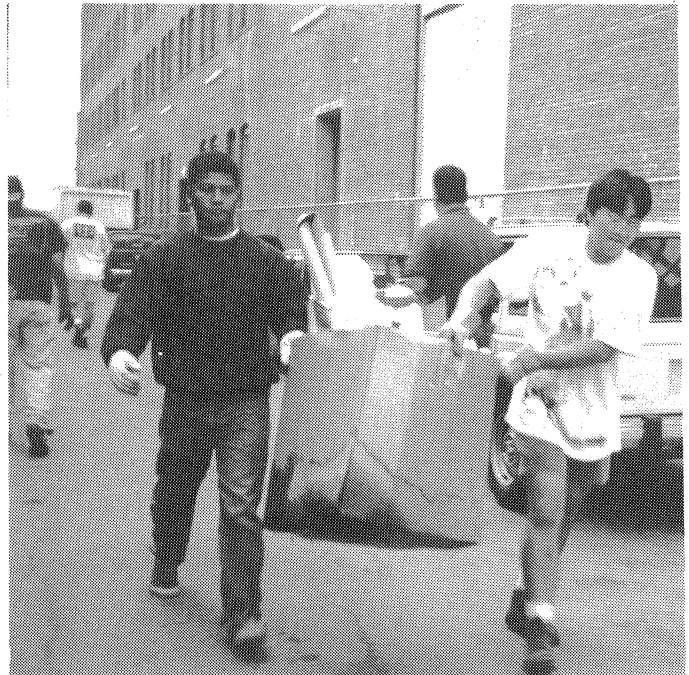
Our Santa Monica Branch is now one year's old and we plan to build another dojo very soon in the future. I am already working on my second book, The Tao of Aikido, which will include over 6,000 photos of Aikido techniques.. This book will also be coordinated with our video series. I believe this will make our Dojo busier and busier.

I hope in 1996, along with the continued growth of our Dojo, my Black Belts will be more devoted to their practice and help with the smooth operation of the Dojo more than before. Everyone is doing a great job. Please keep up the good work and please enjoy the very best of the Holiday Season.

Very Truly Yours,

*Reverend Kensho Furuya*

## Dojo Helps Operation Sparkle in Little Tokyo.



### Annual Dojo Christmas Party

December 3, 1995, from 6:00pm at the Almansor Court  
700 South Almansor St., Alhambra, CA. 91801

Please see Kenny Furuya or Ken Watanabe about details and reservations.



## OUR DOJO'S SPARKLE TEAM

Far left: At the JACCC, Steve Tarango, Frances Yokota, Jim Evans, Kenny Furuya, Jun Joon, Jon Cooperson, Ken Watanabe, Joe Holguin, James Doi, David Ito, Curtis Westfall, Rey Espino.

Center: On First and near Alameda Sts., Frances Yokota, Kenny Furuya, Rey Espino.

Lower far left: At the Nishi Hongwanji Temple, James Doi, Jim Evans, Coordinator Brian Kito, Kenny Furuya, Joe Holguin, Jun Joon, Rey Espino.

Lower Center: In the alley, Rey Espino, Jun Joon.

Upper Right: 1st & Alameda, Jim Evans, Steve Tarango and David Ito.

Lower Right: In the alley after a hard day's work, Jim Evans, Curtis Westfall, Ken Watanabe, David Ito, Kenny Furuya, Steve Tarango.

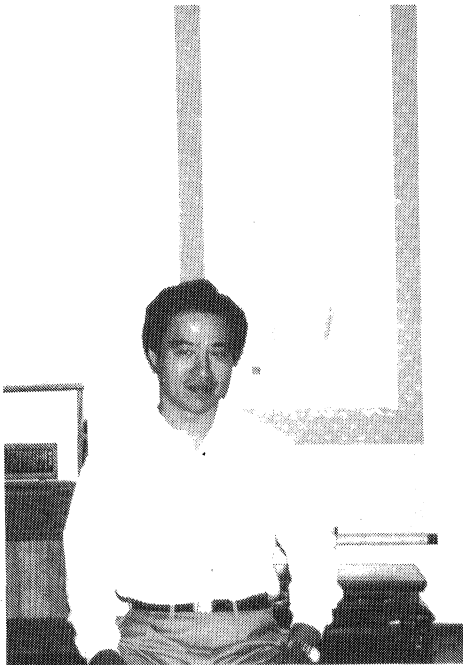
On behalf of Operation Sparkle, the Dojo and the Little Tokyo community, many thanks for all of your hard work. We had the bad section on First Street between Alameda and Vignes Sts. We also cleaned in front of Zen-shuji Temple. Well done!!!

### Annual Membership Dues:

Annual Dojo Membership for 1996 are due by January 1, 1996. Please submit them early and thank you for supporting the Dojo. Annual Dues are \$25.00 person.



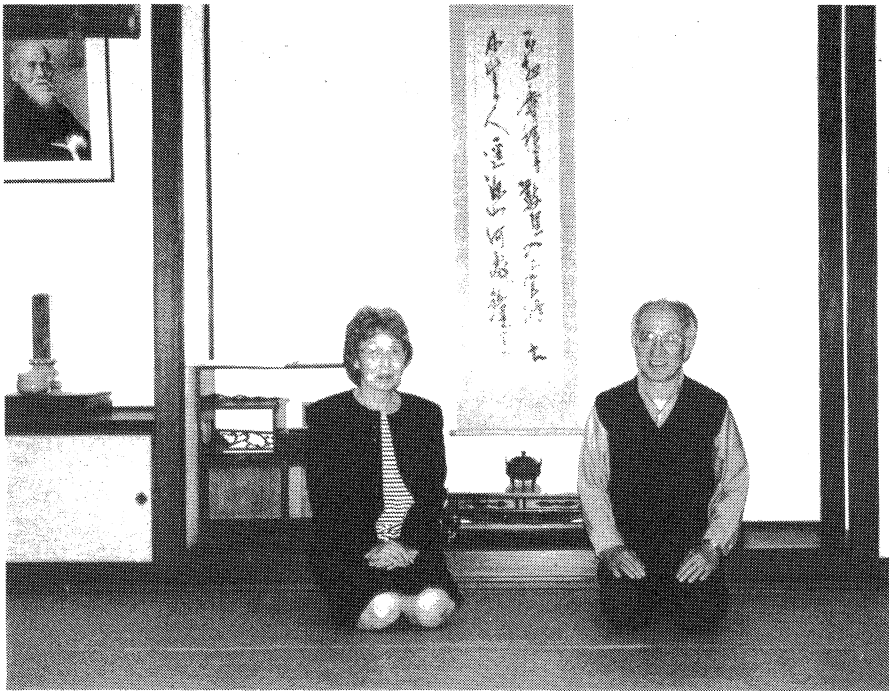
## Very Special People:



Top: Mr. & Mrs. Adolph Dulan and Ms. Hannaiyah visit the Dojo on September 29th. Adolph is the owner of Aunt Kizzy's Back Porch Restaurant which serves the finest all-American, home style cooking in the country. The restaurant is located in Marina Del Rey. When you go, be sure to look for Sensei's photo on their celebrity wall. Dining with Sensei and Ken Watanabe at the Quan Ju De Restarant which specializes in Peking duck; the main restaurant in Beijing, China, is over 130 years old.

Bottom: Master sword polisher, Naoji Karita Sensei visits the Dojo on October 30th to make final arrangements for the Oshigata Exhibition at the JACCC. Karita Sensei presented Sensei with a scroll of one of the oshigata in the exhibition. Karita Sensei with all of the oshigata displayed in the Dojo and ready for the exhibition. Karita Sensei will attend the Exhibition Premiere with his family in December. The Exhibition is one of the first of its kind in this country; thirty oshigata of masterpieces of the Japanese sword of the Shitahara School will be on display from December 3-10, 1995.

**AIKIDO CENTER OF LOS ANGELES**  
**NEWSLETTER**



Dr. & Mrs. Taitetsu Unno make a brief visit the Dojo on October 30, 1995. This is Unno Sensei's 2nd visit; on his first visit in August, he gave an excellent lecture at the Dojo during our Nisei Week celebration. This is Mrs. Unno first visit. They also visited the Japanese American Cultural & Community Center and the Japanese American National Museum in Little Tokyo.



Dr. & Mrs. Unno took luncheon with Sensei, Ken Watanabe, Kenny Furuya, Bill Gillespie and Dr. Cheryl Lew at the Empress Pavilion in Chinatown. Everyone looks forward to Dr. Unno next trip to LA. Dr. Unno is a professor of Eastern Religions at Smith College in Massachusetts and is also a veteran Aikido instructor. He is the translator of Doshu Kisshomaru Ueshiba's, *The Spirit of Aikido*.

**Pen & Sword**

The Dojo Newsletter welcomes your articles, essays about Aikido and your practice and news items about our members such as birthdays, anniversaries, marriages, family additions and all good news in general. See Sensei. Photos are also very welcome.

**BUDO STUDY CLASS**

Our Budo Study Class will change its schedule to every first Monday of the month from our usual time, 7:30-8:30pm. Everyone is welcome. This class is especially recommended to our Assistant Instructors and members of our Iaido Section. Current study topic is "Zen & Japanese Culture" by D. T. Suzuki.

**ACLA Newsletter**

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By Reverend Kensho Furuya  
 The Aikido Center of Los Angeles  
 940 E. 2nd St. #7, Los Angeles, CA 90012

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## REVIEWING 1995

**Jan. 3rd.** David Smith of the Omiya Dojo visits.

**Jan. 5th.** Sensei shoots cover photo for Ultimate Warriors magazine.

**Jan. 8th.** Sensei emcees JACCC Kotohajime New Year's Program at the Japan America Theatre.

**Jan. 12th.** Assistant Instructor Gabriel Zorrilla returns to Mexico.

**Jan. 18th.** Sifu Randy Williams of the Close Range Combat Academy in Pittsburgh visits.

**Jan. 22nd.** Dojo's Kagami-biraki New Year's Opening Ceremony.

**Jan. 23rd.** Kawai Sensei from the Kuki Dojo, branch of the Omiya Dojo, visits.

**Jan. 28th.** 1st Black Belt Meeting of the New Year.

**Jan. thru Feb.** Sensei does volunteer work for the Kobe Relief Project at the JACCC.

**Feb. 1st.** Dojo's Executive Advisory Board established.

**Feb. 3-5th.** Sensei visits Master Hsu.

**Feb. 23rd.** Sensei elected to Nisei Week Sports & Exhibition Chair.

**Feb. 26th.** Lecture on Tsuba at Yoshino Japanese Antiques in Pasadena.

**March 5th.** Volunteer work for LA Marathon.

**March 12th.** Sensei elected as President of the Southern California Yamanashi Prefectural Association.

**March 18-22nd.** Seminar with Harvey Kohnsberg Sensei of the Woodstock Dojo in New York.

**April 1st.** Joint Practice with the Chushinkan Dojo, Orange County.

**April 21st.** Sensei gives lecture to Brea-Olinda High School students at the JACCC North Gallery.

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

**April 26th.** O-Sensei's 27th Memorial Service.

**May 6th.** JACCC Children's Day 1st Asian Pacific Martial Arts Festival.

**May 7th.** Demonstration at the Japanese Village Plaza.

**May 7th.** Lecture of Japanese swords at the New Otani Hotel by Sensei.

**May 13th.** Self-defense Seminar for South Bay Japanese American Citizens League.

**June 24-25th.** Randy Williams' Wing Chun Kung Fu Seminar.

**July 1-2nd.** West Covina Community Center Demonstration.

**July 9th.** Lotus Day Festival Demonstration.

**July 15th.** Pasadena Buddhist Church Obon Demonstration.

**July 21st.** JACCC Kid's Discovery Workshop.



**July 22-23rd.** Higashi Hongwanji Obon Demonstration.

**July 29th.** Montebello Sozenji Buddhist Temple Obon Demonstration.

**Aug. 16th.** Special Lecture by Dr. Taitetsu Unno, Smith College, MA

**Aug. 19th.** Nisei Week Street Fair Demonstration.

**Aug. 20th.** Annual Nisei Week Aikido & Swordsmanship Demonstration.

**Aug. 29th.** Rev. Fusho Nolan visits from New York.

**Sept. 9-10th.** Master Hsu Seminar. Multiple Forces in Single Movements: Mental Aspects of Training.

**Oct. 7th.** Volunteer work for Operation Sparkle to clean-up Little Tokyo.

**Oct. 23-24th.** Sensei participates Review Panel for Folk Art Grants for LA City Cultural Arts Department.

**Oct. 29th.** Dr. Taitetsu Unno visits.

**Oct. 30-31st.** Naoiji Karita Sensei visits.

**Tentative December Schedule:**

**Dec. 3-10th.** Oshigata Sword Rubbings Exhibition at the JACCC

**Dec. 3rd.** Dojo's Annual Christmas Party.

**Dec. 25th.** Christmas Holiday

**Dec. 31st.** Special Year End Practice.

# KODO Ancient Ways

## Lessons in the Spiritual Life of the Warrior/ Martial Artist

*By Reverend Kensho Furuya*

*From Rainbow Ohara Publications*

Features 40 essays from the popular Ancient Ways column in Martial Arts Training Magazine over the last 8 years.

# 1996

## Newsletter Subscriptions

Due to our new expanded format and the increased number of pages each month, the cost of printing and postage has gone up considerably. Because of this, we will be reducing our mailing list a great deal for 1996 to help with our costs. If you wish to continue to receive our Dojo Newsletter, please send in your subscription now which is a \$30.00 donation to the Dojo or write to us. The Newsletter is \$3.00 per issue.

We thank you for your support of the Dojo and hope you will continue to enjoy our Newsletter.

## Very Special People:

Congratulations goes to Dr. Cheryl Lew who celebrated her birthday on November 9th.

Congratulations goes to Mr. & Mrs. Joe Holguin who recently became the father of new son, Nicolas. This is their second child. Joe works for the LA Fire Department and attends our Morning Practice.

We would like to say a special word of thanks to Mike who has been taking care of all of our Dojo's printing needs for the last 10 years.

Many thanks to Frances Yokota who made very special Halloween treats for all the members of the Dojo on Halloween.

Many thanks to Ricardo Villaverde to fixed the lights in the men's dressing room on Nov. 10th. Ricardo has also volunteered to fix the lights in the women's dressing and install emergency lights in the Dojo. Thank you.

Many thanks to Andy Kissel who helped with a little carpentry and repairs around the Dojo on November 11th.

Special thanks goes to Kenny Furuya who has greatly improved our attendance sheets and the recording of students' practice hours.

### Official Dojo T-shirts

The Official Dojo T-shirts are on sale and make great Christmas presents for family, friends and fellow students. Buy your T-shirts early.

## A Special Merry Christmas

*We would like to send a special Holiday Greetings to the following organizations and people for their generous support of the Dojo throughout the year:*

**Japanese American Cultural & Community Center**

**Copies Unlimited**

**Nisei Week Festival Committee  
Joyce Wakano Chinn**

**JACCC  
Children's Discovery Workshop  
Chris Aihara & Meg Imamoto**

**JACCC Children's Day Festival**

**Little Tokyo Art Workshop  
Miles Hamada**

**Greater Little Tokyo Anti-Crime Association, Brian Kito**

**Japanese Village Plaza  
Kathryn Inouye**

**Rafu Shimpō  
John Saito, Jr.**

**Tozai Times**

**New Otani Hotel  
Yoko Sugi**

**Miyako Inn  
Kumi Wakabayashi**

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# THE ART OF AIKIDO

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**K**ensho Furuya, Aikido 5th Dan brings over thirty-five years of experience in Aikido to a monumental nine volume series of highly instructional videos. Detailed, step-by-step instruction is easy to follow and clearly understandable. Furuya Sensei covers all aspects of training and takes the beginning student on an enriching journey through the physical and spiritual "Art of Aikido." Furuya Sensei is a student of Doshu Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan and is the resident Chief Instructor of the Aikido Center of Los Angeles. He is an ordained Zen priest, scholar and laido master of the sword.

#### VOLUME 1 (#AIK01)

- Remembering the Founder of Aikido and Doshu
- General Introduction to Aikido Techniques
- The Principles of Entering and Turning
- Keiko-Gi—The Practice Uniform
- The Meaning of Practice

#### VOLUME 2 (#AIK02)

- Basic Techniques
- Throwing and Joint Techniques
- The 5 Controls: Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo

#### VOLUME 3 (#AIK03)

- Aikido is Commitment and Perseverance
- Ukemi—Breakfall Training
- More Basic Techniques and Freestyle Applications
- The Principle of Tenshin
- Ki—Vital Energy
- Internal Breathing Exercises
- Training is a Lifetime Study

#### VOLUME 4 (#AIK04)

- Katate Tori Ryote-Mochi—Against 2-Hand Grip
- Ryote Tori—Against 2-Hand Hold
- Practice Serenity
- Rei-Gi Saho—Etiquette in the Dojo
- Koshinage—The Hip Throw
- Words of a Zen Master
- Words of Teshu the Swordsman

#### VOLUME 5 (#AIK05)

- Beginning Your Practice
- Going With the Flow
- Suwari-Waza Kihon—Basic Techniques from Sitting Position
- Gokyo—The 5th Control Against Knife Attacks
- Hanmi Handachi—Sitting Techniques Against Standing attacks
- Kokyu Dosa—Sitting Ki Development Exercise
- Katatori—Against Shoulder or Lapel Attacks
- Su-Nin-Kake—Negotiating Multiple Attackers
- Go-Nin-Kake-Randori—Freestyle Against 5-Man Attack

#### VOLUME 6 (#AIK06)

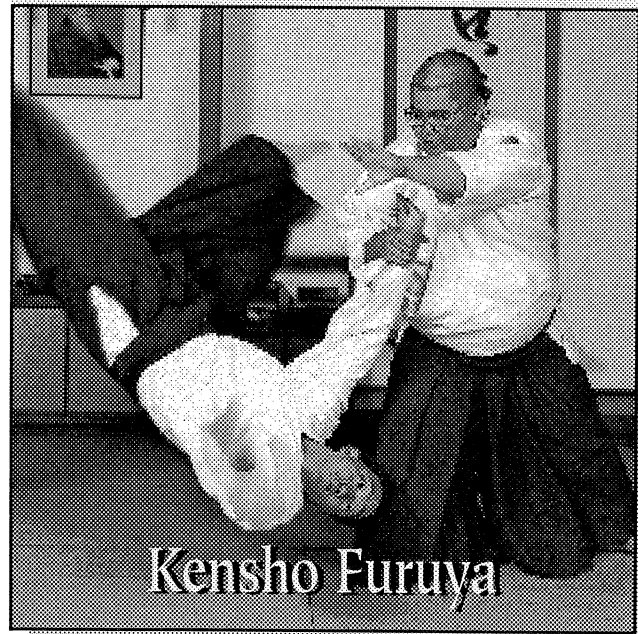
- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

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**Kensho Furuya**

#### VOLUME 7 (#AIK07)

- Shomenuchi—Against Direct Thrusts
- Ushiro-Waza—Basic Techniques Against Attacks from Behind
  - Ushiro Katatetori Kubishime—Choke from Behind
  - Ushiro Ryote-Tori—Both Hands from Behind
  - Ushiro Ryohiji-Tori—Both Elbows from Behind
  - Ushiro Ryokata-Tori—Both Shoulders from Behind

#### VOLUME 8 (#AIK08)

- Atemi Waza—Use of Striking in Execution of Techniques
- Negotiating Kicks
- Tanto-Tori—Strategy Against Knife Attacks
- Aiki-Ken—Sword Training Fundamentals

#### VOLUME 9 (#AIK09)

- Jo—Introduction to Long Staff Fundamentals
- Black Belt Examination Requirements

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## AIKIDO Training Schedule

**BEGINING & OPEN CLASSES**  
Monday thru Friday Evenings  
6:15pm-7:15pm

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

New ! Monday & Thursday Mornings  
7:00am-8:00am

Saturday Mornings  
10:15am - 11:15am

Sunday Mornings  
9:45am - 10:45am

**ADVANCED & INSTRUCTOR'S  
CLASSES**  
Please bring bokken, jo & tanto.

Wednesday Evenings  
7:30pm - 8:30pm

Saturday Mornings  
11:30am - 12:30pm

**MONTHLY INSTRUCTOR'S  
INTENSIVE SEMINAR**  
Please bring bokken, jo & tanto.

Every 4th Saturday of the month  
6:30am - 8:30am

**CHILDREN'S AIKIDO CLASSES**  
7 - 17 yrs.

Sunday Mornings  
8:30am - 9:30am

## KENSHINKAI Traditional Japanese Swordsmanship

Tuesday Evenings  
7:30pm - 8:30pm

Saturday Mornings  
9:00am - 10:00am

Sunday Mornings  
7:30am - 8:30am

### MONTHLY INTENSIVE IAIDO SEMINAR

Every 3rd Saturday of the month.  
6:30am - 8:30am  
Monthly Meeting follows.

## Santa Monica Branch Dojo

Tuesdays & Thursdays  
7:15pm - 8:15pm

Sundays  
12:15pm - 1:15pm

2300 Santa Monica Blvd. at Cloverfield Blvd.  
Santa Monica, California 90404

## Special Monthly Study Class/Discussions

Japanese Sword Study Class  
Every 1st Friday of the month from 7:30pm.

Budo Martial Arts Study Class  
Every 2nd Friday of the month from 7:30pm.