

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

December 1, 1996

Volume XIV. Number 12.

# Merry Christmas & Best of the Holiday Season



**We Wish You a Very Happy and Very Merry Christmas.**

*The Aikido Center of Los Angeles  
The Los Angeles Sword & Swordsmanship Society  
Rev. Kensho Furuya, Resident Chief Instructor*



## **Annual Yearly Review: Reviewing 1996:**

Our Dojo Activities and Events throughout the year:

**December 3-9.** Oshigata Sword Exhibition at the Japan Cultural Room of the Japanese American Cultural & Community Center.

**December 19th.** Children's Class Christmas Party.

**December 30.** Friends, David Smith & Keiko Mizutani of the Omiya dojo wed.

**January 1.** Visit by Yutaka Sezaki Sensei of the Omiya Dojo, Saitama Pref., Japan.

**January 6.** Kotohajime Program at the JACCC. Sensei as Master of Ceremonies.

**February 17.** Black Belt Examination.

**March 9.** Sensei gives talk at the Zen Center of Los Angeles.

**March 16.** Da Camera Society presents Children's Concert at the Dojo featuring Masakazu Yoshikawa, Hiromi Hashibe and Dennis Iketani.

**April 19.** Seminar at Monterey Park Karate Club under Richard Kageyama Sensei.

**April 25.** KODO book is out. Sensei's 48th Birthday Party.

**April 26.** O-Sensei's Memorial Service with Furutani Sensei of the Zenshuji Soto Mission, Los Angeles.

**May 4-5.** Children's Day Festival - Asian Pacific Martial Arts Festival at the JACCC.

**May 5.** Lecture & Demonstration for the Japanese American Artists Resources & Touring Program at the JACCC.

**May 16-17.** Japan Orientation and Aikido Demonstration for 200 Orange County high school students at the North Gallery of the JACCC.

**May 24.** Demonstration for the Jonathan Club's Japan Week Festival.

**June 2.** Yamanashi Kenjinkai Seniors (over 80) Birthday Party at the Miyako Inn.

**June 30.** Book Signing Party at the JACCC.

**July 14th.** Lotus Day Festival Demo.

**July 20.** Obon Festival Demo at Pasadena Buddhist Church.

**July 20.** "Living In Japan" orientation lecture for Yonsei Basketball Group in the JACCC North Gallery.

**July 20-21.** Higashi Hongwanji Obon Festival Martial Arts Demonstration.

**August 11.** Nisei Week Aikido Demonstration and Annual Dojo Open House.

**August 12-19.** Summer Aikido Gasshuku with Omiya Dojo Members: Yutaka Sezaki, Tadashi Sakurai, Tateo Sakurai, Takayoshi Azumi.

**August 17.** Sensei's 6th Dan Promotion Celebration at the New Otani Hotel Banquet Room and Omiya Welcome Party. Madame Fujima Kansuma is guest.

**August 17-18.** Nisei Week Japanese Martial Arts Festival at the JACCC Plaza.

**August 24.** KODO Book signing at Phoenix Bookstore in Santa Monica.

**September 8.** KODO Book signing at Kinokuniya Books in Little Tokyo.

**October 5.** Dojo participates in Operation Sparkle, volunteer clean-up of Little Tokyo.

**October 5.** Demonstration at the Japan Friendship Festival in Torrance.

**October 23-24.** Sensei participates City of Los Angeles Cultural Grants Review Panel.

**October 27.** KODO Book signing at the Bodhitree Bookstore in West Hollywood.

**November 2.** Sensei teaches at Seminar at Westminster Aikikai in Orange County.

**November 3.** KODO Book signing at Barnes & Noble Bookstore, Pasadena.

**December 7.** Book Signing at Yoshino Japanese Antiques in Old Town Pasadena.

**December 8.** Christmas Party at Miyako Inn Banquet Room, 2nd Floor.

**January 25.** New Year's Party.

# Thank You

I would like to take this opportunity to express my most sincerest and deepest appreciation to all my students for their unwavering and unselfish support and encouragement throughout this Year.

Thank you for working so hard and giving of yourselves so generously for Aikido and the Dojo. I hope we can all continue to practice and work hard together in our tiny Dojo sharing O'Sensei's teachings in the coming Years.

God Bless You.  
In Gassho,

*Reverend Kensho Furuya*

**A Special Christmas Greetings  
To Our Many Friends Who  
Have Supported the Dojo  
Throughout the Year.**

Japanese American Cultural &  
Community Center

Greater Little Tokyo Anti-Crime  
Association

Fugetsu-do-Mr. Brian Kito

Copies Unlimited

Nanka Kenjinkai Kyogikai

Nanka Yamanashi Kenjinkai

LA Police Academy

Los Angeles Police Department  
Central Division  
Rampart Division

Higashi Hongwanji Buddhist Temple

Rev. T. Unno-Pasadena Buddhist Church

Saishin Dojo- Senshin Buddhist Temple

Nishihongwanji Buddhist Temple

Dr. Taitetsu Unno, Smith College

Aiki Journal-Mr. Stan Pranin

Furyu Magazine-Mr. Wayne Muromoto

Rafu Shimpo

Tozai Times

Kamai Forum

Japanese American Artists Touring Program  
Japanese American Artist Resources

Nisei Week Festival Committee  
Ms. Joyce Wakano Chinn

Kokin-Gumi-Masakazu Yoshizawa Sensei

Da Camera Society-Dr. Mary Ann Bonino

Rainbow Ohara Publications  
Ms. Geri Simon & Mr. Michael James

CFW Enterprises-Inside Kung Fu Magazine

Traditional Wushu Assc.-Sifu Adam Hsu

Shito Ryu Itosu Kai-Japan Karate Fed.  
Fumio Demura Sensei

So. Calif Naginata Fed.-H. Nakano Sensei

Chuo Kendo Dojo-Masashi Shikai Sensei

Shorinji Kempo-Hirokazu Yamamori Sensei

Monterey Park Karate-R. Kageyama Sensei

Ryobukai Karate-Kiyoshi Yamazaki Sensei

Int'l Karate Assc.-Takayuki Kubota Sensei



## Special Aikido Greetings to:

Aikido World Headquarters-Aikikai  
Doshu Kisshomaru Ueshiba Sensei  
Moriteru Ueshiba Sensei, Dojocho  
Sadateru Arikawa Shihan  
Teru Ikeda Sensei

United States Aikido Federation  
Eastern Region  
Yoshimitsu Yamada Shihan

New England Aikikai  
Mitsunari Kanai Shihan

Shohei Juku Dojo, Fukuoka, Japan  
Morito Suganuma Shihan

Omiya Dojo, Saitama, Japan  
Isamu Ichizuka Shihan

Woodstock Aikikai, New York  
Harvey Konigsberg Sensei

Bermuda Aikikai  
Collins Smith Sensei

Chushinkan Aikido Dojo  
James Nakayama Sensei

Westminster Aikikai  
Dang Thong Phong Sensei

*and many other Aikido friends.*

## Happy Holiday Greetings to:

Bishop Kenko Yamashita  
North America Soto Zen Buddhism  
Zenshuji Soto Mission

Rev. Ryugen Ogasawara  
Kotakuji Temple  
Nagano, Japan

Rev. Shin-etsu Fukushima  
Soto Zen International  
Kyuhozan Kotokuji Temple  
Saitama, Japan

Master Adam Hsu  
Taipei, Taiwan, ROC

Madame Fujima Kansuma  
Kansuma Kai

Madame Sosei Matsumoto  
Urasenke Konnichian

Masatoshi Saito Sensei  
Tokyo, Japan  
Yashima

Kazuo Iida Sensei  
Tokyo, Japan  
Aito

Naoji Karita Sensei  
Tokyo, Japan  
Karita Token

**Sensei's Message:**

## **Looking to the Future of our Dojo:**

### **What Is Real Freedom?**

As we quickly approach the New Year, once again I am amazed at how time flies, this year went by so very fast, and I begin to think about our Dojo and Aikido for the future. I reflect on the work we have done this year and as everyone can see by our Annual Yearly Review, we were really quite busy. But, it is not a matter to be satisfied with past accomplishments but to look to the future and see what more we can do. We must honestly review our work, correct our mistakes, see where there is need for improvement, look where there might be need for alteration and welcome new ideas and better ways to be more effective in our lives, to realize more the human potential within ourselves. I am forever thinking about better ways to teach you without compromising Aikido and its tradition - I don't want to change anything simply for the sake of change, simply for the sake of trying to impress or entertain you by showing you something exotic or strange.

For over ten years now, I have stayed close to the Dojo, not venturing out as I used to, so I am not familiar with the Aikido world at large - I do know that it has grown beyond my wildest imagination - there seem to be masters and big dojos everywhere you can turn your neck. The growth of Aikido over recent years has truly been remarkable and I believe more than what most people have ever expected.

This gives everyone the luxury and freedom to practice whatever, wherever and with whomever you wish. What more can you ask for!? And actually, that is what everyone is doing nowadays. We call this "freedom." And, above everything else, we cherish our "freedom." In our own training, I believe it is important for each student to realize "real freedom." More often than not, we misunderstand "freedom" for "self-indulgence."

In my very young days, there were only one or two dojos around. They were not so big as the kind of dojos we see today but it was all we had. Because there was no where else to go to practice, somehow we tried to make it the best we could and managed to survive together. Within that context, there were many problems, but, at the same time, as I look back, there were many problems solved as well.

### **Students Coming & Going**

I don't really know about how other instructors handle this problem, if it is a problem at all with them, but, in my case, over the many years of teaching, I have to keep a distance from most students. This has always been a difficult problem. To teach a student means that you must be committed to him, his education and, to some degree, his future. This creates an attachment. Yet the way students are continually coming and going, one is always in for disappointment. Teachers must be committed to the student, yet, to become too attached to the student means that you are eventually hurt when he goes away or disappears from the Dojo. How do you handle this. One teacher told me: "Gee, I've never really cared enough about my students!" Another replied: "I only look at each student as a dollar sign that's why I treat them so well." Still another replied: "I don't really give a damn - that's why I'm so calm." It's hard to develop a hard shell over one's self - I suppose a teacher is fated to commit himself to his students and continually be disappointed when he disappears much like a mother feels when her child leaves home for the first time.

### **What Is Most Important In Aikido?**

Each student must realize his full potential as he helps those around him to grow as well. We are all in the same boat. And although in the reality of life we try to save ourselves first, our hearts must be cultivated with the strength to save others as well. When we put others before ourselves, we are touching the spiritual plane of our existence. This is the message of Aikido.

However, in helping others, we always feel a little short-changed personally. It is always that Con't.

### Looking to the Future con't.

we may feel unfairly treated. We should accept this uneasy feeling of being treated unfairly for the sake of everyone else and understand that this is the way of the world. Yet, we should be enlightened to the fact that although it may seem unfair to us personally at first, ultimately the good-for-everyone is the greatest good for one's self as well. Jesus Christ sacrificed his life in a most painful way on the Cross for everyone in the world, The Buddha became enlightened for everyone in the world. However wonderful and mysterious words we hear about spirituality in books and from great masters, finally, to put others before one's self is the greatest spiritual teaching.

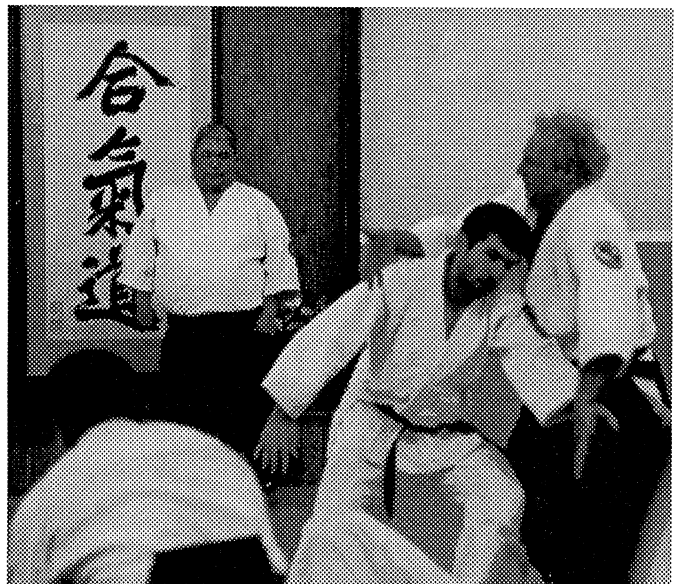
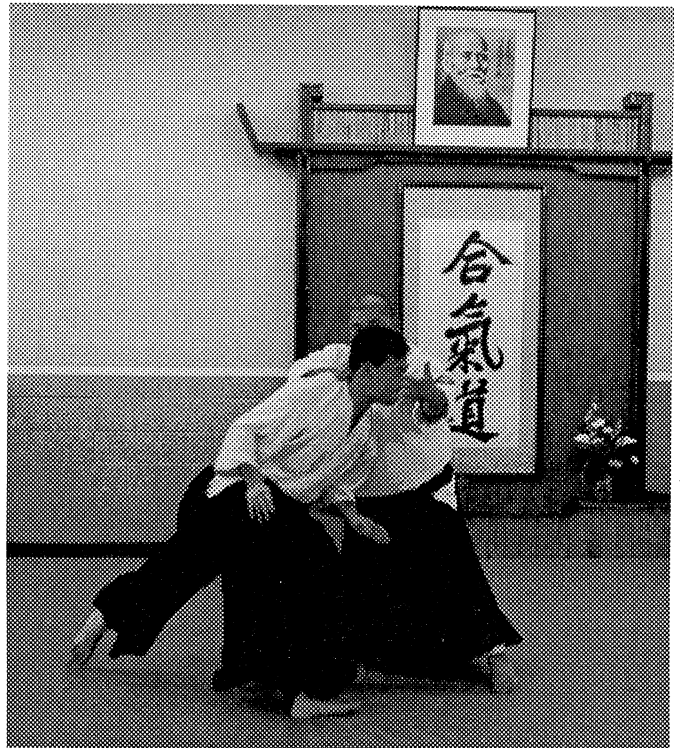
In our Aikido practice, we practice for the partner's benefit first. This seems to be an odd and unreasonable thing to say, yet this is the only way to think if we ourselves are to develop our own Aikido. What does this mean? It means that we are all connected as one body through the karma we share in Aikido. I believe this is what O'Sensei meant when he spoke about the "one family of Man."

You can't simply change the world. It's impossible. I know. I have tried it many times in my youth! Without competing with others, we must do our best in our own Dojo. To become a good Aikidoist means to become a "good person." When you become a "good person" you have already changed the world in a most profound way.

During Christmas, I hope everyone will think about their blessings and the sacrifices people have made for your own benefit. It is strange that Jesus Christ would die for me, I wasn't even born then and he never saw my face or met me even once! In the coming New Year, we should think of the future and how Aikido will give us strength to do good in the world. The Buddha said, "Become a good person." Easy said, but difficult to achieve. I know. I've tried it many times. The late Osawa Sensei said: "Let's do good Aikido." I think this is the best way to become a "good person." Gassho.

## Westminster Aikikai Seminar for Viet Nam Refugee Fund Raiser. November 2nd.

Sensei taught one class on Saturday, November 2nd, at the Westminster Aikikai at their invitation for their fund raising event for Viet Nameese refugees in the Philippines.



About 50 students participated at the Seminar. Ken Watanabe & Steve Feng assisted Sensei.

## **Two New Uchi-deshi:**

I am very proud to announce two new Uchi-deshi in the Dojo. I have great confidence and trust in these two individuals and am hopeful that they will contribute positively to the Dojo and to Aikido.

The first is Dr. James Doi. James was promoted to Aikido 4th Dan last year in our Dojo and is an experienced and skillful teacher in his own right. I hope I do not embarrass or shame him by making him my Uchi-deshi. James started Aikido under me about thirty years ago when I was teaching at the USC Aikido Club. Although he has trained at several other dojos since then, he returned to the Dojo several years ago. He has been doing a great job as my senior assistant instructor and I am so glad to have him back. The best I can do to honor him is to make him my Uchi-deshi. I hope everyone in the Dojo will show him new respect as one of our faithful senior instructors in the Dojo and one of my oldest Aikido students.

My second new Uchi-deshi is Mr. Steven Feng. He is a very new student just starting Aikido only several months ago. He has shown great talent and ability and comes to practice everyday single day without failure and he has said that he loves Aikido. Although very strong and talented, he is, at the same time, a very humble and modest person. I think this is a very rare combination of qualities in a person and I think he will someday make a fine teacher if he continues. I don't want to "pressure" him into committing too deeply to Aikido but if he does keep up his training, I truly believe he will make an excellent, 1st class, Aikido instructor. I feel honored that he has accepted this position. I hope everyone in the Dojo will give him good training and help him develop his talent.

My two new Uchi-deshi include my oldest and one of my newest students. I hope that you will support them and be inspired by them to further throw yourself into your own Aikido training. Let's give them our congratulations and encouragement.

James is already very experienced in the Dojo but I

everyone should welcome Steve into the Dojo more than before. Our two new Uchi-deshi should work closely and cooperate together with my two senior Uchi-deshi, Mr. Ken Watanabe and Mr. Kenny Furuya. All Uchi-deshi serve the fond memory of O-Sensei and our present Doshu and should work to maintain quality training and a friendly sense of harmony and balance among all students in the Dojo.

Thank you,

Rev. Kensho Furuya, Chief Instructor

## **Our Annual Christmas Party**

**December 8, 1996  
6:00pm-9:00pm**

**Miyako Inn  
2nd Floor Banquet Room  
328 E. 1st St., Little Tokyo**

**Menu: Buffet Style**  
Baked Ham  
Beef Teriyaki  
Salmon croquettes  
Mini Pork Cutlets  
California roll & Assorted Sushi  
Chow Mein  
Vegetable tempura  
Green Salad  
Fruit Salad

**Adults: \$25.00  
Children: \$10.00 (Special Price!)**

**Bring the whole family!**

## Greetings From Our Dojo Staff

### Resident Chief Instructor

Rev. Kensho Furuya, 6th Dan

### Uchi-deshi

Dr. James A. Doi, 4th Dan

Ken Watanabe, 3rd Dan

Kenny Furuya, 2nd Dan

Steven Feng

### Senior Instructors

Dr. James Doi, 4th Dan

Gary Myers, 4th Dan (Iaido)

Ken Watanabe, 3rd Dan

Kenny Furuya, 2nd Dan

Richard Eloriagga, 2nd Dan

Curtis Westfall, 2nd Dan

Andy Kissel, 2nd Dan

David Ito, 2nd Dan

Norman Lew, 2nd Dan

### Black Belts

Tom McIntyre, 2nd Dan (WY)

Ismael Araujo, Jr., 2nd Dan

Steve Sahl, 2nd Dan

Brigido Anaya, 1st Dan

Henrique Morimura, 1st Dan

Steve Tarango, 1st Dan

Dr. Jeffrey Johnson, 1st Dan

Dr. Cheryl Lew, 1st Dan

Jonathan White, 1st Dan

Douglas Lew, 1st Dan

### Executive Advisory Board

Dr. Cheryl Lew

Larry Armstrong

&

Senior Instructors

### Sensei's Personal Advisors

Dr. James Doi

Gary Myers

Ken Watanabe

Curtis Westfall

Kenny Furuya

Dr. Cheryl Lew

Larry Armstrong

### Iaido Swordsmanship Section

#### Los Angeles Sword Society

#### Dan Holders

Rev. Kensho Furuya, 6th Dan

Gary Myers, 4th Dan

Ken Watanabe, 3rd Dan

Richard Eloriagga, 3rd Dan

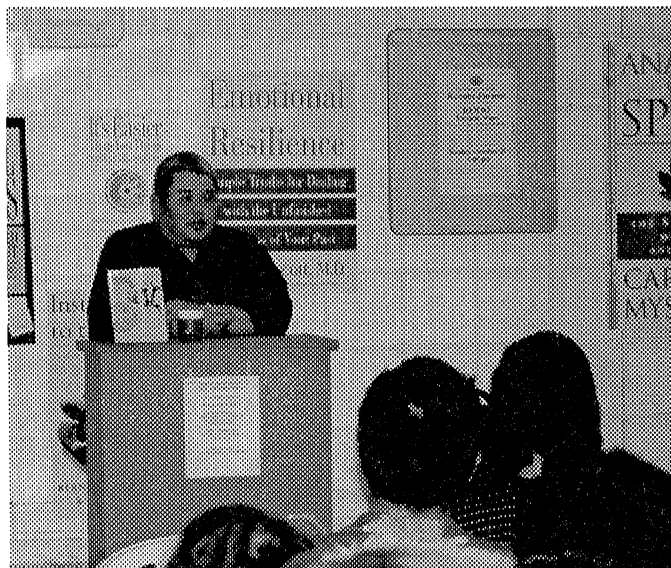
Kenny Furuya, 2nd Dan

Dan Yoshimura, 2nd Dan

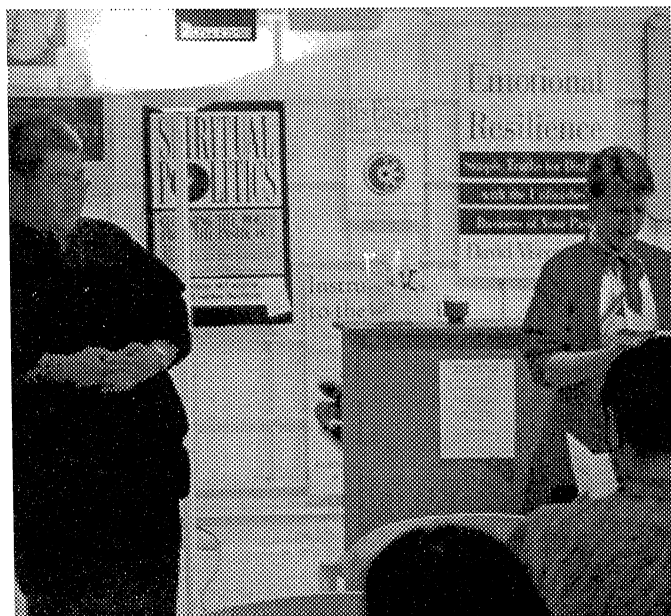
Dr. Cheryl Lew, 1st Dan



## Bodhitree Bookstore Book Signing Oct. 27th.



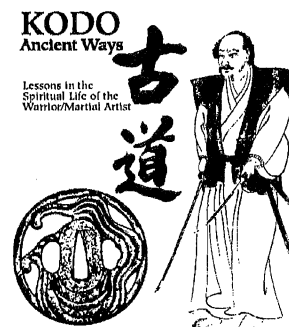
On October 27th, Sensei presented a Book Signing at the Bodhitree Bookstore in West Hollywood. Sensei received a very warm reception from his hosts, co-owner Stan Madson and events manager Jeanne D'Arcy and from the audience. Sensei gave a talk of one hour and fifteen minutes and later signed books for about a dozen people. Helpers were Ken Watanabe, Kenny Furuya, David Ito, and Steve Feng. Larry Armstrong also came from his busy work schedule to take photos. Photo Below: Sensei is introduced by the charming Jeanne D'Arcy, Bodhitree Events Manager.



## From Aikido Today Magazine

Under "What's New"

KODO Ancient Ways:



Kindly reprinted from Aikido Today Magazine.

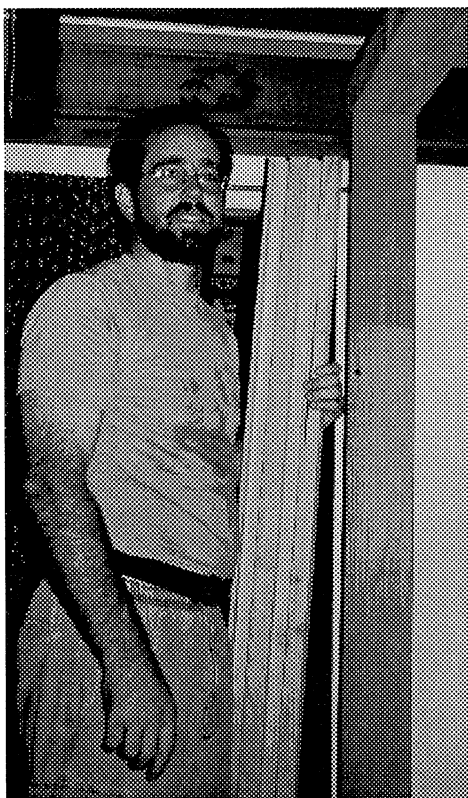
by Kensho Furuya

Appropriately subtitled "Lessons in the Spiritual Life of the Warrior/Martial Artist," this volume contains 42 short philosophical essays, which Furuya Sensei has published over the years in *Martial Arts Training Magazine*. Titles of the essays include "Returning to the Source," "To Be Discouraged Is a Part of Training," "What Does A Black Belt Really Mean?," "Everything Within Emptiness," "The Face of Humility," and "What Makes a True Master?"

Never pedantic or overly scholarly, Furuya Sensei attempts in these essays to interpret Japanese martial culture and tradition for Western readers. We learn in these pages, for example, that a common word for practice, "*keiko*," means "to reflect on the past" and that, for important reasons, the Kanji for "*shodan*" contains radicals meaning "cloth" and "knife."

A 6th dan in Aikido (as well as in Iaido), Furuya Sensei instructs at the Aikido Center of Los Angeles. The publication of this book marks his 35th year in the martial arts.

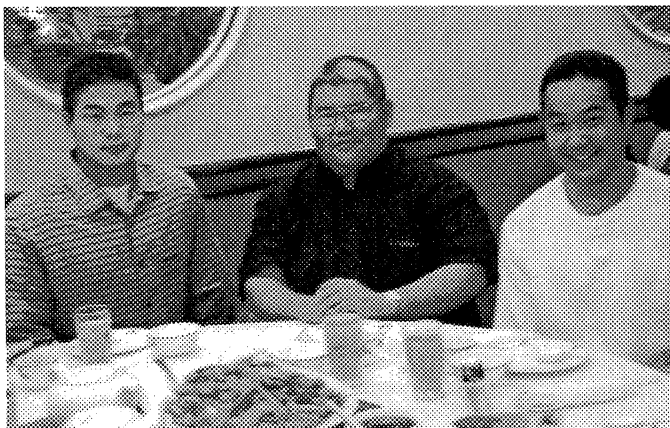
Aikido Center of Los Angeles  
NEWSLETTER



**HARD  
WORKER**

Our Andy Kissel working hard in the Dojo - again! This project are antique doors to the entrance of Sensei's office on the 2nd floor. The doors are over 100 years old and were e used for the old warehouses in Japan in feudal times. Each one is unique with a smaller door inside the larger door. Very rare! Thanks for a great job!

Hmmm. What's our next job?



At family birthday party for Steve Feng on October 20th who just turned 19 years. In Hacienda Heights with Kenny Furuya.

Karita Naoji Sensei with Helen Chu, Taiji master practicing Taiji during one of his recent visits to the Dojo.



Karita is a m a s t e r sword polisher.

**Bodhitree continued:**



Sensei with three of his uchi-deshi at the Bodhitree Bookstore.



James Doi passing out Dojo flyers to a very nice audience.

**Barnes & Noble  
Book Signing Nov. 3rd.**

Barnes & Nobles Book Signing was attended by about a dozen people and several books were sold. Sensei spoke for about 45 minutes answering questions from the audience. Assistants and Dojo members present were Ken Watanabe, Kenny Furuya, Steve Feng, David Ito, Joon Jung, and Frances Yokota. Many thanks for all of your help.

We would also like to thank Barnes & Noble for all of their help and cooperation for setting up this Book Signing for us. Gary Myers, Iaido Section, helped to coordinate all of the ground work. Many Thanks.

Aikido Center of Los Angeles  
NEWSLETTER

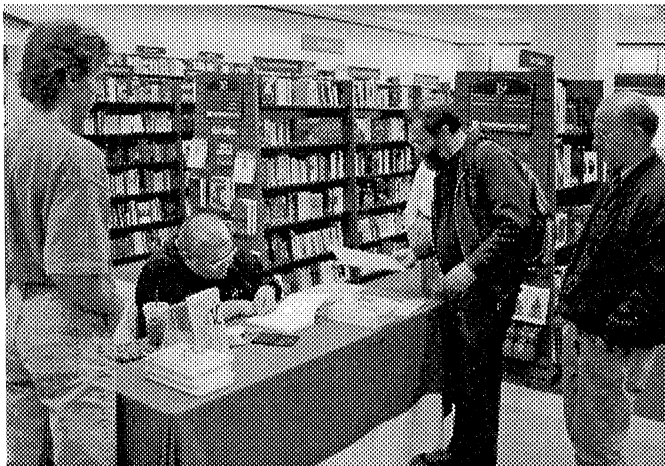


**Christmas Greetings to Our Friends - the Omiya Dojo**

**Barnes & Noble continued:**



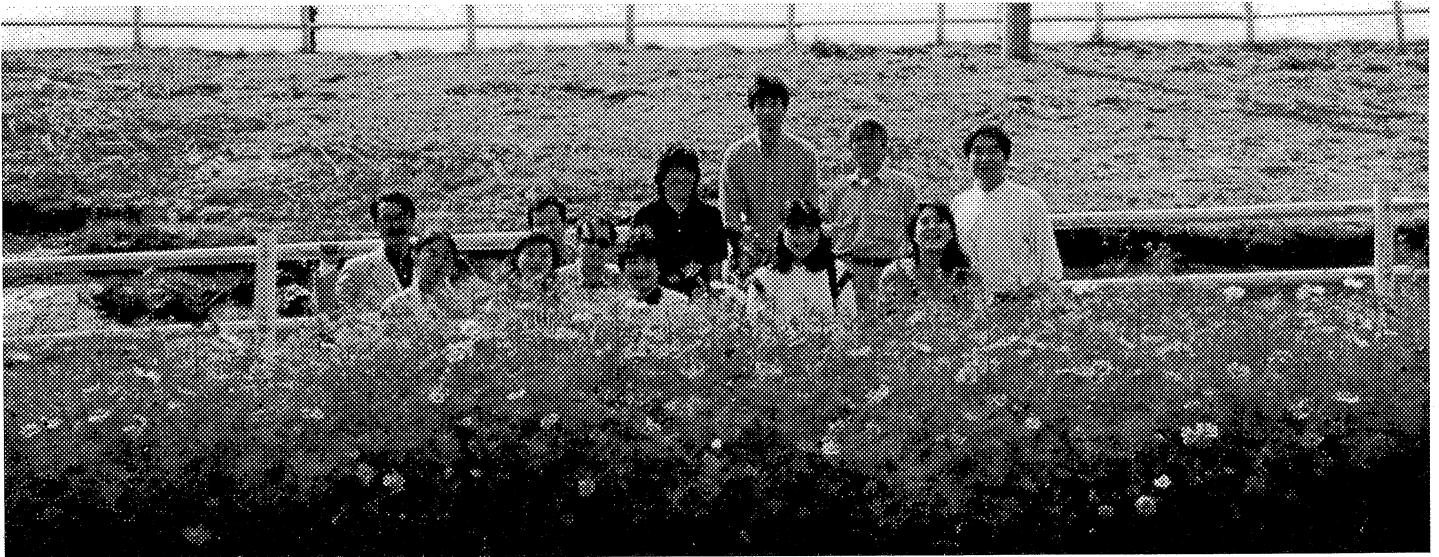
Recent visit of Omiya Dojo members. Left to right: Tateo Sakurai, David Ito ACLA, Tadashi Sakurai, Takayoshi Azumi and Yutaka Sezaki.



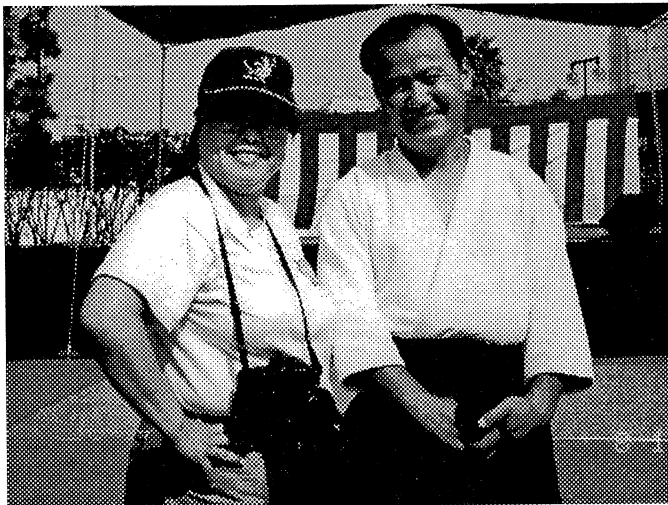
Some of the members of the Yamanashi Prefectural Assc. enjoying reception at Full House in Chinatown after Annual Memorial Service. Sensei is their President.



**Aikido Center of Los Angeles  
NEWSLETTER**



**Omiya Dojo in Ibaragi Prefecture for a Special Joint Practice.**



Cheryl Lew with Yutaka Sezaki Sensei during the Nisei Week Aikido Demonstration. Photo sent by Tateo Sakurai Sensei, Omiya Dojo. This is Sezaki Sensei's 3rd trip to the Dojo.

## **We Would Like to Hear From You! Aikido Essays Wanted.**

The Newsletter is always looking for articles from the membership. It should be 1-2 pages, typed and good, clear photos are welcome. We encourage you to write about your Aikido training, your experiences in the Dojo and/or how Aikido has benefited or contributed to your life, etc. Topics to avoid are personal criticisms of others and, although Sensei appreciates everyone's thoughtfulness, please avoid articles which compliment Sensei.

## **KODO Ancient Ways Book Signing**

## **Yoshino Japanese Antiques**

**December 7th. 3-5pm.**

\* KODO Book Signing

\* Iaido Swordsmanship Demonstration

\* Yoshino Pre-Christmas Store Sale!  
10-:00am-5:00pm from Nov. 29th.

**104 W. Colorado Blvd. Old Town  
Pasadena. Between Arroyo Parkway &  
Raymond Sts. Please use Public Parking  
Facilities. Everyone is welcome!**

**PS: This beautiful store devoted to Japanese  
antiques is owned by Gary Myers, senior instructor  
of our Iaido Department. If you haven't visited  
Yoshino Japanese Antiques yet, now will be a  
great time. See you at the Book Signing!**

**Aikido Center of Los Angeles  
NEWSLETTER**

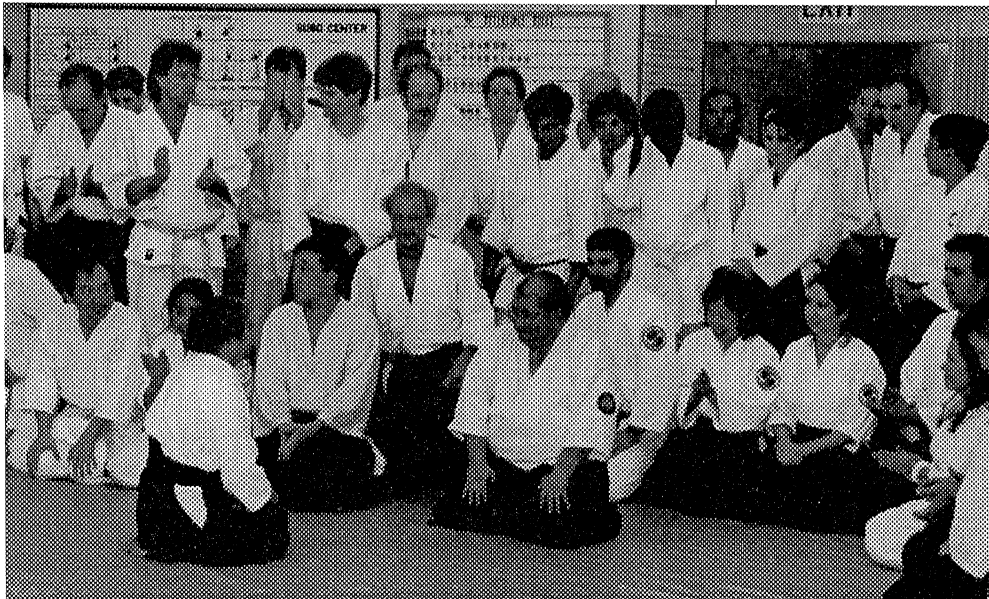
**Westminster Seminar con't.**



Group photo of participants of Fund Raising Seminar in Orange County.

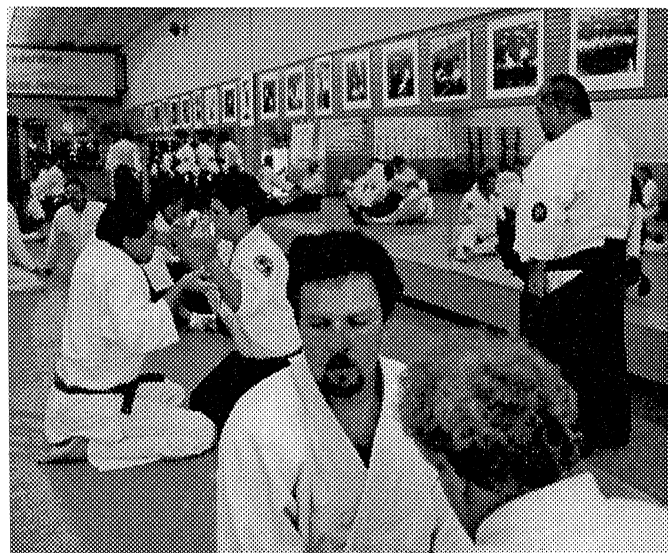
Students chat with Sensei after the practice. Sensei concentrated on basic techniques emphasizing Sankyo.

We like to thank all the members of the Westminster Aikikai for inviting Sensei to their Seminar.



**STUDENT  
TOP TRAINING  
HOURS  
Year to Date 1996**

1. Larry Armstrong 218 hrs
2. Kenny Furuya 213 "
3. Ken Watanabe 205 "
4. Nikolic Vladimir 174 "
5. David Ito 168 "
6. Richard Eloriagga 159 "
7. Maria Murakawa 134 "



**Top Tanners Club - Oct. 1996**

1. Steve Feng 35 hours
2. Ken Watanabe 32 "
3. Maria Murakawa 30 "
4. Kenny Furuya 29 "
5. Frances Yokota 23 "
6. Leslie Delano 18 "
7. Larry Armstrong 17 "
8. Curtis Westfall 15 "
9. Cheryl Lew 15 "
10. Nikolic Vladimir 15 "

Congratulations to the listed students for excellent training schedule for the month of Oct-ober. Please keep up the good work.



## Aikido Video-a-Month Club

This is a special program for active, current members of the Dojo for wish to have a set of "AIKIDO Shoshinshu - The Art of Aikido" in 9 volumes. You can purchase a volume a month at \$35.00 each for nine months until you have the complete set.

December 1st: Volume One.  
January 2nd: Volume Two.  
February 1st: Volume Three.  
March 1st: Volume Four.  
April 1st: Volume Five.  
May 1st: Volume Six.  
June 1st: Volume Seven.  
July 1st: Volume Eight.  
August 1st: Volume Nine.

The total price will come to \$315.00. Members who wish to start this program must sign-up and purchase Volume One by no later than the deadline of December 1st. There will be no make-ups or late-comers. Each following volume should be purchased at the first of each month. Please sign-up now. For Dojo members only.

## Newsletter Subscriptions

Due to rising costs of printing and paper, the high costs of postage, and the expanded format, 18-20 pages, of the Newsletter, we request that you please send in your subscription fees for next year, 1997. A small donation is also acceptable. We certainly appreciate your kind cooperation in this. It really helps out. Your friends and any acquaintances who are interested in subscribing are also welcome. Thank you for your kind attention in this matter.

*Aikido Center of Los Angeles*

## Correspondence:

To Rainbow Ohara Publications:  
October 20, 1996

I have been, truly, blown away at the incredible work you have published by Kensho Furuya entitled KODO: Ancient Ways. I am writing to you to inquire about purchasing a small quantity of these books to sell at retail in my business. . . .

Carl C. Anderson  
Morton Grove, Illinois

Forwarded from Rainbow Ohara to Sensei.

October 23, 1996

Dear Furuya Sensei:

Thank you very much for your support at the second annual Japan Friendship Festival.

Your demonstrations and the performance of Aikido was the highlight of the event!

Your support allowed us to introduce Japanese culture, its contribution to our multicultural society, and its goodwill to large audiences. This year's festival was attended by over 4,000 people. . . .

Thank you again for your support, and we will be planning a bigger and better event for the following years to come.

Lili Miura,  
Event Chairperson

## Christmas Gift Suggestions

**KODO Ancient Ways-Lessons in the Spiritual Life of the Warrior/Martial Artist**

Special Price to members:

Signed copy \$15.00 each.

**AIKIDO SHOSHINSHU-The Art of Aikido**

Video Series 9 volumes complete: \$300.00. Single volumes: \$39.95.

**Dojo T-shirt:** \$15.00.

**KODO T-Shirt:** \$15.00. (Limited supply)

**Dojo Coffee Mug:** \$10.00.

**Monograph: OSHIGATA Sword Rubbings of the Shitahara School of Sword Making.** \$15.00.

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

**October 30, 1996**

**Dear Sensei:**

**Things have been very hectic up here this month. I had to go on several long trips in the last few weeks, and I'm afraid I fell behind in my correspondence.**

**In addition to that, my wife, Elaine, had to travel to Los Angeles at the beginning of the month to visit her mother, June (Tanaka) Kanase. My mother-in-law has been battling cancer for almost two-and-a-half years--the original diagnosis gave her only six months to live--but her condition has now entered the terminal stages, with the outlook being a matter of weeks, She will be given no further therapy and is resting comfortably in her home with my father-in-law, Takeo.**

**If it would be possible for you to remember her in your thoughts, it would be very kind of you and much appreciated by us. . . .**

**Tom McIntyre  
PO Box 7400, 3 Timm Place  
Sheridan, WY 82801**

## **New Black Belt Candidates**

**Rey Espino  
Frances Yokota  
Maria Murakami  
Mari Masumori  
Kristine San Luis**

Candidates should begin practicing all black belt test requirements for an examination to be scheduled sometime towards the middle of next year. It is recommended that you use Volume 9 of the Art of Aikido Video Series as a reference guide. Requirements are based on skill, improvement, character and attendance record. You have a lot of work ahead of you!

## **Correspondence continued:**

October 15, 1996

I hope my letter will find you, your beloved ones and students in good health and fine spirit. We are enjoying fine and sunny weather in Holland.

The summer was filled with a lot of Aikido: I had the pleasure to attend seminars of Masatake Fujita sensei, Minoru Kanetsuka sensei, Seiichi Sugano sensei, Hayato Osawa sensei in our country and in Belgium. Unfortunately, Kenji Shimizu had to cancel his seminars due to a knee injury. It was a great opportunity to taste the Aikido-cup of above mentioned instructors.

I also took the time to look your tapes again. After a first overall-look it was time to sit down and study each tape in detail and make notes. The second time I've seen details that I've missed the first time. I guess it will take several indepth looks before covering the total impact of your Aikido-message, which I truly like and feel comfortable with.

A large number of fellow-trainees/instructors were very impressed after viewing portions of the first volume after summer-keiko. A lot of them ordered the complete set from a company in London, England, because this company could provide them in VHS-PAL. The decodifing of VHS-NTSC into VHS-PAL is a quite expensive matter.

With great enthusiasm I've walking through "Kodo: Ancient Ways." What a wonderful publication with so many nice pictures of O-Sensei. It was a valuable opportunity to re-evaluate a number of things that we like to offer our students beside the techniques of Aikido. Our beloved art is a way to express ourself and to reach out a hand to our fellowmen. But we need a moment to reflect into ourself: to blend, to harmonize and to connect with our fellowmen starts within our soul. Thank you Rev. Furuya for making these things clear to me again. I'm looking forward to the publication of your next book on Aikido.

Rob de Wolff  
Uden, Holland

Con't.

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

**Correspondence continued:**

Very Honored Sensei:

With great joy I discovered that you have distinguished yourself more in the 6 dan. As a long time reader of the Ancient Ways, I would like to wish you all the best of luck. With Friendly Greeting,

William Allnutt,  
Germany

---

**Important Dates:**

**December 7th.** Book Signing at Yoshino Japanese Antiques in Old Town Pasadena, 104 E. Colorado Blvd., Pasadena. 3-5pm.

**December 8th.** DOJO CHRISTMAS PARTY at the Miyako Inn in Little Tokyo. Bring your family and friends! 7-9:30pm.

**December 14th.** Intensive Iaido Seminar, 6:30-8:30am. Monthly Meeting follows.

**December 25th.** CHRISTMAS. Dojo will be closed for the Holiday. MERRY X'MAS!

**December 28th.** Black Belt Intensive Seminar. 6:30-8:30am. Black Belt Special Christmas Breakfast follows class. Monthly Meeting.

**December 31st.** New Year's Eve. Dojo Closed for the Holiday. Drive safely!

**January 1st.** New Year's Day. Dojo closed. Have a very HAPPY NEW YEAR!

**January 2nd.** Regular training for begins for the New Year, 1997.

**January 25th.** NEW YEAR'S PARTY.

**IAIDO Schedule Change:**

The monthly **Iaido Intensive Seminar** will be held on the **2nd Saturday of every month**, not the 3rd. The Seminar hours remain the same, 6:30am-8:30am and our monthly meetings follows. The Black Belt Seminars remain the same on the last Saturday of the month. Please mark your calendars!

**Honorable Mentions:**

"KODO Ancient Ways" was mentioned in the recent issues of Aiki Journal, book review section, and Aikido Today, new items section.

The Buddhist Bookstore in San Francisco recently ordered 24 copies of KODO. Borders Books recently sold out their entire inventory. Barnes & Noble in Pasadena was sold out when we visited before the Nov. 3rd. Book Signing. Many bookstores reporting very good sales.

**Addresses & Telephone Nos.**

Please make sure that the Dojo has your current address and telephone numbers, including home and business numbers, E-mail addresses and pager numbers. The Dojo will be sending out Holiday Greetings toward mid-November and would like to have your correct address as well as for up-dating our files. Thank you for your cooperation and speedy attention in this matter.  
ACLA

**© Copyrighted & All Rights Reserved**

The Aikido Center of Los Angeles Newsletter is published monthly by Rev. Kensho Furuya & the Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

Donation of \$3.00 per issue for non-members. \$2.00 donation for active members of the Dojo.

Annual Subscription Fee: \$35.00 donation to become a Supporting Member. Overseas members: \$50.00 annually.

No portion of this Newsletter may be copied, used or published without written permission from the Publisher.

Aikido Center of Los Angeles  
NEWSLETTER

**KODO**  
Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist



古  
道



by Kensho Furuya

A gift of a signed copy of KODO makes a great present for a friend, co-worker or family member. Remember them on their birthday or perhaps for Christmas. Please order early if you would like signed copies from Sensei.

Please attend our  
upcoming Book  
Signing Parties.

**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

Send Remittance of  
\$16.95 + \$3.00 S&H  
payable to ACLA

Please indicate if you would like a copy  
signed by the author.

**My sincerest thanks for purchasing a copy of KODO. I truly hope that you enjoy it and it brings a little something to your lives. Thank you again,**

*Kensho Furuya*

**ACLA Dojo Newsletter  
Subscriptions.**

The Dojo Newsletter is published monthly by the Aikido Center of Los Angeles. Subscriptions are available for a \$35.00 donation for 12 issues (one year). Each issue is generally 16 pages and your donation covers our costs of printing and postage.

Please support the Aikido Center of Los Angeles and send your remittance in for a yearly subscription and, at the same time, become one of our special Supporting Members. We really appreciate your support and thank you for your encouragement of our training.

Please send remittance to: The Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

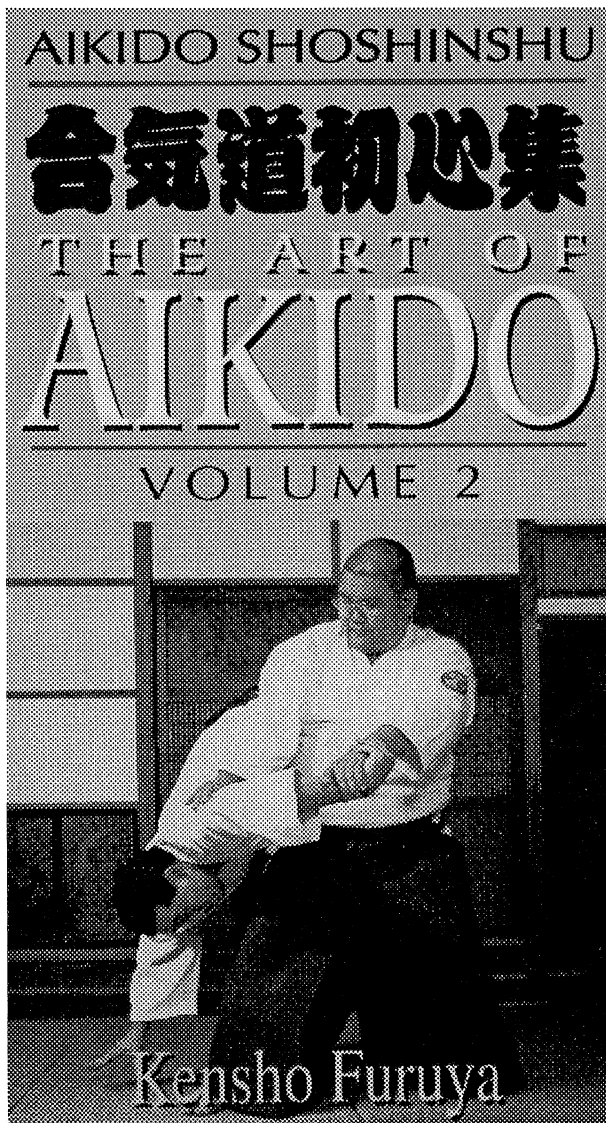
**Complete Japanese Sword  
Appraisal & Restoration.**

Expert opinion & appraisal on Japanese swords.  
\$50.00 per sword.

Complete services for restoration of Japanese art swords and Iaito training swords including polish, handle wrapping, scabbard lacquer work, etc. All work done by masters in Japan. Prices for services do not include shipping and insurance fess.

**Mogito - Iaido Training  
Swords Available for Order.**

Iaito (Mogito) training swords can be ordered from Japan. These are all custom-ordered and custom-made. Prices will include shipping and handling.



## AIKIDO SHOSHINSHU The Art of Aikido Video Series

### Comprehensive Instructional Aikido Videos 9 Volumes Complete

By Rev. Kensho Furuya, Aikido 6 Dan

*"Top Rated"* - Karate Illustrated  
*"Impressive Scope"* - Aikido Today  
*"Exhaustive"* - Aikido Journal  
*"The Best"* - Student, Singapore

\$39.95 each + \$5.00 S&H  
Complete Set Special: \$300.00

Free shipping in U.S. for Complete Set Special.  
International Mail requires additional S&H \$25.00.

Please allow two weeks for delivery.

For further information: please call: (213) 687-3673

"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 haka-ma, 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.**

"The best I have ever seen!" **Aikido student, New York, New York**

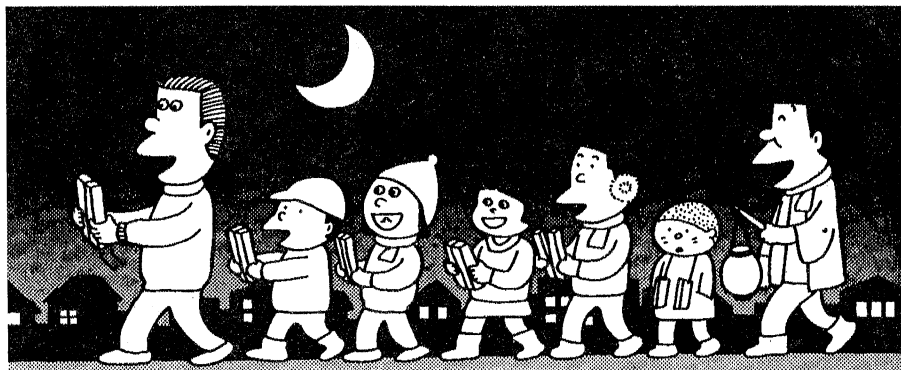
"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as 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.**

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 Center of Los Angeles**  
**NEWSLETTER**

“Peace on Earth & Goodwill to All.”



**Aikido**  
**TRAINING SCHEDULE**

**BEGINNING & OPEN CLASSES**

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

Monday & Thursday Evenings  
7:50pm-8:50pm

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

Saturday Mornings  
10:15am-11:15am

Sunday Mornings  
10:15am-11:15am

**ADVANCED & INSTRUCTORS' CLASSES**

Wednesdays  
8:00pm-9:00pm

Saturday Mornings  
11:30am-12:30pm

**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 2nd 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