

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

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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.

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A Prayer for Peace on Earth Merry Christmas



メリークリスマス

*Wishing Everyone a Very Merry Christmas
With All the Blessings of 1998.*

*From All the Members of the
Aikido Center of Los Angeles*

*Los Angeles Kenshinkai Iaido Department
Yudanshakai Black Belt Instructor's Department*

**Special Seminar Hombu Dojo
Ichihashi Shihan, 8th Dan
November 12-15**



Ichihashi Shihan's 1st formal Seminar at our Dojo.

**SPECIAL MERRY CHRISTMAS ISSUE
Featuring Ichihashi Shihan Seminar**

Christmas Greetings

Rev. Kensho Furuya

Despite the widespread commercialism and materialism that the Christmas holidays have come to represent, what is most encouraging is to see so many trying to desperately recapture the true spirit of giving, sharing and love.

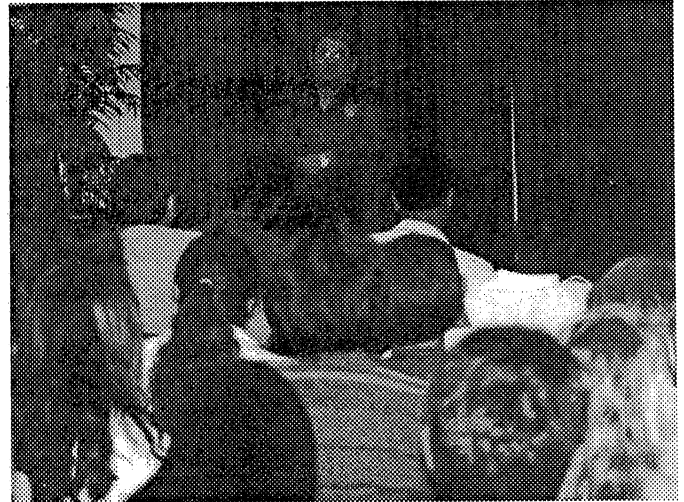
I always tell this story during the Holiday Season so perhaps it is a kind of tradition for our Dojo and for my students. Soon after I was ordained as a priest and working in the temple, I arrived one day to see one of the Zen priests decorating a small Christmas tree. I also glimpsed a few Christmas lights waiting to be hung. Although I am quite familiar with Christmas, I was rather shocked that us so-called "Buddhists" would celebrate "another's" faith and I asked, "Why are you setting up a Christmas tree in a Buddhist temple?" He calmly replied: "Although it is not Buddhist, it is such a beautiful tradition, why don't we celebrate it as well?" I was so surprised at his answer to me. "Of course!" I thought. Why can't we do something simply because it is beautiful. Why can't we do something simply because it is good? Today, our fantastic intellect is constantly striving for answers and we have made progress in science and technology as in no other period of man's history. But, for some things, we don't need a reason or motivation or cause. It doesn't need to be rational, it only needs to be good & beautiful.

Many come to Aikido to "get" something. I can even hear with just the slightest sneer: "Why do you think I am paying dues for? Why do you think I am sweating on this mat with aching legs for?" Of course, if anyone asked me, I would say that there are many, many benefits one derives from Aikido practice - good health, skill, spiritual meaning, friends, exercise, and on and on. Yet, we shouldn't look at our own practice as "getting" but as "giving." Give to Aikido, give to your partner, give to your Dojo, give to the new beginners, give to the plants in the garden, give (cleaning) to the tatami mats, etc. I think somewhere in our book, KODO, I mention something like: "In the physical world, we think of receiving; in the spiritual world, we think of giving."

When I look at Christmas, I see such a beautiful birth of the son of God, yet I always think of the painful and horrible way in which He died on the cross. Then I think of the Buddha who died peacefully, entering into Nirvana, with all of his students, friends, and all the animals of the world by his side. How peaceful and serene! Somehow, I think that through suffering as well as peacefulness, like Christ and the Buddha, we can, in both ways, find something very valuable in our lives. For this we should be very grateful. In Japanese tradition, one must celebrate and show great happiness with dancing, song and celebration. This is not for ourselves however, we do it to please the gods. Even in our own personal celebration, it must

be another way of giving. Merry Christmas and the Very, Very Best of the Holiday Season to all my students and friends and the many, many generous and loyal supporters of our Dojo. In Gassho. Sincerely, Rev. Kensho Furuya

Cal State Dominguez Multi-Cultural Center: El Diade los Muertos Lecture November 3.



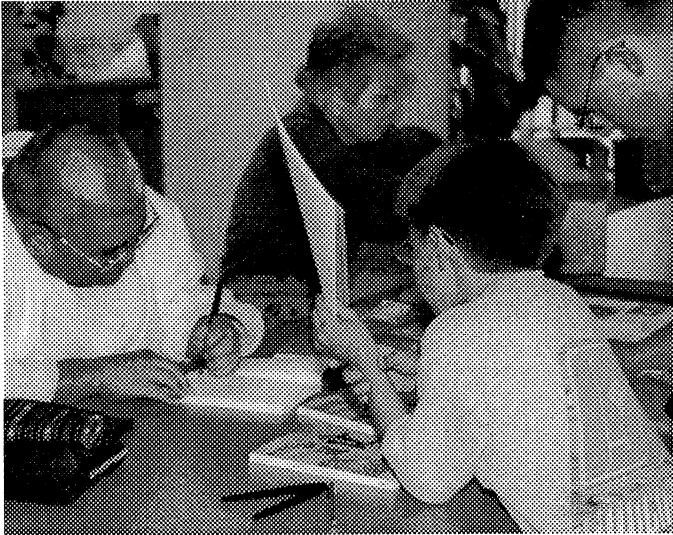
A very enthusiastic group of students.



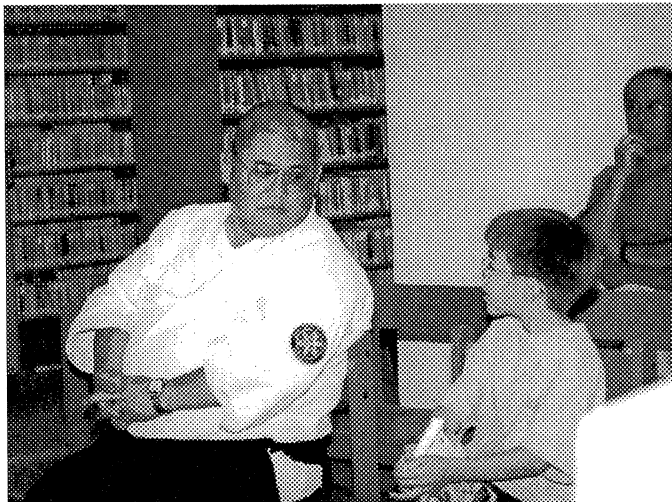
Left: Sensei with Dr. Miguel Dominguez an activist and leader here in the Latino community

On November 3rd, Sensei was invited to the campus of Cal State Dominguez College to present a brief 20 minute talk on the concept of death and the Obon Festival at the invitation of their Multi-Cultural Center. The talk was for the occasion of the Mexican Day of the Dead Celebration (November 2nd). The coordinator was Ray Murillo, Director of the Multicultural Center, and Dr. Miguel Dominguez who Sensei has worked together with on several occasions on the Los Angeles Cultural Affairs Department Grant Review Panel. It was attended by a very nice audience of about 50 college students. Sensei was accompanied by Ken Watanabe and Cheryl Lew. The purpose of the event was to encourage cross cultural exchanges in the Los Angeles area between the many and diverse ethnic groups. An endeavor which is very close to Sensei's heart.

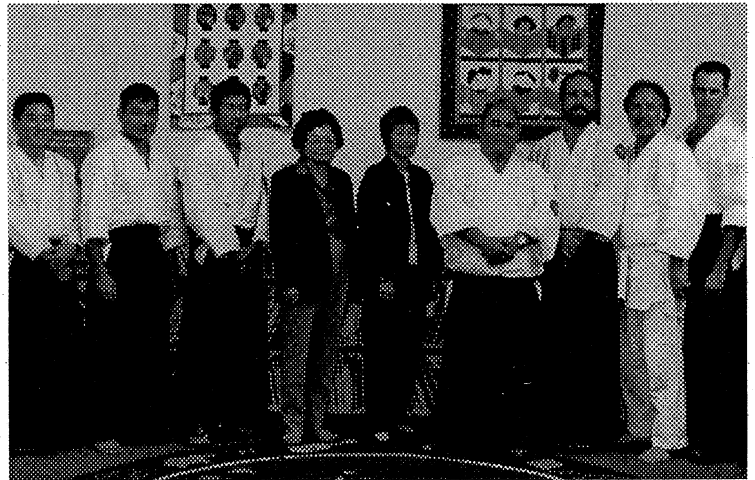
LA Public Library Little Tokyo Branch Book Signing, Lecture & Demonstration November 8.



We gave a most pleasant and successful Book Signing and Aikido Demonstration at the Little Tokyo Library at the invitation of their director, Ms. Susan Thompson who stated that it was the most successful and most enjoyable Book Signings they have ever sponsored. After a brief introduction, assistant instructors gave a demonstration with a short talk by Sensei to a crowd of about 20-25 people. Sensei signed 14 books which is a great deal for this type of book signing. Sensei donated all proceeds of KODO sales of about \$240.00 to the Library. Participants were Ken Watanabe, James Doi, Andy Kissel, David Ito, Kenny Furuya, Scott Howard, Mike Dotzenrod, and Larry Armstrong who made his Demonstration Debut at this event. Cheryl Lew also came to help out and take photos.



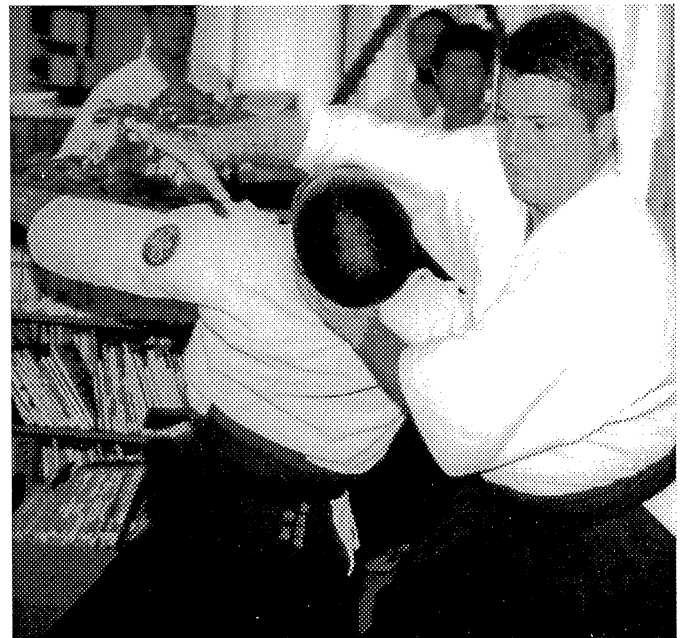
"Can I do Aikido too?" asks young future student. One of the many interested guests at our Book Signing.



Participants including Mrs. Susan Thompson to Sensei left.



Sensei during lecture and demonstration at the Little Tokyo Library.

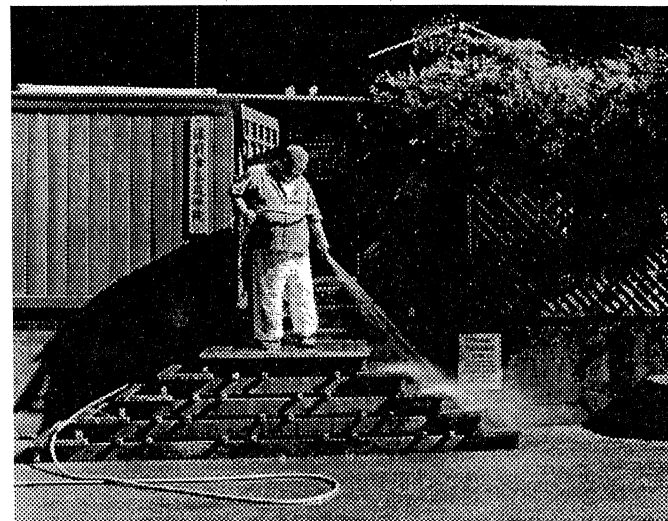
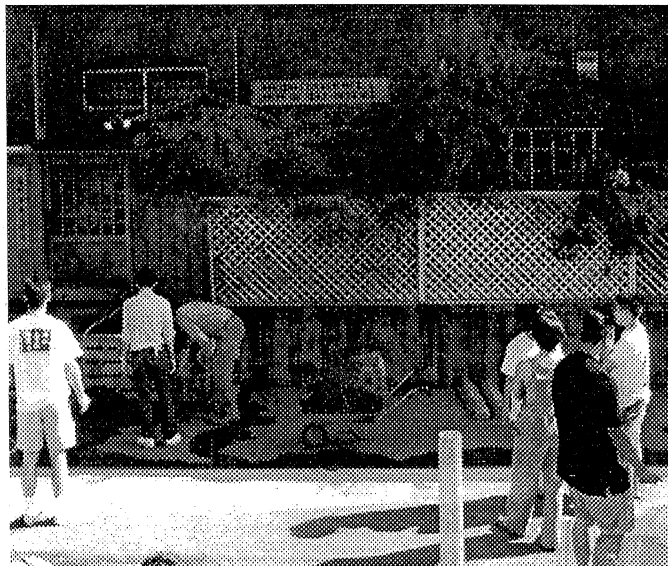


Scott Howard demonstrating with David Ito.

Dojo & Garden Cleaning November 9.



Before Ichihashi Shihan's arrival, members did a thorough cleaning of the Dojo including the front garden. Volunteers included Ken Watanabe, James Doi, Kenny Furuya David Ito Andy Kissel, Scott Howard, Cheryl Lew, Maria Murakawa and Jun-Joon. Many thanks for all your help!



Sensei doing his usual garden wash-down, especially during the week just before students come to the Dojo for class.

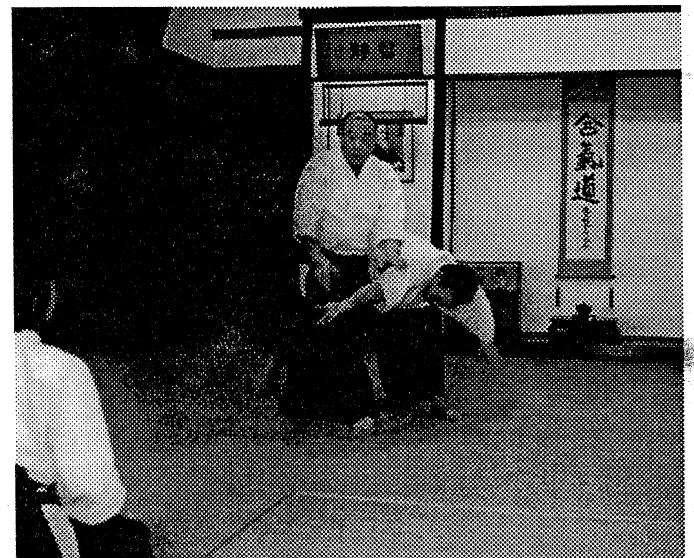
Special Practice

Norihiko Ichihashi Shihan, 8th Dan From Hombu Dojo November 12-15.



LA Stopover on November 3rd to Buenos Aires

Ichihashi Shihan made a two hour stopover at LAX on his way to Buenos Aires for several days before returning to Los Angeles to visit our Dojo from November 12-15. He was greeted at the airport by Sensei and Ken Watanabe for a quick chat and coffee before escorting him to the proper gate for his departure. Sensei returned to Los Angeles on November 12 (see article on Special Practice in this issue) for several days before returning to Japan. Soon after his return to Japan, he departs to Indonesia. A very busy Ichihashi Sensei.

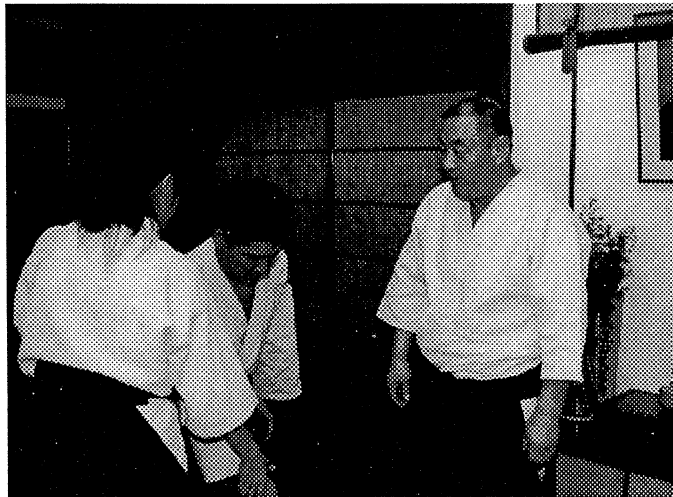


Ichihashi Shihan conducting 3-day Special Seminar in our Dojo.

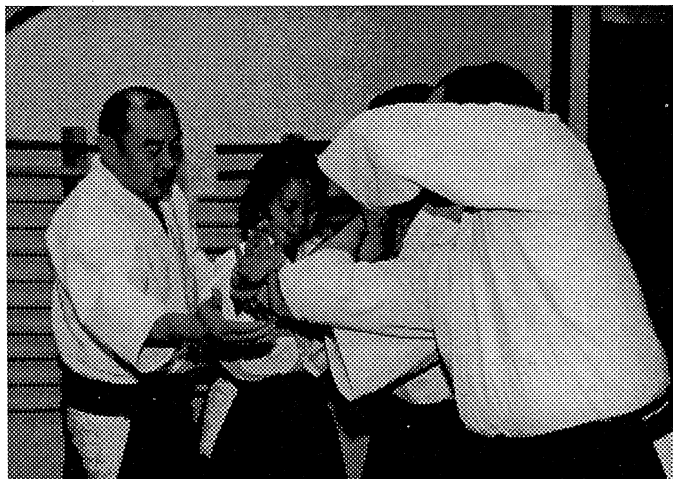
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Ichihashi Sensei made one stop-over on November 3rd on his way to Buenos Aires returning to Los Angeles on November 12 from a busy seminar schedule in South America. When Sensei and Ken Watanabe met Ichihashi Sensei at the airport, he was quite tired and had the onset of a cold. From LAX, we headed directly for the hotel to check-in and we got him the best room in the house on the top floor by the side which is very quiet. It was about 11:30am by the time he settled down in his room and decided to have sushi at Sushi Gen in the Honda Plaza in Little Tokyo. Quickly reviving himself and feeling much better, he decided to teach that evening - an unscheduled practice and quite a nice surprise for all the students. Although Sensei thought that he would teach very basic techniques on his first Official

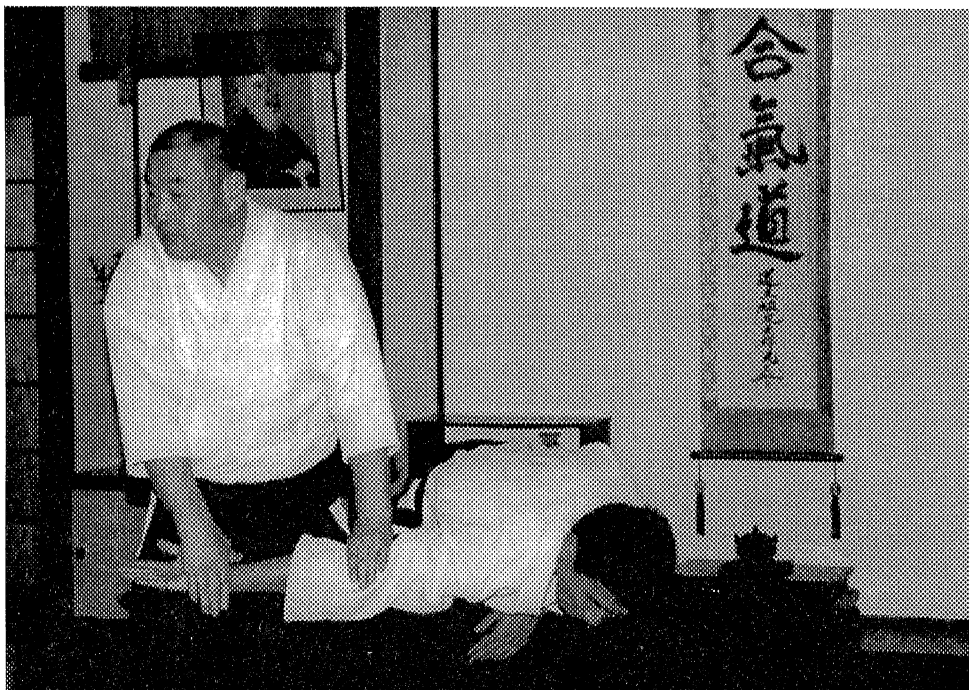


Seminar from Hombu Dojo, quite to everyone's delight Ichihashi Sensei introduced very advanced techniques and ideas while emphasizing basic techniques. An excellent class with a talk on "kodawari" or creating a freer movement with "no obstacles." Also, he emphasized irimi concepts with the idea that all techniques come from the basic movements and one should not anticipate or pre-determine the technique. After practice, several of the senior students accompanied Sensei to Campaniles's in Hollywood. November 12 ended quite nicely with a special class and a very nice dinner.

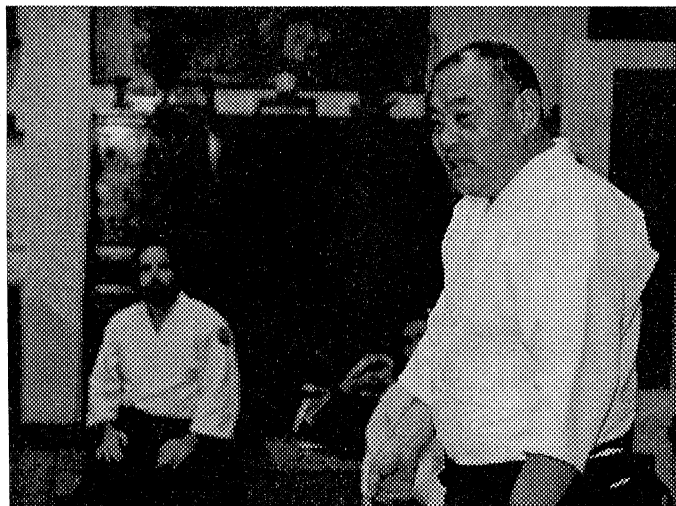


On November 13th, Thursday, Sensei and Ken Watanabe met Sensei at the hotel and escorted him to Katsu on Hillhurst in Silver Lake and sushi once again. Sensei was still a little tired from his travels and somehow he felt like Japanese food. This gave Sensei a great opportunity to discuss many points about Aikido practice with Sensei. Sensei rested a little in the afternoon before we picked him up again at the hotel and escorted him to the Dojo for our second day of the seminar. Again Sensei emphasized basic techniques staying particularly with irimi and tenkan and introduced two-man techniques which everyone enjoyed. After a few photos, many students in the Dojo treated Sensei to Chinese cuisine at the Empress Pavilion in Chinatown. Everyone enjoyed steamed rock cod, Peking duck, orange chicken, shiitake with greens, minced squab wrapped in lettuce, shrimp with lobster sauce, braised bean curd with assorted vegetables, etc. It was a nice opportunity for many students to meet and talk with Sensei. We brought Sensei here for luncheon in June during his first visit with us on the occasion of the Japan Expo in Long Beach. Ichihashi Sensei commented that he was thoroughly enjoying himself.

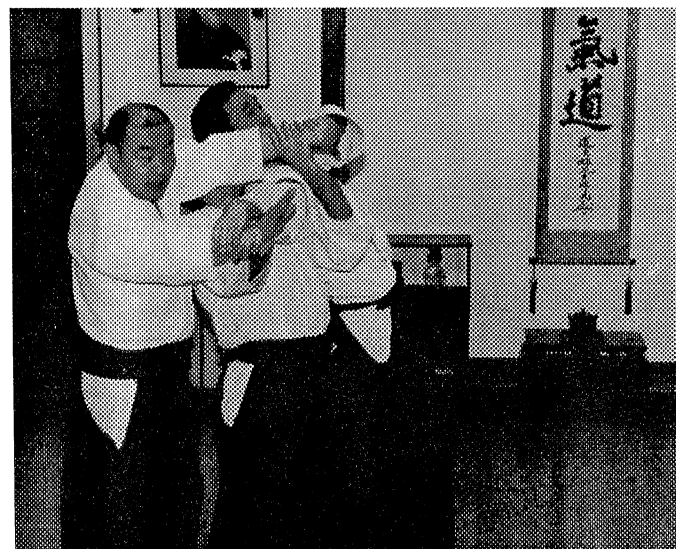
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On November 14th, Friday, Sensei and Ken Watanabe again met Sensei at the hotel and escorted him into the New Chinatown in Alhambra for a Beijing style luncheon of spicy fish and bean curd pot, assorted dumplings, and vegetables. From there, we did a little shopping at the Costco Price Club for gifts to take home and decided to go to Santa Monica on such a beautiful day to see the pier and go to the mall for coffee. We also did a little shopping at Macy's. We got Sensei back to the hotel for a little rest before picking him up to escort him to the Dojo for the third day of our Seminar. It was an excellent class with almost too much information and techniques for many of the beginners but it was thoroughly enjoyable by everyone. Sensei wanted to return to the hotel early to do some last minute packing so we took him to the LA's famous Dana Tana



for a very nice steak. Our farewell meal included the following guests: James Doi, Ken Watanabe, Cheryl Lew, Larry Armstrong and Sensei. We all enjoyed their famous steaks on our last meal with Ichihashi Sensei until his next visit. We drove through the famous Sunset Strip of which Sensei was very familiar as a fan of "77 Sunset Strip," a popular TV program which most members of the Dojo probably do not remember. Ichihashi expressed that he was very satisfied with this seminar and had enjoyed the 3-day practice and stay in Los Angeles.



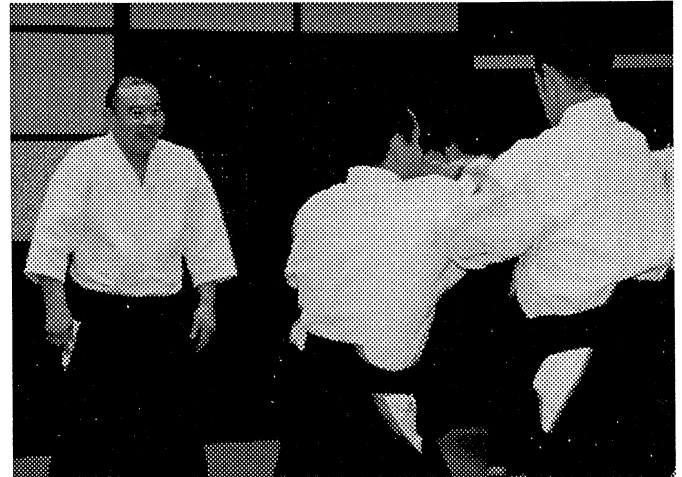
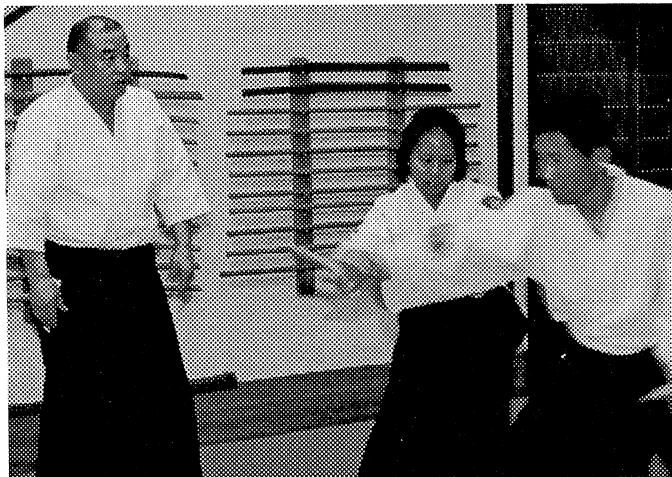
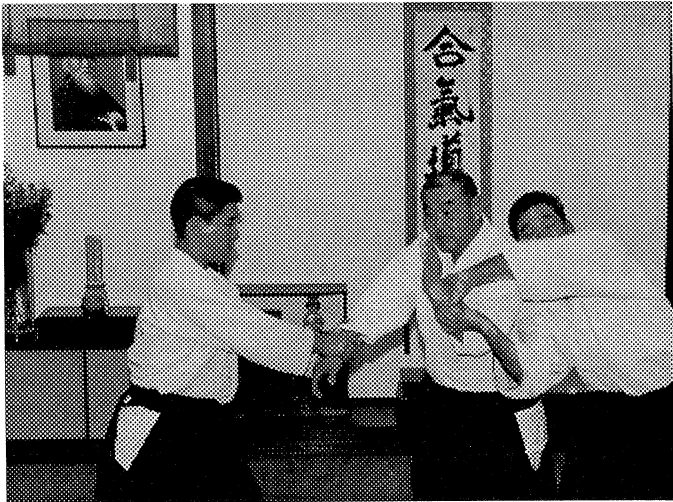
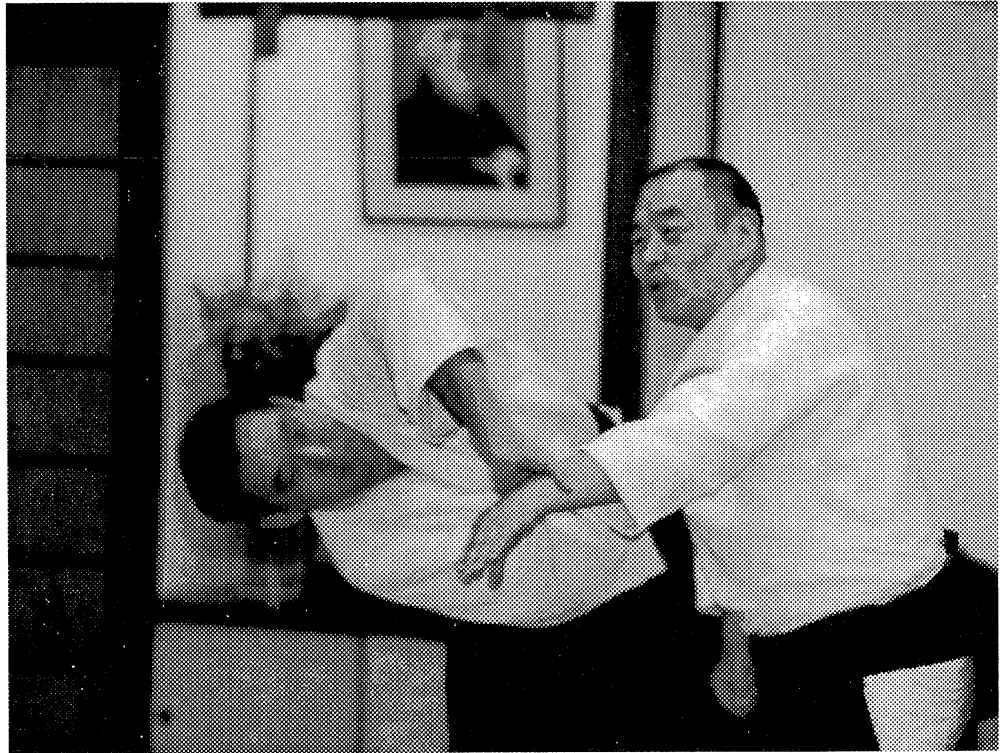
He brought gifts for everyone he remembered from his first June visit and from his son and daughter-in-law, Atsuhiko and Tomoko, who visited recently on their honeymoon. He presented Sensei with a custom-made uniform among many other gifts from Japan and presented Ken Watanabe with his own uniform as a memento of this first seminar. A great honor for Ken for all his work. On the other hand, the Dojo presented Sensei with fine wine, a jacket, and many other mementos of this occasion. We plan to make a strong relationship with Ichihashi Sensei and Hombu Dojo and hope that we will enjoy many more visits now and in the near future. This is one of the most important seminars in the 14 year history of our Dojo and everyone agrees that it was a big success. Sensei is very honored and happy to report that Ichihashi Sensei decided to leave his uniform in the Dojo for his use on his next visit.

Many thanks to everyone who supported this seminar and enjoyed Ichihashi Sensei teaching, wonderful personality and great insights into Aikido. Everyone looks forward to Sensei's next visit. On November 15th, Saturday, in the early morning we saw Sensei off at LAX on his return to Japan where he returned quite safely on the next day.

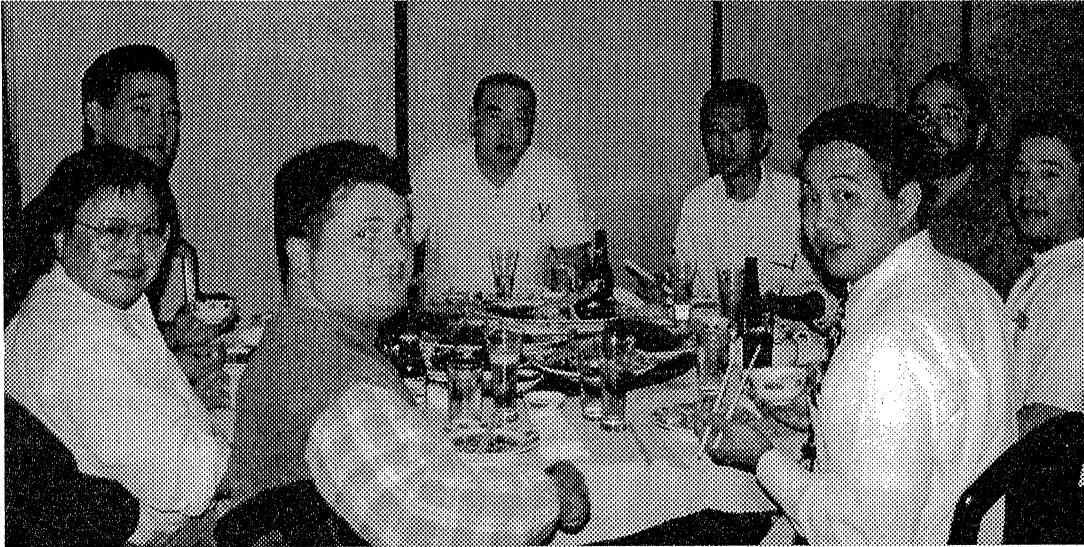
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Ichihashi Shihan taught a wonderful seminar giving us an unplanned extra class on the day of his arrival - his scheduled day of rest and also extending the following days by an extra half-hour. He wished to extend the classes another hour but reservations at various restaurants had been made many days in advance. Many, many thanks to Ichihashi Shihan for an excellent seminar.

**Our Most Very
Sincere Thanks
& Appreciation
To Ichihashi
Sensei For The
Great Seminar**

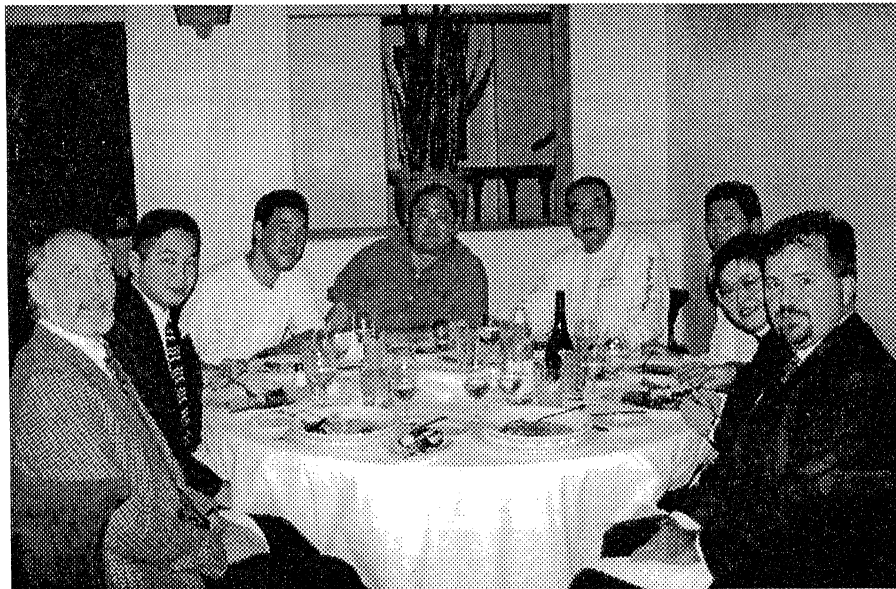


Special Moments with Ichihashi Shihan

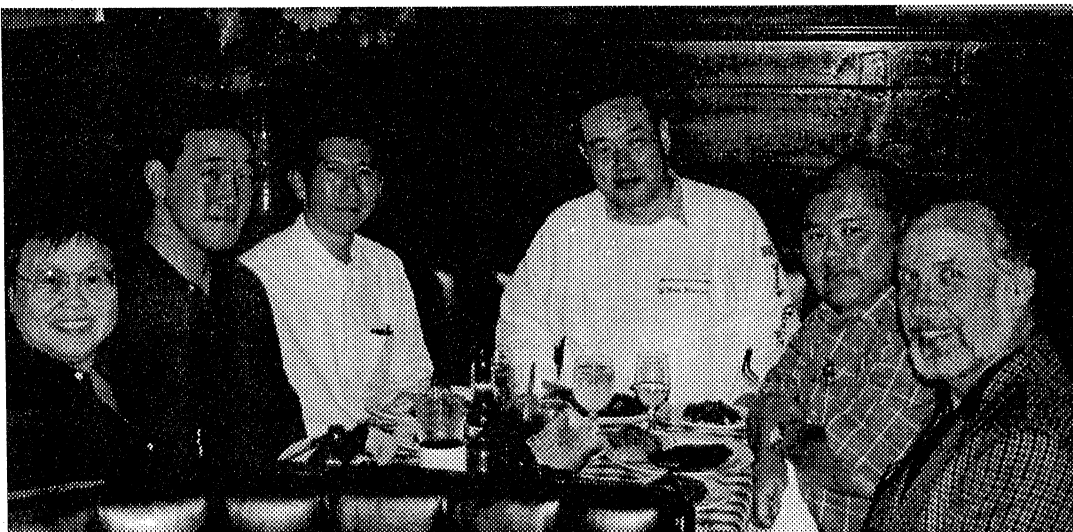


At the Empress Pavilion in Chinatown on November 12, 1997. Around the table left to right: Scott Howard, Cheryl Lew, Ken Watanabe, Ichihashi Shihan, James Doi, Andy Kissel, David Ito, and Kenny Furuya. Sensei is taking photo.

Below: Ichihashi Sensei emphasizing freedom of movement and the spontaneity of techniques through the basics of irimi.



Above left: At Campanile's in Hollywood, on November 13th, where everyone enjoyed a first class dinner with Sensei.



Left: Our last farewell & thank you party with Ichihashi Sensei, on November 14th, took place at Los Angeles' famous Dan Tana's in West Hollywood which is also where we partied with Ichihashi Sensei's son and new daughter-in-law recently.

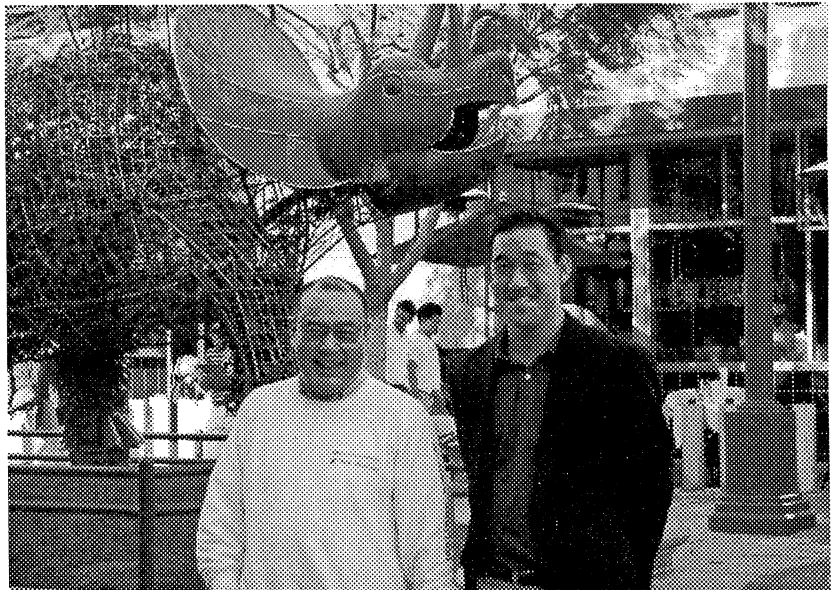
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Ichihashi Shihan instructing during three day seminar at the Dojo. Sensei moved quickly from the fundamentals to many advanced techniques and sophisticated concepts.



Above: Ichihashi Sensei's hands-on teaching made him a hit with all of the students. Here, helping Kristine San Luis with 2-man techniques.



Upper Right: Ichihashi Sensei and Ken at the 3rd Street Promenade in Santa Monica on Nov. 14th for last minute shopping and sight-seeing.



Lower Right: With Sensei and Ken at Katsu on Hillhurst in Hollywood on November 13th. Sensei loves sushi.

**Aikido Center of Los Angeles
NEWSLETTER**

DojoYear 1997 In Review

- | | | | |
|-------------|--|---------------------|---|
| Jan. 5. | Sensei's Photo installed in Bodhitree Bookstore | April 24. | A&E Cable TV Shoots Special Feature: Fighting Arts of the World in the Dojo |
| Jan. 7. | Visit Yukiko Katagiri Sensei Cornell University Aikido | April 25. | Sensei's Birthday Party |
| Jan. 17-19. | Warabiza Visitation | April 26. | O'Sensei's Memorial Service In the Dojo |
| Jan. 26-29. | H. Tsuguta from Omiya Dojo | April 26. | Iaido Seminar in Torrance Hosted by Kiyoshi Yamazaki Shihan Ryobu Kai Karate |
| Jan. 27. | New Year's Party Miyako Inn | May 3. | Children's Day Asian Pacific Martial Arts Festival at the JACCC |
| Jan. 29. | Japanese Culture Lecture at JACCC by Sensei | May 22. | Sensei featured on cable TV Ancient Mysteries-Samurai. |
| Feb. 2. | Aikido Demonstration Multi-Cultural Concert Series at the Beverly Hills Civic Center | May 24. | John Brinsley, Jr. visits from Hombu Dojo, Tokyo |
| Feb. 5. | Masatake Fujita Shihan Visits Dojo From Hombu Dojo | May 26. | Widney High School Demo For Challenged Students |
| Feb. 9. | Junzo Kusakubo, Fukuoka, Japan, Suganuma Dojo. | June 14. | Dojo Clean-up Party |
| Feb. 21-23 | Sensei Visits Master Hsu, SF | June 16. | Special Practice with Ichihashi Shihan, Yonemochi Shihan and 5 instructors from Hombu Dojo. Long Beach Japan Expo and Dojo. |
| Feb. 23. | Sensei conducts class at SF Aikikai. | June 30-
July 24 | Saishin Dojo Children's Summer Seminar |
| Mar. 4. | Sensei featured in Inside Kung Fu Masters Edition | July 19. | Pasadena Buddhist Church Obon Demonstration |
| Mar. 19-30. | Kenny Furuya to Japan | | |
| April 19. | Repairing Dojo Alley Party Pothole filling. | | |

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| Mid-July | Santiago Garcia from Salamanca, Spain Dojo
For training | Oct. 1-4. | Isamu Ichizuka Shihan from the Omiya Dojo. Special Practice. |
| July 25. | JACCC Kid's Discovery Workshop in the Dojo | Oct. 11-16. | Hosting the young Ichihashis |
| July 26. | TV Interview for "Strange Universe" program on A&E | Nov. 3. | Ichihashi Shihan Stopover |
| July 26. | Montebello Sozenji Obon Demonstration | Nov. 8. | Book Signing & Demo at the Los Angeles Public Library Little Tokyo Branch |
| July 26-27. | Higashi Honganji Obon Martial Arts Festival | Nov. 12-15. | Ichihashi Shihan Special Seminar |
| Aug. 10. | Nisei Week Aikido Demo & Open House in the Dojo | Upcoming: | |
| Aug. 15. | Masatake Fujita Shihan from Hombu. Special Practice | Dec. | Christmas Party |
| Aug. 16-17 | Nisei Week Japan Martial Arts Exhibition at the JACCC | Jan. 1998 | New Year's Party |
| Aug. 23. | Sensei's Interview aired on KSCI International TV about Nisei Week | April 26. | O'Sensei's Memorial Service |
| Aug. 24. | Shinsengumi 5th Anniversary Aikido Demonstration. | | |
| Aug. 29 | M. Fujita Shihan LA Stopover | | |
| Sept. 7. | Children's Health Fair in the Dojo. | | |
| Sept. 12. | N. Ichihashi Shihan LA Stopover at LAX. | | |

On the Internet:

Tues 21 Oct 1997 19:43:22 -0400

Dex Sinister Re: Videos and Training Materials - Recommendations?

Carol M. Shifflett wrote:

I am interested in a list of recommended Aikido videos and training materials regardless of style. What are your recommendations and why did you find this particular item remarkable and effective?

I really liked Kensho Furuya's "The Art of Aikido Video Series" - at least I liked the three that I saw, out of nine in the series.

As for why, hmmm. . . Furuya Sensei is very articulate, and at the same time comes across as personable and interesting, as well as humorous - I've never heard another sensei on tape saying things like "Don't break me" to his uke. The pace is slow enough to get a good grasp of what he is talking about, as opposed to some videos where they try to cram too much into too little time. Very watchable. Decent, understandable audio.

Top Ten: September 1997

1. Ken Watanabe	44 Hours
2. Kenny Furuya	38
3. Bill D'Angelo	30
4. Larry Armstrong	28
5. Bryan Waldron	26
6. Cheryl Lew	21
7. Kristine San Luis	18
8. David Ito	15
9. Mike Dotzenrod	15
10. Maria Macias	14

Top Ten: October 1997

1. Ken Watanabe	38 Hours
2. Kenny Furuya	31
3. James Doi	26
4. Cheryl Lew	23
5. Larry Armstrong	20
6. Bryan Waldron	20
7. David Ito	16
8. Mike Dotzenrod	16
9. Kristine San Luis	16
10. Bill D'Angelo	13

Comments:

Everyone is doing well. Practice hours in general have dropped in the month of October. However, Mr. Watanabe's hours should be adjusted to include the Children's Classes of 4 additional hours a month. Most student's hours have been influenced greatly by school and increased job workloads. I expect this trend to continue with Thanksgiving, Christmas and the New Year holiday season coming soon. Everyone should make greater effort to keep up regular training schedules during these busy times.

Notable is Mr. Bryan Waldron's practice schedule which is quite excellent and rare for a newer student but it shows up in his quick progress. I would also like to comment on Dr. Rocky Lee's progress which has been very exceptional in the last several months. As some of our younger students graduate into the adult class, I hope that they pursue Aikido more seriously and try to increase their training by one additional class a week. An easy way to increase your practice times is to stay for our 2nd Practice on Mondays, Tuesdays and Wednesdays. Please keep up the good work.

TOP TEN Practice Hours January to October, 1997

1. Ken Watanabe	332 Hours
2. Kenny Furuya	236
3. Larry Armstrong	219
4. Cheryl Lew	187
5. James Doi	185
6. David Ito	179
7. Bill D'Angelo	168
8. Kristine San Luis	160
9. Scott Howard	137
10. Steven Sahl	117

Everyone's training hours are very good except that it has dropped from numbers last year. It is important above every other consideration to maintain a good, regular, consistent training schedule. As much as school and work and play-time may be obstacles, this is a problem every single Aikido student in the world has, and many manage much more than us with much less than us. Please keep this in mind. In my younger days, it was impossible to find a dojo that was open 7 days a week so I travelled all over Southern California and the Northern Bay area just to practice one extra class. Also, many are not blessed with a facility as nice as ours - always clean and in order with excellent tatami mats. I remember practicing on very bad mats that hindered one's movement and caused many injuries if one wasn't real careful during practice. I remember such dirty schools - in one, we dressed in the small bathroom which was always flooded with urine on the floor. One school was continually vandalized by youths so, before class, it usually took two hours just to clean-up and get everything back into order. In one school we had to set up the mats before class and take them down after class which was a big chore everyone hated. Of course, they are so many schools that do not have qualified instructors. Indeed, let's count our blessings and fully use our Dojo is the best way to show our appreciation and respect.

CONGRATULATIONS! Happy 88th Birthday to Bishop Kenko Yamashita

tanabe. Sensei was ordained as a Zen priest and student of Bishop Yamashita in 1988 and worked for several years at the North American Headquarters for Soto Zen Buddhism at Zenshuji. Currently Sensei works for Soto Zen International headquartered in Japan. The 88th birthday celebration is known as "Beiju" of the "Rice-Year Celebration" because the Chinese characters of "88" can be combined to form the character for "rice." Bishop Yamashita is Sensei's first Zen master. Priests have three throughout their priestly career.



Congratulations to Bishop Kenko Yamashita on his 88th Birthday on November 23rd, celebrated at the Quiet Canyon Restaurant. About 350-400 guests were in attendance including Sensei and nine of his senior students. Right to left: Bill D'Angelo, Curtis Westfall, David Ito, Sensei, Bishop Yamashita, Cheryl Lew, Gary Myers, James Doi and Ken Wa-

KODO Third Edition Is Out!

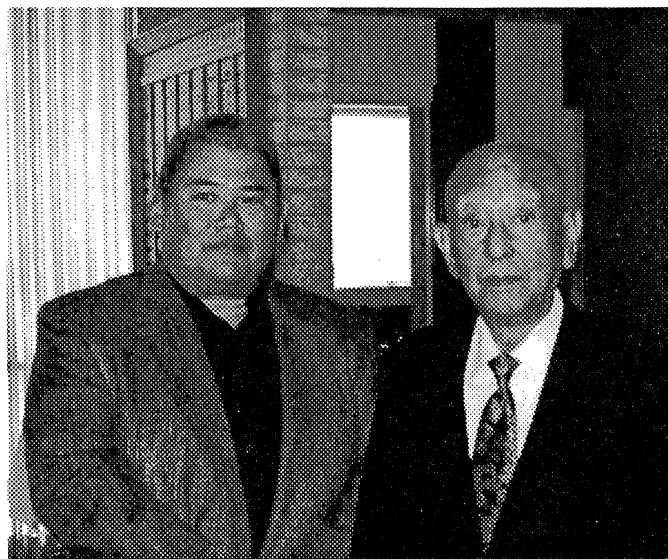
The third edition of Sensei's book, KODO, is now out with two new photos and several editorial changes. Also Larry Armstrong's name has been added to the credits at the front of the book for the contribution of all of his wonderful photos. Several of Sensei's favorite photos, taken by Larry, have been added to this new edition. The first Edition is now a collector's item according to the Publishers, Ohara Publications. The new 3rd Edition is available in the Dojo.

Additional New Classes:

There will be a new Intermediate Level Class from now on every Saturday morning for 9:00-10:00am. Senior students, black belts and assistants instructors are strongly encouraged to attend. A new Open Beginner's Class opens every Wednesday from 7:45pm-8:45pm. Iaido classes will be held every Saturday and Sunday Morning from 8:00am-9:00am. Please mark your calendars.

Annual Membership Dues for 1998:

Students need to pay their Annual Membership Dues of \$35.00 for 1998, due before or on January 1, 1998. Students who have already paid their dues but would wish to make an annual contribution to the Dojo are welcomed and greatly appreciated. Please think about and support your Dojo for 1998. Remember, it is YOUR Dojo!



Sensei with the Most Reverend Bishop Yamashita on the occasion of the Yamanashi Kenjinkai Prefectural Association's annual Memorial Service at Zenshuji in October. Sensei studied Zen Buddhism at an early age but became very serious about his studies through the late Kisaburo Osawa Sensei, 9th Dan, while training at Hombu Dojo in Tokyo, Japan. Osawa Sensei is one of the great masters and high ranking students of O'Sensei, supporting and teaching Hombu Dojo until his death several years ago. His son, Hayato Osawa Sensei, 6th Dan, is currently one of the leading younger teachers at Hombu Dojo today. We wish Bishop Yamashita the very best of Good Health and Long Life.

The New Sword Experts: Children's Scissors: Shiny, Colorful, & Not Very Sharp

By Andrew Quirt, Edina, Minnesota

Once again I fill my word processor with acrid bile and set upon yet another pet peeve of nature so egregious as to make question of the sanity of those practitioners thereof. What, you wonder, could cause a soft-spoken gentle soul like myself to become so verbally unpleasant. In this hobby of accumulation and ostentatious display of things Japanese: items of beauty, treasures of age, there are those who can only be described in the most unflattering terms, which in themselves fall short of the mark. Thus, the worst that can be said, is still better than deserved.

Of whom do I speak? Thieves and black-hearted old-school collectors who set upon unsuspecting virginal innocents to pry treasures from their weak and trusting grasp, only to snigger and brag of the rape? No! There is yet a more egregious lot, once recognized, as attractive as a festering sebaceous cyst. Yet strangely, at first blush they are seemingly pleasant. Much like a ripe apple that only reveals the infestation of maggots upon piercing its skin with your teeth. They are the two-year experts. They who, by eagerness, energy faux-earnestness and charm, are able to pass as knowledgeable to the unsuspecting beginner. They are *geishin narumono hoshi* (glittering vulgar things).

These pariah, like most parasitic life-forms, usually go from one host to another as they complete with age and experience from whom they garner a smattering of terminology, knowledge and perhaps entre into the mainstream of experienced collectors.

Then then go through a rapid metamorphosis becoming larger than life, and smarter than all others. Deiscarding the perceived shriveled and empty hull of its host, it moves on, having achieved full maturity by the act of birth. Now bigger, stronger and armed with lexicon, it seeks out two diametrically dissimilar victims: the new and gullible, and the experienced and helpful. It should be noted that of this latter group, the preferred host is affluent and well-regarded. This parasite may be seen with its proboscis firmly set in the general proximity between left and right buttocks of its affluent host. They may be seen at shows followed by the new, and currying favor of the old.

Soom the experienced tire of the charade, and it must move on. Unfortunately, many of the novice collectors are slow to learn, and continue to blindly follow, until one day, disillusioned, they cease to collect. Collecting and studying Japanese swords and fittings is a fascinating and rewarding occupation. It is

Important Dates for DECEMBER 1997

- Dec. 1. Monthly Dues
- Dec. 6. Iaido Intensive Seminar 6:30am
- Dec. 9. GENERAL MEETING 7:45-9:00pm.
- Dec. 13. Black Belt Intensive Seminar. 6:30am
- Dec. 25-26. CHRISTMAS HOLIDAY
- Dec. 31. Last Practice 1997 6:30-7:30pm
- Jan. 1-2. NEW YEAR'S HOLIDAY.
- Jan. 3. 1st Practice of 1998 Happy New Year!

truly tragic that there are those who infect this venture like a metastasizing cancer. The sole bright light in the life-cycle of these noxious vermin is that their tenure is generally brief. "All that lives must die, passing through nature to eternity," although with less rapidity than might be desired.

Editor's Note: Mr. Quirt is one of the very top veteran collectors and seasoned experts of Japanese swords in this country. He expresses a very wide-spread danger in the art of the sword.

From the Japanese American Cultural & Community Center

December 5th. Nomura Mansaku

Kyogen: Comic Interludes

At the Japan America Theater from 8:00pm. With origins dating back to the Ashikaga Period, Kyogen are shorts skits function as comic interludes between the more formal Noh dramatic performances. Master Nomura Mansaku is designated as a Intangible Cultural Asset. Nomura will be performing "Kubi-hiki" (Neck Pulling) and "Funa Watashi Muko" (The Groom in the Boat.)

New Book: "Nikkei Donburi: A Japanese American Cultural Survival Guide"

Our long awaited book for the family of Japanese American cultural information, stories, activities, and resources is finally nearing completion. (Anticipated publication date is Spring 1998.) This 150 page book written-in-part and compiled by Chris Aihara, designed by Qris Yamashita and illustrated by Glenn Iwasaki follows the four seasons through the life of a Japanese American family. We have secured a publisher and are looking to widely distribute the book to Japanese American communities, educational institutions and libraries. We are asking for support in the form of Dedications. A personalized dedication will be printed in the inside front or back cover of each copy of this first printing. The cost of a Dedication is \$100.00.

If you are interested in obtaining additional information about Dedications, please call Chris Aihara, director of Community Programs. (213) 628-2725. Editor's Note: There is a short interview with Sensei about Aikido in the book.

Keiko Miller-Get Well Soon!

With heavy heart, I'm afraid I must write to say my wife, Keiko, has been diagnosed to have cancer and must undergo a very difficult operation Dec. 2nd. As she needs my full support and care, I'm afraid it will be awhile till training can be resumed. Till better times, our best to you all.
Albert & Keiko Miller

Coming Next Month: Special New Year's Issue

Gary Myers: My Recent Trip to Japan
Matt Burns: Summer Homestay in China

In Memoriam:

Ian James Ainsworth Dumbell

It is with deepest sadness and grief that I notify the Aikido community of the death (from leukemia) on March 4, 1997, of my beloved husband, Ian James Ainsworth Dumbell.

Due to the nature of his work, Ian lived in many different parts of the world and trained in many dojos. It was in Australia in the early 70's that he was first introduced to Aikido while at the University of Melbourne studying for his undergraduate degree in mathematics. He later trained at Saburo Takeyasu Sensei's Takemusu Aikido dojo in Sydney, which became his "home" dojo. It was here that Ian last practiced, during his very brief respite from his increasingly aggressive disease.

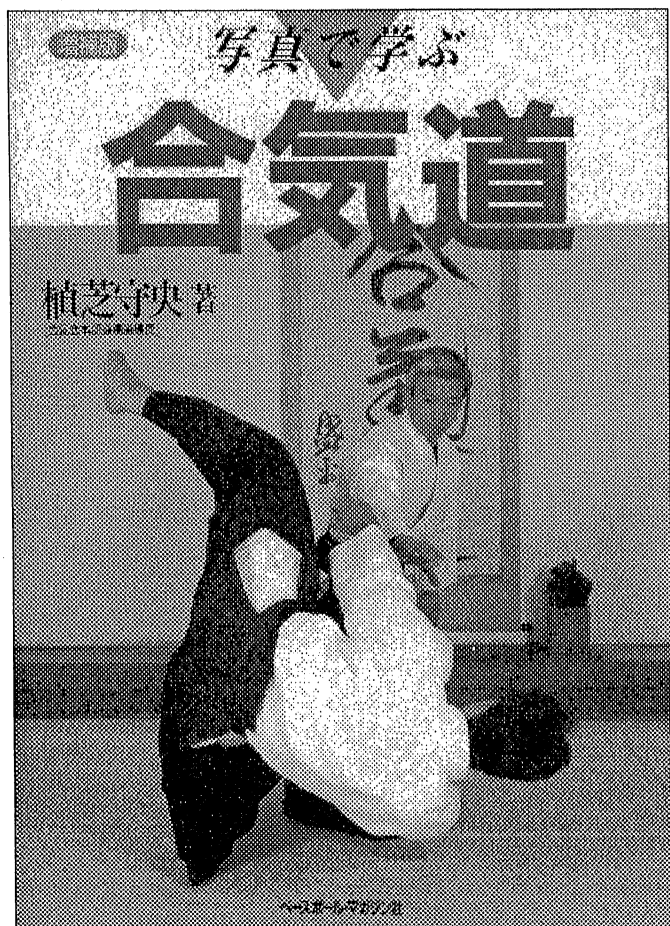
During the mid-80's, Ian lived in the US for several years, training in San Francisco and also in Los Angeles under Furuya Sensei. In 1993 and 1994, Ian once again lived in the US - this time in South Bend, Indiana, where he managed to find and train in a small nearby dojo. At various times he also participated in seminars and workshops in Santa Cruz and Chicago. In 1995, while living in Germany, he trained at a dojo near Rosenheimerplatz in Munich. In 1991 and 1992, and again in 1996, Ian trained with George Chang Sensei at the Ueshiba Aikido Association in Singapore.

A man of deep integrity and insight, Ian truly lived his life in the spirit of Aikido. The harmony, peace and wisdom fostered by the discipline of Aikido were ideals he strived to live by, and Aikido provided the principles that he brought to his struggle with his impersonal foe, leukemia. During the nine months of his terrible illness, he showed great strength and courage in the face of bitter defeats and disappointments. While his physical body did not survive, his compassion, courage, strength and gentleness touched the hearts of many, and changed their lives forever - not the least, mine. The world is, and I am, poorer for his passing.

Veronica Paszeja

Kindly reprinted from Aikido Today Magazine, #54, Vol. 11, No. 4; November-December '97.

Please note: Don't forget to join us on our First Practice of the New Year on January 3, 1998. Dojo is closed on January 1-2.



Recommended Reading:

Shashin De Manabu Aikido

("Learning Aikido By The Photos")

Dojocho Moriteru Ueshiba

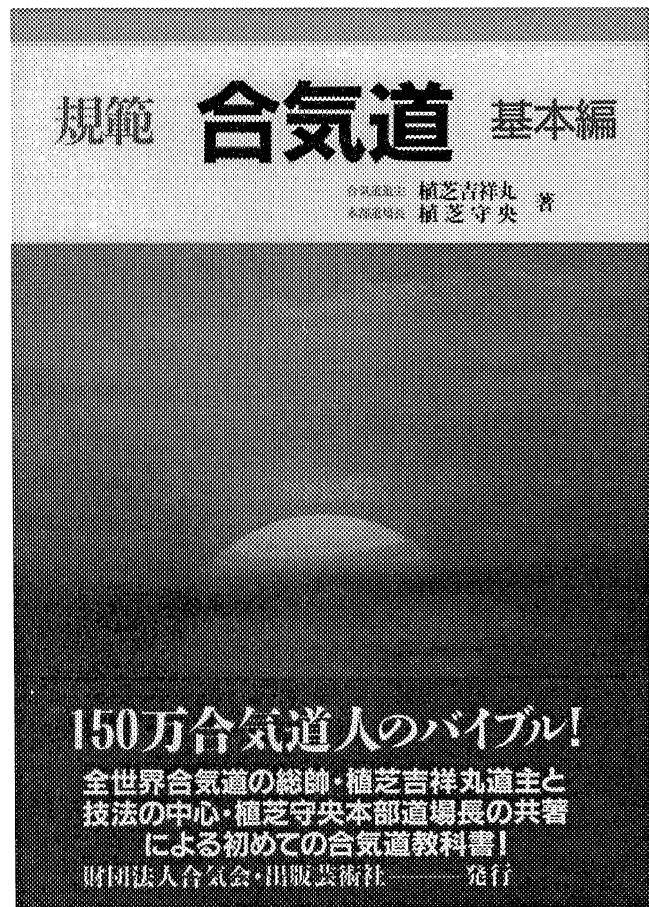
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(213) 687-3673

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STAFF

Editor: Rev. Kensho Furuya
Archives & Dojo Records: Dr. Cheryl Lew
Photographer: Larry Armstrong
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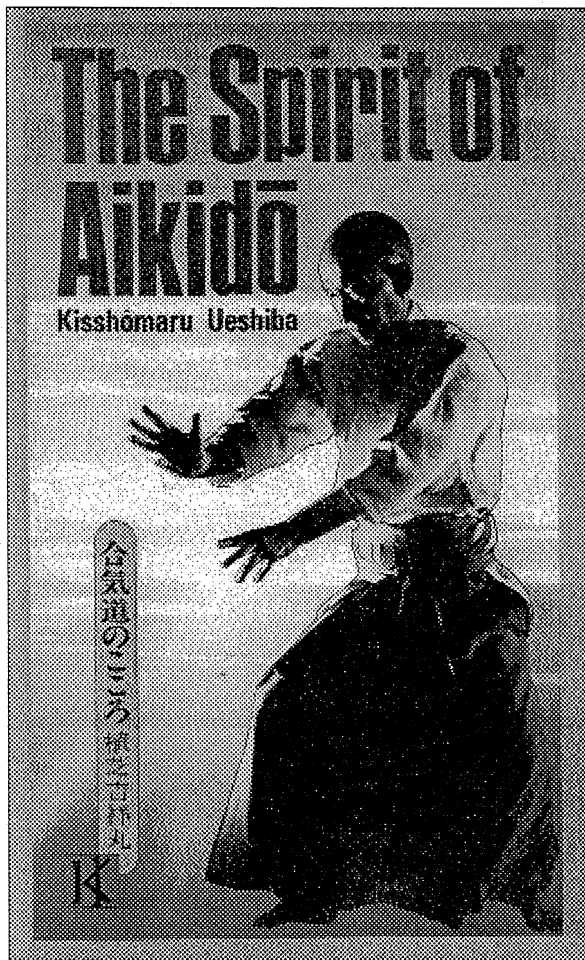
Now Taking Orders:

KIHAN AIKIDO
KIHON-HEN
Criteria for Aikido:
Fundamentals

by

Aikidoshu Kisshomaru Ueshiba
Dojocho Moriteru Ueshiba

We are now taking orders for this new, very important book on Aikido by Doshu and Dojocho. All the techniques are demonstrated by Dojocho and is referred to as the "Aikido Bible." Please order your copy now. See Ken Watanabe.



The Spirit of Aikido
By Aiki Doshu Kisshomaru Ueshiba

Official Dojo Jackets

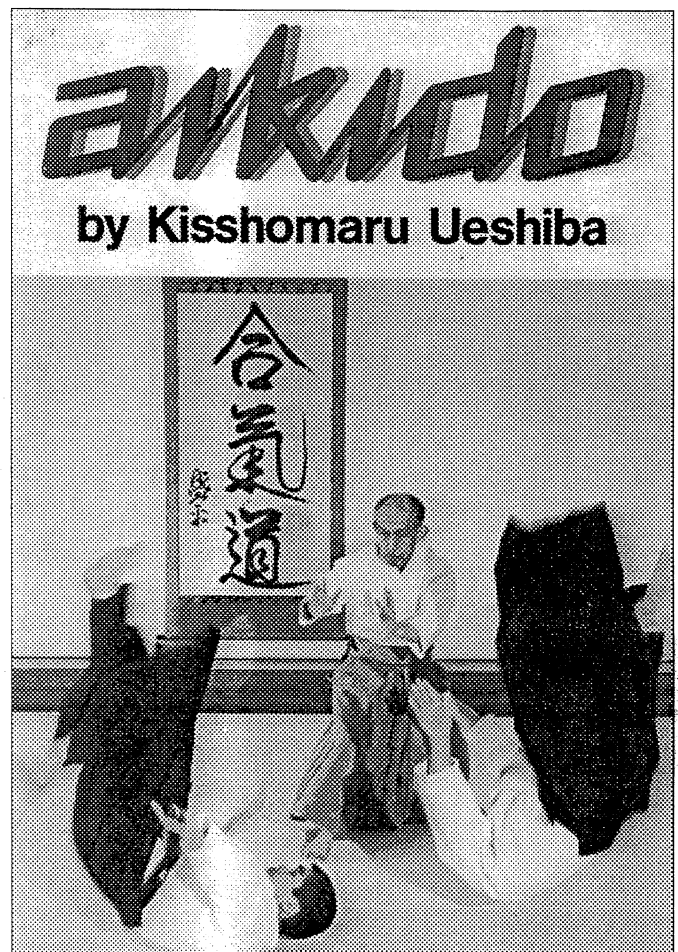
Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each.

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.

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.



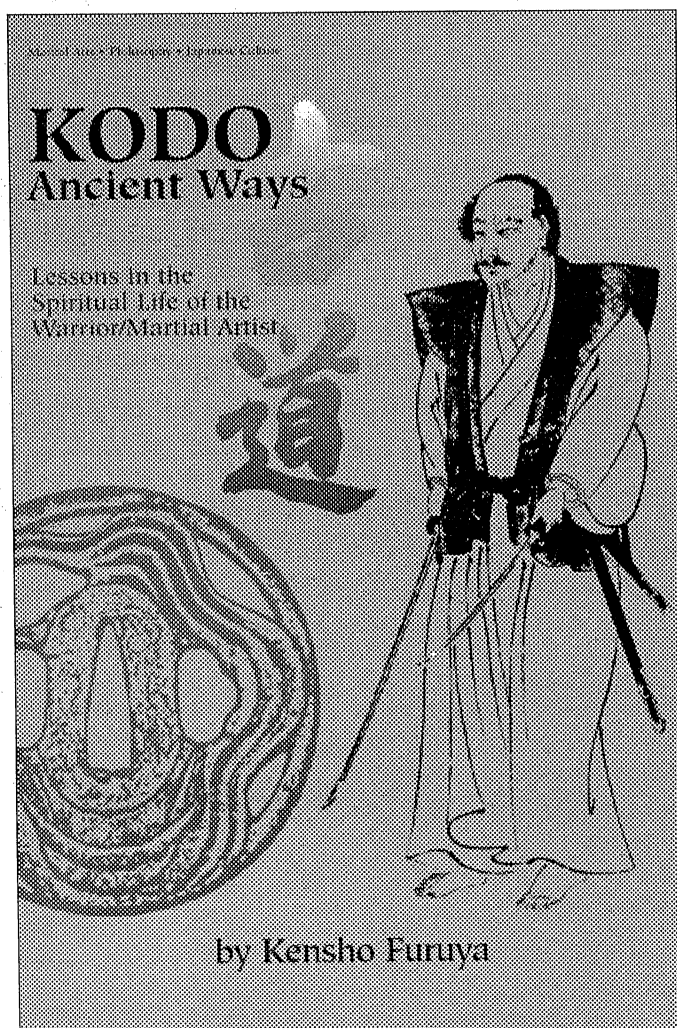
Highly Recommended Reading:

AIKIDO by Aiki-Doshu

Doshu's book, **Aikido**, 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, please buy a copy now for your reference library.

Your Kind Attention:

You can best show your appreciation and support to the Dojo by paying your dues on time at the first of the month. Your cooperation and considerate support is very greatly appreciated. Also, please introduce our Dojo to your friends and family. We are always trying to develop our membership. Many, many thanks for your support.



KODO

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

Rev. Kensho Furuya

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Copies signed by the author on request.

Recommended Readings:

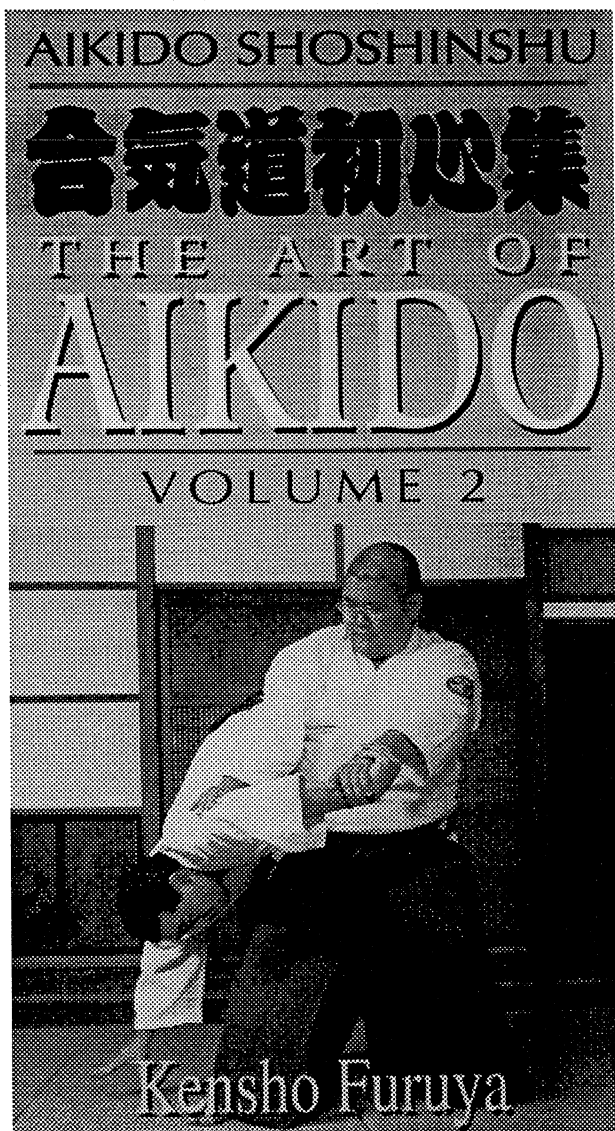
1. Aikido. Kisshomaru Ueshiba.
2. The Spirit of Aikido. Kisshomaru Ueshiba.
3. Zen & Japanese Culture. Daisetsu Suzuki.
4. KODO-Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist. Kensho Furuya.
5. "Homeless" Kodo. Kosho Uchiyama.
6. Zen Mind, Beginner's Mind. Shunryu Suzuki.
7.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

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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.

"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

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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Supporting Membership
\$10.00/month or \$120/year.
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