

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES
NEWSLETTER

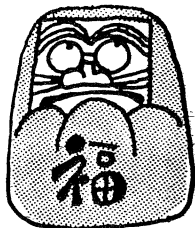
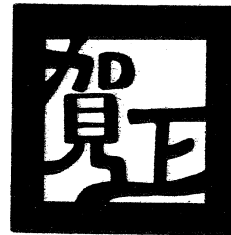
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HAPPY NEW YEAR

Best Wishes for a Very Happy New Year in 1993



Aikido Center of Los Angeles

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Chief Instructor: Zen Nippon Battodo Renmei Los Angeles Branch
Direct Student of Grandmaster Doshu Kisshomaru Ueshiba, Hombu Dojo*

Aikido World Headquarters Aikikai - So Hombu Dojo
International Aikido Federation
United States Aikido Federation, Eastern Region
All Japan Battodo Iaido Federation - All Japan Toyama Ryu Iaido Federation

Sensei's New Year's Message:

A LIFE OF APPRECIATION IS AN APPRECIATION OF LIFE

I would like to be the first to wish all of my students, friends and supporters of the dojo a very happy and healthful New Year of 1993.

My sincere greetings goes to my most respected teachers, Grandmaster Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan; the Reverend Bishop Kenko Yamashita of the North American Headquarters of Soto Zen Buddhism and the Most Illustrious Trogawa Rinpoche of Dharmasala, India.

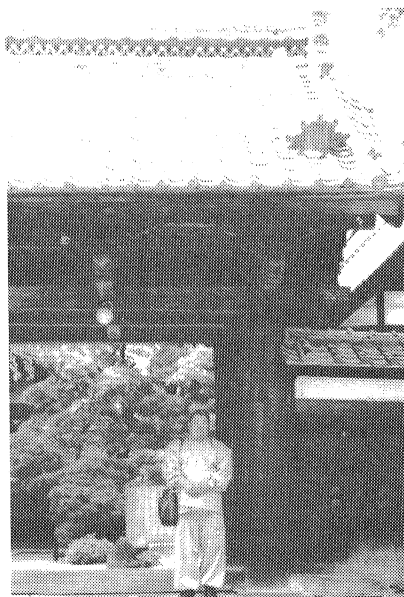
I am also very thankful for the continued support, guidance and encouragement from Yoshimitsu Yamada Shihan of the New York Aikikai and President of the United States Aikido Federation Eastern Region, Mitsunari Kanai Shihan of the New England Aikikai and Mitsuo Hataya Sensei of the Machida Dojo and Vice President of the All Japan Battodo Iaido Federation and All Japan Toyama Ryu Iaido Federation in Tokyo, Japan.

Last but not least, I am most grateful to all my students who make a commitment to come to training and support our little group of friends and our little dojo. I know there are few teachers in this country who are as proud of their students as I am. Almost everyday, I receive compliments on the discipline and high level of training of my students. Seeing my students practicing everyday in my dojo, in "our" dojo, is my greatest joy and happiness in life. I wish you the very best of the New Year.

This New Year is the year of the Rooster. For warriors, martial artists and Aikidoists, I believe this will be a very auspicious year for everyone. In the age of the samurai; in times of battle, the war drums resounded from morning to night on the battlefield. But, in times of peace, the war drums stood silent and made the perfect perch for the rooster to welcome in the new morning. From ancient times, the symbol of the rooster has always been a symbol of peace for the samurai, although in other cultures it has always been a sign of war or fighting.

This year, I will be celebrating my 30th year in Aikido. At the age of 45 in April of this year, it repre-

over two-thirds of my entire life. This is a long time for anyone I believe. I have experienced and seen much in those thirty years. My life in Aikido has given me many trying times of difficulty and hardship but also my happiest moments as well. After thirty years, I don't in the least feel that I am coming towards the end of my journey only nearing the true beginning of my life each new day.



Furuya Sensei, Japan, 1990.

Everyday, I count my blessings and am truly thankful for everything I have such as my dojo and all my students. To be thankful does not mean that I am making lots of money or I have achieved great power or fame. Quite on the contrary, I lead a very quiet life and hardly go outside the dojo at all. Actually, I have very little but even this is something to be truly appreciated. I have come to believe that to appreciate all that life offers is to truly to understand what life is all about and becomes indeed an appreciation of life itself. I am not speaking about "how much" or "how many." What we receive from our lives is not something that can be calculated in terms of money or placed on a scale and weighed. It is not relative as well and cannot be compared or measured to what others have. It is something of our very own and only we ourselves can understand and share it. We polish this understanding and appreciation in the dojo and in our Aikido practice. In Aikido, we are always trying to understand and harmonize with the other person. In order to do this, you must understand the feelings of others. At the same time, Aikido disciplines our minds and feelings to become very clear and very pure. O-Sensei referred to Aikido as "misogi-waza" or the "method of self-purification." He stated one must purify himself through Aikido practice "to become closer to God" and to appreciate all that Nature has to offer. As everyone applies himself to his training, I hope everyone will begin to understand this feeling of thankfulness and gratitude for all that we have and finally to appreciate how precious our lives and those of others are. In such a difficult and complicated world we have created for ourselves, this is one thing I hope we shall never forget and preserve in our Aikido practice.

New Year's Greetings:

"BUSHIDO AND BUDO" Martial Arts and the Way of the Warrior

Mitsuo Hataya, Tokyo
Vice President All Japan Battodo Iaido Fed.

As for Japanese people, the terms Budo and Bushido are very much respected, held in awe and greatly yearned for. "The Way of the Warrior" is what the true warrior seeks and strives for. This path, this "Way" is quite severe and never ending.

This Path is what people today have adopted into their own lives as a practice of the humanity of one's life. However, more than half of the Japanese people today have forgotten what this is about.



Members of the Los Angeles Branch of the All Japan Battodo Iaido Federation. The first and only official branch dojo to date established outside of Japan. Not in the photo: Mr. Kenny Furuya and Mr. Dan Yoshimura.

When I first came to America on business, I couldn't hide my surprise when I found that some Americans were practicing Budo. Japanese have already forgotten what is the Path of the Budo of ancient times. Today's Budo is trendy and convenient and its discipline has become too easy. We can hardly call this Budo. However, I am so impressed that the people practicing Budo in the Aikido Center of Los Angeles, is truly the real Budo. To the members of the Furuya Dojo, I really want to support your efforts in practicing the true martial arts. I also wish to see this training become the nourishment which vitalizes your lives. I will always be by your side. As one martial artist to another, practicing martial arts together with you is the greatest happiness of my life. I wish everyone a very Happy New Year.



Recent promotional examination with Hataya Sensei (second from the right, top row) and other guest instructors from Japan.



Sensei visiting the Hataya Sensei's Machida Dojo in Tokyo Japan in 1991



Master Hsu Chi (second from left, front row) during recent seminar. Master Hsu, one of the top Chinese martial arts teachers in the world, comes to the dojo once a year to introduce his art. Master Naoji Karita (front, center) master sword polisher often visits the dojo from Japan to learn from Master Hsu.

New Year's Greetings:

The Heart of Tea

I would like to wish every a very Happy New Year.

Last year, I began my Tea Ceremony Class at the Aikido Center of Los Angeles and feel so grateful to meet many wonderful students. Entering the New Year of 1993, I would like to continue my practice with you without ever forgetting that I am just a beginner too studying the Way of Tea and request your guidance and support. Thank you so much. Have a Happy New Year.

January 1, 1993

Respectfully,

Sokyo Arai,
Edo Senke Fuhaku-kai



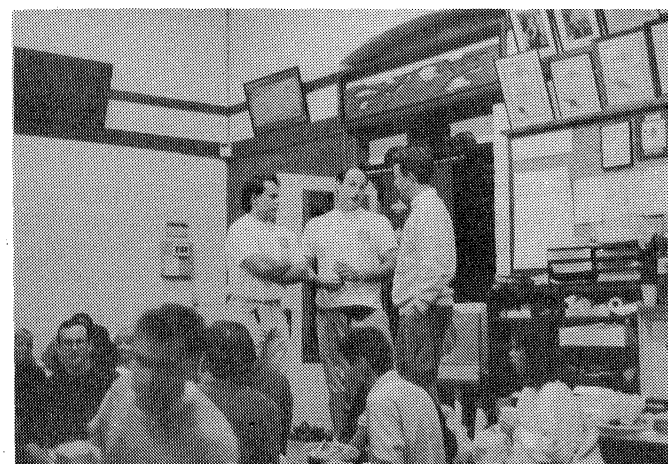
Madame Sokyo Arai Sensei with (left to right) Ken Watanabe, Mitsuko Yoshimoto and Kenny Furuya, just a few of the students practicing the tea ceremony in the dojo on Saturday and Sunday afternoons.



Arai Sensei at the recent East West Orchid Show at the Hotel New Otani. Arai Sensei teaches the Edo Senke School of the traditional Japanese tea ceremony at the ACLA.

Tea teaches the four principles of "Wa-kei-sei-jaku" or "Harmony, respect, purity and humility."

1992 Ends With A Bang!



Everyone had a great time with lots of good food and lots of good friends at the dojo's Year End Party, Bonen-kai, in November which also served as our Christmas Party as well. Almost forty members participated and prepared a great pot luck buffet. Recent promotions were awarded and we also had a raffle drawing with everyone receiving some kind of gift.



O-Sensei, The Founder of Aikido in the year of his passing at the age of 86 years old. Our practice is dedicated to his memory.

武士道、そして武道

この語に私達日本人は尊敬と畏れと、そして憧れをもっています。武士道とは武士が己の武人としての道を追求すべく努力することです。そして、その道は激しく終わりのない道でもあります。

この道を人間形成の人生の修行の場として、現在人は取り入れています。しかし、現在の日本人の大半はまたこの道を忘れようとしています。

私は、仕事でアメリカを訪れた時に、この武道を追求しているアメリカ人の存在を知り、驚きを隠せませんでした。しかも、我々が既に昔の武道そのものを忘れてしまい、現代の武道は今風に都合よく合わせて修行も楽になり武道とはいえなくなってきました。ロサンゼルス支部の皆さんの修行している本物の武道に対し、私は畏敬の念をもっています。ロサンゼルス支部の古屋道場の皆さん、皆さんの修行している本物の武道を今後努力して修めていただきたいと思います。そして、それを人生の糧として生かして欲しいと思います。皆様のそばに私はいつも居ります。皆様と一緒に武人として修行を積めることは、私の人生の最上の喜びです。来年も良い年でありますように。

東京より



全日本抜刀道連盟、副会長

町田道場長

藤谷 三男



一九九三年

新春

江戸千家不白会
新井宗京

敬具

新年のお慶びを申し上げます。
昨年は合気道センターに茶道教室を開設、よい生徒に出会えて嬉しく思っております。
一九九三年を迎え、初心を忘れずこの道に精進して参りたいと存じます。今後とも宜しく
御指導を賜りますようお願い申し上げます。まずは新年のご挨拶まで。

NEW YORK AIKIKAI BUILDING NEW DOJO.

The New York Aikikai is scheduled to move to its new location in January. They are building a new dojo near the old location and are soliciting donations at present. The Aikido Center of Los Angeles donated \$200.00 towards the New York Aikikai Building Fund. We wish them success and good luck in their new dojo.

FURUYA SENSEI CELEBRATES 30 YEARS OF TRAINING

Furuya Sensei will be celebrating his 30th Year in Aikido in 1993 and is planning a celebration in April of 1993. We hope everyone will participate in this important celebration for the Furuya Sensei and the Dojo.

ANCIENT WAYS COLUMN NOW ON THE STANDS

The most recent Ancient Ways column written by Furuya Sensei is out on the stand in the March 1993 issue of Martial Arts Training (MA Training). The theme is "What is True Strength?" and is two and three quarters pages in length.

MANY THANKS

Many thanks to Mark Moore who fixed the screen on the front door. Many thanks to Gabriel Cortina who set up Sensei new computer system. Many Thanks to everyone who participated in our Year End Party in November.

PRACTICE UNIFORMS

It looks like the price of uniforms is going up as it has been for a long time now although we have kept the price the same for quite a few years now. From January 1st, the price of uniforms will go up to \$55.00 for adult sizes and \$45.00 for children's sizes.

Please do not solicit members of other dojos. We welcome Aikido students who are moving into the area or who have no current dojo. Active members of other dojos should practice at their home dojo and support it fully. We do not allow solicitation of our students for other schools. This policy will be fully enforced and may lead to expulsion from our dojo and nullification of rank. No refunds.

MEMBERSHIP FEES 1993

As of January 1, 1993, we will be instituting an Annual Membership Fee to help support our dojo.

When one first joins our dojo, a \$25.00 initiation fee is received to cover the cost of processing the membership application. Each year thereafter, a \$15.00 annual membership fee will be requested from each member and a numbered and registered ACLA Membership Card will be issued.

New students are not required to pay the first year or until they receive their first promotion.

This membership fee will greatly help with the ever rising costs of maintaining the dojo. Thank you for your kind support and understanding.

Aikido Center of Los Angeles

Welcome Back!

In recent months, we have had a tremendous number of students returning to the dojo after a leave of absence.

All students are always welcome back to the school and we are so happy that you will be continue your practice again.

If you have friends who have stopped practicing for one reason or the other, please let them know that, if their work or school schedule permits, they are always welcome to begin training again in the dojo.

During these difficult times, if any students has financial problems or is on a tight budget, please see one of the black belts right away and some arrangement can be made. Again, it is so nice to see so many old students again in the dojo.

NEW YEAR'S PARTY **January 17th**

We are planning our New Year's Party for January 17th and hope everyone will come for a good time and to celebrate the New Year in the dojo.

The party again will be buffet style, please see our sign up list for what to bring.

Special promotions will also be awarded and a dojo photo will be taken. Don't miss it!

GENERAL MEETING **January 10th**

We will conduct our Annual General Meeting on January 10th, Sunday morning, from 10:30am after the morning practice. All students are invited and urged to attend because we would like to discuss and plan our schedule for 1993. Everyone is important and should be there. Thank you.

Announcements

Black belt holders should verify that all their membership fees are up to date with the dojo, US Aikido Federation and the Aikido World Headquarters in Tokyo, Japan.

Students should try to come to the dojo a few minutes early to change and warm-up or practice with other students. The dojo is always open early and early students are always welcome.

Please keep our dojo clean. Please pick up litter if you happen to see it outside the dojo. And, please don't leave things in the dressing rooms. Clean-up is an important part of our training and discipline.

As of January 1, 1993, students are requested to pay our Annual Membership Fee to support the dojo. Thank you.

1993 Dojo Training Schedule

Beginning Open Classes

Mondays thru Fridays

7:00am - 8:00am

8:00am - 9:00am

6:15pm - 7:15pm

Mondays-Wednesdays-Thursdays

7:30pm - 8:30pm

Saturday Mornings

10:15am - 11:15am

Sunday Mornings

9:45am - 10:45am

Advanced Classes

2nd Kyu & Up

Please bring bokken, jo and tanto.

Tuesdays

7:30pm - 8:30pm

Saturdays

11:30am - 12:30pm

Children's Classes

Sunday Mornings

8:30am - 9:30am

ACLA Dojo Newsletter

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SPECIAL CLASSES (Separate Fees)

Afternoon Workouts

\$55.00/month

Mondays-Wednesdays-Fridays

4:30pm - 5:30pm

Ki & Breathing Class

Senior Citizens: \$15.00/month

Adults: \$45.00/month

Tuesday Afternoons

1:00pm - 1:30pm

Kenshin Kai

L. A. Branch Zen Nippon Battodo Renmei
Iaido Kodo Kai

Wednesdays

8:45pm - 9:45pm

Saturdays

9:00am - 10:00am

Sundays

7:30am - 8:30am

First Friday of the Month

Sword Study Class

7:30pm - 8:30pm

Third Saturday of the Month

Iaido Intensive Workshop

6:30am - 8:30am

Last Week of the Month: No practice.