

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Affiliations: The Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, Tokyo, Japan
The United States Aikido Federation Eastern Region, New York, New York
The Los Angeles Sword & Swordsmanship Society, Los Angeles, Ca.
The Aikido Center of Santa Monica - Branch Dojo, Santa Monica, Ca.

January 1, 1995

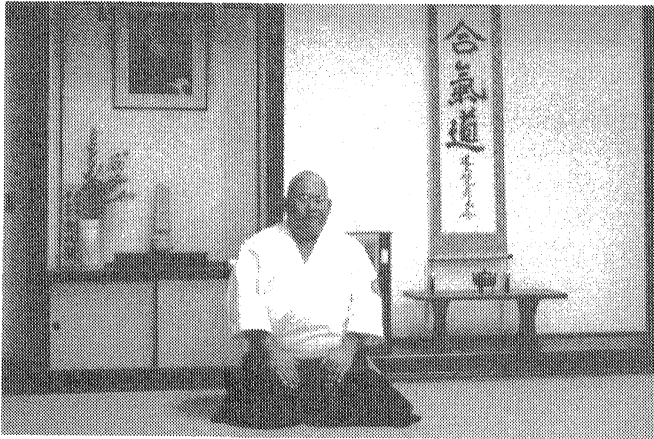
Vol. XIII Number 1.

Happy New Year!



Akemashite Omedeto Gozaimasu.

Sensei's Greetings



I would like to wish everyone a very "Happy New Year" and the very best of 1995.

In 1993, after a very successful Nisei Week Demonstration at the Japan America Theatre, I promised everyone that 1994 would be a very quiet year for us and I would try not to plan many activities. A few of my students laughed because I think they know me too well. Indeed, despite my promise, 1994 proved to be one of our busiest, most eventful, years in the history of our small Dojo.

In 1994, we hosted a Gasshuku Joint Practice with twenty black belts from the Omiya Dojo in Saitama Prefecture under the direction of Isamu Ichizuka Shihan. We entertained several guests from Suganuma Sensei's Shoheijuku Dojo in Kyushu. We completed a comprehensive nine volume, nine hour video on Aikido and we are in the process of producing one book on Aikido techniques, "The Tao of Aikido," and publishing our "Ancient Ways," column in Martial Arts Training magazine into book form. In addition to the numerous demonstrations, we also conducted a self-defense seminar for the Little Tokyo Anti-Crime Association and demonstrated at the Roybal Federal Employee Health and Fitness Expo in the Roybal Building in Downtown. Some would say, "busy" is indeed an understatement.

Of course, I cannot take credit for all of this. I thank all of my students who have given so generously of their time and energy (and sweat and blood) to help the Dojo and participate and support all of our projects. I believe we do good work. It really doesn't make any money for the dojo so we are always in dire financial straights but I believe we do good work. We work for the community and we contribute all we can. As much as we need financial support, we often don't take any money at all. At the same time, the dojo is building good students and good people. This is the most important work of the Dojo, I believe, and, for this, I am always very grateful.

Because we do good things, however, does not in the least mean that we are perfect. I make so many mistakes everyday no matter how hard I try. I am only human. I think we should always keep in mind that humans are really great. But they are not great from the beginning. Human beings must work hard to understand this greatness - one way is the path of Aikido. When I say greatness, please do not misunderstand me. "Greatness" does not mean to be "better" than another person. "Greatness" means that each person realizes the very best of whatever and whoever he is. The dragon realizes the greatness of a dragon; a tiny ant realizes the greatness of a tiny ant. It is not a question of big or small, rich or poor.

From my personal experience as a teacher I realize that most people do not see their own greatness. They only see their faults and waste most of their time trying to cover them up. This is being very human. One must utilize his faults and shortcomings as a stepping stone to see what is truly great about himself. Most people don't see where these stepping stones are and only use them carelessly to slip off and fall down.

Step carefully and slowly move forward. Some of these faults (stepping stones) are hard to see and must be found out very thoroughly before taking a step. Some of these stepping stone are very big and require several steps, even a big jump, to reach over them. Some are so big that we are forced to go around them and deal with them later when we are a little stronger. Whether each stepping stone is big or small, each step is a victory for yourself.

Because human beings are human beings, we don't realize that we must step carefully over these stepping stones and only realize they are there when we inadvertently slip on them. Aikido practice is seeing where each of these stones are in our lives and proceeding over them one at a time.

* * * * *

In 1995, I hope we can build a stronger Dojo meaning that everyone works together more closely than before to create a good, closely knit membership. I also hope that members of the Black Belt Association will practice on a more regular basis and build themselves up as good assistant instructors. We need everyone's help to build up our membership a little more. I am always making tiny improvements around the Dojo and I hope everyone will indulge me in this as usual.

With the publications of the video tapes and books, I think that 1995 will prove to be a busy year again. This may or may not attract many new people to the Dojo. We welcome everyone to join our practice.

Loyalty is a very special sentiment. Many thanks to everyone for their continual and constant support. Gassho.

Kensho Furuya

It's That Kind of "Time" Again

WISHING YOU A BOUNTIFUL 1995

Master Adam Hsu
Traditional Wushu Association

Happy New Year? No, not yet. I'm Chinese. According to our calendar, in force for four thousand years or so, the New Year is one month from now!

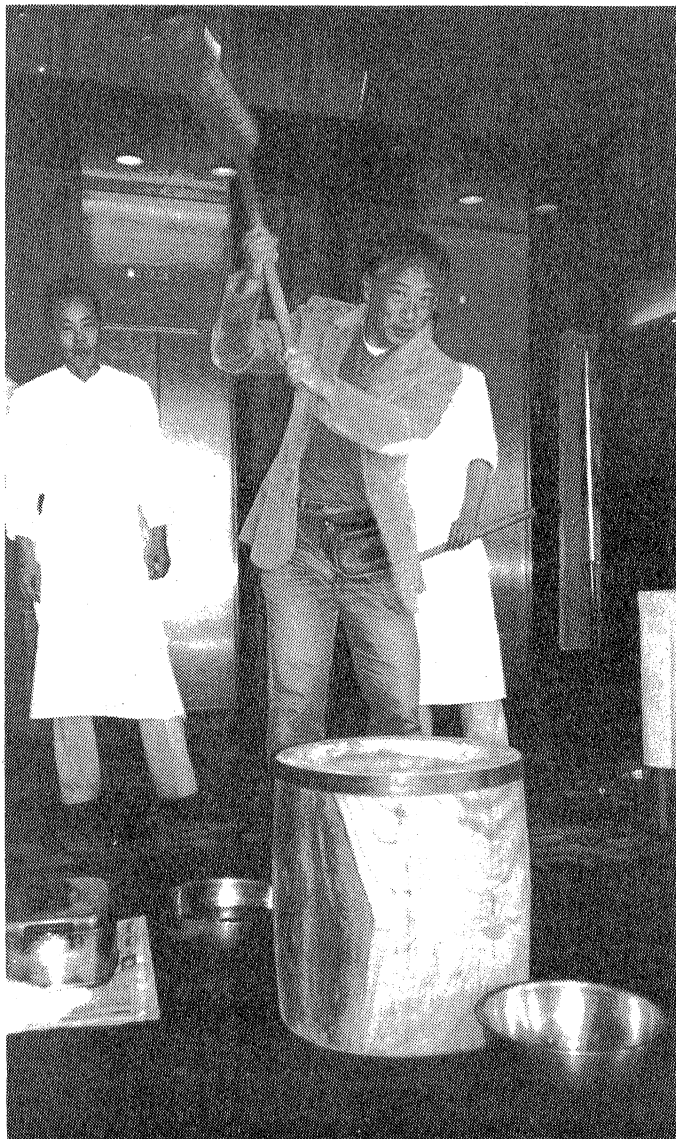
Good Lord! I do understand. According to the western calendar now used all over the world, today is the very beginning of the year 1995. I even know that 1995 is calculated from the birth of Jesus Christ.

Thinking of this year's holiday brought back my memories of the New Year of 1994, which I spent in Tokyo, Japan. It was a long holiday, with schools and government offices all closed. Even money hungry banks and stores shut down for a long period of time. The streets were quiet, lights dimmed in the evenings, and it was all very inconvenient for a traveler like me. But I understood. The New Year is Japan's biggest holiday - just like the Chinese.

Don't get me wrong. Behind closed doors, there was a lot of festivity. Corporations celebrated from Year Forgetting Parties (*Bo-nen Kai*) to New Year Welcoming parties. Families were reunited - several generations jammed into their homes. Airports were packed - just like everywhere else in the world celebrating the New Year.

How about me? My job for 1993 was done. My first job of 1994 wouldn't start until the Japanese went back to work. So January 1st, early in the morning, I walked through the Ginza, supposedly the busiest district in Tokyo. It was so quiet and cold. Certainly I felt lonely in a foreign country.

But hey! Some front gates were decorated with bamboo and pine tree branches and salt was displayed in jars or sprinkled around - pines trees to welcome the spring and salt to chase away evil. Many families were drinking a special kind of wine called *tu shu*. (Sorry for the Chinese pronunciation. The Japanese way to say it may be slightly different - something like "tou sou.") (*Toshu*). I started running into people headed for the temple to burn incense to



Master Hsu pounding mochi on New Year's Day in Japan

worship the Buddha when I returned to the hotel, the hostess, dressed in a traditional kimono, invited me as the first guest to pound mochi with a wooden mallet in a wooden bucket. I was happy for sure but really puzzled because we do most of the same things during our Chinese New Year.

My cousin, his wife, and their teenaged son, newly settled in Tokyo from Shanghai, visited me. I treated them to some mochi I had pounded, flavored with red beans, peanuts and pickled turnips. It tasted better than the machine-made products which can be found in fancy shops both in the U.S. and Japan - not because I had pounded it but because hand-pounding is a better way to make it.

Chewing the mochi, enjoying the flavor, and chatting with my cousin's family brought back many memories of the old days in China, of our hometown, and of our TWO New Years.

Let me explain. China possessed its own calendar up through 1911. After Dr. Sun Yat Sen's revolution overturned the Qing Dynasty on October 10th, the newly established government of the Republic of China announced that starting from 1912, China would join the international family and use the same western calendar. Thereafter, the government insisted that all activities must follow the new calendar and launched an immense propaganda campaign to encourage the Chinese to change their old habits. But this effort was totally in vain.

You guessed it. We still use the old calendar to observe our traditional events such as the Dragon Boat Festival (May 5th, old calendar) and the Moon Festival (August 15th - old calendar). And do I have to tell you about our New Year? Yes, the government celebrates the *new* New Year. Offices and schools close. Banks and post offices are shut down. After all, nobody refuses a chance to take a couple of days off.

But no one drinks *tu shu* or pounds mochi. (In China we have Year Cakes made almost exactly the same way.). All those enjoyments must wait until the Chinese calendar issues its orders.

The government said the New Year already happened, do they didn't allow any days off. People celebrated anyways and even if they were forced to go to work, their hearts weren't in it. There was no production. Privately owned businesses closed as our ancestors did for thousands of years. Oh yes! Fire crackers, percussion bands, Lion Dances, visits from relatives and friends and "Gong Hay Fat Choy (Happy New Year - Congratulations on Making Big Bucks!)." We called it the *old* New Year or the *old calendar* New Year. All of this, though unintentional, literally made the *new* New Year a joke.

But the government had a solution. Like all smart politicians, they insisted on following their *new* New Year but renamed the *old* New Year, the Spring Festival, officially allowing some days off. Everyone was happy, including me.

But, when I was in Japan, I thought about this a lot. As we all know, Japan is the very first westernized country in Asia. Televisions, cameras, and cars weren't invented in Japan, but today, she dominates the world in these and other fields. Certainly, modernization has been very successful. China started late. This doesn't matter. But unsuccessful modernization, whether in science or democracy - that does matter.

Indulging in some deep rethinking while I enjoyed the tasty mochi, I realized the critical factor here is that the Japanese have accommodated change in the best and healthiest way. New Year traditions weren't discarded but just carried out on a different day. So, Japan caught the wave of the world's mainstream and still kept her own personality and special cultural flavor intact.

With the frigid weather upon us, I recently purchased an old coat in San Francisco's Japantown. This coat is older than I, probably manufactured at the turn of the century. Our area isn't really that cold even in winter but I had to buy it because it blended the traditional Japanese kimono and western overcoat so smoothly. It's a perfect symbol of the way Japanese digest western culture and ideas, combining them with beauty and integrity into their own traditions.

China produces very plausible excuses such as, "these habits are four thousand years old, much too deep in our blood, and therefore impossible to change." But no matter how true, this also is a fact: the world keeps turning and won't wait. If we attempt to modernize by polishing the surface, then any revolution - no matter industrial or political - or just our beloved martial arts, is only skin deep. Without roots, the plant won't grow and the crops will not be harvested. Why does the mochi in my mouth now taste bitter?

Of course, neither historical trends nor entire cultures can be totally captured by a couple of modest examples. But modernization in Japan is rooted in the depths of the Japanese heart. So no matter what their specialty or field, people share the same understanding, needs and attitudes. Since we all love martial arts, I'd like to point out that Japanese martial arts have been successful in promoting themselves world-wide. They put on internationally recognized events with great success. On the other hand, Chinese wushu today isn't very much different than centuries ago: secretive, disciple systems, fairy tales, no ranking system, no text books, no scientifically proven studies. Practitioners satisfy themselves by thinking, "We're



the best," something I classify as a historical statement. Today, the actual fact is that we face a situation critical to the point of uncertain survival. To survive, thrive and spread out, and then possibly improve in the 21st century, wushu must be modernized. I don't think it can be done like the Chinese "new" New Year and "old" New Year, co-existing and compromising each other.

Modernization in Japan started in the 19th century. They learned from the Dutch and then from all different western countries. China also started to modernize several times. Some attempts were beaten down by foreign forces; some smashed by rulers or political factions; some were bothered by the Sino-Japanese and Second World War; and some by civil war with the Communists. I think it is "that kind of time" again to renew old unsuccessful ideas, give modernization another try, and most importantly, realize it must start from deep roots, from the bottom of our very hearts.

Speaking about years . . . I realize that I've taught Kung Fu in the United States for 15 years now. Am I qualified as an expert of culture exchanges? I would like to humbly point out that starting from my own students, all practitioners of martial arts (of all styles: Chinese, Japanese, Korean, etc.) are all moving towards a foreign culture and a totally different concept of body discipline. I admire them very much but am often shocked by my students, my new students, telling me how much they love Kung Fu and my classes already . . . sometimes after their first class!!!

From the United States to Asia, there is something called the Pacific Ocean. There is an old saying that talks of the "slow boat to China." Of course, I took a jet to return home from Japan, but it still took twelve long uncomfortable hours. Asia is not so close that you can simply reach out your arm and touch it. I would like to point out that even when I was young and strong and studied Kung Fu in China, it was never easy at all to achieve even a little bit of improvement. I was always told that the Martial Arts were

a life long engagement. Kung Fu was a life style and Wushu is both endless and borderless. I was never told otherwise.

Let's go back to the "new" year, "old" year story. I'm trying to point out the difference modernization of Martial Arts between China and Japan. No matter if it was a success or failure, they all have very strong cultural backgrounds deeply rooted in the martial arts themselves. For any student, regardless of race, sex or age, if they want to succeed and master their style, I would suggest three things:

The first one you should know already - practice hard. Second, I would suggest humbleness and patience while going in an unrushed pace. Third, go out and enjoy the New Year no matter how many times in a year. Enjoy all the different kinds of customs, foods, costumes, and decorations. Why? Because without the wide range of cultural understanding, there can be no fertile soil in which to plant your Martial Arts roots. Therefore, you can not produce the blossom and the fruits you wish for.

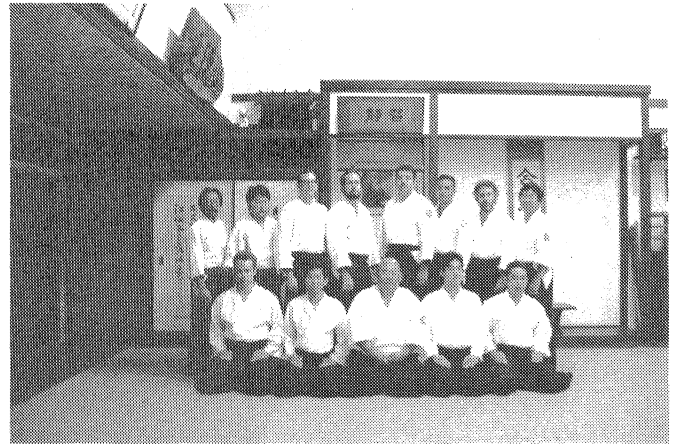
Otherwise, you can certainly order beautiful flowers from FTD or buy shiney apples from Safeway. But have you realized that both the flowers and the apples are already dead, while you are not?

Most of the Martial Arts are no longer limited to Asians. Call it the global village or the international family; now, Eastern Martial Arts are already practiced world wide. I have very high expectations of my students that they can carry on this thousand year old Martial Art to the modern, contemporary world. I strongly believe that they can do it naturally . . . as long as they can master the art.

By all means, now is the time to set our resolutions. Let's not just yell out slogans; but, by marching forward to get the job done, may I wish everybody a bountiful and "*budo-ful*" 1995.

Adam Hsu
Cuperitno, CA.

January 1, 1995



New Year's Greetings from the ACLA Black Belts

(Missing from photo: Richard Eloriagga, Gabriel Zorilla, Rick Parents, Curtis Westfall, Tom McIntyre, Henrique Morimura, Brigido Anaya, David Ito. Kenshinkai: Gary Myers, Jeffrey Wheeler, David Samuels.)

Recent Publications

"Quest for Health," (Ancient Ways Column)
MA Training, March, 1995.

"Power Talk" (Interview with Sensei), Australasian Fighting Arts, October/November, 1994.

"Cutting Edge, The Curious Samurai Custom of Testing Swords," Budo Dojo Magazine, Winter, 1995.

Upcoming Publications

"Ancient Ways: The Book" (Ancient Ways Column).

"Simple & Effective Aikido Knife Techniques," Budo Dojo Magazine.

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ROYBAL HEALTH & FITNESS EXPO: Oct. 26 27, 1994.

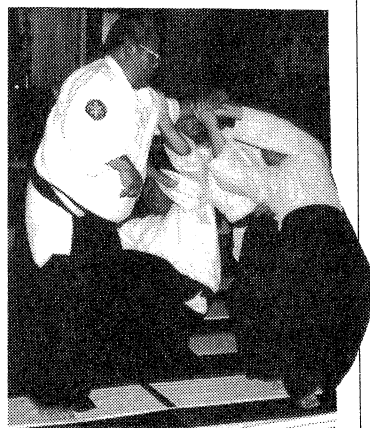
Presentation by Dr. Cheryl Lew



Sensei at the Roybal Health & Fitness Expo

Good morning, ladies and gentlemen. My name is Dr. Cheryl Lew. I am a student and member of the Aikido Center of Los Angeles which will be presenting a demonstration of the traditional Japanese martial art of Aikido shortly.

As it is uncommon for martial arts to be presented in the context of **Health** strategies, Furuya Sensei has asked me to make a few preliminary comments, in my capacity as a children's lung physician and respiratory physiology, about the discrete and unique health benefits of the practice of a self-defensive martial art such as Aikido.



A consideration of the more spiritual and philosophical aspects of Aikido is much beyond my capabilities and expertise. And although it is, for the serious student, impossible to separate the spiritual from the merely somatic elements of martial arts practice, Furuya Sensei is the more appropriate resource for such inquiries. Therefore, let me review with you, then, the specific benefits of the physical aspects of Aikido.

First, you will note that the constant, circular motions

involved in the various techniques can be carried out at various work load levels, such that the aerobic effort can be adjusted to the individual student's degree of conditioning, age (either very young, very old or "middling") and intrinsic aptitude. Practice sessions of 50 minutes, following 10 minutes of warmup and stretching, 2 - 4 times per week provide all the aerobic conditioning necessary to ensure that **aerobic metabolism** is at its most efficient regardless of the age of the participant. What this means is that there are no limits to the type of student who can enjoy the progressive improvements in **cardiovascular and pulmonary conditioning** which accompanies regular practice in Aikido. The youngest members of our Dojo are about 6 years old, and the oldest are in their seventies. A number of middle aged members, who have practiced Aikido for 10 or more years, exhibit an enviable degree of **physiological fitness** for individuals of any age.

Even those students with chronic health conditions such as asthma are improved following the development of **increased respiratory capacity and general conditioning** associated with the graded exercise of Aikido training. Other underlying health conditions such as hypertension, hypercholesterolemia which are known to improve with **aerobic training**, are also likely to be improved with Aikido training.

Second, the characteristic movements are smooth, curvilinear and follow natural movement planes of all the joints in the body. Therefore, improvements and maintenance of **flexibility** occur in all students with time. Proper warmup and practice techniques **avoid ballistic type movements** which can injure muscles and joints. Instead the movements, even the joint pinning techniques are carried out in such a way as to **maximize both flexibility and passive (isometric) muscle tone**, which protect against injury. Although the correct implementation of Aikido techniques **avoids use of brute force and strength** against the opponent, nevertheless, the correct execution of the movements improves strength symmetrically in all parts of the body. These considerations are particularly important for the physical training of young children, prepubescent adolescents, and women - all of whom are especially vulnerable to sports injuries. Those of us either in or entering middle age with associated joint stiffness and discomfort can benefit from the reduction of stiffness and joint discomfort with regular participation in **non-ballistic exercise**.

Continued:

"THE ART OF AIKIDO " Video Series

Review by Dr. Taitetsu Unno

"The Art of Aikido," a nine volume, nine hour, video series by Kensho Furuya of the Aikido Center of Los Angeles, is an excellent introduction to this non-violent spiritual form of martial art founded by Morihei Ueshiba. Recommended for both beginning and advanced students of Aikido, Furuya Sensei demonstrates the multiple defensive techniques against attacks, holds, and weapons with patience and understanding of the subtleties of Aikido movement based on centering, ki-energy, and the opponent's strength. His lectures, interspersed among the dynamic spherical motions of the art, help clarify the spiritual and religious dimensions of this art articulated by Grandmaster Morihei Ueshiba.

In the West, the Asian martial arts are called "self-defense," using violence and lethal power as the selling point. While this caters to macho culture, it goes against the essential spirit of traditional martial arts which is the training of the mind and body to attain the realization that there is no "self," dogmatic and static, to defend ((Kant called the notion of self a convenient fiction). This means that real training in a martial art cultivates discipline, patience, reduces ego-inflation, and minimizes arrogance, resulting in the suppleness of body and magnanimity of mind which enables a person to realize his or her fullest potential as a human being. The ideal of martial arts, whether judo, karate, kung-fu, or others, strives for such a realization, but among them Aikido is unique.

Unlike other martial arts, Aikido does not teach any form of striking, kicking or maim-

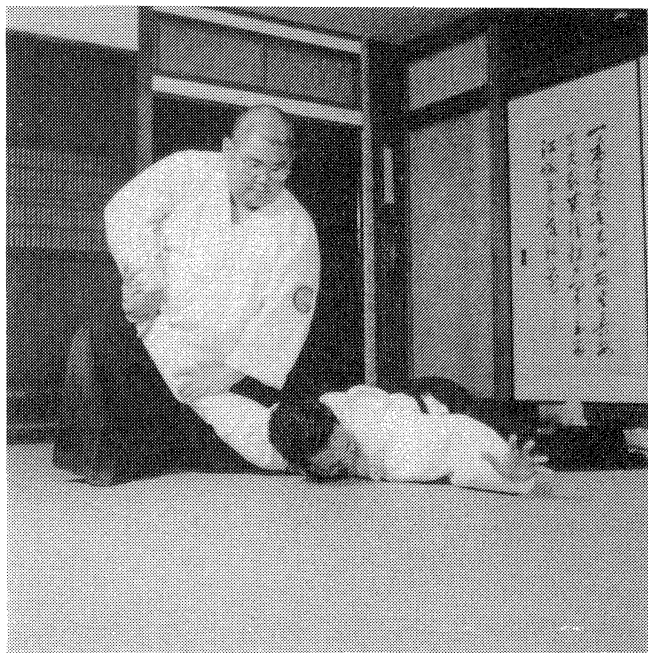
ing of an opponent, nor does it sponsor any kind of competitive tournaments. It only teaches defensive movements, consisting of centered and balanced spherical motions, which deflect attacks and leads the attacker's thrusts to follow its own course, off balance and destined to fall. Such circular, fluid movements are based on ki-energy coming from the center of gravity within and not on brute strength which blocks any rhythmic flow.

Aikido does have promotional tests for various ranks, but as Furuya Sensei's tapes emphasize the purpose is not simply to assess technical proficiency and expertise but also to look at the person being tested for the human qualities of sincerity, effort, patience, and selfless devotion to the art. Proper and respectful bowing is part of the testing procedure.

Kensho Furuya's introductory tapes on the "Art of Aikido" show glimpses of the spiritual core of martial arts, for he himself combines both aspects: his many years of study under the leading Aikido teachers in the U.S. and Japan, and his involvement with religion as an ordained priest in the Soto Zen tradition. Thus, while the techniques demonstrated by Furuya Sensei are instructive (they should not be attempted without the guidance of a qualified teacher), the tapes are also informative and enlightening for anyone wishing to learn more about the spirituality of Japanese martial arts, a spirituality that has commonalities with the arts of tea ceremony, floral arrangement, haiku poetry, and sumie painting.

* * * * *

"The Art of Aikido" is a nine volume set of comprehensive instructional video tapes on the fundamentals of Aikido by Kensho Furuya of the Aikido Center of Los Angeles. The tapes are produced and distributed by



Sensei during practice in the Dojo.
Uke is Ken Watanabe.

Unique Publications, 4201 Vanowen Pl, Burbank, CA 91505 (Tele: 1-800-332-3330). For further information on the video tapes, seminars and instruction in Aikido, please contact the Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Call 213-687-3673.

The reviewer, Dr. Taitetsu Unno, is a Jill Ker Conway Professor of Religion at Smith College, Massachusetts. Since 1971, he has been teaching courses on Buddhism and on Japanese culture in relation to religion, aesthetics and the arts. He is the translator of The Spirit of Aikido by Kisshomaru Ueshiba, published by Kodansha International (1984). Dr. Unno is a graduate of the University of California, Berkeley, and received his M.A. and Ph. D. degrees in Buddhist Studies from Tokyo University. He is a black-belt student of Aikido, as well as an ordained minister of Shin Buddhism.

PROMOTIONS

As of December 12, 1994

ACLA
2nd Kyu
Bruce Ino
Jose Araujo
Dr. Cheryl Lew
Mark Ty

3rd Kyu
Audra Kakita

4th Kyu
Richard Villaverde

6th Kyu
John J. Jolly
Allan Judd

CHILDREN'S CLASS
3rd Kyu (Blue)
Kevin Fujimoto
Canek Aguirre
Ryan Kageyama

4th Kyu (Blue)
Susan Kageyama

5th Kyu (Orange)
Yuko Hirayama
Vincent Calderon

6th Kyu (Orange)
Shelby Kakita
Michael Yamashita

7th Kyu (Green)
Eric Akia Marvin-Cuddy

SANTA MONICA BRANCH DOJO

4th Kyu
James Goller

5th Kyu
Ada Chong
Lee Crystal
Don Gallagher
Neville Charles
Raffi Badalian
John Franzoni

6th Kyu
Daniel Riordan
Simon Pitts
Klaus Lindenberger
Peter Merwin
Norda Mullen

Upcoming Books **THE TAO OF AIKIDO**

Comprehensive volume on basic Aikido techniques and the spiritual aspects of practice, emphasizing Aikido in the philosophy of daily living.

ANCIENT WAYS

The very popular "Ancient Ways" column will now be in book form covering the column appearing the MA Training Magazine over the last eight years. This column was elected as most popular and well read column in a national survey in 1993 and 1994 consecutively.

Future Publications

INTRODUCTION to the JAPANESE SWORD



NEWSLETTER NOTICE

Due to raising postal fees and printing costs, we will be drastically cutting our mailing lists for the Newsletter. If you wish to continue receiving your subscription, please let us know.

Important Dates for January

Jan. 1 - 2nd. New Year's Holiday

Jan 6th. Sword Study Class from 7:30pm

Jan. 8th. JACCC Kotohajime New Year's Events in Little Tokyo

Jan. 13th. Budo Study Class from 7:30pm

Jan. 22nd. Kagami Biraki Special Practice from 9:45am

Jan. 28th. Black Belt New Year's Breakfast from 8:30am. All Black Belts and senior students are welcome.

Royball Health Expo Continued:

Third, posture and balance are intrinsic to the correct practice of Aikido. Maintenance of correct posture and balance - involving the balanced use of all muscle groups - tends to decrease fatigue and possibly improves work productivity. This is a potential benefit which may not be obvious to those of us who are desk bound or are otherwise engaged in professional activities which are associated with poor mobility. Correct posture and balance, coupled with improved muscle tone/strength may also protect against a variety of strain/stress injuries in the work place. In short, if one's body functions optimally, even the intellectual/cognitive functions of our daily work lives is likely to be optimal.

There are only a few of the particular benefits of Aikido practice. At this time, I will relinquish the commentary to Furuya Sensei who will provide you with more details of the demonstration. . . .

**HEALTH BENEFITS PRESENTATION by
Dr. Cheryl Lew**

AIKIDO

Training Schedule

BEGINING & OPEN CLASSES

Mondays thru Fridays
6:15pm - 7:15pm

Mondays & Thursdays
7:30pm - 8:30pm

Saturday Mornings
10:15am - 11:15am

Sunday Mornings
9:45am - 10:45am

ADVANCED & INSTRUCTOR'S CLASSES

Please bring bokken, jo & tanto.

Wednesdays
7:30pm - 8:30pm

Saturday Mornings
11:30am - 12:30pm

MONTHLY BLACK BELT INTENSIVE SEMINAR

Please bring bokken, jo & tanto.

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

CHILDREN'S CLASSES

7 - 17 yrs.

Sunday Mornings
8:30am - 9:30am

KENSHINKAI

**Traditional Japanese
Swordsmanship**

Tuesday Evenings
7:30pm - 8:30pm

Saturday Mornings
9:00am - 10:00am

Sunday Mornings
7:30am - 8:30am

MONTHLY INTENSIVE SEMINAR

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

Santa Monica Branch Dojo

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

Sundays
12:15pm - 1:15pm

2300 Santa Monica Blvd. at Cloverfield Blvd.
In Santa Monica. Free Parking.

Special Monthly Study Classes

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

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

NEW FROM UNIQUE PUBLICATIONS!

Aikido Shoshinshu

THE ART OF AIKIDO

A Nine Volume Video Series Featuring
Kensho Furuya

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

VOLUME 1 (#AIK01)

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

VOLUME 2 (#AIK02)

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

VOLUME 3 (#AIK03)

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

VOLUME 4 (#AIK04)

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

VOLUME 5 (#AIK05)

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

VOLUME 6 (#AIK06)

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

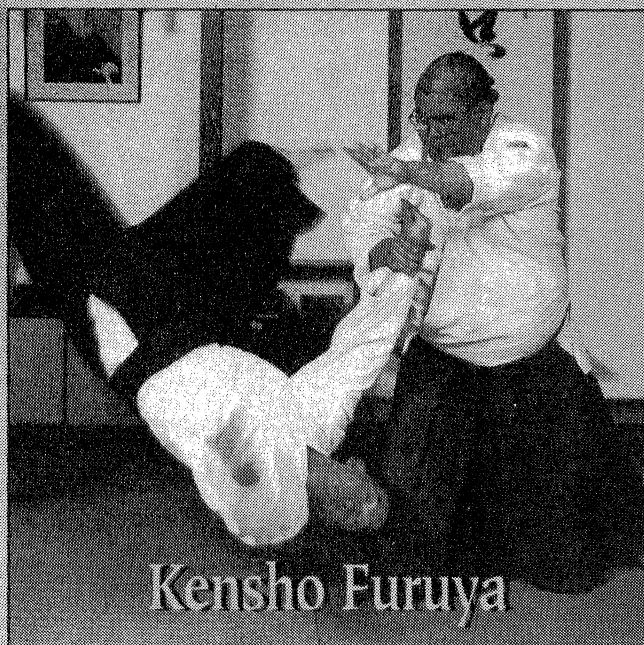
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