

羅府合気道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

940 E. Second Street #7
Los Angeles, California
90012
(213) 687-3673

Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, California 90012, USA. Telephone: (213) 687-3673
Affiliation: Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
United States Aikido Federation, Eastern Region
Nihon Iaido Keshinkai. Los Angeles Sword & Swordsmanship Society

January 1, 1996

Volume XIV. Number 1.

Happy New Year 1996

謹んで新年
お慶びを
申し上げます



Annual Dojo Christmas Party

Wishing all of our Friends and Supporters the very best of the New Year 1996.

I would like to thank all of my students for their continued support and devotion to Aikido and their hard training. Everyone, please keep up the good work.

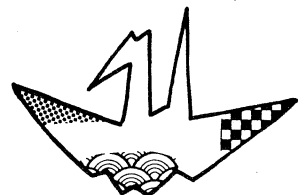
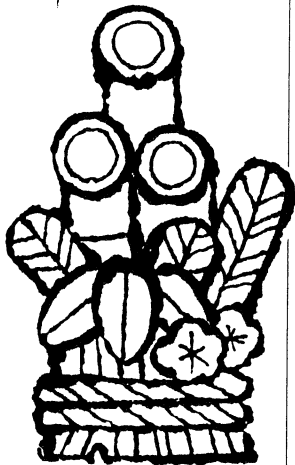
In 1996, we should vow to make a better and stronger Dojo and encourage ourselves and each other to realize our full potential, physically, mentally and spiritually, through the teachings of Aikido as passed down through the Founder.

Thank you so much.

In Gassho,

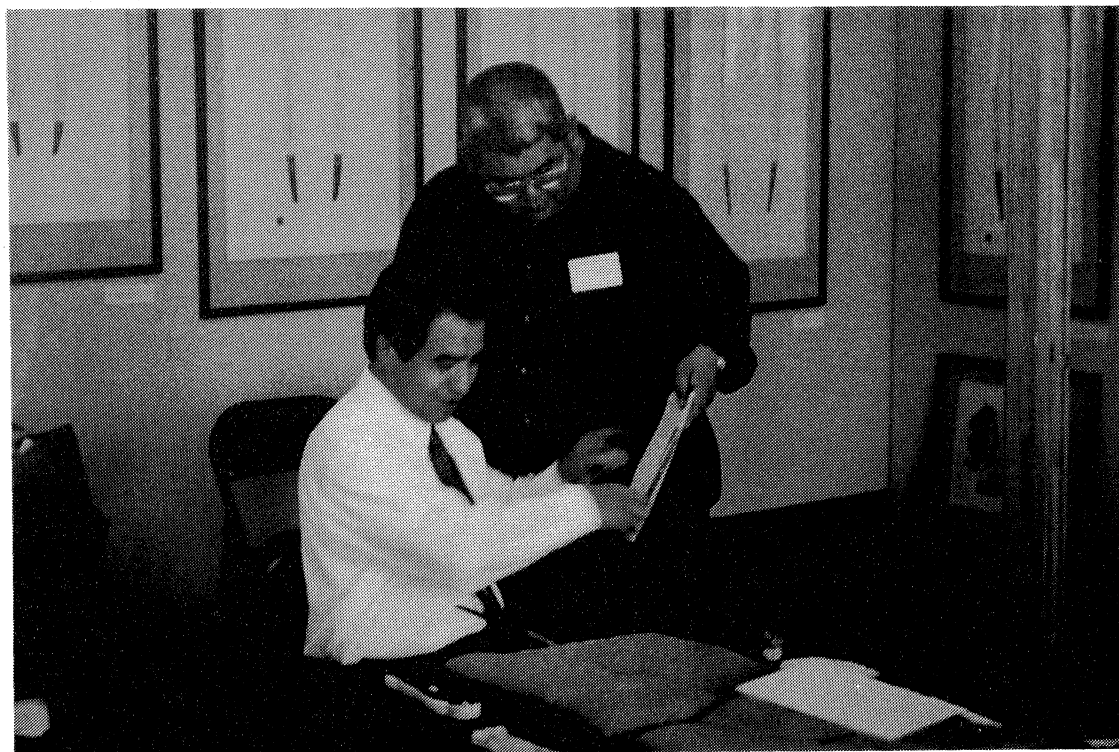
THE AIKIDO CENTER OF LOS ANGELES

Reverend Kensho Furuya





Karita Sensei demonstrating the art of making oshigata. Sensei is translating lecture. About 70 people attended the opening at the Japanese Cultural Room at the Japanese American Cultural & Community Center on Dec. 3rd.



Karita Sensei and Furuya Sensei explaining oshigata at the opening. This is the first exhibition of this type to premiere in this country and will later debut in Japan. The exhibition was funded in part by the National Endowment of the Arts, the California Arts Council, the City of Los Angeles Cultural Affairs Department, the James Irvine Foundation and the Aikido Center of Los Angeles.

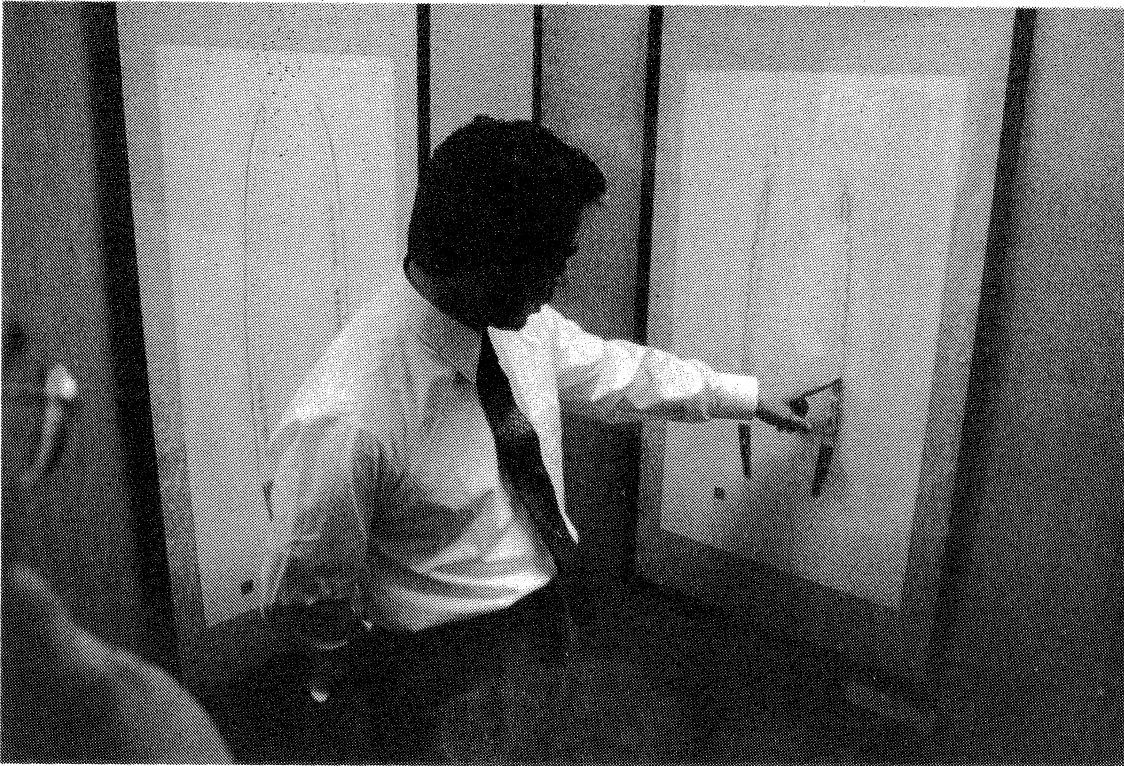
OSHIGATA: SWORD RUBBINGS OF THE SHITAHARA SCHOOL EXHIBITION

On December 3, 1995, the exhibition, Oshigata: Sword Rubbings of the Shitahara School had its premiere opening at the Japanese Cultural Room of the Japanese American Cultural and Community Center in Little Tokyo. This exhibition was sponsored by the Dojo.

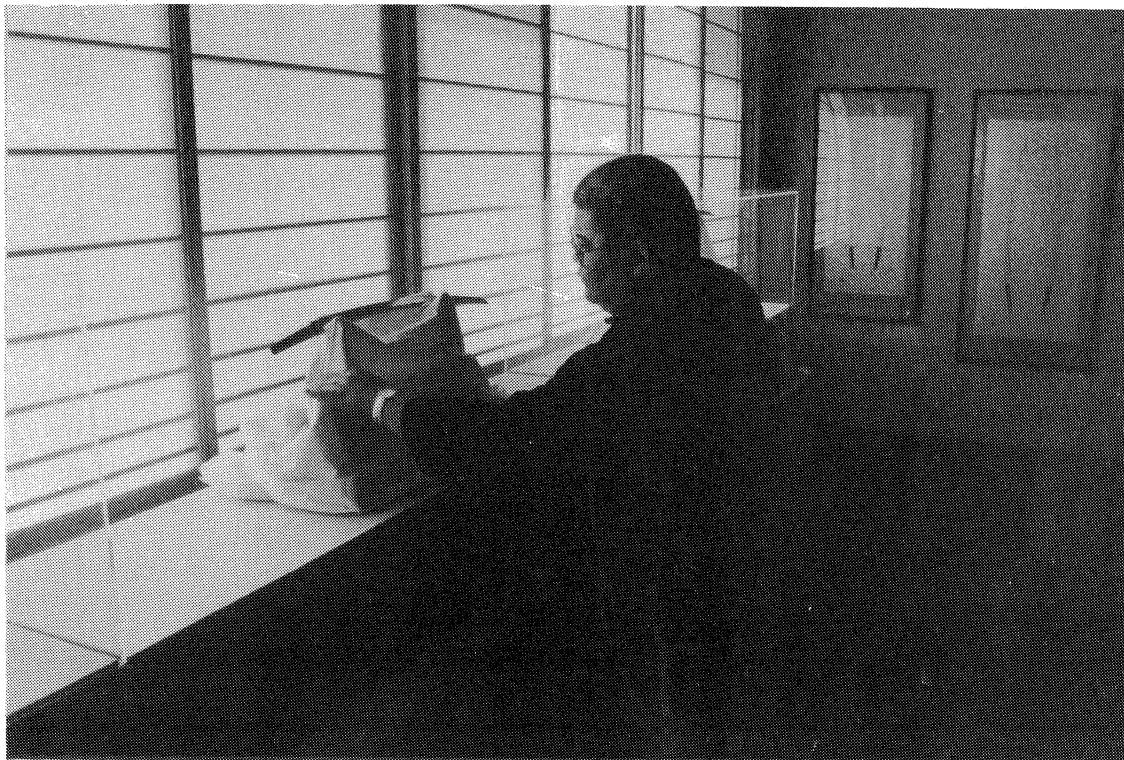
Oshigata are rubbings of the blade made by placing a thin sheet of hand-made Japanese paper over the blade and using a special charcoal to make an accurate record of the blade. The temperline is then drawn in by the artist. These are rare works of art and only a handful of experts in Japan today can make a rubbing of the entire blade. To make one oshigata takes one to three entire days. This exhibition represents work over a period of twenty years by Karita Sensei who is recognized in Japan as a master sword polisher.

The exhibition took place from December 3rd through the 10th. Guests came from as far away as Chicago, Colorado, Texas and locally

AIKIDO CENTER OF LOS ANGELES
NEWSLETTER



Karita Sensei explaining some of the fine points on blades of the Shitahara School of swordmaking.



Furuya Sensei assisting with the set-up of the exhibition before of the opening of the exhibition.

A word of thanks to some of the helpers from the Dojo: Frances Yokota, Maria Murakawa, Ken Watanabe, Bill Gillespie, Joe Quinn, Rick Parents, Matt McCarley, and Michael Henderson. Many thanks.

from the San Francisco area.

Blades displayed for the occasion were some of the very best in the country:

1. Bizen Ichimonji 12th century.
2. Osafune Kanemitsu, 14th century.
3. Yamato Kiyokane. 15th century.
4. Kanesada ("no"-sada) with gold inlaid body test. 16th century.
5. Inouye Izumi no Kami Kunisada. 18th century.
6. Taikei Naotane. 19th century.

Also on display were six koshirae mountings for swords and many fittings and sword guards.

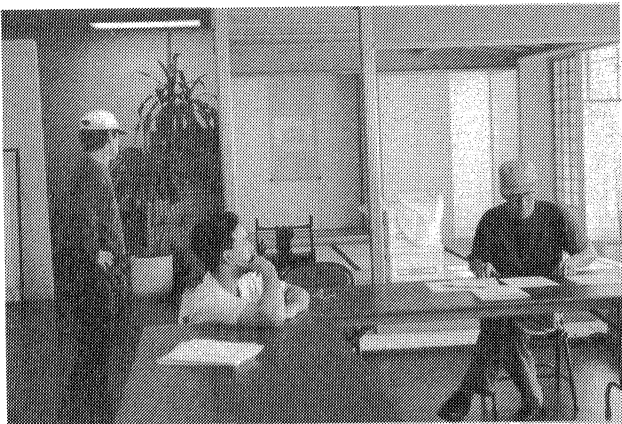
The program consisted of an opening speech by Karita Sensei, Robert Hori, Director of the JACCC Gallery, Blaine Navroth of the So. Calif. Sword Society, and Sensei .

After the lecture, refreshments of sushi and goodies were served with champagne. Traditional tea was served by Master Sohaku Hori. The traditional confectionary for the tea was specially ordered and brought from Japan by Karita Sensei. The exhibition was truly a tremendous success.

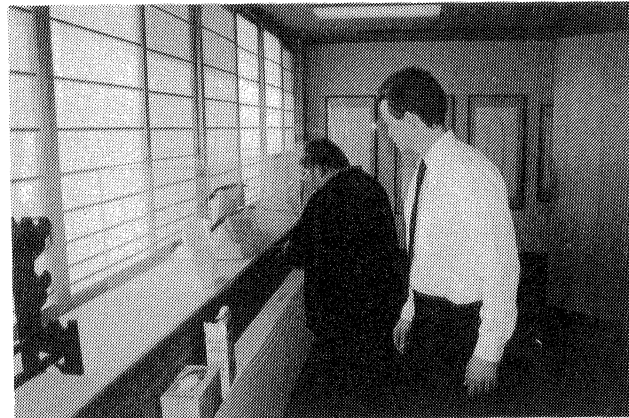
Oshigata Exhibition

We would like to thank the following for all of their help and support:

Mr. Robert Hori, JACCC Gallery
Dr. Nathan Rosenbloom, Display
Mr. Blaine Navroth, Display
Mr. Miles Hamada, Exhibition poster
Mr. Ed Ikuta, Photography
Mr. Hirokazu Kosaka, JACCC display set-up
Ms. Helen Chen Wang, Reception.
Ms. Frances Yokota, Refreshments & reception.
Ms. Maria Murakawa, Reception
Off. Matthew McCarley, Security
Off. Joe Quinn, Security
Off. Michael Henderson, Security
Mr. Ken Watanabe, Reception
Mr. William Gillespie, Reception
Mr. Rick Parents, Security



Pre-exhibition set-up with with Kosaka Sensei and Ken Watanabe.



Pre-exhibition set-up with Sensei and Bill Gillespie.



Members of the exhibition with Karita Sensei.



Karita Sensei with Dr. Nathan Rosenbloom and Sensei.



Sensei introducing Karita Sensei at the opening of the exhibition.

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Celebrating Our 35th Anniversary

The Aikido Center of Los Angeles

AIKIDO TRAINING SCHEDULE

OPEN BEGINNING CLASS

Monday thru Friday
6:15pm-7:15pm

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

Saturday
10:15am-11:15am

Sunday
9:45am-10:45am

MORNING CLASS

Monday & Thursday
7:00am-8:00am

CHILDREN'S CLASS

Saturday Afternoon
12:45pm-1:45pm

Sunday Morning
8:30am-9:30am

ADVANCED

Wednesday
7:30pm-8:30am

Saturday
11:30am-12:30pm

INSTRUCTOR'S
Last Saturday
6:30am-8:30am

UCHI-DESHI
By private appointment

JAPANESE SWORDSMANSHIP

OPEN CLASSES

Saturday
9:00am-10:00am

Sunday
7:30am-8:30am

Tuesday
7:30pm-8:30pm

INTRODUCTORY-BEGINNING
Thursday
8:30pm-9:30pm

AIKIDO CENTER OF LOS ANGELES L. A. SWORD AND SWORDSMANSHIP SOCIETY

940 East 2nd Street #7,
In Little Tokyo at the corner of Vignes St.
Los Angeles, California 90012 USA

Resident Chief Instructor: Rev. Kensho Furuya, 6th dan Aikido, 6th dan Kyoshi Iaido
Direct Student of Grandmaster Kisshomaru Ueshiba, Aikido World Headquarters
Direct Student of Reverend Bishop Kenko Yamashita, North American Hdqtrs. Soto Zen Buddhism
Contributing Editor for Martial Arts Training Magazine
Former Board of Directors U. S. Japanese Sword Society, Former President Southern California Sword Society

*Affiliations: Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, Tokyo, Japan
United States Aikido Federation Eastern Region, New York, New York*

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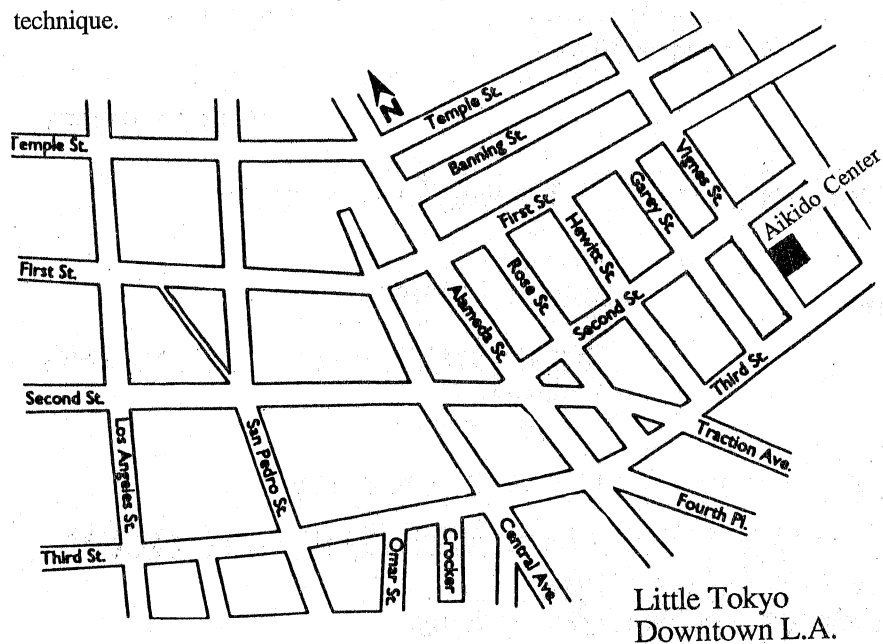
1-96

The Aikido Center of Los Angeles

*A not-for-profit, traditional Aikido Dojo
Dedicated to the spiritual & physical discipline of Aikido and Japanese cultural arts.*

This Dojo was established in 1974 and moved to its present location in Little Tokyo in 1984. The Resident Chief Instructor & General Director, Reverend Kensho Furuya, an ordained Soto Zen priest as well as nationally recognized martial arts teacher, has dedicated his life to the preservation and development of Aikido and traditional Japanese swordsmanship in this country. He holds the prestigious degree of 6th Dan Black Belt in Aikido and 6th degree *Kyoshi* (Master Instructor) in Iaido. Classes are held daily for those interested in Aikido and Japanese swordsmanship.

The Dojo has produced a monumental, extremely detailed, instructional video series in nine volumes, entitled, "The Art of Aikido - *Aikido Shoshinshu*." Furuya Sensei also writes his own column, *Ancient Ways*, in *Martial Arts Training* (MA Training) and publishes feature articles regularly in many of the major martial arts publications. Books in publication are: "KODO Ancient Ways: The Spiritual Life of the Warrior" and the "Tao of Aikido," a complete guide to Aikido technique.



Dojo is located on Vignes and 2nd Sts. in Downtown-Little Tokyo. Enter private street. One block west of Santa Fe Ave and several blocks east of Alameda.

From the Pasadena Frwy, exit Hill St., left on Ord or College to Alameda -turn right. Left on 1st St., right on Vignes St. Enter private street.

From Santa Monica 10, north on Pasadena Frwy into downtown. Stay far right lane "San Bernardino." Exit Los Angeles St turn right. Left on 1st St., right on Vignes.

From San Bernardino, Santa Ana or Golden State, exit Alameda-Union Station exit - go left. Left on 1st. Right on Vignes.

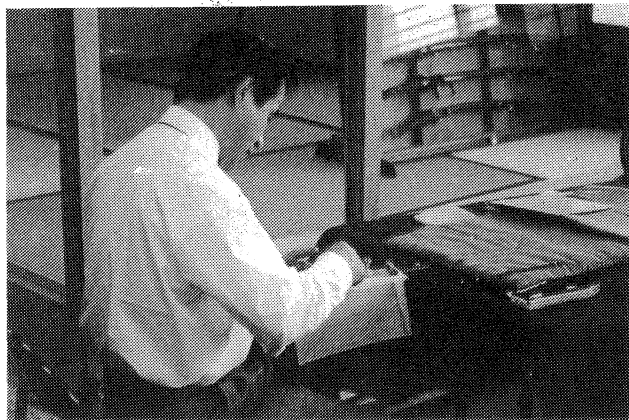
Benefits: There are many benefits in Aikido which you will quickly feel on a physical, mental and spiritual level. You will soon develop skill in self-defense techniques as well as discover that Aikido is an excellent method towards good health and well-being. Through its discipline, you will learn self-confidence, serenity and a truly centered, well focused mental state. In addition, you will experience the art, culture and tradition which has deeply refined this process over the last thousand years.

To Join: Simply fill out the application form and pay the first month's dues and membership fee.

Rates and Fees: There are regular monthly fees but we also have a three month, six month, and yearly plan with considerable savings.

Requirements: We want you to enjoy Aikido, but please keep in mind that it is a martial arts discipline with a tradition and history many centuries old. Please conduct yourself accordingly and show proper respect towards the instructors, your classmates and the Dojo.

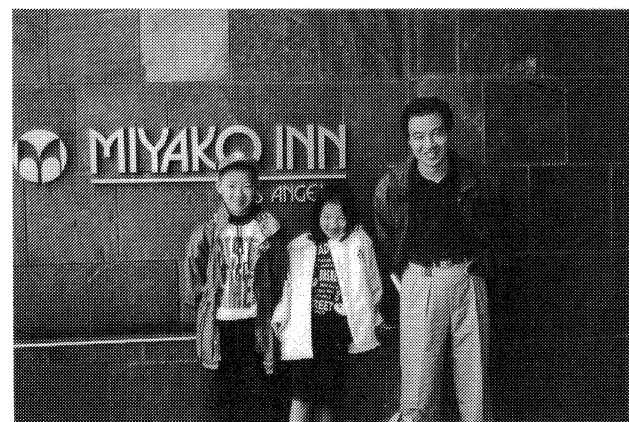
What You Are Learning: You are learning traditional Aikido and its teachings as handed down by its Founder, the late Morihei Ueshiba O-Sensei and his successor, Doshu Kisshomaru Ueshiba of the Aikido World Headquarters, Aiki-kai Foundation, Tokyo, Japan.



Karita Sensei demonstrating art of oshigata.



Maria serving traditional Japanese tea to Minoru Tonai, President of the JACCC and Dr. Ronald Akashi, JACCC Board Member.



Karita Naoji Sensei with son, Naoki II, and daughter, Noriko 8, checking in at the Miyako Inn in Little Tokyo before exhibition day. The children were entertained with a trip to Planet Hollywood and Universal Studios. Also they were treated to their 1st Christmas Party with Dojo members. This is Naoki second trip and Noriko first trip to this country. Karita Sensei arrived with his family on Saturday and returned to Japan on Tuesday in a whirlwind trip for the Exhibition.

ANNUAL DOJO CHRISTMAS PARTY



Christmas Party in full swing at the Almansor Court.



Karita Sensei meets Santa Claus in America.



Naoki & Noriko Karita from Tokyo experience their first 100% (well, almost 100%) authentic American Christmas in America. Noriko said later that Santa Claus' beard was fake.

Christmas Party



Mr. & Mrs. Gary Myers. "Food was great!"



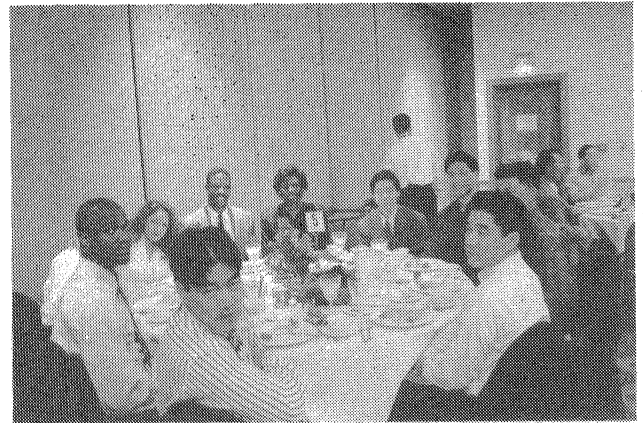
Bill with Frances and Maria. "This is fun!"



Andy, Steve, Rem & friend, Craig and the Westfall clan.



The Furuya clan with Off. Joe Quinn and the Mrs.



Peo, Delano, Keith & Mrs., Mark, Bruce, Rey & David.



The Santa Monica bunch! "We even like to be a 'branch' table."



"The scale says my weight is 134 pounds!"



"Elvis was a gringo???"

Sensei's Message:

1996

1996 is the year of the rat, which happens to be the beginning of the Japanese zodiacal cycle and this is my particular year because I was born in the year of the rat in 1948, four cycles ago. The year of the rat symbolizes perserverence and hard work. It is the smallest animal of all the zodiacal symbols and therefore probably the weakest and at the most disadvantage. It is interesting to note, however, why the rat is actually the first animal of the Asian zodiac. It is said that at the time of the Buddha's death, all the animals in the world were called to his side. And, of course, every animal wanted to be there first as a sign of respect and affection. The rat, being the smallest, realized that it had no chance at all to compete with the others so it used its resourcefulness and jumped on the head of the bull which was said to be very fast. Indeed the bull would have been there first except just as the bull arrived at the Buddha's bedside, the rat jumped off his head and was first afterall. In the same light, our own Dojo should survive by its resourcefulness, hard work, and cleverness.

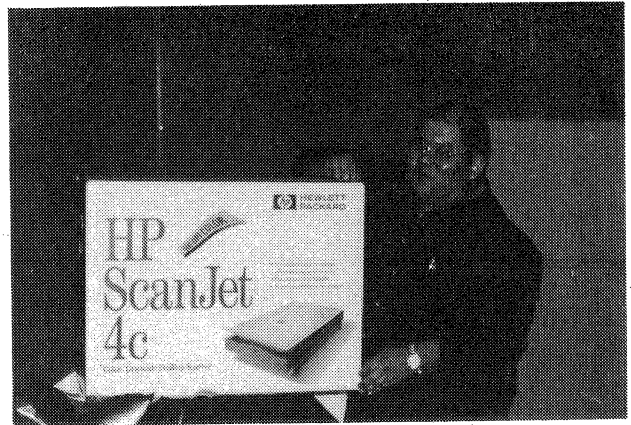
In 1995, the Dojo has made more progress than ever before. One of the most satisfying aspects of the Dojo's growth for me is to see more and more students becoming actively involved in its operation and management. Also, many good students have joined our practice and are making excellent progress. I hope this trend continues to grow in 1996.

What I would like to see is greater devotion to practice among our black belt candidates. For one reason (all reasons are good, of course) or another - work, school, marriage, etc. - they have not been able to keep up their practice. I understand this but at the same time, it seems to be a waste of one's good talent. Part of training is to be able to make time in your own life schedule to practice and be responsible and diligent about it.

I would also like to see greater effort among the assistant instructors to their training. It is a common disease for new black belts and assistant instructors to become apathetic and lazy in their practice. Slacking off at such an important time in one's training causes many problems later on. Some black belts are redoubling their efforts and really progressing well and some black belts are less devoted and are losing a lot of what they practiced so hard to get. This is a shame.

Many new black belts want the opportunity to teach. But black belts must understand that teaching is not simply showing a few techniques and being able to throw down someone very strongly. Many things are involved and this requires great sensitivity and awareness. Teaching also requires great courage to stand up for what is right whether it is a popular cause or not. The only way to understand teaching is to understand what a great responsibility teaching is.

Finally, I hope new students will appreciate what we do in our Dojo is really to find out and study for ourselves the practice and wisdom of Aikido. We are not trying to be trendy or fad-dish and hop on any popular bandwagon of the moment, which many times can be very irresistable but seriously devote ourselves to the Way. Many times, as you well know, this is



Many Thanks

I want to thank all my students for such a wonderful Christmas Party and the truly great present which I have been needing for several years now. Thank you very much.

Reverend Kensho Furuya

not easy. It is here where we test our own faith and courage through our training. We must always keep in mind that Aikido practice is not just physical activity but the polishing of our character through patience, loyalty, perserverence and wisdom.

I do believe that our Dojo will experience more growth in 1996. I hope that everyone will redouble their efforts towards their training and really develop a sense of greater involvement in the growth and smooth operation of the Dojo.

I really ask for your continued devotion to your Aikido and hope that we can develop ourselves through wokring together and growing as we help our fellow classmates to grow.

Reverend Kensho Furuya
Aikido Center of Los Angeles, Bansetsu-an.

Annual Newsletter Subscriptions

Supporting members and friends should send in their annual subscription donations to continue receiving the Newsletter. Due to rising costs of printing and postage and the increased Newseletter format, we will have to cut our mailing lists drastically.

The Newsletter is \$3.00 per issue. \$30.00 donation for an annual subscription or 12 issues. Outside the US, \$40.00 per year to cover additional postage.

The Newsletter is published monthly by the Aikido Center of Los Angeles, Los Angeles, CA.

Annual Dojo Clean-up December 9th.

Our annual Dojo clean-up was a big success with many students helping and really giving the Dojo a good going over. The Dojo treated everyone to pizza and free drinks for lunch. Many thanks for the following students for all of the hard work:

Dr. James Doi
Mr. Gary Myers
Mr. Ken Watanabe
Mr. Kenny Furuya
Mr. Bill Gillespie
Mr. David Ito
Dr. Cheryl Lew
Mr. Delano Leslie
Mr. David Berver
Mr. Craig Black
Mr. Frank Martinez
Mr. Larry Armstrong
Ms. Frances Yokota
Mr. Joon Jung
Mr. Stephen Cohen
Mr. Keith Hardine
Mr. Jim Evans.

CONGRATULATIONS

Best Wishes to
Keiko Mizutani and David Smith
of the Omiya Dojo

On their marriage on December 30, 1995
Laguna Hills, California

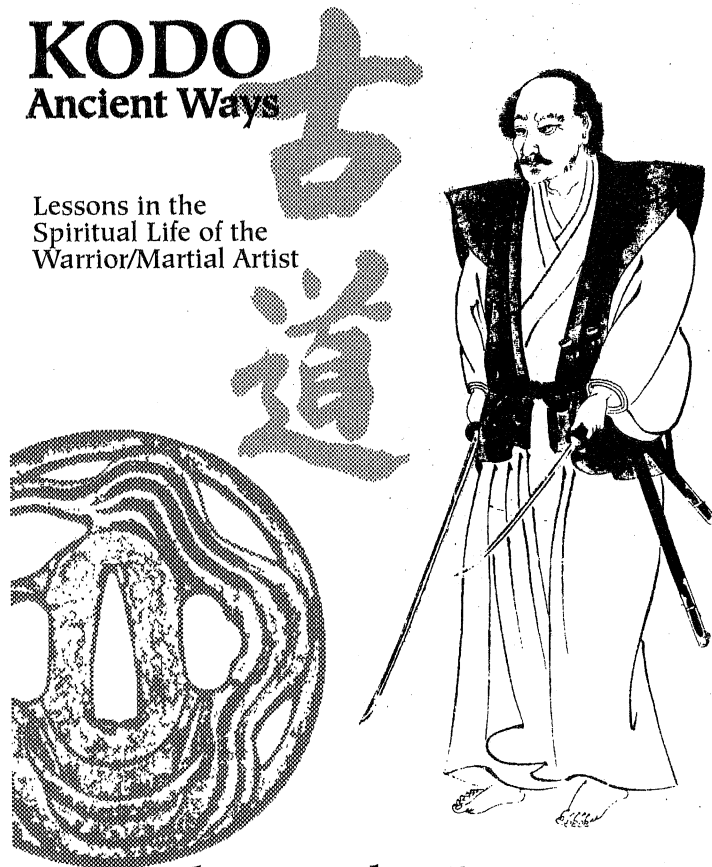
CONGRATULATIONS

Ricardo Villaverde is now a grandpa. His new grandson is Christian Tyler Victor, born November 27, 1995 at 3:30am. Weight - 8 lbs. 14 oz. born at Kaiser Bellflower Hospital.

KODO

Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist



by Kensho Furuya

KODO

Ancient Ways

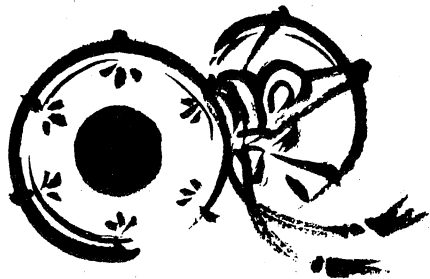
Lessons in the Spiritual
Life of the Warrior/
Martial Artist

By Reverend Kensho Furuya

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

KOTOHAJIME

New Year's Celebration
at the JACCC



Featuring Japanese Festival
Sounds, LA Kyudo Kai, Japanese
Folk Songs and Dance, Traditional
Okinawa Dance and Music.

*Performances by Johnny Mori,
Hirokazu Kosaka, Matsutoyo
Sato, Kawamura Hoenshun, Na-
kaya Natsuko, Miyagi Noshō.*

Rev. Kensho Furuya is emcee.

January 6, 1996, Saturday

7:00pm

Japan America Theatre
244 So. San Pedro St.
Los Angeles, Little Tokyo

For tickets, see Sensei. Everyone is welcome.

Important Dates:

- Jan 1. New Year's Day
Dojo Holiday

Mr. Sezaki, Omiya
Dojo, Saitama Pref.
- Jan 2. Training begins.
- Jan 6. Kotohajime at the
JACCC from 7:00pm.
- Jan. 9. Budo Study Class
7:30pm
- Jan 20. Intensive Iaido Seminar
6:30am. Meeting.
- Jan 27. Instructor's Seminar
6:30am
- March 9. Sensei gives talk at the
Zen Center of LA.
- March 16. Da Camera Society
Concert at the Dojo.
- April 26. O-Sensei's Memorial
Service at the Dojo.
- May 4. Children's Day:
2nd Asian Pacific
Martial Arts Festival

Promotions

As of January 1, 1996

3rd Kyu

Matthew McCarley

David Berver

4th Kyu

Maria Murakawa

Joon Jung

Joe Holguin

Douglas Murakami

Keith Hardine

5th Kyu

Remleh Scherzinger

Craig Black

Kevin Quinn

Delano Leslie

Larry Armstrong

Daniel Lee

SANTA MONICA BRANCH

3rd Kyu

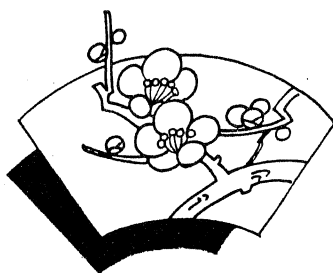
Daniel Riordan

4th Kyu

Jon Cooperson

5th Kyu

Maralee Grantham



Our Best Christmas Party

Many, many thanks to the following students who helped with organizing and setting up our fabulous Christmas Party:

Mr. Kenny Furuya, Coordinator

Mr. Steve Tarango, Santa Claus

Mr. Bruce Ino, Set-up

Mr. David Ito, Entertainment

Mr. David Berver, Entertainment

Mr. Craig Black, Set-up

Mrs. Pat Tarango, Table-settings

Ms. Frances Yokota, Karaoke Set-up

Mr. Delano Leslie, Registration Table

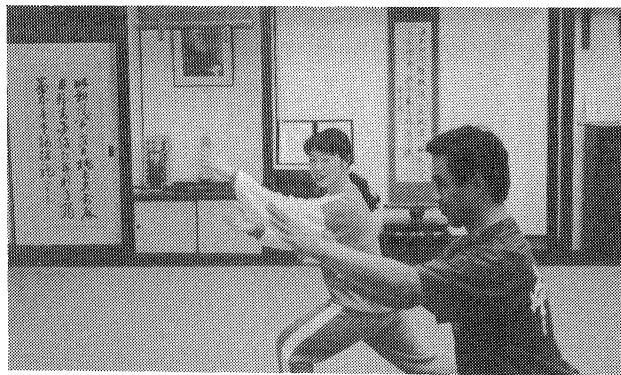
Dr. Cheryl Lew, Introductions

Mr. Gary Myers, Introductions

Dr. James Doi, Introductions

Mr. Larry Armstrong, Photography

Practice, Practice, Practice



Karita Sensei, despite his busy schedule coming to Los Angeles for the Oshigata Exhibition, still makes time to practice his Tai Ji Quan taking a 2-hour private lesson from Master Helen Chu directly upon arriving from his trip from Japan. Karita Sensei has been practicing Tai Ji for several years and has met Master Adam Hsu at our Dojo.

Pen & Sword:

We welcome essays, articles and news items from our students and general membership. They should be about Aikido or your practice from personal experiences. Birthdays, marriages, family additions are all welcome.

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 laido master of the sword.

VOLUME 1 (#AIK01)

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

VOLUME 2 (#AIK02)

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

VOLUME 3 (#AIK03)

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

VOLUME 4 (#AIK04)

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

VOLUME 5 (#AIK05)

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

VOLUME 6 (#AIK06)

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

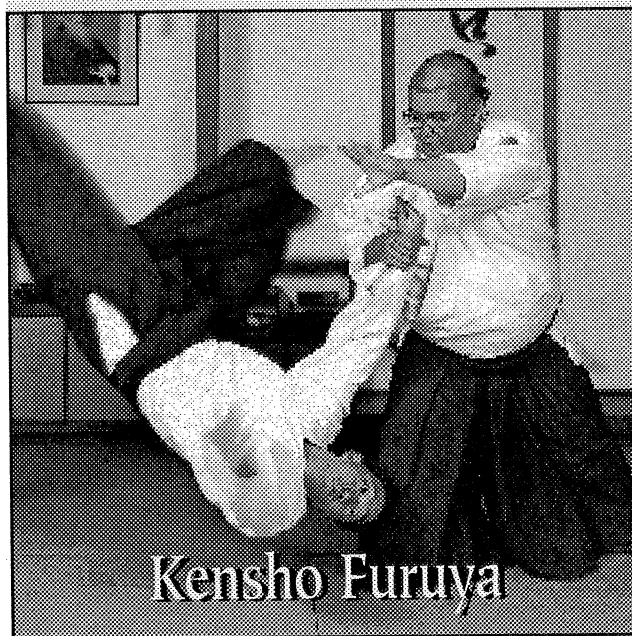
AIKIDO SHOSHINSHU

合気道初心集

THE ART OF

AIKIDO

VOLUME 1



Kensho Furuya

VOLUME 7 (#AIK07)

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

VOLUME 8 (#AIK08)

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

VOLUME 9 (#AIK09)

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

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AIKIDO

Training Schedule

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

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

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

Saturday Mornings
10:15am - 11:15am

Sunday Mornings
9:45am - 10:45am

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

Wednesday Evenings
7:30pm - 8:30pm

Saturday Mornings
11:30am - 12:30pm

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

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

CHILDREN'S AIKIDO CLASSES
7 - 17 yrs.

Sunday Mornings
8:30am - 9:30am

KENSHINKAI

Traditional Japanese Swordsmanship

Tuesday Evenings
7:30pm - 8:30pm

Saturday Mornings
9:00am - 10:00am

Sunday Mornings
7:30am - 8:30am

MONTHLY INTENSIVE IAIDO SEMINAR

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

Santa Monica Branch Dojo

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

Sundays
12:15pm - 1:15pm

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

Special Monthly Study Class/Discussions

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

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