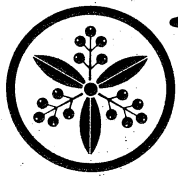


# 羅府合気道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Los Angeles, California  
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Affiliation: Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
United States Aikido Federation, Eastern Region  
Santa Monica Branch Dojo, 2300 Santa Monica Blvd., Santa Monica, CA. 90404  
Nihon Iaido Kenshin Kai - Japanese Sword & Swordsmanship Society c/o ACLA

July 1, 1995

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## Ichihashi & Osawa Sensei from Hombu Dojo Visit June 4th.

The Dojo was greatly honored with a visit from Ichihashi Shihan, Hayato Osawa Sensei and four other young instructors from Hombu Dojo on June 4th. They were on tour to Albuquerque, New Mexico, and on their way back to Japan. The practice was held at the LA Aikikai.



Ichihashi Sensei (ctr) with Osawa Sensei (l) with four other young Sensei from Hombu Dojo.

### *In This Issue:*

**O-Sensei's Memorial Service** by Frances Yokota

**My Trip to Japan** by David Ito

**Practice with Hombu Dojo Teachers in LA**

by Bill Gillespie, Kenny Furuya & Ken Watanabe

**The Art of Teaching** by Kensho Furuya

**Obon Demonstrations for July:** West Covina Buddhist Church, Lotus Festival, Pasadena Buddhist Church, Higashi Hongwanji Buddhist Temple and Sozenji of Montebello. Don't forget: the Nisei Week Festival in August.

## O-Sensei's Memorial Service at Aiki Shrine

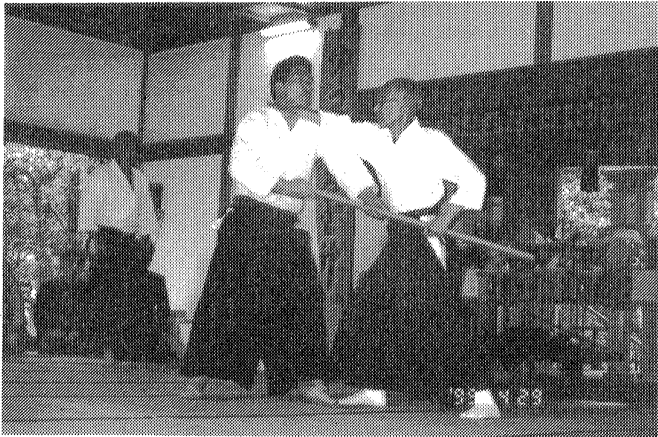
by Frances Yokota, Hombu Dojo

I am sending a few photos taken during the ceremony honoring O-Sensei. It was held at the Aiki Shrine in Iwama, Ibaragi-ken.

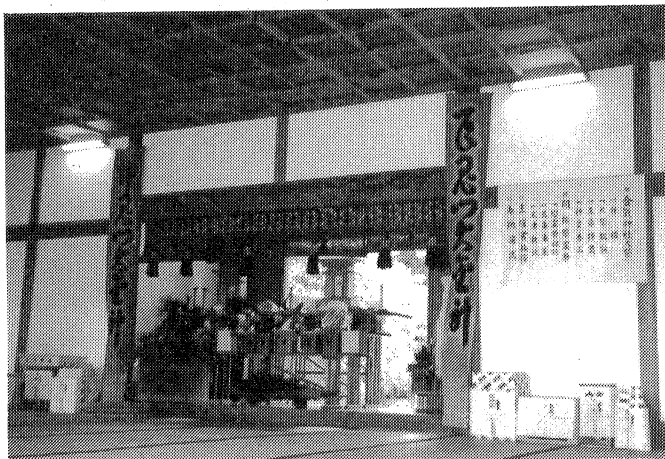
Those of us from Hombu Dojo met at the Ueno Station for the 8:30am train. We arrived a little before 10:30am with ceremonies beginning at 11:00am. Attending the ceremony were a great number of students from various Aikido dojos. The priests Cont.

*Special Guest: Dr. Taitetsu Unno from Smith College on August 16th.*

O-SENSEI'S MEMORIAL SERVICE at the AIKI SHRINE con't.



Doshu during O-Sensei's 27th Annual Memorial Service.



Altar inside the Aiki Shrine for O-Sensei's Memorial Service.

then gave their ceremonial prayers, as did Doshu and other members of his family. Doshu gave a short demonstration and concluded the ceremony with a brief speech.

Immediately following the ceremony, we had *o-bento* lunch at the nearby dojo where O-Sensei once taught. After lunch, those who wished to, made a hike up to Atago Temple located nearby.

Editor's Note: Frances is a member of our Dojo who is attending school and practicing at Hombu Dojo.

\* **The Da Camera Society** \*

The celebrated Da Camera Society will schedule a concert of Japanese music in the Dojo in March of 1996. The Society sponsors concerts in building of historical and artistic significance throughout the Los Angeles area.

## Special Lecture

by

Dr. Taitetsu Unno

### "The Spirit of Aikido"

August 16, 1995,  
6:30pm-7:30pm  
at the Dojo

Dr. Unno is the translator of "The Spirit of Aikido" by Doshu and the "Sword of Taia" a noted classic on martial arts. An veteran Aikido teacher and well known professor of religion at Smith College in Massachusetts, Dr. Unno will visit the Dojo and present a special lecture.

Everyone is invited to attend. Please bring your friends.

After the lecture, there will be a reception at the Tung Lai Shun in San Gabriel. \$20.00 per person. Please make your reservations with Ken Watanabe before August 14, 1995. Limited seating.

## DOJO CLEAN-UP

The landlord is now reimbursing the Dojo \$125.00 a month to keep the alley clean (as we have been doing all along.) We ask for everyone's help to pick up the trash and garbage that collects in the alley. This should be a cooperative effort with everyone's participation before and after practice. Because of the tall buildings on either side of our narrow alley, it creates a wind which draws trash into the alley causing a daily job of clean-up. Let's keep our environment and our Dojo neat and clean!

We do have extra large trash bags and if anyone doesn't know what to do or how to do the clean-up, please ask one of the assistant instructors. Thank you for all of your help in this daily project.



Doshu demonstrating before the Aiki Shrine in Iwama.

## My Trip to Japan & Hombu Dojo May 12-28th

By David Ito, 1st dan



I really enjoyed my visit to Japan this last May. I was in Japan for a total of sixteen days from May 12th to May 28th. The last time I had visited Japan I was an infant. So, I truly did not know what to expect. I tried to prepare myself by studying the little amount of Japanese I learned in college and practice Aikido as much as I could. I was still nervous, even though, my mother spoke Japanese and had lived there as a child.

I arrived in Japan, on Friday, with very little trouble. My mother and I had reservations at a weekly apartment in northern Shinjuku which is a suburb of Tokyo

Con't on Pg. 5.

## Practice with Hombu Dojo Teachers in LA.

By William Gillespie, 2nd Dan

From Saturday, June 3rd through Monday, June 5th, a group of instructors from Hombu Dojo, lead by Ichihashi Shihan visited Los Angeles on their return to Japan from a demonstration in Albuquerque, New Mexico. At the request of Hombu Dojo, a joint practice, for the guests from Japan and Southern California Aikidoists was organized by the Los Angeles Aikikai for Sunday, June 4th, at their dojo. The Aikido Center of Los Angeles was requested by Dojocho Ueshiba Moriteru Sensei to partic-

ipate in this special event.

In the end, three local dojos participated: our dojo, The Aikido Center of Los Angeles, the Los Angeles Aikikai, and the Tenshinkai Dojo of Westminster in Orange County. Five Yudansha from our Dojo participated. They were James Doi, Ken Watanabe, Kenny Furuya, David Ito and myself. In total, about fifty students participated.

The practice was lead by Ichihashi Sensei. The techniques imparted by Ichihashi Sensei were all very familiar. Our members should be thankful that they are learning Hombu Aikido from Furuya Sensei. It is always interesting to see another excellent teacher's understanding of techniques. Ichihashi Sensei began with katate-tori (wrist grab) tenkan kokyunage and followed with variations off this basic entering and turning movement (eg., irimi-nage, reverse kotegae-shi). He stressed that it is critically important to remember that Aikido technique relies upon generating power through movement of the whole body from its center, not just the hands and feet. He then taught a series of techniques to address a ryote-mochi (two hands on one) attack. The final technique was an interesting henka-waza from ryote-mochi nikyo tenkan changing into yonkyo as uke rises, after application of nikyo, and then throwing the uke forward while applying yonkyo. The teaching was very clear and the practice was enjoyable and vigorous.

All our Dojo members eagerly sought to practice as much as possible with the Hombu Dojo teachers.

### Hombu Dojo Teachers by William Gillespie con't.

They don't stop by everyday! I was very fortunate to be able to practice with Osawa Sensei which was thoroughly instructive. I practiced with each of the other guests including Ikeda Sensei whom I recognized from my prior visits to Hombu Dojo. It was somehow strange to be practicing this time with him in California. They all had very smooth, clean and strong technique and ukemi.

Following the practice and exchange of some gifts, there was a pot-luck lunch for all the participants. I heard there was a lot of food and drink but, unfortunately, I had to swiftly change and head to our Santa Monica Branch Dojo to help teach class.

After completing class in Santa Monica, I returned to our Dojo because the honored guests were stopping by to see Furuya Sensei and the Dojo. The Hombu Dojo group stopped by, met with Furuya Sensei and received a brief tour of the Dojo. Furuya Sensei had not seen Ichihashi Shihan and Osawa Sensei for over 26 years. I think the guests were surprised to see such a Dojo outside of Japan. With the tea-room and the new mats, the Dojo is even more remarkable than before. They also seemed to enjoy our "goodwill ambassadors" Kuma and Michiko. Enough pictures were taken to keep both Fuji and Kodak in business for a long time.

In all, the experience was very rewarding. Although, it was somewhat bittersweet for me, because it coincided with the one year anniversary of my return from my second trip to Hombu Dojo and only reminded me how much I had enjoyed and now miss Japan. However, as with my trips to Japan, I came away from this experience feeling very fortunate to have the kind of Dojo built by Furuya Sensei and to be Furuya Sensei's student. Myself included in particular, we too often take our Dojo for granted. There is really nothing like it in this country. I challenge all of us to redouble our efforts to continue to practice hard and to otherwise support and strengthen the Aikido Center of Los Angeles.

## JOINT PRACTICE at the LOS ANGELES AIKIKAI

By Kenny Furuya, 2nd Dan

On Sunday, June 4th, Ichihashi Sensei and Osawa Sensei and their contingency were in Los Angeles on

their way back from New Mexico to Japan. Ichihashi Sensei taught a joint practice which included three local dojos from Los Angeles and Orange County - the Aikido Center of Los Angeles, the Los Angeles Aikikai and the Tenshinkai Dojo. The joint practice was held at the Los Angeles Aikikai, one of the oldest Aikido dojos in Los Angeles. James Doi, William Gillespie, Ken Watanabe, David Ito and myself represented the Aikido Center of Los Angeles.

The practice lasted two hours and was a memorable experience. It was a rare opportunity to train with Aikidoka from Japan. It was inspirational to know that what we practice at the ACLA is exactly the same techniques as in Japan which is not always the case when practicing in other American dojos. Following the practice was a potluck lunch which was delicious. They were pleasantly surprised at how Japanese everything looked when they visited our Dojo later in the afternoon. Ichihashi Sensei went so far as to say that "our Dojo looks more Japanese than Japan!"

## MAY 6th PRACTICE with HOMBU DOJO SENSEI in LA

By Ken Watanabe, 2nd Dan

The martial art of Aikido, as practiced at the Hombu Dojo in Japan, is what we practice in our own Aikido Center of Los Angeles here in downtown Los Angeles. When the LA Aikikai invited us to a special practice with several young instructors from Hombu Dojo, several of our senior students attended.

The group from Japan practiced with members from the ACLA, LA Aikikai and the Tenshinkai Dojo in Orange County. The senior teacher in the group, Ichihashi Sensei, led the class. As an assistant instructor, I found it amusing, as well as reassuring, that the main points he stressed were exactly the very same points emphasized at our own Dojo in downtown LA. The basic techniques were all either katate-tori or katatetori ryote-mochi from gyaku-hanmi position. The techniques were also all from tenkan movement. From this tenkan movement came several good points, one of which is the distinct difference between footwork from irimi and irimi-tenkan. We were cautioned not to short-cut our footwork when moving tenkan. Several other points were directed toward our body positioning in relation to our opponent's position. Generally, people's footwork is off. Then, your body position is bad, incorrect and you separate from your opponent. This in turn will make it extremely difficult to throw with any effectiveness. Do the footwork

### May 6th Practice with Hombu Dojo Sensei con't

completely and fully, get into an ideal position in order to execute the technique, and don't separate yourself from your opponent. Positioning your body correctly can often make or break the technique's effectiveness.

The instruction also corrected some of the handwork. Tenkan, for example, one should not stick their hand in front of their opponent into his "territory" when at his side when doing tenkan. Also, hands should be low. Also, on some of the throws, a big circular movement was emphasized. Many people tend to let the arm collapse instead of letting it work in a large expansive manner.

A very good point he made for the ikkyo arm pin was the position of the hand when grasping the opponent's wrist. The instructor said many people tend to let their hand curl under the opponent's wrist, thus letting their own wrist break. The wrist should be positioned on top, not grabbing from underneath. Grasping from the top will enable one to have a stronger grip on the wrist. These points Ichihashi Sensei made were, but a few, however, they were all very, very important points for sure.

Thinking back to that one Sunday, I remember my own thoughts during that practice. I remember thinking, "Hey, Sensei said that, too!" More than once, during that two-hour practice, also from the time of that practice, it was good to know that other people, even in Japan, make the same mistakes. In fact, I could imagine our own Furuya Sensei admonishing us on those very same points, word-for-word! It was a very good, reassuring feeling knowing that even though Los Angeles and Japan are separated by thousands of miles, we can be assured of the correct, competent instruction of Aikido in our Dojo and be thankful for it.

## Condolences

Deepest condolences are expressed to the family, friends and students of Rod Kobayashi Sensei, head of the Seidokan Aikido Dojo in Los Angeles. He passed away on June 17, 1995 at the age of 63 years. In Gassho.

The Aikido Center of Los Angeles  
Reverend Kensho Furuya

### Con't from Page 3. My Trip to Japan by David Ito

There was a package already waiting for us when we arrived at our apartment. The package was from Tadamashi Sakurai, who was one of our guests from last year's gasshuku, joint practice, with the Omiya Dojo and our Dojo. Sakurai-san and I have become great friends since last year's joint practice. The two of us keep in touch by writing letters all the time. Sakurai-san was really great. He mapped out the entire block where we were staying and the whole route to Hombu Dojo.



With Ichizuka Sensei, Kawai Sensei & Sakurai Sensei at Hombu Dojo.

Sakurai-san and I made plans to meet at the subway station closest to Hombu Dojo on that Monday. So, I was able to rest two days before going to Hombu Dojo. Monday rolled around and my mother and I met Sakurai-san at the subway station. Sakurai-san and I talked, with my mother as interpreter, as we walked to Hombu Dojo in the rain. As we walked, I started to get nervous. I wondered what Hombu Dojo was going to be like and I wondered if I was going to be able to handle the practice there. The walk to Hombu Dojo is about a half a mile to a mile, but I'm not quite sure.

We finally got to Hombu Dojo and it seemed like it took forever to walk from the subway station to the Dojo. There was a little trouble with my membership, because I had forgotten to get a letter of introduction from Sensei. But, while I was filling out the registration form, Waka-Sensei, Dojochō Ueshiba Moriteru Sensei, came out and Sakurai-san introduced him to me. Sakurai-san and my mother told him of my situation and upon learning that I was Furuya Sensei's student, kindly gave me permission to practice.

We arrived at about 7:30am and the next class started

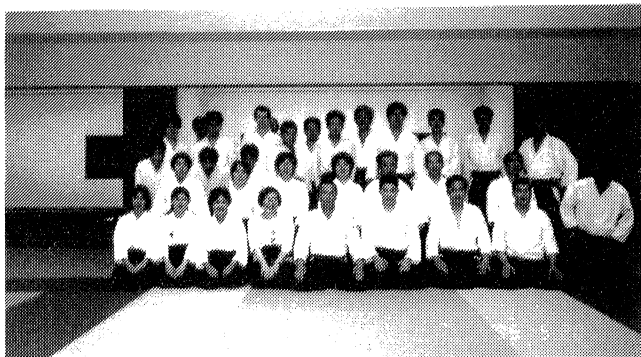


**My Trip to Japan by David Ito con't.**

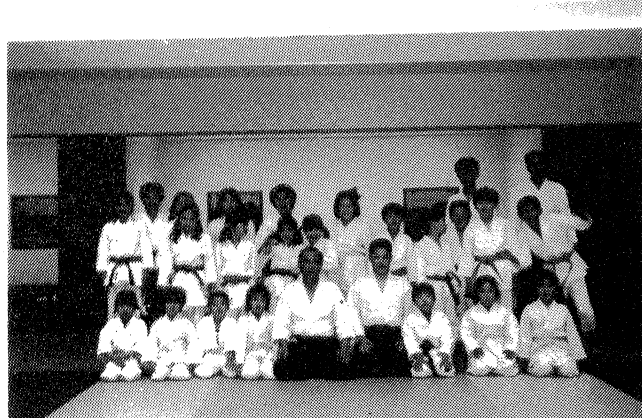
at 8:00am. I was able to see a Sandan Test and a Shodan Test, which was a rare treat. The tests were conducted exactly the same way Furuya Sensei conducts them at our Dojo. At Hombu Dojo, you practice with the same partner the whole hour and due to the lack of space, people rarely breakfall because it is so dangerous. My first class at Hombu Dojo was taught by Seki Sensei. Seki Sensei is very strong. I was glad to see that the technique was the same as Furuya Sensei teaches at our school. Afterward, we went to the Iwata Company which is by the Shin-Okubo subway station and I ordered a new keiko-gi and hakama.

I attended classes taught by Doshu, Waka Sensei, Osawa Sensei, Seki Sensei, Miyamoto Sensei and Ichizuka Sensei (at the Omiya Dojo). I was happy to see that the technique Furuya Sensei is teaching is the same as Doshu is teaching, to the letter. I was able to pick up the practice with no problem. Hombu Dojo has a lot of strong students. I was really impressed with Waka Sensei. I thought his technique was very smooth and clear just like Doshu's technique. I was also introduced to a lot of the Hombu Dojo instructors by Ichizuka Sensei. I met Fujita Sensei, Yasuo Sensei, Sasaki Sensei and Osawa Sensei.

Practice at Hombu Dojo was not easy just because the technique is the same. I was able to practice with some really good Aikidoists. Many were long time students of Hombu Dojo and others were students from the other Aikido dojos in the area. I would practice anywhere from an hour to two and a half hours at a time. Between classes I was able to work-out with some really intense Aikidoists. The whole time I spent in Japan I probably practiced for three and a half to almost four hours because I met Ichizuka Sensei at Hombu Dojo and we enjoyed a good hard workout together.



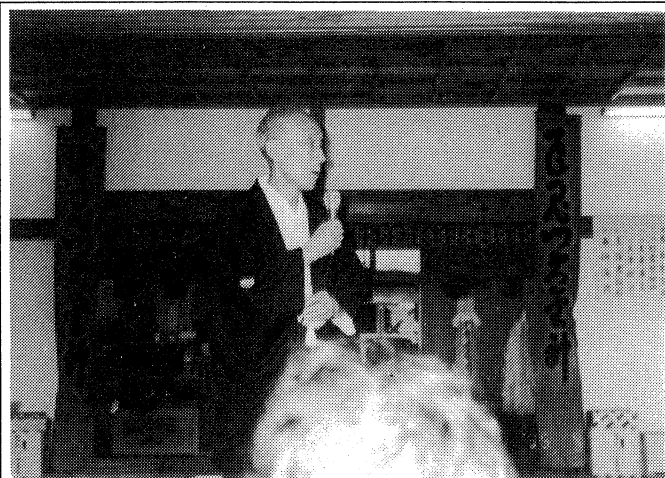
After that morning practice, I went to Omiya Dojo and practiced there for about an hour and a half to two hours.



Japanese people walk everywhere. I have never done so much walking in my life. People in America are really fortunate to be able to just get into their cars and go anywhere they want. Japanese people own cars, but the cities are so crowded that it is easier to take a cab, the train a bike or walk. My day usually consisted of getting up at 5:00am and showering and eating. I would then leave at 5:30am for practice. Take the subway. I would then practice for a few hours. Then after practice, I would meet my mother and we would go sight seeing. I saw places like Sensoji Temple, Sengakuji Temple of the 47 Ronin, the Imperial Palace and many other beautiful places.



Unfortunately, I was only able to practice at the Omiya Dojo one night. The practice was really fun. First, I helped Ichizuka Sensei and his wife teach the children's class. Next, I practiced for an hour with the adult Aikido class. I was happy because Ichizuka Sensei used me as his uke many times in front of his class. Then, the Omiya members and I rehearsed our demonstration for the All Japan Aikido Demonstration. After class, the Omiya Dojo members treated my mother and I to dinner.



## Happy Birthday

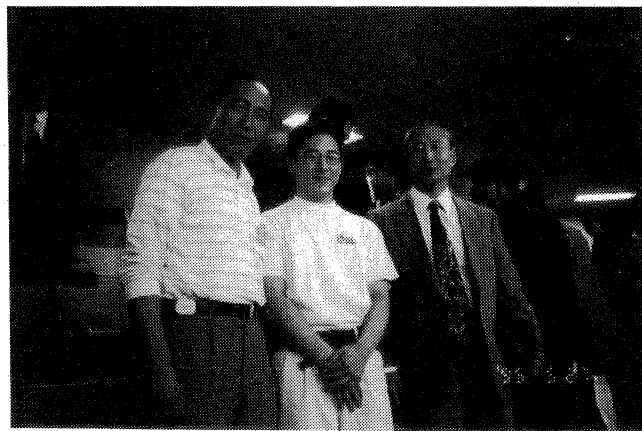
Many congratulations and Happy Birthday to the Aiki Doshu, Ueshiba Kisshomaru Sensei. June 27, 1921.



The Omiya Dojo treated us to a delicious dinner. We had sushi, chicken kabobs and tempura - batter fried seafood and vegetables. We became re-acquainted and I met some of the new students and some who were not able to come to LA last year. I was very embarrassed because everyone gave speeches and I had to give one of my own in my broken Japanese. I had such a great time I almost missed my train back to Shinjuku.

The Omiya Dojo members treated me really well. They really rolled out the red carpet treatment for my mother and I. I could not thank them enough for their hospitality.

The day for the Embukai, demonstration came around and boy was I nervous. I had never seen so many Aikidoists in my life. Ichizuka Sensei saved me a really great seat up front where I could see all the action. Ichizuka Sensei then started taking me around and introducing me to many other Aikidoists. I talked with Waka Sensei and thanked him for his hospitality and apologized for any trouble I might have caused; he was very nice.



With Ichizuka Sensei and Sukanuma Sensei from Fukuoka, Aikido Shoheijuku Dojo.



The Embukai was incredible. I think there were something like four to five thousand Aikidoists participating in the demonstration. The Embukai was held in the Budokan which is a kind of round arena with three or four levels of seating and it was packed.

The demonstration were really interesting. Waka Sensei was really smooth and the crowd was impressed with strong irimi-nage and kokyu-nage techniques. Only the top teachers demonstrated alone.

Everyone else demonstrated with four other groups making it five teams at a time demonstrating. There were Aikido dojos from all over Japan. Not many, if any, from outside of Japan. Steven Seagal was there

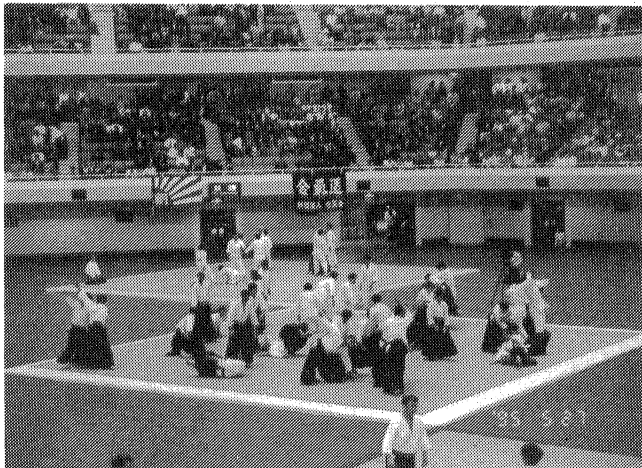
**AIKIDO CENTER OF LOS ANGELES**  
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**My Trip to Japan by David Ito con't.**

and he gave the crowd a nice performance. Most of the top Aikidoists demonstrated. Suganuma Sensei, Osawa Sensei, Yasuo Sensei, Kobayashi Sensei, Miyamoto Sensei, Watanabe Sensei, Takeda Sensei, Tada Sensei, Seki Sensei and Sasaki Sensei were just some of the Sensei to demonstrate. I demonstrated with the Omiya Dojo and we did suwari-waza shomenuchi ikkyo, hanmi handachi shiho-nage and shomenuchi irimi nage. All in all, we were probably out there for maybe two minutes, but I was really nervous. The Doshu really out classed all the other demonstrations with his smooth and graceful technique. He showed basic techniques that the crowd really loved. The Doshu ended with a speech on, I think, the essence of Aikido. He talked about the spirit of "Agatsu," Aikido as a vehicle for victory over your own ego.



David with the Omiya Dojo members at the Budokan for the All Japan Aikido Demonstration.



I really learned a lot from my journey to Japan. I learned that there is still a lot more road ahead in Aikido and I still need lots of work as a human being. I was really grateful to Sakurai-san and Ichizuka Sensei for making my trip to Japan go so well. I was impressed with the character of the teachers and students of Hombu Dojo especially Waka Sensei. They all treated me with open arms. I also felt fortunate that I was able to study under Furuya Sensei who is teaching Aikido just like it is taught at Hombu Dojo by the Doshu.

David Ito

**J.A.C.L. SELF DEFENSE SEMINAR on May 13, 1995**



On May 13, 1995, the Dojo conducted a Self-Defense Seminar for the South Bay area Japanese American Citizens League (JACL) Youth Group. About twenty members participated with several assistants from the Dojo. Everyone learned a lot and had a great time. The assistants were James Doi, Ken Watanabe, Bill Gillespie, Andy Kissel, Ken Watanabe and Kenny Furuya and Dr. Cheryl Lew took photos and provided soft drinks. It was organized by Ms. Monica Nakamine for the JACL.



Sensei's Message:

## THE ART OF TEACHING

As the student develops skill and experience in his training, he eventually qualifies for and achieves his first degree black belt. Although we de-emphasize the importance of the black belt as a rank as only the very "first" step towards his development, he is still to be congratulated for his achievement.

One of the greatest honors is to be able to teach class and eventually to accept students personally.

Although I am very proud of the level of my senior students and assistant instructors, I would like to offer a little advice for you to keep in mind when you are called upon to teach a class or instruct students in the Dojo. I think this is especially important now because we are expanding our class schedule and need to rely on more assistant instructors to manage the classes.

Before everything else, one must always keep in mind that teaching is a very heavy, very serious responsibility. Although we cannot be responsible how a person leads his life or what he does with it, what you teach a student may decide his life or death, his happiness or his unhappiness. Only a few teachers have the ability to take their students to great fame and fortune, but to devotedly and earnestly teach your student so he can lead a simple, clean, happy life will be your greatest joy beyond all concept of money, fame or fortune.

Several years ago at one of our Japanese Village Plaza demonstrations, a young woman with two little boys, one in her arm and one holding her other hand and walking by her

side came up to me and said hello. "Don't you remember me?" I knew I had seen her some place before but I couldn't quite place her and suddenly I remembered. She was a tiny little girl named, Margie, in my children's class many, many years ago. Now she was a fine young woman with a nice husband and home and three young boys as it turned out. I am sure that her attendance in my children's class was not the only reason why she was where she is today. Yet, in my own mind, if somehow, my Aikido class, had some good influence on her life, I could find no greater reward. She still remembered those days when she did Aikido under me and we reminisced for a few minutes before she left. What a great feeling this was!

I remember one young student joined my Dojo but was so totally irresponsible and lazy. Somehow, he understood that he needed help for himself but he had no idea what to do. What a terrible time I gave him! He came to the Dojo one day smoking marijuana so I hit it out of his face and stuck his head under the cold water faucet. I ordered him to practice Aikido everyday and, in the mornings, jump into the cold shower. After a couple of months he disappeared so I thought that he couldn't take it any more and left. I was so surprised, several years later when I received a call from him to thank me. The showers helped. He quit drugs, went back to school and graduated. When he called me, he proudly announced that he was a sheriff in San Clemente, with a home, wife and two young kids. I never heard from him after that but I pray that he is still doing well.

I don't recommend that you treat the students so roughly but teaching takes 100% commitment on your part. Somehow, you never get the same amount of commitment in kind. Gilbert Highet in his classic, "The Art of Teaching," mentions on numerous occasions how teaching is the most unreward-

ing occupation in this world.

In teaching, you must always keep short range and long range goals in mind. You learn from experience, your successes and failures, but no two people can be taught in the same way. Each person is an individual and must be dealt with in that way.

Before you teach Aikido, become the best Aikidoist you can be. Teaching, thinking that you know more than others, or that you can fool them by hiding your shortcomings, only leads to personal disaster. An incompetent teacher and a negligent teacher are both criminals - criminals of the mind and human spirit.

We can never reach our peak but as a good rule: the more you teach, the more you should train and study.

Don't teach for yourself, don't teach to make friends, don't teach to entertain; teach for the sake of your student. Many teachers take class only show off what they know trying to impress people with their skill. They only teach to enhance their own reputation and fame and care nothing about the student. This is very selfish teaching using the students as a captive audience for one's own performance and selfish needs.

Some teachers teach to entertain and amuse the student thinking it a nice way to make more friends and become popular in the Dojo. This is irresponsible.

Some teachers teach for political reasons hoping to gain followers and admirers to do their bidding or gain power over more people. This is facism.

Somehow, we fall into these categories without even knowing it following hidden personal agendas where we are convinced there are

none. Although, in teaching, we may experience more personal failures than successes, it is important to keep yourself true to Aikido, true to yourself and true to your student. It's not easy - maybe impossible. This is why the teacher deserves respect from the student.

#### IN CLASS:

1. Dojo must be clean and in good order before class. This is our spiritual training. Create a sense of purity, order and cleanliness.
2. Students must sit properly and uniforms must be worn properly before class. This shows respect for the art and each other.
3. Always pay your respects to the Founder, to the teacher and to each other before and after training.
4. Keep in mind to maintain a serious, concentrated yet relaxed attitude. Be alert yet enjoy your practice.
5. Noise and foolishness distract others and is ugly. There is no place for it in the Dojo.
6. Never jeopardize another's safety or well-being.

#### TEACHING CLASS:

1. Never be proud. Yet, in class, as a representative of Aikido, you must show pride and dignity.
2. Before class, know the level and tempo of the students. You must sense this and determine the pace and level of the class.
3. Always give your students a good stretch during warm-up and a good, vigorous and energetic practice.

Con't.

4. Don't talk too much in class. Most instructors are guilty of this. No, I correct myself, all instructors are guilty of this.
5. Take another look at Rule #4.
6. Take another look at Rule #5.
7. Show the technique with movement and practice.
8. Verbal instruction is the least effective form of teaching although it is the easiest and most convenient. Most people like to talk because it is the closest thing to "doing nothing without doing nothing."
9. If you can bring the student a tiny bit further in his practice in one class you are doing great.
10. Everyone should remember: the teacher can only teach if the student is willing to learn.
11. To be absolutely fair, you will find that everyone will dislike you. There is always a distance to be appreciated between teacher and student.

**TO THE STUDENTS:**

1. Give up your ego.
2. Be alert and committed.
3. Be loyal.
4. Cultivate the desire to learn and become enlightened.
5. Understand that giving is a part of taking.
6. Help others and work together.

## MORNING CLASSES

**Mondays & Thursdays  
7:00am-8:00am**

\* \* \* \* \*

**Dojo Open  
for Individual Training  
Monday thru Thursdays  
6:00am-8:00am**

It is recommended to bring your  
training partner.

*Everybody Welcome*

## More Kudos

Sensei is honored again with his photo now in a place of honor on the wall at the famous Aunt Kizzy's Restaurant in Marina del Rey. Aunt's Kizzy's Back Porch specializes in all American Southern cooking "just like Mother used to make." Sensei recently met the owner, Mr. Adolf Dulan, who came and sat at our table talking for about one hour with us. He was a greatly refined, knowledgeable and very gracious host. All members are recommended to try Aunt Kizzy's. Please leave your diet-counter at home. The collard greens are great and you can't get this just anywhere. Ken Watanabe loves their home made yellow cake with chocolate frosting. Very yummy. Sensei's picture is also at Nick's Diner in downtown LA by the tracks.

Japanese American  
Community & Cultural  
Center presents:

**Kid's Workshop**  
**July 21, 1995**  
from **10:00am**  
in the **Dojo**

Assisting Sensei are: Bill Gillespie, Kenny Furuya, David Ito, Rey Espino. Volunteers welcome.

For further information, please call the JACCC, Ms. Chris Aihara, Coordinator. (213) 628-2725.

## Congratulations

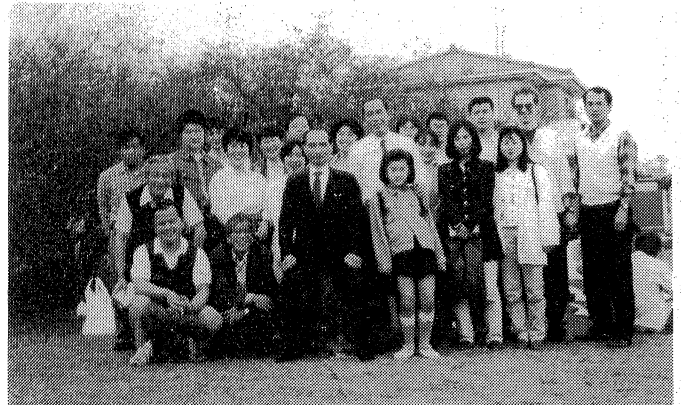
To Genoveve Ty who graduated UCLA and will be attending John Hopkins Medical School in Baltimore from September.

To Helen Hsu, daughter of Master Adam Hsu of San Jose, who graduates UCLA and will be attending a school of psychology in Oakland, California from the next term.

*Success & Best Wishes Always*

The Aikido Center of Los Angeles

## From the Omiya Dojo:



Seminar with Hiroshi Tada Sensei, 8th Dan. Tada Sensei pioneered Aikido in Italy.



Party for Dojo-cho, Moriteru Ueshiba Sensei, after a Special Practice. Ichizuka Sensei is toasting Dojo-cho.

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single issue.*



## **Important Dates:**

**July 1-2nd.** West Covina Community Center Demonstration.

**July 4th.** Fourth of July Holiday. Special Morning Class from 10:00am-11:00am. No evening classes tonight.

**July 7th.** Sword Study Class from 7:30pm.

**July 9.** Lotus Festival Demonstration. Echo Park. Aikido & Iaido from 5:00pm.

**July 14th.** Budo Study Class from 7:30pm. Topic: "Zen & Swordsmanship."

**July 15th.** Pasadena Buddhist Church Obon Demonstration. 6:00pm-7:00pm. Aikido & Iaido Departments.

**July 22-23rd.** Higashi Hongwanji Buddhist Temple Obon Demonstration. In Little Tokyo. From 2:00pm-2:30pm.

**July 30th.** Montebello Sozenji Buddhist Temple Demonstration from 4:00pm.

**August 12th.** Dojo Clean-up. Everyone helps. Bring rags & plenty of elbow grease.

**August 16th.** Dr. Taitetsu Unno visits Dojo for Special Lecture. 6:30pm-7:30pm.

**August 19th.** Nisei Week Festival.

**Bring a friend to join our practice.**

## **To All Black Belts:**

**Instructor's Workshop**  
**July 29th, Saturday**  
**6:30am-8:30am**

*Bring jo and bokken. Monthly Breakfast Meeting follows.*

## **UPCOMING ARTICLES:** Coming Soon!

"Yagyu Sword Guards"

"The Right Way to Handle a Samurai Sword."

### **Dojo Welcomes Back:**

Brigido Anaya, 1st Dan

Rick Parents, 1st Dan

Kaoru Tamura

Michael Cervantes

### **Practice Makes Perfect(ly) Fit**

As many as 12% of all deaths - 250,000 per year - in the U. S. may be attributed indirectly to lack of regular physical activity, according to a statement in February from the CDC and the American College of Sports Medicine. Only about one in four Americans exercises enough to be considered physically active, according to the governments' guidelines. All it takes is moderate activity, such as brisk walking, for 30 minutes five times a week, or strenuous exercise for 20 minutes three times a week.

From the UC Berkeley Wellness Letter, June, 1995.

*Aikido has all you need to be physically active and fit. Please keep up your regular training schedule.*

## KODO

### Ancient Ways

*Lessons in the Spiritual Life  
of the Warrior-Martial Artist*

**Coming Soon!**

### May 6th Demo Video

The 1st Asian Pacific Martial Arts Festival demonstration video will be edited by our student, David Berber, and made available for sale as a fund raiser for the Dojo. Coming soon!



Asian bone marrow donors are greatly needed. Please contact:  
(213) 626-3406, (213) 626-3827

*Tony Osumi*  
*Japanese Task Force Coordinator*

The Dojo will be hosting a Bone Marrow Drive in the near future and we will need a few volunteers. Please see Sensei.

## "The Art of Aikido"

### *Aikido Shoshinshu*

*Nine Volumes Complete*

*Nine hours of comprehensive, very detailed, instruction in traditional Aikido by Rev. Kensho Furuya.*

*\$300.00 special discount price  
for the complete set.*

*\$39.95 per volume (\$359.55)  
plus shipping & handling*

### Upcoming Books By Kensho Furuya

#### 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

*NEW FROM UNIQUE PUBLICATIONS!*

Aikido Shoshinshu

**THE ART OF AIKIDO**

A Nine Volume Video Series Featuring

**Kensho Furuya**

**K**ensho 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 Tesshu 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

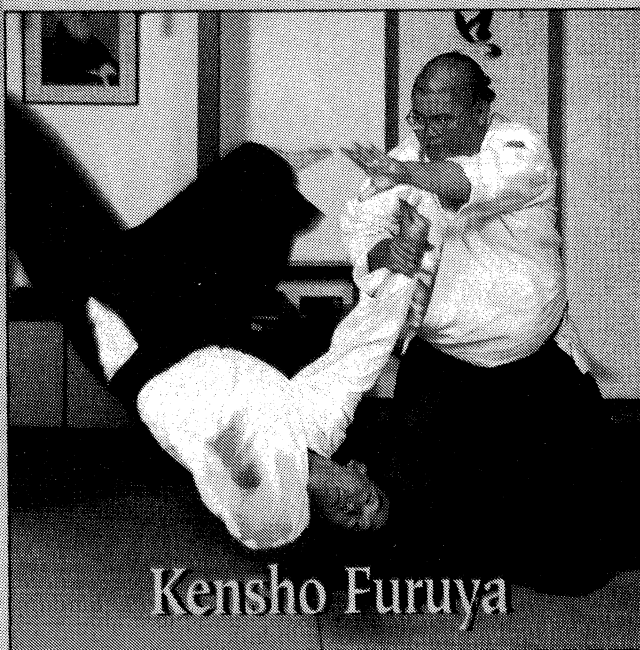
AIKIDO SHOSHINSHU

**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

Only \$39.95 each

**1-800-332-3330**

# AIKIDO

## Training Schedule

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**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

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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.  
6:30am - 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.  
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.