

# 羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
United States Aikido Federation, Eastern Region  
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

July 1, 1996

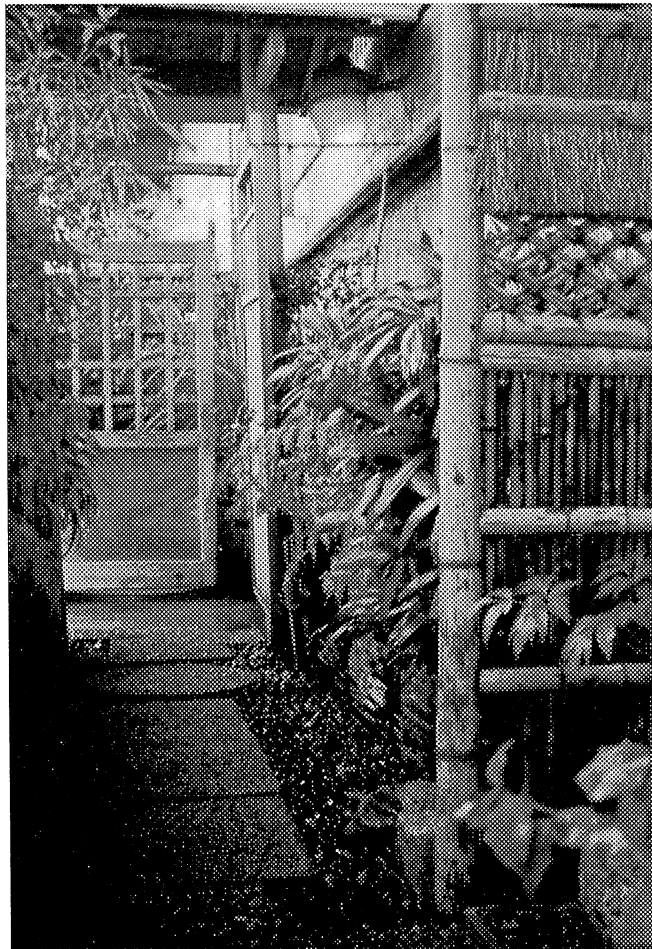
Volume XIV. Number 7.

## Busy Summer Schedule Again!

### Paradise (Almost) Lost

#### Preserving the Dojo Garden

Recently, our landlord was thinking of removing our garden and terrace in an effort to improve parking conditions around the Dojo. Luckily, we are able to talk with the landlord and preserve our Dojo garden. I would like to thank our legal advisors, Bill Gillespie and Curtis Westfall, for negotiating with the landlords. I would also like to thank Dr. Cheryl Lew who arranged with several other-students to help with our finances. Many, many thanks to everyone who helped preserve and save our Dojo garden.



Our Dojo garden is not simply an arrangement of plants but serves as an integral part of the Dojo architecture. It is a "transitional space" between the outside world and the inner spiritual world of the place where we train in Aikido. We should walk slowly through the garden before we enter the Dojo to enjoy its simple beauty, calm our minds and detach ourselves from the mundane world of chaos

and conflict. In addition, the care of the garden offers a great and rare opportunity for practice. For most of us, it is just another chore before practice. But the care of the garden teaches us to care for others without expecting anything in return. Caring for the garden is a way we welcome students for practice. And caring for the garden, is a simple way to realize how simple acts can nurture life and beauty.

### Summer Dates

July 1-August 1st.  
Upward Bound Program.

July 1-July 31st.  
Nishi Saishin Dojo  
Kids Summer Program.

July 20th.  
Higashi Hongwanji  
Obon Demonstration

Yonsei Basketball Japan  
Orientation Talk-JACCC 2pm.

Pasadena Obon Demo. 6pm

July 21st.  
Higashi Hongwanji Demo  
12-4pm continues 2nd day.

August 11th.  
Nisei Week Aikido Demo-Dojo  
1-2pm

August 17-18  
Japan Martial Arts Demo  
JACCC Plaza 12-4pm

August 24th  
Book signing at Phoenix  
Books-Santa Monica 7pm.

## Our Dojo in Hombu Dojo's Aikido Shimbun Newspaper

Our Dojo was mentioned in Hombu Dojo's Japanese language "Aikido Shimbun" newspaper in their May 10, 1996 issue #424 in conjunction with Fujita Masatake Sensei's visit to our Dojo in February of this year. We appreciate Fujita Sensei's kind words and praise about our Dojo.

### ロス滞在の一週間

本部指導部師範 藤田 昌武

。。。12日は合気道センタ オブ ロゼンゼルスを訪ねた。道場長のダニエル古屋正己氏とは二十七年ぶりの再会。(古屋氏は本部道場に泊り込みで修行していた)であった。この道場は造りが日本的で雰囲気を感じられた。会員たちも基本がしっかりした稽古をしており、毎月機関紙を発行するなど、まとまりのある団体である。埼玉県の大宮道場(市塚勇道場長)との交流がっずいている。

## NISEI WEEK FESTIVAL

### Dojo Open House & Aikido Demonstration

August 11, 1996  
1:00-2:00pm

In the Dojo

## SUMMER GASSHUKU Joint Practice

August 12-19th

with

Yutaka Sezaki Sensei  
Tateo Sakurai Sensei  
Tadashi Sakurai Sensei  
Takayoshi Azumi Sensei

From the Omiya Dojo  
Saitama, Japan

\*\*\*\*\*

Nisei Week Demonstration  
August 17-18th  
JACCC Plaza

August 18th  
Thank You Party

Guests Return to Japan  
August 19th

Our honored guest instructors will be participating in the Nisei Week Demonstration with us.

We are also planning a welcome party for them.

We also need volunteers to help take them around Los Angeles during the week. If any students has some free time, please see David Ito, Summer Gasshuku Coordinator.



Water by the entrance of the Dojo symbolizes spiritual purity. The carved stone was once a pillar support for an old temple. The plant is a medicinal herb from Japan and represents rejuvenation, recovery and re-growth for those who enter the Dojo.

## **Kodo in Kamai Forum**

A review of Kodo: Ancient Ways was published in the latest issue of Kamai Forum, June 1, 1996 issue, written by Dr. Cheryl Lew. If anyone wishes this issue, please contact Kamai Forum at (818) 956-0551 or write to Kamai Forum, 1108 Vincent Way, Glendale, CA. 91205. An annual subscription is \$22.00 a year according to the newspaper.

## **JACCC Children's Day in Tozai Times**

The Japanese American Cultural & Community Center's Children's Day Festival and Japanese American Touring Program were both featured in the June 1996 issue of the Tozai Times. Sensei organized the JACCC Children's Day 2nd Annual Martial Arts Festival and is a member of the JA Touring Program. For an issue or subscription, please write to Tozai Times, 5810 E. Olympic Blvd., Los Angeles, CA 90022. Or call: (213) 723-6245. An annual subscription is \$17.00 a year.

Also, our demonstration was mentioned in the JACCC Newsletter, "At the Center," please contact the JACCC for further information regarding their events. (213) 628-2725.

## **OMIYA DOJO**

### **Ichizuka Sensei to Istanbul**

Isamu Ichizuka Sensei, Chief Instructor of the Omiya Dojo in Saitama, Japan, will be sent to Istanbul from August 1st to August 8th under the auspices of Hombu Dojo to present an Aikido demonstration and seminar. Earlier this year, Ichizuka Sensei was sent to Saipan to develop Aikido there. He will be going with his wife, Toshie Ichizuka. We wish him luck and a safe journey.

### **Kawai Sensei Promoted to 4 dan**

Recently, Kawai Sensei, head of the Kuki Dojo (a branch of the Omiya Dojo) was awarded 4th dan by Ichizuka Sensei. Congratulations.

## **CONGRATULATIONS:**

### **New Shoheijuku Dojo**

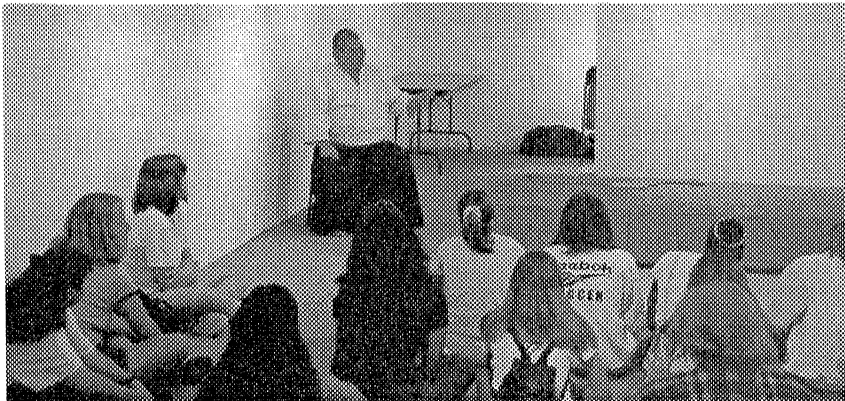
Congratulations to Suganuma Sensei on the Grand Opening of his new Dojo on July 7, 1996. Suganuma Sensei has converted a large warehouse near his home into his new practice area. Good luck and much success!



Garden lantern by entrance was specially made for the Dojo. The design of the sword guard shows bamboo or mental resiliency, the catfish or elusiveness and the "choji" plant which represents good fortune in battle for the ancient warrior.

**Aikido Center of Los Angeles**  
**NEWSLETTER**

**200 Orange County High School Students Introduced to Aikido at JACCC North Gallery May 16-17th.**



Sensei presented four lecture demonstrations to about 200 students from Orange County High Schools at the JACCC North Gallery. He was assisted by Bill Gillespie. This is our 3rd year participating in this summer youth program.

**Jonathan Club Aikido Demonstration May 24, 1996**



David Ito & James Doi demonstrating at the prestigious Jonathan Club in downtown LA for their Japan International Week celebration. Demo took place during the big banquet which was the finale to this event.

**Koban Bar-Be -Que Party on June 1st.**



Koban bar-be-que party on June 1, 1996. First party of our Little Tokyo Police Sub-station.

**BOOK SIGNING**  
**at**  
**PHOENIX BOOKS**

**August 24, 1996**  
**7:00pm**

**Sensei will sign**  
**KODO: Ancient Ways**

**1514 5th Ave.**  
**Santa Monica, CA**

**Everyone is welcome!**

**Notice:**

Dr. Cheryl Lew will be taking charge of the roll sheets. Please be sure to fill in your time slot when you come to practice and make sure that the date is posted when you pay your monthly dues. These records are important and necessary for your promotion. If you forget to fill in your time, it will be counted as "no practice." Your cooperation is greatly appreciated.

After many years at the same price, we find it necessary to raise the price of the uniforms. Adult uniforms are \$85.00 and children's uniforms are \$65.00, effective immediately. Our supplier does not have these uniforms on stock at all times so please order your uniform early. We are sorry for the price raise and thank you for your cooperation and understanding in this matter. Many thanks.

## How To Practice in the Dojo:

Most students practice according to their own strength and skill. This is the obvious method for most people. However, this is not the correct way to practice Aikido. First, know your opponent. In knowing your opponent, understand yourself. With this understanding, practice with your partner. Each partner is different and you must learn to adjust your power and strength and skill with that of your opponent. This is practice with WISDOM. Simply picking on partners who are older and weaker than yourself and avoiding those who are younger and stronger is not Aikido practice. It is simply trying to show off to impress others. Practice gently with older and weaker partners and try to practice strongly with partners who are stronger and more experienced than yourself. Of course, to decide this, you again need WISDOM. Not only WISDOM, but CHARITY and COMPASSION as well. In the midst of our physical training, we must always be aware of the spiritual aspect of the techniques.

The bottomline is that your partner must enjoy the practice as much as yourself. If you feel good but your partner feels that he has been abused, your practice is no good and need to think about what you are doing more seriously.

We develop true strength because we learn to work with others. We do not develop strength at the expense of others but with their consent and good will. I know this is very difficult to understand, but this is the way to true practice and the cultivation of true strength.

Please continue to practice hard.

## Yamanashi Senior Citizens Birthday Party on June 2nd.



Members of the Yamanashi Club were treated to Japanese classical dance by members of the Fujima Kansuma Kai. Party for 11 members, 84-95 years old, was organized by Sensei who is the President.

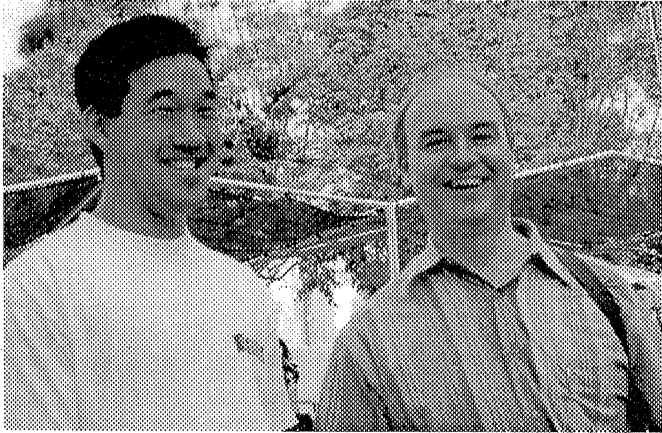


Cutting the birthday cake. 11 members range from 84-95 years old. Several of them still hold full-time jobs and drive their own cars. One honoree is the mother of George Takei of Star Trek fame. All are from Yamanashi Prefecture, Japan. Since most of the senior citizens do not get out much, the dancers in their beautiful kimono was a real treat for them and a nice reminder of their homeland. The birthday party was a big success. The next event planned is a Memorial Service at Zenshuji Temple in October. The Yamanashi Club meets three times a year for the New Year's Party, Birthday Party and Memorial Service. All members are senior citizens with the exception of Sensei (?).

## Independence Day:

Dojo will be closed on July 4, 1996, Thursday, in observance of Independence Day. Please have a nice and very safe Holiday. See you on July 5th!

## Dojo People: Children's Day Festival



Ken Watanabe & Gary Myers



David Ito



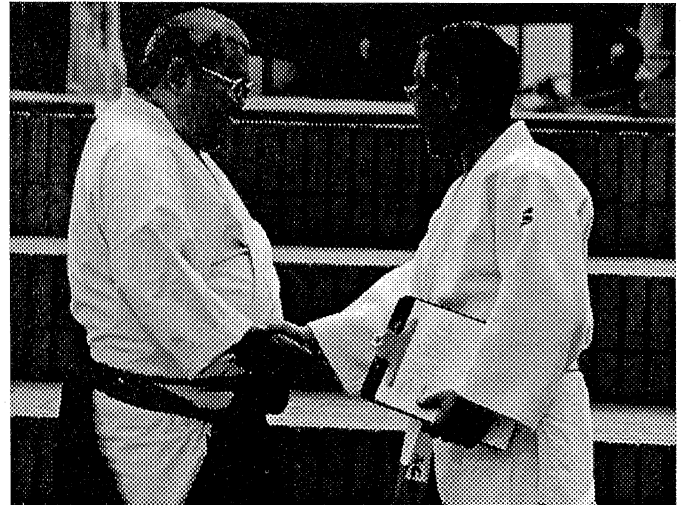
Maria Murakawa & Frances Yokota

**NISEI WEEK Reminder:**  
Nisei Week Aikido Demonstration in the  
Dojo on August 11th. Japan Martial  
Arts on August 17-18 at the JACCC.

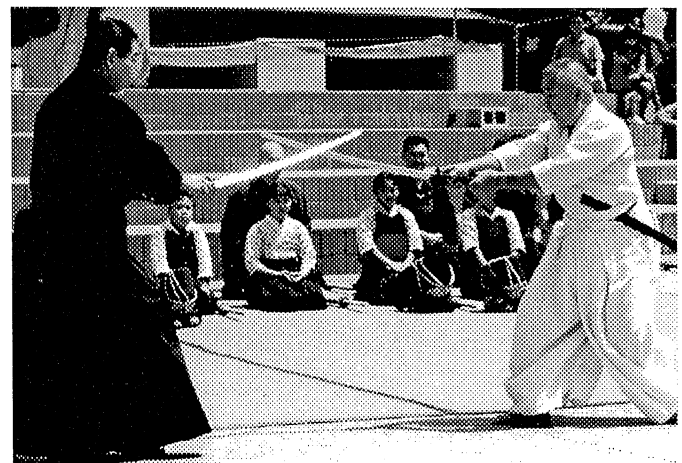


Delano Leslie

## Some Special Friends



Sensei congratulating Horiuchi Sensei, Chief Instructor of the West Covina Judo Club.



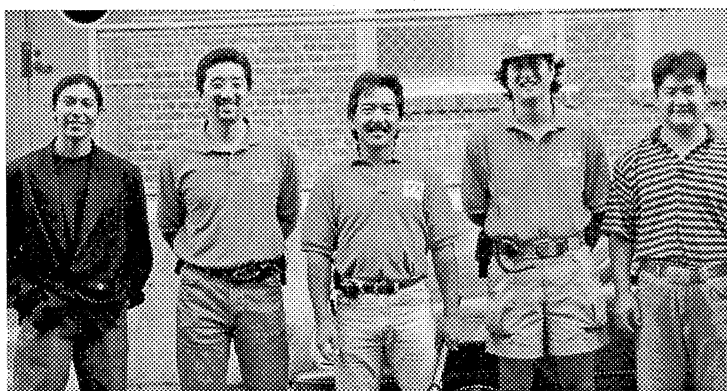
Masashi Shikai Sensei & Ichiro Murakami Sensei demonstrating the Kendo *kata* at our 2nd Asian Martial Arts Festival on Children's Day at the JACCC. Shikai Sensei, Chuo Dojo, is a good friend and always helps out at our demonstrations.

### Sensei Speaks at Nikkei Widowers Club on June 9th at the Pioneer Center



Sensei spoke at the Nikkei Widowers Club at the Pioneer Center in the JACCC. He talked at length about Aikido, his training in Japan and his views as a Sensei. The talk was well received and everyone had dinner together at Oiwake in the Japanese Village Plaza. Sensei was invited to become a member!

### Anti-Crime Night Patrol Visits Dojo



The night patrol of the Greater Little Tokyo Anti-Crime Assc. visited the Dojo on patrol in June. In the middle is Brian Kito-one of the movers and inspiration behind this organization. To his left is Kenji Suzuki, the owner of Suehiro Restaurant and one of the older members. Last month in May, our Little Tokyo Koban-Police Sub-station celebrated its Grand Opening. Brian is the 3rd generation owner of Fugetsu-do in Little Tokyo which opened by his grandfather in 1903.

### Kodo Book Update

Book sales seem to be doing very well. According to Ohara Publications, in May, KODO outsold every other book with the exception of Bruce Lee's Jeet Kun Do. This is kind of a record.

In the summer months, when reviews and articles begin to appear in publications, sales of the book should hopefully rise.

We hope the popularity of the book will attract new students to the Dojo.

### In Sympathy

On the untimely passing of Paul Sylvain Sensei, 5th dan, Chief Instructor of Valley Aikido in Massachusetts and his daughter Chloe in a traffic accident on June 1st.

Our sincerest condolences to the Sylvain Family and members of his dojo.

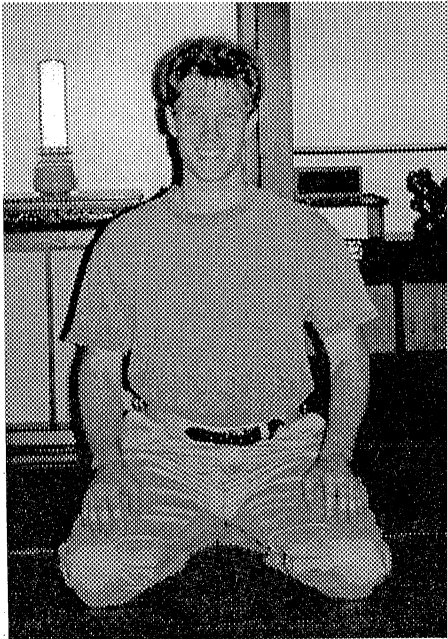
### Newsletter Subscriptions:

Subscriptions are available for our Dojo Newsletter. Our annual subscription fee is \$30.00 donation to the Dojo. Out-of-country subscriptions are a \$36.00 donation. Fees cover costs of printing and postage.

Get your friends and family to subscribe and support the Dojo. With rising costs of printing and paper and postage, and also our expanded format, your generous support is very necessary.

Many thanks for your support.

*Aikido Center of Los Angeles*



John Brinsley, 1st dan, from Hombu Dojo joined our practice in June. This is his second visit to our Dojo.

Gail Skinner, Chief Instructor of Aikido Canyonlands Dojo was also a visitor.

## **For Beginning Students & Students Who Have Been Away From Practice:**

Everyone is anxious to jump into Aikido practice from the very start. But I must warn you to please take it easy from the very beginning until you become accustomed to the pace of the training. Many people are under the gross misconception that Aikido training is very tame and easy. Although it might be in some schools, it is not in our Dojo. Go only half of what you think you can do. If you practice regularly, you will be surprised at how fast you reach optimum conditioning.

Students who have been away from practice for a while, even as little as one week, should take it easy. In one week, you will be surprised at how much conditioning you lose. Please be careful and do not push yourself too much but take it easy for at least the first two or three classes after your return.

Students should realize the importance on maintaining regular practice schedules. Though you may pick up the various techniques quickly and develop a certain amount of stamina, you will lose it faster than you gain it. This is the nature of all physical activity.

## **SOME RULES FOR GETTING BACK INTO TRAINING OR BEGINNING TRAINING**

1. Check with your physician before you begin any physical activity. Be sure you advise him that the check-up is for this purpose.
2. Maintain regular training schedule.
3. Try to come early to warm up and loosen up on the mat by yourself.
4. Do not eat heavily before practice. Drink water and make sure that you are not dehydrated before you enter the mat.
5. Do not practice if you have a headache, stomachache, feel nauseated, or feel any type of pain or discomfort in your body.
6. Always wear a clean uniform and sit quietly for a few minutes before training to lessen stress and quiet your mind.
7. If you become too tired in practice, sit down and rest in the Dojo Safety Zone.
8. Stop, if you have trouble breathing.
9. Do not practice, if you have a cold or fever.
10. Do not take any illegal drugs at any time.
11. Eat properly.
12. Do not compete or make practice a show of strength. Practice with wisdom.
13. Understand the difference between *Power* and *Strength*.
14. Understand the difference between *achieving* your potential and *forcing* your potentials.
15. Practice for enlightenment.



**Arete  
Press  
Aikido  
Today  
Magazine**

Aikido Today is now carrying our book, KODO. We thank them for their support. They also carry our video series, AIKIDO SHOSHINSHU, The Art of Aikido.

**KODO**  
Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist



古  
道



by Kensho Furuya

**KODO**  
Ancient Ways

Rev. Kensho Furuya

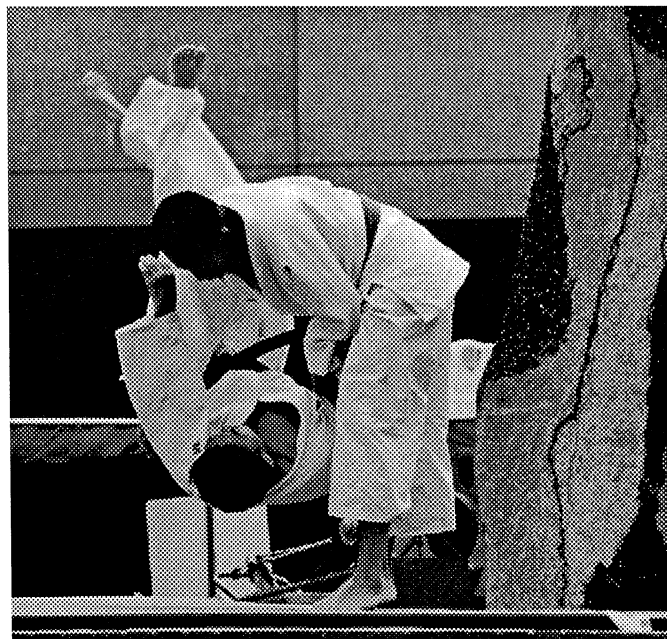
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Send remittance to the Dojo.  
Please order early!

Please tell your friends.  
KODO also makes a great gift  
to a good friend.

Some 1st editions still  
available.



Above: Kids of Sifu Douglas Wong and his wife, Carrie Ogawa Wong. Kids began training before they could even walk. Future Kung-fu masters performing for Children's Day Festival.  
Right: Young members of the West Covina Judo Club.



**MANY THANKS:**

The Aikido Center of Los Angeles would like to thank all the instructors, dojos and students who participated in the 2nd Annual Asian Pacific Martial Arts Festival on May 4, 1996. We would also like to thank all of our members who participated and helped out during this event.

**Higashi Hongwanji Obon  
Martial Arts Festival  
July 20-21, 1996**

Saturday, July 20th Program

1:00pm Shorinryu Karate  
Centenary Church Karate  
Arthur Ishii Sensei

1:30pm Aikido  
Chushinkan Dojo  
James Nakayama Sensei

2:00pm Iaido  
ACLA

2:30pm Aikido  
ACLA

3:00pm Naginata  
So Calif. Naginata Federation  
Helen Nakano Sensei

3:30pm Karate  
Shotokan Karate  
Monterey Park Karate Club  
Richard Kageyama Sensei

**EVERYONE WELCOME!**

Sunday, July 21st Program

1:00pm Shorinryu Karate

1:30pm Judo  
Pasadena Buddhist Church Judo

2:00pm Aikido  
Chushinkan Dojo

2:30pm Karate  
West Covina Karate Club  
Hanabata Sensei

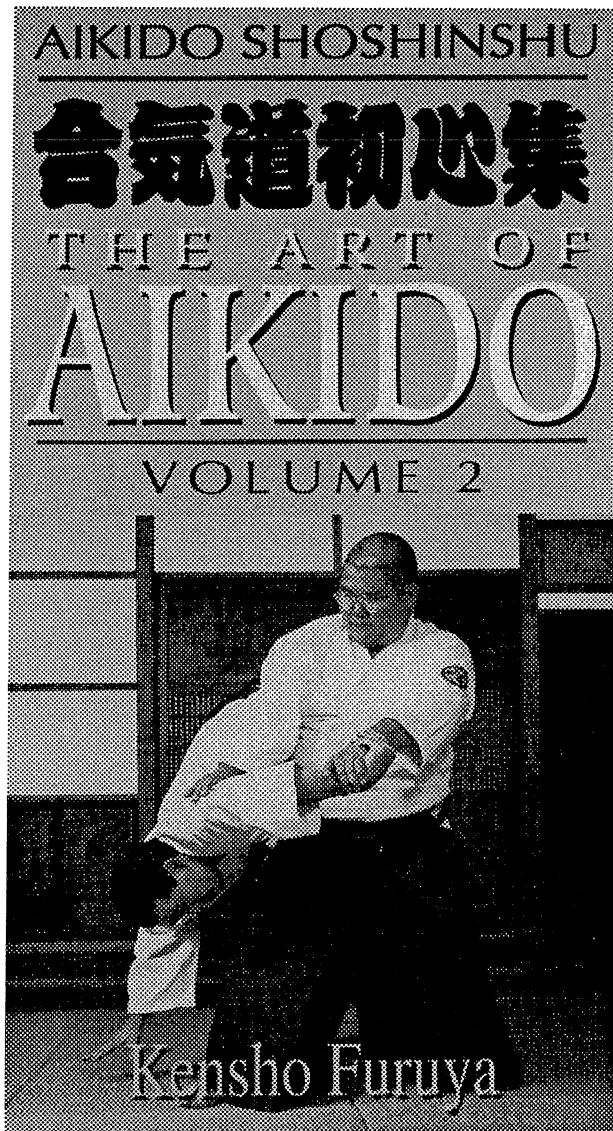
3:00pm Iaido & Aikido  
ACLA

**Pasadena Buddhist Church  
Obon Festival**

Saturday, July 20th  
Aikido Demonstration  
6:00pm

**Yonsei Basketball:  
JACCC Japan Orientation**

Saturday, July 20th  
Lecture on "Living in Japan"  
2:00pm in the North Gallery



## AIKIDO SHOSHINSHU The Art of Aikido Video Series

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## VIDEO REVIEWS:

"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . . This is a thoughtful and professional series of impressive scope. For those who can afford the nine volumes, the whole series would be a worthwhile investment."

**Susan Perry, Editor-in-Chief**  
**Aikido Today Magazine #44, Vol. 9, No. 6.**

"Furuya's latest project has been the production of a compre-

hensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes."

**Stan Pranin, Editor-in-Chief**  
**Aiki Journal, April 1995 Issue.**

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . .

**Dr. Taitetsu Unno, Smith College, Eastern Religions.** Trans. "The Spirit of Aikido."

## Aikido TRAINING SCHEDULE

### BEGINNING & OPEN CLASSES

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

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

Tuesday & Thursday Mornings  
7:00am-8:00am

Saturday Mornings  
10:15am-11:15am

Sunday Mornings  
10:15am-11:15am

### ADVANCED & INSTRUCTORS' CLASSES

Wednesdays  
7:30pm-8:30pm

Saturday Mornings  
11:30am-12:30pm  
Please bring weapons.

### CHILDREN'S CLASSES

Saturday Afternoons  
12:45pm-1:45pm

Sunday Mornings  
9:00am-10:00am

## Iaido TRAINING SCHEDULE

### TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings  
7:30pm-8:30pm

Saturday Mornings  
9:00am-10:00am

Sunday Mornings  
8:00am-9:00am

Chief Instructor's approval is  
required to join Iaido.

## SPECIAL MONTHLY SEMINARS

### BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR

Every Last Saturday of the month  
6:30am-8:30am

Instructor's Meeting follows.

### IAIDO INTENSIVE SEMINAR

Every 3rd Saturday of the month.

6:30am-8:30am

General meeting follows.

### BUDO & SWORD STUDY CLASS

Every 1st Monday of the month.

7:30pm-8:30pm