

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

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

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

June 1, 1995

Vol. XIII Number 6

1st Asian Pacific Martial Arts Festival May 6th At JACCC

The demonstration on May 6th was a big success with an estimated 3,000 people in attendance throughout the day at the JACCC Plaza in celebration of Children's Day and the Spring Festival in Little Tokyo. For the first time, many Asian countries were represented with martial arts from China, Korea, Filipines, Okinawa, and

Japan. Among some of the notables were Fumio Demura Sensei, Kiyoshi Yamazaki Sensei, members of the IMB Academy and Jun Chong's Tae Kwon Do with a special appearance by Eihachi Ota Sensei of the Shorin Ryu Karate Organization. Among some of the rarer appearances were Madame Helen Nakano of the Southern California Naginata Federation and Sifu Mark Cheng of the UCLA Kung Fu Club. The event was hosted by James Lew, well among actor and star of action movies and Sensei. The demonstration was also graced by many celebrities of the Asian community including Yuji Okamoto, Tamlyn Tomita, Stan Egi and Jeff Imada. This is the 1st Asian Pacific Martial Arts Demonstration in Little Tokyo featuring many Asian Pacific nations and martial arts. In total, over 155 martial arts artists participated and many asked to back back for next year!. The crowd was also entertained by the "Immortals" Chinese lion dancing and the Kishin Daiko Japanese drummers who opened the demonstration. Everyone had a great time! Many thanks.



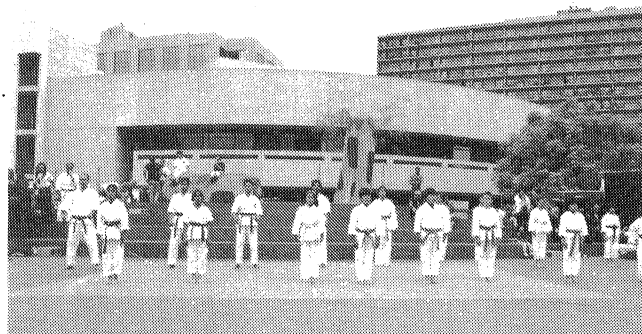
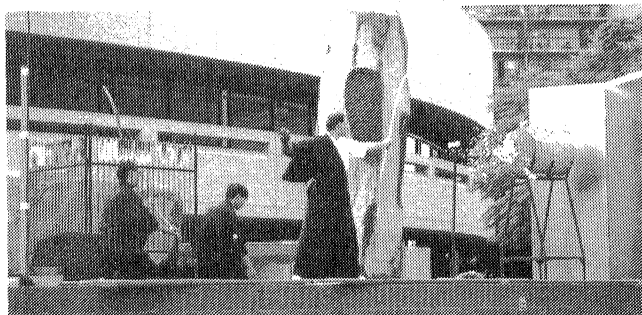
Furuya Sensei at the 1st Asian Pacific Martial Arts Demonstration which he emceed and produced along with the JACCC with the Children's Day Festival in Little Tokyo.



Sensei with the "Immortals" Chinese lion dancing troupe and Sifu Douglas Wong & Carrie Ogawa Wong.

August 16, 1995. Special Aikido Lecture by Dr. Taitetsu Unno.

ASIAN PACIFIC MARTIAL ARTS FESTIVAL



Special Thanks

Thanks goes to Mr. Miles Hamada of the JACCC for supervising the Children's Day event and for donating the special T-shirts for the participants and the demonstration posters.

ACLA DOJO NEWSLETTER

Published monthly by the ACLA.
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Many Thanks

Sincerest thanks to all of our friends for helping to make a very successful Asian Pacific Martial Arts Festival this year.

SPECIAL FRIENDS & GUESTS

James Lew, Special Guest Host
Fumio Demura, Shito Ryu Itosu Kai
Hirokazu Kosaka, LA Kyudo Kai
Immortals Chinese Lion Dancers
Kishin Daiko Drummers
Kiyoshi Yamazaki, Ryobu Kai Karate
Members IMB Academy
Members Jun Chong's Tae Kwon Do
Masashi Shikai, Chuo Kendo Dojo
Helen Nakano, US Naginata Federation
Mark Cheng, UCLA Kung Fu Club
Arthur Ishii, Shorinryu Karate
Richard Kageyama, Shotokan Karate
James Nakayama, Chushinkan Aikido Dojo

And to all their students & assistants

DOJO DEMO MEMBERS

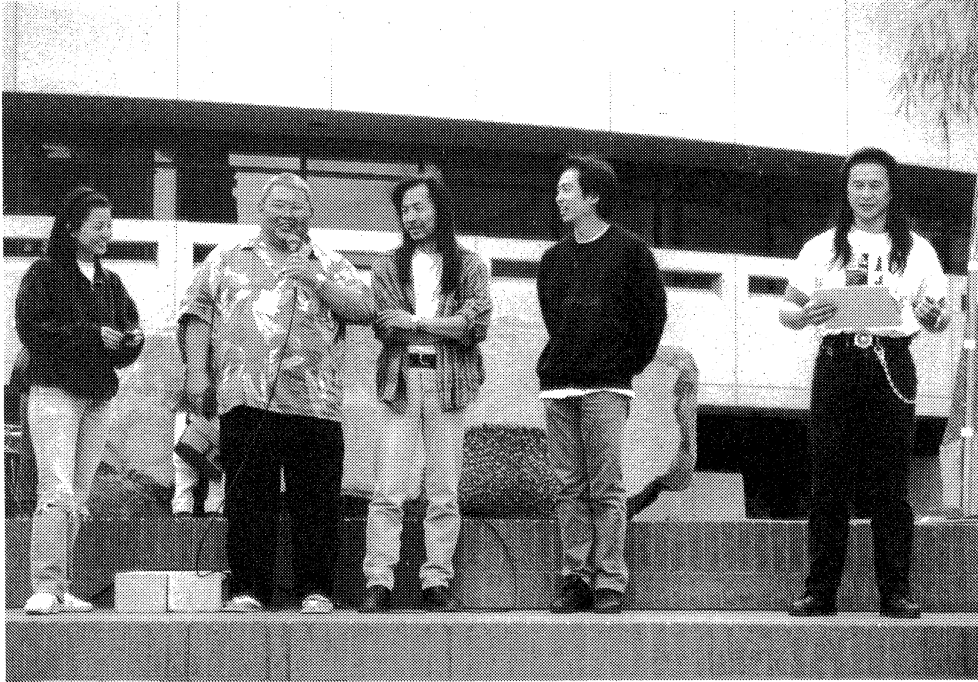
James Doi
Gary Myers
Ken Watanabe
Bill Gillespie
Richard Eloriagga
Kenny Furuya
Andy Kissel
David Ito
Dr. David Samuels
Dan Yoshimura

DOJO HELPERS

Norm Lew
Dr. Cheryl Lew (photos)
Marlene Lew
Douglas Lew
Henrique Morimura (photos)
David Berber (video)

Special Thanks to the JACCC: Mr. Miles Hamada, Ms. Chris Aihara & Ms. Meg Imamoto

Asian Pacific Martial Arts Festival



Sensei with Tamlyn Tomita of "Joy Luck Club" movie fame, Jeff Imada, the top action and fight coordinator in the industry, Stan Egi, well known actor, and our Special Guest Star, James Lew who also emceed the event.



With Yuji Okamoto, major Asian movie actor who starred in "True Believer" and "Nemesis."



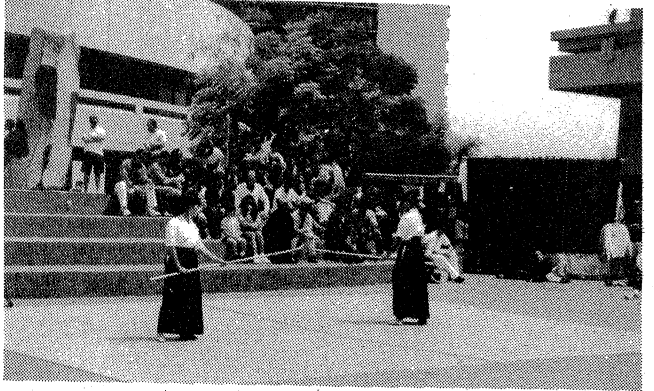
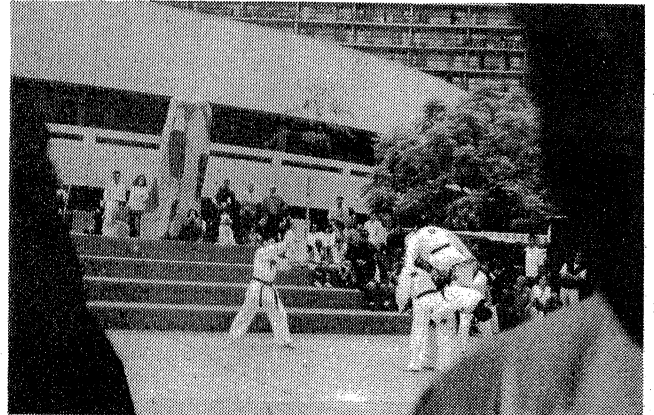
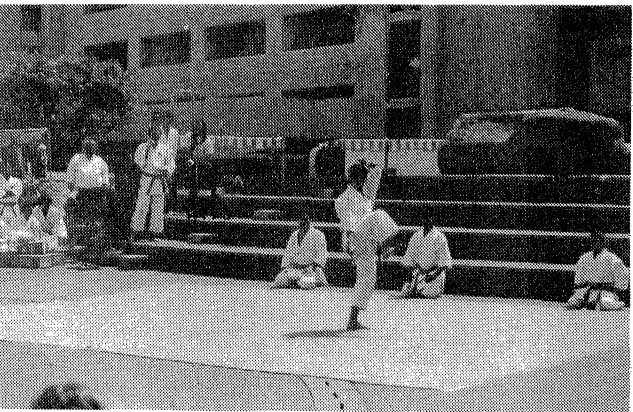
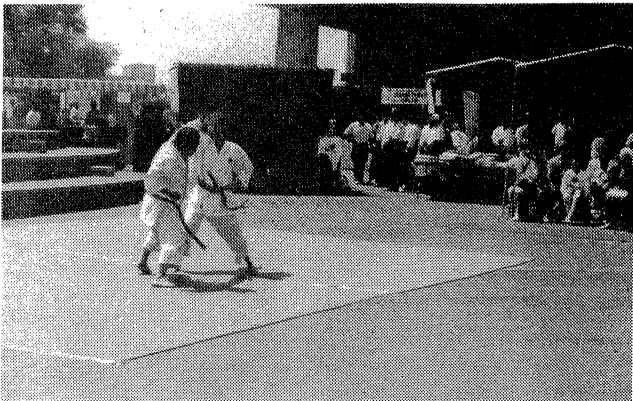
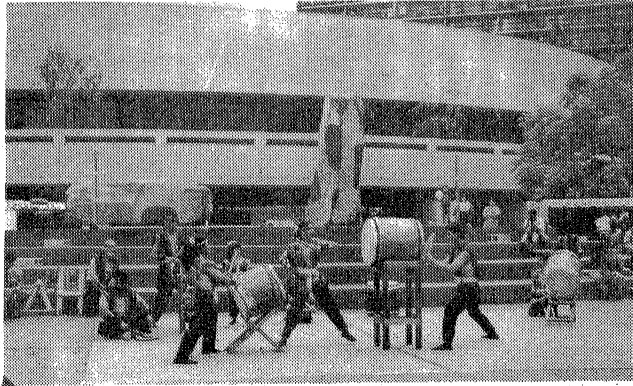
Sensei is honored as the Master Budo Advisor to the UCLA Kung Fu Club by Sifu Mark Cheng during May 6th Demonstration. This was a surprise presentation and great honor for Sensei. Sifu Cheng is the head instructor of the UCLA Kung Fu Club which he started several years ago and is doing very well. He was also the stunt double for Jon Lone in the movie, "The Hunted." He demonstrated Kung Fu and Yang Style Tai Chi Chuan at the May 6th event.

Special Guest Star, James Lew, was swamped with autograph seekers who recognized him immediately. He was recently featured on the cover of Martial Arts Ultimate Warriors Magazine and voted the most popular Asian martial arts actor on the screen. His action movie, "Red Sun Rising," in which he stars as the villain, has just been released on video.

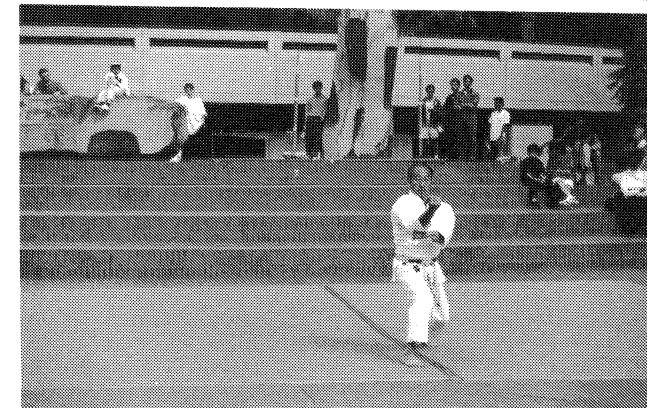
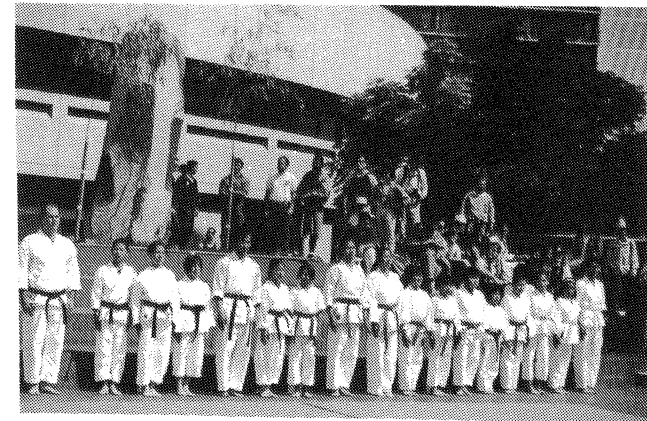
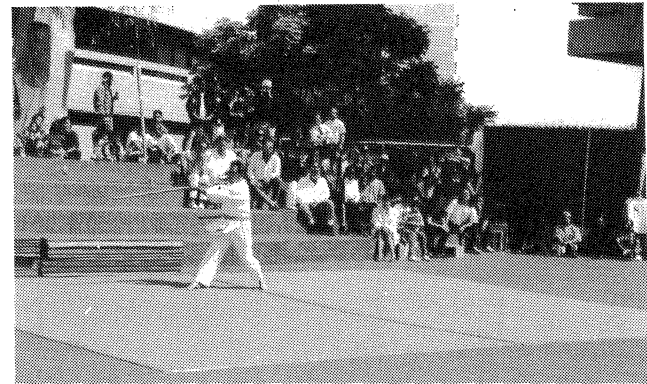
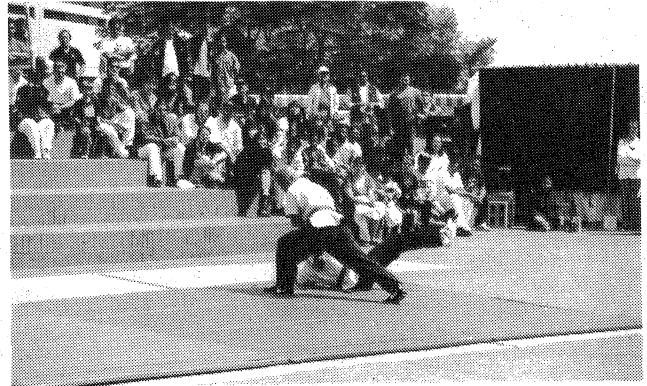
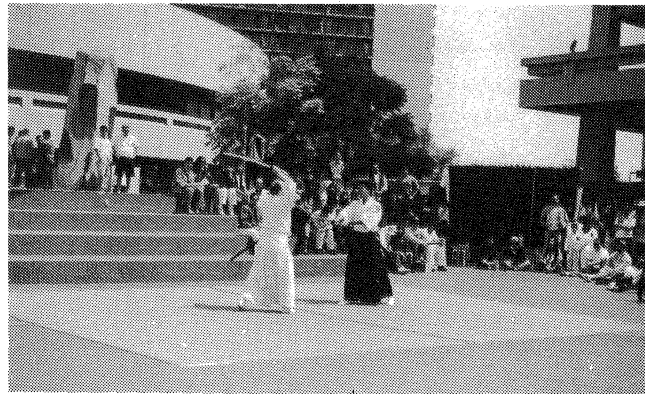


The Asian Pacific Martial Arts Demonstration became one of the highlights of the Children's Day and Spring Festival celebrated in Little Tokyo on May 6th & 7th. This is one of the 1st times many Asian martial arts were presented to the Japanese American community.

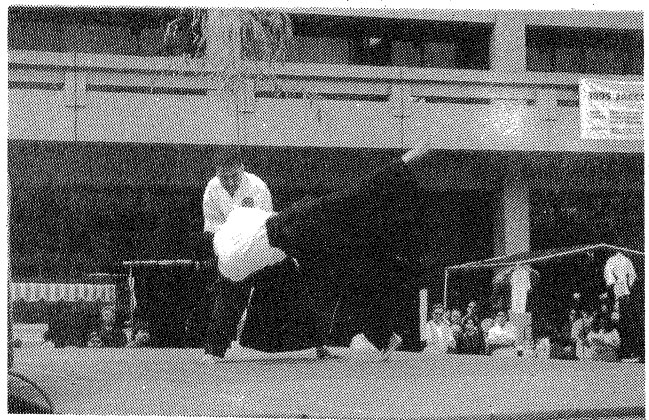
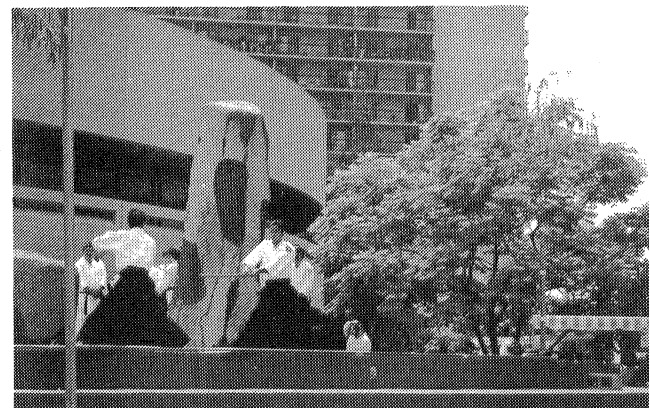
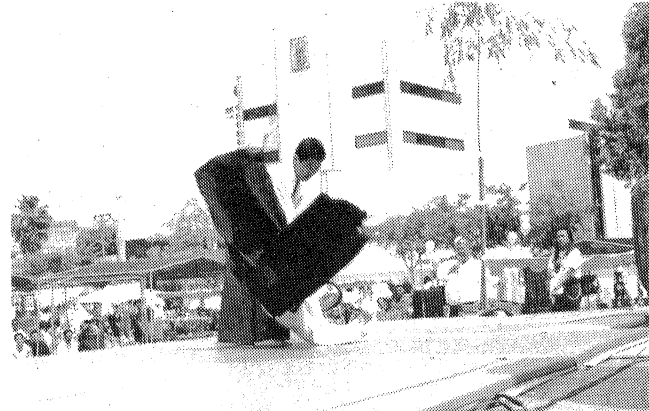
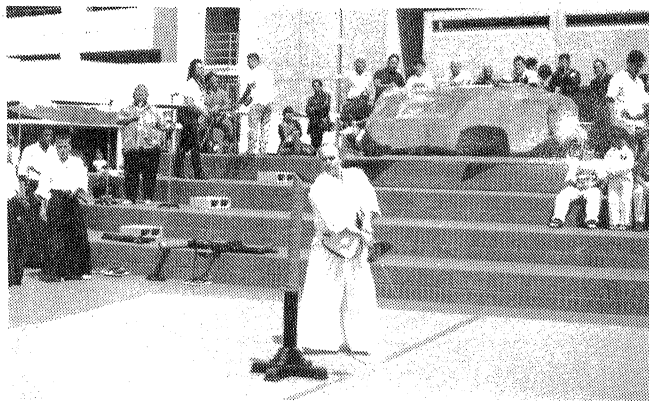
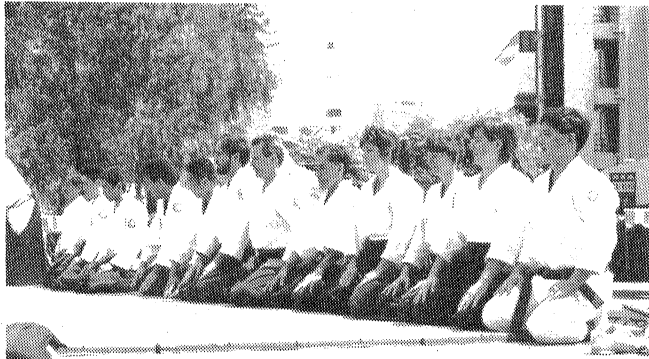
Asian Pacific Martial Arts Festival



Asian Pacific Martial Arts Festival



Asian Pacific Martial Arts Festival





Bill Gillespie demonstrating strong and clean defense against knife attack, tanto-dori, at the JACCC on Children's Day.

Special Lecture By Dr. Taitetsu Unno

On August 16, from 7:00pm, the Dojo is very honored to have Dr. Taitetsu Unno, Aikido teacher and Professor of Religion at Smith College in Massachusetts visit us and present a Special Lecture on Aikido and Asian spiritualism. Dr. Unno is the translator of Doshu's "The Spirit of Aikido (Aikido no Kokoro)."

JETSETTERS:

Master Adam Hsu, a very good friend of the Dojo, departed for Taiwan on May 9th and will return to his home in San Jose around May 30th. Hopefully, we will receive a visit by him to Los Angeles in the later part of June.

David Ito, 1st Dan, departed to Japan on May 9th for two weeks and should return just before this Issue's publication date.

Peo Lopsranki has returned home in Illinois for two months but will return to LA for school in late August. Peo attends USC.

Jonathan White, 1st Dan, will be out of town to two months for work. Jonathan is a very well known artist who conducts his shows across the country.

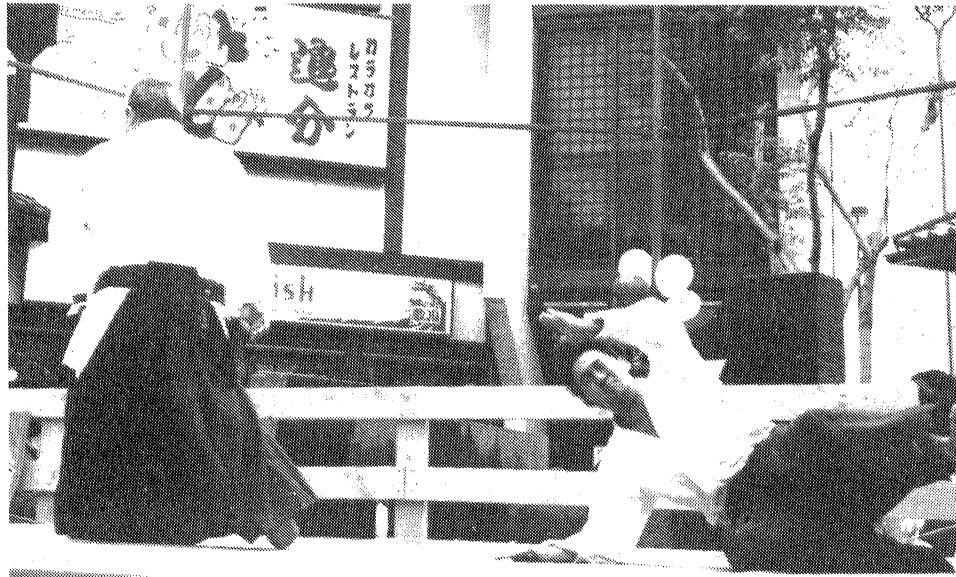
Hotel New Otani Children's Day



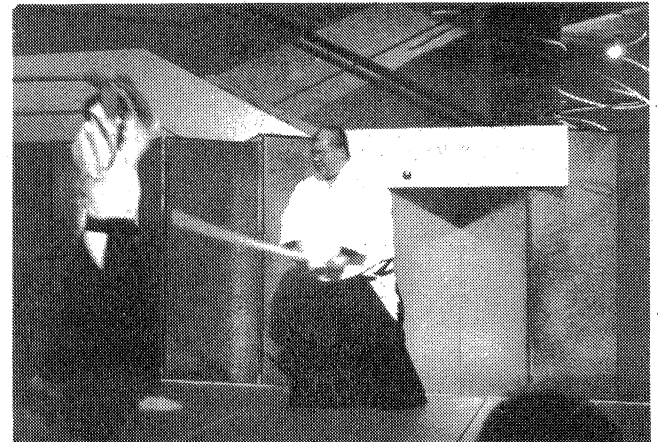
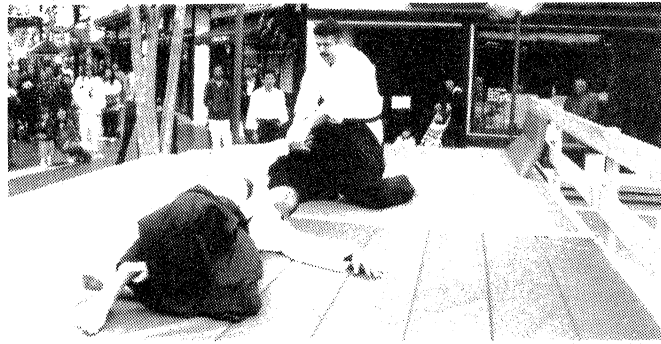
Sensei lectured on Japanese swords and Aikido at the Children's Day Festival held at the Hotel New Otani on May 7th.

The May 6th & 7th weekend was a busy day for the Dojo and all the demonstration participants. Fortunately, each demonstration at the JACCC, Japanese Village Plaza and the Hotel New Otani were all great successes and very well received by the public.

Japanese Village Plaza Spring
Festival Demonstration May 7th



Hotel New Otani
Children's Day Spring
Festival May 7th



Left Column Top to Bottom: Japanese Village Plaza Demo: Richard Eloriagga, Steve Tarango & Kenny Furuya.

Right: Sensei demonstrating Aikido at the New Otani with Ken Watanabe, James Doi, Bill Gillespie, Andy Kissel & Kenny Furuya as Assistants.

Important Dates:

June 2nd. Sword Study Group. 7:30pm.

June 9th. Budo Study Class. 7:30pm.

June 17. Iaido Intensive. 6:30am.
Breakfast Meeting follows.

June 24th. Black Belt Intensive. 6:30am.
Breakfast Meeting follows.

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

July 8-9. Lotus Festival. Echo Park.

July 15th. Pasadena Buddhist Church Obon
Demonstration.

July 22-23rd. Higashi Hongwanji Buddhist
Temple Obon Demonstration. In Little Tok-
yo.

August 16-18th. Tentative dates. Dr. Taitet-
su Unno visits Dojo for lecture.

August 19th. Nisei Week Festival.

UPCOMING ARTICLES: Coming Soon!

Next Issue of MA Training
"Kakushi-aji: The Hidden Taste"

Upcoming:
"Yagyū Sword Guards"

"The Right Way to Handle a
Samurai Sword."

Walk on Water

As most of you have noticed, we have finally completed the outside entrance way of the Dojo with stepping stones and polished river rocks. Due the cost, it took several years of budgeting but now it is complete and looks exactly like the traditional entrance of an old residence in Kyoto. This type of entrance is called "ro" and is the transitional space between the world outside and the Dojo. Entering through the Dojo gate, you enter into completely different world. For us, the world of Aikido. The polished rocks represent water or a flowing spring so one must use the stepping stones to cross over.

The image of the flowing spring water refreshes and purifies the mind so you can leave all your cares of the world outside. Also, in one's imagination, the "sound" of the flowing stream can refresh and calm your spirit. Enter the Dojo slowly and carefully and take time to enjoy its beauty. Don't rush in and out like you are in a mall or standing in line at MacDonal'd's. You will notice, that it is a slight stretch of the legs from one stepping stone to the next. It has been purposely designed this way as the proper distance in the "irimi" movement. As soon as you enter our Gate, you are already in training.

Stepping on the tiny polished rocks means that you are "walking on water." Don't be so careless and hasty. The garden "ro" is not simply for beauty but there is an important spiritual lesson here as well.

Please be aware that it is tedious work everyday to keep the "ro" clean by removing all the fallen leaves from the rocks. We spend a lot of time making money to survive in this world which is very important, no one will deny this, but spending a little time for our spiritual survival and well-being is also very important. I hope everyone will enjoy and appreciate the Dojo's little garden.

As a side note, I always tell people to look for the "garden" in the alley when giving directions to the Dojo. One guest said, "I found the Dojo but I didn't see any garden!" In Japan, this could be a garden but in America I think our Dojo "garden" may be a bit too small by acceptable standards. For our Dojo, however, it is just the right size. It is a small way to bring beauty into your life or to appreciate how important beauty is to your life. In your busy, bustling, mad world outside, take a few seconds and walk through our tiny garden as if it were a huge forest.

ASIANS for MIRACLE MARROW MATCHES

*Tony Osumi,
Japanese Task Force Coordinator*

Saving someone's life doesn't always include pulling someone from a burning building or diving into a pool to save someone from drowning. For some, it only takes a blood test. An organization called Asians for Miracle Marrow Matches (A3M) recruits their own heroes and saves lives as well.

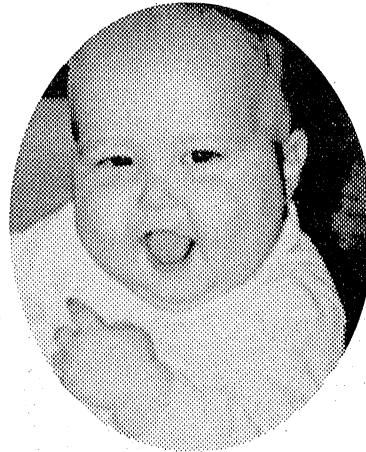
Each year thousands of Asian Americans are diagnosed with blood-related diseases like Leukemia. Part Japanese American toddler, Paul Douglas Ungericht, is one of them. So far, he's doing a good job of battling acute lymphoblastic leukemia, but he needs some help from the Asian American community.

A bone marrow transplant from another Asian American, specifically Japanese American, is his best chance for a healthy normal life. But because of the small number of Asians in the national registry, his odds in finding a life-saving match are low. Since 1988, only 1.2% (41 out of over 3300) of all unrelated bone marrow transplants have been for Asian American patients.

Providing hope to Baby Paul and his family is as easy as taking a simple blood test. Getting tested is important because each of us might be that *miracle match* without even knowing it. You'll have an opportunity to join the national registry and possibly save a life, during the annual Venice Japanese Community Center Carnival on June 24 and 25.

To join our pool, you must be between the ages of 18 and 55 years-old and be in good health. Two or three tablespoons of blood is drawn, tissue typed and entered into the National Marrow Donor Program (NMDP) computer. It will be listed until your 56th birthday and if a potential match is found, you will be called in for additional testing to determine donor-recipient compatibility.

Bone marrow collection is a simple low-risk procedure and because marrow replenishes within two to three weeks, a donor's future health is unaffected. Although donors may feel some slight soreness around the hip area for a few days, many say the emotional high of



Paul Douglas Ungericht

possibly saving a life is immeasurable. Mariko, a Japanese American who donated marrow said, "Afterward, I felt like I was part of something really special. I'd do it again in a heartbeat."

For more information on how you can be a hero and help *give the gift of life*,

please see Sensei or Tony Osumi at Asians for Miracle Marrow Matches: (213) 626-3406.

Please contact your family members and friends and ask for their help as donors. Our Dojo will sponsor these ads in the future as part of our community service work.

Sensei's Message:

WORKING TOGETHER & MAKING IT WORK

May 6th was a very successful demonstration and I think we accomplished our primary goal of bringing in more people into the Little Tokyo area. However, there is one more goal we accomplished which I hope will have far reaching consequences for the future. I received many compliments on how we managed to arrange for so many different countries to work together so nicely together and on such a friendly basis. I myself am surprised that this worked out so well and I want to work more towards this type of mutual cooperation in the future. From a historical and cultural standpoint many of the countries coming together for our JACCC Children's Day Festival do not work together so well. Yet, somehow, we all were able to work together. and everyone contributed equally and fully towards the success of the event. For myself, this is really a great thing and I do believe this is the first martial arts demonstration of this type ever in Little Tokyo. In the future, I hope I can expand this to include more and more Asian countries until we can have complete representation and put on a truly wonderful demonstration. This is my dream.

On a smaller level, dojos within each discipline should work together more closely. We can't ever accomplish this without mutual respect. Traditional values and codes are important because it gives our art order and harmony. Nowadays, we want only think of ourselves. Thru selfishness we think we can get the advantage over others. How silly! Aikidoists talk too much about harmony so they are the worst offenders. We should practice what we preach. But first, we need to train much more. This is the first step.



Next Testing Session

**GLENDALE JAPANESE
FREE METHODIST**

June 4, 1995, 12-2pm

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

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

KODO

Ancient Ways

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

Rainbow Publications is in the final stages of editing and the book should be out very soon.

"The Art of Aikido"

Aikido Shoshinshu

Nine Volumes Complete

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

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*\$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



Submissions of newly published books and videos, and the most recent issues of magazines and newsletters may be sent to: *The Book Page*, 5-11-21-106 Koenji Minami, Suginami-ku, Tokyo 166 Japan.

Reviews

Aikido Shoshinshu: The Art of Aikido. Produced by Unique Publications. Presented by Kensho Furuya. Burbank, CA: Unique Publications, 1994. Color VHS. 9 vols. US\$39.95 (+ shipping & handling) each. Available from 1-800-332-3330, Unique Publications Video, 4201 Vanowen Place, Burbank, CA 91505. Special set discount is available. Kensho Furuya may be contacted at the Aikido Center of Los Angeles, 940 East Second St #7, Los Angeles, CA 90012, or call 213-687-3673.

I first met Kensho Furuya about 1964 at the Los Angeles Aikikai while he was still a teenager. I remember too that we took our shodan tests together in front of Koichi Tohei Sensei in August of 1965. Furuya later spent time at the Aikikai Hombu Dojo in Tokyo for intensive training in 1969. Along the way he received college degrees from the University of Southern California and Harvard.

Furuya has devoted himself to aikido for over thirty years and presently operates a full-time dojo in Los Angeles. He is also adept at iaido, an ordained Zen priest and frequent contributor to several martial arts magazines.

Furuya's latest project has been the production of a comprehensive 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.

With cordless microphone pinned to his keikogi, Furuya explains in detail as he performs the scores of techniques included in



Rev. Kensho Furuya

these tapes as though conducting a class in his dojo. Several camera angles and close-up shots focus on important details. His explanations are conversational in tone and consequently easily followed. The camera work is excellent throughout and there is sufficient repetition of techniques to allow one to thoroughly grasp essential points.

Furuya's aikido shows the influence of several teachers who have had prominent roles in his aikido formation. In particular, I noticed movements and explanations drawn from Koichi Tohei Sensei's teachings of the 1960s. Also, the influence of Aikido Doshu Kisshomaru Ueshiba and other Hombu Dojo shihan is evident. Emphasis on ki no nagare or flowing movements is seen in his techniques and explanations.

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.

Stanley A. Pranin

Aikido: The Heavenly Road. Kenji Shimizu. Chicago, Berlin, Tokyo, and Moscow: edition q, inc., 1994. ISBN 1-883695-02-3. 175 p. Illustrated with photos. 8½" x 12" hardbd. \$29.95. To

order call 1-800-421-0387.

Technical volumes are a real challenge to produce, and an even greater challenge to produce successfully. Kenji Shimizu's *Aikido: The Heavenly Road* is particularly successful in its presentation and selection of technique—nearly one hundred are included—and less so in its text and translation. The technical photographs are well reproduced and easy to follow, and the explanations, though sketchy, connect clearly with the illustrations. I especially like the occasional use of overhead sequences. The photos are presented as cut-out from their backgrounds, which reduces distractions, but sometimes results in very blocky silhouettes of fine details such as fingers. Some readers may not be happy with the paucity of detailed explanation in the technical text, but for those who would use this book as a memory-jogger or as supplemental study to a well-supervised training program, this should present no problem. I found the selection of techniques very interesting, since many correspond to ones that appear in Tomiki aikido's series of *koryu no kata* (classical forms). Those who are studying these forms might benefit from comparing our versions of the techniques with the way Shimizu Sensei performs them. The group of escapes/releases provided at the very end also provide quite good study material.

Given that the bulk of the volume is its pictures (in addition to the technical sequences, there are a number of quite beautiful aikido photographs), perhaps the textual shortcomings can be excused. The very brief history of aiki-jujutsu that Shimizu provides is not based on the most recent historical evidence, and could be misleading. The translations are sometimes a bit strange, for example "blade-hand" for *tegatana* (hand-blade), or "passive body movement" for *ukemi* (receiving technique). And in the introduction, we have a discussion of "atemi-

**AIKIDO CENTER OF LOS ANGELES
NEWSLETTER**

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 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)

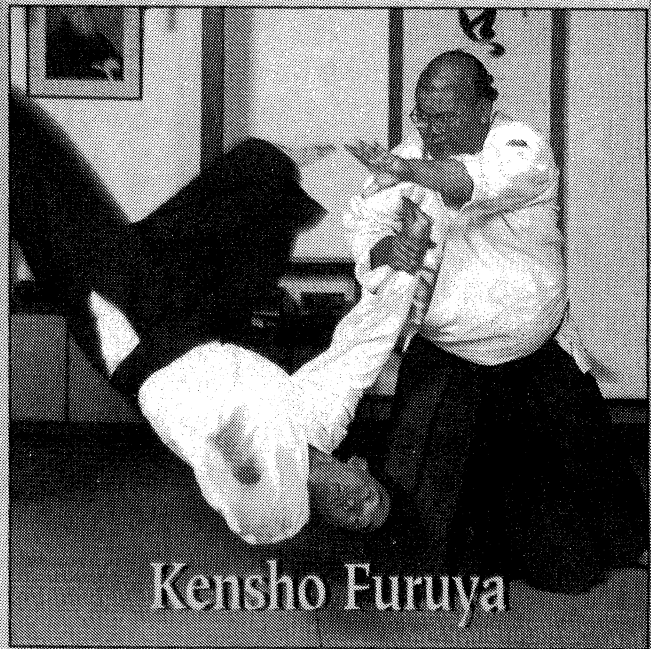
- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

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

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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 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 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.