

羅府合気道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Los Angeles, California
90012
(213) 687-3673

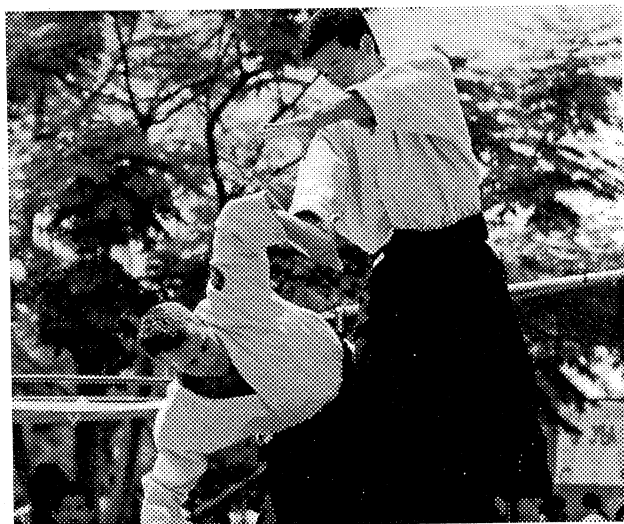
The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
United States Aikido Federation, Eastern Region
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

June 1, 1996

Volume XIV. Number 6.

SPECIAL ISSUE: CHILDREN'S DAY FESTIVAL - May 4th 2nd ASIAN PACIFIC MARTIAL ARTS FESTIVAL

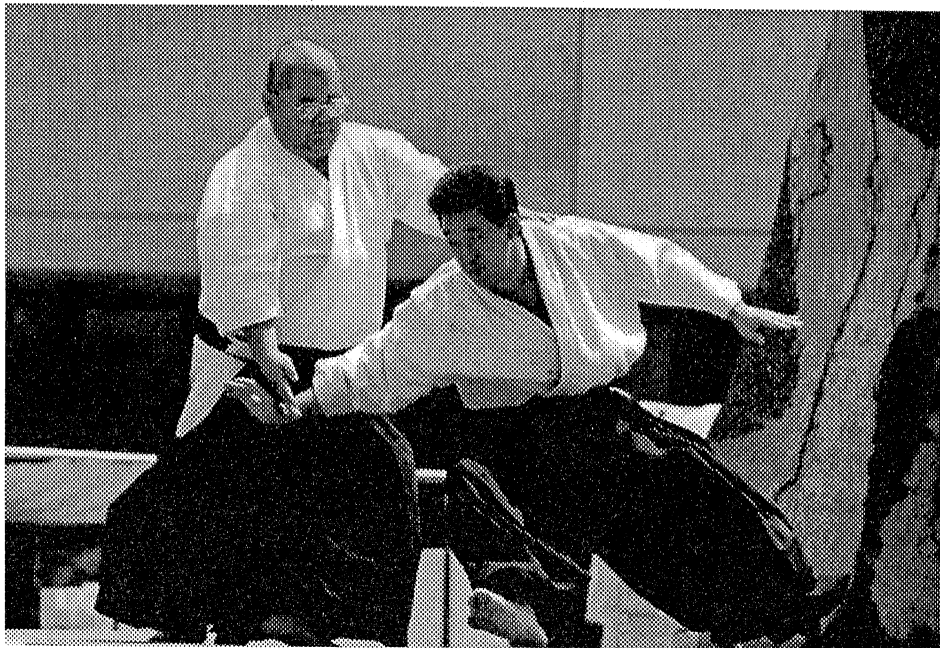
It was a beautiful day for our 2nd Annual Asian Pacific Martial Arts Festival on May 4th at the JACCC. There were 167 participants in our demonstration and, according to the JACCC, about 5,000 guests. Actor-kung fu master, James Lew acted as MC with Sensei. Right: Kendo demonstration under the direction of Shikai Sensei, 7th Dan, under the bright downtown LA cityscape. The demonstration was a great success and everyone enjoyed the event.



Uchi-deshi Ken Watanabe & Bill Gillespie at demonstration.

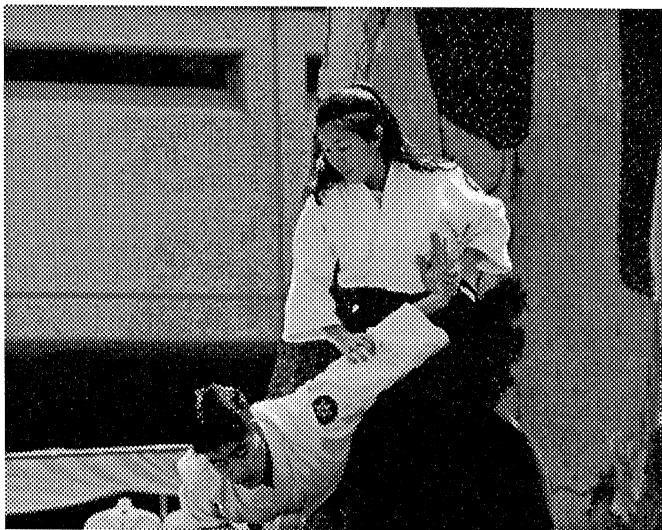
SUMMER SCHEDULE

- June 9th. Nikkei Widowers-Little Tokyo Services
- June 30th. KODO Book Signing Party-JACCC
- July 14th. Lotus Festival-Echo Park
- July 20-21st. Higashi Hongwanji Obon Demo
- July 20th. Pasadena Buddhist Church Obon Demo
- Aug 10-16th. Sezaki & Sakurai Sensei-Omiya Dojo
- Aug 17-18th. Nisei Week Aikido Demonstration

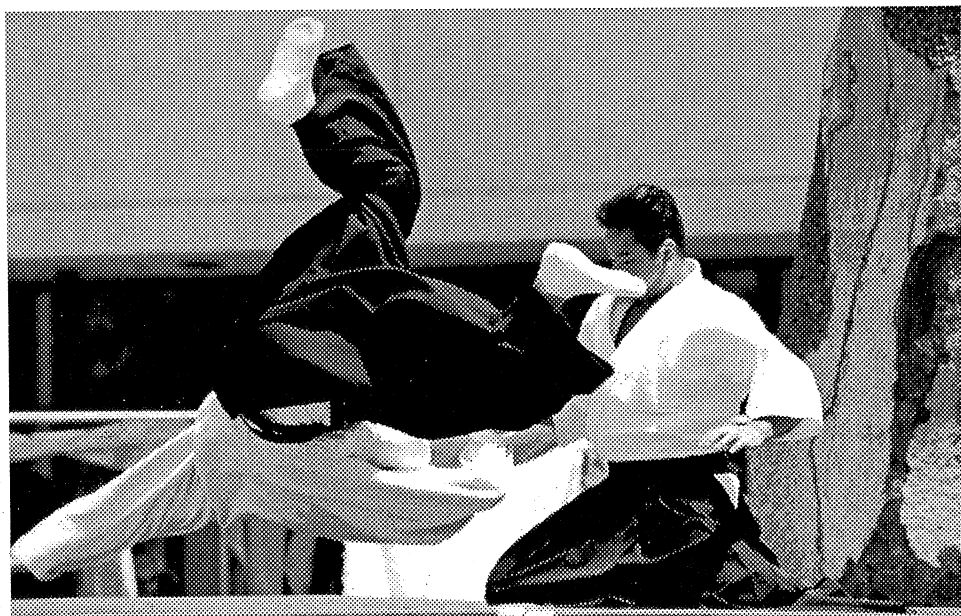


2nd Annual Asian Pacific Martial Arts Festival May 4, 1996

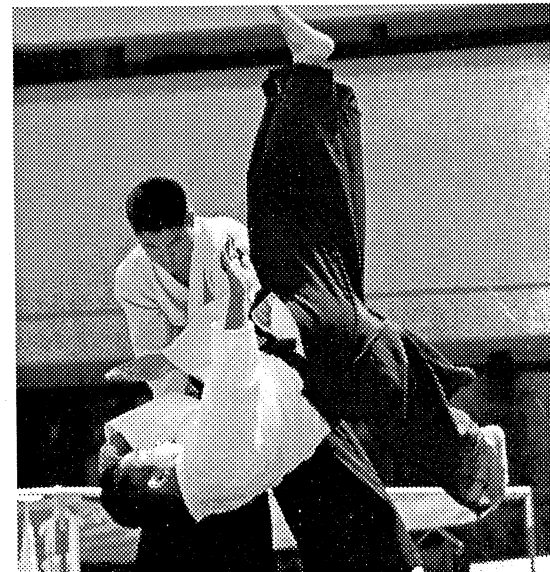
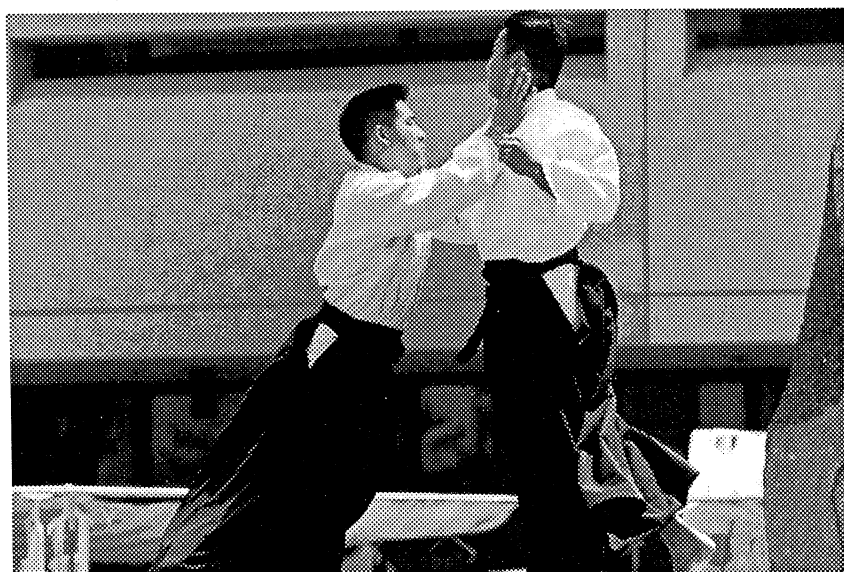
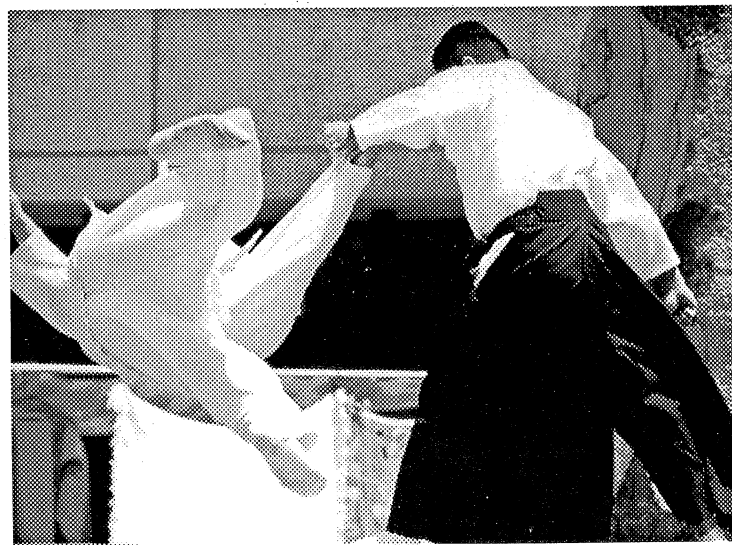
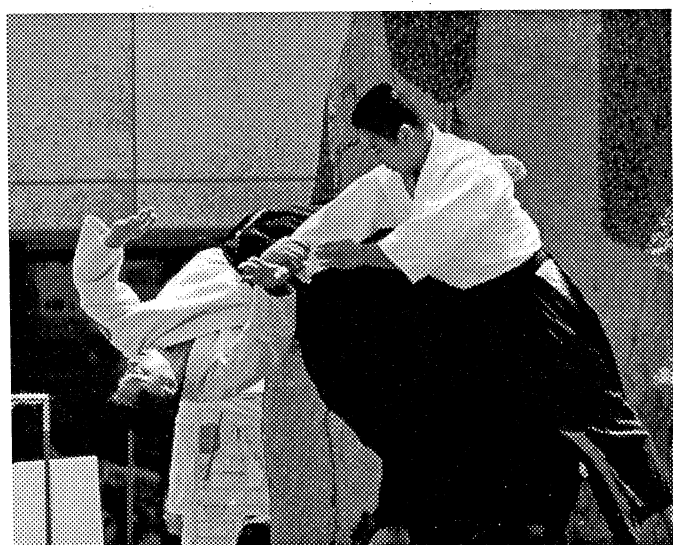
Top to bottom: Sensei-freestyle technique. James Doi against club attack with Andy Kissel. Ken Watanabe executing Jo defense technique. Frances Yokota-katatetori kokyu-nage. Richard Eloriagga in katatetori technique.



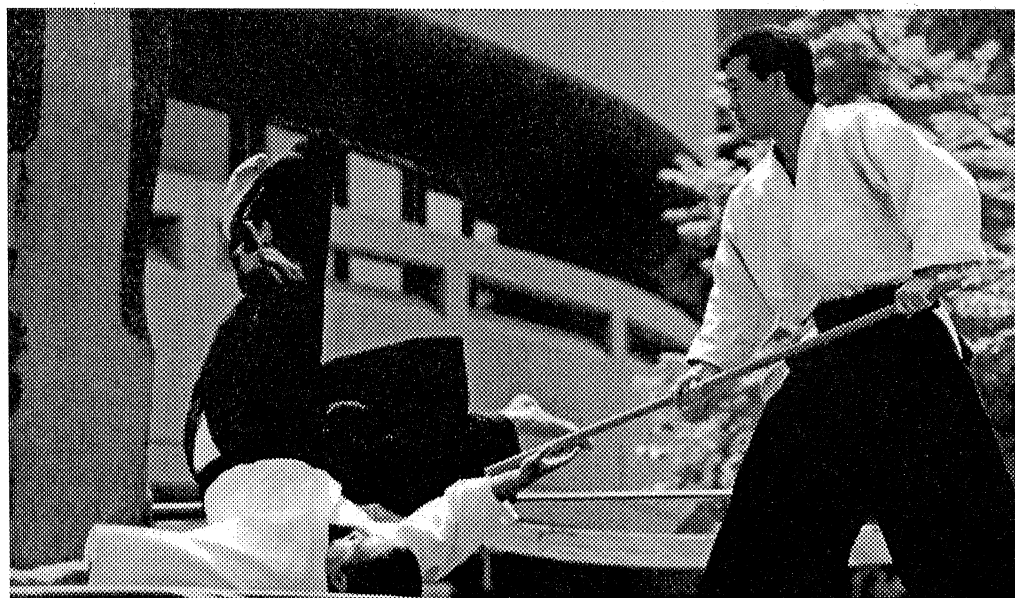
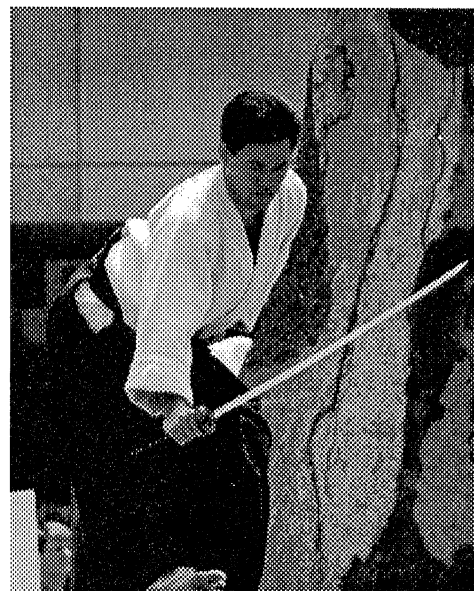
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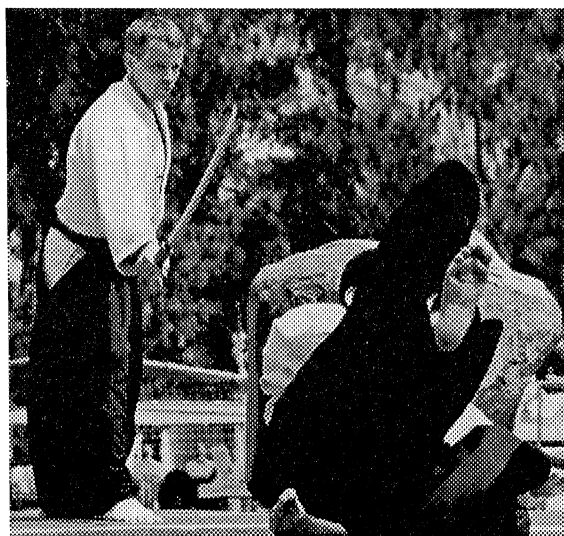
Uchideshi Kenny Furuya.
Bottom: Assistant Instructor David Ito.



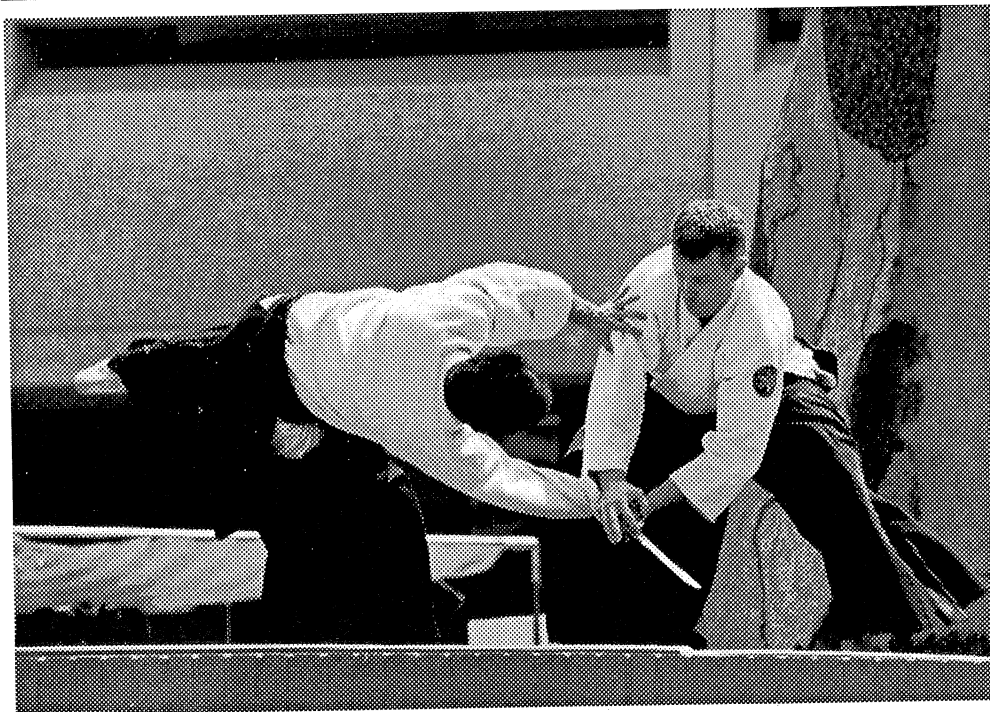
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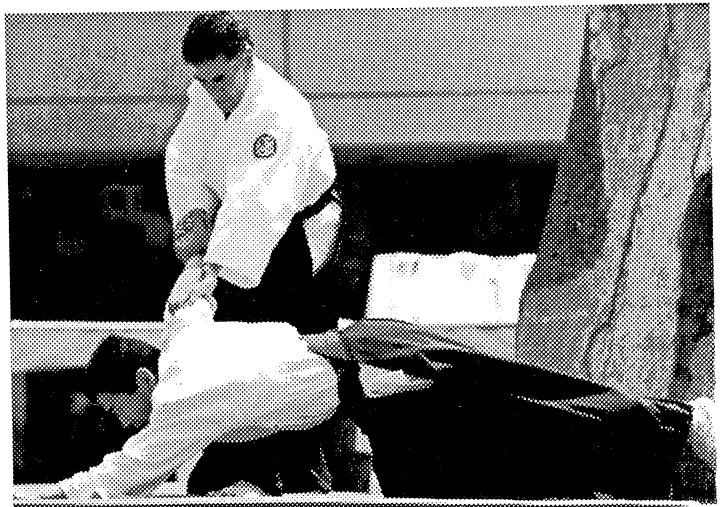
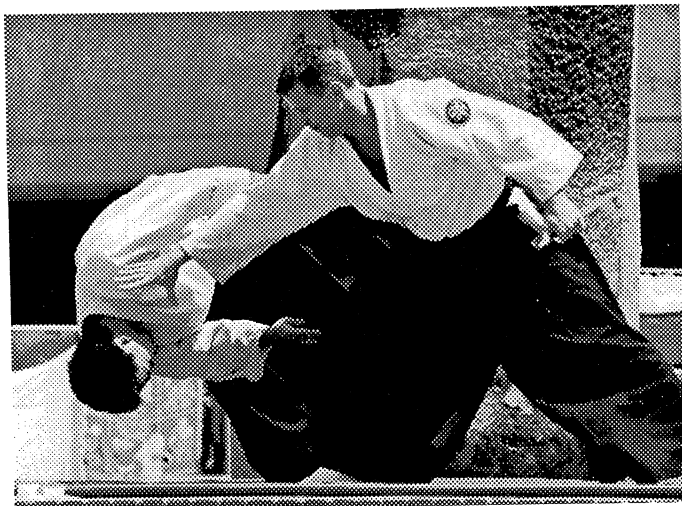
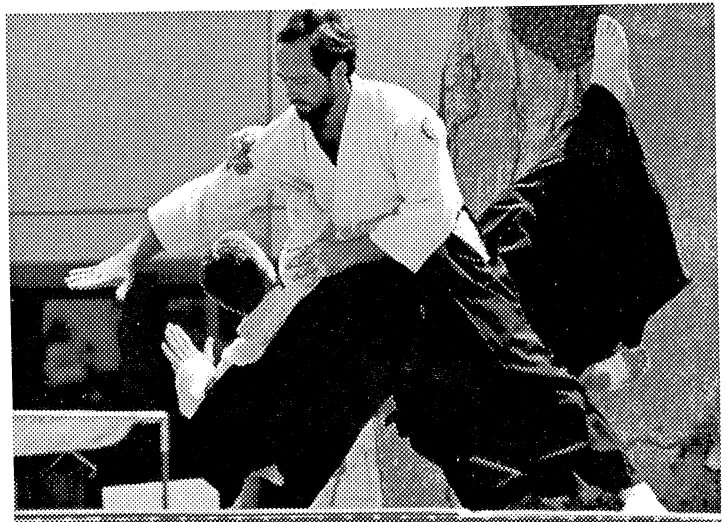
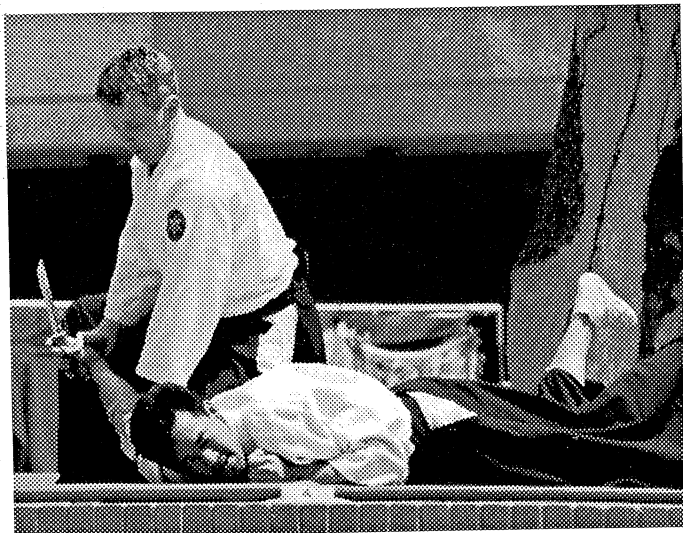
Uchideshi Ken Watanabe: Top to bottom:
Toyama Ryu Kumi-tachi, Hasegawa
Eishin Ryu, Aiki jo.
Uchideshi Bill Gillespie: Tachi-tori &
tanto-tori demonstration.



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Bill Gillespie demonstrating tanto-tori or
knife attack defense.
Andy Kissel executing irimi-nage.
Richard Eloriagga executing ikkyo.



AIKIDO: BUDO & COMPETITION

By Masatake Fujita, Aikido World Headquarters

Conflict or struggle can be said to be power colliding with power. Aiki is when power does not meet head on, when one does not contest with one's opponent. It is power uniting with power, seeking the harmony of opposing forces. This is the origin of Aiki technique.

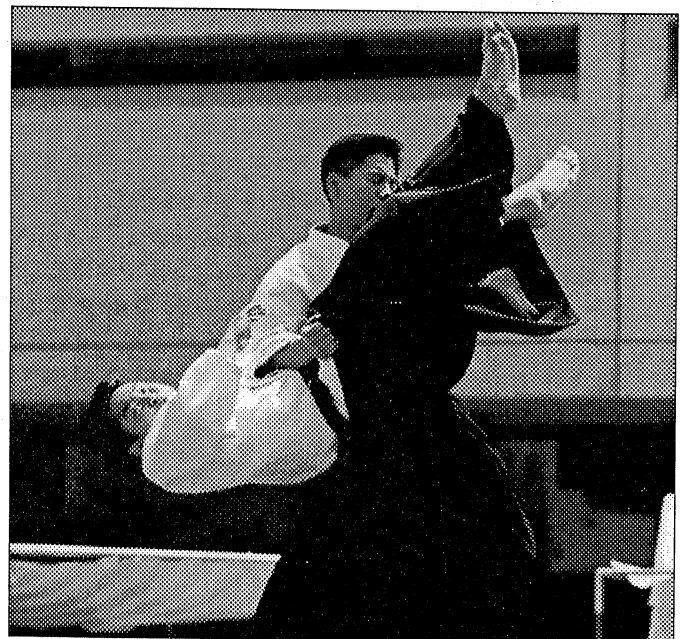
There is no competition in Aikido. It does not recognize the value of competition and the deciding of who wins or loses in a competitive match. What one learns through competitive matches is only the comparative strength or ability of the people who are fighting--whose strength or skill is better or worse at a particular time. But is it really important to know who is better or who is worse? Is martial arts training only a matter of being able to win? This is an important question that people who study budo must confront and answer for themselves.

Aikido places great importance on the essential nature of budo. To understand the martial arts is important to understand what is meant by the character, *bu*. This concept has been explained in many ways since ancient times, including the following passage in one of the Chinese classics, *The Spring and Autumn Annals*, "*Hoko wo tomuru wo bu to nasu.*" This means "(the science of) war is (consists of) the stopping of the opponent's spear (weapon)." The character for *bu* is composed of two parts, one meaning "spear" and the other "to stop," thus it implies that the essence of the martial arts is not one of defeating or destroying an enemy, or displaying one's superiority over others, but of stopping the use of weapons (that is to say, violence), of preventing an assailant or opponent from harming oneself or other people. There are many other ways of explaining what constitutes the essence of *bu*, but nobody would deny that it is the spirit of peace and harmony, or that it is not a means for dealing with other people by the use of violence.

If Aikido were also to become a popular sport, with winning matches a major part of its appeal, many people might become interested in the art and it might seem to be to the art's advantage. However, we reject this way of thinking. Instead, we have chosen to emphasize the essential nature of the martial arts. We do not engage in competitive matches or try to defeat others. We can only show our skill or understanding through demonstrations.

I don't know if this removes the thrill or excitement that might otherwise exist for some people, but our firm policy of remaining true to Budo as a form of spiritual discipline has met with a wide response on the part of people all around the world and has enabled us to spread the art in many different countries and to many kinds of people. I firmly believe that we have not been mistaken in our efforts.

What is the purpose of Aikido training? Ueshiba Morihei, the founder of Aikido, explained it in this way, "Polish your technique, forge your spirit; the constant training of mind and body as the way by which people seek the Truth, this is our primary goal." Tempering one's body and spirit is the most important thing. A spirit that doesn't dispute or fight with others, *fuso futo no kokoro*, that is the heart of Aikido.



David Ito: Asian Pacific Martial Arts Festival

KODO Book Signing Party

June 30, 1996

2:00pm

Japanese American
Cultural & Community
Center (JACCC)
North Gallery
244 So. Pedro St.
Los Angeles, CA 90012

Everyone is cordially invited.
Please bring your family
& friends.

Refreshments served.

We welcome to the Dojo
Yutaka Sezaki,
Tateo Sakurai,
Tadashi Sakurai, and
Takayoshi Azumi from the
Omiya Dojo, Saitama, Japan.
From August 12-19th

SUMMER SCHEDULE

July 14th.
Lotus Festival

July 20-21st
Higashi Hongwanji
Obon Festival Demo

July 20th
Pasadena Buddhist Church
Obon Festival Demo
6:00pm-7:00pm

August 10-16th
Sezaki-Sakurai
Aikido Joint Practice

August 17-18th
Nisei Week Aikido Demo
JACCC Plaza Street Fair

NOTHINGNESS & EVERYTHING

A Review of KODO

By Dr. Cheryl A. Lew

Many years ago, I came across a book of beautiful photographs celebrating the riches of the natural landscape of this Earth. Although drawn initially, by the aesthetics of the photographs, it was the title and fuller quotation to follow which was the most compelling:

“What is of all things most yielding...Can overcome that which is most hard...Being substanceless, it can enter in even where there is no crevice. That is how I know the value of action which is actionless...”

-43rd Chapter, Tao Te Ching of Lao-Tzu
(5th Century BC)

The power of this image proved to be insidious and transforming to an intellectual deeply entrenched in an Anglo-European cultural context.

What struck me most when I became a direct student of the Rev. Kensho Furuya and began to read his column “Ancient Ways” was the richness of metaphor and historical allusion to quotations, intuitions and thoughts deriving from the immense body of early traditional Asian literature and philosophy. Indeed, a common theme among Furuya Sensei’s writings is the image of water and its attributes, just as expressed by Lao Tzu.

Furuya Sensei’s writings are uniquely satisfying, both from a scholarly as well as a humanistic standpoint. And these writings are a refreshing, frequently humorous and ironic contrast to the bulk of modern martial arts literature available in English. The essays are deceptively simple on the surface, but complex and profound, though accessible, in their depths.

The essays not only reflect profound, historical traditions of Asian thought and spirituality but speak to the dilemmas and difficulties which face all of us in a very fragmented, “post-modern” world. The writings provide focus for that “larger practice” of getting along in complicated times and doing difficult work in daily life without much ready gratification. I have a file in my desk full of copies of these columns which I have distributed to most of my close friends and professional associates who have also found these writings of great interest and utility. These columns have been an additional resource for my own professional activities as an academic teaching physician and clinical bioethicist.

When I was presented with an opportunity to do a “formal review” of Kodo: Ancient Ways-Lessons in the Spiritual Life of the Warrior/Martial Artist, I anticipated being able to jot down quickly an opinion about a string of articles, most of which I had read previously. However, I found that I needed to read intensely and deeply focused, though with great pleasure, a group of articles, all revised, and integrated thematically at several different levels.

At first glance, the book presents in a pleasing paperback format with an attractive cover. The size fits neatly in briefcase for “bit-size” perusal in those “small moments” during the day. However, one should not think of this volume as simply patched together. The favorite articles are here: “What is true strength?,” “Bend the bamboo, not the wind,” “The face of humility,” and thirty-eight others.

What becomes abundantly clear in context is that the entire compilation of text is “greater than the sum of its parts.” If one has the luxury of reading Kodo in one or two sittings, the many recurrent themes interweave among the texts and link them together with a resonance that remains subliminal in the individual articles. Transformation yet immutability, interior work towards emptiness thus perfection, inseparability of spirit and body, enlightenment through the unexpected and the simple, enduring strength through hardship and duty are only a few of the many themes and variations there-

of that illuminate this book. While most ostensibly Zen in perspective, these themes have much to offer individuals from the Western spiritual/cultural context. It seems that wisdom is genuinely Universal.

There are some surprises as well. In addition to the texts, the illustrations--historical and modern drawing, photographs--have been increased and enhanced from the original appearance of the articles in MA Training. In Kodo, the illustrations form a second thread or level of themes. The illustrations serve as counterpoint to the text, but could also be studied as independent icons of the themes under discussion. Of particular interest are the numerous archival drawings and prints from original sources.

A third thread of themes are the aphorisms or marginal notes which do not appear in the original columns appearing in MA Training. While brief, each annotation is dense in metaphor, allusion and significance. These annotations reiterate in telegraphic form all of the main themes of the text. The elliptic nature of these notes encompasses a power and directness which speak directly to the heart. Each aphorism is a real "pearl of wisdom" and could easily form a focus for more intense thought and practice.

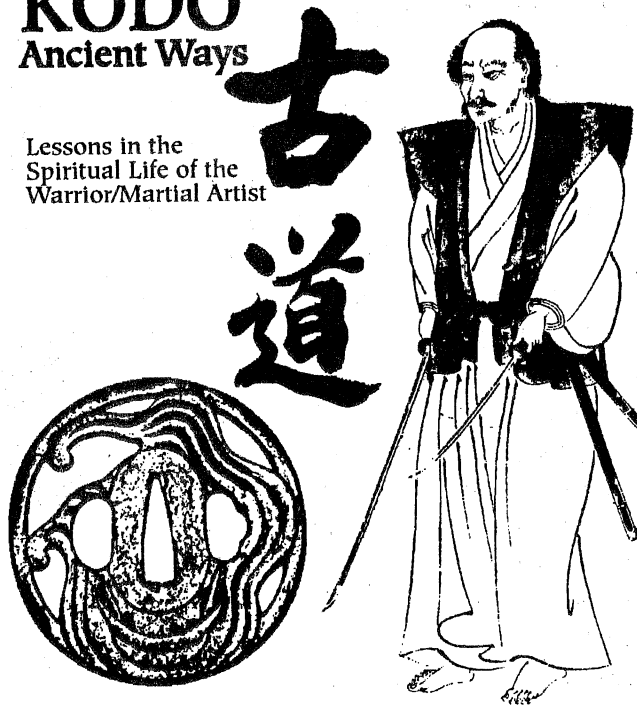
My only disappointment is the absence of a detailed, annotated bibliography of original sources. Such disappointment is clearly my failure to "empty" myself of scholarly conceit, inasmuch as I would, undoubtedly, find the original sources beyond comprehension. Nevertheless, such an absence is not mised by the general reader and does not, in any way, diminish the profundity of information and teaching contained within this book.

In summary, Kodo is a resource beyond description for not only the student of martial arts, but for any thoughtful individual desiring an intellectual and spiritual challenge. Though less lofty, a final reason to read Kodo is that it is witty and fun. Get it!

By Dr. Cheryl A. Lew

KODO Ancient Ways

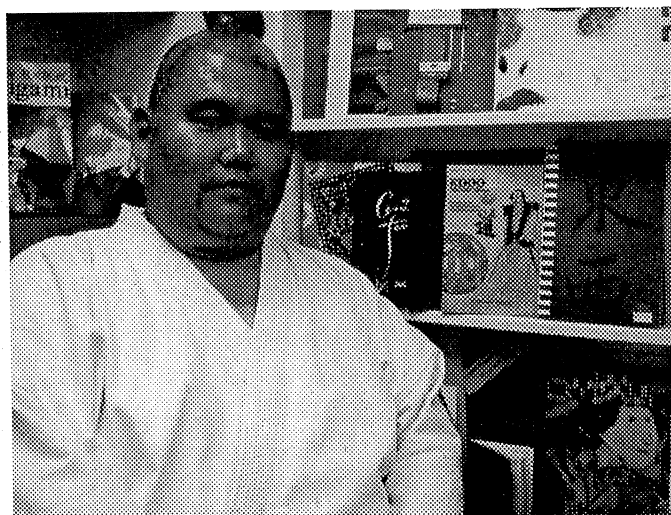
Lessons in the
Spiritual Life of the
Warrior/Martial Artist



by Kensho Furuya

BOOK REVIEW

KODO: Ancient Ways - Lessons in the Spiritual Life of the
Warrior/Martial Artist
Published by Ohara Publications
PO Box 918, Santa Clarita, CA 91380-9018



Book KODO finally on the stands! Its first showing was at the Gallery Shop at the Japanese American Cultural & Community Center in Little Tokyo. You can find the book at the Bodhi Tree, Borders, Barnes & Noble just to name a few stores. Please do not forget! Book Signing Party the at JACCC on June 30th in the North Gallery. Tell your friends to come!

SAMU: Work as a Good Deed for the Day.

“Samu” is the formal word for “work” in the Dojo or a temple. However, samu is not the type of work as in a career or job. There is no employment, salary or pension. Samu is hard physical labor but as one’s personal spiritual training. As everyone in the Dojo knows, this means cleaning up the mats after practice, wiping them down and vacuum cleaning them. Outside, everyone must pick the trash around the alley. Everyone must, basically, kept the Dojo clean and in good repair. In a world in which we must demand something in return for everything we do, the return for samu is personal enlightenment and the opportunity for practice and spiritual training. Not just limiting oneself to the Dojo, each day, one must perform samu - a good deed without thought of return for someone who quite often is a compelte stranger. This is the spiritual practice of Aikido.

**One hour of practice adds
One day of life.**



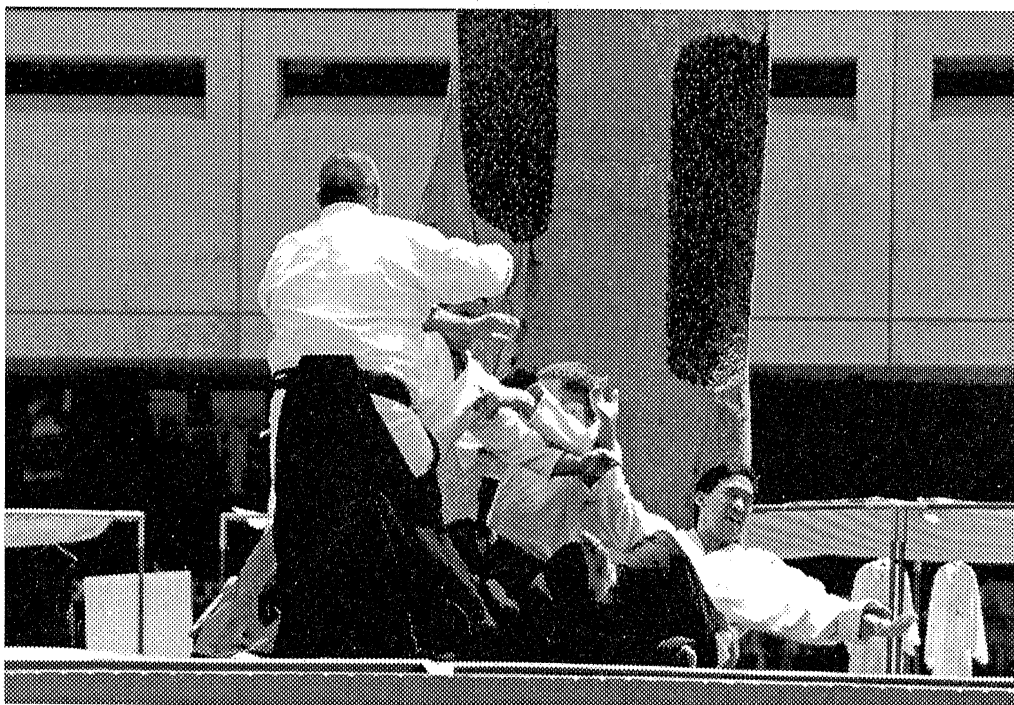
Sensei conducting lecture-demonstration for the debut of the Japanese American Artist Touring Program on May 5, 1996 at the North Gallery of the Japanese American Cultural & Community Center.

From Sensei: Many, Many Thanks

I want to thank everyone from the bottom of my heart for all of your loyal and committed support and dedication to the Dojo and to Aikido. Please keep up the good work and please continue to devote yourself to your training. At the same time, keep and protect our Dojo as a “safe place” where everyone can come and just think about Aikido. In a society, where people come and go so easily, without a word, a really appreciate you, as my students, for sticking to the Dojo through thick

thin. You really add our to Aikido training. I believe the book will greatly help to bring new students to the Dojo. And as our dojo grows, I hope that you will become our “Daikoku-bashira.” This is the main, central pillar in the Dojo that holds everything up. I hope that all of you will train to become the very “heart” of the Dojo. Many, many thanks.

Furuya Sensei demonstrating at the JACCC Children’s Day Festival 2nd Annual Asian Pacific Martial Arts Festival on May 4, 1996. JACCC. Uke are James Doi, Ken Watanabe, Bill Gillespie and Kenny Furuya.





Sensei at the May 5th Children's Day Festival demonstrating jō technique against one-man and later against two-man freestyle.

Members of the Dojo receive many compliments on how on the ball and polite they were during the Children's Day Festival at the JACCC. We heard this from the Manager and Coordinator of the event. Over 5,000 people attended the even throughout the day on May 4th. It was a big success.

Cheryl Lew & Larry Armstrong: Our official Dojo photographer and video-camera woman. Thanks for the great job!

Dojo Volunteers Needed

Dojo needs your talents. If you have a talent in marketing, sales, accounting or any secretarial skills, please see one of the instructors if you have time to do some volunteer work for the Dojo. We would really appreciate your help. Thanks.

A Word of Appreciation

A word of thanks to Cheryl Lew and Larry Armstrong for all of their help in taking photos and video-taping our demonstrations and events. Most of the nice photos in this issue were taken by Larry who also donated the cost of making prints.

Little Tokyo Anti-Crime Assc. Newsletter

Sensei is now the editor of the Greater Little Tokyo Anti-Crime Association Newsletter which will be published bi-monthly and distributed throughout Little Tokyo. The 2nd issue will come out on July 1st. Please watch for it. Also, this organization is looking for volunteers to work in the Koban Little Tokyo Police Sub-Station.

Proposed Little Tokyo Gym

Sensei is elected to the Little Tokyo Gym Board.



"Finally someone takes our photo for a change!"

Get Well Soon!

We have several students out from practice, please get well and come back to the Dojo soon. Bruce Ino suffered a knee injury a month ago. Recently, Maria Murakawa injured her finger. Corine Lordi, a new student, got injured in a motorcycle (which she rides) accident and will be out for a while. Joe Holguin cut his finger with an axe but just recently returned back to practice. Peo Lopansri just bought a suit which cost him \$750.00 and Sensei is still recovering from the shock.

AN OPEN LETTER TO THE AIKIDO CENTER OF LOS ANGELES

Rev. Furuya:

You may remember me; my name is Brian Shiers, and although I am not a member of your dojo nor have I studied Aikido, I feel that I am, in spirit, an active supporter of your endeavors. Through your newsletter each month I feel connected to your work and family of students.

In the April edition you discuss at length the closing of your Santa Monica dojo and the modern struggle a sensei must bear; to profit or to teach? Your message so moved me that I felt compelled to write to you and let you know just how important such integrity in the transmission of real learning and knowledge is, even if it is from the standpoint of an amateur martial arts practitioner.

I teach martial arts at my gym in Burbank primarily as a form of exercise, and people really seem to enjoy it. Every now and then, someone asks me about how good such-and-such a school is, or if so-and-so is really a master, or if black belts are all they're cracked up to be. My response to this is always long-winded, because I feel strongly about what seems to have happened to the quality of many schools in the Los Angeles area. My feeling is that the essence of many systems has been lost; that the frequency of dedicated instructors, who specialize in passing on knowledge and character to their students, has fallen; that discipline, ethics, and humility are all but gone; that commercialism thrives while quiet tradition suffers a slow, unnoticed passing; that a black belt just doesn't mean what it used to in terms of skill, the work it took to achieve, nor the responsibility it requires. This may sound harsh and overly general, but I say it from the experiences that I have had and from my first introduction to martial arts at the age of 7 via shotokan karate, taught in the traditional way.

I always end my commentary with the assertion that there are schools worth seeking, but they are sometimes hard to find, and only the serious student will succeed in locating them. I also suggest your school whenever it seems appropriate.

An old saying comes to mind: real knowledge, that is knowledge that comes from direct experience with the aim towards self-mastery and which requires inner work, is like a certain quantity of gold; try to divide it into too many pieces and soon it will be diluted into fragments so small that they lose their value. Perhaps what you and your school are offering is not meant for the masses. To deliver it to volumes of students singlehandedly would require the impossible (or it would require the bastardization of your way of life - also impossible).

Your decision to be true to your teaching lawfully supports your dojo's continued nourishment, and as long as there are decent people searching for a different way to live their lives, you will have a school of extraordinary success.

Sincerely,
Brian Shiers
Fitness Director
Power Center Gym

Editor's Note:

Many thanks for your very kind words. They are truly encouraging and taken to heart. I hope my students will also read this letter and be encouraged to double their efforts in their training. In a changing world of today where values are easily traded in for one's personal agendas and self-convenience, it is encouraging to know that there are still serious and sensitive people out there who are still hanging on to what little is left of our human spirit. Again, many thanks and much success and happiness in your own endeavors.

Book Sightings

Kodo Ancient Ways has been sighted on the shelves at the Japanese American Cultural & Community Center Gallery Gift Store, at the Bodhitree Bookstore on Melrose just west of La Cienega and at Bunkado in Little Tokyo. If you happen to see the book in a bookstore, please report to Sensei.

L.A. Wisdom

This clever saying was spotted on the signboard of a nursery in Los Angeles:

Success comes in cans,
Failure comes in "can'ts."

We're Upward Bound!

The dojo will be participating the Upward Bound Summer Program at Cal Pomona throughout the month of July on Tuesdays and Thursdays teaching 2 classes an evening for ten sessions. This program is funded by the Great Leap Program for unprivileged and needy children. We will emphasis Aikido technique, exercise, concentration, coordination, meditation, and how to realize one's fullest potentials in life. Sensei and several senior instructors will be presenting this program. Volunteers are welcome.

Summer Obon Demos

As we do every year, we will be presenting demonstrations at various temples for Obon. We will be at the Pasadena Buddhist Church and Higashi Hongwanji Buddhist Temple this year. Obon is one of the biggest Buddhist festivals of the year and the biggest and most liveliest festival of the summer. Obon is the season when ancestors return home to visit the living - very similar to the Mexican Festival of the Dead. The ancestors are entertained with food, dancing and much celebration. Happy that living are doing well, they return to paradise. In Little Tokyo, Obon always comes in July right before Nisei Week. We need everyone's help! Help!!! Thank you.



Kanai Sensei, Furuya Sensei and members of the New England Aikikai. August, 1968.

CONGRATULATIONS
Kanai Sensei &
Members of the
New England Aikikai
30th Year Dojo
Anniversary

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Aikido Today Magazine

Aikido Today is handling our Video Tape Series: *Aikido Shoshinshu: The Art of Aikido* and doing very well. They have sold about 75 videos from February 8th to May 9th. They will also be handling our book, *Kodo* in the near future according to their executive manager, Mr. John Schleis.

WEDDING CONGRATULATIONS

Sincere congratulations goes to Toshiro Nishida of the Aikido Shoheijuku Dojo in Fukuoka, Japan, on his upcoming marriage in June. Nishida, 3rd dan, isa student of Morito Suganuma Sensei. Nishida also plans to come visit us again soon for his honeymoon.

Also belated Congratulations to Gabriel Zorilla who also was married. Gabriel is one of our instructors who now resides in Mexico.

New Dojo T-Shirts in Production Featuring KODO Book Cover

New Dojo T-shirts are in production and will be out very soon. The new T-shirt will feature a design inspired from our new *KODO* book cover. Buy one for yourself and for a friend. They make great presents. We have a supply of our regular T-shirts, get one while the supply lasts. Our regular T-shirt features O-Sensei's calligraphy: "Masa-katsu, A-gatsu, Katsuhayabi," - A true victory is a victory over one's self. The day of victory comes soon."

Dojo Uniforms Up

Regretably, uniforms and hakama prices will go up on July 1st so you have one month to buy an extra uniform. Actually, the prices of uniforms have increased quite a while back but we have not adjusted our prices for a long time. Uniforms are \$75.00. Hakama are \$100.00. Belts are \$10.00. Uniforms may be ordered from Japan but they are about \$400.00 plus shipping and handling.

CONGRATULATIONS: Suganuma Sensei Builds New Dojo in Fukuoka

Morito Suganuma Shihan, 8th dan, Chief Instructor of the Aikido Shoheijuku Dojo in Fukuoka, Japan, has bought and is transforming a warehouse into his new, much bigger dojo. Many congratulations.



Children's Day "Koi-nobori" or beautiful flying carp add color to the festivities on May 4th at the JACCC Plaza in Little Tokyo. Traditionally, the carp are flown on Boy's Day which is May 5th. Girl's Day is on March 3rd. Nowadays both holidays are combined to make what we call Children's Day.

DOJO PARTY TIME

We have several parties coming up we are preparing for. We need everyone's help. Please see David Ito or Bill Gillespie or Cheryl Lew for info.

Upcoming parties are:

1. Sensei's Promotional 6th Dan Party
2. Instructors Black Belt Promotional Party
3. Omiya Dojo Members' Welcome/Farewell Party on August 18th.
4. And if we can fit it in, a Summer Party! To celebrate finishing all the demos we do during the Summer.

Letters From Friends:

Saw a notice of your promotion to 6th dan. *Omedeto.*
Made me remember all your help with the Hatsumi
book years ago.

Stephen K. Hayes
Nine Gates Ninja Institute

Rev. Furuya:
I hope you got my last note that I did receive your book
and am presently reading it. My thanks for considering
to send it to me.

Wayne Muromoto
Furyu Magazine

Dear Sensei Furuya:
Thank you for taking time out from your busy schedule
in order to conduct an Aikido workshop at the Monterey
Park Karate Club on April 19, 1996.

I think every student walked away from the workshop
with a broader understanding of the Martial Arts, and
enjoyed the excellent instructions given to them by the
members of the ACLA. Thank you again.

Richard Kageyama
Monterey Park Karate Club

Special Practice Gasshuku

August 12 -19

**Tateo Sakurai, 3rd dan
Tadashi Sakurai 2nd dan
Takayoshi Azumi 2nd dan
Yutaka Sezaki 1st dan**

**Members of the Omiya
Dojo, Saitama, Japan**

Master Adam Hsu: Kung Fu Master Bids Stanford Law Adieu

By Jeehye Park, Law School '96
Reprinted from the Stanford Law Journal

CONTINUED FROM THE MAY 1996 ISSUE.

Q: Is there a secret Tae Kwon Do expert in the reg-
istrar's office?

A: No. But about five or six years ago, there was a
student named Steve who was very good in Tai Chi.

Q: How many men would it take to beat you?

A: Just one. If they poke me in the eye! (Smile)

Q: Do you feel good knowing that if anyone really
bothered you that you could kick the crap out of
them?

A: Yes. I would say so.

Q: Any final words to the law school?

A: The internal and the external must be harmo-
nized. Law alone will not work. It will not enforce
itself. Law and morals must be engaged together.
Most people are not trained in law and don't know
more about the law than the speed limit. But people
don't break laws everyday because they know
morals. Law alone cannot bring about a peaceful
society.

Q: Can you beat Jean Claude Van Damme?

A: Who? Never heard of him.

Editor's Note:

Currently, Master Hsu is residing in Taiwan under a
special assignment and will be there for several
years. We wish him much good luck and success
and hope that he will return to the United States in
the very near future. Master is one of the top Kung
Fu masters in the world and has taught numerous
seminars in our Dojo. He has been an acquaintance
of Sensei for over 17 years when they first met at the
International Martial Arts Convention in Oakland in
1978.

POINTING SOUTH

Guides to Teaching Students in the Dojo

By Kensho Furuya

In ancient times, teachers were referred to as compasses - always pointing the right direction for his students. As you may know the compass was invented by the Chinese. Since, North was considered unlucky, the Chinese wrote "south" on the compass instead of "north" although it was always considered north. "South" is the direction of "good fortune" or the "entrance to Paradise." "Shinan" in Japanese means "pointing south" or "compass." Shinan also means "teacher." Like a compass, the teacher should always be constant and true and always lead the way in the right direction.

As assistant instructors in the Dojo are gradually more recognized by the students as "instructors" and apply to them for instruction in class, they will find that they must make many changes in their behavior. Some of it is good, some not so good. As an assistant instructor, you will find that all the students will watch you and imitate whatever you do. If you practice hard, they will practice hard. If you have a bad attitude, they will copy your bad attitude. If you cut your hair short, you will be surprised to discover that many will cut their hair short to imitate you.

Realizing this, the instructor must watch his every move, action and speech. Just one wrong word or just one wrong glance at the student and you will find yourself in big trouble. Students hang on your every word and action. This is a great sign of respect but it is also a "great inconvenience." You can never relax in the Dojo!

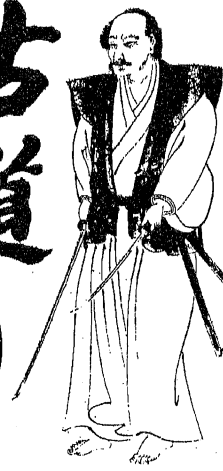
Several years ago, one young female student came

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Spiritual Life of the
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古
道



by Kensho Furuya

KODO Ancient Ways

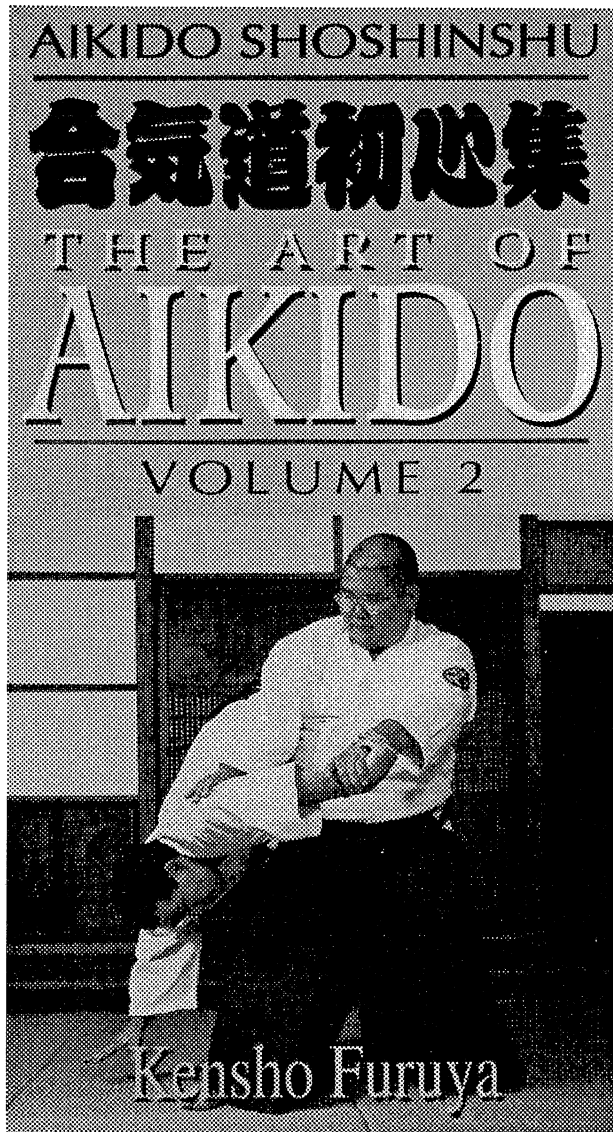
Rev. Kensho Furuya

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to the Dojo with a different hairstyle so, just to make conversation, I said that her new hairstyle looked nice. I didn't think much of my comment because it was only in the course of normal conversation. I was not trying to make any special point. Somehow, this comment was very important to the student and she told all the other women in the Dojo on how I complimented her hairstyle. Several women took it to mean that I thought all the other women in the Dojo had "bad hairstyles," and felt so insulted that they actually quit the Dojo. I only found out quite some time later that that was the reason they quit. Nowadays, I rarely compliment students. If the teacher says something to one student, he must say something to 100 students.

One student asked me what kind of underwear I wore. He thought that if he wore the same type of underwear, he would get just as good as me.

In the Dojo, assistant instructors should watch very carefully what they say and do and always, always try to set a good - no, not good, - the BEST example for all the students. There is a saying in Chinese, one spoken word cannot be bought back for even 1,000,000 pieces of gold. And finally, you will know that you have the students' greatest respect when finally they come up to you in the Dojo and ask what kind of underwear you have on. Please practice hard.



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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
9:45am-10:45am

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
8:30am-9:30am

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings
7:30pm-8:30pm

Saturday Mornings
9:00am-10:00am

Sunday Mornings
7:30am-8:30am

INTRODUCTORY IAIDO

Saturday Mornings
8:00am-9:00am

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