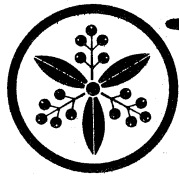


羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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

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

Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

\$3.95
Donation

June 1, 1997

Volume XV. Number 6.

**June 16
Welcoming
Hombu
Shihan
To Dojo.**

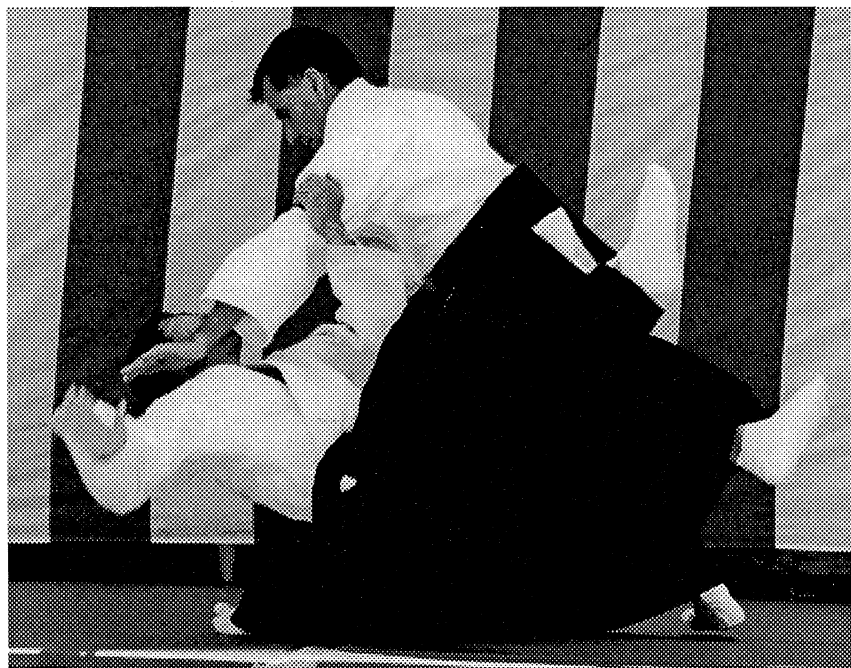
**Aug. 16-17
Nisei Week**

**In This
Issue:**

New Black Belt
Candidates

Top Ten Totals

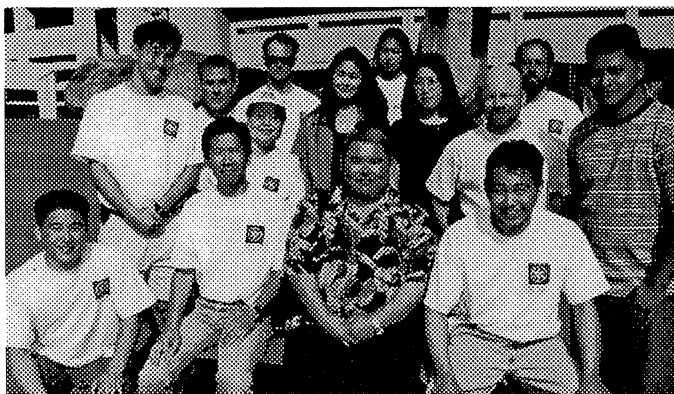
New Iaido Promotions



Richard Eloriagga, 2nd Dan, demonstrating at the May 3rd Children's Day Asian Pacific Martial Arts Festival at the JACCC which was very well received.

**Children's
Day JACCC
3rd Asian
Pacific
Martial Arts
Festival
Great
Success!**

To a great crowd of over 3,000 guests, top martial artists from all around Southern Calif. participated in the 3rd Asian Pacific Martial Arts Festival at the JACCC on May 3rd as part of the Children's Day Festival. Many thanks goes to the



Children's Day Festival Demonstration Team.

people at the JACCC and all the teachers who helped us with this great event. Thanks goes to Fumio Demura Shihan of the Shito Ryu Itosu Kai, Shifu Douglas Wong, Sifu Carrie Ogawa Wong, the Sozenji Taiko drummers, Sifu Harry Wong and very special guests Madam Sifu So Ji Fang and Sifu Master Shih Qing Wang, Frank Emi Sensei of the Hollywood Judo Dojo, Allen Solomen of the Okinawa Shorinryu Karate, Richard Kageyama Sensei of the Monterey Park Karate Club, Helen Nakano Sensei of the Torrance Naginata Dojo and Masashi Shikai Sensei of the Chuo Kendo Dojo. Special thanks to Sifu Jeff Chan of the Immortals Lion Dancers and Mr. Curtis Wong of the Inside Kung Fu Magazine for their special appearances. Many thanks to Miles Hamada of the JACCC for all his help.

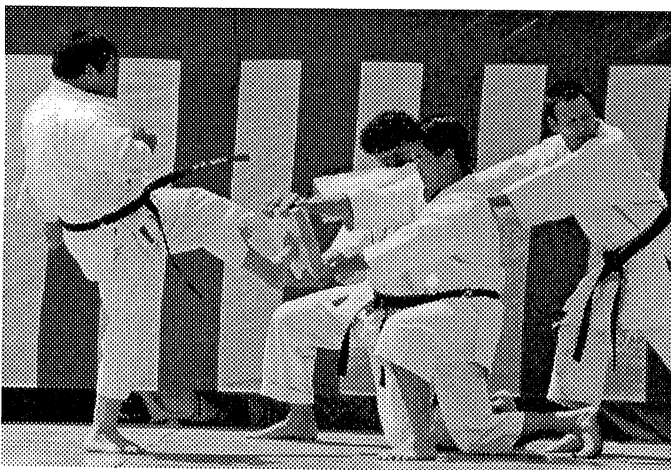
SPECIAL ISSUE:

JACCC Asian Pacific Martial Arts Festival on May 5th.

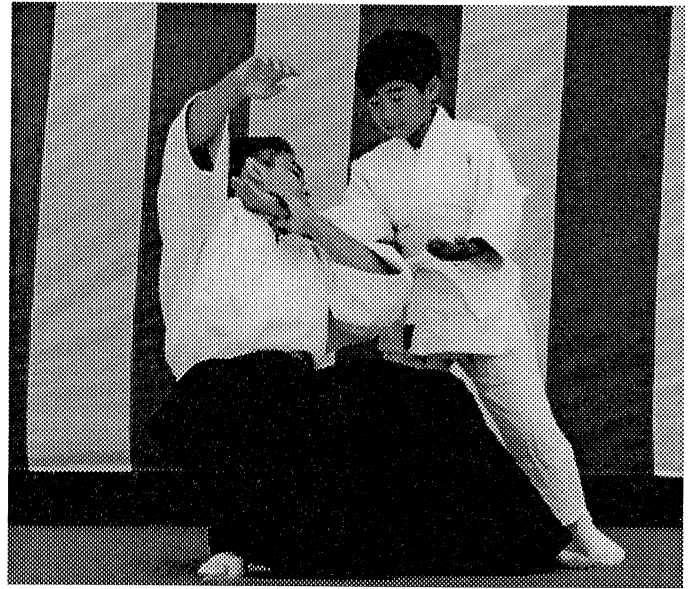
3rd Asian Pacific Martial Arts Festival. March 3, 1997



Madam So Ji Fang was our Special Guest Performer from China. Demonstrating Tai Ji Sword.



Fumio Demura Sensei of the Shito Ryu Itosu Kai Japan Karate Federation demonstrating kick.



Mitchell Okamoto's 1st demonstration. An instant celebrity, he also made the Metro Section of the LA Times on May 4th. Check it out!

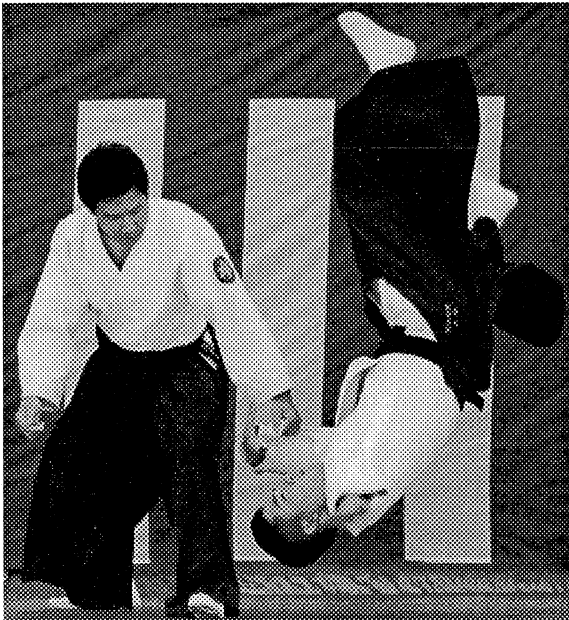


Aloha Shirt Club: Right to left: James Lew, Curtis Wong, Sensei and Fumio Demura Sensei.

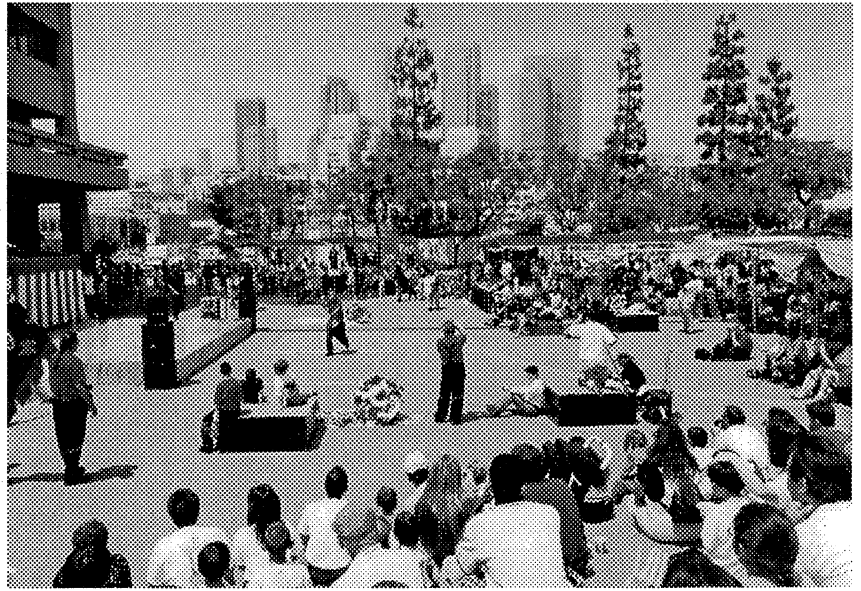


Sensei with Sifu Douglas Wong and members of the White Lotus Sil Lum Kung Fu School.

Aikido Center of Los Angeles
NEWSLETTER



James Doi, 4th Dan.



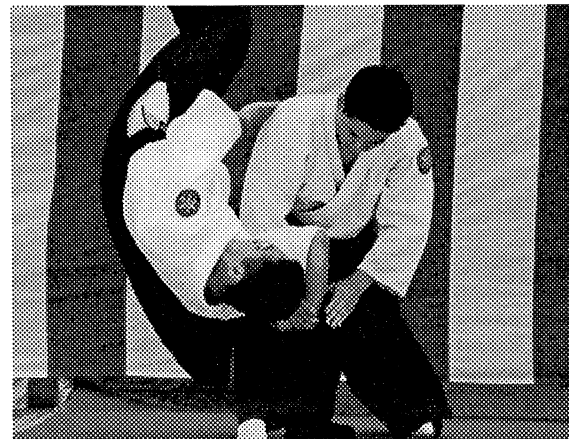
A beautiful day at the JACCC Children's Day Festival. The Immortals Chinese Lion Dancers perform before a huge crowd of onlookers and avid fans.



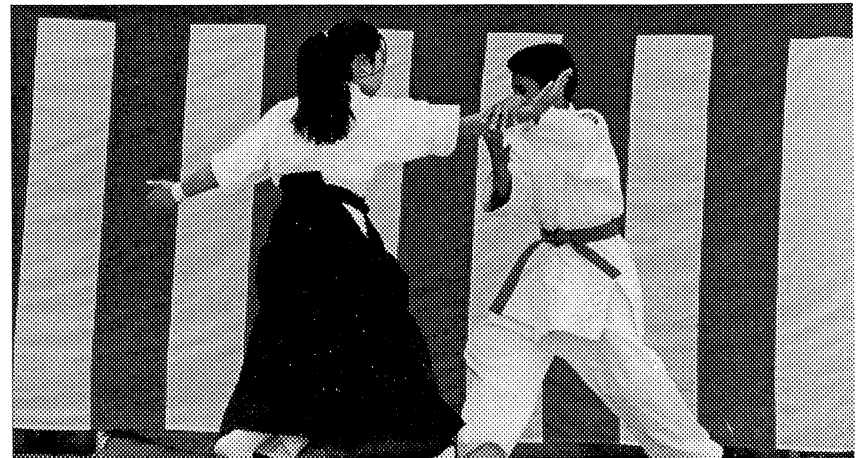
Kenny Furuya, 2nd Dan.



Gary Myers & Ken Watanabe demonstrate Iaido Kunitachi of the Toyama Ryu.

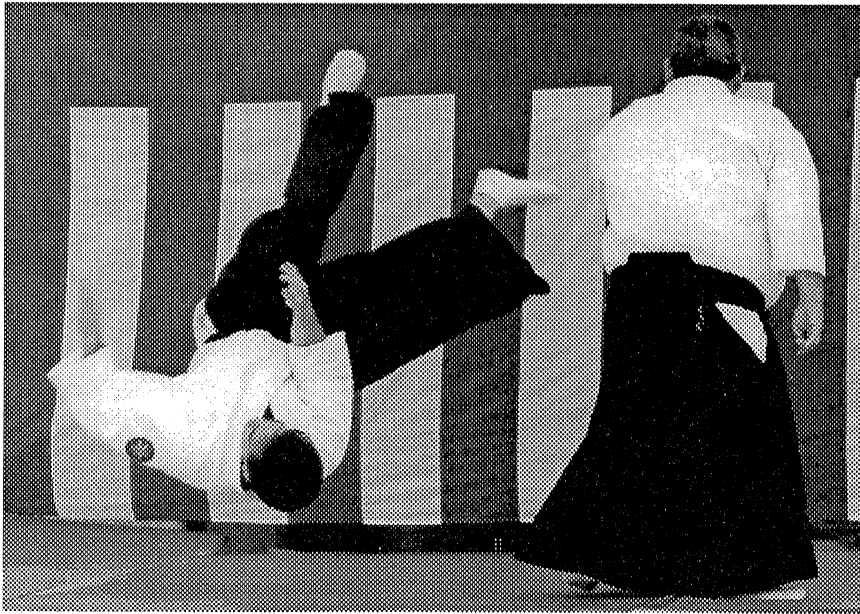


David Ito, 2nd Dan.

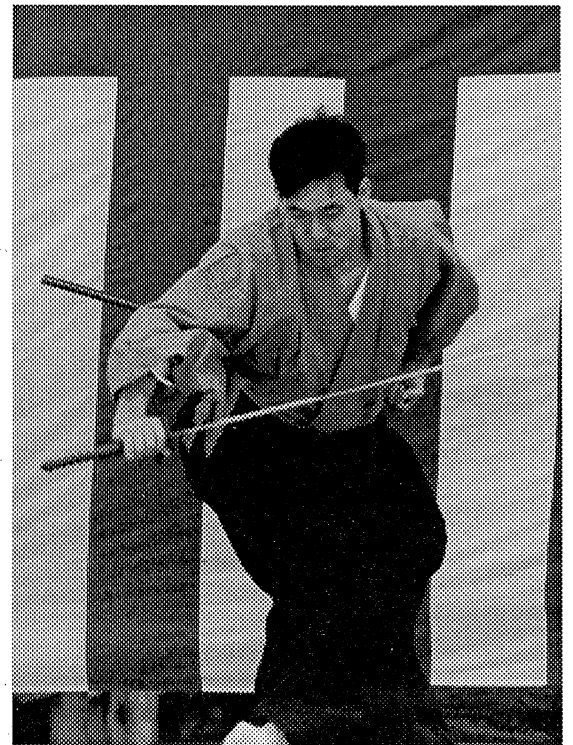


Norman San Luis & Mari Masumori

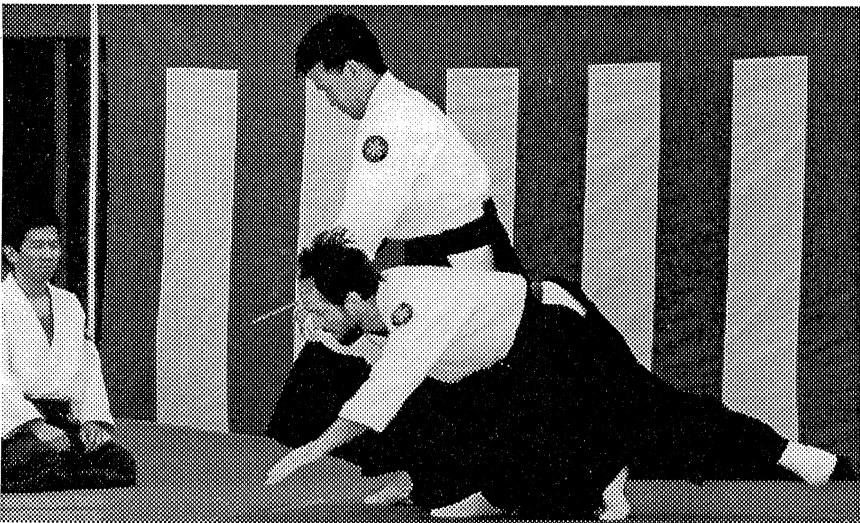
Aikido Center of Los Angeles
NEWSLETTER



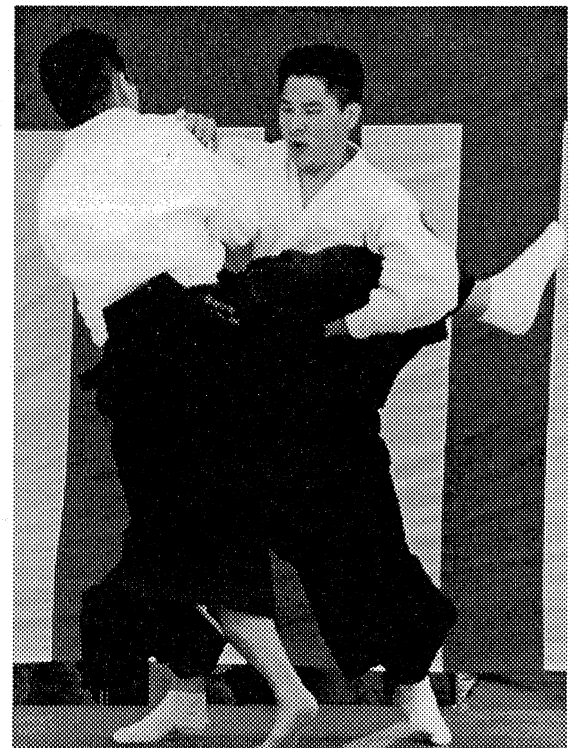
Sensei.



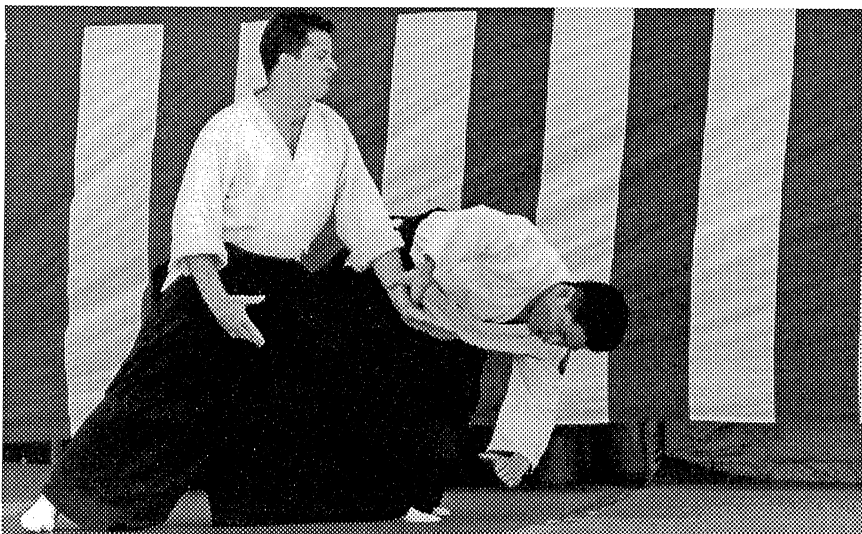
Ken Watanabe demonstrating Hasegawa Eishin Ryu.



Ken Watanabe, 3rd Dan.



David Ito, 2nd Dan, demonstrating technique against a kick with Kenny Furuya.



Left: Scott Howard, 1st Dan, demonstrating katate-tori kokyunage with David Ito.

Aikido Center of Los Angeles
NEWSLETTER



Sensei also acted as the Master of Ceremonies this year as well. Sensei is known for his sense of humour which rarely appears during class.

Many Thanks:

I would like to take this opportunity to thank all the students who helped out with our very successful Children's Day Asian Pacific Martial Arts Festival.



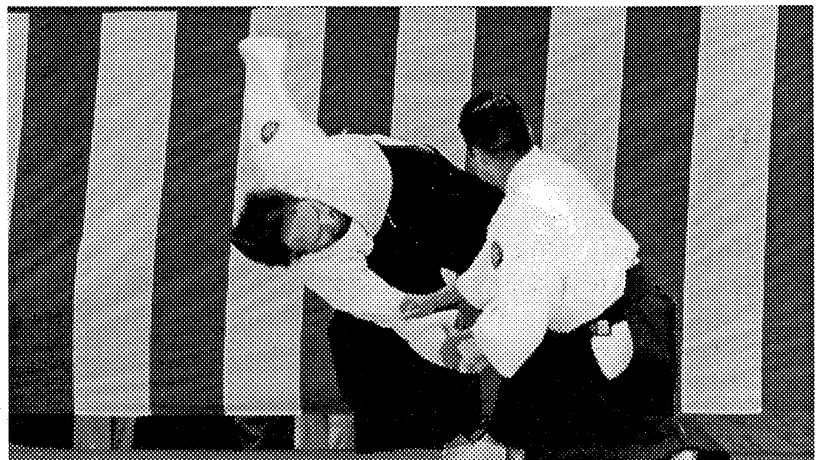
James Doi, 4th Dan.



Andy Kissel, 2nd Dan, demonstrating against long staff, jo.



Andy Kissel demonstrating jo.



Kenny Furuya demonstrating with Andy Kissel.

Welcome!

歓迎

Instructors from Hombu Dojo

June 16, 1997

Special Practice 6:30-8:00pm

Welcome Party

for Our Honored Guests
From Hombu Dojo

June 16, 1997. 8:30pm.

\$55.00/person. Limited Seating.

RSVP early before June 8, 1997.

Please call & leave message: (213) 687-3673.

No late seating will be accepted.

Dress: Coat & Tie.

Students, Please Note:

Students wishing to attend the special practice should make every effort to come early, get dressed into your uniform and begin your warm-up. The dressing room may get crowded with guests from other dojos. Please come early.

Students should be lined up and seated at least 3 minutes before class is to begin.

Please be very hospitable and welcome all of our guests to the Dojo. Make everyone feel very welcome and at home.

Sensei's Message: Our 3rd Asian Pacific Martial Arts Festival at the JACCC.

On May 3rd, we conducted our 3rd Asian Pacific Martial Arts Festival at the Japanese American Cultural & Community Center in Little Tokyo. Indeed, it was a lot of work, but many of our Dojo members got together including many from our Children's Class and helped with the coordination of the demonstration participants, answered questions from the guests and watched our table filled with many brochures, books, and flyers. It got rather hot during mid-afternoon and there was a lot of water and soda to be passed out among the participants. This year went very smoothly and we got a lot of compliments from the audience as well as from many of the participants from all the various martial arts. I think it was a big success and everyone really enjoyed themselves. By the end of the day - I was really tired as I know everyone else was too. But it was worth it - every drop of sweat of it.

For members of the Dojo, it seems to be a regular thing - one student thought all dojos do the same thing every year like ourselves. Not so! It is really a special event because it is not easy to get all the various martial arts together all from various countries in a single event and have such a great sense of

Con't.

Sensei's Message continued:

sharing, comraderie and friendship. Not easy - but we do it. More than anything, I believe it is because of the spirit of harmony which we try to share with everyone. I think this is part of our practice to understand O-Sensei's teaching of harmony and love. Maybe this sounds too much like bragging - so I must admit that, at the very least, I am inspired by O'Sensei's teaching to do this kind of event every year.

I think that the young people do not realize that many of the countries represented in our demonstration were, at one time, at war with each other and killed each other and hated each other. Maybe this feeling still lingers today, but somehow, through our demonstration we get together and try to become friends. When I think of this, I really believe this to be a worthwhile project in which I want more and more peoples and martial arts involved. Of course, we are a tiny Dojo and we can only take tiny steps, yet, I am very, very proud of my students and our Dojo because even the tiny step we take is not so easy.

In our future demonstrations, I would like everyone to concentrate their thoughts and energy to creating stronger bonds of friendship and sharing with everyone around them - think only how to get along with each other and forget about self-pride. People suffered greatly in the past and it can very well happen again in our world today. To ask someone to simply forget the past is not fair - who can forget the loss of a loved one or an injustice to one's country? This is a part of our reality which everyone must suffer at one point or another in their lives - we are all human afterall, yet, despite this, we can still rise above this to find something really great out of our lives.

Our politics, our money, our threats of war, our little games have not brought about a good result in this world today but, somehow, one day in May at the JACCC, we all come together for a few hours and enjoy each other's martial arts - this is a good thing.

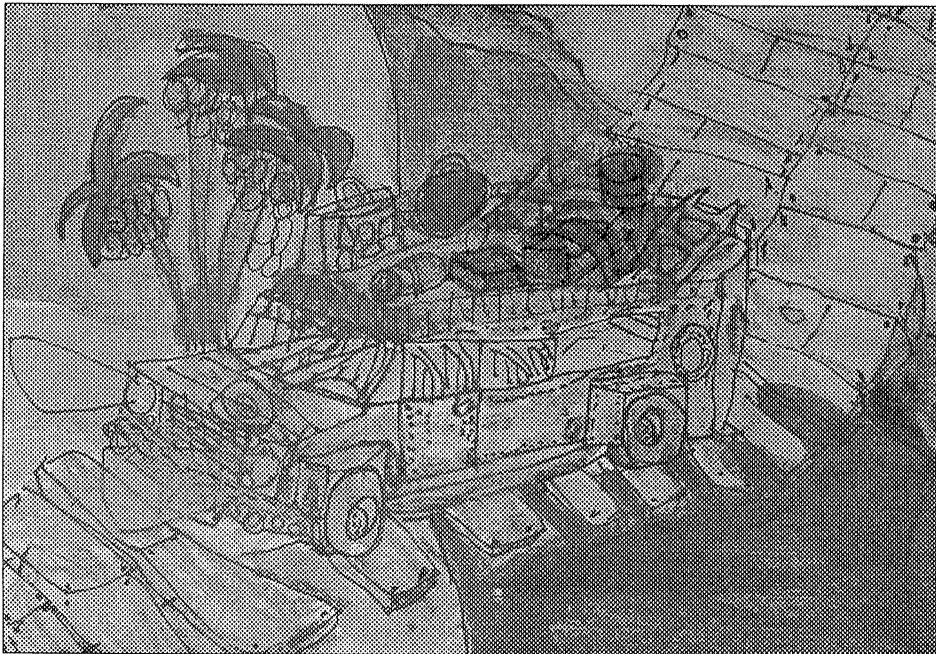
Let's continue to work hard together in our Dojo to become fine Aikidoists and let's work hard together to create events in which everyone can share and enjoy each other and each other's talents. It takes a lot of work to make a person happy and there is no reciprocation or benefit. When we can do something for another just to be doing something for another is when we finally have touched something within ourselves which is truly spiritual and lasting.

I want to take this opportunity to thank all my students and members of the Dojo for doing such a great job at our Asian Pacific Martial Arts Festival this year and I hope I can count on you again and again in the future. As long as we can continue to work together in harmony, I am so happy with our Dojo. Many Thanks. In Gassho.

PS: Several years ago I was talking with a martial arts teacher from another country and this person said that all through school was taught to hate the Japanese because of the war. After talking about martial arts and other things for a while, this person said: "You are the first Japanese I ever met and I don't think you are so bad after all. I am glad that we were able to meet." I was shocked that I didn't know what to say. Actually this person was referring to a time before I was born. Even my father fought for the United States in Italy and was in the 442nd one of the most decorated Companies during WWII. Yet, I understood the feeling. Although I survived the Viet Nam War days and have lived in fairly peaceful times - even in LA culture, we are always victimized and taken advantage of - even in Aikido! If anyone thinks that there is no injustice in the world truly lives in Heaven! Somehow, martial arts - Aikido - gives us the power to overcome all of this. The power to overcome all obstacles in our lives without corrupting us but making us better humans beings is what makes us truly great human beings after all.

"There is a Zen saying that we waste 80 percent of our lives. Practice teaches us to make better use of that 80 percent."

Erik Nagamatsu: Winning Artist at 5 Years Old.



Eric Nagamatsu's whimsical "JUNGLE HUMMER" earned 1st Prize - kindergarten-second grade- which includes a \$2,000.00 award plus publication in the June 1997 50th Anniversary issue of Road & Track. Congratulations and keep up the good work! Eric has been drawing since he was 3. Early on, he taught himself the concepts of perspective and three dimensional rendering. His favorite sports car is Ol' Yaller II which his father also owns and races in vintage events.



Erik Nagamatsu, 5

More than 400 entries were received from all over the US from the Kids Automotive Art contest which was promoted by Road & Track and the Automotive Fine Arts Society as a way to recognize future automotive enthusiasts and to raise money for the Carroll Shelby Children's Foundation. Four first prize winners were chosen. Three of the first prize winners live in California and were awarded their prizes at the Greater Los Angeles Auto Show in early January 1997 by Carroll Shelby, Road & Track Editor-in-Chief, Thos Bryant, and Art Editor, Em. Motta. Winners included 5 year old Erik Nagamatsu from Glendale, CA. . . . The finalists and winning entries from the Kids Automotive Art Contest are currently touring the country with Road & Tracks 50th Anniversary exhibit, "The Art of Road & Track." The winning entries will appear in the June 1997 50th Anniversary issue of Road & Track. Erik also won the Carroll Shelby's Favorite Best of the Show for \$600.00 along with the 1st Place Winning

Entry of \$2,000.00. Recently, at the JACCC Children's Day Festival on May 3rd., Erik also won another \$100.00 for 1st Place in his age category. Many congratulations and keep up the good work! Erik is a member of our Children's Class and his father is Sensei's dentist as well as an active supporter and member of the JACCC.



East meets West? Lion Dancers on May 3rd at the JACCC.

Dojo News:

Our Asian Pacific Martial Arts Festival was listed in the LA Times **Calendar Section's "Best Bets"** on May 1, 1997.

On May 4th, **Mitchell Okamoto** of our Children's Class and Assistant Instructor **Kenny Furuya** were pictured in the **Metro Section of the LA Times**, on page 8. Congratulations!

May 22. A&E Ancient Mysteries aired **Sensei's** interview on the Samurai at 9:00pm.

Sensei was interviewed by the Rafu Shimpō Japanese Newspaper for a story on the **Yamanashi Kenjinkai Prefectural Organization of Southern California**. Sensei is the President of the club. The feature article is scheduled to appear in the Rafu Shimpō sometime in mid-July.

Kristine San Luis has been accepted to USC among many of the top universities in the country. She wants to continue her training at our Dojo. Congratulations and Many Thanks.

Congratulations to **Bob Yale** and **William D'Angelo** who graduated with Juri's Doctor at USC on May 12, 1997.

Gary Myers opened in new store, **Yoshino Japanese Antiques** at 1240 E. Colorado Blvd. in Pasadena, in mid May.

One day of practice is one day of mastery.

Dojo Membership Drive:

It always seems like "impossible mission," but each student does need to make an effort to bring in a new member into the Dojo. It could be a class-mate, a relative, cousin, sister, brother, friend - anyone who wants to practice Aikido or needs a little exercise or some type of community activity.

We receive a great deal of press from all of the community service projects we perform and Sensei's articles and regular column, "Ancient Ways" appears regularly in many of the martial arts magazines. "Kodo-Ancient Ways," the book, and "The Art of Aikido" video series sells well all over the world as is noted by all the mail Sensei receives everyday. Yet, we still need to see a few more students join our practice. We do need to continually build up our membership. As you see, students come and go because of school or work, and without a steady flow into the Dojo, our membership suffers. We don't need a lot of students and we are not a for profit Dojo - it is to keep a good healthy number for practice and keep good energy in each class. As you well know, the practice is difficult when there are too few numbers in each class and, at the same time, it is difficult if it becomes too crowded. We have never suffered from "too crowded" so let's help to build up our school. It's really a good way to support the Dojo. Please help!

Congratulations

The Woodstock Dojo &
Harvey Konisberg Sensei,
of New York
Celebrating Their
10th Anniversary

Pot Luck & Clean-up:

On June 14th, our Dojo Clean-up Party to welcome our special guests from Hombu Dojo. Everybody, please help. Also, we'll do our great pot-luck luncheon again. For details, see Norman Lew.

Many Thanks

Much appreciation to everyone
who helped on May 3rd.

3rd Asian Pacific
Martial Arts Festival
at the JACCC.

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(213) 687-3673

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STAFF

Editor: Rev. Kensho Furuya
Archives & Dojo Records: Dr. Cheryl Lew
Photographer: Larry Armstrong
Legal: Curtis Westfall

Important Dates:

June 14. Dojo Clean-up

June 16. Special!
HOMBU DOJO PRACTICE
6:30-8PM

July 4. Independence Day
Dojo will be closed.

July 19. Demonstration at
the Pasadena Buddhist Church
Obon Festival.

July 26-27. Martial Arts
Exhibition at the Higashi
Honganji Buddhist Temple.

August 10. Nisei Week
Aikido Demonstration 7 Open
House at the Dojo.

August 16-17. Nisei Week
Traditional Martial Arts
Exhibition at the JACCC
12-4pm.

Nisei Week Festival '97

August 10
Open House & Aikido Demo
12-4pm

August 16-17
Trad. Japanese
Martial Arts Exhibition
At the JACCC
12-4pm



Dojo members who demonstrated on May 3rd. at the JACCC.



Masashi Shikai Sensei & members of the Chuo Kendo Dojo.

Current Candidates for Black Belt Examination

Candidates for 3rd Dan

Mr. Richard Eloriagga
Mr. Kenny Furuya
Mr. David Ito
Mr. Andy Kissel

Candidates for 2nd Dan

Dr. Jeffrey Johnson
Dr. Cheryl Lew
Mr. Brigido Anaya
Mr. Scott Howard

Candidates for 1st Dan

Mr. Larry Armstrong
Ms. Kristine San Luis
Mr. Rey Espino
Ms. Maria Murakawa
Ms. Mari Masumori
Mr. Kevin Fujimoto

Testing Dates will be given at a later date. Testing will be scheduled for sometime at the end of the 1997 or beginning of 1998. Please begin preparation for the appropriate examinations. Standards will be very high this year. Thank you.

Black Belt Candidates may attend Advanced Classes with permission from Sensei. On Saturday from 11:30am and on Wednesdays from 7:45pm. Candidates should bring their own Jo, Bokken and Tanto. Attendance in the Advanced Classes will greatly add to your time to practice for your Examinations. It is recommended to all candidates to carefully study Volume #9 of the Art of Aikido. Thank you.

Subscriptions = Support

Year: \$36.00 donation.
Single Issue: \$3.95 donation

Due to rising costs of printing & postage, mailing lists will be periodically audited. Don't miss a copy. Support with Dojo with an Annual Subscription. Thanks for your Support!

Congratulations! Iaido Promotions as of May 5, 1997

5th Dan

Mr. Gary Myers

4th Dan

Mr. Ken Watanabe
Mr. Richard Eloriagga

3rd Dan

Mr. Kenny Furuya

2nd Dan

Dr. Cheryl Lew



Best Wishes & Congratulations:

William D'Angelo graduated USC with a Juris Doctor at the University of Southern California on May 12, 1997. Many Congratulations and Best Wishes. Bill commutes to the Dojo from Newport Beach several times a week.

Bob Yale has also graduated the University of Southern California in Law with a Juris Doctor and Kristine San Luis will begin attending USC in the fall. Congratulations and Best Wishes. USC coincidentally happens to be Sensei's Alma Mater, Class of 1970.

Congratulations

Wedding Bells ring for Mike & Diane who will be married on May 24, 1997. They will spend their honeymoon in Europe for three weeks. Many Congratulations and Best Wishes.

Many congratulations to everyone who graduated this year. Please report your graduation dates and degrees to Sensei for the Newsletter. Also, we need everyone's birthdate, weddings, announcements, news items, etc. Thank You.

Top Ten Training Hours

January 1997

1. Ken Watanabe 34 Hrs.
2. Kenny Furuya 30 Hrs.
3. David Ito 23 Hrs.
4. Larry Armstrong 23 Hrs.
5. Valerie Nerres 22 Hrs.
6. Cheryl Lew 18 Hrs.
7. James Doi 15 Hrs.
8. Marie Murakawa 15 Hrs.
9. Kristine San Luis 12 Hrs.
10. Richard Eloriagga 10 Hrs.
Curtis Westfall 10 Hrs.
Steven Sahl 10 Hrs.
Paul Crehan 10 Hrs.

February 1997

1. Ken Watanabe 32 Hrs.
2. Kenny Furuya 32 Hrs.
3. Larry Armstrong 23 Hrs.
4. Kristine San Luis 19 Hrs.
5. David Ito 17 Hrs.
6. Cheryl Lew 17 Hrs.
7. Eric Russel 15 Hrs.
8. James Doi 14 Hrs.
9. Bill D'Angelo 13 Hrs.
10. Rocky Lee 12 Hrs.

March 1997

1. Ken Watanabe 33 Hrs.
2. Ismael Araujo Jr. 21 Hrs.
3. David Ito 21 Hrs.
4. James Doi 20 Hrs.
5. Kristine San Luis 19 Hrs.
6. Bill D'Angelo 17 Hrs.
7. Eric Russell 17 Hrs.
8. Cheryl Lew 16 Hrs.
9. Larry Armstrong 15 Hrs.
10. Kenny Furuya 13 Hrs.

April 1997

1. Ken Watanabe 31 Hrs.
2. Larry Armstrong 26 Hrs.
3. Scott Howard 23 hrs.

4. Cheryl Lew 21 Hrs.
5. Bill D'Angelo 20 Hrs.
6. James Doi 19 Hrs.
7. Kenny Furuya 18 Hrs.
8. David Ito 16 Hrs.
9. Kristine San Luis 14 Hrs.
10. Valerie Nerres 13 Hrs.
Ismael Araujo Jr. 13 Hrs.
Mari Masumori 13 Hrs.

Top Ten Totals & Monthly Averages From January-April 1997

1. Ken Watanabe 130 Hrs.-32.5/month.
2. Kenny Furuya 93 Hrs.-23.25/month
3. Larry Armstrong 87 Hrs.-21.75/month
4. David Ito 77 Hrs.-19.25/month
5. Cheryl Lew 72 Hrs.-18/month
6. James Doi 68 Hrs.17/month
7. Kristine San Luis 64 Hrs.16/month
8. Bill D'Angelo 52 Hrs.-13/month
9. Valerie Nerres 51 Hrs.-12.75/month
10. Maria Murakawa 47 Hrs.-11.75/month

Congratulations and please keep up the good work. Be sure you keep proper attendance records to receive proper credit for your training hours. Training hours greatly influence your grade promotions. Thank you.

Editor's Note: Children's Class Hours were not calculated for these months. This would add an additional 8 hours per month approximately to Ken Watanabe's and Kenny Furuya's totals and several hours to those have helped out recently.

Dojo Clean-up & Pot Luck: June 14th.

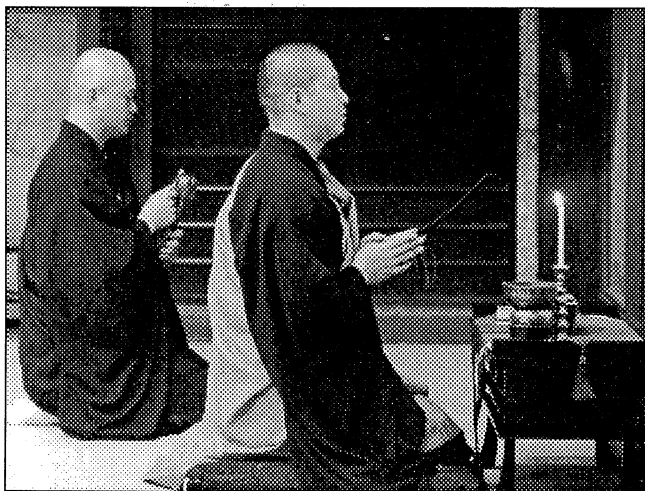
Everyone! Please attend our Dojo Clean-up & Pot Luck Party on June 14th. We will be welcoming instructors from Hombu Dojo and, at the same time, have our summer Party. For details about the Pot-Luck, see Norman Lew or Ken Watanabe for details. Norman will provide the bar-be-que, the Dojo will provide teriyaki steak and chicken! We need soft drinks, appetizers, salads, chips, etc. Don't miss it!

Dojo Volunteers Needed!

Our Dojo needs Assistants & Assistant Instructors for our ever-growing Children's Class. Please help out! All students, black belts and assistant instructors are welcome to join our Children's Class to help out our kids. Saturday: 12:45-1:45pm. Sunday: 9:00-10:00am.

Very Special Thanks:

Much appreciation goes to Mr. Ron Hamasaka for all his help in filling up the potholes and repairing the alley in front of the Dojo. On May 6th, Mr. Hamasaka was presented with a bottle of whiskey from the Dojo during Children's Class as a small token of appreciation. Again, many, many thanks. Many thanks goes to Norman Lew who has been fixing our lighting around the Dojo.



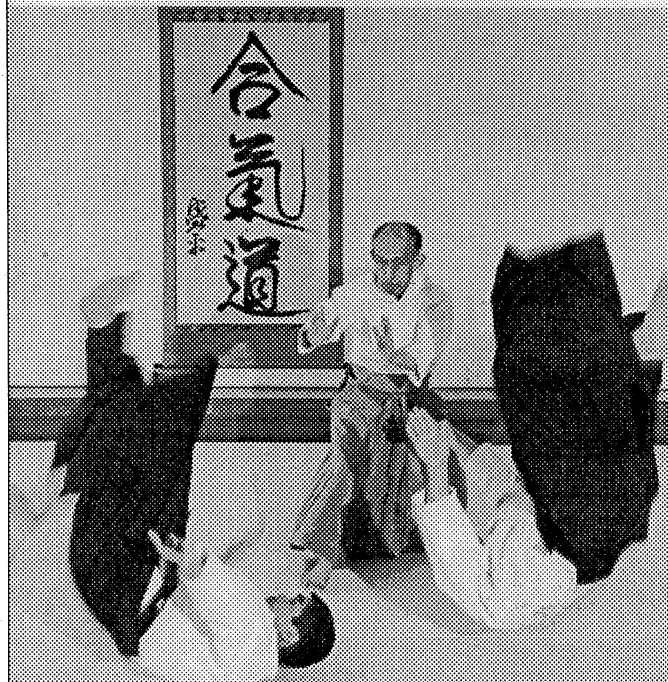
Zen Priests during Founder's Memorial Service on April 26th.



Sensei at Bank of Tokyo Reunion on April 13, 1997. At the Miyako Inn in Little Tokyo with former co-workers.

AIKIDO

by Kisshomaru Ueshiba



AIKIDO by Doshu Kisshomaru Ueshiba

Doshu's book, **Aikido**, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving, and the book will no longer be available. It is very strongly recommended that if you don't have this book, buy a copy now while a few copies are still on the stands. Don't wait too long! It sells for about \$28.00.

Official Dojo Jackets

Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each. In sizes: small, medium, large and extra large.

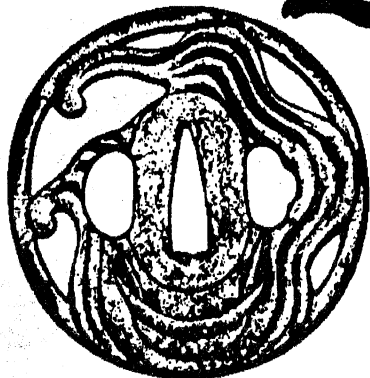
How many friends do you have? Bring just one to the Dojo! Help our Dojo Membership Drive. Thank you.

KODO

Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist

古
道



by Kensho Furuya

KODO

Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

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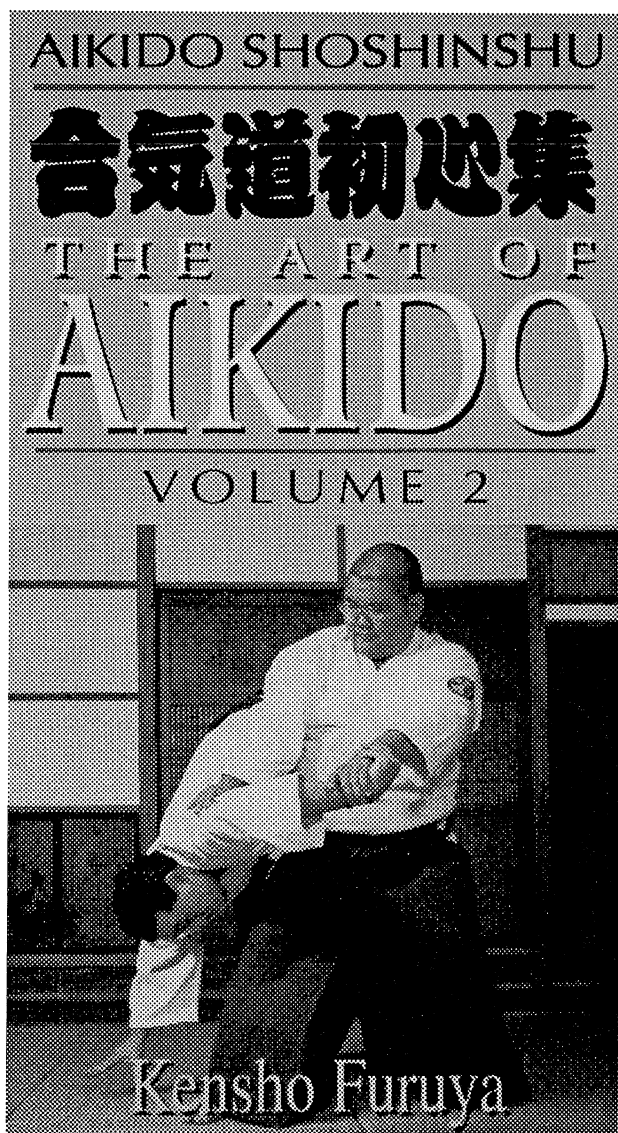
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"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, 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. A worthwhile investment." **Susan Perry, Editor-in-Chief Aikido Today #44, Vol. 9, No. 6.**

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"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. . . 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.**

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. The translator of "The Spirit of Aikido" & Aikido teacher.**

Aikido TRAINING SCHEDULE

BEGINNING & OPEN CLASSES

Monday thru Friday Evenings
6:30pm-7:30pm

Monday, Tuesday & Thursday Evenings
7:50pm-8:50pm

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

Saturday Mornings
10:15am-11:15am

Sunday Mornings
10:15am-11:15am

ADVANCED & INSTRUCTORS' CLASSES

Bring bokken, jo and tanto.

Wednesdays
8:00pm-9:00pm

Saturday Mornings
11:30am-12:30pm

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

Every third Saturday of the Month
6:30am-8:30am

Monthly Meeting follows.

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 2nd Saturday of the month.
6:30am-8:30am

General meeting follows.

BUDO & SWORD STUDY CLASS

Every 2nd Tuesday of the month.
7:30pm-8:30pm