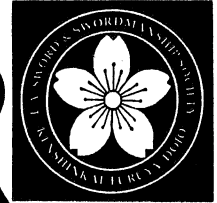




AIKIDO CENTER OF LOS ANGELES NEWSLETTER



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Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters

Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.

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Founder's 30th Memorial Service Commemorated

On April 26, 1999, Monday evening, we commemorated the Founder of Aikido, Morihei Ueshiba O'Sensei's 30th Anniversary of his Passing on April 26, 1969. Again, Rev. Taiken Yokoyama of the Soto Zen Education Center officiated the service. It was a very quiet service this year. In lieu of our first practice, we viewed early videos of O'Sensei and then conducted our service from 7:30pm. Several senior members joined us for the O'Doki reception after the service.

Our Dojo has commemorated O'Sensei's Passing for thirty times now over the last thirty years. I hope, even after I am gone, my students

will continue to observe O'Sensei's Memorial Service. It should be an important tradition in every dojo around the world dedicated to his teachings. I remember long ago, when he first passed away, every dojo did some kind of service or held some kind of seminar in his memory. Over the years, fewer and fewer dojos maintained his observance. Perhaps, they forgot, perhaps, it is too much trouble, perhaps there are better things to do than remember the dead and gone. I don't know what they are thinking. I believe that although O'Sensei is physically gone, he is still with us watching over our practice and protecting us. By practicing Aikido, he is forever perpetuated in our hearts, bodies and minds. How can he die? How can he be gone? Everyday we bow to his photo in the place of honor in our Dojo. Over the years, it has come to have deeper and deeper meaning for me. I truly appreciate his teachings and his gift of Aikido to us. I believe for the many students in the Dojo, to bow to O'Sensei's photo may be just a simple matter without much meaning. I do think that as you gain more experience in Aikido and begin to appreciate how



Rev. Taiken Yokoyama delivering sermon after 30th Anniversary Memorial Service for O'Sensei.

much Aikido has contributed and added to your life, you will begin to appreciate more and more the tiny moment you take to say "thank you," in your bow to him. It is this feeling of "thanks," this spirit of appreciation, that should never, never leave you. I often see some people who think that they themselves are so great, they can do no wrong, they have done so much. They forget everything around them that has really helped them to be where they are today. This is absolutely not the spirit of Aikido. Everything must come from this feeling of thankfulness - when we reach the highest spiritual state of life - we are even thankful for a moment of life, for a single ray of sunshine, for even a little drop of water. We should not "become" the technology and progress that we have created to help us make a better world, but as we advance in our physical world, we should endeavor to make greater advances in our spiritual life. This is the great gift of Aikido. For one hour each day, you have a chance to come in contact with your true self. You have a chance to become "self-less" for a moment,

O'Sensei's 30th Memorial:



as you practice. Although it may be hard to see any immediate benefits, in the long run, the gifts are boundless. I hope all my students will continue to practice hard and continue to devote themselves to our Dojo.

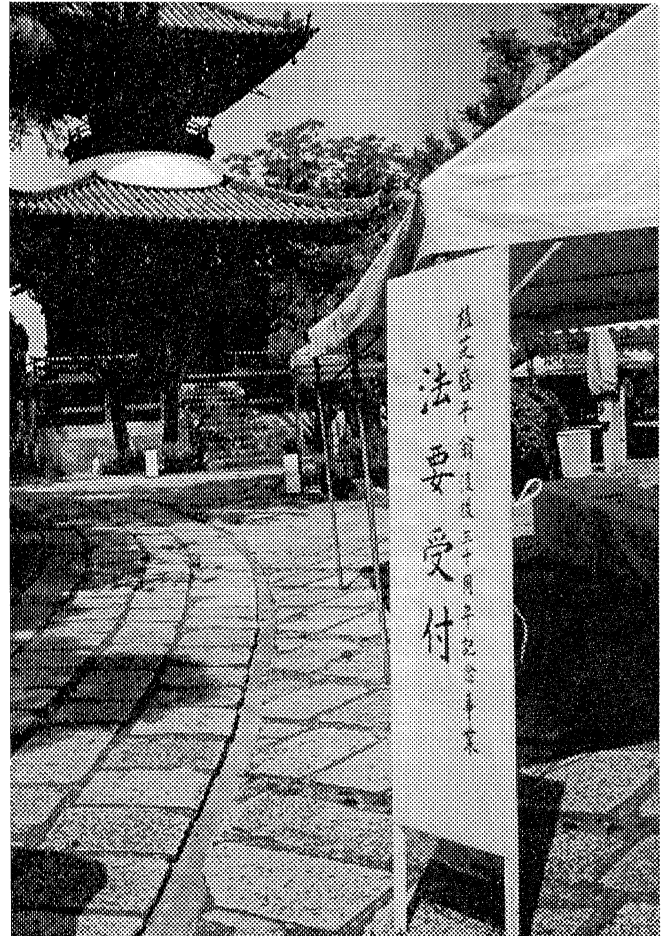
Everyday, I receive letters from all over the world. Everyday, I hear from people who do not have a dojo, do not have a teacher, do not have any place at all to practice Aikido as much as they want to.

We ourselves, have everything that many people all over the world can only dream about and hope for. Isn't this something that we should be very, very grateful for as well? I don't think we should ever forget this. We are truly blessed and we must think about this.

Everyday, when you come into the Dojo, sit down, calm yourself, take a moment to think about all that you have, think about O'Sensei and Doshu who have sacrificed their lives for us and then make a tiny bow of thanks and respect. Not only is this the best way to begin your practice of Aikido, it is the best way to start off each new day when you wake up and begin your life.

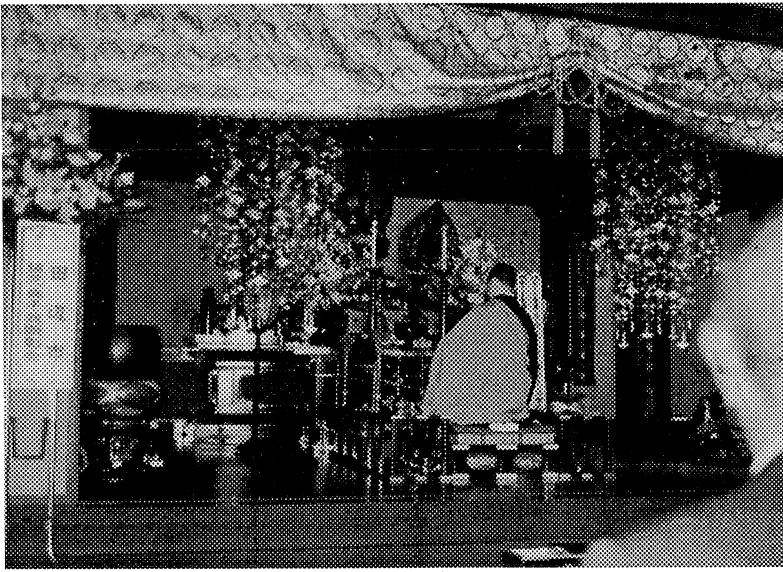
I have it put away as a treasure, but when I was in Japan, someone gave me a very rare photo of O'Sensei. Early in the morning, when O'Sensei woke up in the Dojo, he would go the very top roof of the new Hombu Dojo and give thanks to nature and this photo shows O'Sensei bowing humbly to the sun. My friend would always go up to the roof with O'Sensei and one day, he managed to take a rare photo because it happened that Mt. Fuji was clearly visible and very beautiful and O'Sensei gave thanks to it. Of course, today in Japan, with all the new high-rise buildings, smog and everything else, this particularly wonderful view of Mt. Fuji from the rooftop of Hombu Dojo no longer exists. In our own lives, do we ever feel like we should say "thank you" to a mountain because it is so beautiful? If we see a tiny little flower by the roadside, do we ever think that we should stop and bow to it to thank it for sharing its beauty with us? Do we think to thank the sea for everything it gives us? No! We think we deserve it. When finally, I think, we feel so moved with the beauty of a distant mountain or a small drop of water that we must bow to it in thanks, maybe we are coming closer to O'Sensei's spiritual state and perhaps to what he is feeling all the time. Practice hard.

O'Sensei's Memorial Services Observed in Japan



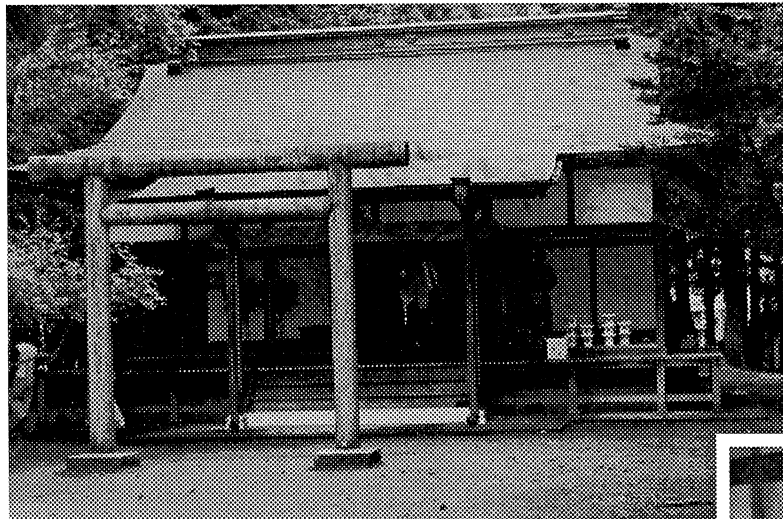
Entrance to Kozanji Buddhist Temple in Tanabe City, Wakayama, where O'Sensei's 30th memorial Service was conducted. This temple is the family temple of the Ueshiba Family. About 200 people attended the service. Below: Doshu at Ueshiba Family gravesite.





Buddhist Memorial Service for O'Sensei. Tanabe City. May 9.

Memorial Service At Aiki Jinja Shrine. April 29.

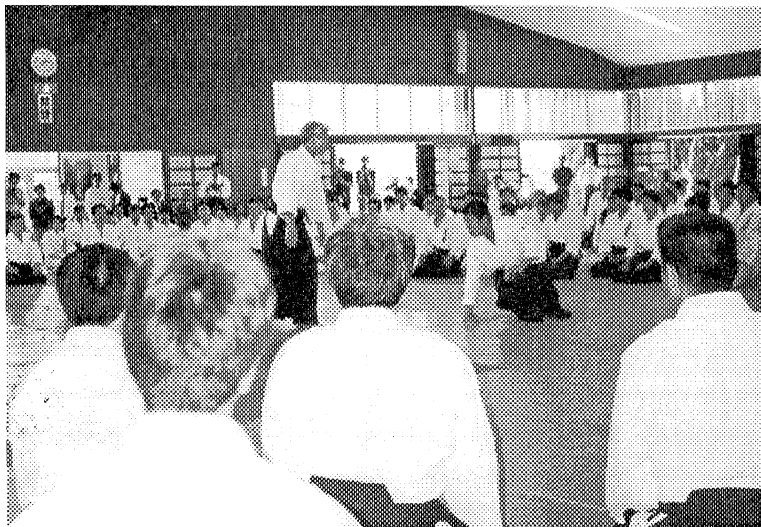


Doshu presented *Hono Enbu*, offering demonstration of Aikido.

The annual Memorial Service for O'Sensei was conducted at the Aiki Jinja Shrine on April 29th. This is the 30th year of his passing. Left: The Aiki Shrine. Below: Doshu conducting the *Tamagushi Hoson* service for O'Sensei's spirit. This memorial service was conducted by Kisshomaru Doshu for his father, the Founder of Aikido, and now, Moriteru Doshu will conduct this service every year in place of his father. Many Aikidoists from all over Japan came to attend this service in Iwama, in Ibaragi Prefecture, just north of Tokyo.



Special Memorial Practice At Tanabe City Budokan. May 8.



Doshu conducting Special Memorial Practice in Tanabe City.



Over 250 Aikidoists participated in the special practice.

Morito Suganuma Sensei

8th Dan, Shihan
Shoheijuku Dojo, Fukuoka, Japan

Seminar
October 1-3, 1999

Pacific Kensankai Dojo
Vancouver, British Columbia

*For those interested in attending,
please see Sensei for registration information.*

59th Nisei Week *Program*

**Annual Nisei Week
Aikido Demonstration
& Open House
August 8, 1999
1:00-2:30pm**

**Arts of the
Samurai Sword
The Life, Art and Sword
of Miyamoto Musashi
August 15, 1999
1:00-2:30pm**

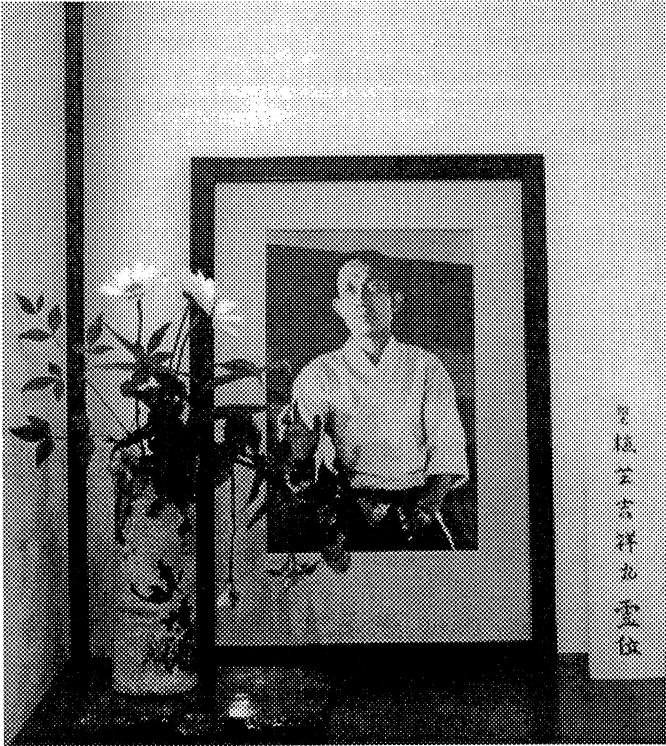
Congratulations! Welcoming New Branch Affiliate Dojo: Hacienda La Puente Aikikai

June 1, 1999 marks the beginning of the Hacienda La Puente Aikikai, now a branch affiliate of the Aikido Center of Los Angeles.

For the past four years, free introductory Aikido classes have been offered at the Dibble Adult School in Hacienda Heights, California. Reflecting the growth and dedication of a group of approximately 25 students, Hacienda La Puente Aikikai has been established to offer fundamental Aikido training to interested individuals in the San Gabriel Valley, La Puente and Hacienda Heights areas, previously an underserved area of eastern Los Angeles County.

The instructor, Tom Williams, in his eleventh year in Aikido training, has been a student of Furuya Sensei for the past two years. Hacienda La Puente Aikikai greatly appreciates the honor of associating with Sensei Furuya and the Aikido Center of Los Angeles. Tom Williams

Remembering Doshu



Santiago Almaraz, Santiago Shibu Dojo Visits

Los Angeles tentatively in July through August for one month's special training in the Dojo. This is his third trip. Last year, Santiago's dojo in Salamanca, Spain, became an official branch dojo. We welcome him and hope to give him our best training. If there are any students who would volunteer to put him up for a few days in their homes, please contact Sensei.

59th Nisei Week Japanese Festival in August

Once again, Sensei has been "volunteered" to help out in the Nisei Week office in preparation for the upcoming 59th Annual Nisei Week Festival in August.

New Fountain Valley Shibu Dojo Opening Soon

In a joint effort with Sgt. Bob Teramua of the LAPD Training Unit, we will be opening a new branch Dojo in the Fountain Valley area. If there are any assistant instructors who live in this area or, if we have any volunteers who would like to help out in this new Dojo, please contact Sensei. Sgt. Teramua teaches karate and has been a student of Tadashi Yamashita Sensei for over 20 years.

New Wednesday Schedule

1st Wednesday of the month: General Meeting for all membership. Please attend. 7:45-8:45pm.

2nd Wednesday: Aikido and Budo Study Discussion Group. Everyone invited, please attend. 7:45-8:45pm.

3rd Wednesday: Weapons Training for all Aikido and Iaido students. 7:45-8:45pm.

4th & Last (5th) Wednesdays: Iaido Training for Iaido students. 7:45-8:45pm.

Two New Dojo Volunteers: William D'Angelo, Michael Gabor

We have two new Dojo volunteers. Mr. William D'Angelo of Newport Beach has volunteered his legal expertise in the administration of the Dojo and Michael Gabor of Glendale, has volunteered his company's services in Dojo maintenance and repair. We really appreciate all of their help in maintaining a good, smooth running Dojo. Thank you.

Model Black Belts

Recently, we have many new students in the Dojo and we are asking many of the junior black belts to assist in helping them into the regular practice program. All black belts should keep in mind that you should help the new students with kindness and humbleness. Our Dojo is very traditional and, I suppose, that it must be very strange for many new students. Please help them to understand the rules and why we do what we do, the etiquette and our protocol. Eventually, they will begin to understand that all the rules are designed to create a sense of harmony and atmosphere of learning for the most optimum environment for learning and practice.

New students will not only imitate your movement and technique. They will imitate everything you do. If you are kind, they will be kind. If you are arrogant to the students, those students will become arrogant. If you come to the Dojo often, the new students will come often as well. To act as an instructor of Aikido, you must first become a "model" of what the ideal student is. It is this ideal that you must transmit to the new student. Show respect and they will respect you. Be diligent and they will be diligent. If students follow you because you become the very best model for them - this is the highest form of teaching. In ancient days, great teachers were literally called, "models." Always be humble and modest.

Brief Introduction to Yagyu Tsuba Sword Guards

By Rev. Kensho Furuya

Published in *Aikido Today Magazine*,
May, June 1999 Issue , Vol. 13.

We are aware of Aikido's connection with the Yagyu Shinkage Ryu through O'Sensei's relationship with Nakai Masakatsu and through what we study in Aiki-ken. Yet, as much as we know about the history of the Yagyu family and the Yagyu Shinkage Ryu, still a great deal remains a mystery. Of the many well known Yagyu swordsmen, Yagyu Renyasai stands out as one of the most interesting figures. A genius in the martial arts from childhood, he never married and continued to polish his skill throughout his life. He was also adept in many other arts such as poetry, calligraphy and the tea ceremony.

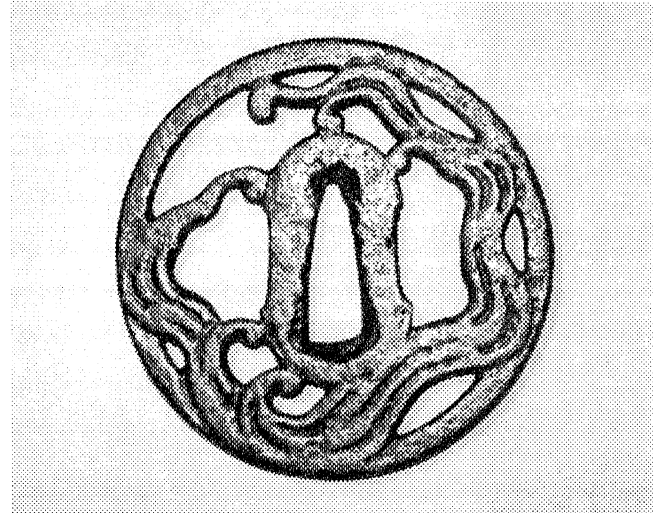
Yagyu Renyasai is also the creator of the Yagyu tsuba or sword guard which many experts agree to be one of the rarest and most sought after of all Japanese sword fittings.

Renyasai designed and made his own guards in iron much in the manner of his home country of Owari, yet, his designs are extremely unique and are said to express the inner teachings of the Yagyu School of swordsmanship. The rarity of the guards and their relationship to the ideals of Japanese swordsmanship have captured the interest and imagination of many collectors around the world. Renyasai designed guards for his own usage and it seems that he presented some to his students and friends or acquaintances of high standing such as daimyo warlords and others in the feudal hierarchy.

Also the designs themselves do not express technical intricacy or refinement of other guards, their bold, strong feeling and inexplicable designs fully express the ideals of Japanese swordsmanship and somehow there is the hint that exploring their mystery may somehow lead one into the inner teachings of swordsmanship itself.

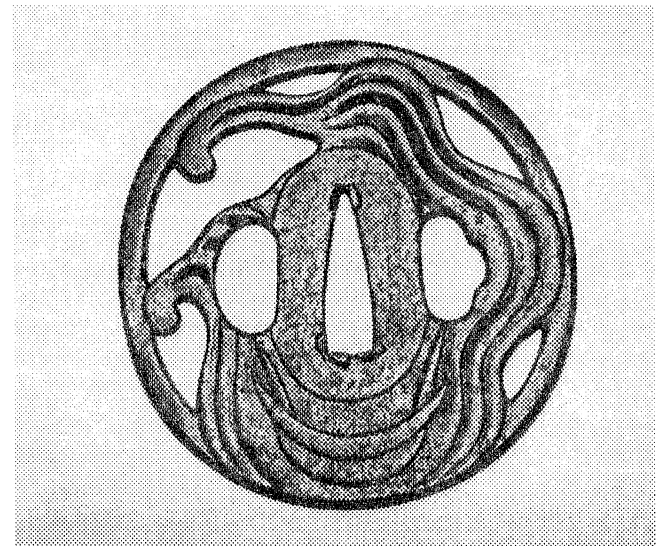
There are many technical points regarding the appraisal and judging of Yagyu tsuba which we cannot get into in this article. And there are many facets to the sources of Yagyu designs which leads to lengthy discussions perhaps in another article.

Of the famous well known designs, there is the breaking waves design (*maru-nami & tachi-nami*), the single bamboo design (*ippon take*) and the wooden well design (*ki-igeta*). Although we know these designs express the inner teachings of the Yagyu School of swordsmanship, their meanings are very unclear and still remain unexplained today.



Maru-nami - Wave design.

One of the most familiar designs is the water-moon design (*sui-getsu*) which most characterizes Yagyu tsuba. This design most likely comes from the Zen lesson of the moon reflected in water - which is reality? The moon in the sky or the reflection in the water? The motif is popularly used in Zen teachings or *koan* and often borrowed by great sword masters. This Yagyu tsuba illustrates the moon hidden among the waves.

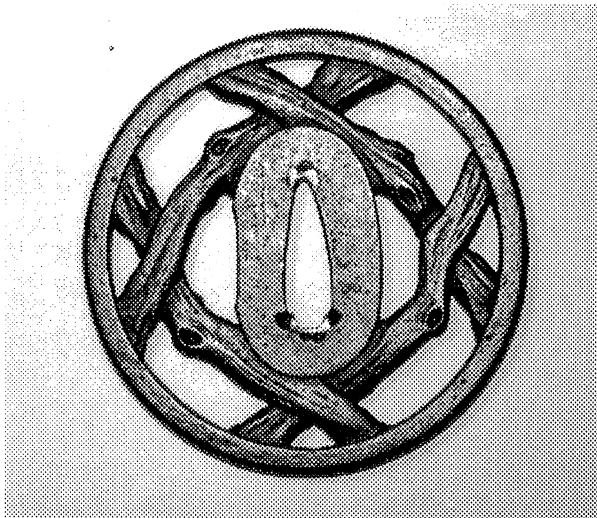


Sui-getsu - Water-moon design.

The "standing wave" and "round waves" may also be an extension of the water-moon design. Also, the waves sug-

Aikido Center of Los Angeles
NEWSLETTER

gest the forceful power of Yagyu sword technique and the way waves crash down on the surf, recede back in the ocean and come back again and again may be some hint into the secret nature of Yagyu sword technique. Water is a persistent image in many Yagyu designs. Of the few Yagyu sword guards in existence, the water-moon and waves guards are the most numerous with several variations of the same theme.



Ki-igeta - Well design.

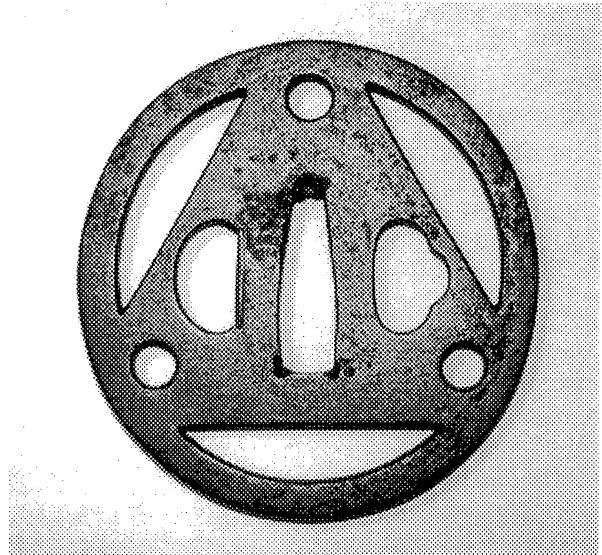
One of the rarest of all rare Yagyu guards is the water-well or "igeta" design. There are actually two types, the bamboo well and the wooden well. This design is unique to Yagyu guards only and for the most part the design is a complete mystery. In my own studies, I believe it is related to Renyasai's own sword named "Kago-tsurube" or "wooven well bucket"

Kago-tsurube refers to the magnificent cutting power of Renyasai's blade. It comes from a literary reference in an early Kabuki play. The hero had just killed many of his enemies with his sword and the comment was, "bodies fell left and right just as if water would pour out of a 'well bucket' made like a wooven basket." The well design is probably, in my opinion, a subtle reference to the basket-like "well bucket."

Another well known design is the *Sankaku-San-boshi* (or *Sansei*) or "Triangle with three stars" It is imagined that the triangle represents form and the three stars represent the three basic teachings of the Yagyu School. It is also suggested that the three stars may also represent "heaven, earth and man."

Most Yagyu guards are small compared to the normal sized guard for a long sword. The rim is squared with straight forging lines appearing in the rim. They are without exception, made of forged iron and of openwork

design. There are several rare examples of Yagyu guards without much openwork design. The metal is a roughly grained but well hammered and forged, the quality and the color of the metal is excellent indicating of exceptional quality and strength. The designs seem unsophisticated compared to most other guards, yet they show an inner strength and Renyasai's bold spirit is clearly communicated - thus, it great attraction and interest. In my own study of Yagyu guards, no rule is set and one cannot rely on many works to accurately describe Yagyu guards. Although it is said they are thick, many Yagyu guards are on the thin side. Although they say there must be straight forging marks in the rim, many do not have it. Also, the color and luster of the metal differs from one guard to the next. One can only study Yagyu guards by holding them in your hands.



Sankaku-sansei - Triangle and three stars design.

There are three very general categories of Yagyu guards. Experts will further divide these into more specific categories but first, there are guards made by Yagyu Renyasai himself and these are the most rare and difficult to find because so few were made. The second category are guards made in his lifetime or shortly thereafter by other guard making schools commissioned by Renyasai or the Yagyu family. Such schools are the Owari, Yamakichibei, Akasaka, Bushu Kotetsu and Toda or Fukui Jirozaemon schools. The last category are guards manufactured much later but made in the Yagyu tradition with the Yagyu design. The first and second generation Iwata Norisuke made many Yagyu "style" guards in the late 19th century.

This last category borders are guards which are made in the Yagyu "style" or borrow their designs but are not considered Yagyu guards and may, by some, be considered as imitations or fakes. And then again there are later

guards which may be considered as Yagyu because their manufacture and design all made in the exact or very close Yagyu tradition. There is much yet to be studied about Yagyu guards to make any satisfying agreement on how to judge Yagyu guards.



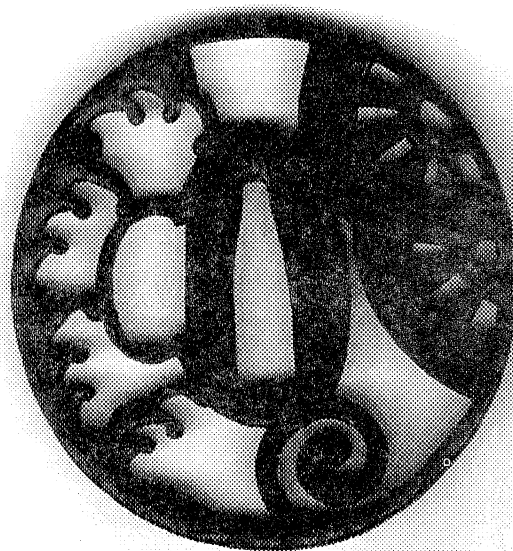
Namiguruma - Water-wheel design.

There are several sources of information on Yagyu guards. The most well known one is called the *San-ju Rokkasen* or "Thirty Six Poets (Collection)." This is a collection of illustrations of Yagyu guards. Many thought for a long time, that there were only "36" Yagyu designs because of the name but actually this collection illustrates several hundred designs. Why this reference was given the name it was given is still a mystery. There are several other such collections of illustrations and one is informative because it notes to whom many of the guards were present to. In almost all cases, the meanings of the guards are never explained and in some instances, the actual name of the guards are not consistent. For example, the "Single Bamboo" guard is referred by three other names. The names of the designs assigned by Renyasai are very important with Yagyu guards because they are the only real clue to what they might mean.

There are many legends regarding Yagyu guards. In one story, Renyasai put all of his guards in a mortar and pounded them with a heavy wooden mallet but none could withstand the test so he decided that he had to make his own guards which would be strong enough for his requirements. There are several variations of this same story. When someone asked his cousin, Yagyu Jubei Mitsuyoshi, another famous swordsman, about using strong "iron guards." Jubei replied that his skill had gone beyond the use of a guard to protect his hand and he only used a soft-metal copper guard.

The guards in this article are published for the first time in *Aikido Today Magazine* and will be published in the

near future in a definitive study on Yagyu guards by the author who has devoted many years to its study. Furuya Sensei is a noted authority on Japanese swords.



Nami ni Genji kuruma - Waves and Genji wheels.

Sensei's Message: **A Single Stalk of Rice: Thoughts On My Life In Aikido**

One of my favorite stories in Kodo (among many), is about a young rice stalk which tries to point to heaven when very young but bows its head towards earth as it matures. The young stalk is very strong and firm when young, but as it gets older and wiser, it gradually slumps over as if it was actually bowing to the earth. After many years in Aikido and now we are 25 years in our Dojo, I feel like the old stalk who can only bow its head to the earth. When I was young, there were so many things I wanted to do - my main goal was to build a Dojo, and I went off, full of something, and tried to do it. Nowadays, I realize that there are so many things that we just can't accomplish and much of the time we are just bouncing back and forth by the will of destiny or fate or whatever you want to call it. Maybe it is only karma.

My great wish nowadays, as it has always been for many years now, is to see the success and happiness of my students. I think I can only go on as my students continue to work hard and practice their Aikido. Nowadays, I feel like I am just in the hands of my karma and past actions for whatever I did when I was so young, stupid and inexperienced. I just bow my head to the earth. But still I have dreams and desires and try desperately to find the energy to go on and do more things.

Rice Stalk continued:

There is still, as always, a lot more to do.

Today, it is different from before, I suppose. It is important for me to see everyone working in harmony together. It is important for me to see Aikido's teachings in action and materializing within each of my students. I want to see students give in a world where we only take. Think about others in a world where we only think about our selves. To become sensitive and aware in a world where we learn to be safe by turning everything off or running away. Today, it is hard for people to say, "thank you." Today, it is so hard for people to say, "I am sorry." Today, it is so hard to sacrifice one's self for another. We are taught it, but we never think about it. We are too busy thinking about ourselves. We are too busy asking, "what is in it for me?"

Oftentimes, if I don't get my newspaper early about 4:30am in the morning, someone always steals it. It's about the time I wake up anyways so it is not a problem but many times, if I start work early or get busy with something I may not go outside until later and it is always gone. It is no big deal because it is only a matter of a twenty-five cents newspaper. Yet, it is very inconvenient because I have to spend more money on something I already bought. It's wasting Dojo money. At the same time, I wonder about the person who must steal something that is only twenty-five cents. How embarrassing it must be. What a big shame if you are caught! Even in small matters we still live by principles and ideas. What is wrong is wrong. Even if it only a penny. No one can say it is not bad if it is cheap. But if it is worth \$100.00 or more, then it is a serious crime. How about a million dollars? How about a trillion? If it becomes too big, it's no longer a crime - it's only "good business." We really must be careful - where are we taking ourselves in this fast-paced world.

A student complained because he thought it was unfair that I criticized him on such small matters in the Dojo and in practice. "If the crime is small, you don't need to say anything to me, - just get mad when I do something that you can really complain about!" he wanted to say to me. When we practice the "Way," in as Aikido, the small things are important, how we think is important, even the tiniest movement of the eye is important, even how you position your small finger in the technique is important. You practice what most people cannot even see and know about. This is real practice.

Today, as one progresses in his job or organization or dojo, it is common to get more arrogant, power hungry and proud. In ancient times, as one truly progressed and developed himself, he became more humble and modest. It's easy to be proud, it's not so easy to be humble. Today humble is not popular. Humble means that we understand the greatness of Nature and how profound Aikido can be. It is only this mental attitude that can understand Aikido. Proud means "me, me, me!"

Mind-Body Solutions for Chronic Pain

The John Hopkins Medical Letter, June, 1999

By the next millennium, most Americans can expect to live well into their 80's. As medical advances and healthy lifestyle practices help people survive - and perhaps avoid - life-threatening medical emergencies, chronic pain is fast becoming the top medical complaint in the United States.

Indeed, it is already the most common reason older adults see a doctor. Studies suggest that up to half of older Americans are plagued with persistent muscle, joint, or nerve pain. But contrary to popular opinion, nagging discomfort is not inevitable.

Whenever pain persists, getting relief and finding the pain's underlying cause are important. If ignored, chronic pain can be highly debilitating and lead to complications such as depression, disturbed sleep, and impaired balance. It is also likely to impede physical and social activity. Finally, an undiagnosed painful medical problem may progress and become more serious.

Most people with chronic pain try to cope by taking over-the-counter (OTC) nonsteroidal anti-inflammatory drugs (NSAIDs). But according to guidelines recently issued by the American Geriatric Society (AGS), NSAIDs such as aspirin, ibuprofen (Motrin, Advil), and naproxen (Naprosyn) are not always the best choice. Acetaminophen (Tylenol) and a variety of nondrug strategies may be safer.

THE CAUSES OF PAIN

Chronic pain can usually be traced to either the musculoskeletal or nervous system. Musculoskeletal discomfort is frequently caused by osteoarthritis or fibromyalgia (a condition characterized by fatigue, stiffness, and pain in connective tissue); nerve pain is often caused by diabetic neuropathy (degeneration of nerves to the legs) or postherpetic neuralgia (pain that lingers after shingles, an infection of the nerve fibers by the varicella zoster virus).

If you experience chronic pain, be sure to tell your doctor. Because pain is subjective, you are its only witness. Pay special attention to when and how often the pain occurs; what brings it on and how long it lasts; and its location, intensity, and quality (for example, whether it is sharp or dull, burning or tingling). Your doctor may ask you to quantify your description by using a standard pain scale. Also report the treatments you've tried, including nonprescription drugs and alternative therapies, and how well they've worked.

Nonprescription acetaminophen and NSAIDs are most useful for the pain of osteoarthritis and are sometimes helpful for neurologic pain. If inflammation is not present, choose aceta-

minophen, which has a slightly better safety profile than NSAIDs. NSAIDs are the better choice when symptoms of inflammation - localized redness, swelling, and warmth - are present.

Despite their accessibility, OTC analgesics must be used cautiously. Following label directions is imperative, but most elderly people who use analgesics exceed recommended doses. The consequences can be serious, particularly for NSAID users who drink alcoholic beverages. High doses of NSAIDs combined with as few as three drinks per day can cause liver damage. Misuse of NSAIDs can also lead to stomach ulcers and kidney damage, while overuse of acetaminophen can cause liver toxicity.

Persistent pain requires a medical evaluation. Many other drug options are available; these included prescription-strength versions of OTC analgesics, a new type of pain reliever called COX-2 inhibitors, and certain antidepressants, anticonvulsants, and sustained-release opioid narcotics.

Although these drugs can have side effects, proper supervision usually allows them to be administered effectively and with little risk. Sometimes treatment with two or more drugs is more effective and generates fewer unwanted effects than treatment with one drug, largely because the individual dosages can be reduced. Corticosteroids (such as prednisone, which is frequently prescribed for acute pain accompanied by inflammation) are not effective for long-term use and can cause a wide range of significant side effects.

NONDRUG TREATMENTS

According to the AGS guidelines, the need for analgesics can often be reduced with nondrug treatments. Exercise is by far the most effective measure. It helps keep joints and connective tissue strong and limber, improves sleep, fights depression, and maintains endurance. Fortunately, exercising for health does not mean training for the Olympics. The greatest benefit is achieved from a comfortable level of regular, consistent activity. Be sure to consult your doctor before starting an exercise regimen.

Hot and cold applications are often effective, too. Cold packs can be applied to the painful area for 10 to 20 minutes at a time. Heat packs should actually be warm, not hot, and should not be used if inflammation is present. Alternating heat and cold treatments can be highly soothing. Always wrap packs in a towel or other protective layer and decrease the application time if you experience discomfort. People with diabetes or circulation problems should be extremely cautious and should not apply heat to the feet because of the possibility of injury.

Other nondrug approaches also may be helpful. In 1995, a National Institutes of Health (NIH) panel found some evidence supporting a number of nontraditional approaches.

WHEN TO VISIT A PAIN CENTER

If pain persists and you are not given a specific diagnosis, or you are dissatisfied with your treatment, consider a pain management program offered by a multidisciplinary pain center. Such programs are usually affiliated with a major hospital or rehabilitation facility. Other types of pain facilities, typically referred to as pain clinics, focus on pain in one region of the body or specialize in a single treatment method. Although these programs may be helpful for some patients, they do not generally deliver the level of care and integrated management that most chronic pain sufferers need.

Multidisciplinary centers provide comprehensive assessment and treatment based on the belief that pain is a complex phenomenon requiring expertise drawn from a variety of medical disciplines. Patients receive a full evaluation and interdisciplinary medical management, physical and occupational therapy, psychological counseling, and a wide variety of nondrug therapies tailored to their individual needs. Although complete pain relief may not be possible, nearly all participants improve significantly.

CONSIDERING COMPLEMENTARY TREATMENTS

Comprehensive pain center offer many nontraditional therapies in conjunction with traditional treatments. Nontraditional approaches are also available in a variety of other reputable settings, from senior centers to community hospitals. After reviewing the available literature, the National Institutes of Health found some evidence in support of the following techniques.

Chiropractic manipulation: May help relieve back and neck pain, especially if performed soon after symptoms arise. Should not be used on people with osteoporosis, disc herniation, rheumatoid arthritis, fractures, or cervical arthritis because of the possibility of injury.

Relaxation techniques: Certain techniques, such as guided meditation and deep breathing, can decrease the muscle tension that amplifies pain.

Transcutaneous Electrical Stimulation (TENS): Although results are variable and studies inconclusive, many patients report relief from TENS (brief pulses of electricity to nerve endings in the skin).

Biofeedback: Results are mixed, but biofeedback (using visual or auditory cues to help patients learn to influence their physical responses to pain) may be most appropriate for headaches and low-back pain.

Acupuncture: May be most beneficial for osteoarthritis, headache, and low-back pain. Based on the ancient Chinese procedure, acupuncture involves inserting fine needles into the skin at key points.

Cognitive and behavior therapy and group counseling: Sessions provide support and teach coping skills that may help relieve the anxiety that frequently accompanies pain.

Low-tech Options For Low-back Pain:

University of California Berkeley Wellness Letter
Volume 15, Issue 9. June 1999

Los backpain is one of the most common ailments in the U.S. and Canada, second only to the common cold. According to Dr. Richard Deyo of the University of Washington, a pioneer in the field, 80% of adults experience back pain at some time in their lives. The annual bill for our backs, including medical care and disability compensation, may reach \$50 billion in the U.S. And besides the discomfort, back pain complicates your life - it's hard to work, exercise, or enjoy life when your back hurts.

What causes back pain?

Back pain is often mysterious. Injury to muscle, ligaments, nerves, or the spine can sometimes be responsible, but most people with back pain cannot recall a specific incident that caused the pain. Weak muscles in the back and abdomen are sometimes the cause. Medical practitioners have a hard time diagnosing back pain. MRIs and other imaging tools often reveal no identifiable abnormalities in very painful backs, while painless backs may show herniated disks and other abnormalities.

One unexplained puzzle: People do less heavy physical labor now than at any time in history, but disability from back pain has steadily risen as physical work has declined. Perhaps our sedentary life-style have weakened our back muscles.

What should I do for low-back pain?

Self-care is usually the best option. Stay as active as you can, and don't stay in bed more than a day or two. Take nonprescription pain relievers, such as aspirin, ibuprofen, or acetaminophen. Resume normal activity as soon as possible. *There's good evidence that more than a day or two in bed weakens muscles and delays recovery.*

When is medical advice a good idea?

Call your doctor if you don't get better in two or three days, if your back pain is severe or radiating, or if it is accompanied by numbness, tingling, weakness in the limbs, bowel or bladder problems, nausea, fever, and/or vomiting. A child or elderly person with sudden back pain needs medical attention. Back pain may be a sign of arthritis, osteoporosis (thinning bones), nerve inflammation, bone infections, or another serious illness. But most back pain is not caused by underlying illness or spinal abnormality.

Should the diagnosis of back pain always include X-rays?

X-rays should never be done until low-tech treatments and time itself have been given a chance. Most back pain gets better on its own. MRIs (which use magnetic fields and radio waves and reveal the spine in more detail than an x-ray) and other imaging tests are expensive and some may expose you unnecessarily to radiation. They may reveal nothing despite the pain. In fact, abnormal-looking disks are just as likely to show up in people with no back pain as in those with pain.

Is surgery a good option?

The rate of back surgery in the U.S. is twice as high as in other industrialized countries. Surgery usually does not provide longterm relief. If your doctor recommends surgery, by all means get a second opinion.

Is there some psychological element to back pain?

There may be. One of the quite believable gags in the movie *The Odd Couple* is that Felix (Jack Lemmon), who's miserable because his wife has left him, has constant crises with his back. It's hard to say which comes first - back pain or depression - but studies have suggested that the two may go together. Money problems and high-stress jobs are also risk factors for back pain; again, it's difficult to say which is the cause and which the effect. Depression is a treatable illness, however, and if you suspect it as an element in your back pain, consider psychological counseling. This does not mean, however, that the pain is "all in your head."

What about ice, heat, massage? What about traction?

None of these has been proven effective. If you know from experience that ice, heat, or a massage will provide relief, or you want to try them out, fine. But don't let your doctor put you in traction for back pain.

What about prescription medications?

Some doctors prescribe muscle relaxants, which may allow you to get a good night's sleep - but don't remain in bed all day. Prescription pain medication should not be used for more than a defined period, usually a week. Steroid injections, once widely used, "appear to be no more effective than injection with saline solution," according to Dr. Deyo. TENS (transcutaneous electrical nerve stimulation) has not been shown to provide benefits.

Does acupuncture work?

Some people find that it provides relief. In 1997, as we reported, a Consensus Panel at the National Institute of Health concluded that acupuncture might be useful as an adjunct treatment for low back pain in a "comprehensive management program." (Such a program would include preventative measures - see below.) A study in *Archives of Internal Medicine* last year found acupuncture more effective than conventional treatment (including surgery), but possibly no better than sham acupuncture (placebo). However, acupuncture is hard to study scientifically.

What about chiropractic?

Chiropractic may be worth trying, but the problem is that spinal manipulation does not appear to be any more effective than medical treatments at the other end of the spectrum. A study from the North Carolina Back Pain Project in 1995 found that the benefits from treatment provided by primary-care physicians, chiropractors, or orthopedic surgeons were about equal. The most recent study (in the *New England Journal of Medicine* in November) compared patients receiving physical therapy (the McKenzie method, which consists of certain exercises), chiropractic manipulation, or simply a good informational booklet about pack pain. All three groups fared about the same. X-ray done by a chiropractor are no more like-

Back Pain continued:

ly to be useful than those done by an M.D.

How can I prevent back pain, or prevent recurrences?

If you are overweight, try to lose weight. Shedding even a few pounds can help your back.

Dont' sit for long periods. On a long drive, stop often and get out for a stroll. At your job, get up and walk.

If you are sedentary, try to become active - but gradually. Walking and swimming are good for your back and provide other benefits, too. Becoming active may be the most important step you can take.

Do exercises to strengthen your back.

If you smoke, quit. Smoking aggravates back pain.

Wear comfortable shoes that provide good support. Avoid high heels.

If you have to stand for long periods, try resting one foot on a stool.

For Sale:

Iaito: Signed Showa-to in very nice fittings. Black lacquered scabbard with swirl design. Deer skin handle wrap in dark brown. Early Myochin "fist" style sword guard. Blade length 27 1/2".

Iaido: Signed hand-made Showa blade with original groove. Very nice temper line. In very nice fittings. Black lacquered scabbard with light-green deer skin handle wrap. Blade is also signed as owner's "protecting blade."

Calligraphy: One large character, "shinobu" or "patience" in solid rosewood frame.

Matching set of sword guards. Replicas of famous Higo tsuba. Design of rooster and war drum - the symbol for peace among Japanese warriors. (All proceeds goes to support Dojo.)

Volunteers Needed:

The Dojo needs a number of volunteers to help with cleaning up and painting Sensei's house in Altadena. We need clean-up of the garage and patio, painting the interior and exterior of the house, some roof repair and usual minor repairs, some landscaping. If you have any special talents or experience in these areas and a little free time, we can use you. For those who wish to help, please see Ken Watanabe. Work will be coordinated by Michael Gabor. Many thanks for all your help from Sensei. Our deadline is by the beginning of the year 2000.

Aikido Center of Los Angeles

Important Dates

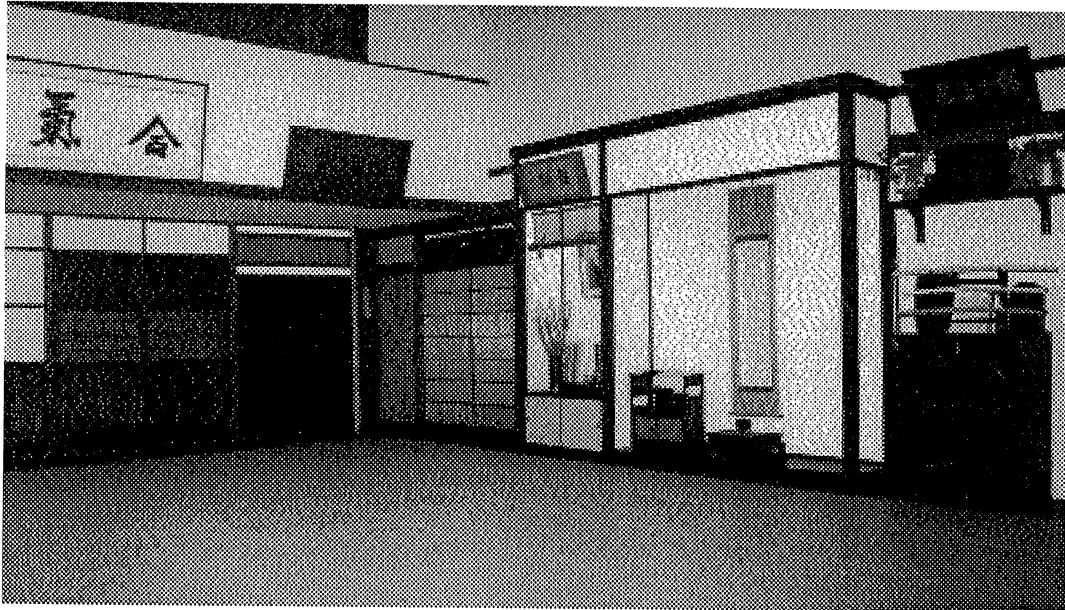
- June 2. General Meeting**
7:45-8:45pm
All attend.
- June 5. 9:00am Intermediate**
Aikido Weapons
- June 9. Budo Study Discussion**
7:45-8:45pm
- June 12. Iaido Intensive Seminar**
6:30-8:30am
No 9:00am class
- June 19. 9:00am Intermediate**
Aikido Weapons
- June 26. Advanced Aikido Seminar**
6:30-8:30am
No 9:00am class
- July 4. 4th of July Holiday**
Regular Class Schedule
- August 8. Nisei Week Aikido**
Demonstration &
Open House 1:00-2:30pm
- August 15 Nisei Week Aikido**
Lecture: Arts of the Sword
& Life, Art and Sword of
Miyamoto Musashi

Reminder:

We would appreciate it very much if everyone can be a little more attentive and conscientious in paying their dues on time. Lately, many are getting very forgetful and this inconveniences the Dojo.

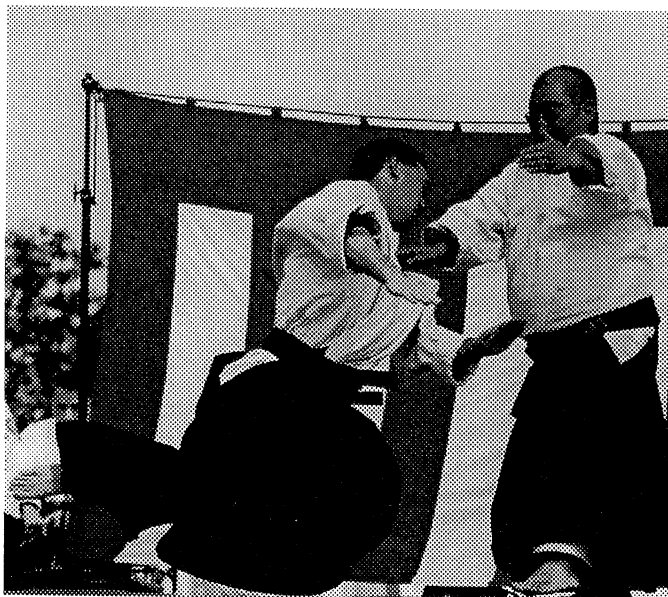
Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

This Year, We Celebrate Our Dojo's 25th Year Anniversary 1974-1999.



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords:

Purchase, Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

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We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

**Aikido Center of Los Angeles
NEWSLETTER**

Mastered Arts • Philosophical Approach • Deeper Culture

KODO

Ancient Ways

Lessons in the Spiritual Life of the Warrior/Martial Artist

by Kensho Furuya

KODO

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

Rev. Kensho Furuya

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Foreign postage: \$5.00 S&H

Copies signed by the author on request.

aikido

by Kisshomaru Ueshiba

Highly Recommended Reading:
AIKIDO
By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.

難府合気道学院古屋道場

AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012 (Tel: (213) 687-3673)
Publisher: Rev. Kensho Furuya, 2177 Wilshire Boulevard, Beverly Hills, CA 90210
Editor: Doshu Kisshomaru Ueshiba, Los Angeles Region
Editorial Board: Rev. Kensho Furuya, Rev. Shigenori Kuroki, Rev. Shigenori Kuroki, Rev. Shigenori Kuroki

April 1, 1997 Volume XV, Number 4

In This Issue:
Master Adam Hou
Visiting Master Adam Hou
Dojo Treasure Arrives From Japan
ACLADOJO NEWSLETTER

Dojo Treasure Arrives From Japan
On their last visit to our Dojo, four members of the Onyama Dojo, Mr. Yuzo Sakurai, Mr. Takashi Sakurai and Mr. Tetsuo Sakurai presented Sensei with a beautiful white fan. It was long coveted by the Dojo and would be greatly valued if it had Doshu's writing.

ACLADOJO NEWSLETTER
The group took in the fan back to Kihana Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and for many, many requests for his writing, some people according to Kihana Sensei, waiting more than three to four years. Recently, Doshu finished the writing and presented it to Kihana Sensei. Mr. Chikahiko Wakana of the Onyama Dojo who recently moved to Los Angeles, had carried it from Japan on February 28th. Chikahiko will soon be presenting our practice in some of the articles down with his set in Torrance.

ACLADOJO NEWSLETTER
Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students.

規範 合気道 基本編

著者: 植芝吉祥丸
訳者: 植芝守央

150万合気道人のバイブル!
全世界合気道の総帥・植芝吉祥丸道主と
技法の中心・植芝守央本道道場長の共著
による初めての合気道教科書!
田村法人合気会・田坂芸術社 発行

KIHAN AIKIDO
Fundamental of Aikido
By Doshu & Dojocho Moriteru Ueshiba
The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."

The Spirit of Aikido

Kisshomaru Ueshiba

THE SPIRIT OF AIKIDO
By Doshu Kisshomaru Ueshiba
An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido.

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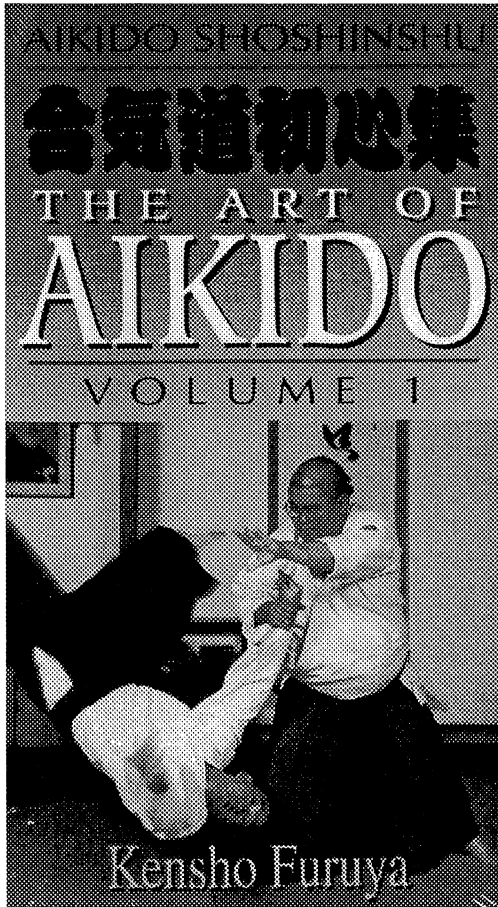
Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
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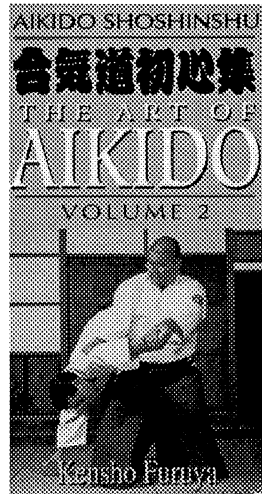
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

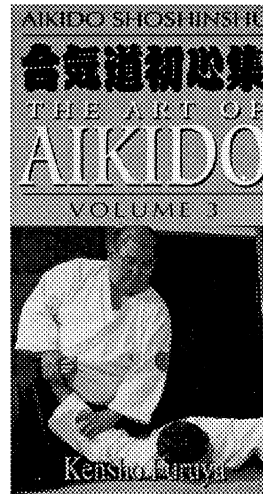
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



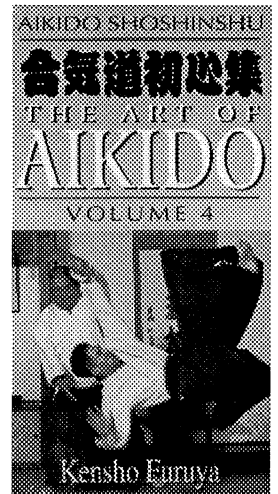
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



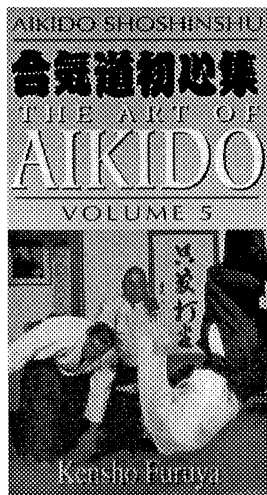
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



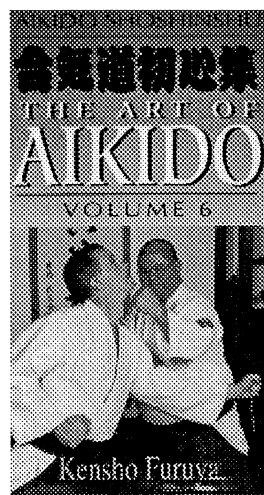
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



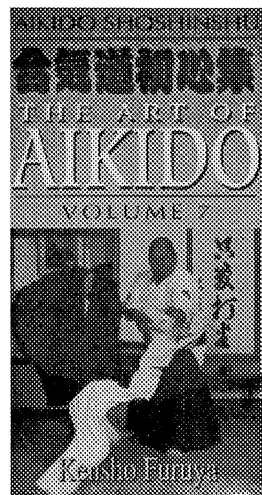
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



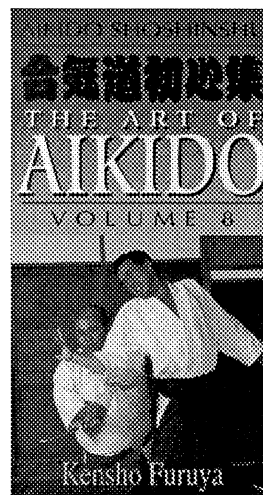
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyū-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



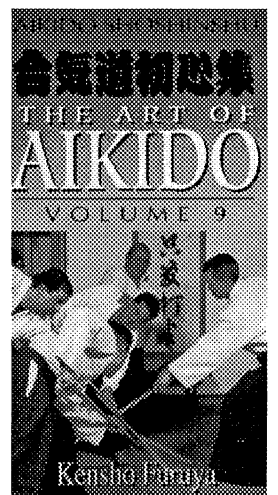
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro Katatetori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
Ryokatatōri.



Atemi-waza: Striking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.
Complete 1st Degree
Black Belt Examination

Aikido

TRAINING SCHEDULE

Adult

BEGINNING & OPEN

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

Monday, Tuesday &
Thursday Evenings
7:45pm-8:45pm

Saturday & Sunday Mornings
10:15am-11:15am

Saturday Mornings
9:00am-10:00am

CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings: 9:00am-10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS
Aikido So-Hombu Dojo - Aikikai
17-18 Wakamatsu-cho
Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai. We hold no other affiliation; we are a not-for-profit school.

ATTENTION:

Please be very cautious of people misusing Rev. Kensho Furuya Sensei's name and the name of the Aikido Center of Los Angeles to promote themselves and their schools but have no connection with us, whatever they may imply or infer. We have experienced many such cases in Los Angeles and worldwide and we sincerely apologize for this inconvenience.

Aikido Center of Los Angeles

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturday & Sunday Mornings
8:00am-9:00am

IAIDO INTENSIVE SEMINAR

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

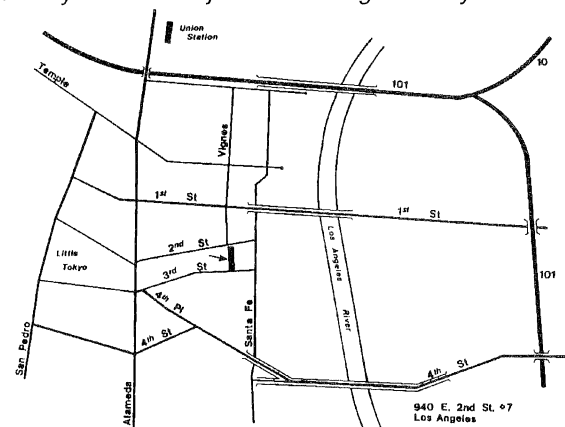
AIKIDO & BUDO DISCUSSION GROUP

Every 2nd Wednesday of the month.
7:45pm-9:00pm

Group Study & Discussion
Aikido philosophy, Japanese art & culture, martial arts, &
Japanese sword appreciation. Everyone is welcome.

About the Dojo:

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. **The Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.