

Aikido Center of Los Angeles

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

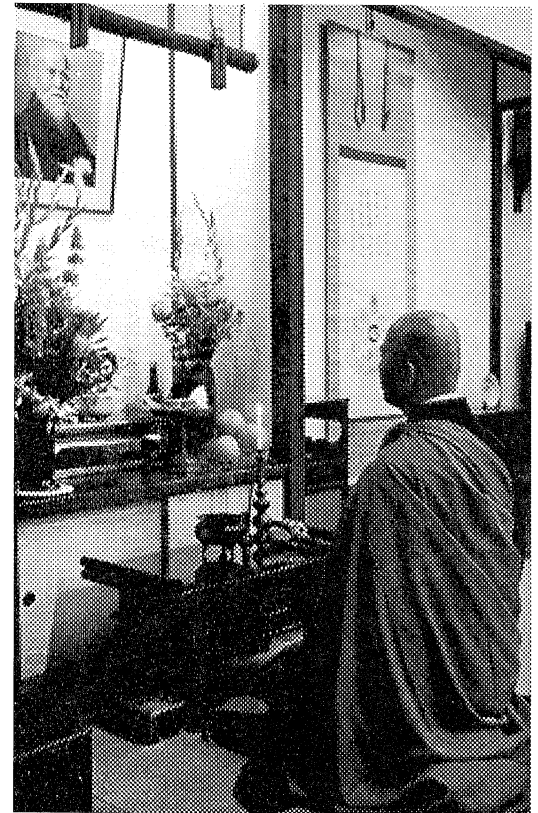
June 1, 2000

Volume XVIII. Number 6.

O'Sensei's Memorial Service April 26



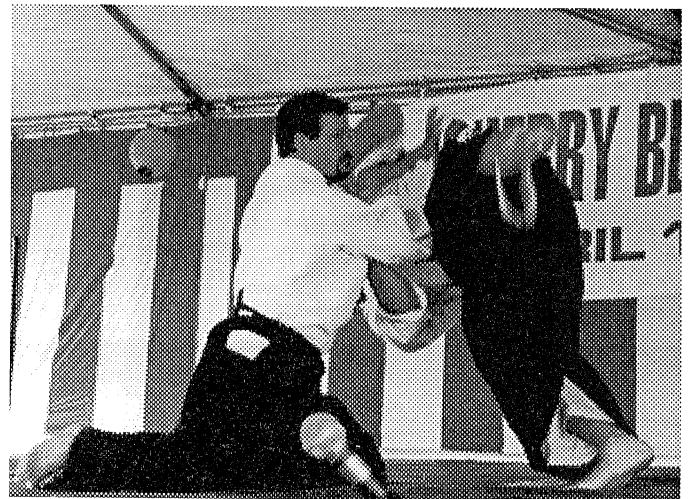
Members commemorating O'Sensei's Memorial Service. April 26.



Sensei Honored At Author's Recognition Luncheon.

Sensei will be honored at the annual Author's Recognition Luncheon sponsored by the Friends of the Little Tokyo Branch Library on June 17 from 11:00am at the Centenary Church. This is the library's biggest fund raiser of the year. Everyone is welcome to attend.

Summer Demonstrations:
Lotus Festival. July 8-9.
Pasadena Obon. July 15.
Higashi Obon. July 22-23.
Nisei Week. August 6.



Bill D'Angelo demonstrating suwari-waza at Cherry Blossom Fest.

O'Sensei's Memorial Service



Students offering incense to O'Sensei's memory.

On April 26, we observed the 31st anniversary of the Passing of the Founder of Aikido, Morihei Ueshiba O'Sensei in the Dojo with Rev. Kojima of the Zenshuji Soto Mission officiating the service. The Dojo has commemorated the Founder's Passing since 1969. Many students attended and offered incense.

New Life Will Revitalize Our Community:

Many new organizations will be relocating into the Downtown- Little Tokyo area and will truly revitalize the community. Two new children's museums are in the planning, one is scheduled for the downtown area near Little Tokyo. This is to be a bigger more expanded version of the existing museum. The prestigious Southern California Institute of Architecture (SCI-Arc) will come into the artist's loft district next fall, across the street from the Dojo at 3rd and Santa Fe Sts. \$3.5 million is budgeted to renovate the existing Santa Fe Building built in 1906 to accommodate an enrollment of about 500 students. The international reknown Art Center College of Design is also moving to the downtown area between the upcoming Disney Concert Hall and the LA Museum of Contemporary Art built several years ago. Cal State Los Angeles is also planning a Continuing Education Center on Main Sts. just a few minutes from the Dojo. A huge Office Depot-MacDonalds shopping center complex is scheduled to come under construction soon at Alameda and 1st Streets. The Staples Center which has already drawn many people to the Little Tokyo area is planning a huge expansion project to included housing, shopping centers, more theaters, parks and stores which will effect our little community as well. As our neighborhood welcomes this tremendous growth, we will need to develop more instructors to accommodate new students in the Dojo and our growing number of branch dojos as well.

Our New Branch: The Southbay Aikikai Opens: Sign-up Now.

Your friends and family are now welcome to join our new branch dojo in the Gardena-Torrance-Southbay area, lo-cated at the Champions Sportsplex at 2775 Pacific Coast Highway, Torrance, CA 90505. For further information, please see James Doi in the Dojo. To be a member, you must join the Champions Sportsplex, (310) 891-6000. Classes are Thursday evenings from 6:30pm and Saturday afternoons from 2:00pm. Grand Opening is coming soon! Please see James Doi for further information.

Please Visit Us In Our Cyberspace Website:

Our new website is doing very well. We have had our website for about five months now, since January, and we have been counting our hits in the last four months. We have passed 5,200 hits as of the beginning of May, we are averaging over 1,000 hits a month.

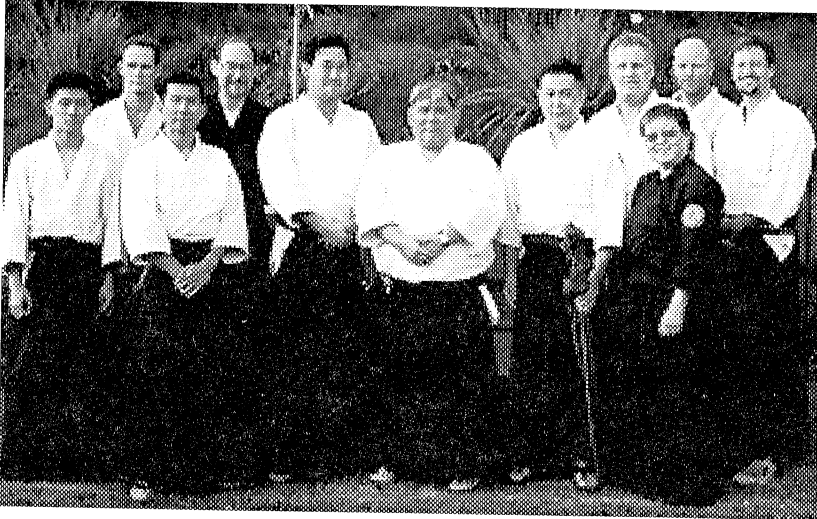
We receive many emails from the website regarding our Dojo and Aikido in general. Please visit the website for upcoming events and Sensei's almost daily messages regarding Aikido. On May 9, a Daito Ryu Aikijujitsu instructor from Long Island, New York, visited the Dojo to get his copy of KODO signed and see the Dojo. KODO is required for all members of his dojo, he mentioned.

Sensei's Message:

As The Seasons Change. . .

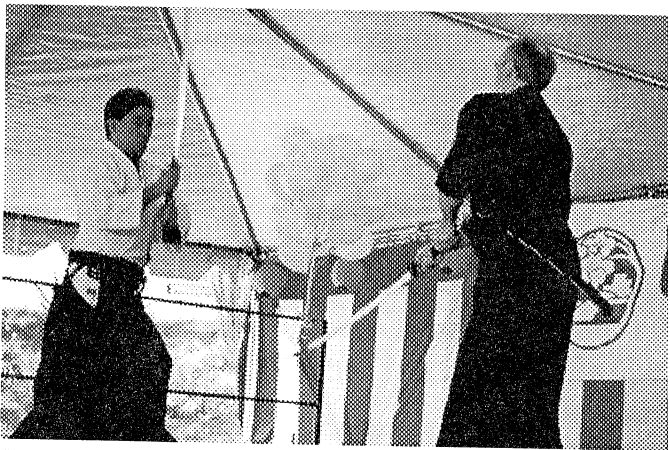
My Zen master used to say that "everything has its season." A tree grows, matures blooms, and bears fruit. The fruit matures, ripens, and finally rots and falls to the ground. As humans, happiness never lasts but eventually changes to sadness. Sadness, never lasts, but finally changes into a happy moment. Over the last twenty fives, since our Dojo opened, there have been many triumphs and failures. I think there is no shame to admit it. In the fifteen years, we have been in the Little Tokyo area, it has also been very hard for us. I am grateful to many faithful students who have stood by my side during hard times and who have gone beyond the call of duty to support and develop our Dojo. Last year was very difficult but somehow, with everyone working together, we have managed to get through it. Lately, many very nice new students have joined the Dojo and are practicing hard, some students have returned after a long absence, we are gaining momentum again. Not by my own desire, but by some karma, we have Con't.

Cherry Blossom Festival April 15-16

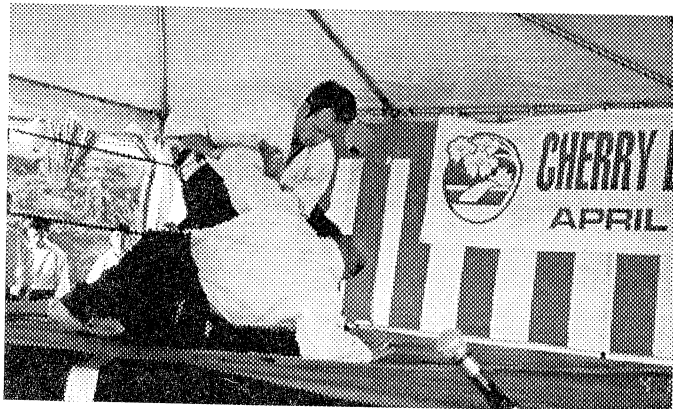


Left to right: Mark Ty, Mike Dotzenrod, James Doi, Peter Lichtman, Ken Watanabe, Sensei, Kenny Furuya, Tom Williams, Cheryl Lew, Jim MacDonald, Bill D'Angelo.

It was a very beautiful weekend in Monterey Park for the annual Cherry Blossom Festival. This was our 2nd year of participation and the demonstration on both days was warmly received by a large crowd of guests.



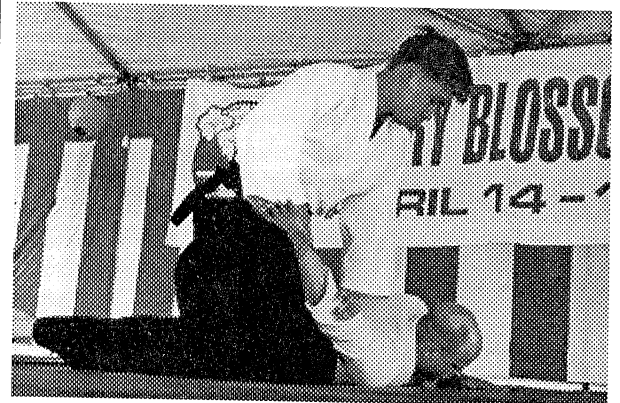
Ken Watanabe & Gary Myers demonstrate Toyama Ryu kumitachi.



Mike Dotzenrod demonstrates nikyo.



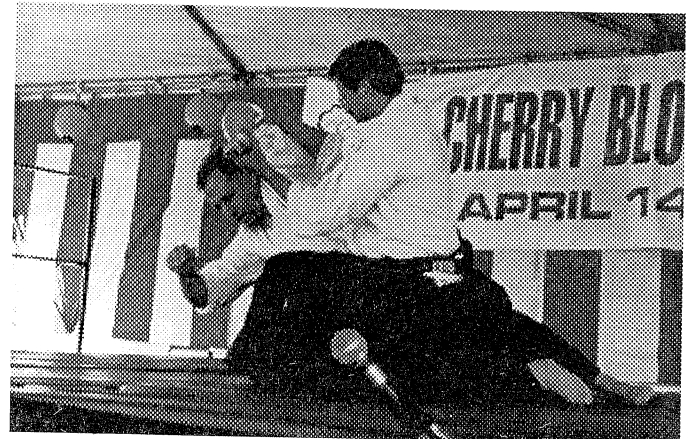
Large crowds enjoyed the Aikido & Iaido demonstrations.



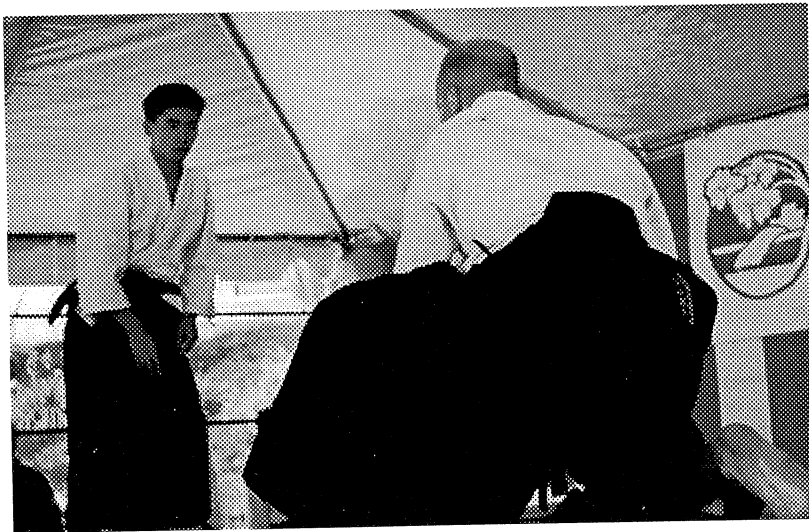
Mark Ty and Jim MacDonald. Ikkyo.



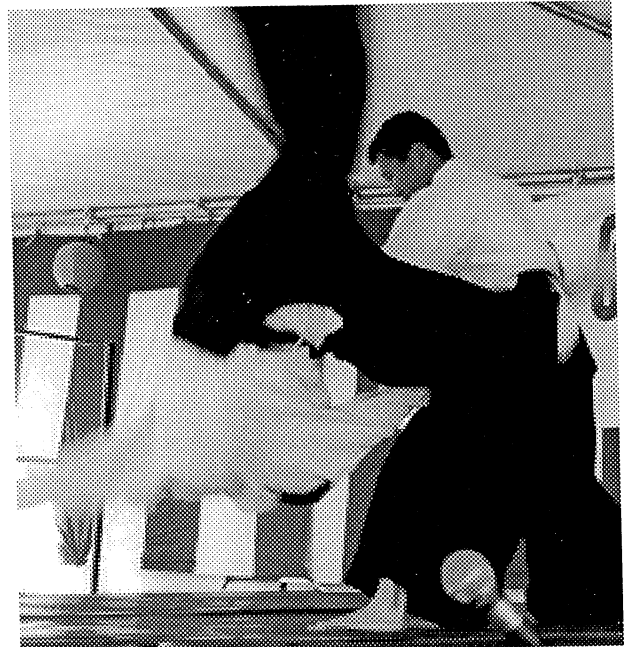
Sensei. Irimi-nage. Below: Bill D'Angelo. Suwari waza ikkyo.



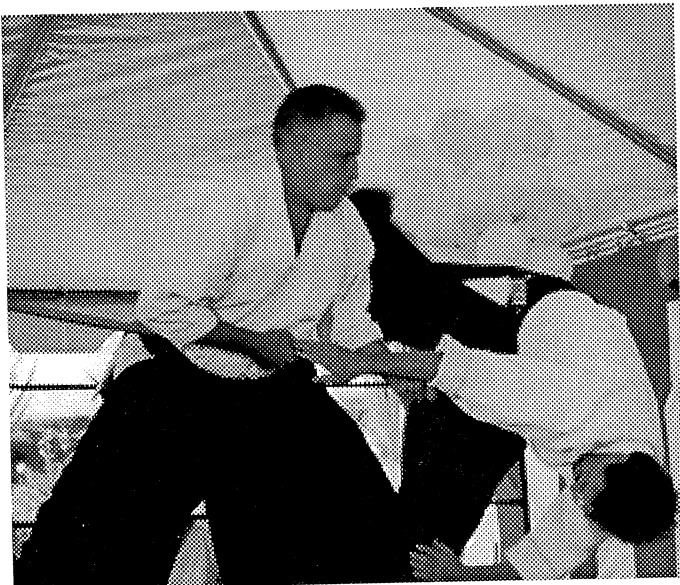
Aikido Center of Los Angeles
NEWSLETTER



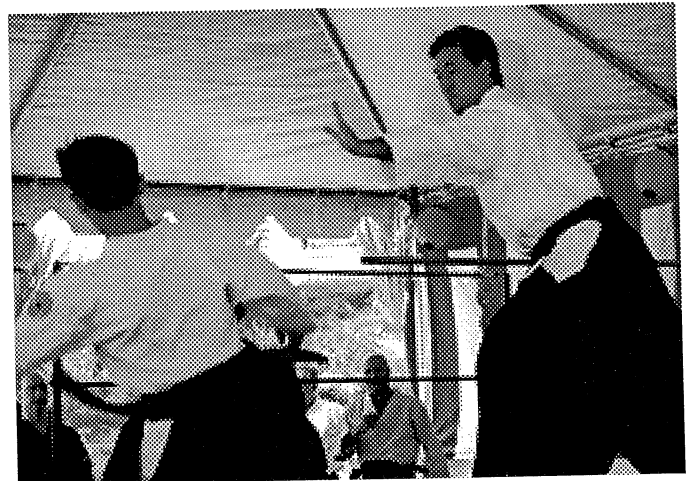
Mark Ty demonstrating with Jim MacDonald.



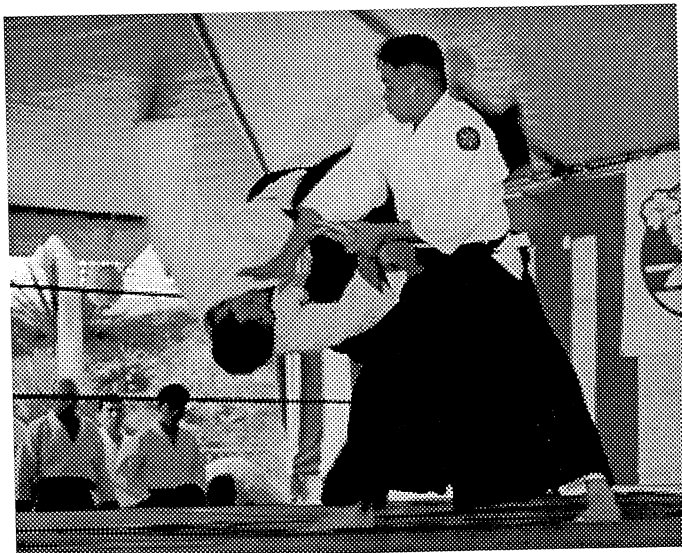
James Doi demonstrating irimi-nage.



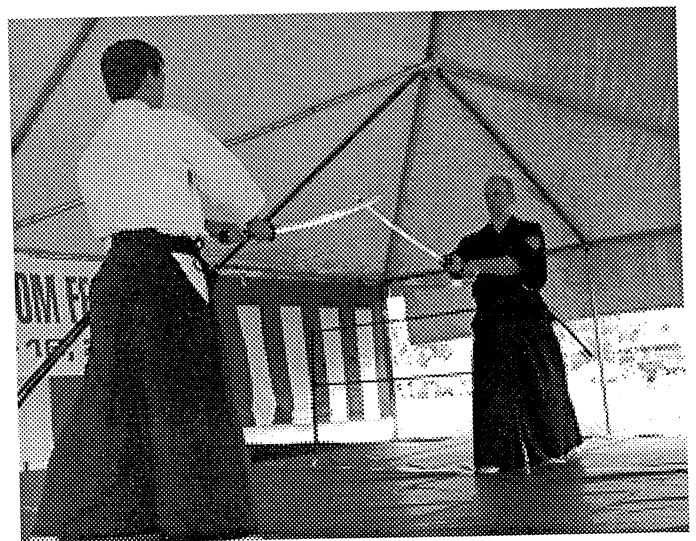
Tom Williams demonstrating bokken-tori.



Ken Watanabe demonstrating jo-tori.

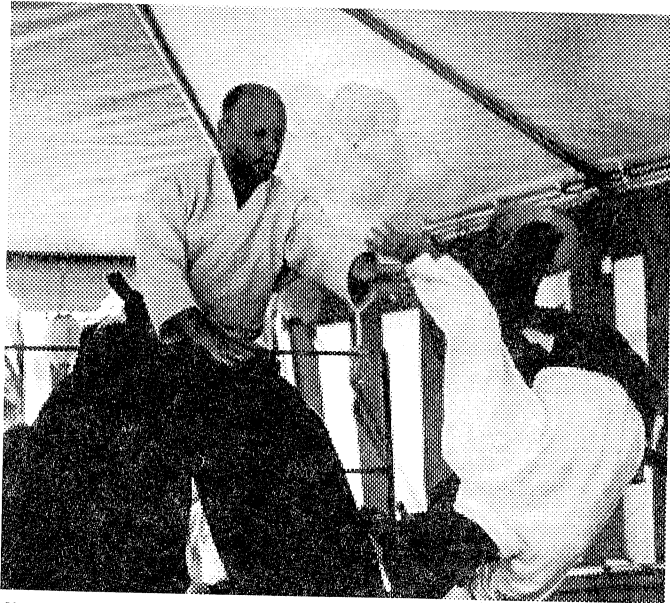


Kenny Furuya demonstrating irimi-nage.

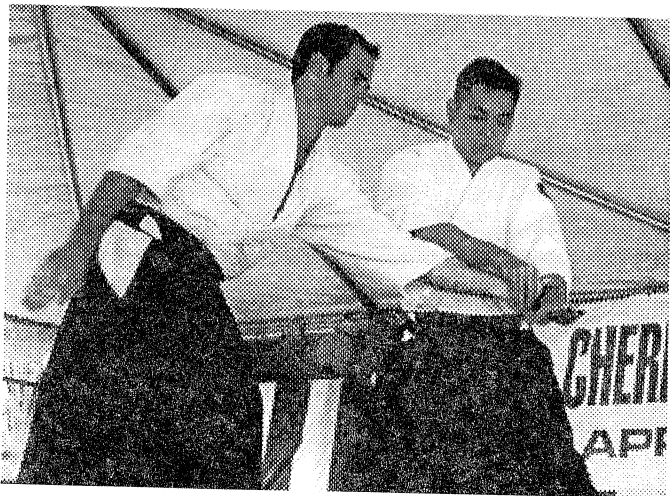


Ken Watanabe and Gary Myers demonstrating Toyama Ryu.

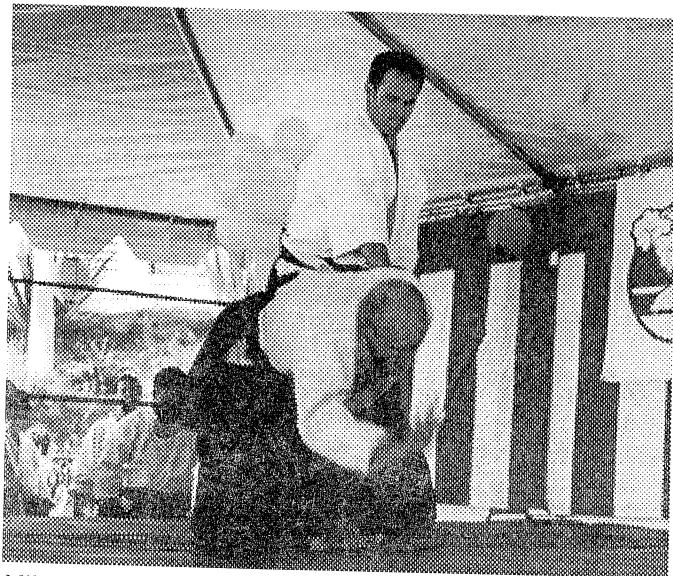
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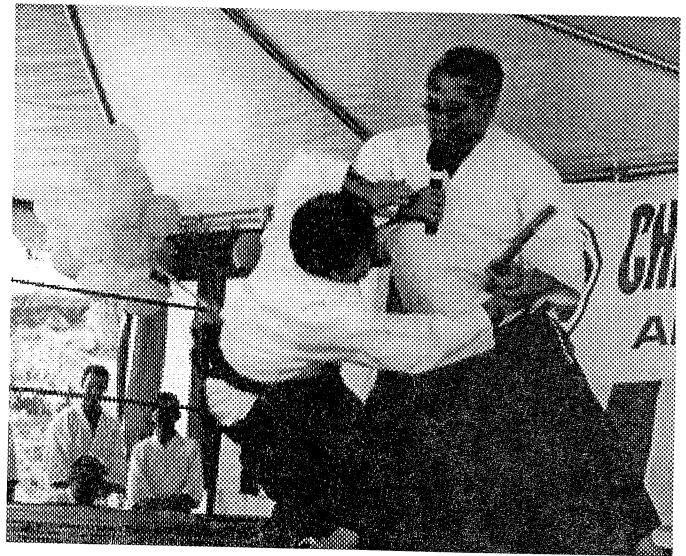
Jim MacDonald.



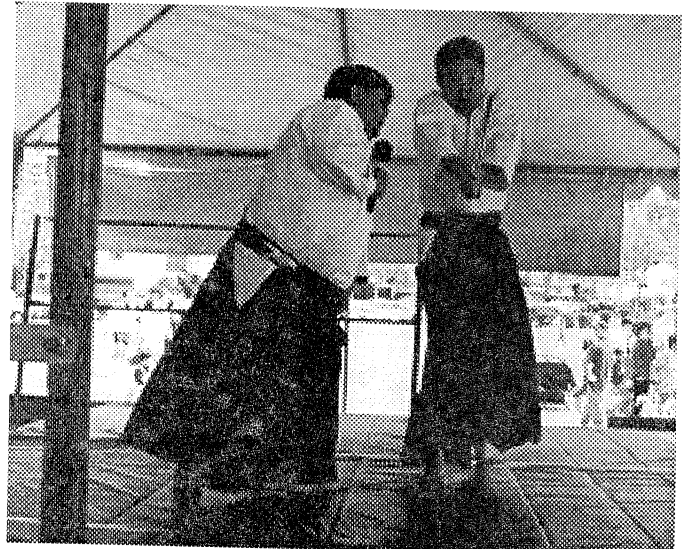
Kenny Furuya and Mike Dotzenrod.



Mike Dotzenrod executing ikkyo.



Sensei emceed, demonstrated and took some of the photos, as usual.



Sensei demonstrates five-man randori freestyle.

Aikido Center of Los Angeles
NEWSLETTER

Seasons continued:

had the opportunity to develop some branches. When I say, "no desire," I mean that I did not have any aspiration to create an organization and compete in the political arena of Aikido, but these branches have come about in a very natural and positive way and I welcome them very much. I know it is a great and very difficult responsibility for me.

We are in a season of growth and, this time, I would like to see my students become more involved in the growth and prosperity of the Dojo.

First, we must all come together, be of one mind and spirit, look forward to the same ultimate goals in Aikido, to create a positive, nurturing, creative but honest group of Dojos. It should not be a show of power for political gain, it should not be a money-making vehicle, it should not be to oppress or use people. It should not be a competition. Our organization should be to create a good example of how Aikido principles can work to create a group of people dedicated to their practice, working in harmony, and offering others who are interested in joining us, an opportunity for good, solid Aikido. Nothing fancy, really, but can we do it? Maybe I am being too idealistic again? Many years ago, when I said I am going to build a beautiful, Japanese style, Dojo in Little Tokyo, everyone laughed at me. But, here we are. It was not easy at all, but somehow we did it. Again, now is the time to create a good organization of people dedicated to Aikido. Of course, it sounds too unrealistic and perhaps, impossible, as I am always being accused of. But, if we try, we can do it. As I believe in my teaching. Anyone can master Aikido if they give it the proper effort and if they want it bad enough!

Secondly, we must begin to develop good instructors and leaders.

Most of us think the same, I believe. You practice for a number of years, get a black belt, put on a hakama; you have accumulated quite a few hours in training and you know the technique better than most in your dojo. . . Bang! . . . I am a teacher! I know everyone thinks this way - I am sure that is the way I thought many years ago when I first got my first degree. Luckily, I had a good teacher to always keep me in line and be very strict with me.

What also happens is that we go out and pick up a few ideas here and there and think that we are very clever and found a "new" or "better" way to teach than before. Many use it as a medicine. Yes, some people think the black belt is a medicine, not to cure a cold or a rash, but to cure my "loneliness," or lack of "self-esteem," "pride," and "success."

After I lost some pride and ego, I realized, after many years of struggle, that, everyday I teach, teaching gets harder and harder, not easier. I wish everyone would think about this very

carefully and very seriously. I would like to offer the following advice to all my instructors, junior instructors, aspiring instructors and future instructors:

1. Teaching is giving, not taking.
2. Why is teaching such a great and noble duty? Because the teacher sacrifices himself for the sake of others. It is the same practice and ideal as in many spiritual disciplines.
3. When the student learns, masters the art, and eventually comes into his own realizing his own skill and knowledge, the teacher is left with nothing. If you cannot accept this, you can never become a really good teacher.
4. The teacher must not only demonstrate competency in skill and strength, but also, and more importantly, in character, heart and spirit.
5. Even after becoming a teacher, the teacher still respects his teacher. So that the student will respect the teacher and so that the students will respect each other.
6. The teacher must love his art. We must love Aikido and pass this precious treasure to others purely and honestly.
7. Your Aikido is the result of your own effort, skill and sacrifice, your own blood, sweat and tears. But, when you become a teacher, it no longer belongs to you, it belongs to everyone but yourself.
8. You can be hard on your students as long as you love your students. This is not the "hard" of despising or hating a person, it is the hardness filled with compassion.
9. We teach as representatives of the living spirit of O'Sensei. We must teach with honor and courage, never forget this.
10. We represent Hombu Dojo and 3rd Doshu. We must teach with honor and courage, never forget this.

From my own self, from my own personal desire, I hope that everyone in the Dojo will work together in harmony and continue to build and develop our Dojo into the finest Dojo around. I have spent a great deal of time studying Aikido, I hope everyone will take advantage of this and capture this Aikido to carry yourselves forward and upward.

Please don't be selfish in the Dojo but, as an old Chinese classic says, "the gentlemen allows the others to go first." Respect your seniors, love your juniors, protect and preserve Aikido, honor the Founder and his Successors, this is your heritage and your history. From this comes honor and respect. It is in giving and sacrifice that we find our own ultimate enlightenment. Please remember these words. Thank you.

Sensei's Messages are now daily on our Dojo website:
www.aikidocenterla.com.

Balance:

We always speak of "balance." But when you think about it very carefully, we are never in a state of balance. More than a condition of balance, we are like pendulums, swinging back and forth always approaching the point of perfect balance but passing it by to the opposite end and swinging back again towards balance passing it to the other side once more. A calm and quiet life seems to make these constant swings much closer to the "perfect" state; stress, problems, disappointments and obstacles push the swings to much farther ends. When do we ever reach the state of perfect equilibrium?

Yet, in human beings, those who have swung to the farthest end to great riches and success are not satisfied but want even more. Some humans who have swung to the direction of failure or loss, seem to stay there with no energy to swing like this pendulum to the opposite end once more. We have destroyed our internal connection to this natural equilibrium.

I suppose it becomes a matter of our inner energy to continually "lean" towards this point of balance. In everything, we must continue to cultivate our own inner spirit and express our energy positively and powerfully. With this in mind, pursue your Aikido practice.

Facing Your Opponent:

When we must face or fight the opponent, we always lower ourselves to the level of our opponents. If we can rise above him, we find that he no longer exists for us. This works for both sides.

In an encounter, both sides lose if there is no justice. It should always be a matter of honor and righteousness, not winning and losing. We only like to win because it gives us a sense of power. We only need a sense of power because we have none from the beginning. The one who seeks power is ultimately the loser. This is what people don't understand about fighting.

Condolences:

Our deepest sympathies to the family and friends of Duane Ebata (48) of the Japanese American Cultural & Community Center, who passed away on May 11 after a long illness.

Congratulations!

Congratulations to Mr. & Mrs. Joseph Vaugh Perling on the birth of their new son, Skye Edison Vaugh-Perling.

For Immediate Release:

Vaughn-Perling Version 2.0 is released.

To great anticipation and much acclaim Skye Edison Vaugh-Perling has been formally released. This version is the latest release in the Vaugh-Perling line and the first of the new generation of models. The official release date was scheduled on April 11, 2000 however he was released later than expected due to growing pressure from all around.

Many of the development team were hoping for an early release date due and are very happy with the final product. The additional time gave Skye very robust features.

The final release procedure was difficult and painful beyond all expectations. "Its like the entire lower half of my body has been dipped in Mentos," quoted the lead developer when asked how she was handling her epidural after 17 hours on contractions. Immediately after release he was bundled with software and kept under the watchful eyes of the development team. Initial testing shows conclusively that all components are functioning as designed. This project has been nine months in the making and expectations have been high. We feel blessed and lucky that our expectations have been surpassed in every way.

Technical Specifications:

Length 19 3.4in. 50 cm.

Weight: 407g. 8lb 15.8oz. (a hairs breath short of nine pounds)

Date of birth: April 18, 2000 10:15am.

Girth of chest at birth: 34 1.2cm.

Girth of head at birth: 38cm. (wow that's a 12cm diameter!)

This new biological system is a full featured miniature of its predecessors. It incorporates many of the same functions as the full featured models although it does not come with programs preinstalled. Output of the unit is commensurate with input and processing is normal in all areas. For more specific details, please feel free to contact us, the proud parents.

Joseph Vaugh-Perling

(323) 8765-4580 Fax

(323) 876-5595

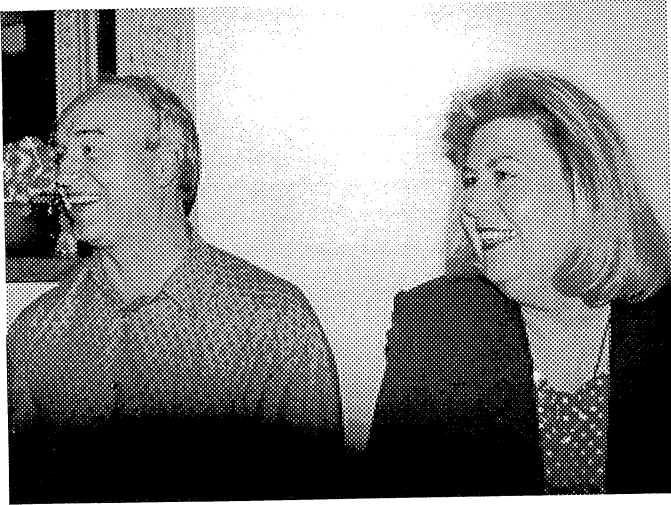
Joseph@Vaughn.Perling.com

Victoria@Vaughn.Perling.com

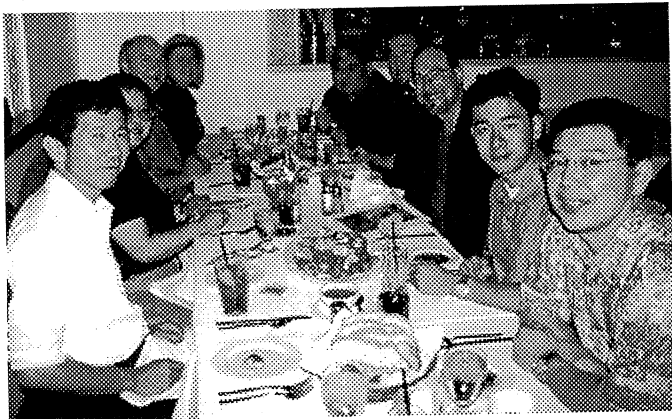
Skye@Vaughn.Perling.com

Editor's Note: I wonder if this new version comes properly water and moisture-proofed and equipped with innovative gaskets to avoid unwelcome but inevitable discharges. Does the new unit come with effective sound level controls? All appropriate Aikido software should be installed at the earliest possible convenience. Many Congratulations.

Birthdays:



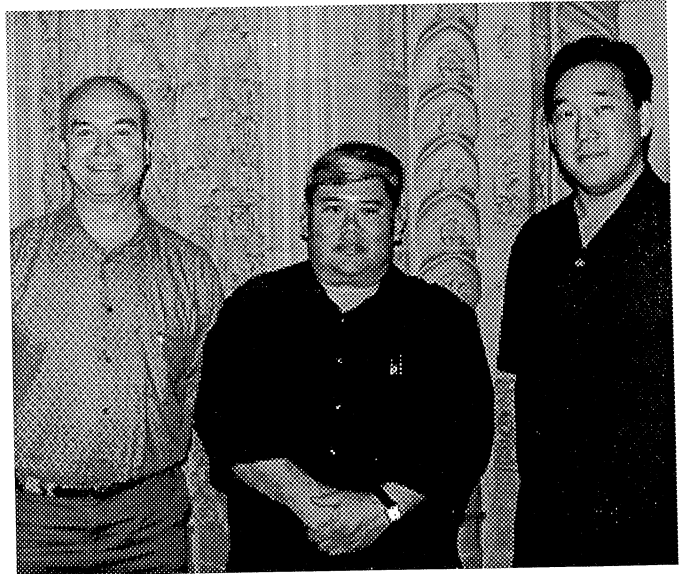
Gary Myers and his wife, Sami, at Gary's surprise birthday party on April 12. At Ciao's in downtown Los Angeles.



Members of the Kenshinkai Iaido Dept. for Gary's & Ken's party.



Ken Watanabe at his birthday party on April 9. Children's Class.



Sensei with his two most senior instructors, Gary Myers, Iaido, and Ken Watanabe, Aikido. Sensei's birthday was also on April 25.

Cherry Blossom Moments:



Sensei with Miss Nikkei at the Cherry Blossom Festival. April 15.



Our Jocelyn Okamoto, Children's Class, performing a beautiful Japanese classical dance at this year's Cherry Blossom Festival.

Dojo Donors List Life Members

Katsumi Kunitsugu, Madam S. Kansuma, Shrfu Adam Hsu, Mark Ty \$1,300.00, Hon. Peter Lichman \$1,000.00, James Doi, PhD. \$1,000.00, Dr. Cheryl Lew \$1,000.00, William D'Angelo \$500.00, Larry Armstrong, Rev. Tetsuo Unno, Dr. Taitetsu Unno, Norman Lew, Teru Ikeda

Honored Members & Friends

Dr. George Nakashima, Jim MacDonald, David Ito, Peter Kirsch-Korff, Ken Watanabe, Tom McIntyre, Mari Masumori, Paulina Kawasaki, Tom Williams, Lisa Ito

Sensei's Birthday. April 25.

Sensei celebrated his 52nd birthday on April 25. Sensei wishes to express his heartfelt thanks for the wonderful birthday presents and dinners. Many thanks.

Announcement: Los Angeles Downtown Artist District Open Studios Tour. June 24.

On June 24, our dojo will participate an Open Studios Tour, an open house, sponsored by the renewed L. A. Downtown Artists' District or LADAD. We need everyone's help and support. We are becoming more involved in our immediate downtown Artists' District which is reviving after a long dormancy marking a new life in our neighborhood. We will be planing a party for all our members on this day. Welcome!

IMPORTANT DATES:

June 7. General Meeting. 7:45pm.

June 10. Iaido Intensive. 6:30am.

June 17. Author's Recognition Luncheon. Sensei is Special Guest Speaker at Centenary Church. 11:00am-2:00pm.

June 24. Open Studios Tour.

July 8-9. Lotus Festival Demonstration. Echo Park.

July 15. Pasadena Obon Demonstration at the Pasadena Buddhist Church. 5:00-6:00pm.

July 22-23. Higashi Obon Martial Arts Festival. 1:00-3:30pm. At the Higashi Hongwanji Buddhist Temple.

Sensei's Message:

In the spiritual world, righteousness determines victory over losing. In the material world, winning or losing determines who is right. No one can know what will happen in the material world from one moment to the next. We should always keep ourselves in the spiritual world where, if we hold to righteousness, there is no winning or losing. This is how we should practice Aikido.

Nowadays, the spiritual world is becoming farther and farther away. We only care about what we can grab in a second. Today, we determine who is right by money and power. It is not "real" power. It can only be shown by oppressing or abusing others. This proves that it is not real. As we move further and further away from the spiritual, we lose what is eternal and live in a world of constant change, where fortunes come and go. This is the violent world of fighting and competing with others.

Letters & E-Mail:

March 23, 2000

My name is Ronald Auclair, and I am the director of the Seiken Karate school and Martial Arts center in Montreal. Much to my very great pleasure, I have learned that one of my students has corresponded with you recently, concerning your book, "Kodo, Ancient Ways," as well as on more general matters concerning the Martial Arts.

I wish to offer to you my deepest appreciation for the time you have taken to answer the e-mails sent to you by my student (Pierre Cote). (Editor's Note: see April, 2000, issue.) I do not know if he took the time to explain how your name came to be known at our school, and perhaps a short word on that would be of interest to you.

I have been involved in the Martial Arts since 1971, but on a more consistent basis since 1979. I am 48 years old, a lawyer by profession, and since September, 1999, I operate the Seiken School. Over the years, I have acquired some knowledge of various Martial Arts: I hold among others, a Shodan in Shorin Ryu Karate, a brown belt in W.T.F. Tae Kwon Do, and since 1992, have trained in Kyokushin Karate wherein I hold a Nidan. I also took one year of Aikido in the late seventies.

I do not know if it is by temperament, but I always wanted to broaden my knowledge of the Martial Arts beyond the style of art I was studying at any given point in time. Therefore, I have acquired, over the years, an eclectic vision of our arts, and, within the time permitted to me (I do have to practice law some time during the week!) have never stopped seeking a deeper understanding of the Martial Arts.

At my school, I have the good fortune of being able to study Aikibudo with Sensei Andre Cannas, 4th Dan, who accepted my invitation to give classes at Seiken in addition to the Karate taught there.

A number of our students have come to me for explanations on the whys and wherefors of Karate and the Martial Arts in general. Perhaps out of professional deformation (?), I accumulated as much written material as I could on the Martial Arts in general, and Karate in particular, and I guess our students came to realize that I could be a source of information beyond the mere physical aspects of training.

All of this to say that, a few months ago, I was asked to give a presentation to our students as to the history of Karate, and the reasons why we train in Karate. In other words, what is it that makes Karate, or the Martial Arts, particular or special. What distinguishes these arts from boxing, kickboxing, streetfighting or any other form of modern combat.

Your book, Kodo: Ancient Ways, was my guide to the expla-

nations, I tried to furnish to our students. As I stated during my presentation, your book has been to me, a source of inspiration, and, frankly, I consider your work among the best writings in the field. I took the liberty of reading, to our students, your chapter on "What does a Black Belt really mean?", and I was most impressed at the reaction. A definite mark was made.

The fact that one of the students present at the seminar chose to try to contact you about your book and work in general, shows that, in a small way, a seed to deeper knowledge was sown. Many students have given their names to obtain from you a signed copy of your book. For you to have accepted to do this, is a great honor, for which I wish to respectfully and humbly thank you.

In closing, if you have the time, would it be possible for you to inform me as to the possibilities of having you come to Montreal for a seminar. (I would contact all Aikido and Aikibudo practitioners, but the invitation could be larger if, apart from Aiki and weapons training, you would also be speaking on philosophy and Zen principles.) Perhaps you could give me an idea of your schedule over the next year, your fees and any other relevant details. Also, could it be possible to have some information on your Dojo, and whether we could come to you for a stay, to train. Many of my students, who do not yet study Aikibudo, have manifested an interest in this regard.

Of course, I realize that we are still at a preliminary stage. However, I believe that there is room for, and also, a need for deeper and better understanding of what we do, so that students realize that the Martial Arts are not limited to pure physical aspects, but contain a spiritual dimension that gives meaning to training. I think some of our students, through exposure to your work, have seen that training devoid of its spiritual component, is empty, does not last and ultimately, leaves the student with a thirst that may never be quenched. As I try to teach my students, Karate is a means to an end, and that there IS a difference between learning a Martial Art and merely learning how to fight. There are values to learn, principles of decency and personal development to cultivate and in this way, we can continue to train all of our lives, regardless of our fighting prowess.

For me, your book has been the verbalization of ideas and principles which I hold dear, and which I have tried, in some small way, to pass on to our students. The reaction I got shows me that we are on the right path.

Once again, I thank you for the time you have graciously spent writing to my student, and I hope that some day, we may meet, or that I may be in a position to return to you the honour you have bestowed upon my students and myself. With best regards and much esteem, I remain, Yours Truly,
Ronald Auclair, Montreal, Canada.



Suzuki Sensei & Mrs. Suzuki with Sensei at LAX. April 28.

Thank you

For all your help to make our Japanese Sword Lecture a big success: Larry Armstrong, William D'Angelo III, James Doi, Cheryl Lew, Norman Lew, Peter Lichtman, Jim MacDonald, Mari Masumori, Gary Myers, Dean Sadamune, Mark Ty, Ken Watanabe. RECEPTIONISTS: Lisa Ito, Kyoko Masumori, Shelley Santo. SECURITY: Sgt. Robert Teramura, Mike Dotzenrod, Kenny Furuya, David Ito, Joseph Vaughn-Perling, Bryan Stokes, Tom Williams.

E-mails:

April 26, 2000

Dear Sensei:

Hello, my name is Frank Martinez which I practiced at your Dojo in 1995. I want to say that I have learned so much. I have no words. Thank you very much,
Frank Martinez

Visit Our Website Often!

Be sure to visit our website often for the latest Dojo news and upcoming events. Also see Sensei's Forum for letters and correspondence from all over the world to our Dojo. Also, a special feature is Sensei's Message. Tell your family and friends!

www.aikidocenterla.com

Dojo Anniversary Congratulations

To Tom Williams and the Hacienda La Puente Aikikai on the celebration of their 5th Anniversary in September.

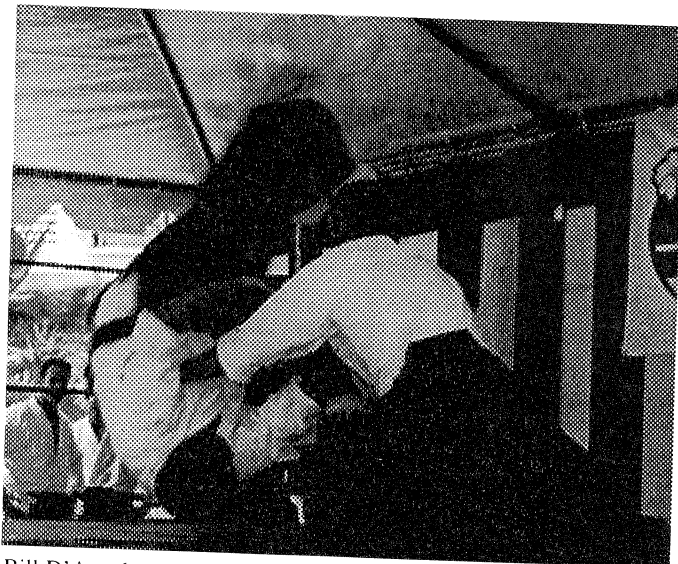
To James Nakayama and the Chushinkan Dojo on the celebration fo their 10th Anniversary.

April 27, 2000 (Received May 5, 2000)

Dear Furuya Sensei:

I felt compelled to write to offer my sincere gratitude after reading your inspirational and insightful book, "KODO Ancient Ways" which acts in a motivational context for students like myself helping us to appreciate the values, traditions and wisdom handed down through the ages. It also allows us the opportunities to participate in studies of the martial ways to hopefully gain better understanding including: diligence, patience, humility as well as humbly appreciating what can be achieved in terms of insight into understanding ourselves and others via the vehicle of "aikido." Your insight and perception offer guidance and the ability to look at oneself in the mirror of truth for a hint of our true selves and the acceptance of our short comings and failures. But through self sacrifice and struggle is the possibility to improve morally, physically, spiritually and ethically based upon our own efforts and the teachings of impeccable sensei such as yourself. For me your work stands as a beacon along the path pointing travellers in the right direction. For this I offer my sincere thanks and gratitude and hope that I do not seem presumptuous or forward in contacting you.

Errol A. G., Birmingham, United Kingdom



Bill D'Angelo demonstrating suwari-waza. Cherry Blossom Fest.

Wednesday Schedule Budo Study-General Meeting Schedule Change:

We will reschedule our Budo Study to the first Wednesday of the month and combine it with our General Meeting. All students, especially senior students and black belts, are urged to attend. Attendance also counts to your promotion. This is the opportunity to ask questions and participate in the Dojo. *You should be interested and involved.*

1st Wednesday: 7:45pm-8:45pm Aikido Discussion & General Meeting

All members, please attend & be involved.
This meeting is for you!

2nd Wednesday: 7:45-8:45pm Advanced Weapons Training

All Iaido & Aikido Black Belts, Senior Students
& Black Belt Candidates

3rd & 4th Wednesday: 7:45-8:45pm Iaido Practice

New Dues Policy

Monthly dues are due at the first of the month. If you cannot be in the Dojo by the 1st, please mail in your dues directly to the Dojo.

Monthly Dues: 1st of the Month Late Fees:

If not paid by the 5th: \$20.00

If one month dues are missed:

First & Last Month's Dues required to rejoin Dojo.

Leave of Absence:

Leave of Absence notice is required for absences more than one week. This is strictly required for Black Belts. For Black Belts: Months counted as late will NOT be counted as attendance towards their Dan promotion. No exceptions. Attendance at monthly seminars, meetings, events and Budo Study Classes will also be counted towards your promotion. Please communicate your concerns, so they can be resolved.

Next Month's Special Issue:
May 27. Lecture at the Little Tokyo Branch Library.

June 17. Author's recognition Luncheon sponsored by the Friends of the Little Tokyo Branch Library. This year Sensei is the Special Guest Speaker.

Upcoming Events!

July 8-9. Lotus Festival Demonstration.

July 15. Pasadena Buddhist Church Obon Demonstration.

July 22-23. Higashi Obon Martial Arts Exhibition.

August 6. Nisei Week Japanese Festival Aikido & Iaido Demonstration.

Affiliated Branch Dojos

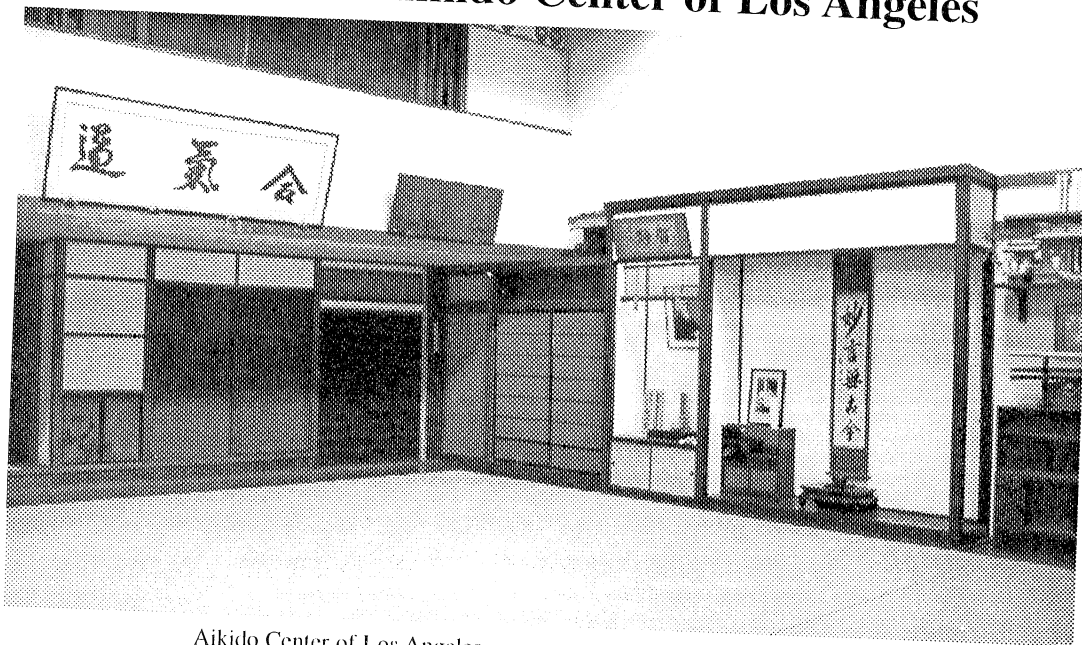
Kodokai Salamanca Branch Dojo
Salamanca, Spain
Santiago Garcia Almaraz, 2nd Dan

Hacienda La Puente Aikikai
La Puente, California
Tom Williams, 3rd Dan

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntyre, 2nd Dan

South Bay Aikikai
Torrance, Calif.
James Doi, 4th Dan

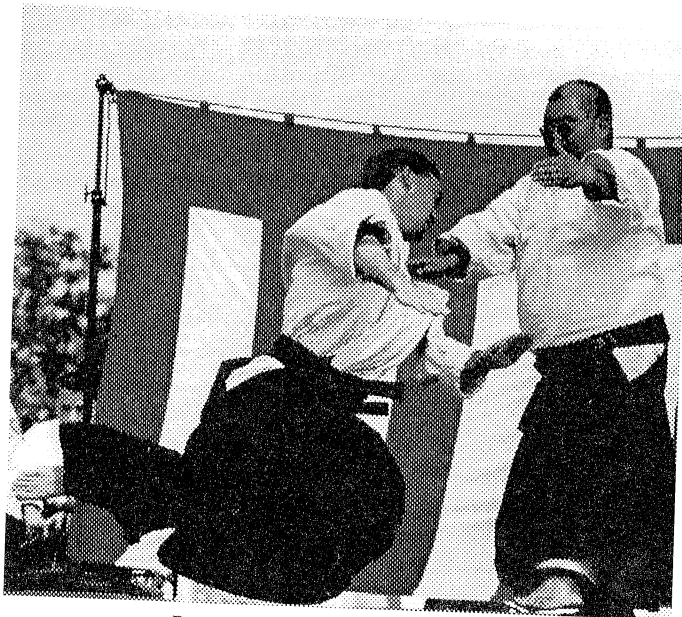
Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

This Year Is
Our Dojo's
25th Year
Anniversary
1974-1999.

Our Website:
www.aikido-centerla.com.
Come see us!



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.

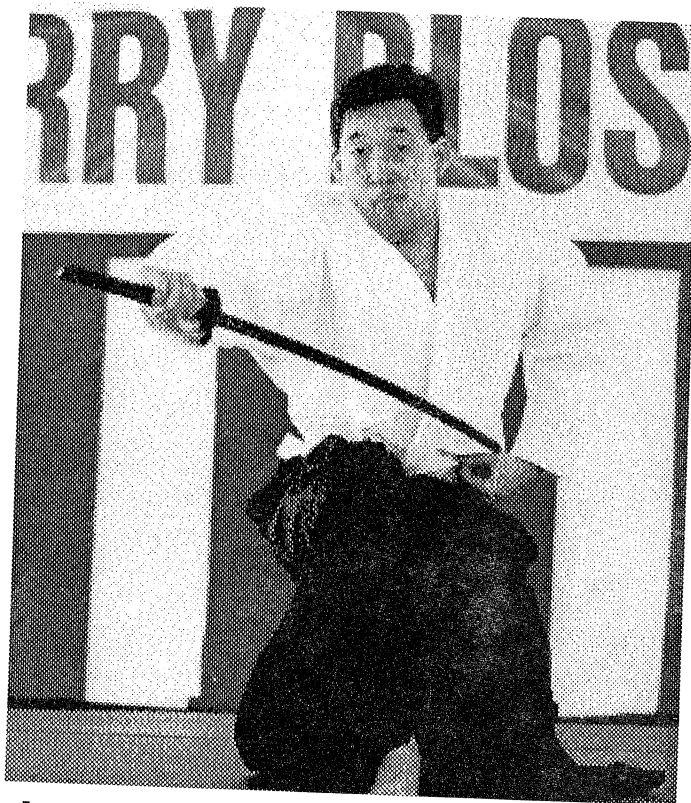
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

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.

*JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.*



Japanese Swordsmanship Muso Shinden Ryu Iaido

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

Master Kendo Kobayashi • Japanese Culture

KODO

Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist

道

by Kensho Furuya

KODO

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

Rev. Kensho Furuya

Please place your orders through:
Aikido Center of Los Angeles.
940 E. 2nd St., #7, LA, CA 90012

\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
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.

規範 合気道 基本編

著者 植芝吉博九郎
訳者 植芝守典

150万合気道人のバイブル!
全世界合気道の総帥・植芝吉博九郎道主と
技法の中心・植芝守典本部道場長の共著
による初めての合気道教科書!
財団法人合気会・州展芸術社——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."

羅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
Address: The Aikido World Headquarters, 10000 Wilshire Blvd., Suite 100, Beverly Hills, CA 90210
United States Aikido Federation, Eastern Region
United States Aikido Federation, Western Region
Office of the President: Joseph Yamamoto, P.O. Box 100, Torrance, CA 90501

April 1, 1997 Volume XV, Number 4

In This Issue:
San Francisco
Master Adam Hsu
Visiting to Los Angeles
Quick report by David Strickland
Hsu on Aikido
Master Sensei
New San Francisco Aikikai
During Sensei's visit with Master Hsu, he was able to visit the new San Francisco Aikikai Sunday just before his return back to Los Angeles, Calif.

Dojo Treasure Arrives From Japan
Our new fan will be in the Dojo, four members of the Onyuu Dojo, Mr. Yukiya, Sensei, Mr. Takayoshi, Atsuro, Mr. Takashi, Shiroki and Mr. Tetsuo, Sakurai presented Sensei with a beautiful white fan. It was very special that the fan would be greatly enhanced if it had Doshu's writing.

Visiting Master Adam Hsu:
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and meet his students and assistants throughout the San Francisco Bay area. Master Hsu is also visiting on his new book. Due to a persistent cold, Sensei invited Master Hsu's kind invitation to celebrate the Chinese New Year's with him and his school on Feb. 7th, but was able to arrange a stop from Feb. 21st through the 23rd to meet with the book editor from Tokyo who was scheduled to meet with Master

The group took the fan back to Ichizuka Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many requests for his writing, some people accumulated to Ichizuka Sensei, writing more than three in four years. Recently, Doshu finished the writing and returned it to Ichizuka Sensei. Mr. Chikara, head of the Onyuu Dojo who recently moved to Los Angeles, hand carried it from Japan on February 21st. Chikara-san will soon be joining our practice as soon as he settles down with her job in Torrance.

The Spirit of Aikido

Kisshomaru Ueshiba

ACLA DOJO 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.

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
940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673

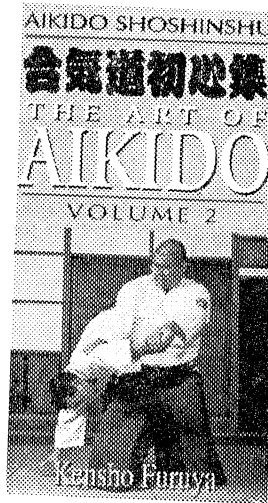
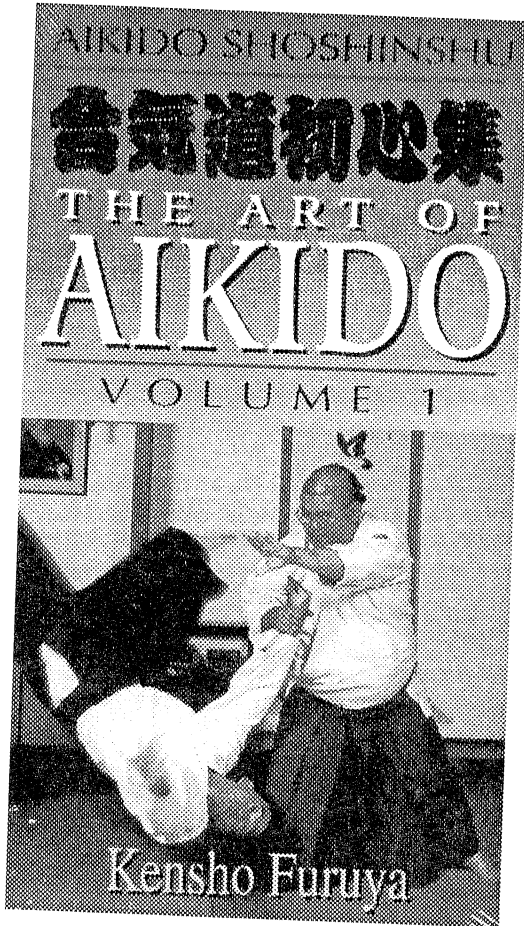
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The Art of AIKIDO

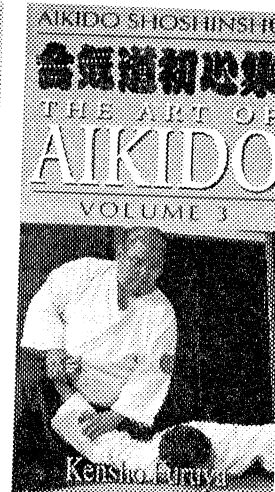
Aikido Instructional Video Series in Nine Volumes

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

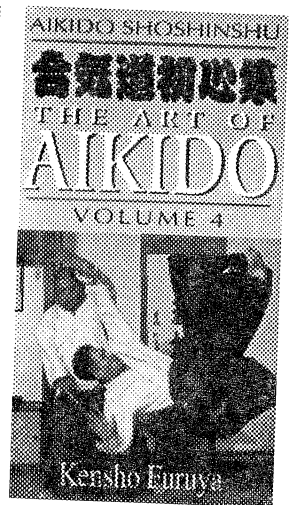
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his 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.



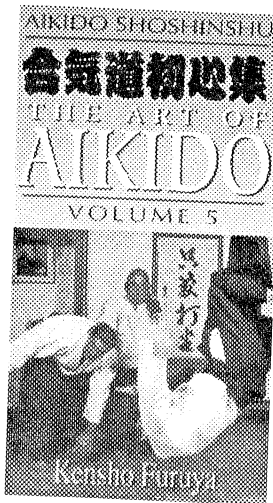
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



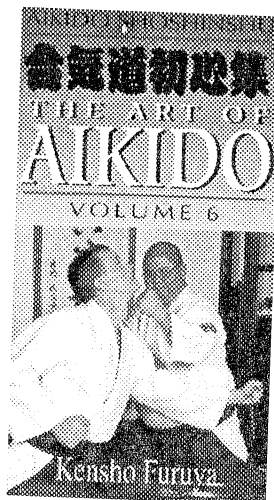
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin, Ki, Breathing.



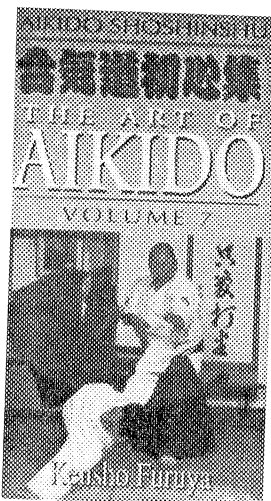
Katatedori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



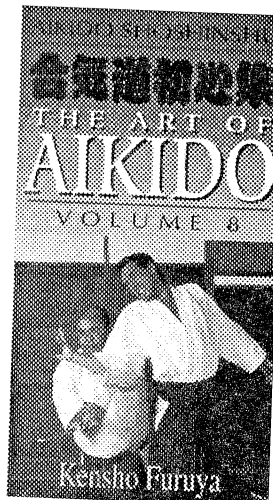
Suwari-waza, Gokyo.
Hanmi-handachi, Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



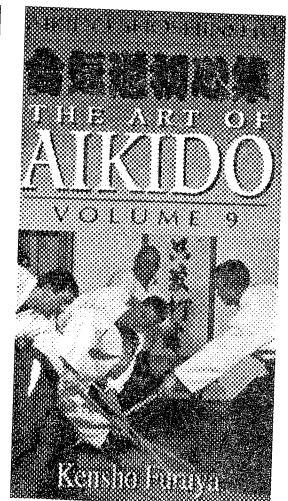
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro Katatedori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
Ryokatatori.



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

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

CHILDREN'S CLASSES

5 - 16 yrs old

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

AIKIDO & BUDO DISCUSSION GROUP

Every 1st Wednesday of the month.
7:45pm-9:00pm

Group Study & Discussion

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

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.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,
Los Angeles, CA 90012
Tel: (213) 687-3673

www.aikidocenterla.com

Iaido

TRAINING SCHEDULE

**TRADITIONAL JAPANESE IAIDO
SWORDSMANSHIP**

Saturday Mornings
8:00am-9:00am

Sunday Mornings
7:45am-8:45am

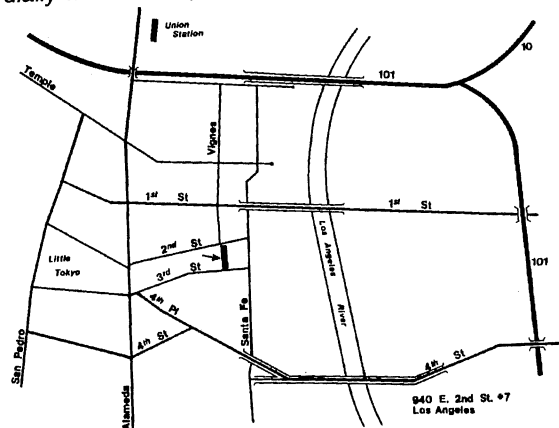
2nd, 3rd, & 4th Wednesdays
7:45pm-8:45pm

IAIDO INTENSIVE SEMINAR

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

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.