



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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Fujita Sensei from Hombu Dojo Teaching Class on February 5th.

Fujita Masatake Shihan from Hombu Visits Dojo Feb. 5th.

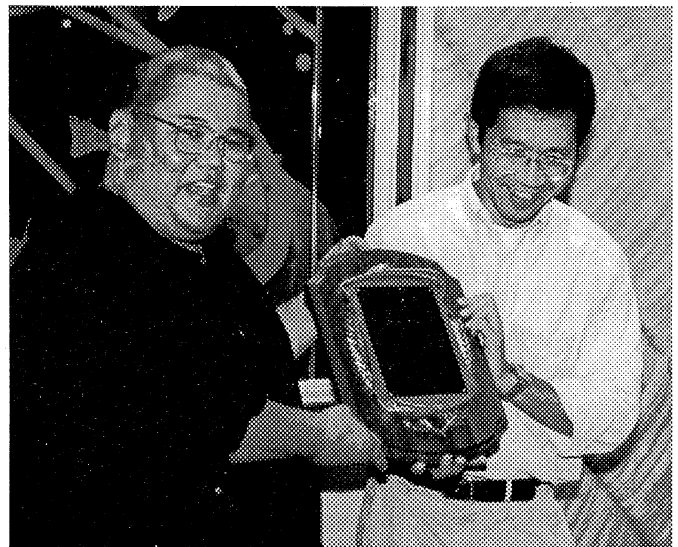
Masatake Fujita Sensei, 8th Dan, General Secretary of Hombu Dojo in Tokyo, made his 2nd visit to our Dojo on Feb. 5th. He was escorted to the Dojo by Mr. George Kongo and was greeted at the Dojo by Sensei and Ken Watanabe. They had lunch at Checkers in Downtown LA and coffee later at the lobby of the New Otani Hotel in Little Tokyo before returning to the Dojo for class. After class, Fujita Sensei was joined by all the senior black belts and instructors of the Dojo for a wonderful seafood dinner at ABC Restaurant in Chinatown.

Over the last decade or so, Fujita Sensei said he has visited over 60 countries and researches the Con't.

New Year's Party: James Doi Celebrates 30th Year in Aikido

On January 26th, the Dojo celebrated its annual New Year's Party at the ABC Seafood Restaurant in Chinatown with over 40 members attending. This year's party which

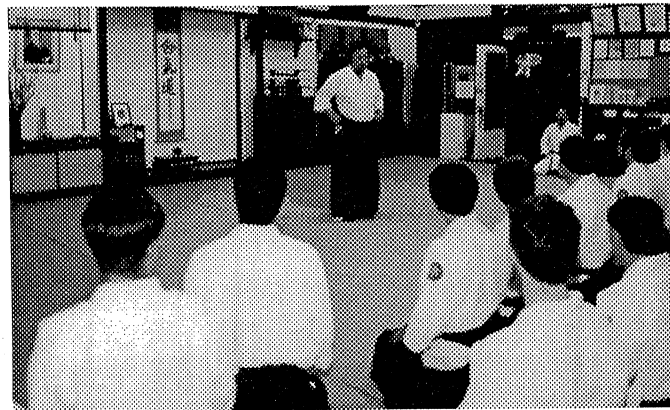
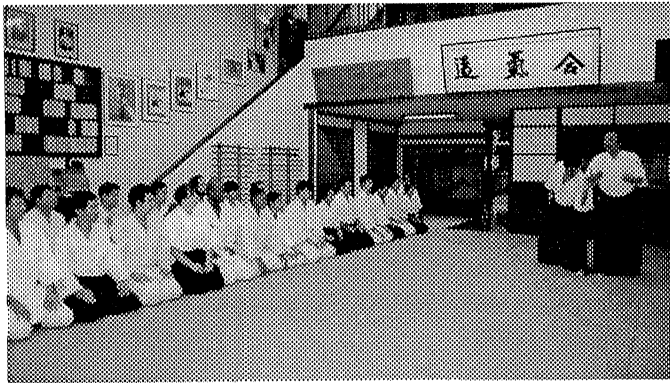
included a Welcome for Haruo Tsuguta from Japan, who practices at both the Omiya Dojo in Saitama,



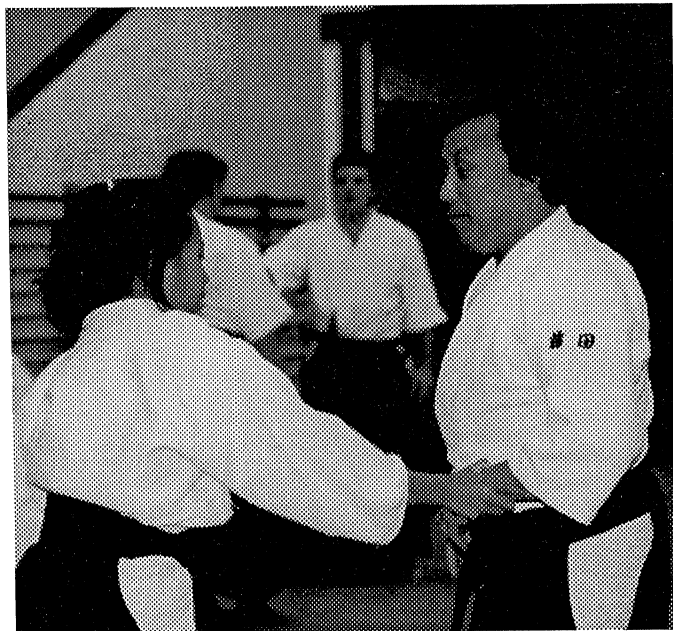
James Doi Receives 30th Anniversary Appreciation Award at our Dojo's New Year's Party. January 25th.

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Fujita Sensei continued.



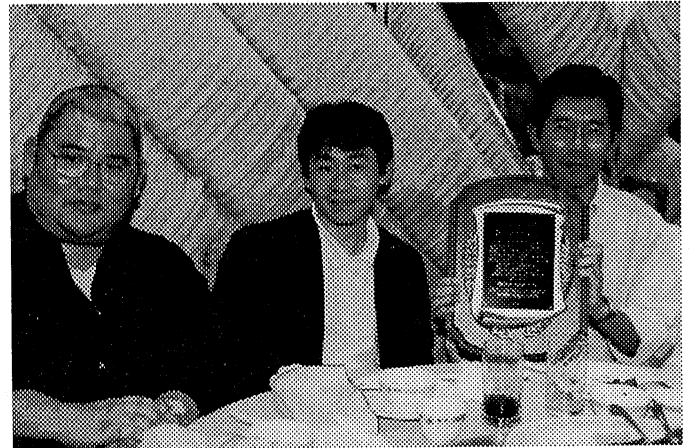
growth of Aikido throughout the world. With emphasis on basic technique and tai-sabaki, he asked the students, "What do you think is the most important thing in the world?" Answering Con't.



Fujita Sensei giving instruction to Kristine San Luis during class. Many thanks goes to Phong Sensei of the Tenshinkai Dojo in Westminster and Mr. George Kongo for making the arrangements of Fujita Sensei's visit.

James Doi 30th Anniversary:

Prefecture and at the Hombu Dojo in Tokyo and a Surprise Celebration for James Doi who was honored for his 30 years in Aikido. Everyone had a great time with lotsa great food which included lobster, abalone, scallops, shark fin soup with crab, scallops, steamed fish, etc. A really special dinner.



James has been with our Dojo since 1988. He started Aikido at the USC Aikido Club around 1967-8 when Sensei was a student there and taught the Club. After Sensei graduated, he lost track of James who since then has practiced at various dojos in California, returning to our Dojo about 10 years ago. James is one of the senior members and instructors and is a fine example of a good Aikidoist.



Appreciation Awards for contributions to the Dojo above and beyond the call of duty were presented to Ken Watanabe, Kenny Furuya, Gary Myers, Andy Kissel, Larry Armstrong and Cheryl Lew. January promotions were also given out to a number of the students.

IMPORTANT DATES:

March 9th. Yamanashi Kenjinkai Memorial Service at the Zenshuji Soto Mission from 12:30pm.

March 11th. Budo & Sword Study Class. 7:30-8:30pm.

March 30th. Easter Sunday. Dojo will be closed for the Holiday.

April 8th. Budo & Sword Study Class. 7:30-8:30pm.

April 26th. Founder of Aikido, O'Sensei's Annual Memorial Service from 5:00-6:00pm. Reception: 6:30pm. \$25.00 person. Everyone is cordially invited.

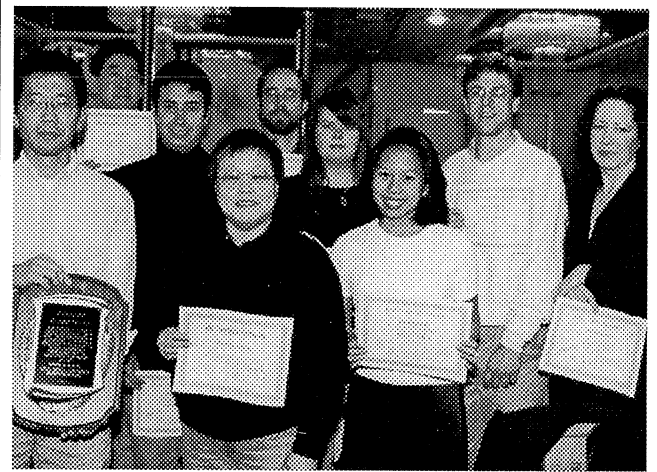
May 3rd. Children's Day Asian Martial Arts Festival at the Japanese American Cultural & Community Center Plaza.

August 9-10th. Nisei Week Japanese Festival. JACCC Plaza.

O'Sensei's Memorial Service in the Dojo

April 26, 1997, 5:30pm

**Service: Priests from Zenshuji Mission
Reception O-Doki from 6:30pm.
Everyone is cordially invited.**



James with recent promotees and awardees.



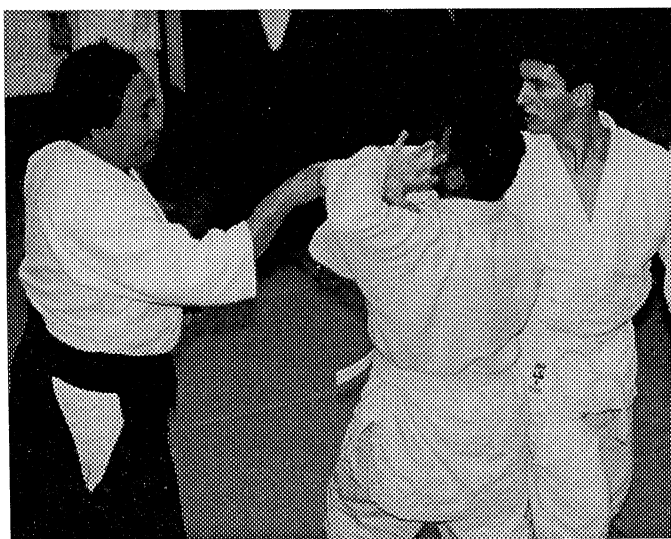
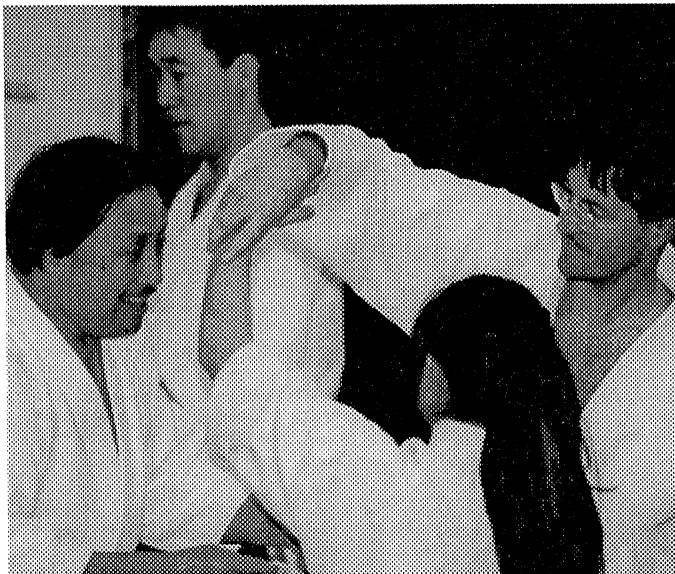
Valerie Nerres knows what's good! Eyeing delicious Cantonese style shark fin soup with fresh crab meat. At our New Year's Party.

Bodhi Tree Books: A Place of Great Honor

Recently, Sensei was bestowed the great honor of having his photo placed on the walls of the Bodhi Tree Bookstore along with many famous and illustrious teachers. Sensei is greatly appreciative of the Bodhi Tree for their very kind consideration. Sensei believes that this is a great honor for the Dojo and Aikido as well.

We hope all of our members will visit the Bodhi Tree to see our photo and patronize this fine store. Located at 8989 Melrose Ave., West Hollywood, several blocks west of La Cienega Blvd. on Melrose.

Fujita Sensei continued:



Above: Working with Mari and Bill. Below: Instructing Eric and Rick.

himself that the whole world today is filled with too much violence and conflict. He continued that only Aikido teaches how to end all of this fighting and that everyone should keep up their training and try to understand this message of peace and non-violence. Fujita remarked that everyone's level was very high and he was impressed with everyone's concentration and attitude in our Dojo. He said he had a great time visiting us.

Official Dojo Jackets: Our Dojo jackets are available again for \$55.00. They are nylon, in bright yellow, with the Dojo logo and name embroidered in a multi-colored design. Made by Land's End, they are very nice and comfortable. To order, see Cheryl Lew.

Samurai Cable Special:



Sensei with **Paul Crehan** of Filmroos in Beverly Hills who interviewed Sensei for a special A&E cable program on the Samurai on the popular series, "Ancient Mysteries." Paul later joined our Dojo and is now an avid Aikidoist. The program is scheduled to air sometime in May of this year.

Below: With **Yukiko Katagiri** Sensei of the Cornell University Aikido Club in New York who visited our Dojo during the New Year's holidays. She said she greatly enjoyed practicing with us.



Recollections of Thirty Years of Aikido

By James Doi

Recently, Sensei asked me to write an article for the newsletter about my thirty years in Aikido. Intellectually, I realized the time passage but emotionally, it was really shocking to realize that thirty years had passed. Thirty years is a very, very long time. Several people pointed out to me that they weren't born when I started Aikido.

I first heard about Aikido when I was twelve on a trip to Hawaii to visit relatives. My cousin's husband at the time was a basketball coach at the University of Hawaii. He enthusiastically recommended Aikido. Aikido was first introduced to the US in Hawaii and at that time was relatively unknown on the mainland.

When I was in high school, a football player friend of mine described the visceral pleasure of cleanly knocking a person off their feet. What surprised me was that he was not describing it in brutal macho terms, but rather was describing it in ascetic almost artistic terms. I found the idea very interesting. Since I am not exactly a linebacker physical type, I decided that I should try a martial art such as Aikido.

A few years later, when I went to college I discovered the USC Aikido Club. This is when I first met Sensei. The club met twice a week in a wrestling/storage room on the second floor in the old gym. It was small and always dusty. The biggest class I remember totaled five, including Sensei.

I remember two things about that class, one was that we practiced katate tori shiho nage over and over again. Sensei felt that we should at least know one thing fairly well. The other thing was when Sensei was demonstrating ukemi, I distinctly remember only hearing the fabric of his hakama fluttering like a flag and not hearing anything else.

Even though Sensei was my first Aikido instructor, the SC Aikido Club was not a dojo and all the things

that we associated with a traditional dojo could not be incorporated in a twice-a-week college club format. In retrospect, another problem with the club was that Sensei had no Uke, I never really saw the full power of his technique. Sensei graduated SC that year and I practiced at other dojos after that.

For the next decade or so, I continued to practice Aikido throughout my undergraduate and graduate education, both in San Diego and in Los Angeles. My education limited most of my personal contacts to other scientists or engineers. Aikido allowed me to meet people who knew nothing about chemistry or physics and could care less. I think this was a very good thing.

In the 80's after a very long time in Aikido, I doubted its technical effectiveness. One has to understand that at this time, most of the people that I had practiced with were trained in the United States and had not formally trained in Japan. I was at a seminar and was training with an Arizona State Trooper who kept talking about nikyo as "the atomic bomb" of arrest techniques. He assured me that he had successfully used nikyo half a dozen times in "real life" situations and I should try to resist his technique. He was very easy to stop. He was very upset.

In the mid 80's I moved to Palo Alto, deep in the heart of Silicon Valley. I trained with a Japanese sensei who was a member of the Waseda University Club during the Sixties. At this point, I had no doubts about the effectiveness of Aikido. There was a comedy group of this time which used the phrase "everything you know is wrong." This is what I felt like about Aikido. In retrospect, the training and techniques that I was so surprised with, were straight forward traditional Aikido and teaching methods.

The first time that I remember seeing irimi-nage work was at this dojo. The dojo etiquette was traditional. He was the first instructor since Sensei at SC who emphasized ukemi. He said that if you don't learn to take ukemi by thirty, you never will. Posture and breathing were constantly emphasized.

ACLA members would recognize the training, but at the time it was quite different from what I was used to.

When I returned to LA in 1988, I was in a bookstore in Little Tokyo and there was a flyer for the ACLA. The clerk saw me reading the flyer and assured me that Sensei was "really good." I have been here at the ACLA since 1988 relearning Aikido properly.

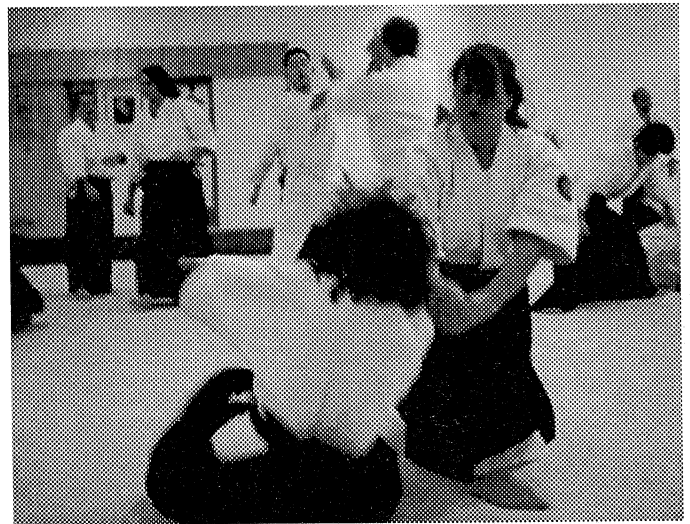
Writing this article forced me to think back over my Aikido training and it is amazing to realize how big the difference is between traditional Japanese training and most of the Aikido training in this country is. I consider myself very fortunate that at least half of my time training in Aikido has been traditional. Unfortunately, my best training took place after I was thirty.

Another reason for my training in Aikido is cultural. There are things in my behavior and thinking which are derivative of traditional Japanese thinking. Attitudes and certain ways of thinking were unconsciously passed to me through my parents from my grandparents. These things are so much a part of me that I thought that they were simply my individual temperament. Sometimes when Sensei is explaining a point of etiquette or cultural history, I will realize that some small aspect in my personality is derived from that point. To make these sort of realizations after forty plus years of existence is quite interesting.

After thirty years, I have achieved my teenage goal of being able to knock people off their feet. I started Aikido for immature and shallow reasons but stayed and in the process learned for more valuable and interesting things about Aikido, martial arts and myself.

Editor's Note: Many thanks for James' article. We encourage their students to write about their experiences in Aikido, especially in our Dojo. James is currently one of the Senior members of Sensei's teaching staff and one of his uchi-deshi.

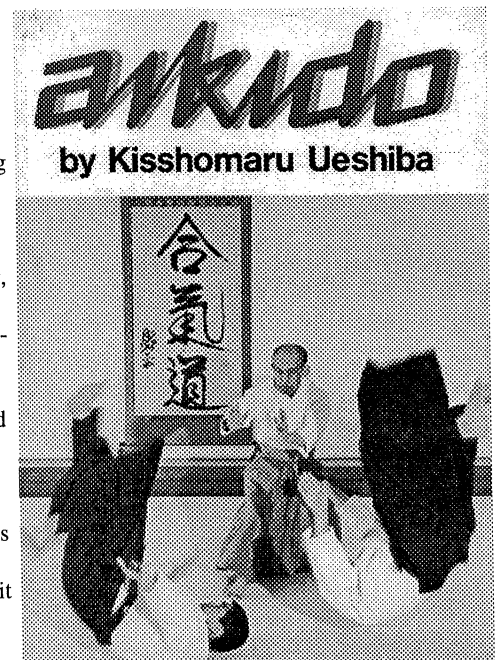
Many Thanks: Masatake Fujita Sensei for his recent visit to our Dojo. February 5, 1997



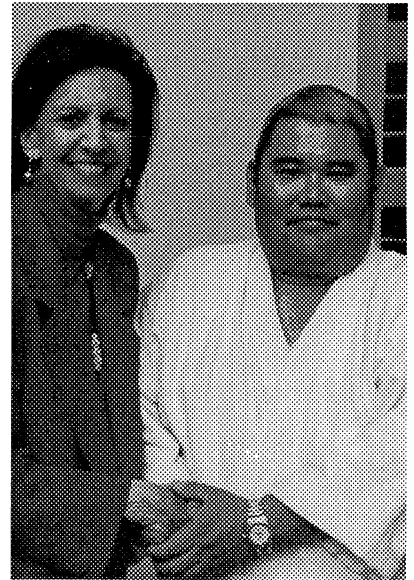
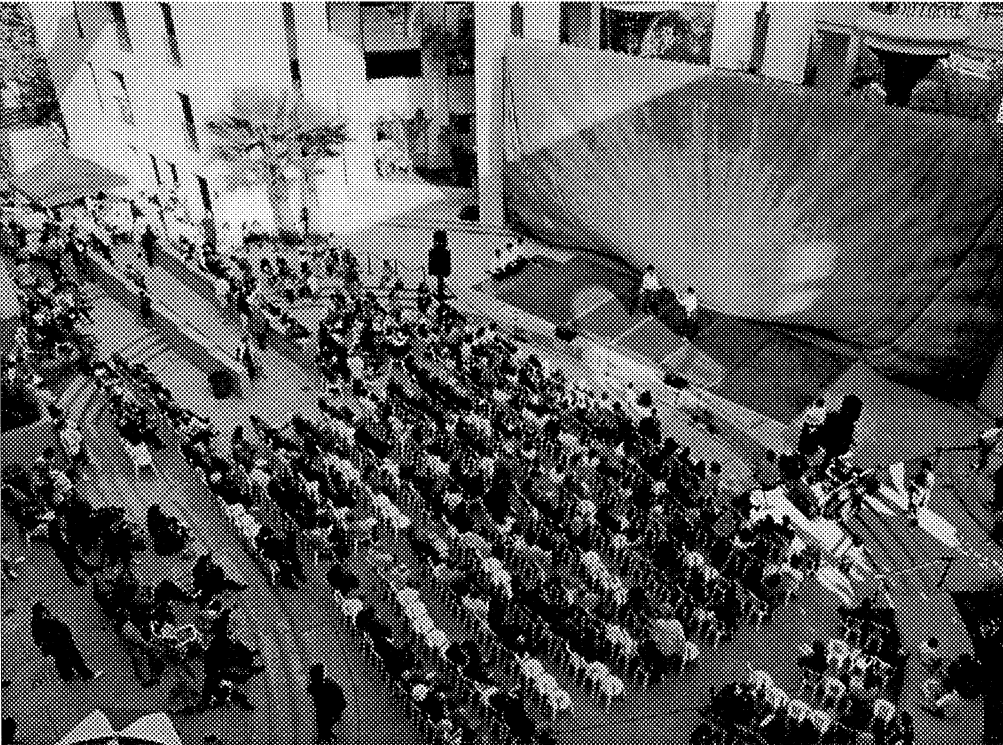
Valerie Nerres at the San Francisco Aikikai during a seminar with Yamada Sensei of the New York Aikikai and Kanai Sensei of the New England Aikikai. January 28-29th.

Doshu's book, Aikido, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving, and the book will no longer be available.

It is recommended that if you don't have this book, buy a copy now while a few copies are still on the stands. Don't wait too long! It sells for about \$28.00.



Beverly Hills Multi-Cultural Series: Aikido Feb. 2nd.



With Vicki Reynolds, Councilwoman of Beverly Hills and one of the coordinators of this event.

A beautiful day in the Beverly Hills Civic Center Plaza next to City Hall and their B. H. Library. It's really 90210! The crowd was estimated at about 300 guests.

Our demonstration on a very beautiful day in Beverly Hills before a crowd of about 300 people was a great success with a terrific response from the audience. Our Dojo demonstrated at the Beverly Hills Civic Center for their Multicultural Concert Series along with the Zendeko Drumming Troupe and a Korean Music and Dance group. Demonstrating were Sensei, James Doi, Ken Watanabe, Kenny Furuya, Curtis Westfall and David Ito. Larry Armstrong and Cheryl Lew also participated to help take photos. Sensei was introduced to Vicki Reynolds, current Councilwoman and former Mayor of Beverly Hills and Maxwell Slater, three times former Mayor of Beverly Hills.



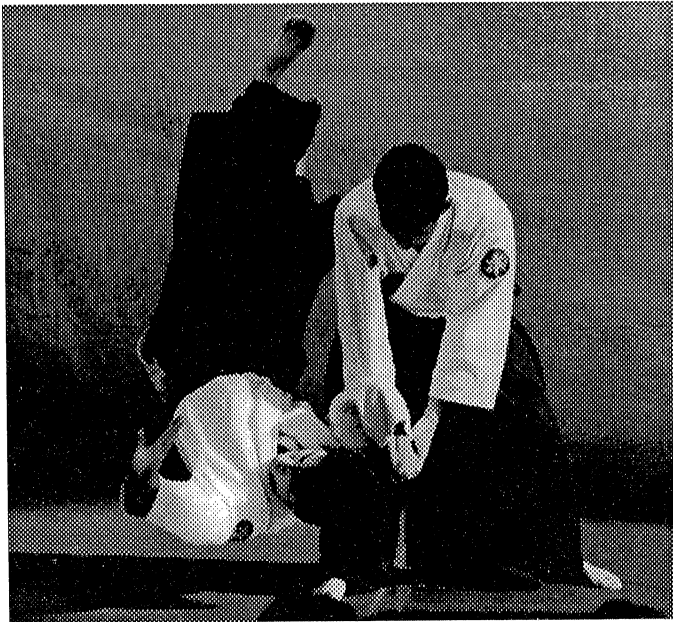
Participants of our 1st Beverly Hills Aikido Demo.



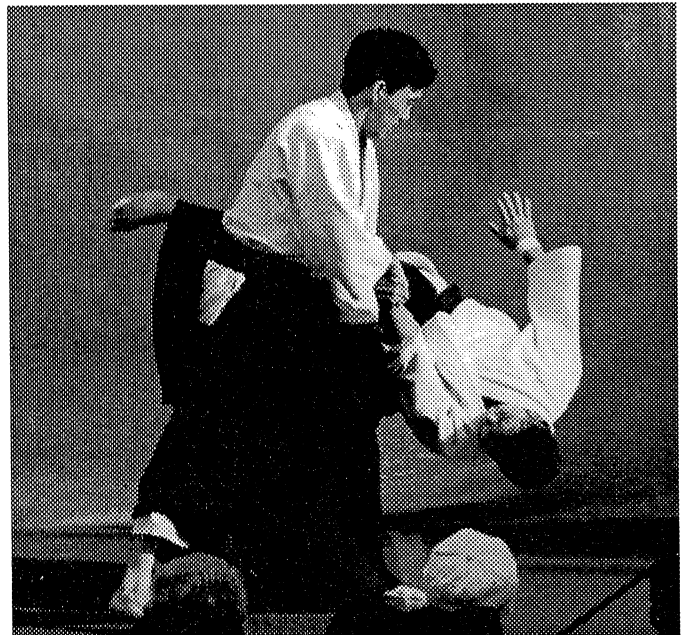
Kenny Furuya demonstrating kote-gaeshi with David Ito.

Our Special Thanks
to the
City of Beverly Hills

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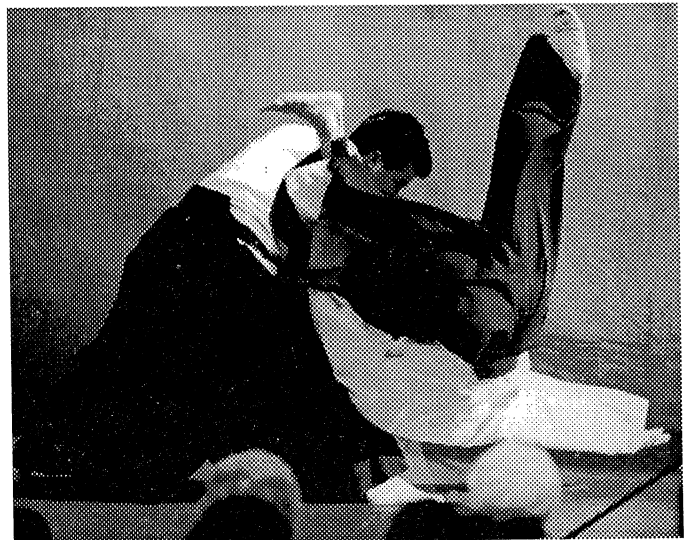
James Doi demonstrating shiho-nage.



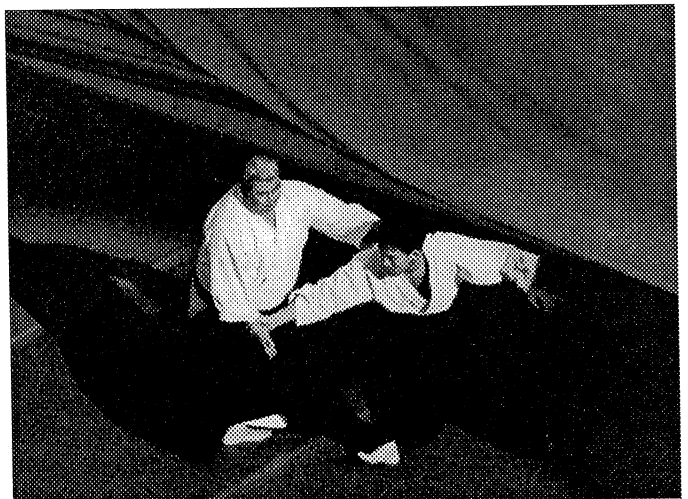
Ken Watanabe.

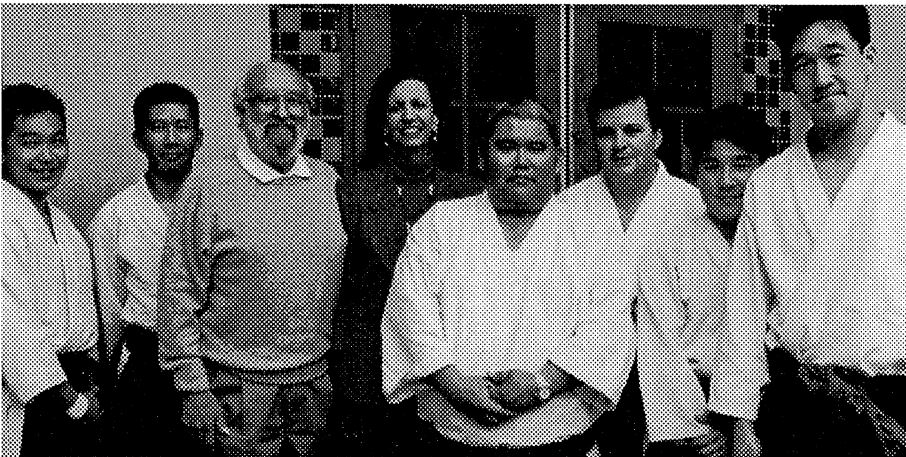


Sensei in multiple-attack. Below: David Ito

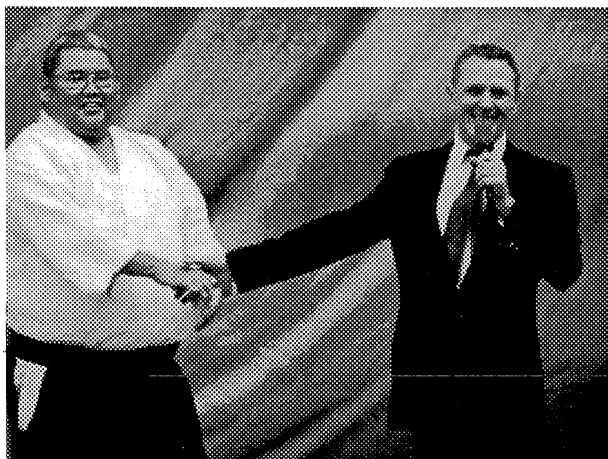


Curtis Westfall. Below: Sensei & Ken Watanabe.





The plaza of the Beverly Hills Civic Center filled with guests for the Multi-Cultural Festival. Members of the Dojo with Maxwell Hillary Salter who has been elected Mayor of B.H. three times, and Vicki Reynolds, current councilwoman of 90210.



Sensei with Paul Gleason who coordinated the entire festival for the City of Beverly Hills. Paul does a greatly deal of community work and has worked closely with the JACCC in the past.

Sensei's Message:

Eighty-eight Hands

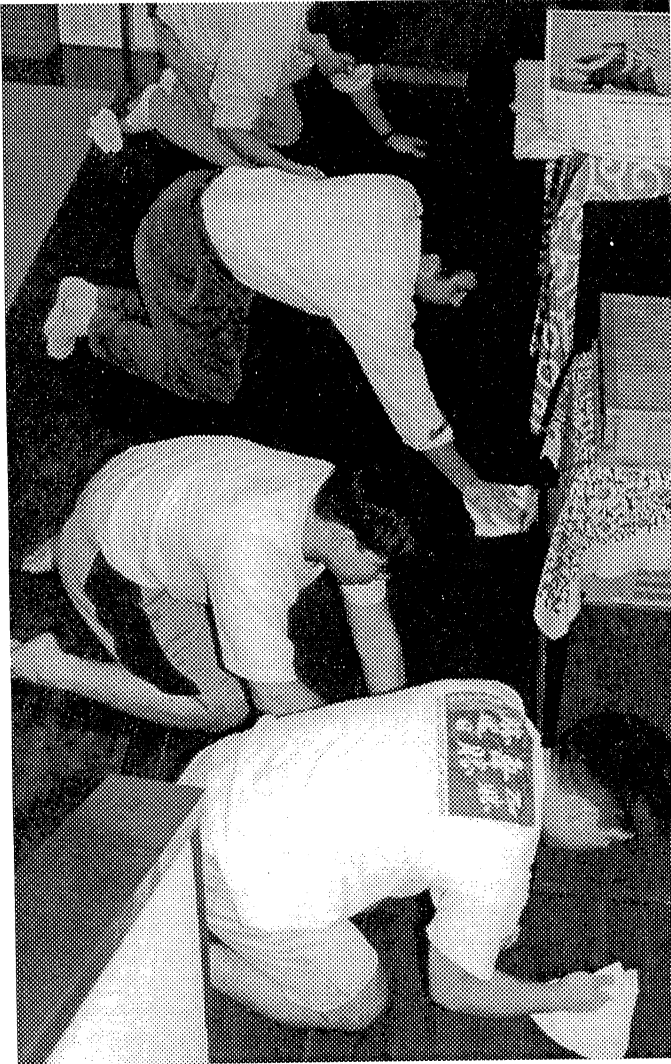
The other day I was reading about a young Japanese-American Buddhist minister who just took over his father's temple in the Fresno area. I was quite envious of this and took special notice of the article because it is something that I have always wanted to do myself. Not so much to take over some temple, but to continue my studies in Zen Buddhism as a minister much more actively. In this article, he quoted a very familiar saying which he said he learned from his mother as a very small boy. The saying is: "Rice means eighty-eight hands." At first glance, this is a rather strange thing to say. It looks like this in Japanese:

If you are familiar with Japanese characters, one can interpret the character for "rice" to be made up of three separate parts which are "eight," "ten" and "eight" which with a slight stretch of the imagination, could mean "eighty eight." The meaning of this lessons is that it takes eighty-eight hands to bring your "rice" (dinner) to the table. So you should always be grateful and say grace before you eat your meal.

We always think of ourselves as individuals with our own rights, dreams, goals and desires which we have the "right" to achieve for ourselves. Somehow, in this phrase we also extend it to mean "in any way possible." I think we often forget that we are not really individuals but part of a whole family, society, nation and planet. In our own minds, we may think of ourselves as "truly great" but perhaps in the universal scheme of things and perhaps as far as Nature is concerned we are no more than something like a tiny piece of sand which makes up a larger section of beach on some continental coastline.

In everything, we should think about all the people who made it happen for us and be grateful for everything we have and can do because of them. This is also the great spirit of Aikido.

Annual Dojo Clean-up January 25th.

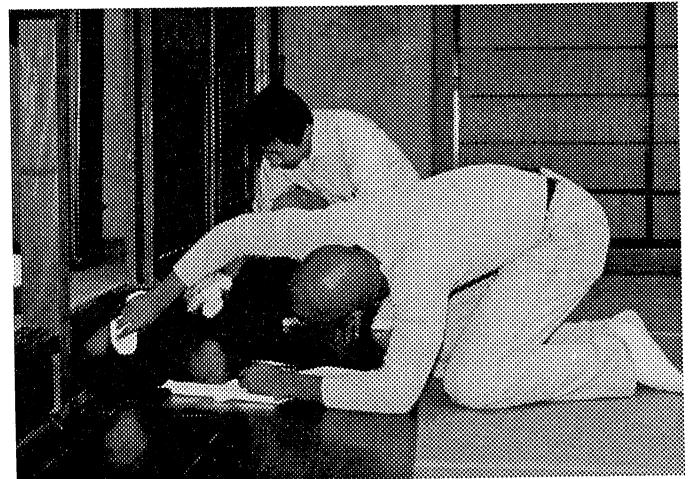


Many students joined in on our Annual Dojo Clean-up this year and starting around 10:00am, we managed to finish by 3:30pm, leaving the Dojo immaculately clean - cleaner than it has ever been before - and in record time! Many thanks to the following students for all of their time, energy and help: (not in order) Ken Watanabe, Curtis Westfall, James Doi, David Ito, Andy Kissel, Steven Sahl, Peo Lopansri, Larry Armstrong, Rey Espino, Kristine San Luis, Julie Sergiojan, Albert Miller, Kai Peterson, Rob Yale and Leslie Delano.

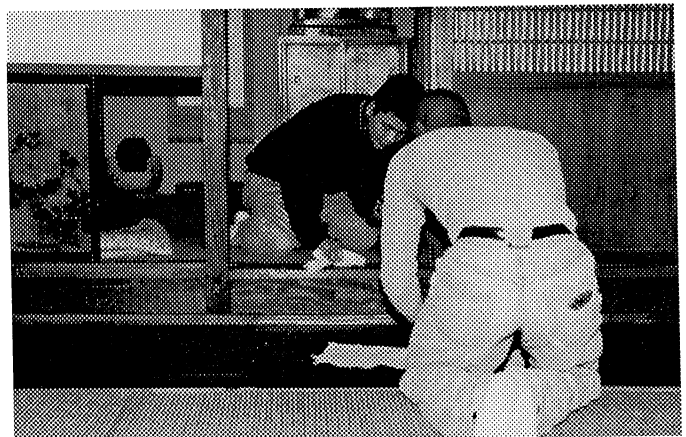
A very fine job was especially done on all the wood-work although over-polishing them have made them temporarily very slippery.



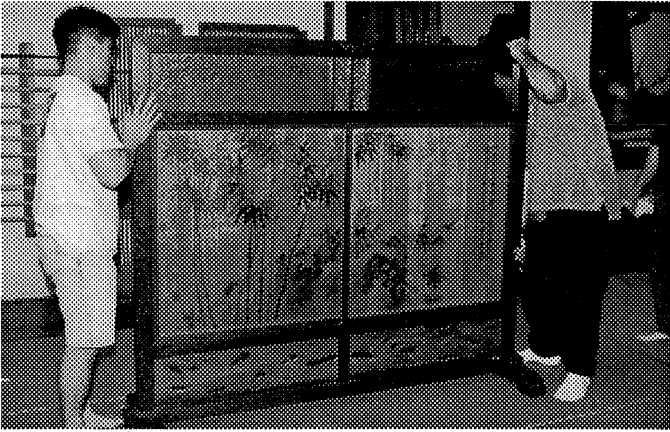
Only Ken Watanabe knows the proper way to take care of our tokonoma using a lot of attention, elbow-grease and great care.



Delano and James working on the those hard to get places, both working hard! Below: Delano and Rey Espino.



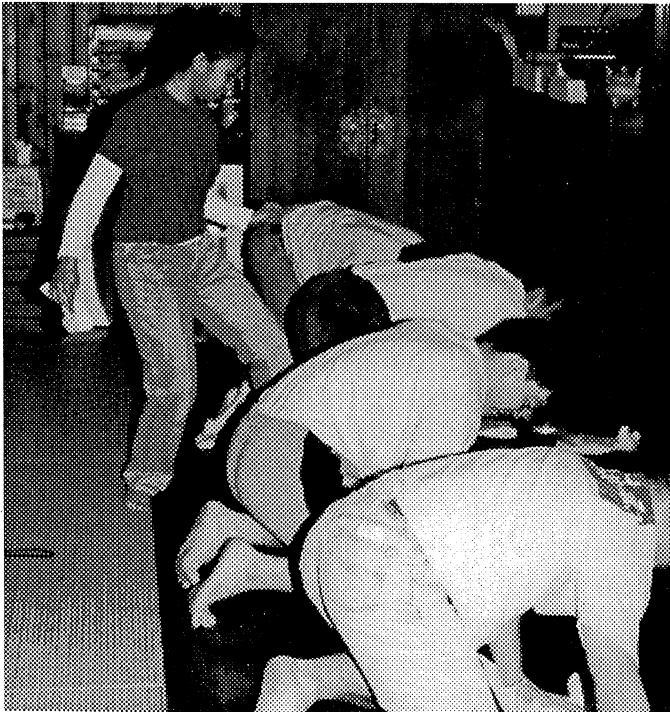
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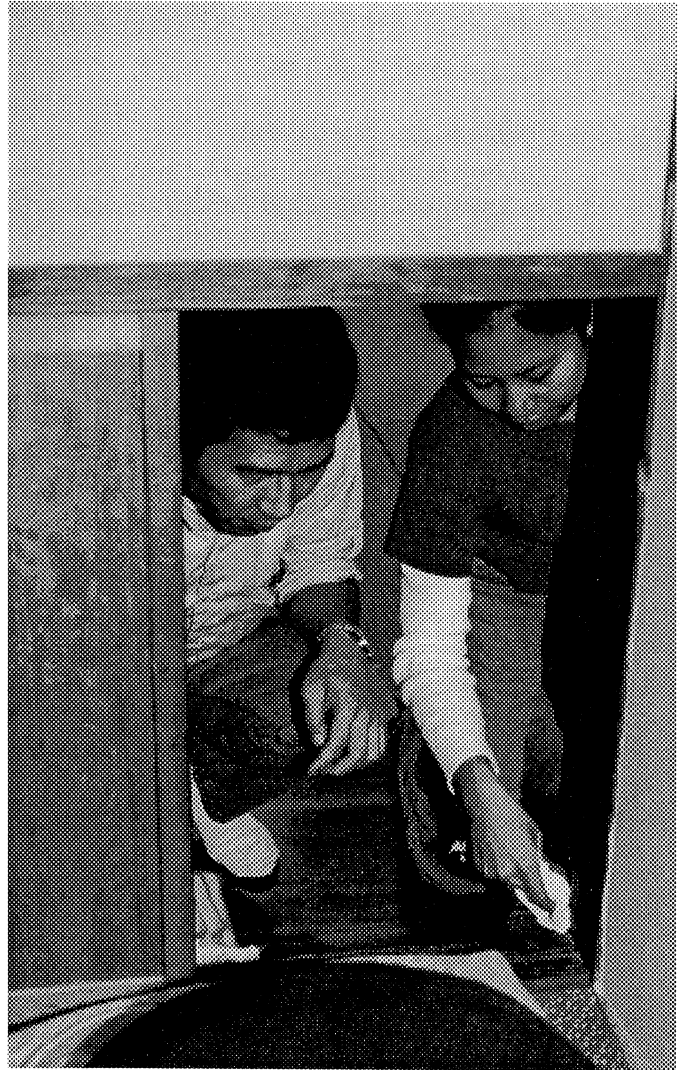
David & Curtis with tsuitate.



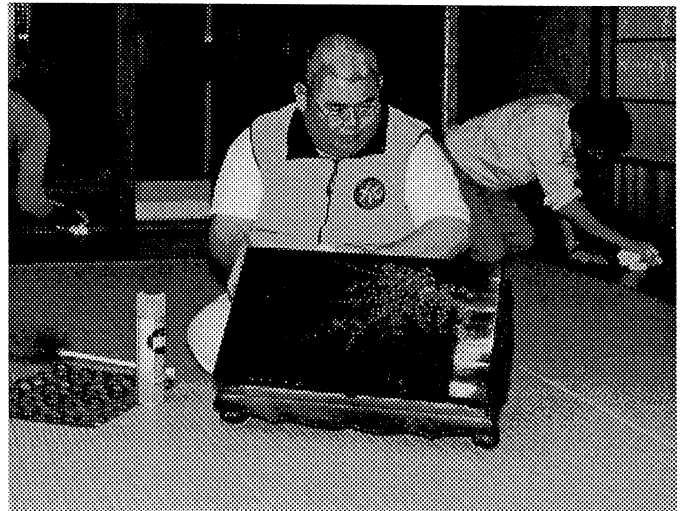
Julie Sergojan working hard as usual.



Kristine: Hey, make room for me!



No detail too small under the caring eyes of James & Kristine in cleaning the tea-room.



Sensei taking care of some the antiques in our tokonoma. The the Clean-up Event was also in preparation of Fujita Sensei's visit from the Aikido World Headquarters on February 5, 1997.

Iaido: Is Ignorance Bliss? Or Junk Food Iaido?

By Gary Myers, Iaido 4th Dan

I must admit to a rather insular and narrow perspective of the state of Iaido and other martial arts instruction in the area. The only time I personally get to experience what is going on at other schools is when someone studying martial arts comes into my antique store or calls. Generally, I only inquire further if they are studying Aikido or Iaido.

About a month ago, someone called the store to find out if we did sword appraisals. After telling him we did, I mentioned that it may be required to hold the sword overnight to do a written appraisal. The caller said that he "used" the sword and that he couldn't leave it at the store. When I asked how he "used" it, he said that he taught Japanese swordsmanship. He said proudly, "I teach aiido." (No, you are not reading a misprint, he actually said AI-I-DO!). I suppose it's remotely possible that he could be suffering from a tragic dyslexic speech impediment, but he didn't have a problem with other words. I mispronounce Japanese words that I'm unfamiliar with. But since I have to use them in my business I make an effort to learn their proper pronunciation. How could anyone call themselves an instructor and not know how to properly pronounce the discipline they are teaching? My first reaction was one of anger because I could only imagine the level of instruction this "teacher" was doling out. My second feeling was one of sorrow for his students who placed their faith (and their money) with him to teach them properly. Then I thought the saddest situation is that they are probably blissfully happy being taught by this yahoo. It is said that "ignorance is bliss," but is it really?

If this was an isolated situation, it might be forgivable. But one evening's access to the Internet will tell you that there are a lot of similar yahoos throughout the country. It's not pretty out there. They are obviously filling some want or void or fantasy in their lives of their students. It's the old marketing phrase "give what they think they want" and

unfortunately there are plenty of people out there to do just that. The problem is one of discernment. How do potential students know good instruction from bad? All too often it appears that quantity, flash, and convenience override quality. There has been an obvious proliferation of schools opening up recently. All you have to do is look at every corner strip shopping center. There is usually some kind of martial arts school in one. They are usually accompanied by some junk food restaurant in the same complex. Although I am not certain of this, but I would bet a good majority of these schools try to teach some kind of swordsmanship. And in that regard, most of these schools teach the same thing as their junk food neighbor. The swordsmanship, like the junk food being served, may initially taste good and satisfy the hunger of the customer, but in the long run it's not very good food and it's not good for them, either. It is really a shame because there are a lot of people enthusiastic about studying Iaido. But without proper instruction all they have to show for their efforts is junk.

That is why it is even more important for each of us studying Iaido to understand the importance of the lineage, tradition and level taught here in the Dojo. That's why it is essential to practice diligently, regularly and with more concentration. Maybe it's because our practices are on early weekend mornings, that I sometimes get a sense that most of us physically show up but leave our minds on the pillows at home. Because we are not concentrating we make the same mistakes over and over again. These are mistakes in the basic fundamentals, the foundation for all the other techniques. After the proper techniques has been shown no amount of correction will help unless you make it your own. Only each individual has the means to improve their technique by strengthening their mental spirit and concentration. The challenge for us students is to always show up with both our minds and our bodies, concentrate on the corrections made in class, learn the proper techniques, and consistently do them correctly. If we do that not only do we improve our technique, ultimately we improve ourselves.

From the Omiya Dojo:

Congratulations to Ichizuka Sensei, New President of the Saitama Aikido Federation

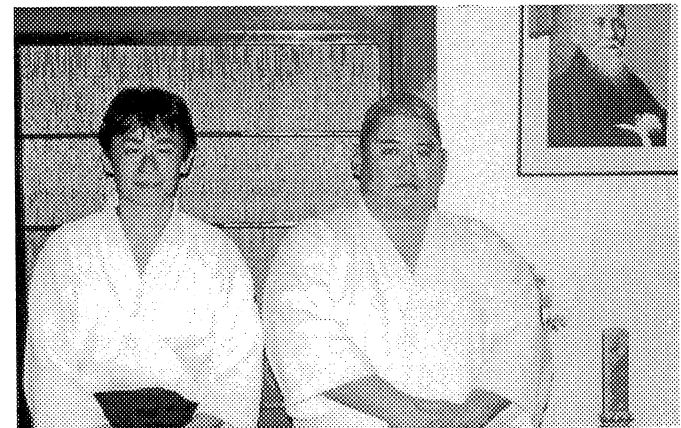
Congratulations are in order for Ichizuka Sensei who was recently elected as the first President of the newly formed Saitama Prefecture Aikido Federation. According to Ichizuka Sensei, the federation presently consists of about twelve dojos within the prefecture. Ichizuka Sensei will also publish their federation newsletter on a quarterly basis. Sensei also does a bi-monthly newsletter for the Omiya Dojo which, he said, was inspired by our own Dojo Newsletter.

Congratulations to Mrs. Toshie Ichizuka

In December, Mrs. Toshie Ichizuka, wife of Ichizuka Sensei, was promoted to 4th Dan.

Mr. Haruo Tsuguta, 1st Dan, Visits Dojo January 26-29th.

Mr. Tsuguta took a three day vacation during his business trip to New York and San Francisco to come to Los Angeles to visit us. He is a student of Ichizuka Sensei but due to his work schedule also practices at Hombu Dojo. He arrived Sunday from San Francisco on Jan. 26th. We changed our New Year's Party date by one day so he could attend as well. On Sunday, after checking into his hotel, we gave him a whirlwind tour of Hollywood before the Party. On Monday, Sensei took him around LA before David picked him up at noon to go to Universal Studios. He made it back in time for practice. On Tuesday, Sensei took him for breakfast in Beverly Hills and later he went shopping at the Glendale Galleria and Olvera Street. After practice, Curtis Westfall treated Mr. Tsuguta, Sensei and David to a fine meal at Chianti's La Cucina in Hollywood and for drinks at the Hard Rock Cafe. Kenny Furuya took him to the airport on Wednesday morning. Sensei was busy with the JACCC lecture that day. Tsuguta said he had a great time and liked our practice very much. He was very impressed with Kristine San Luis' kokyū-dosa and surprised at the high level of training of many of the beginners. He said he wants to return again to LA in the very near future.



Above: Mr. Tsuguta with members of the Dojo after practice. Mr. Tsuguta practices at the Omiya Dojo under Ichizuka Sensei and at Hombu Dojo in Tokyo.

Middle: During practice. Mr. Tsuguta said he enjoyed the practice very much. In fact, said that it was a little too hard and felt a little embarrassed. Everybody enjoyed his practice and had a good time. It looks like he had a great time with us.

Below: With Sensei.

Warabi-Za: Folk Dance & Music from Akita, Japan January 17-19th.

The Warabi-za is a 45 year old, 250 member troupe in Japan who perform traditional and modernized folk music and dance. 16 members made their debut performance in Los Angeles at the Japan America Theatre in Little Tokyo on January 17-19th. Some members of the Dojo attended the Saturday evening performance with Sensei: they were Ken Watanabe, Kenny Furuya, David Ito, Cheryl Lew, Maria Murakawa, and Valerie Nerras and her husband.

On Sunday, Sensei was asked to take some of the members around after their final afternoon performance and with four of the members, the two musicians and two dancers toured Los Angeles at night.



Sensei with many of the members of the Warabi-za after their successful debut. Backstage Japan America Theatre.



At Tower Records, Sunset Strip. Photo by Sensei.



At Mann's Chinese Theater in Hollywood. This was their first and perhaps their only trip to Los Angeles. When the Warabi-za comes again to Los Angeles, other performers will come. The average age of the younger performers is about 22 years. Sensei said he had a great time with them.



After a whirlwind tour of Los Angeles, Sensei bids goodbye to these great performers at the Miyako Inn in Little Tokyo. Sensei: "What a great bunch of kids and what great performers! I will truly miss them!"

Warabi-za: A Lesson in Togetherness

Sensei: As everyone knows, I am interested in all aspects of Japanese culture and Japanese dance and music, traditional or folk, has always been close to my heart ever since I was a child. I still have records of folk music someplace in my home that are on 78's. My grandmother sang as well as played a number of traditional Japanese musical instruments and even recorded several records.

I was very interested in talking with the Warabi-za performers and had the excellent opportunity when the JACCC asked me to help take them around Los Angeles on their last day. Luckily, I had the younger group which included the two lead musicians and the two main dancers of the group. They live together, study and work together and perform together. Although they each have their own areas of specialty, they support and encourage each other.

For a while we got separated with the rest of the group on our way to the Griffith Park Observatory. Some wanted to go to a record store. Three wanted to go but one member wanted to return back to the hotel. Yet, when her three comrades said yes, then she said yes too. I was impressed with the way they stick together and indeed it's "all for one and one for all" for them. In our society, it seems to be "me for me and all for me!" Secondly because we were separated from the others and didn't have approval from one of the seniors, they were worried that their seniors might worry if they returned too late so they were hesitant to go. Luckily, we all met at the Mann's Chinese Theater and I got permission to take them to the records so off we went to Tower Records on the Sunset Strip. I was able to take them around Los

Angeles and Beverly Hills and took them around as much as they could see within the very limited time we had. We finally got back to the hotel about 12:30 at night, way past my bedtime. I really wish I had more time with them and could do more for them while they were in LA.

Mr. Hajime Nishi to my left in the above photo was the lead musician and played the shamisen brilliantly. I was shocked to learn that he had only one year of lessons and had been playing for only five years. The other member of my group who performed several Okinawa dances quite beautifully on stage has only been studying Okinawa dance for two years. Their unity of spirit, their energy and their mutual support of each other was impressive. I wish I could cultivate this more in our Dojo. Although we can't become too conformist, we shouldn't become too self-centered either. We should follow their example in the way they back up each other and help each other. Without this spirit, I think they could never become such great artists.

Kodo Meets Kodo. Jan 29th.

On January 29th, Sensei was asked by the JACCC to help chauffeur the Kodo Drumming Troup from Japan. This is the world famous troupe which has performed all over the world. With David Ito's help, they went around Los Angeles and later there was a wonderful Welcome Party at the Senshin Temple where they also performed. Sensei's "Kodo" means "Ancient Ways whereas the drumming troupe KODO

means, according to Kodo members, the heartbeat of a child. As a further sidenote, this has caused some confusion with our book. This is why you might find "Kodo Ancient Ways" in the music or drumming section of your bookstores.



Sensei with Master Fujimoto and Johnny Mori, one of the premiere pioneer local drummers in this country.

Senshin Temple is headed by Rev. Mas Kodani, Kodo's host, and began the first taiko group in this country which is still very active as the Kinnara Taiko. Johnny Mori who first started with Kinnara went on to become one of the leading taiko performers in this country and is also a senior member



Master Yoshikazu Fujimoto the main drummer of KODO who plays the O-Taiko or "Great Drum" the main highlight of their performances. Performing at Welcome Party at Senshin Temple.



Master Yoshikazu Fujimoto at the O-Taiko at Senshin. A master performance! What a treat!

of the band, Hiroshima. The welcome party consisted of members of the Kinnara Taiko and members of Senshin who put out a great pot-luck buffet. There was a great deal of good comraderie and friendship and very high energy. Sensei and David Ito especially, had a good time. Kodo performs at the Wiltern Theater as part of their national tour this year.

**Aikido Center of Los Angeles
NEWSLETTER**

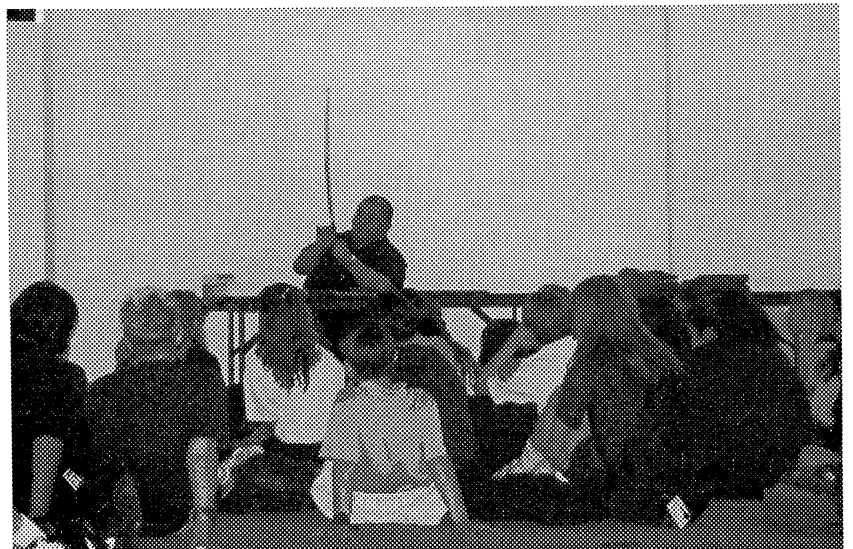


Members of Kodo at the Japanese America Theatre. Sensei and David were asked to help drive them for one day during their stay in Los Angeles. They performed at the Wiltern Theater in Los Angeles.

Front center is Duane Ebata of the JACCC who directed their concert tour of Los Angeles. Sensei became a volunteer driver at JACCC's Miles Hamada's request.

**JACCC
Japanese
Culture
Lecture
Jan. 29th.**

For about the third year consecutively, Sensei was invited to talk on Japanese culture to high school students from Orange County who are studying Japan as part of their high school courses. Sensei gave three lectures on the Japanese sword and animals of the Japanese zodiac to about 120 students. The event was coordinated by Meg Imamoto of the JACCC and the lectures were held in the Doizaki Gallery. Above: students gather in the JACCC Plaza before attending Sensei's lecture. They also tour Little Tokyo, visit a Buddhist Temple and have lunch in a Japanese restaurant before returning to Orange County. One student came up to Sensei, obviously looking forward to lunch and asked, "How do you use chopsticks?"



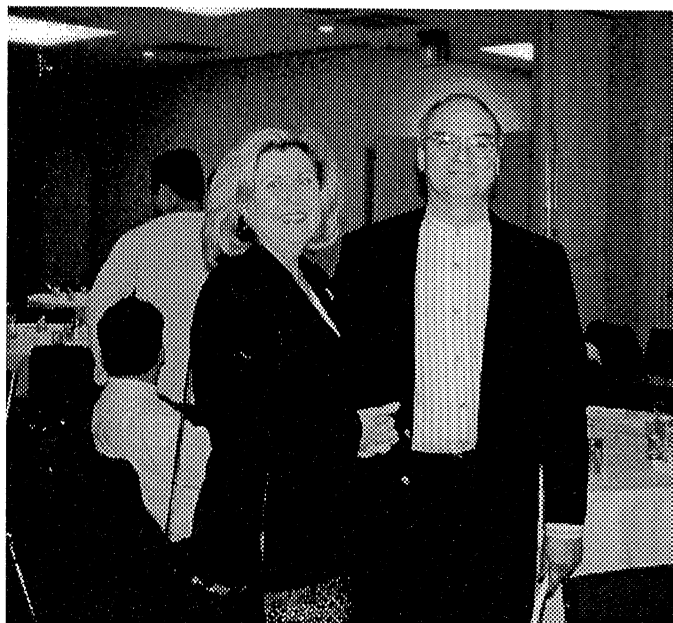
More From Our Christmas Party



Richard Kageyama and his lovely wife, Lois. Kageyama Sensei is the Chief Instructor of the Monterey Park Karate Club and also a student in the Dojo along with Ryan and Ann.



Dr. Cheryl Lew with Rev. Kathy Nolan who visited our Dojo during the Holiday Season and was our Special Guest at the party. Kathy studies Zen at the Zen Mountain Monastery in Mt. St. Tremper and Aikido at Woodstock Dojo with Harvey Konigsberg Sensei in New York. This was her 3rd visit.



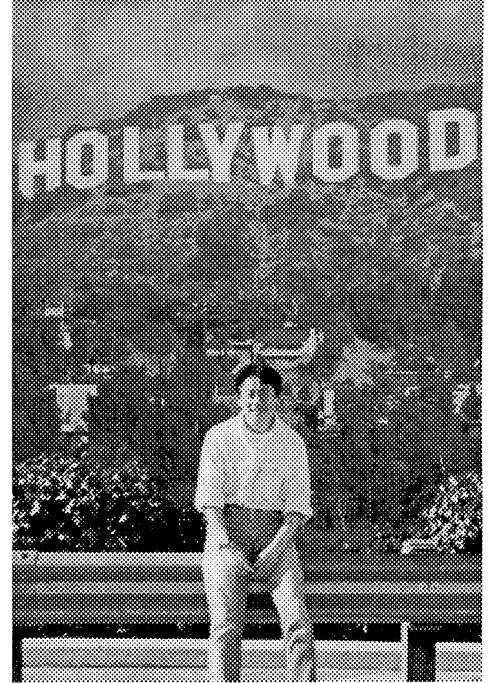
Gary Myers with his beautiful wife, Sami. Gary is one of Sensei's senior students and is a senior instructor of our Iaido Department. Gary has been studying with Sensei for about 11 years.



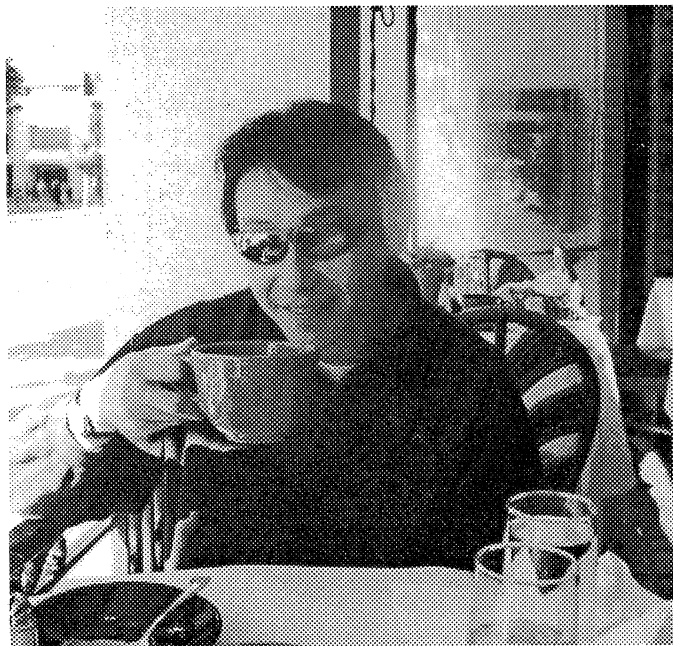
Andy Kissel, 2nd Dan, in the foreground with Mrs. Curtis Westfall in the center and Curtis in the background. Our deepest condolences go to Andy on the recent passing of his father. Andy works at JPL as an engineer and is an amateur carpenter. He helped to install the antique doors and frosted glass windows on the 2nd floor recently. Sensei is thinking of more projects for him for the Dojo!

Aikido Center of Los Angeles
NEWSLETTER

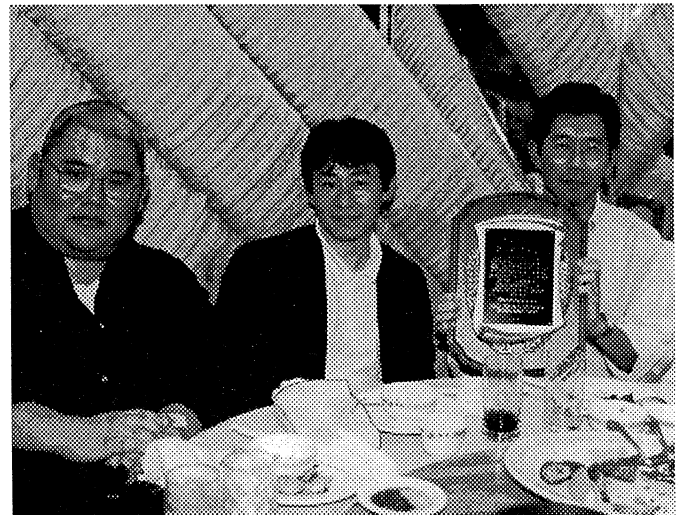
Mr. Tsuguta continued:



With Curtis Westfall and David Ito at the Hard Rock Cafe on his last night in LA.



It didn't take long for Mr. Tsuguta to get accustomed to Los Angeles and the Beverly Hills lifestyle. Breakfast with Sensei on Rodeo Dr.



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Correspondence:

"I enjoyed Kodo-Ancient Ways. It has helped me to understand my training better. . . ."

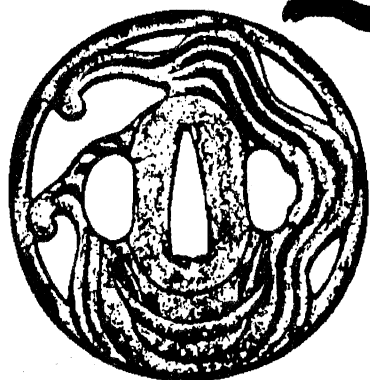
Eric Lichtenheld
Decatur, Illinois

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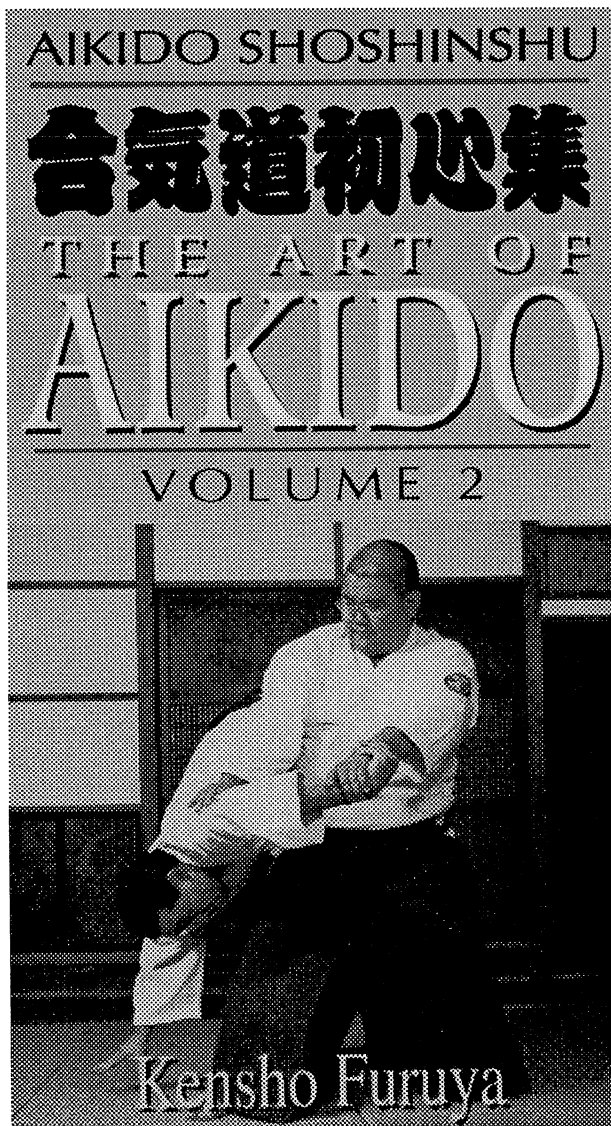
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"While obviously valuing technical precision, Furuya Sensei offers deeper lessons about the art on such topics as the quietness with which we should approach practice, the inspirational function of calligraphy, the importance of consistent training, and the incorporation of Aikido into one's lifestyle. There are sections on such frequently ignored topics as stretching, folding the hakama, promoting safety, overcoming fear in practice, breathing, and bowing. In my opinion the series presents a well balanced overview of Aikido. . . This is a thoughtful and professional series of impressive scope. A worthwhile investment." **Susan Perry, Editor-in-Chief Aikido Today #44, Vol. 9, No. 6.**

"First rate!" **Inside Kung Fu Magazine.**

"The best I have ever seen!" **Aikido student, New York, New York**

"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki-ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of Aikido. . . It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes." **Stan Pranin, Editor-in-Chief, Aiki Journal, April 1995.**

His lectures interspersed among the dynamic spherical motions of the art, help to clarify the spiritual and religious dimensions of this art. . . . (The videos) show glimpses of the spiritual core of martial arts for he himself combines both aspects. . . . **Dr. Taitetsu Unno, Smith College, Eastern Religions. The translator of "The Spirit of Aikido" & Aikido teacher.**

Aikido TRAINING SCHEDULE

BEGINNING & OPEN CLASSES

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

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

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

Saturday Mornings
10:15am-11:15am

Sunday Mornings
10:15am-11:15am

ADVANCED & INSTRUCTORS' CLASSES

Bring bokken, jo and tanto.

Wednesdays
8:00pm-9:00pm

Saturday Mornings
11:30am-12:30pm

CHILDREN'S CLASSES

Saturday Afternoons
12:45pm-1:45pm

Sunday Mornings
9:00am-10:00am

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings
7:30pm-8:30pm

Saturday Mornings
9:00am-10:00am

Sunday Mornings
8:00am-9:00am

Every third Saturday of the Month
6:30am-8:30am
Monthly Meeting follows.

SPECIAL MONTHLY SEMINARS

BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR

Every Last Saturday of the month
6:30am-8:30am
Instructor's Meeting follows.

IAIDO INTENSIVE SEMINAR

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

BUDO & SWORD STUDY CLASS

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