

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan

United States Aikido Federation, Eastern Region

Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

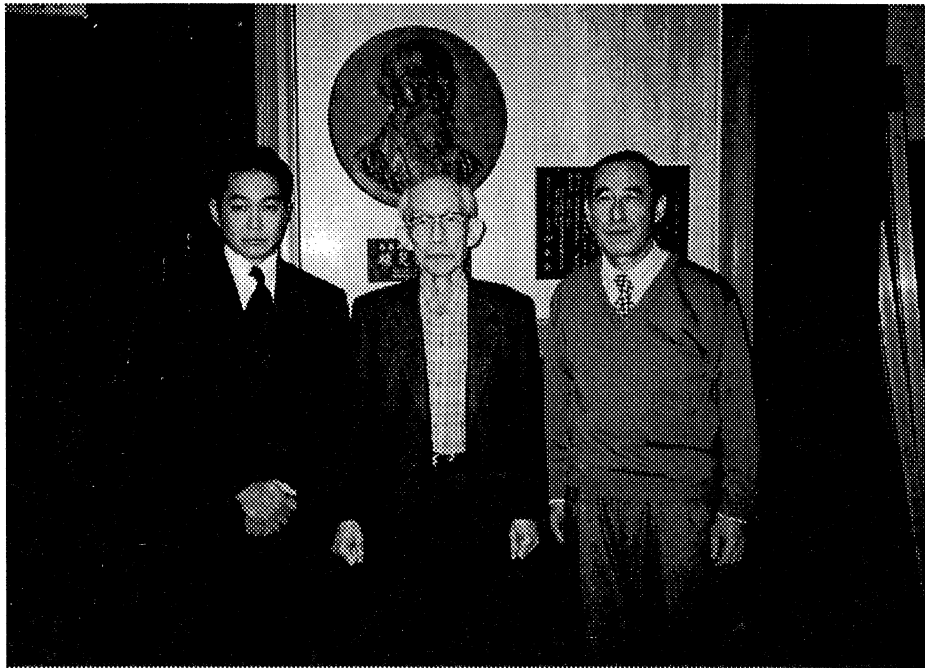
Office of the President: Nanka Yamanashi Kenjin Kai. So. Calif. Yamanashi Prefectural Association.

\$3.95
Donation

May 1, 1997

Volume XV. Number 5.

**A & E
Samurai
Special
To Air
May 22nd
Sensei's
Interview**



Meeting Aiki Doshu Ueshiba Kisshomaru Sensei & Isamu Ichizuka Sensei.
At the Aikikai Hombu Dojo on March 22nd.

**Kenny
Furuya
Visits
Hombu &
Omiya**



Kenny Furuya departed for Japan on March 20th and arrived in Osaka on March 21st, departing for Tokyo in the late evening. On March 22nd, in the early morning, he arrived in Tokyo and was met at the bus station in Shinjuku by Ichizuka Sensei, Mr. Tsuguta and several other members of the Omiya Dojo where they proceeded directly to Hombu Dojo for the 9:00am practice and a planned meeting with Doshu. The morning class was taught by Sasaki Sensei, 8th Dan, and Kenny was presented with a bag and his book, In Akasaka District of Tokyo.

**Children's
Day Asian
Pacific
Martial
Arts Fest.
May 3rd.
JACCC**

**O'Sensei
Memorial
Service
April 26th.**

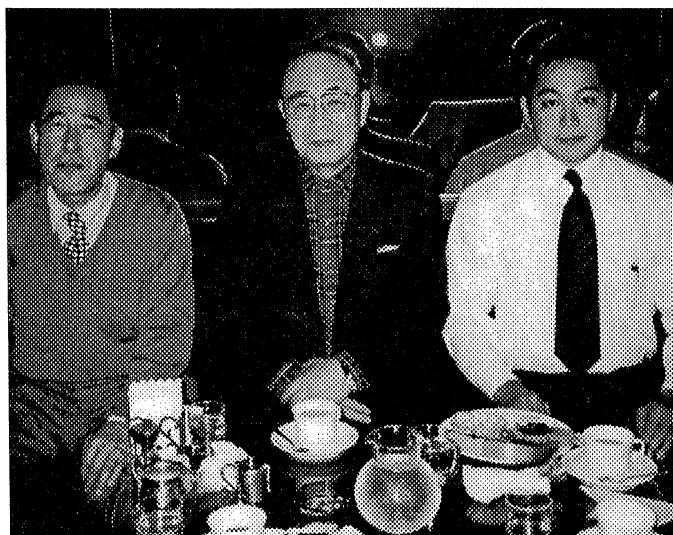
ru. After class, Kenny met Doshu and later met Hideo Yonemochi Sensei, 8th Dan, one of Sensei's oldest friends in Aikido at a nearby coffee shop. They toured Tokyo visiting the Yasukuni Shrine at Sensei's request, the Heian Shrine, the Budokan and the popular Akasaka District of Tokyo before heading north to Saitama Prefecture to join the Omiya Dojo in evening practice and many old friends. Although Kenny wanted to take the second practice at Hombu Dojo, it was decided that there was too much to see and do before leaving

Kenny's Japan Trip

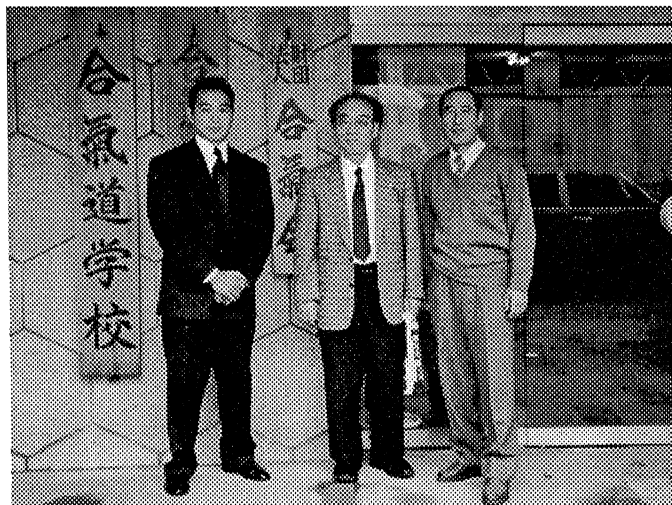
Tokyo for Omiya. It rained lightly but the air was particularly cool and clean. A beautiful day to met Doshu. Keeny practiced that evening at the Omiya Dojo. The next day, Sunday, March 23rd, planned to be exceptionally hectic with an early morning practice at the Kuki Dojo and an huge



Kenny at the entrance of Hombu.



With Ichizuka Sensei and Hideo Yonemochi Sensei, 8th Dan, for coffee after practice. Yonemochi Sensei visits us in June this year.



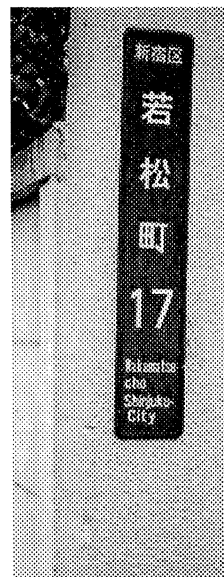
With Sasaki Sensei, 8th Dan, at the entrance of Hombu Dojo.



Meeting Mr. Haruo Tsuguta at the Minami-guchi bus station in Shinjuku.

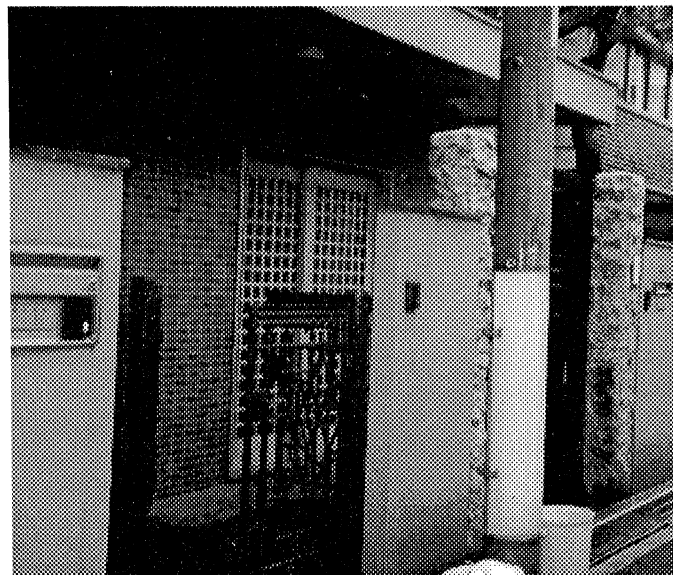


With Ikeda Teru Sensei, a very good friend of Sensei's and a long time member of Hombu Dojo.



Across: Familiar signpost marking the address of Hombu Dojo.

Below: Entrance to Doshu's residence next door to the Aikido World Headquarters in

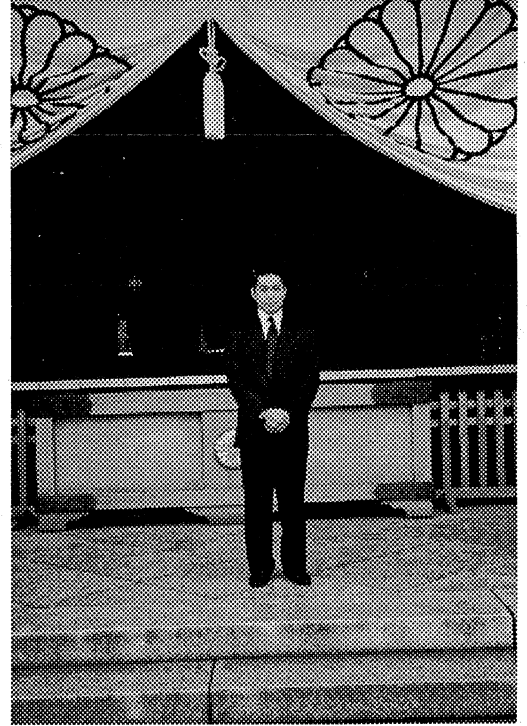


demonstration at the Omiya Dojo. After the demo, the entire membership fo the Omiya Dojo celebrated with a party before Kenny had to return to the bus station in Tokyo to head back to Osaka for work beginning early at 8:00am in the fac-
tory.

Aikido Center of Los Angeles
NEWSLETTER



Although with little time in Tokyo, Kenny fulfilled Sensei's request to visit the Yasukuni Shrine in Kanda where he prayed for the success & well-being of the Dojo. Sensei first visited here almost 30 years ago and was very deeply moved by the shrine's dignity, serenity and tremendous spiritual power. Kenny brought back a protecting talisman for the Dojo. Kenny is standing at the shrine's entrance with the sacred *torii* gate in the background.



At the temple in Akasaka with Sezaki Yutaka Sensei, Jeff, and Sakurai Tadashi Sensei.

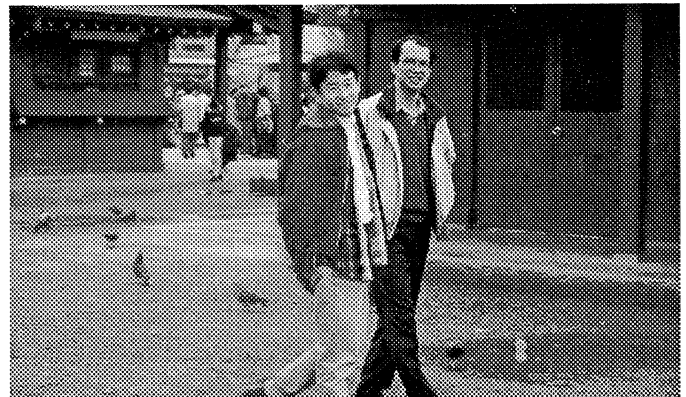


Lunch with Sezaki Sensei.

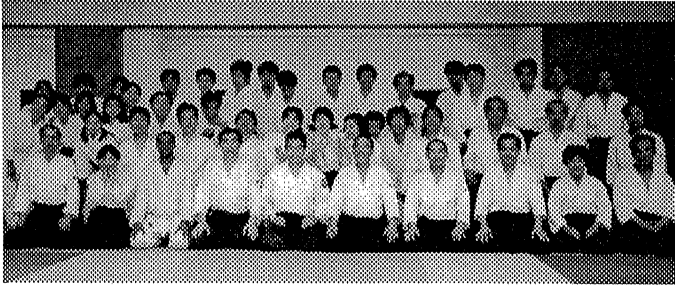


Kenny meets two nice country girls in Tokyo. "Funny," says Kenny, "They're not much on conversation!"

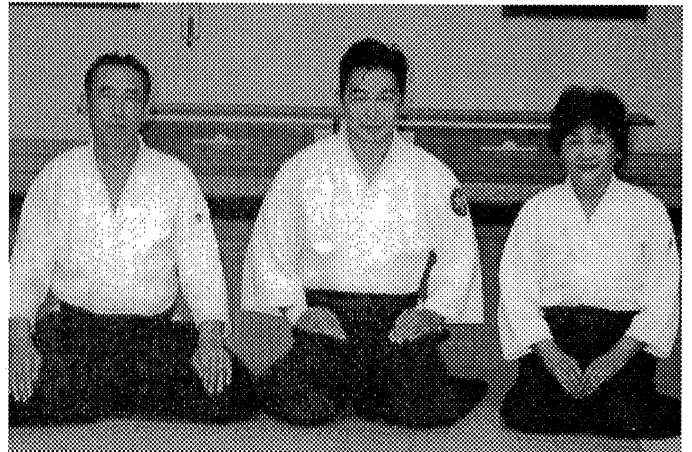
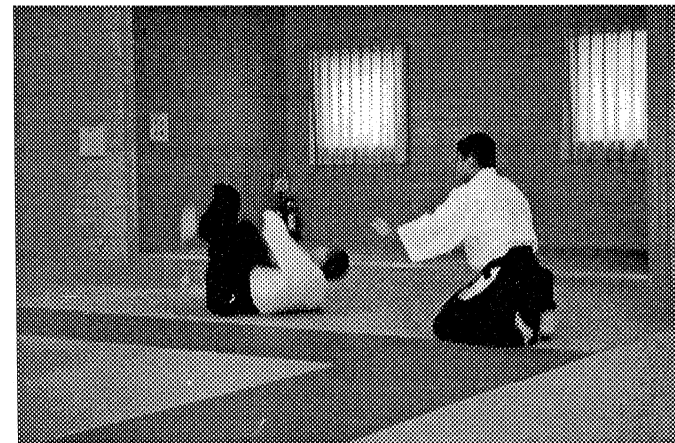
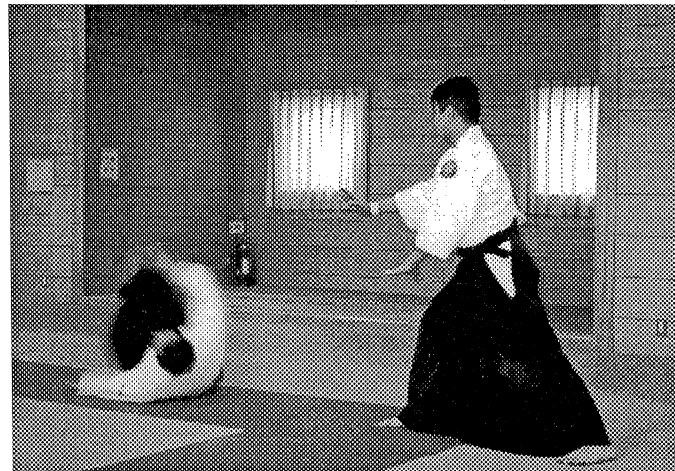
Across: Two of Kenny's tour guides. Tsuguta-san & Sakurai-san: "Please walk *this way!*"



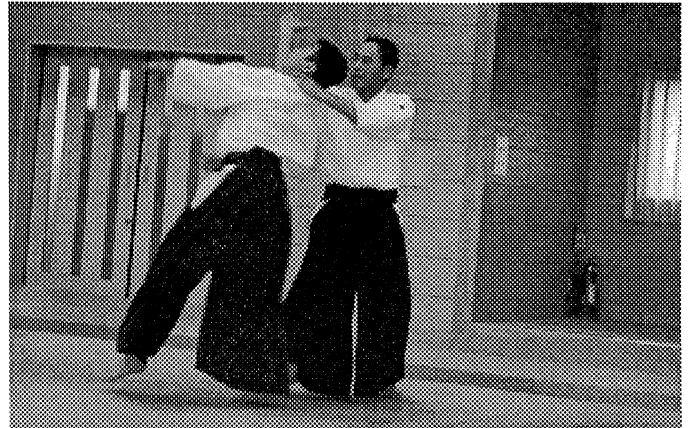
Kenny's Japan Trip



At the Omiya Dojo.



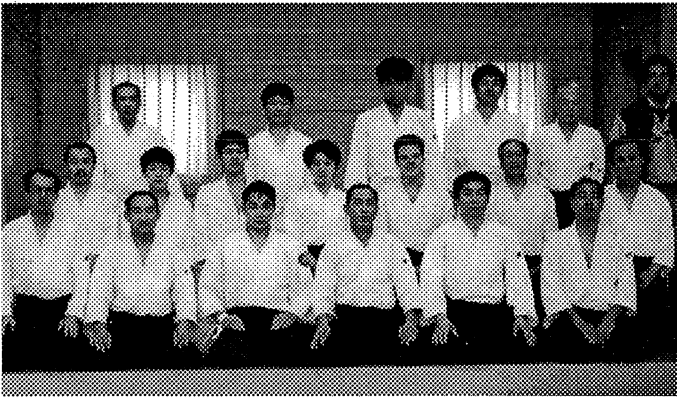
Kenny with Ichizuka Sensei & Mrs. Ichizuka.



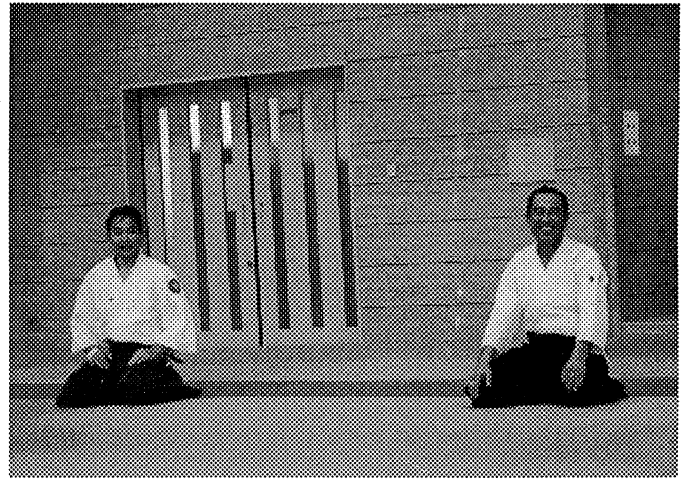
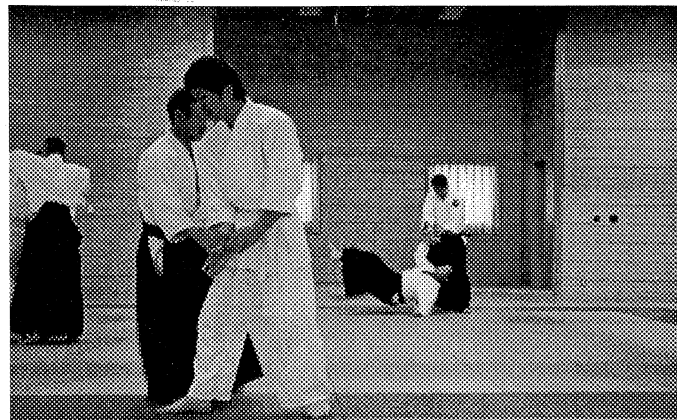
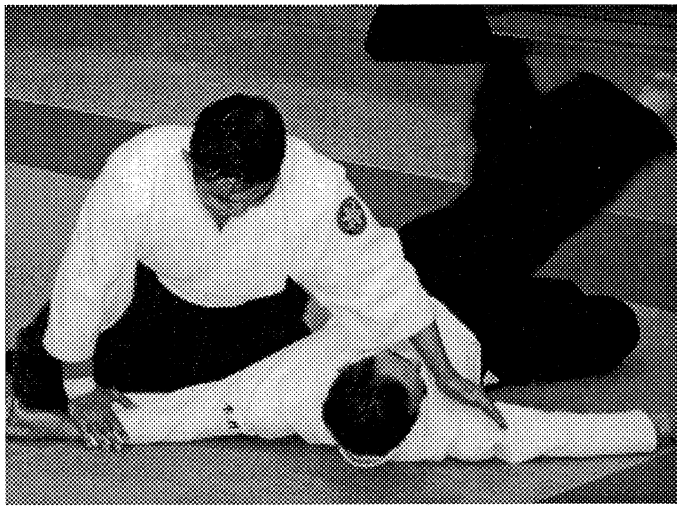
Practice with Ichizuka Sensei. Below: With Kawai Sensei.



Aikido Center of Los Angeles
NEWSLETTER



At the Kuki Dojo for practice on Sunday morning, March 23rd.



Participants in Omiya Dojo Demonstration on March 23rd.

Much Appreciation

Many thanks to all my students and friends and especially to those who so generously presented me with such a nice Birthday Present as I have never experienced before in our Dojo.

All my Heartfelt Appreciation to you and please continue to support the Dojo with your very kind generosity, energy and love. Many thanks, In Gassho,

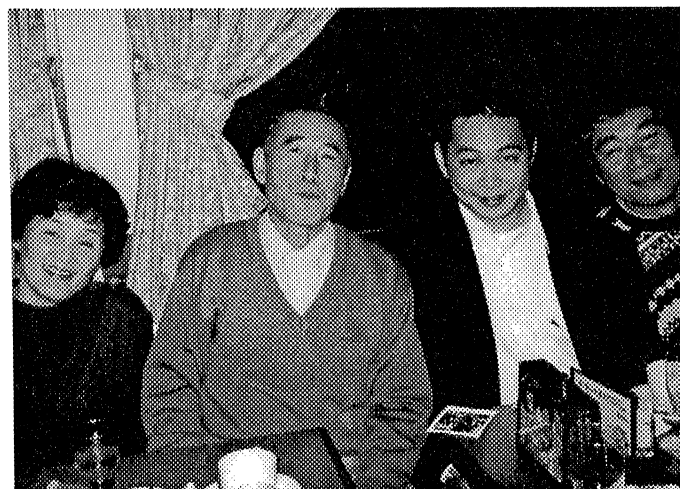
*Rev. Kensho Furuya
Furuya Dojo Bansetsu-an*

More about Kenny's trip to Japan, Part II, in the upcoming June Issue.

Aikido Center of Los Angeles
NEWSLETTER

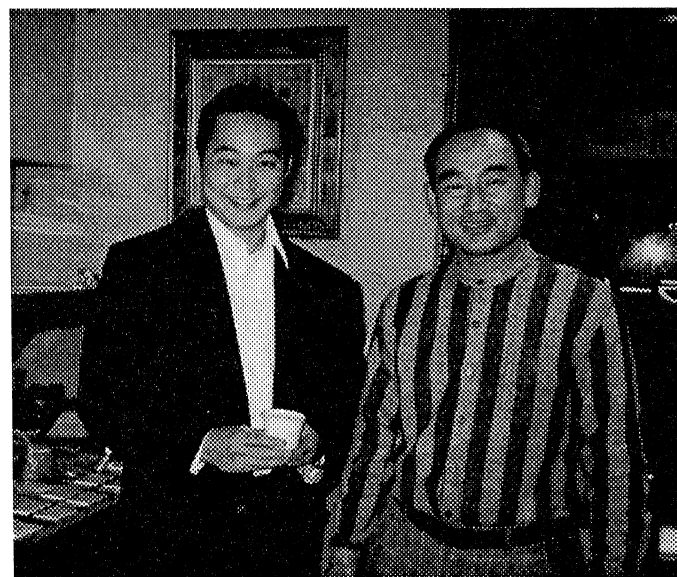
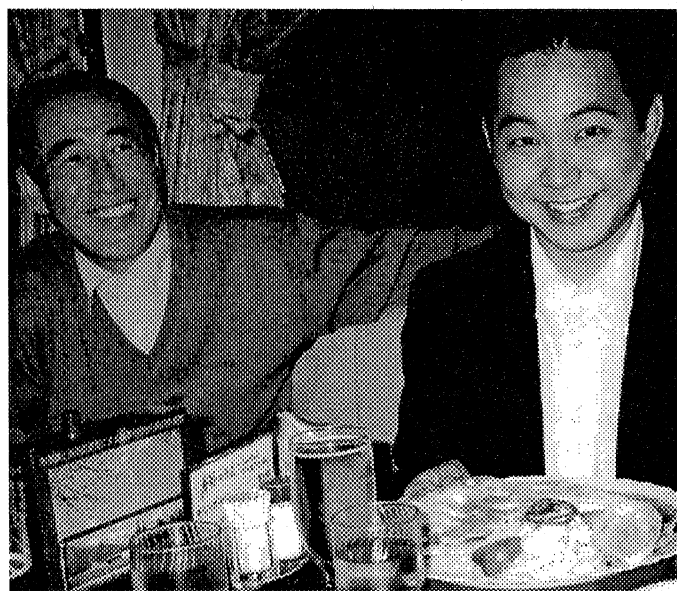


At the Kareiya Restaurant for dinner.

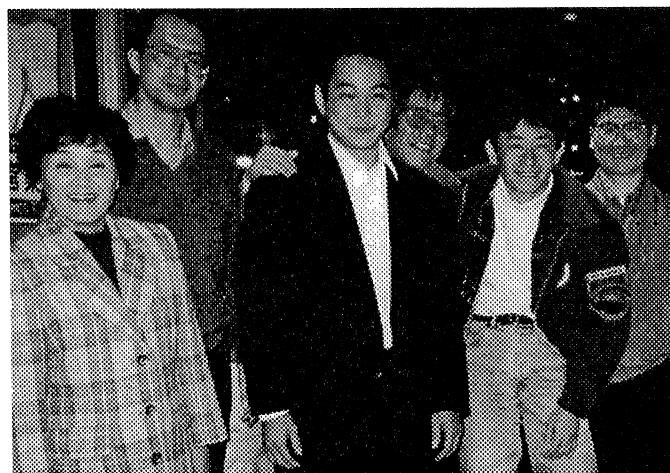


Kenny was treated to a magnificent dinner at Kareiya Restaurant which specializes in curry. The owner treated the entire crew and gave out his specialty - homemade ice-cream - for everyone to take home. Directly above: Kenny with Ichizuka Sensei, Mrs. Ichizuka and Fujita Junichi Sensei with just a little bit too much. the owner is a 4th dan in Aikido and a member of the Omiya Dojo.

Kenny says: "Thank you to Ichizuka Sensei and all the members and friends of the Omiya Dojo."



With the owner, Mr. Kimura Atsushi, 4th Dan.



Mrs. Ichizuka, Tadashi Sakurai, Takayoshi Azumi, Haruo Tsuguta and another member.

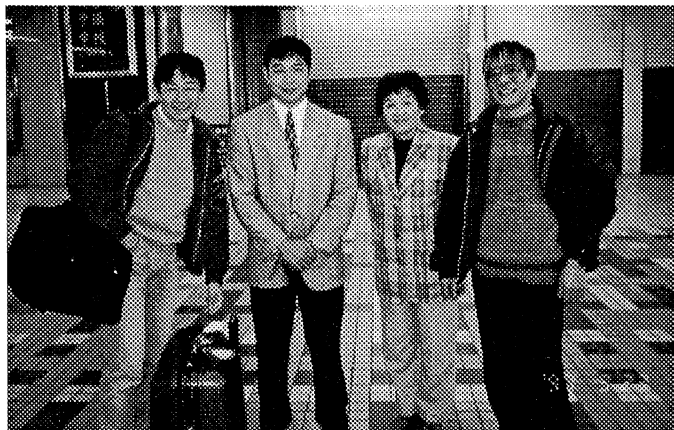
Aikido Center of Los Angeles
NEWSLETTER



Members of the Omiya Dojo during demonstration on March 23rd.



Upper left: Kenny with Mr. Haruo Tsuguta singing karaoke at Ichigen Restaurant. Post-demonstration & Farewell Party.



Lower left: At the train station to return to Osaka. With Mr. Tsuguta, Mrs. Toshie Ichizuka and Mr. Takayoshi Azumi.

Above: With Ichizuka Sensei. One last Kampai!

Special thanks goes to Mr. Tsuguta for taking such good care of Kenny during his stay in Omiya.

Annual Dojo Membership Drive:

During this month, bring a friend, relative, family member, or classmate to the the Dojo. This is the month when we try to build up our Membership. Everyone get involved and support your Dojo! Every member is important!

Iaido Department

There are openings in the Iaido Department for just a few members who wish to begin the study of Iaido. Please see Mr. Gary Myers or Sensei.

Budo Study Class

will be held on May 13th from 7:30pm. Please bring *Kodo: Ancient Ways*.

Cable TV Special:

A&E Ancient Mysteries:

The Samurai

Tentatively scheduled to air on May 22nd at 9:00pm on the A&E Cable. The program features an interview with Sensei on the history and traditions of the Samurai warrior. Don't miss it. Produced by Filmroos.

Important Dates:

May 3rd. Children's Day Festival-Asian Pacific Martial Arts Demonstration. 11am-4pm.

May 10th. Iaido Intensive 6:30am. Meeting follows.

May 13th. CAL STATE LA Pacific Heritage Week Aikido Demonstration. 12-2:00pm.

May 22nd. Special Program on the Samurai with Sensei's Interview. A&E Cable channel. From 9:00-10:00pm.

May 24th. Black Belt Intensive Seminar 6:30am. Breakfast/meeting follows.

May 26th. Memorial Day Observed. Dojo Closed.

July 12th. Lotus Day Festival Aikido Demonstration. Echo Park, Hollywood.

July 26-27th. Higashi Obon Fest. Martial Arts Demonstration. Higashi Honganji Temple in Little Tokyo.

August 9-10th. Annual Nisei Week Aikido Demonstration and Open House in the Dojo 1-5pm.

August 16-17th. Nisei Week Aikido & Traditional Martial Arts Demonstration. In the JACCC Plaza. 11am-4pm.

*Japanese American Cultural & Community Center
presents*

**Annual Children's Day Festival
ASIAN PACIFIC MARTIAL
ARTS FESTIVAL May 3, 1997
Programme**

- 11:00 Shito Ryu Karate.
Fumio Demura, 8th Dan.
- 11:30 White Lotus Kung Fu
Sifu Douglas Wong
- 12:00 Taiko Drummers
- 12:30 Aikido Center of Los Angeles
Rev. Kensho Furuya, 6th Dan
- 1:00 Taiji Chuan. *Sifu Harry Wong &
Masters Shi-Qing Wang, So Ji Fang*
- 1:30 Judo. *Frank Emi, 6th Dan.*
Hollywood Judo Dojo
- 2:00 Shorinryu Okinawa Karate.
Art Ishii, 5th Dan.
- 2:30 Shotokan Karate.
Richard Kageyama Sensei, 4th Dan
- 3:00 Naginata.
Helen Nakano Sensei, 5th Dan.
- 3:30 Kendo.
Masashi Shikai Sensei, 7th Dan.

Programme subject to change.

Everyone is invited. Admission is free.

At the JACCC, 244 So. San Pedro St., Los Angeles, CA

Special Practice June 16th

We will welcome
eight instructors from
Hombu Dojo Aikikai
for special training.

*Hideo Yonemochi Shihan
Aikikai 8th dan*

*N. Ichihashi Shihan
Aikikai 8th dan*

Six Hombu Instructors

Please mark your calendars and
be sure to attend. Everyone is
welcome and encouraged to
support this event. A reception
will follow but seating is very
limited. Final details and times
will follow.

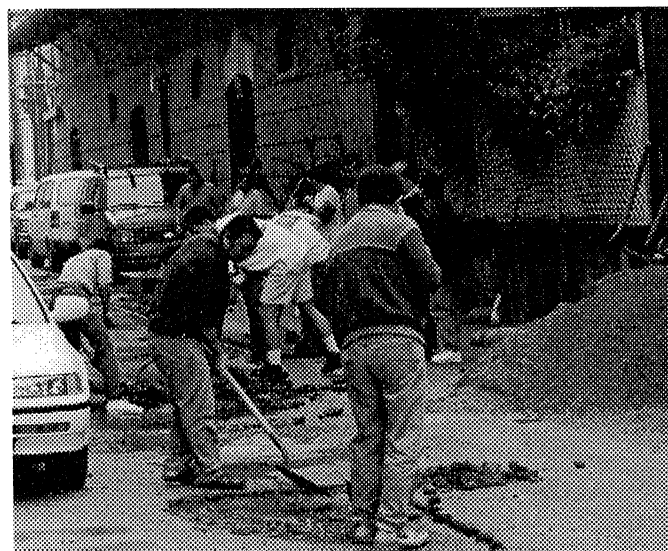
Our Dojo "Pothole Fixing - Potluck Party." on April 19th.

Students got together on a very toasty Sunday and repaired all the potholes in the alley. We started at about 8:00am in the morning and with everyone's hard work and high energy, finished around 4:00pm in the afternoon. Several students stayed on until about 8:00pm in the evening to finished up all the final clean-up. Everyone showed their true Dojo Spirit by working hard together with great harmony and cooperation. Special thanks goes to Mr. Hamasaka who supervised the entire operation. And to Mr. Norman Lew who brought his bar-beque and provided all the workings for great hot-dogs and hamburgers for all the workers. We also thank the parents of the children's class who also brought many special goodies including very delicious empanadas and Chinese chicken salad. Many, many thanks to (not in order):

Manuel San Luis	Mr. Hamasaka
Scott Howard	Mr. & Mrs. Okamoto
Ismael Araujo, Jr.	Sensei
Larry Armstrong	Mr. Talay
Christopher Kubasik	Dr. Cheryl Lew
Richard Bruton	Mari Masamori
Ken Watanabe	Kristine San Luis
James Doi	Aaron Hamasaka
Joon Jung	Karen Hamasaka
Valerie Nerres	Nori Yamamoto
Richard Kageyama	Mitchell Okamoto
Kenny Furuya	Jocelyn Okamoto
Bill D'Angelo	Ryan Kageyama
David Ito	John Talay
Mr. Yamamoto	Norman San Luis



Hard working members of the Dojo. We know how to get things done!

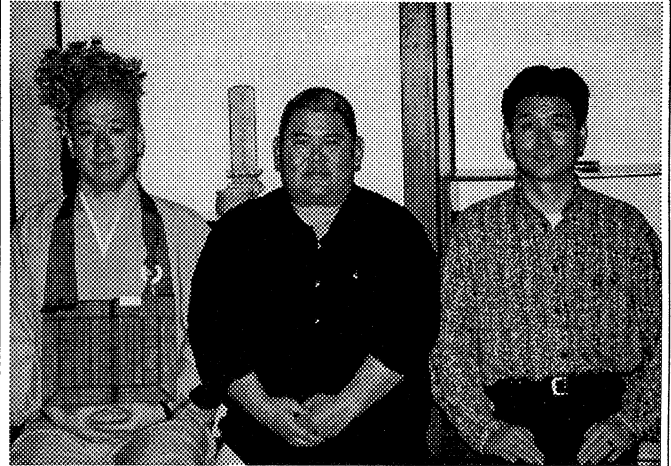


Pitching In Our Pot-Hole Fixing Pot-Luck Party



Cleaning out the pot-holes, mixing the cement, hauling the cement to the holes and finaling layering in the cement and smoothing it out was a lot of hard work. Dojo students and friends did a really first class job. Many, many thanks.

More Special People:



Two very honored guests visited the Dojo on April 17th. Rev. Saito Kenryu Sensei (left) from the Daihonzan Eiheiji Temple in Fukui, Japan and Rev. Shin'etsu Fukushima (right) from the Soto Zen International in Japan of which Sensei is an active member.



Larry Armstrong:

1st Kyu-Senior Student & Official Photographer for the Dojo. Going on two years of practice. One of the "Top Ten" with best attendance for daily practice.

Many thanks for all the wonderful photos every month for our Dojo Newsletter.

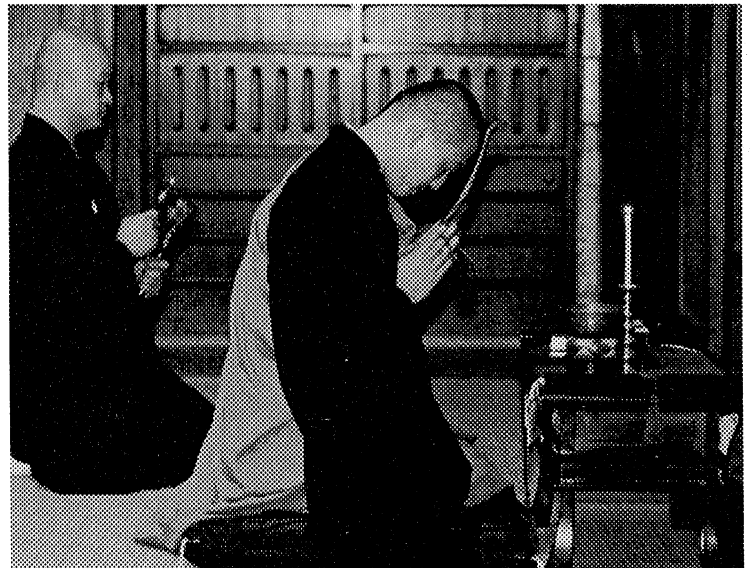


Not all hard work, Ismael Jr. and James take time out for the delicious bar-be-que lunch provided by Norman Lew. Many thanks to everyone who brought pot-luck goodies for all the workers.

The Founder of Aikido: O-Sensei's 29th Memorial Service. April 26th.



On a beautiful, slightly warm Saturday evening, members of the Dojo commemorated the 28th annual Memorial Service for O-Sensei in the Dojo. The service was conducted by Kojima Sensei of the Zenshuji Soto Mission and Matsunaga Sensei, a *kenshusei* or special training student from the main Soto -shu temple, Eiheiji, in Fukui, Japan. He will be going to Viet Nam on May 15 for one month and then returning to Japan for further training. After the ceremony, several students joined the priests for dinner at the St. Honore Restaurant in Alhambra.



Attending the Service:
Ken Watanabe
James Doi
Andy Kissel
David Ito
Scott Howard
Cheryl Lew
Larry Armstrong
Rey Espino
Steven Sahl
Bill D'Angelo
Joon Jung
Valerie Nerres
Mr. Nerres
Rob Yale
Ismael Araujo, Jr.

Sensei's 49th Birthday Message: A Good Dojo, A Few Good Students & A Few Good Friends.

As most students in the Dojo know or don't know, I celebrate my 49th birthday this month. It's not quite 50, but it's still getting up there. I don't feel young yet, I can't say that I am old, it's kind of an in-between age. I am too old to be young and I am too young to be old - a kind of geriatric adolescence, shall we say. It hasn't been easy as I look back over the years. There is not much I can say or do because most of my life has been spent in the Dojo - to calculate by years - 80% of my life.

In one sense, I can say I have fulfilled most of my youthful dreams about Aikido but, at the same time, I feel that none of my dreams have been fulfilled as yet. The more I see people moving away from the Path of Aikido, I feel that, more than ever before, we should hold on to and protect the Way more dearly. In Aikido, everyone still don't get along as they should. We haven't improved our practice as we should have either.

What are my dreams? I have found that more than before - there is nothing more important than a quiet peaceful life. I want to continue to work hard to maintain a good Dojo and produce good students. After that, one only needs a few good and loyal friends. I don't think we should go after wealth and fame. Perhaps, we want it when we are young - most of us are not so fortunate to realize it, many of us don't deserve it in the first place, and anyone left would do better without it. With a few good students and friends and with a few people training hard in the Dojo - I am content. If there is anything I want after this is good health and no bills. I suppose there is a way to realize good health - but it's hard. I am sure there is a way to avoid so many bills - but it's hard. Does life always have to be a struggle? Is it necessary to fight others to prove we are alive? I believe we can find the answer in our own Aikido training.

On the other hand, one of the stupidest people I have ever met often said: "I only think about myself." He is not realizing the "importance of one's self to oneself," he only understands self-indulgence and greed. How sad!

Everyone in the dojo is learning good Aikido - make it do yourself some good and make it do some good for others. The Aikido that serves only yourself is not Aikido. The Aikido you develop to serve others is the Aikido that will always hold you up and strengthen you, physically, spiritually and emotionally.

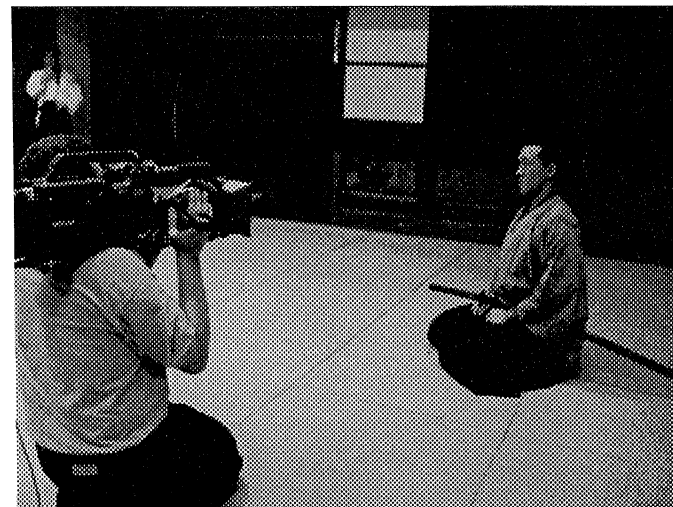
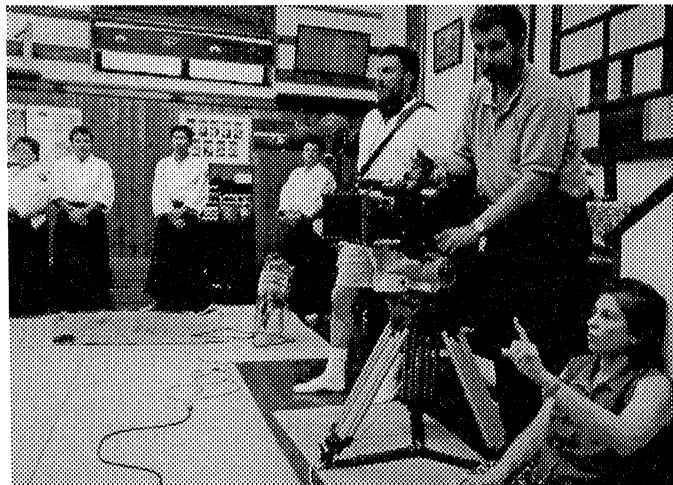
Aikido is like water. If you try to draw the water to yourself with your hands, it seems to slip through your fingers and run away from you. If you try to push the water away from yourself, it naturally flows towards you. In giving yourself to others, you naturally draw everything to yourself. As you try to grab everything around you, you will find that ultimately you wind up with nothing.

* * * * *

In the Dojo, everyone must do their part to work with and get along with the other students. This always involves a little "give and take." I always hear Aikidoists *talk* about harmony and peace but I almost never see anyone practice it in their lives. We should actually try to realize it in our lives however difficult it may be and however many times we fail at it. Although in our lives, we may never understand what harmony is as O'Sensei understood it, to practice it the best we can from one moment to the next is the very best realization of our Aikido training.

Our Dojo is a community effort which involves everyone's participation and effort. Even one's slightest effort is greatly appreciated. However, the assistant instructors and black belts should naturally try to do a little more and set a good example for the general membership. The biggest problem in training is thinking that we know too much or more than the others. True learning is the Great Equalizer. In Gassho.

A&E Shoots Two Hour Cable Special in the Dojo: Fighting Arts of the World.



The filming for A&E included an interview with Sensei, Iaido and Dojo members practicing Aikido. April 24, 1997.

Special Guests & Friends:



Left to right: Sifu Harry Wong, Mr. Naoji Karita Sensei from Tokyo, Sensei, Madam So Ji-fang, Sifu Wang Shr-qing at the International Kung Fu Federation. Madam So and Sifu Wang are both Taiji instructors from Mainland China. April 31st.



Ken Watanabe, Gary Myers, Richard Eloriagga, & Cheryl Lew at Ken & Gary's Birthday Party on April 12th. At the Pacific Dining Car for breakfast with the Iaido Section after the monthly Intensive Seminar.

Birthday Congratulations:

Congratulations to Ken Watanabe who celebrated his 29th birthday on April 12th.

Yoshino Moves. New Shop Opening May 15th.

Congratulations also goes to Gary Myers who also had his birthday on April 12th. Gary will also be moving his business, Yoshino Japanese Antiques to a larger quarters a few miles east at 1240 E. Colorado Blvd. His Grand Opening is scheduled for mid-May. Visit his new shop when it opens!

Aikido Center of Los Angeles
NEWSLETTER

Letters:

I received your book today, KODO Ancient Ways. I am very impressed with this book. There are a lot of things that I have experienced in my life that you seem able to help me to understand. I know that it is a lifelong commitment and it is not easy or quick. But I feel that I am ready for just such a commitment. You have shown more kindness and generosity to a total stranger than I have received from even my family. I wish there were more people in the world like you. . . . Again I just want to say thank you for your compassion. I will write to you when I have studied your book and have a little better understanding. Thank you.

Daniel Lee Krajca, Inmate # 23474
Utah State Prison, Draper, Utah.

I hope that you are doing well. First of all I would like to thank you for the fruits and gifts which you sent recently. I met your student, Kenny Furuya, the other day and I am so happy that he was able to visit Hombu Dojo. Many thanks and best wishes always,

Ueshiba Kisshomaru Doshu.
Aikido World Headquarters. Tokyo, Japan
March 30, 1997

Furuya Sensei:

Thank you for your letter of the other day. Last Saturday, I met Kenny at Hombu Dojo. Afterwards, we went sightseeing and in the evening we practiced again at the Omiya Dojo. On Sunday morning, we practiced at the Kuki Dojo. Everyone was very impressed with his earnestness for practice. Actually, when at Hombu Dojo, Kenny wanted to join the second practice, but we stopped him because there would not be enough time for any sightseeing in Tokyo.

On Sunday evening at the Omiya Demonstration, he took ukemi for Ichizuka Sensei and a number of other teachers. I am sure Kenny will tell you about this. From the first time, everyone who met him has praised him as a good Aikidoist. I must tell you that the within the two days we spent with him, we all

really enjoyed ourselves as well. From the time Kenny arrived in Tokyo from Osaka to the time he returned to Shinjuku, Mr. Tsuguta was with him all the time. Kenny arrived back to Osaka safely.

I was so happy to see Kenny and glad that he had a chance to visit the Kuki Dojo as well. Furuya Sensei must also come to Japan and we hope that Ken Watanabe will also visit us too.

Tadashi Sakurai,
March 24, 1997.

Editor's Note: We have received numerous letters from the members of the Omiya Dojo saying how much they enjoyed Kenny's visit. (Earlier letter published in this issue in the Omiya Dojo Section.)

Dear Sensei:

I have read your articles in Martial Arts Training and they have made me stop and reflect inwardly many times. It is these articles that led me to your book "Kodo Ancient Ways ." I have just finished reading it, and I would be honored if you would sign my copy. I have just recently started teaching Kempo at a nearby dojo, after several years of training. Although I enjoy the physical side of this, it seems to lack a certain mental attitude. Your book helped me start to fill some of those gaps. Thank you for your time. Sincerely,

Thomas Martucci,
Newington, CT
March 31, 1997

Honorable Mentions:

To Mr. Hamasaka for all of his help & energy in repairing the potholes in the alley in front of the Dojo.

To Kiyoshi Yamasaki Sensei on the 20th Anniversary of his Karate Ryobu Kai Dojo.

To Gary Myers on the Grand Opening of his new store scheduled for May 15th.

Put The Brain On Hold, Get In The Zone

The Strangest Species
by Kathleen Kelleher

Reprinted from the Los Angeles Times
March 24, 1997

Golf *wunderkind*, Tiger Woods, disturbed by the whir of cameras, flubs a putt in the recent Nissan Open. A musician loses the beat, spoiling a performance. A man slicing salmon in a delicatessen slips, nicking his hand.

That's because you've snapped out of the "flow" - that just-do-it mental state athletes sometimes call "the zone."

Most people have experience the semiconscious "autopilot" state we slip into when doing routine tasks such as folding laundry, driving a familiar route or walking to the next class.

But athletes, artists, surgeons and others actively train themselves to make this shift from concentration to instinct, and for good reason: It lets all that practice pay off without interference from the parts of the brain that deal in stress, second-guessing and doubt.

The best athletes train their minds as arduously as their muscles. In the zone, action flows seamlessly. Thinking is minimized, distractions are obliterated, the body is freed to do what it knows it can do. Zoned athletes talk about losing their sense of time, self and surroundings.

"When you are in the flow you don't know how you feel because you are so busy doing it," says flow guru Mihaly Csikszentmihalyi, a University of Chicago psychology professor who first investigated "flow theory" 34 years ago and wrote "Flow: the Psychology of Optimal Experience" (Harper Collins, 1990). "But afterward you say 'Wow, I never felt so alive before and this is how life could be.'"

Such intense concentration is a common experience to surfers, skiers and performers, among others. Psychologists say the experience is pleasurable because it produces a feeling of exquisite control, satisfaction and transcendent achievement.

"It is almost paradoxical . . . when you are an expert at something, the harder you try at it . . . the more you think about it, the worse you do," says Shane Murphy, author of "The Achievement Zone" (Berkeley, 1996), a book that applies zone theory to work life. "Other things are in reverse. If you force yourself to try harder at a crossword puzzle, you produce better results. The expert almost has to give up control and let it happen automatically in the muscles and in body's memory."

A certain level of skill is necessary to get into the flow, Csikszentmihalyi says. If the challenge is much greater than one's expertise, discouragement sets in.

"We think we are teaching our muscles to do something but clearly what is happening is we are also teaching our brain to do it," says Murphy . . . "Think of the brain as a tangled jungle of neurons . . . paths are laid out through the jungle and become stronger and stronger as we practice."

Such rehearsals allow a person to turn off the cognitive processes once they are ready to hit the ball, perform in a play or give a presentation, Murphy says. The body's action then flows automatically, effortlessly.

Some types of work provide those conditions, Csikszentmihalyi says. He has conducted several studies that show that people whose jobs produce flow states are generally happier than others. And getting into the flow early in life can lead to more fruitful, fulfilling lives.

Preliminary results of a five-year study he conducted on 1,000 teenagers suggest that those who "have flow are much more creative, watch TV less, spend less time schmoozing, have better grades and are more directed." The study subjects hit flow states, he says, when engaged in activities such as drama, sports, music, and schoolwork.

Research conducted by Dan Landers, psychology professor at Arizona State University at Tempe, points to changes in the brain activity of "zoned" athletes compared to novices. Landers measured the brain activity of archers, marksmen, and basketball free-throw shooters five seconds before they performed.

"(The flow) appears to turn down the volume in the left-hemisphere, which in right-handed people is associated with thinking and analyzing problems . . . the right hemisphere takes over, which is involved with simultaneous processing of information and monitoring a lot of things in the body."

Landers thinks this may explain why people describe the experience of the flow state by how it feels such as the surgeon who describes coming out of the operating room as feeling like coming out of a trance and the archers who say it feels as if their minds go blank . . . and that they just let it happen.

The problem for many people, Csikszentmihalyi says, is that they don't know how to build flow consciousness into their lives. And the remedy isn't more leisure time either, he says.

"Free time is not structured for flow," he insists. "Rules are not binding, there is no feedback and people tend to feel bored and restless . . . the mind starts to wander, hits on something worrisome and you get depressed."

One remedy is to structure free time so you have more opportunity to get into the flow. If making it to the Sierras for rock climbing or carving out time for sculpting is elusive, opportunities to get in the flow lie right under your nose.

"You need external stimulus to concentrate," Csikszentmihalyi says. "For instance when you are cooking, you know you have to cut the onions and cook the sauce until it becomes a roux. The concentration is provided by what it takes to cook a good meal."

Find a Zone of Your Own:

Here are some tips on how to get into the flow:

* Choose your activity. It must have binding rules, direct feedback, clear goals and your skills must be matched to the challenge.

* Be here now. Focus only on what you are doing moment to moment, tuning out all external distractions. Forget about the outcome.

* Think creatively. See yourself succeeding in a concrete way. But you have to *know* how to swing a golf club before you can imagine a good swing.

* Watch what you say to yourself. Turn off negative chatter in your head.

* Stay cool. Take charge of your emotions, such as disappointment, frustration and elation. Use the power of those feelings to focus on the activity.

* Pump yourself up. Muster the energy to engage in the activity even when you don't feel like it.

* Be consistent. Experts usually have a routine or ritual that they perform before getting into an activity, whether it is flexing a golf club a certain way or downing a latte before work. Ritual enables a person to affect flow state more easily and acts as a body-mind cue.

Correspondence:

Our Kristine San Luis with her excellent grade point average has been accepted into some of the best universities around the country. An interesting footnote on an acceptance letter from the prestigious Scripps College. Many congratulations to our Kristine!

Congratulations! I am delighted to offer you admission to Scripps College Class of 2001. Your outstanding record of achievement demonstrates that you are ready to access the best of what Scripps offers while contributing your dynamic talents to the community.

Really enjoyed your coming to understand the Sensei and Aikido, Kristine. Hope you choose to share your many talents with us next fall!

Thanks to Children's Class Helpers & Assistants.

Much appreciation to the people who helped with our Children's Class during Kenny Furuya's absence while he was in Japan. Recognition goes to David Ito, Ismael Araujo Jr., Cheryl Lew, Kristine San Luis and Rey Espino. Also, many thanks to Ken Watanabe who always is willing to help out in the Dojo. Despite their very busy schedules, we really appreciate their sacrifice and thoughtfulness for the Dojo.

New Rates Schedule & Membership Drive

Please check out our New Rates Schedule. With the Special Rates, the Dojo will be offering a bonus of "The Art of Aikido" video series. Please tell your family, friends, and co-workers. Also, during April, those students to introduce a new member who signs up for practice on the Special Rates plan will also receive one free volume. Sign up nine friends and you have a complete set of the series which is a value of almost \$360.00.

We are having a Membership Drive now, everyone introduce your good friends to the Dojo.

Iaido Seminar April 26th at Marriott Hotel; Kiyoshi Yamasaki Sensei's 20th Anniversary Celebration.



Sensei presented an Iaido Seminar for members of the Iai-Tate Do-Federation for Kiyoshi Yamazaki Sensei's 20th Anniversary Tournament Celebration, at the Marriott Hotel in Norwalk. There were several students from West Virginia and Chicago attending. The seminar was very much well received with talk of future events.



Top: Members of the Iaido Seminar at the Marriott Hotel in Norwalk.

Middle: Everyone was very eager to learn. About 15 students participated.



Bottom: With Kiyoshi Yamazaki Sensei who is celebrating the 20th Anniversary of his Dojo, Karate Ryobu Kai. Yamazaki Sensei is an old friend of Sensei.

Aikido Center of Los Angeles - Torrance?!? Please Desist & Refrain:

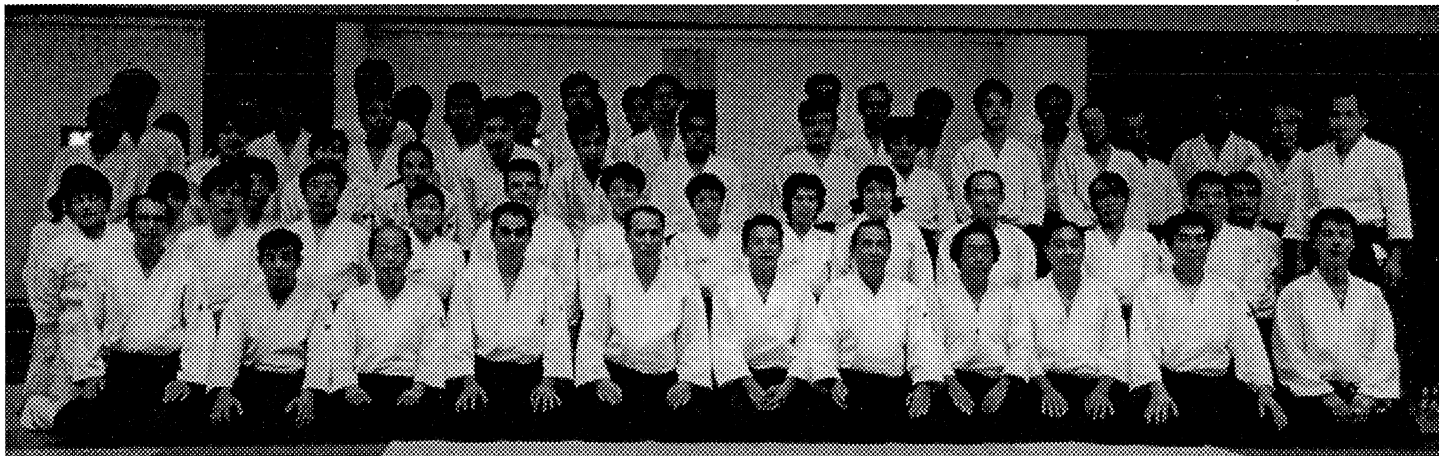
Recently, an Aikido dojo opened up in the Torrance area using the name: "The Aikido Center of Los Angeles, Torrance." Although it is said that imitation is a form of flattery, this is obviously a rip-off of our very good name and reputation. Of course, they are not affiliated with us nor have the right to use our name which we have used with honor for the last 13 years and is recognized internationally. This practice is condemned in the strongest terms and, in this particular case, is very sadly indicative of a lack of shame, ignorance of the most fundamental rules or propriety and decorum, and a deprived sense of self-esteem and confidence. I fear that unsuspecting students may seek him out believing that he is associated with us.

This is not the first time this has happened; we have had similar instances in Florida and in Australia. My name and photo has been used without my permission in more than a few publications. Several years ago, we had a school calling up our students personally inviting them to bar-be-ques and pool parties and even soliciting them in our parking lot behind our building after practice. Of course, in the unwritten laws of martial arts propriety, these individuals will never be recognized as martial artists and never as instructors of martial arts. It is very sad that this is becoming more and more common in this day and age. Although these are very strong words, I feel that they are necessary in these very sad circumstances.



Naoji Karita Sensei, master sword polisher, visited the Dojo for a few days between April 13-14th. He usually visits Sensei several times a year whenever he comes to the States for polishing swords. With Ken Watanabe and Sensei at the Twin Palms in Pasadena for lunch. Karita Sensei is also an instructor of Tai Ji and visited Madam So Ji-fang during her stay in San Gabriel.

From the Omiya Dojo:



Special practice with Yasuno Sensei from Hombu Dojo.



Special practice with Sasaki Sensei, 8th Dan, from Hombu Dojo. Photos from Tadashi Sakurai, Omiya Dojo.

Dear David Ito:

Thank you for the video tape of the Rose Parade and the t-shirt. In Japan we can't do such wonderful parades as this.

At the end of last year, Mrs. Toshie Ichizuka (Ichizuka Sensei's wife) made 4th Dan. This month Ms. Keiko Nakayama will receive 2nd Dan. Mr. Takayoshi Azumi will take his 3rd Dan test in May. Ichizuka Sensei also asked me to take my 3rd Dan test. Nowadays, I am trying to practice to not to muscle my technique. This is not easy and I think it will take some time. If I can accomplish this, I would like to take the test sometime next year.

Last month, Mr. Tsuguta visited Los Angeles. Thank you for taking him around. I gave him the photos you took of him.

This month, Kenny will visit our dojo and we are all awaiting him. He is scheduled to practice at Hombu Dojo, our Omiya Dojo and also participate in our demonstration.

We hope you will come to Japan again. I am waiting for your next letter. Tadashi Sakurai. March 9, 1997.

Many Thanks to all the Members of the Omiya Dojo

Many thanks to Ichizuka Sensei, all his family and all the members of the Omiya Dojo for taking care of our Kenny Furuya and showing him such a good time while we visited you on March 22nd and 23rd. Many, many thanks and please come visit us again soon.

Reverend Kensho Furuya
The Aikido Center of Los Angeles

From the Shoheijuku Dojo Fukuoka, Japan:

11th Shoheijuku Enbukai on March 20, 1997

Suganuma Sensei held his 11th Aikido demonstration on March 20th. Over 450 of his instructors participated in the annual event which was also graced by the attendance of the Most Reverend Umeta Shinryu Roshi, the recently retired head of Sojiji Temple, one of the main temples of the Soto Sect of Zen Buddhism. Many congratulations!

Gift From Junzo Kuskubo

The Dojo received a beautiful Hakata doll of the famous warrior called Kuroda Bushi from Mr. Junzo Kuskubo of the Shoheijuku Dojo in Fukuoka, Japan. He sent a nice letter expressing his thanks for the hospitality we showed to him during his recent visit to Los Angeles.



Sumio Hirakawa Passing Deepest Sympathies

Funeral Services were held for Sumio Hirakawa Sensei on March 23, 1997 in Fukuoka, Japan. He passed away after a long battle with problems of the liver and pancreas. The Dojo sent flowers from contributions from the membership. We sent 20,000 yen for a floral tribute on his behalf.

Congratulations

Our Very Best Wishes To
Naomi Ichizuka &
Kengo Iwami

Celebrating Their Wedding
on April 5, 1997

Naomi is the daughter of Isamu Ichizuka Sensei of the Omiya Dojo. Kengo visited our Dojo in February.

Master Adam Hsu to Taipei

Master Adam Hsu returned to Taipei on March 21st after an extended stay at his home in Cupertino in Northern California. He spent much time instructing his students and working on his new book. Sensei visited Master Hsu on Feb. 21-23rd. Master Hsu plans his next visit sometime in either June or July. We wish him much success and good health.

Before his return, he presented Sensei with a beautiful oil painting which once belonged to his father. A painting which hung in his house since Master Hsu was a child and a wonderful carving of the god of long life he found in the "night market" in Taipei. Many Thanks.

Many, Many Thanks

Many thanks to Larry Armstrong for the expert photos we use in our Newsletter each month.

Sensei: I am forever grateful for your teaching. I am moving to the Bay area to be with my family. If I may ever be of service please let me know. (3-30-97)

Sincerely, Stefan Cohen, Your Student. (Gift to Sensei)
(Stefan: Thanks for the beautiful gift & much Good Luck!)

Rev. Kensho Furuya Sensei: I wish you and all the members of the ACLA a wonderful and healthy Easter Holiday. I hope all is well with you and your Dojo. I think of you all the time and miss studying with you very much. With gratitude and best wishes always,
Your Student, Raffi Badalian. (\$100.00 donation to Dojo))

M.A. TRAINING MAGAZINE

Letters to the Editor:

Reprinted from MA Training, May 1997
"Inspires, Motivates"

I always enjoy reading Kensho Furuya's column, *Ancient Ways*. The May 1994 column (A Half-Inch Worm, A Half-Inch Spirit") was particularly inspiring.

Bum Bautista
Manila, Philippines

Volunteers Needed!

Our Dojo needs Assistants & Assistant Instructors for our ever-growing Children's Class. Please help out! All students, black belts and assistant instructors are welcome to join our Children's Class to help out our kids.

Saturday: 12:45-1:45pm

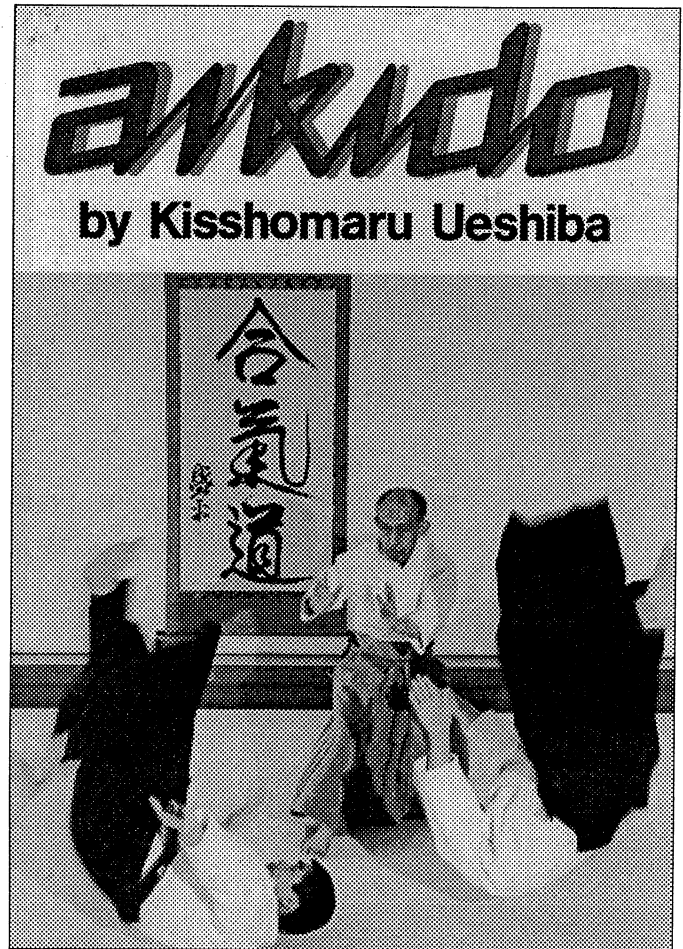
Sunday: 9:00-10:00am

Help Needed:

Dojo is looking for a volunteer accountant to help out with the Dojo books. Thanks.

Official Dojo Embroidered Jackets

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



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

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

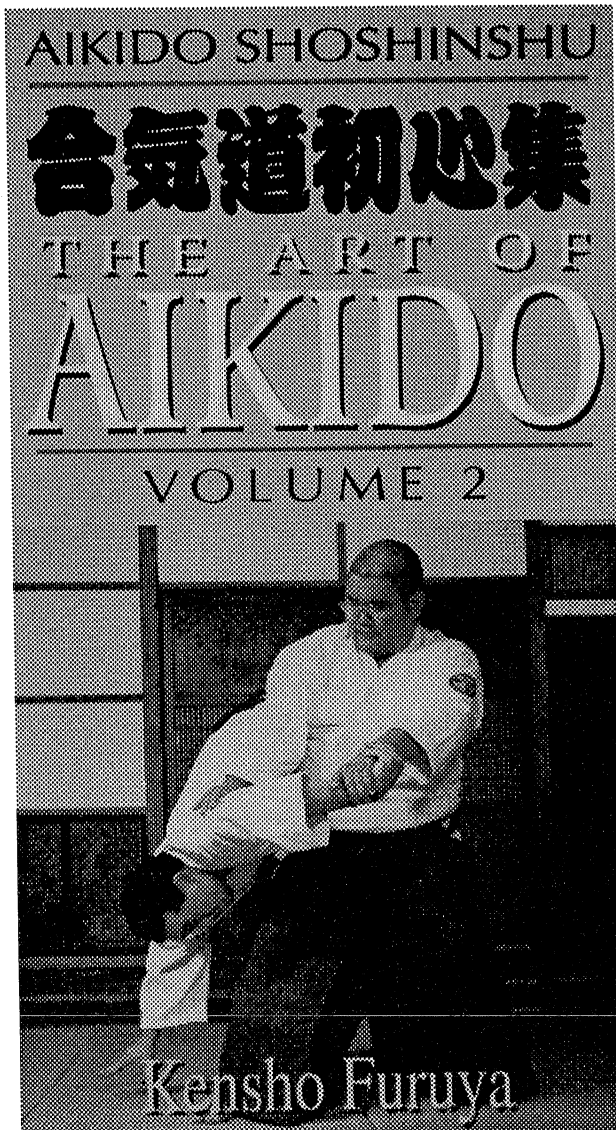
© Copyrighted & All Rights Reserved

The Aikido Center of Los Angeles Newsletter is published monthly by Rev. Kensho Furuya & the Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

Donation of \$2.95 per issue for non-members. \$2.00 donation for active members of the Dojo.

Annual Subscription Fee: \$35.00 donation to become a Supporting Member. Overseas members: \$50.00 annually.

No portion of this Newsletter may be copied, used or published without written permission from the Publisher.



AIKIDO SHOSHINSHU The Art of Aikido Video Series

Comprehensive Instructional Aikido Videos 9 Volumes Complete

By Rev. Kensho Furuya, Aikido 6 Dan

"Top Rated" - Karate Illustrated
"Impressive Scope" - Aikido Today
"Exhaustive" - Aikido Journal
"The Best" - Student, Singapore

\$39.95 each + \$5.00 S&H
Complete Set Special: \$300.00

Free shipping in U.S. for Complete Set Special.
International Mail requires additional S&H \$25.00.

Please allow two weeks for delivery.

For further information: please call: (213) 687-3673

"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.**

KODO

Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist

古
道



by Kensho Furuya

KODO

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

Rev. Kensho Furuya

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

Send Remittance of
\$16.95 + \$3.00 S&H
payable to ACLA

Please indicate if you would like a copy
signed by the author.

ACLA Dojo Newsletter Subscriptions.

The Dojo Newsletter is published monthly by the Aikido Center of Los Angeles. Subscriptions are available for a \$35.00 donation for 12 issues (one year). Each issue is generally 16 pages and your donation covers our costs of printing and postage.

Please support the Aikido Center of Los Angeles and send your remittance in for a yearly subscription and, at the same time, become one of our special Supporting Members. We really appreciate your support and thank you for your encouragement of our training.

Please send remittance to: The Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

Complete Japanese Sword Appraisal & Restoration.

Expert opinion & appraisal on Japanese swords.
\$50.00 per sword.

Complete services for restoration of Japanese art swords and Iaito training swords including polish, handle wrapping, scabbard lacquer work, etc. All work done by masters in Japan. Prices for services do not include shipping and insurance fess.

Mogito - Iaido Training Swords Available for Order.

Iaito (Mogito) training swords can be ordered from Japan. These are all custom-ordered and custom-made. Prices will include shipping and handling.

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