

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

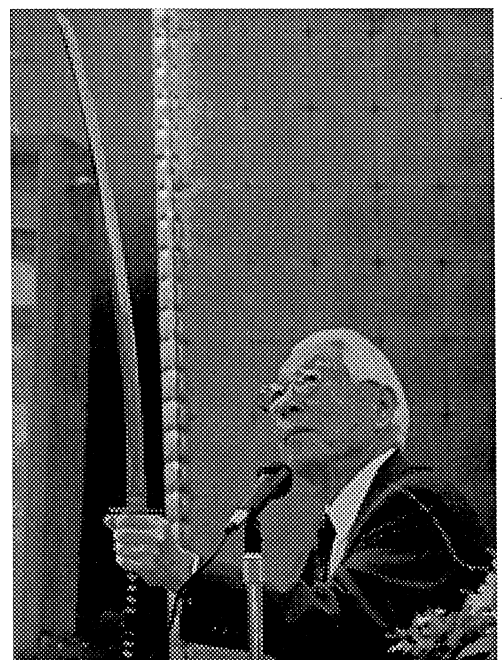
May 1, 2000

Volume XVIII. Number 5.

Special May Issue: *Kajyo Suzuki Sensei Sword Lecture*



On March 26, Kajyo Suzuki Sensei presented a lecture on Japanese swords to an avid audience of nearly 200 guests in the banquet room of the New Otani Hotel. Suzuki Sensei is the Executive Director and Executive Secretary of the Japan Sword Museum and the Society for the Preservation of Japanese Art Swords (NBTHK), headquartered in Tokyo, Japan. It is the very first time, an authority on Japanese swords of such note has ever spoken in Los Angeles. The event, sponsored by the Dojo in celebration of its 25th anniversary and the 40th anniversary of Furuya Sensei's training in Aikido, was supported by the Consulate General of Japan and the Ministry of Foreign Affairs as well as the Nihon Bijutsu Token Hozon Kyokai. The Japan Sword Museum is the representative organization for the Japanese sword and related arts in Japan and manages everything from sword appraising to licensing of swordsmiths to the annual production of tamagahane, the special iron ore used in the forging of the Japanese sword. Suzuki Sensei spoke on the changing shape of the Japanese sword, how it evolved and was influenced by events in history and the mountings or fittings of the sword worn by the samurai. It was an extremely interesting talk oriented to the general public as well as collectors of Japanese swords. The Dojo hosted Mr. & Mrs. Suzuki for four days during their stay in Los Angeles from March 25 through the 28. A very wonderful 25th Dojo & 40th Anniversary for Sensei and for everyone in the Dojo.



Next Issue's Special: Monterey Park Cherry Blossom Festival April 15-16.

Japanese Sword Lecture



Nearly 200 guests attended the very successful event on March 26 at the New Otani Hotel in Little Tokyo.



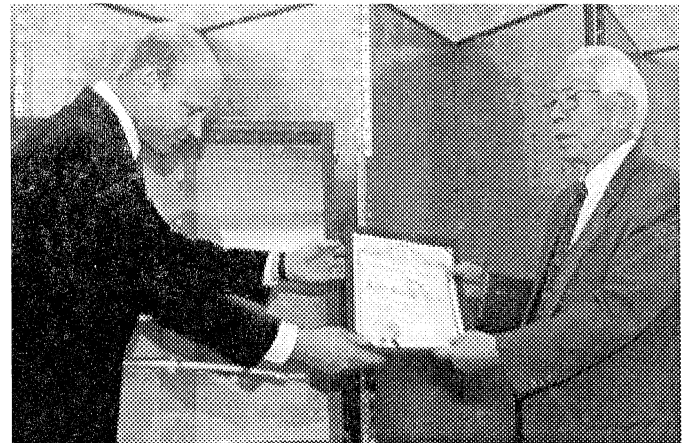
Deputy Kathryn Barger presents a Proclamation of Welcome from Supervisor Michael Antonovich.



Many representatives of the community attended. Left to right: Madam Sosei Matsumoto of the Urasenke School of Tea, Minoru Tonai former President of the Japanese American Cultural & Community Center, Tom Kamei President of the So. Calif. Japanese Chamber of Commerce and Madam Kansuma Fujima Head of the Kansuma Kai Japanese Classical Dance School.

DAY ONE: Mr. and Mrs. Suzuki arrived at LAX on Saturday morning of March 25. He was met by Sensei and members of the Dojo as well as a representative of the Consulate General of Japan who escorted them back to the hotel. After check in and settling down, Sensei took them to Old Town Pasadena where we had a light luncheon at the Twin Palms. From the Twin Palms, we headed to the home of Madam Sosei Matsumoto, senior teacher of the Urasenke School of Tea Ceremony in Los Angeles where we had a cup of tea. The tea was prepared by Robert (Sohaku) Hori, Gallery Director of the JACCC and Hiromi Yamashita, daughter of the late Bishop Kenko Yamashita, Sensei's Zen master. In commemoration of this event, Suzuki Sensei wrote for Matsumoto Sensei, the words: "Courage, Wisdom and Humanity."

Sensei again met the Suzuki's for dinner with Ken Watanabe and Cheryl Lewat the luxurious and beautiful Checkers Restaurant in downtown Los Angeles. It was a fabulous dinner which the Suzuki's thoroughly enjoyed. Suzuki Sensei loved their very special home-made vanilla ice cream.



Master of Ceremonies Jim MacDonald making some of the presentations. Right: Mr. Tom Kamei, President of the Southern California Japanese Chamber of Commerce presents words of congratulations to Suzuki Sensei.



**Aikido Center of Los Angeles
NEWSLETTER**



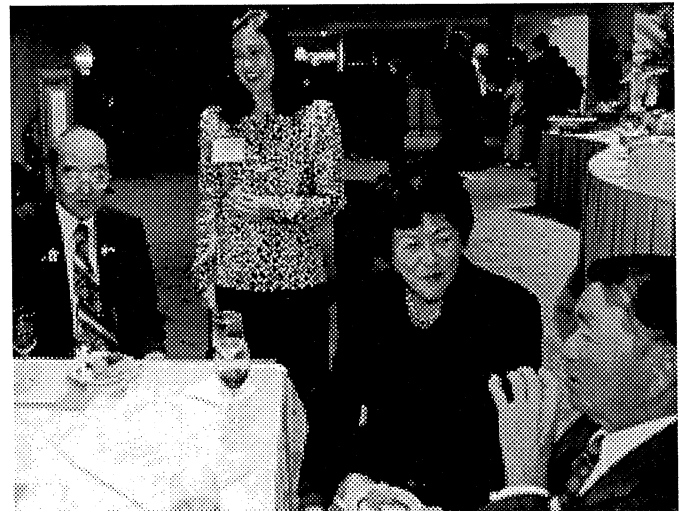
Drinks (soft) flowed and the food went fast during the cocktail hour after the lecture.

DAY TWO: On Sunday, the day of the lecture, we picked up the Suzuki's and Mrs. Katsumi Kunitsugu, Executive Secretary of the JACCC for breakfast at the Pacific Dining Car. Mrs. Kunitsugu who agreed to do the translation for us was able to meet Suzuki Sensei at this time to go over the details of the lecture and get accustomed to his manner of speaking. The Suzuki's were impressed, or astonished, with the quantities of food Americans eat. The portions at the Pacific Dining Car are about 2-3 times the portions for normal Japanese.

From breakfast, we headed to the newly built Japanese American National Museum, JANM, to meet their gracious Director, Mrs. Irene Hirano, who welcomed them to Los Angeles and presented them with a nice gift. They were given a special tour of the Muse-



Suzuki Sensei with Madam Kansuma Fujima.



Left to right: Paul Bannai community leader, Lisa, Yoko Sugi, head of cultural affairs for the New Otani, well known star actress in *Aoi Sanmyaku*, Tom Kamei of the Japanese Chamber of Commerce.



Sensei with special guests. Left to right: Luna Suyematsu artist & calligrapher, Hiromi Yamashita Head of the Zenshuji Tea Ceremony Dept. and Kyoko Yoshida of Programming at the Japanese American Cultural & Community Center JACCC.

um by one of their senior tour guides, Mr. Henry Yasuda.

We met up with representatives of the Japanese Consulate before going down to the lecture area. All members of the Dojo did an excellent job of setting up the banquet room and making arrangements for the receptionists table and handling all of the security. Many of the guests did not arrive until the last minute. We had reserved a much smaller room, but several days before the lecture, decided to use the entire banquet room tripling the original size of the room. The size of the room was just right. All the arrangements were perfect for Suzuki Sensei to present his lecture which went very well. Special thanks to Ken Watanabe who beautifully managed the large sword case during Suzuki Sensei's lecture.

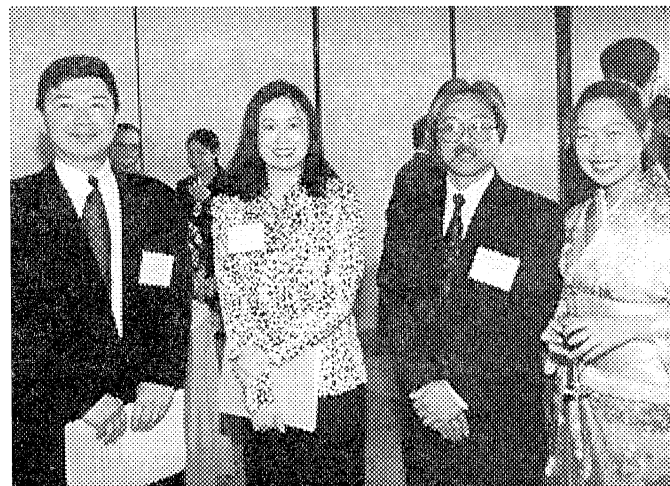
Japanese Sword Lecture



Members of the Dojo Yudanshakai Black Belt Assc. and Dojo Volunteers.



Our beautiful receptionists: Shelley Santo, Lisa Ito, Mari Masumori & Kyoko Masumori. Back: Cheryl Lew, David Ito & Joe Akins.



Left to right: Dean Sadamune, Lisa Ito, Norm Lew & Mari Masumori.

At the end of the lecture, Suzuki Sensei was presented with a letter of welcome from the office of Senator Daniel Inouye, a Proclamation of Welcome from Los Angeles City Mayor Richard Riordan, a personal presentation from Superior Michael Antonovich by Senior Deputy Kathryn Barger and a flower presentation from the Dojo by Mari Masumori. Words of Congratulations were presented by Deputy Ota of the Consulate General of Japan, Mr. Tom Kamei, President of the So. California Japanese Chamber of Commerce and by Furuya Sensei. After a group photo, everyone adjourned to the lobby for refreshments provided by the Consulate General. The food went fast.



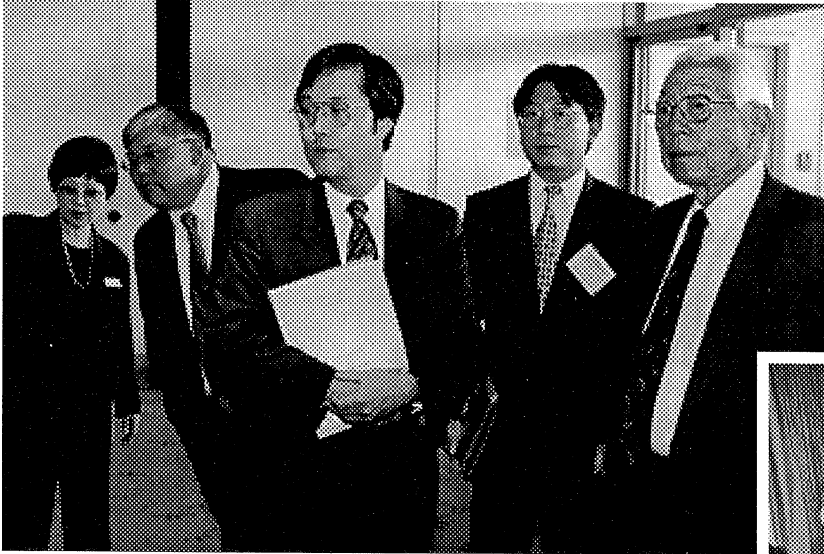
Left to right: Bryan, Joseph and Shelley having a good old time!



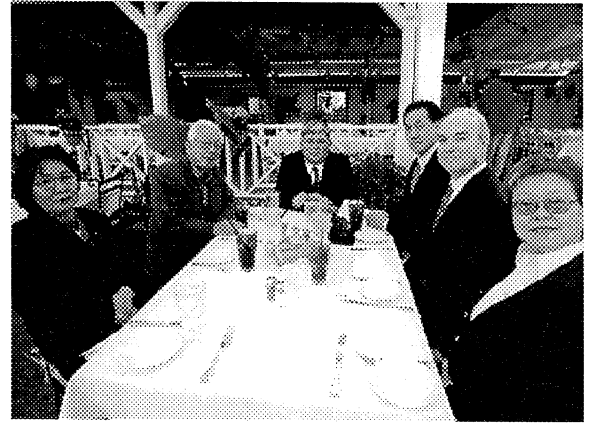
Black belts, Bill and Tom.

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Moments



Suzuki Sensei with representatives from the Consulate General of Japan, Mr. Ota and Mr. Suzuka. Sensei making arrangements just before the lecture.



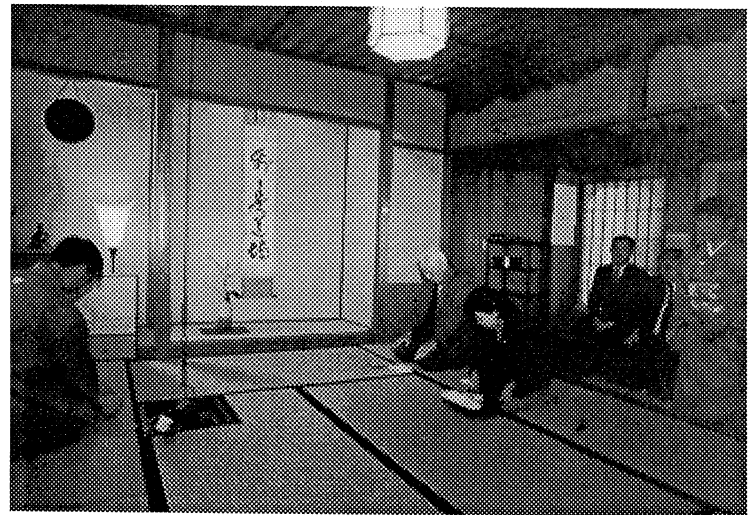
Top: At Twin Palms. At the residence of Madam Sosei Matsumoto.



Greetings at LAX with Mr. Fujii from the Consulate's Office.



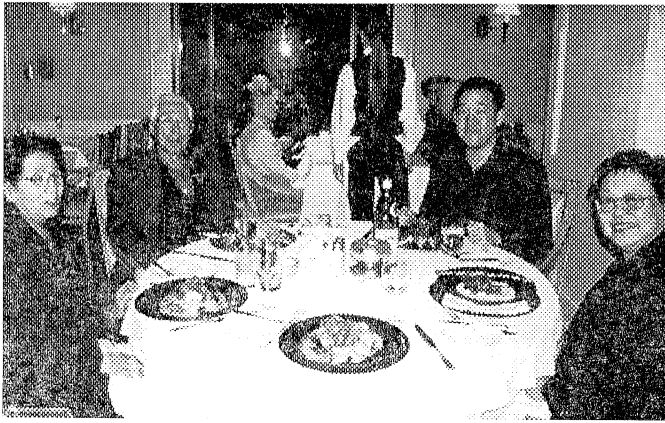
In Old Town Pasadena with Mrs. Suzuki. March 25.



Having a cup of tea served by Hori Sohaku Sensei and Yamashita Soyu Sensei in Matsumoto Sensei's tearoom.

DAY THREE: After the lecture, it was a time for a little rest and relaxation. The Suzuki's had breakfast with Mrs. Yoko Sugi of the New Otani Hotel who was also a well known movie star. We headed out towards West Hollywood to meet Consulate General Nishida for luncheon at Sushi Roku. We spent the rest of the day in Beverly Hills for leisurely shopping. Dinner was hosted by the Hon. Peter Lichtman at the wonderful Jonathan Club. The Suzuki's seemed to enjoy themselves.

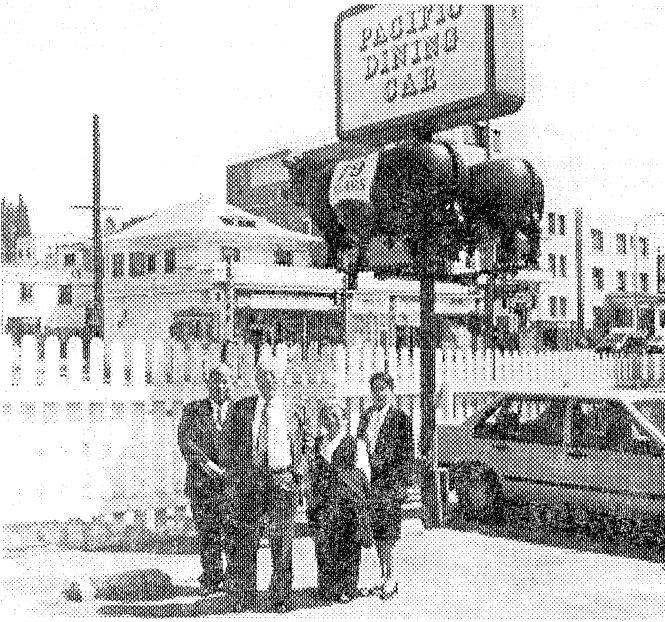
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Dinner at Checkers with Sensei, Ken Watanabe and Cheryl Lew.



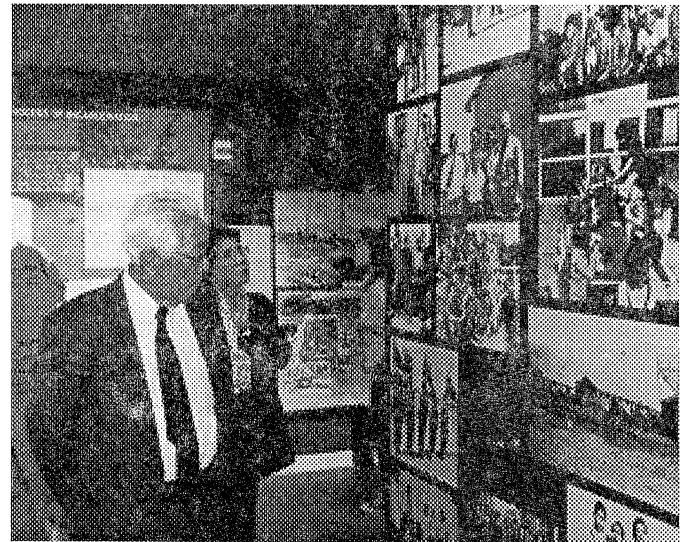
At the Japanese American National Museum with (far right) Irene Hirano, Director, who greeted him and welcomed him to Los Angeles. Far left: Henry Yasuda who gave the Suzuki's a grand tour of the Museum.



With Kat Kunitsugu at the Pacific Dining Car, March 26.



In Little Tokyo, in front of the Japanese American National Museum with the Little Tokyo Yagura in the background.

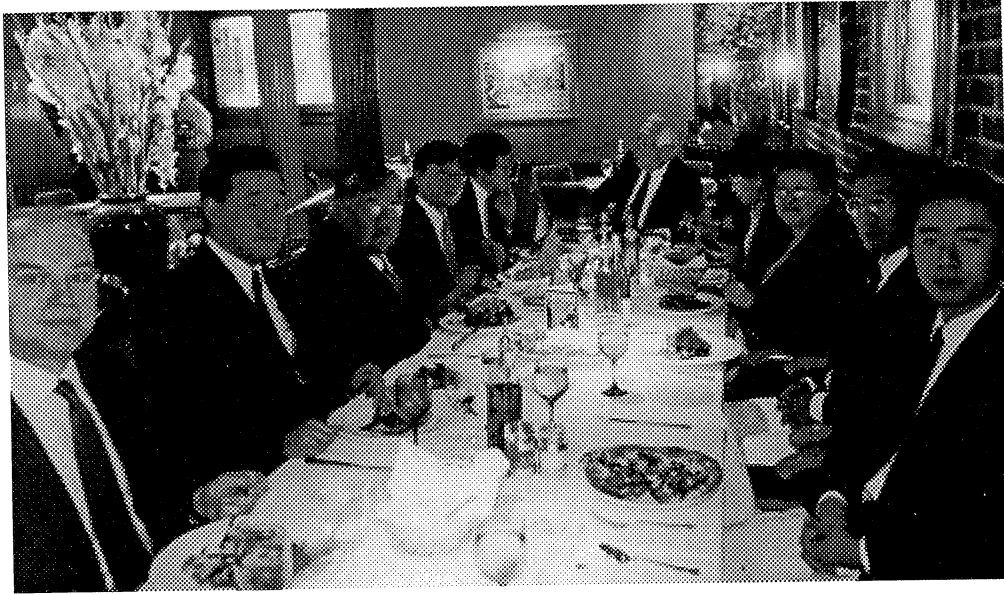


Viewing exhibition of the internment of the Japanese during WWII.

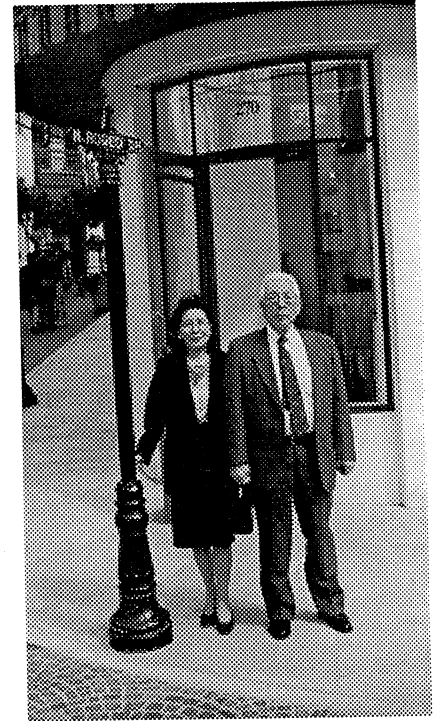


With Museum tour conductor, Henry Yasuda.

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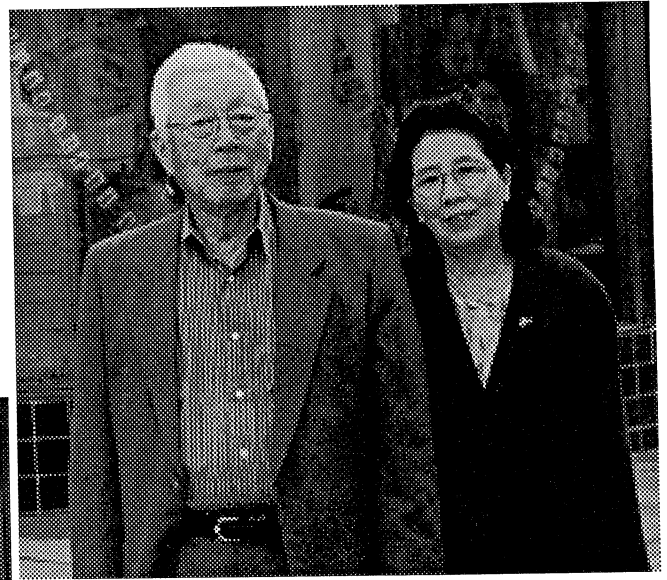
After lecture celebration dinner at the Parkway Grill in Pasadena.



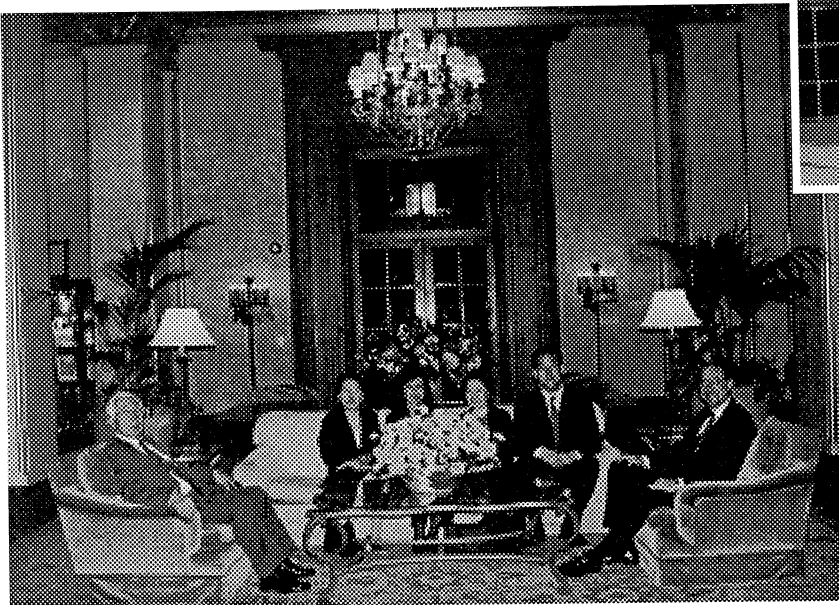
In Beverly Hills on Rodeo Drive on the final day of their visit to Los Angeles.



With the Honorable Consul General Nishida in West Hollywood. March 27.



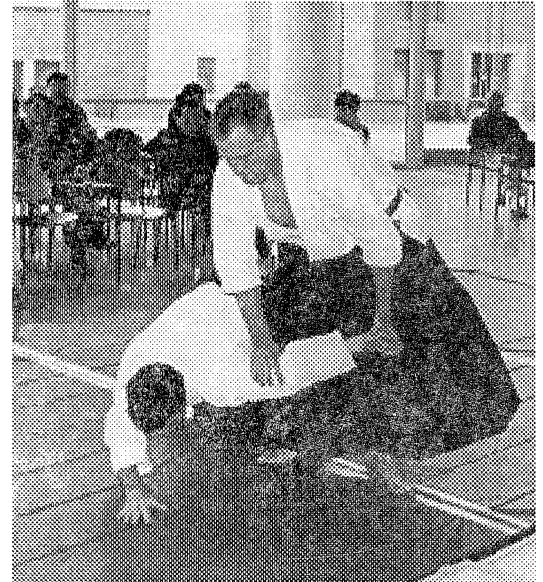
In Chinatown. Below: Final goodbyes at the airport.



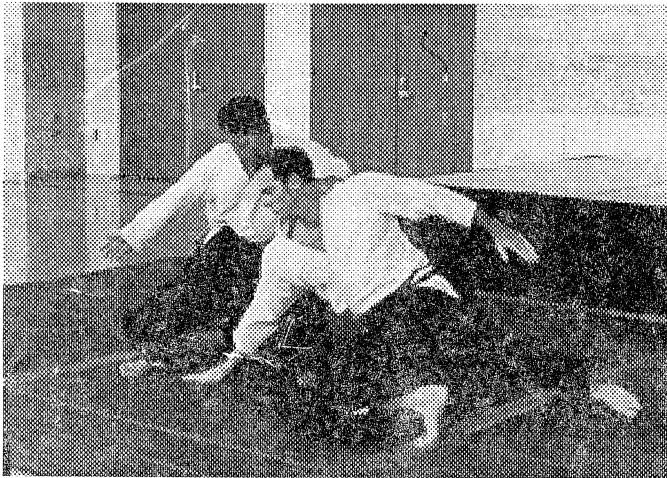
At the Jonathan Club for their farewell dinner with the Hon. & Mrs. Peter Lichtman and Kyoko Yoshida of the JACCC, Ken Watanabe and Sensei. March 27.



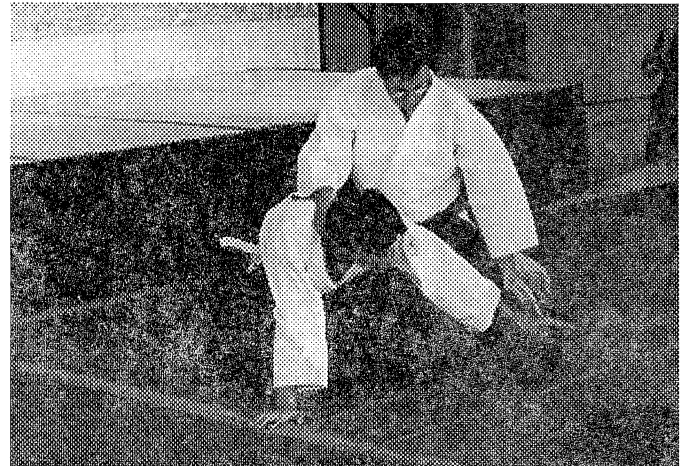
JANM Japanese American National Museum: More Than Just a Game Exhibition Debut Opening. Aikido & Iaido Demonstration March 4.



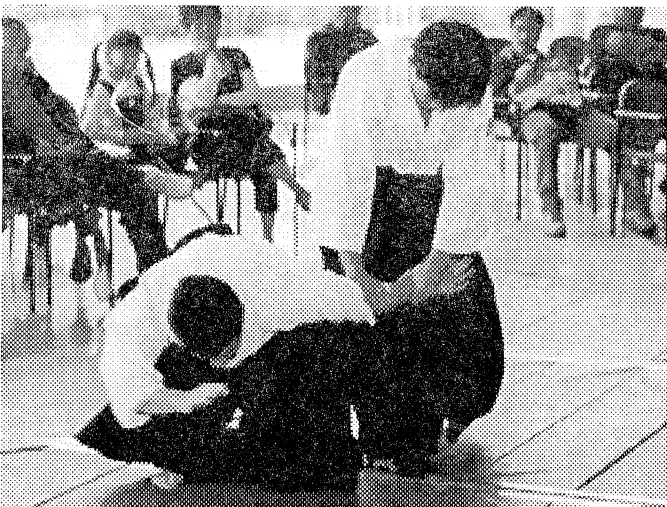
Tom Williams, 2nd Dan



David Ito, 3rd Dan.



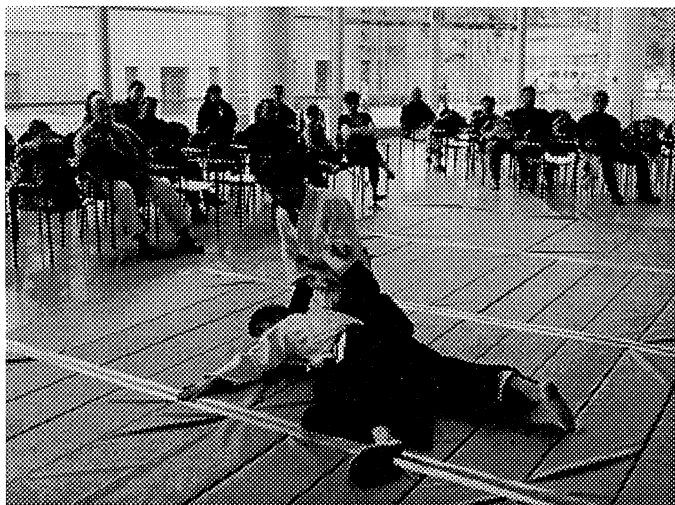
Bill D'Angelo, 2nd Dan.



Mark Ty, 2nd Dan



Ken Watanabe, 4th Dan



James Doi, 4th Dan

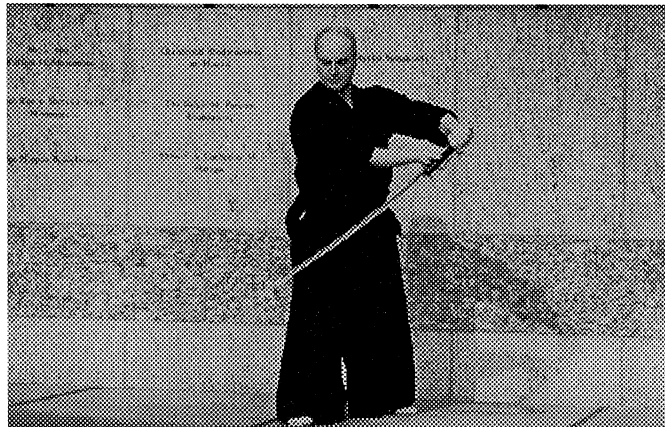


Ken Watanabe, 4th Dan

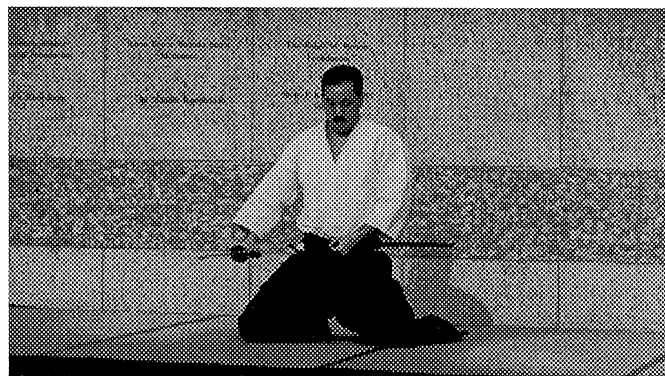


Sensei

JANM Iaido Demonstration



Gary Myers, 5th Dan.

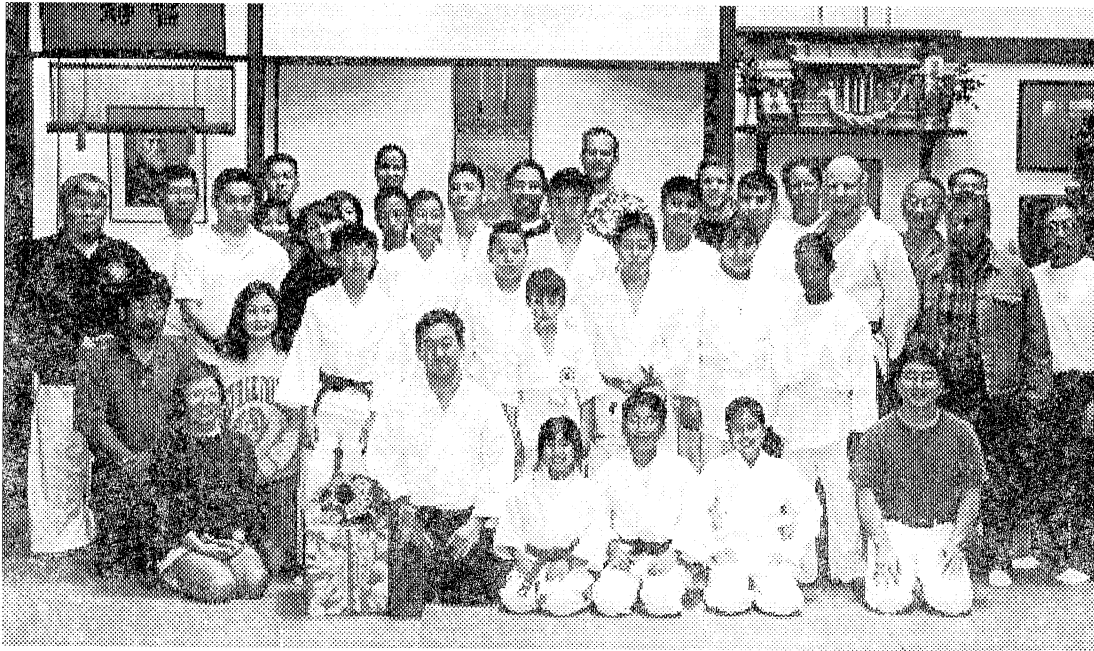


Ken Watanabe, 4th Dan

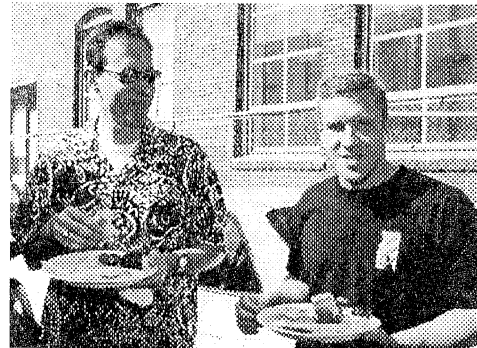
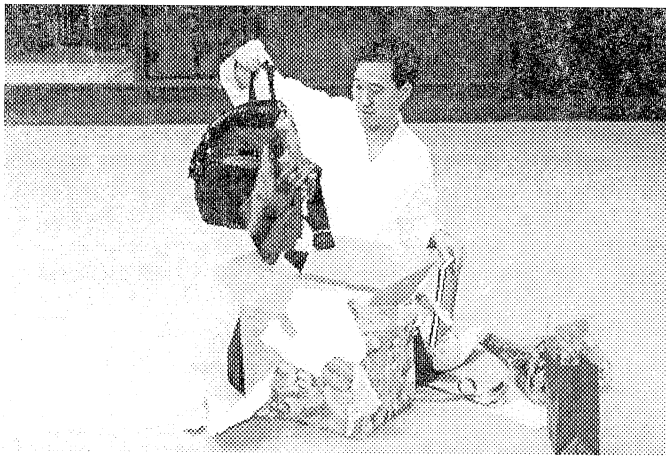


Above. Cheryl Lew, 3rd Dan. Below: Peter Lichtman.

Ken Watanabe's Surprise 31st Birthday. April 9.



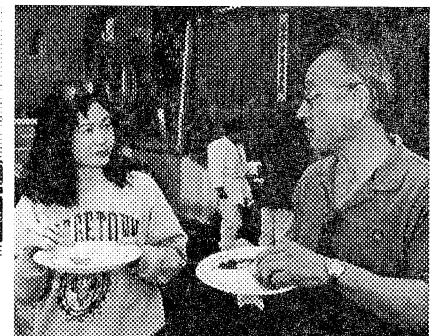
Right after Sunday's Children's Class on April 9, we had a surprise Birthday Party for Ken Watanabe put on by the children, parents and some of the adults members of the Dojo. Ken was SURPRISED! (as if he didn't know!) Everyone had a wonderful time with great food and cake - half banana and half strawberry - a first! Ken was presented with a Nautica bag and a book on the samurai. Ken heads our Children's Class. Many thanks to all the parents for a great job! A special word of thanks for Mickey Okamoto and Norman Lew and all the contributors. Ken turned 31 on April 12th.



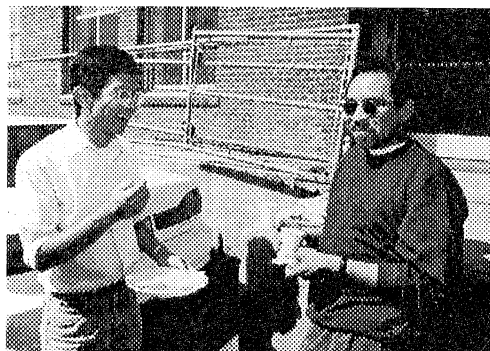
Jonathan & Joe



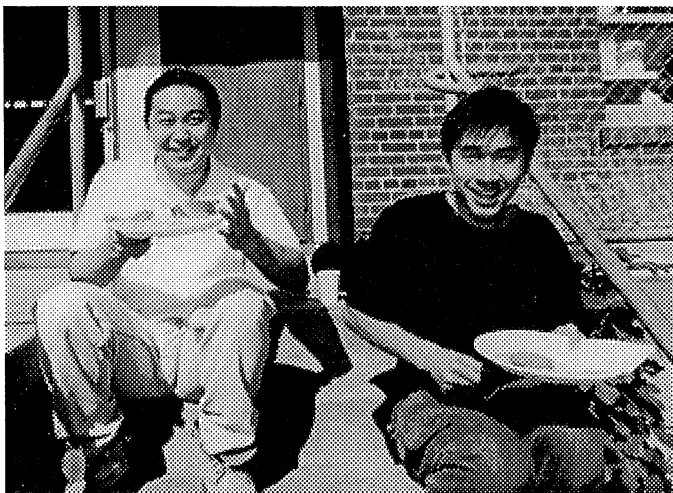
Above: Ron
Right: Lisa & Richard



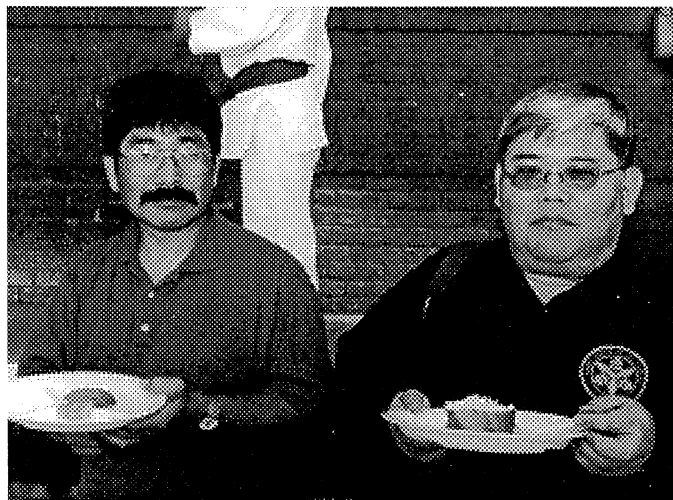
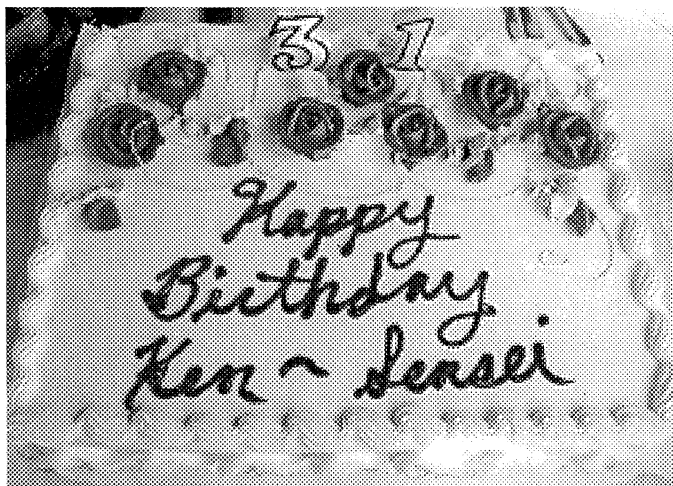
James & Angel



Surprise birthday party for Ken was arranged by the Children's Class, parents and Yudanshakai Black Belt Assc.



Kenny Furuya and Mark Ty enjoying the birthday festivities.



Mickey Okamoto with Sensei. Mickey organized Ken's birthday party and also helps us with the Higashi Obon Martial Arts Demonstration every year. He is one of our Little Tokyo community activists who we also see working for Nisei Week and the Cherry Blossom Festival. Many thanks for all of your efforts and contributions to the Dojo and to our community. His kids, Mitchel and Jocelyn, are both in our Children's Class. Mitchell will be going to Japan for several months this summer.

Happy Birthday Greetings & Congratulations

**Masatake Fujita Sensei
Hombu Dojo**

April 21, 2000

New Wyoming Aikido Branch Dojo Holds 1st Class. March 30.

Well, the first class of the Wyoming Aikikai was held this morning in the local tae kwon do dojo. Had six students, including my 8-year old son, Bryan (who wanted everyone to know I was not wearing a dress-it was a hakama!). Three were black belts in tae kwon do. The tokonoma was a folding chair with a copy of O'Sensei's book "Budo" with his picture on the dust jacket set on it. I had written down two pages of techniques I wanted to practice, afraid I wouldn't remember enough things to teach if I didn't have a list prepared, and in two hours I got through about half of one page, all tenkan techniques. Just started irimi at the end of the session. I was able to demonstrate forward and backward rolls. . . . and there is too much talking during practice, and I spend too much time talking, but all in all it was a great class! Everyone at the end was very enthusiastic and eager for the next practice, which will be a week from tomorrow, another twohours. I might even get to ikkyo next week, Wish me luck.

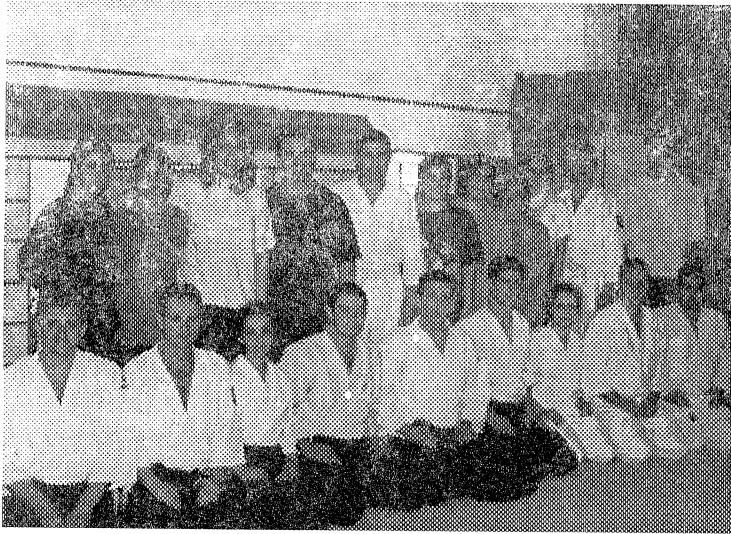
Hoping all remains well with you and the students, I remain,
yours Truly, Tom McIntyre

GOOD LUCK & BEST WISHES!

New South Bay Aikikai In Torrance Scheduled To Open April 29th

We are scheduled to open our new South Bay Aikikai on April 22nd. Still, there are many details to be worked out. It has been delayed due to our Japanese Sword Lecture recently. James Doi, 4th Dan, will direct the classes. Classes are scheduled for Thursdays from 6:30pm, Saturdays from 2:00pm. Please support our new branch.

Greetings from Kodokai: Salamanca Branch Dojo Celebrates 2nd Anniversary



Members of the Kodokai in Salamanca, Spain, at their 2nd Anniversary and Open House.

On March 11th, we celebrated our second Open House with about fifteen members. Sonia, Mada, Javier, Badajoz, Carlos, Tono, Natxo, Luisra, Julian and Oscar helped many of the new people. Most were girls with only two boys. Santiago also spoke about the Founder and meaning of Aikido.

We started at 12noon with a little exercises to prepare the body for the techniques. Some watched, some practiced, some might become new students. It was a good workout and the helpers also got a good sweat. The new people learned front and back ukemi, tenkan, irimi, and some ikkyo and nikyo from katate-dori and shinonage and kotegaeshi. Of course, everyone practiced kokyu-dosa. I would like to thank everyone for coming and for their help!

Editor's Note: Many Congratulations!!!

KODOKAI ATTENDS JAPANESE CALLIGRAPHY EXHIBITION IN MADRID, SPAIN

On March 15, the Japanese Calligraphy Exposition opened in Marid with about 80 works from the Academy Art members and Hiroshi Ueki of the Calligraphy Academy in Japan introducing the art of calligraphy. "It is not necessary to know the Japanese language because this art is a way of communication expressing the beauty of words." The director presented fifty classical and contemporary works of art to the Spanish government and the Spanish Archeological Museum. We enjoyed the exhibition greatly. Santiago Garcia Almaraz

What I Learned: Meeting Suzuki Sensei

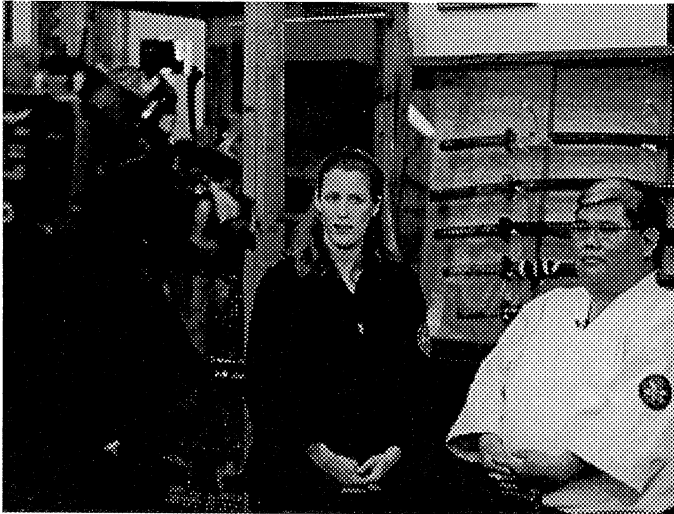
In 1964, when I was about 16 years old, my grandmother asked me what I wanted her to bring back from Japan on her trip. I asked for books on swords. At that time there were only two in English which were very incomplete and created more questions than answers. My grandmother brought back "Nihonto no Koshirae" by Kajyo Suzuki. I have been studying this book ever since for more than 35 years now. As much as I have cherished and studied this book, I never thought in my lifetime that I would ever meet the author. It is all karma. If we are patient and persevere, all of our wishes are granted.

When Suzuki Sensei arrived to Los Angeles, I showed him the book when he visited our Dojo. He was very surprised because it has long been out of print and very rare. I had the only other book he has published and he was surprised even more because only 500 copies of this book were published and it is also extremely rare.

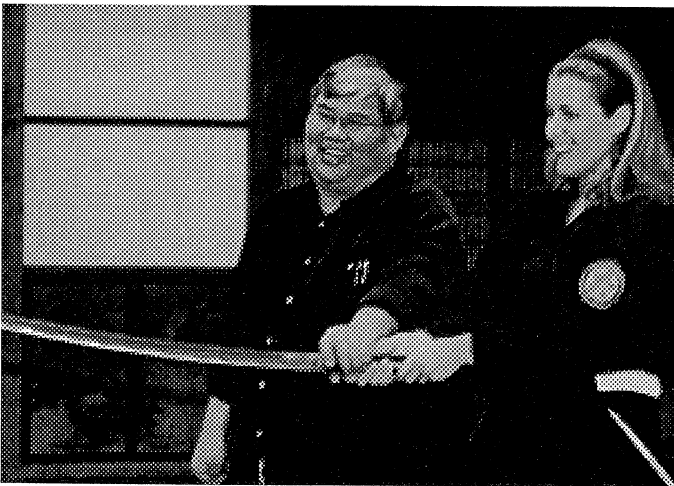
I have always tried to maintain and preserve an "old style" traditional dojo. Few, outside my students, have ever appreciated or understood what I have been doing. It has always been a struggle. Over the last few years, I have been considering how to "modernize" or rather "business-ize" our Dojo. It is too hard to continue to struggle through our debts and lack of money and always being short when we need something for the Dojo. The final consideration - the last straw that "broke the camel's back" - so to say, was that it is difficult for students to comprehend what we are doing. Most people nowadays can only understand something from the standpoint of dollars and cents. For many, what we do doesn't make sense. I believe this is so because we have lost sight of a very important aspect of our world, of our reality, - the value of our lives and the value of life itself - the essence of what Aikido teaches.

I was very fortunate to meet someone like Suzuki Sensei at this time. He showed me that there are still many people today who value art over money. That true artists still struggle and live hard lives and refuse to bow down to the god of money, convenience, and self-indulgence. He made a very distinct boundry between the business of swords and the appreciation of swords. This is why no swords were allowed in the lecture area. This meant: "No sword business here!" It is true with Aikido as well. Of course, we need money to pay the rent and keep the Dojo going. Yet, for many people, money has become the main object of their efforts. As a teacher, there is no question in my mind - am I teaching students, or - am I making money? I am jealous of the blessed few who can have their cake and eat it too! I am not such a one. Yet, thanks to Suzuki Sensei, I realize that there is still nothing wrong with fulfilling our quest to teach and develop the art. It is not simply to turn it into a business. In fact this violates one's virtue as an artist. One is an artist or buisnessman - not both. Con't.

Fox International TV Feature Iaido Thru March & April



Fox Sports International featured our Iaido Department and aired the program between March 28th and April 4th, in four showings. Last month, Fox covered our Aikido classes. This is the largest Spanish language TV station in the world covering the United States, South America and Europe.



SPECIAL NOTE:

Please report your birthday date and e-mail address to Cheryl. Also, we need everyone to make current their regular telephone numbers and addresses for our records. Birthday dates are for future parties, e-mails are for communications from Sensei. Thanks.

Correspondence:

April 2, 2000

Dear Rev. Furuya:

I have read many of your articles in various martial arts magazines and recently purchased "Kodo: Ancient Ways." While reading the compilation, I have come across something that seems to me like a contradiction and I am writing to you in order to request clarification.

In the article titled "What Is True Strength?" you wrote that there is no competition in Aikido, and in "What Does a Black Belt Really Mean?" and "Making Our True Selves" you made the point that it is important for one to define one's training according to who they really are. However, in "Learning, Technique and the Way," you wrote that "if my opponent studies once, I will study ten times. If my opponent studies ten times, I will study one hundred times." In one case, you suggest that students should define their training according to their true selves and in the other case, you suggest they should define their training according to a supposed opponent.

My question is whether you feel these two notions are contradictory. I appreciate your writing and thank you for your time. Respectfully,
Matthew Jones, Chandler, Arizona.

April 2, 2000

Dear Mr. Matthew Jones:

Thank you for your inquiry and I feel greatly complimented that you have read my book quite carefully. In all honesty, I must say that both are correct. And despite the fact that it may seem contradictory, in each case one should act accordingly. We must continually look at ourselves and deep within. But if we do this too much, we are in danger of becoming self-centered and self-obsessed. In looking deeply inside to direct our training, we must, at the same time, look outside of ourselves at the world around us and go according to our environment, surroundings, and the people we encounter as well.

Perhaps we can only see one side of the coin at a time but we cannot simply say, "heads" or "tails" according to what we determine to be the "right" side and this is the only side there is. We must continually flip it over and over again, seeing or at least being aware of both sides very clearly. Indeed, you must search for the path inside of yourself but that same path is the path that connects you so strongly with the real and immediate world around us. When I tell my students to do both at the same time, they are confused and disappointed in me as well. In everything, keep an open mind. I hope this answers your question. At least, I hope this gives you more to think about. The more contradictions you encounter, the more you will someday realize that they are only doors opening to your deeper understanding of the martial arts. Good luck and much success in your training.

What I Learned Con'tinued.



Suzuki Sensei, Mrs. Kats Kunitsugu and Furuya Sensei.

Finally, it is nice to know one who follows the traditional etiquette. I think it is difficult to entertain and take care of people such as Suzuki Sensei in our current fashion and thinking of entertaining. It was so nice for me to see how the old ways are still valued and respected and how much my students have come to learn them. I believe entertaining Suzuki Sensei as a "sensei" made everything go so smoothly and orderly. It is not simply to treat him as a normal "business guest" or "customer."

There was so much I wanted to ask him but did not have the opportunity because of such a busy schedule. My job was to take care of Suzuki Sensei than to see to my own wishes and pleasure. Still, it is nice to be with Suzuki Sensei because it reminds me of long ago when I was with some of my early teachers. There is nothing more blessed than to be a student under a great teacher.

It was difficult for many local sword people to understand that swords must be appreciated as art, not as merchandise for one's own business. This is what Suzuki Sensei was trying to tell everyone. I don't know if everyone got the message.

I am glad to see my students becoming more involved with the Dojo and helping it grow and develop. There is much to do yet to make us strong and a truly good place to practice Aikido. I hope my students will always keep in mind that we are only successful in the way we guide and teach the students who come to the Dojo for training and seeking out Aikido, not by how much money we make and how many people we "collect." It is not necessary to compete with others, it is not necessary to oppress others, we have too much to do in our own practice we should have no time for such activities.

As Suzuki Sensei admonishes his own followers, we must strictly preserve the arts, as a path of beauty, spirit and culture.

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 At Little Tokyo Branch Library Author's Recognition Luncheon. June 17.

Sensei, author of KODO: Ancient Ways, will be honored as the Guest Speaker at the annual fund raiser for the Little Tokyo Branch Library at the Author's Recognition Luncheon. Everyone is welcome to attend. A *maku-no-uchi bento* will be served at the Centenary Church in Little Tokyo at Central and 3rd Streets from 11:00am to 2:30pm. The fund raiser helps out with the expenses of our Little Tokyo Library located at Alameda and 3rd Streets. The topic of Sensei's lecture will be: "Why I Love Japanese Culture."

Upcoming June Issue:
O'Sensei's Memorial Service. April 26.

**Cherry Blossom Festival Aikido &
Iaido Demonstration. April 15-16.**

Opening of the Southbay Aikikai.

Little Tokyo Library Lecture May 27.

From Sensei:

My Appreciation

Many thanks to all my students who helped out with our recent Japanese Sword Lecture. Everyone did such a great job to make everything go smoothly and in such an orderly manner, without incident. I am so proud of everyone and can see how Aikido and Iaido training has really benefited you in ways still you may know yet understand yourself. Please keep up the good work and continue to devote yourself to your training. You bring great honor to the Dojo. Thank you.

*Rev. Kensho Furuya
Chief Instructor*

E-Mails:

April 17, 2000

Mr. Reverend Kensho Furuya,

I have studied a martial art for a little over two years. I recently decided that I was not getting the type of training I wanted. The school I was with focused on self defense, and only self defense. There was no mental or spiritual aspects taught at all. To say it a different way it was Americanized. I am searching for a teacher that teaches all three aspects of the martial arts. These aspects are physical, mental, and spiritual. Some one that considers them to be equally important. For I believe that martial arts are a way to live your life, not just to defend it. It is a path to understanding yourself as well as the world around you. I am looking for a system that has a strong sense of budo, but at the same time will be effective in a fight. That is if one has the misfortune of finding themselves in a fight. Currently I live in Alaska. If I find a teacher that is willing to teach me what I want to learn, then I am willing to move. Please e-mail me if you are that teacher or if you can help me with my search. Thank you for taking the time to read my litter (sic?). My e-mail address is. . . .

Sincerely,
E. Griffith

Editor's Note: Good luck in your search. I am definitely not the teacher for you.

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.

2nd Wednesday: 7:45-8:45pm
Advanced Weapons Training
All Iaido & Aikido Black Belts, Senior Students

3rd Wednesday: 7:45-8:45pm
Iaido Practice

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 not paid by the 15th: \$35.00

If one month dues are missed:
First & Last Month's Dues required
to rejoin Dojo.

If more than one month delinquent:
First & Last Month's Dues
& Membership Fee required
With Sensei's approval.

Leave of Absence:

Leave of Absence notice is required for absences more than one week. This is strictly required for Black Belts.

Important Dates

May 27. Lecture at the Little Tokyo Branch Library. From 1:30pm. Everyone welcome.

May 29. Memorial Day Holiday. Dojo closed.

June 17. Author's Recognition Luncheon sponsored by the Friends of the Little Tokyo Branch Library at Centenary Church at Central and 3rd. Sensei is this year's Guest Speaker. 11:00am-2:00pm. Everyone welcome.

July 8-9. Lotus Festival in Echo Park. Aikido & Iaido Demonstration. Everyone welcome.

July 15. Pasadena Buddhist Church Obon Aikido & Iaido Demonstration. 5:00-6:00pm.

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

From Midori Munakata, Shinjuku Sports Ctr, Tokyo



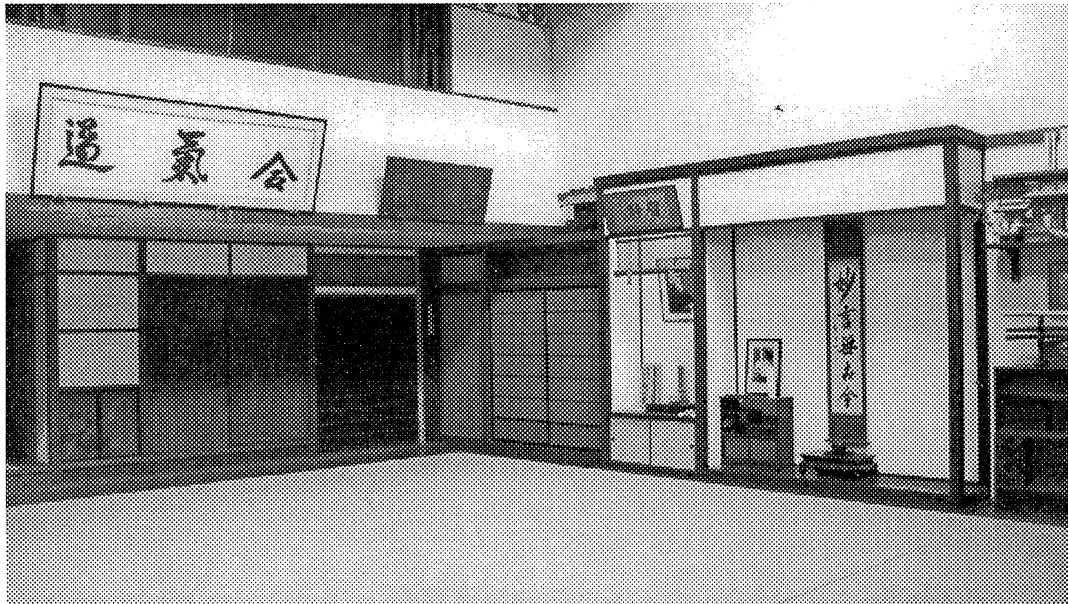
Midori, who visited us recently from the Shinjuku Sports Center Aikido Dojo sent photos of herself and her teacher, Kano Sensei.

By coincidence, Sensei practiced with Kano Sensei when he was at Hombu Dojo over 30 years ago. "I often thought of him but I never thought I would ever meet him again. It is Karma," said Sensei.



Aikido Center of Los Angeles
NEWSLETTER

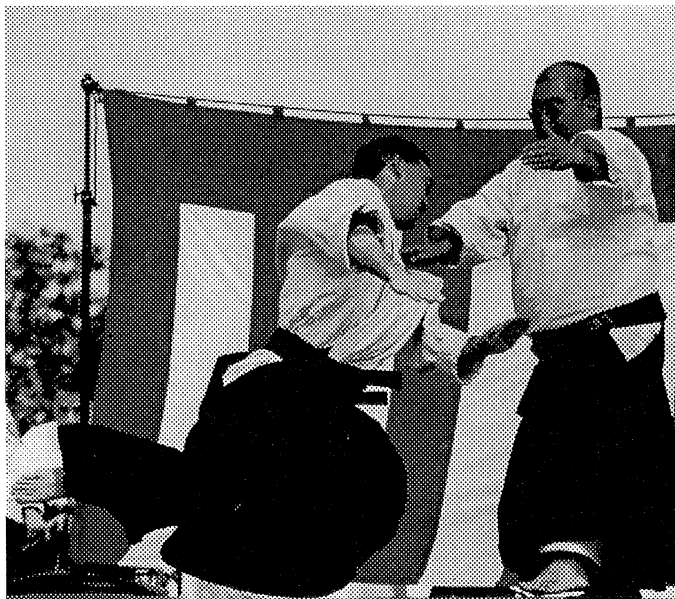
Welcome To The Aikido Center of Los Angeles



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

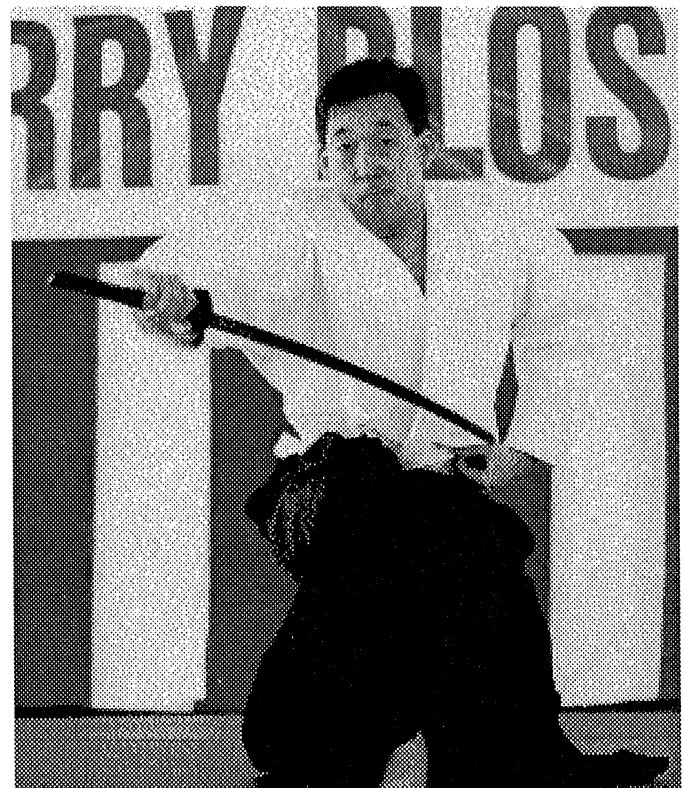
Official Dojo Jackets

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.

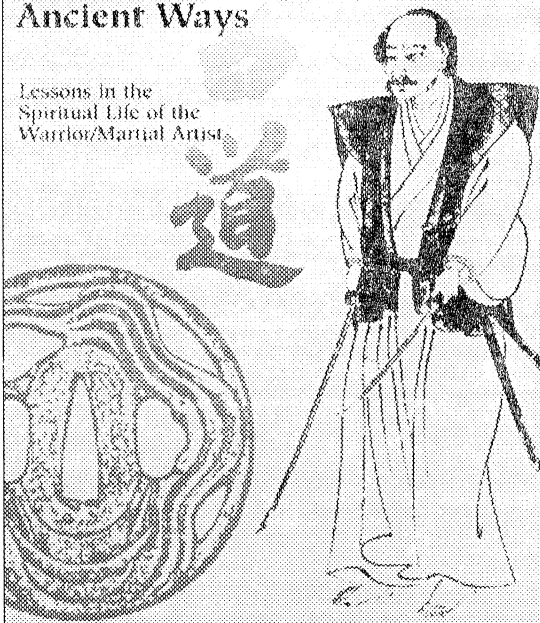
Aikido Center of Los Angeles
NEWSLETTER

Married Aikido • 1980s design • Japanese Koto

KODO

Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist



by Kensho Furuya

KODO

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

Rev. Kensho Furuya

Please place your orders through:
Aikido Center of Los Angeles,
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\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
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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.

羅府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673
Address: The Aikido World Headquarters, 17-18 Nishiazabu 1-chō, Bldg. 101, Tokyo, Japan
General Editor: Kensho Furuya, Los Angeles
Editor: Doshu Kisshomaru Ueshiba, Los Angeles
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April 1, 1997 Volume XV, Number 4

In This Issue:
San Francisco
Master Adam Hsu
Visiting Master Adam Hsu
Dojo Treasure Arrives From Japan



Dojo Treasure Arrives From Japan
On this last page in our Page Four...
The group took to the fan back to Hiroko 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...
Visiting Master Adam Hsu:
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and discuss his students and assistants throughout the San Francisco Bay area. Master Hsu is also working on his new book...
Dojo Treasure Arrives From Japan:
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ACLA DOJO NEWSLETTER

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

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規範 合気道 基本編

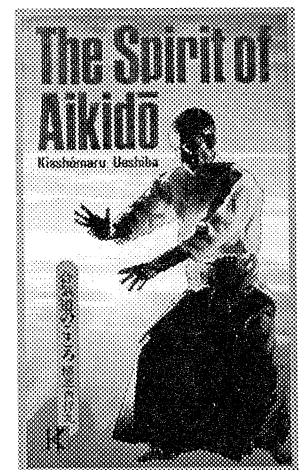
著者 植芝居 九郎
編者 植芝守央



150万合気道人のバイブル!
全世界合気道の総帥・植芝居九郎道主と
技法の中心・植芝守央本部道場長の共著
による初めての合気道教科書!
財団法人合気会・川版芸術社——発行

KIHAN AIKIDO

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



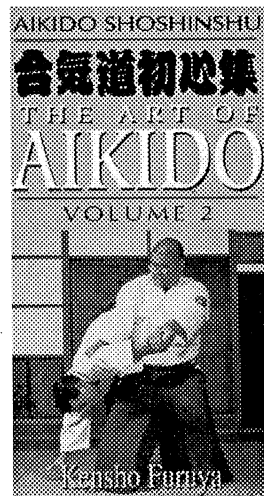
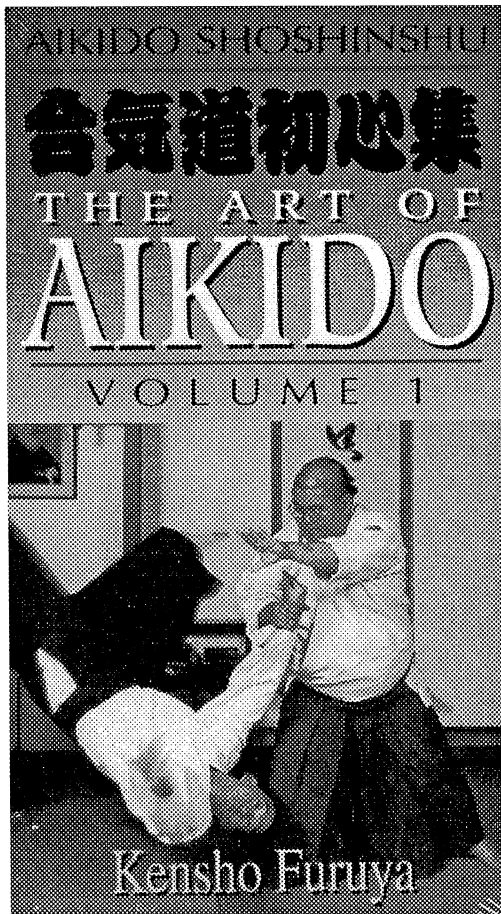
THE SPIRIT OF AIKIDO

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 to find an important source on Hombu Aikido.

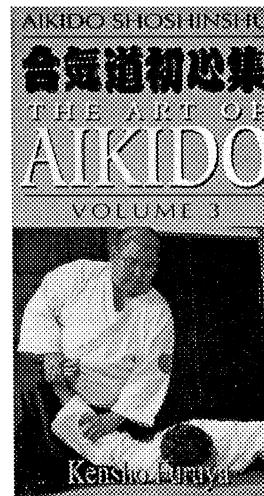
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

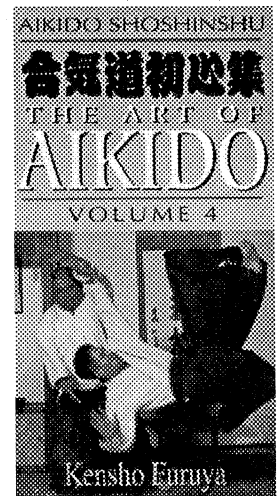
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



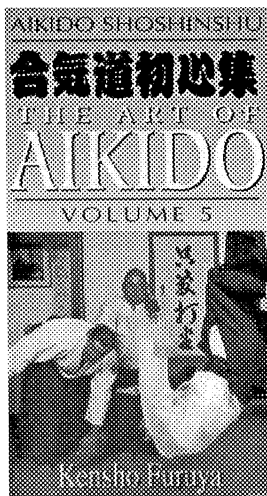
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



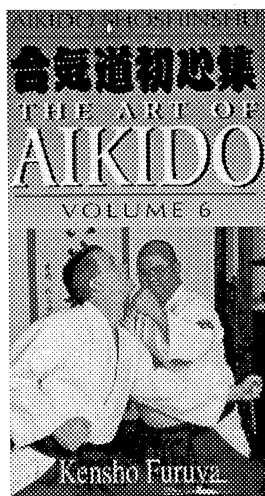
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



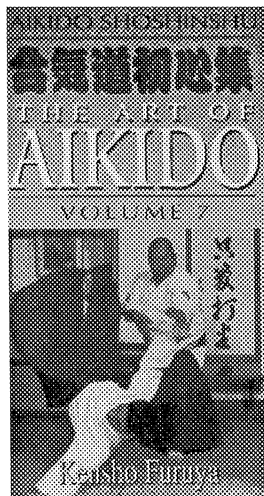
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



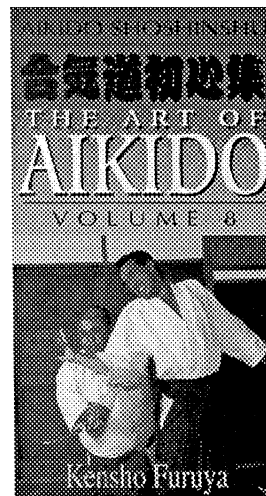
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



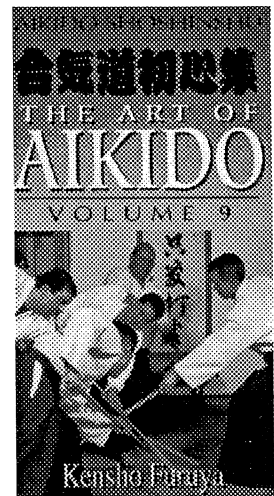
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro Katatetori 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

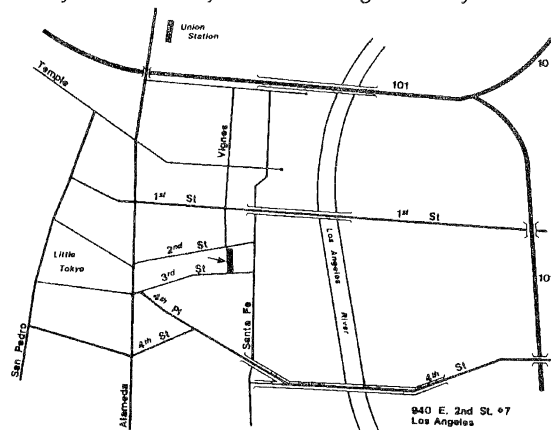
IAIDO INTENSIVE SEMINAR

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.