

羅府合氣道学院古屋道場



NEWSLETTER

AIKIDO CENTER OF LOS ANGELES

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

November 1, 1992

Volume VIII Number 11.

BLACK BELT PROMOTIONS

Black belt examinations were given on September 27, 1992 after morning practice at 11:00am. Examiners were members of the dojo's Back Belt Committee, Yudansha-kai: Rev. Kensho Furuya, Ms. Mitsuko Yoshimoto, Mr. Richard Eloriagga, Mr. Mark Moore, Mr. Ken Watanabe, Mr. Bill Gillespie, Mr. Curtis Westfall, and Mr. Ismael Araujo.

The dojo's new 1st degree Black Belts are:

Mr. Steve Tarango
Mr. Jonathan White
Mr. Kenny Furuya.

Congratulations!

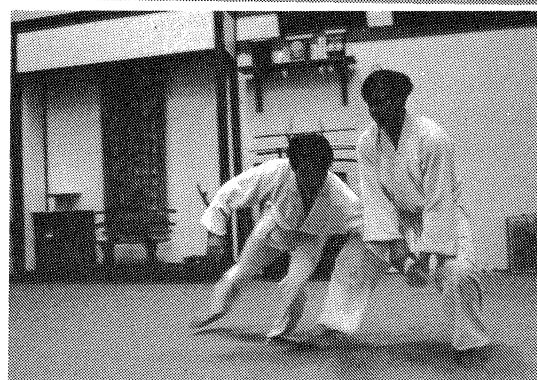
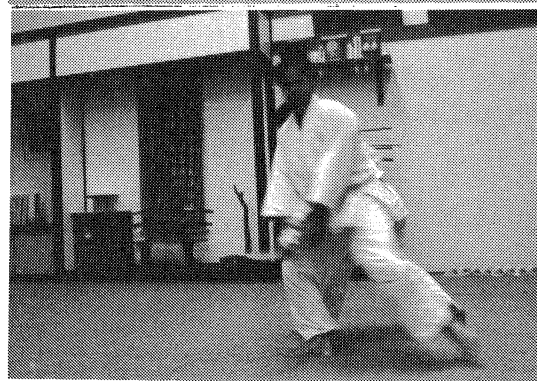
There will be a make-up test on October 24th.

35th Anniversary

Sensei will be observing his 35th year in Aikido next year in 1993. We will be planning a celebration for this very special occasion and everyone is invited!

KI CULTIVATION AND BREATHING CLASSES BEGIN

Sensei begins a Ki Cultivation and Breathing Class on Wednesday afternoons from 11:30am to 12:30pm. The class is especially designed for ladies and senior citizens but everyone is welcome to join us. It is a low-impact exercise class with quiet sitting and breathing.



Kevin Sonico, 3rd Kyu, during practice.
Munetsuki-kotegaeshi.

DOJO NEWS:

Congratulations!

Mr. Sukkoo Lee, 1st Dan, married on October 10th in Torrance. He will be moving to the Torrance area with his new wife.

Mr. Jonathan White, one of our new black belts, married his new bride on October 10th.

Mr. Bill Gillespie has recently been engaged.

Jonathan is the eleventh marriage in the dojo in the last eight years. The dojo wishes everyone "Best Wishes."

* * *

Members of the dojo recently attended a special event of special cuisine from Tokushima, Japan, at the Hotel New Otani on October 4, 1992. Our dojo is the only martial arts dojo who participates in social and cultural events in the Little Tokyo community. Attendees: Mr. & Mrs. Gary Myers, Kenshinkai, Mr. & Mrs. James Doi, Mr. Jonathan White and fiancée, Mr. Bill Gillespie, Mr. Ken Watanabe. Everyone enjoyed the

great food. The dojo was invited at the special invitation of Ms. Yoko Sugi, manager of cultural affairs for the Hotel New Otani.

Happy Holidays

We will observe November 11th, Veteran's Day and November 26th, Thanksgiving Day. Please count your blessings and have a safe holiday.

Year End Party

(Bo-nen-Kai)

November 22, 1992

Sunday after practice from 11:00am

In the dojo.

Everyone is welcome. Let's forget about the past (bo-nen-kai) and look to the future New Year.

Students are welcome to bring drinks (soda & juices), appetizers, salads, chips and dips, small sandwiches or any kind of tasty munchies.

Sensei's Message:

The Holidays Are Not For Us

Like everyone today, I can hardly wait for the Holidays to come. What does a holiday mean to me? A day off, of course. A holiday means a "day of rest." For alot of people, it means football on TV or a picnic or a short trip out of town. It is a day which we reserve for ourselves and ourselves alone.

We always used to have practice on holidays and the class was always very big. Nowadays, this is very difficult and so we now observe the holidays and close the dojo. I do this to give our members a chance more time to spend with their families, to take a rest from practice and to relax from the jobs.

I once read a story about an anthropologist who was studying very primitive groups of people in Africa. He observed one tribe who were very poor and hardly had anything to eat. Yet, on one special holiday, he was surprised

Continued.

YUDANSHA-KAI Black Belt Meeting

October 6, 1992 from 7:30pm to 10:00pm in the dojo.

Attending: Mr. Yasushi Matsuki, Ms. Mitsuko Yoshimoto, Mr. James Doi, Mr. Bill Gillespie, Mr. Ken Watanabe, Mr. Mark Moore, Mr. Curtis Westfall, Mr. Jonathan White and Mr. Brigido Anaya.

Absent: Mr. Richard Eloriagga, Mr. Ismael Araujo, Mr. Shawn Pak, Mr. Sukkoo Lee.

The agenda for this meeting was committment of the students to the dojo. Sensei expressed his feelings that black belts and senior students need to show a greater committment and involvement to the dojo. Oftentimes, the ones who do not participate in the smooth running of the dojo are the ones who complain the most on how the dojo is run. I think everyone has had experience with this. Those who involve themselves more with dojo matters take on more responsibility and work and naturally become the dojo leaders. As a case in point, one black belt excused himself from practice for a year and a half because of school and work and this is all right with me and the dojo. But I think he was

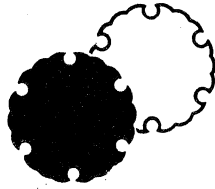
Welcome Back!

We welcome back Mr. Brigido Anaya, 1st Dan, after a long absence. Also, Mr. Brett Parks returns to the dojo after a leave of absence.

to become upset because several other people had passed him up in the meantime.

The second topic was dojo politics. Our dojo keeps very much to itself and minds its own business. I don't want students getting our dojo involved with outside politics with other dojos. Please avoid any controversy and ill feelings with others. At the same time, I ask all students not to create their own politics within our dojo. It is very important to preserve the good, constructive atmosphere of practice and training. Don't mess it up with personal politics and campaigning. This is Bush's and Clinton's job. The worst thing one can possible do for the dojo is to create bad feelings with others through idle gossip and mallicious criticism. Make friends with everyone but don't make cliques.

The East West Orchid Show



The Traditional Japanese Tea Ceremony

By Madame Sokyo Arai, Edo Senke School of Tea

October 31, 1992, Saturday: 1:30pm - 2:00pm and 2:30pm - 3:00pm

November 1, 1992, Sunday: 2:00pm - 2:30pm and 3:30pm - 4:00pm

Welcome to a demonstration of the Edo Senke School of the traditional Japanese tea ceremony. Please enjoy a cup of tea with us surrounded by the many beautiful orchids and flowers.

The tea ceremony in Japan has a history of over five hundred years. It was suited to and perfected by the Buddhist monks and elite samurai warrior class of the age. Because of this, the Japanese tea ceremony has come to represent the most beautiful and, at the same time, the most profound of all the Japanese fine arts which have been lavished on the tea ceremony throughout its long history.

In the hustle and bustle of our chaotic world today, a cup of tea symbolizes peace, beauty, mutual respect and purity.

We are honored to make a cup of tea for you and hope the you will enjoy it with us today. Thank you.

Sokyo Arai

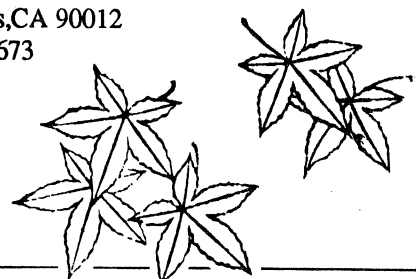
Sowa Sawame

Students of Madame Sokyo Arai

Madame Sokyo Arai
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940 East 2nd St. #7
Los Angeles, CA 90012
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The East West Orchid Show

Edo Senke Japanese Tea Demonstration

Hotel New Otani
Weller Court - 2nd Floor Arcade
120 South Los Angeles St., Los Angeles, CA 90012

October 31st, Saturday

1:30pm - 2:00pm
2:30pm - 3:00pm

November 1, 1992, Sunday

2:00pm - 2:30pm
3:30pm - 4:00pm

Everyone is welcome to the Tea Ceremony Demonstration and enjoy a cup of delicious sweets and traditional tea.

AIKIDO CENTER OF LOS ANGELES Children's Aikido

(7 yrs to 17 yrs.)

Every Monday-Wednesday-Friday Afternoons
4:00pm - 5:00pm

Every Sunday Mornings
8:30am - 9:30am

AIKIDO EXERCISE AND BREATHING CLASS

Ki Energy Cultivation for Everyday Health
Dare demo dekiru Ki no yosei-ho to Kokyo-ho

だれでも出来る気の養成法と呼吸法

Very light exercise, breathing, quiet sitting.
Ladies & senior citizens welcome.

Wednesday mornings 11:30am to 12:30pm

Aikido Center of Los Angeles
940 E. 2nd St. #7., Little Tokyo, Downtown LA
Please call: (213) 687-3673

Resident Chief Instructor: Kensho Furuya
Aikido 5th Dan
Iaido 5th Dan Renshi

KENSHINKAI Sword-Mind-Association

Seminar: October 27th & 28th

Hataya Sensei will be conducting another Battodo Seminar on October 27th and 28th with a Black Belt Examination on the 28th after practice. There will be one more practice with Hataya Sensei on November 2nd before he leaves for Japan.

There are still a few people who have not paid their Black Belt Examination fees from the last test. Please clear this up at your earliest convenience.

November Training Schedule

November 6th - Sword Study Class from 7:30pm. Everyone welcome.

November 11th. Veteran's Day observed.

November 21st - Intensive Practice from 6:30am.

November 22nd - Dojo Bonen-Kai Year End Party from 11:00am. Please come.

November 26th. Have a Happy Thanksgiving Holiday.

November 25th, 28th and 29th. No practice.

TEA CEREMONY CLASS

New Sunday class beginning on
November 8, 1992 from 12:00 noon.

Interested students, please inquire
with Arai Sensei on Saturdays or
Sunday afternoons in the dojo.

Holidays continued:

to see them celebrating by frantically dancing day and night for several days. He asked them how they could get so much energy to celebrate when on other days they hardly had anything to eat at all and had to work so hard for even the tiniest crumb. The anthropologist thought it would be better for them to "rest" on their special holidays. The native replied: "We work hard to feed ourselves but when we dance, we dance to honor our gods, it is completely different from our own daily work."

In modern Japanese, the word, "asobu," is the verb meaning, "to play" or "have fun." Originally, in ancient Japanese, it meant, "the procession of the gods" or "to walk like the gods." In Japan, holidays were days in which they honored their gods or ancestors. So, when we see the very festive traditional holidays in Japan, we should realize that they also have a very deep religious meaning although it looks like everyone is just "playing." The festival in Japan were days to "entertain" the gods and make them happy and that is why it was equated with "play." In modern times, however, I think this meaning is gradually being forgotten; young Japanese celebrate the holidays by going to the beach or going skiing in the mountains. "Play" has lost its religious or spiritual significance and now only means personal pleasure.

Veteran's Day and Thanksgiving, this month, are very special holidays in this country. These are days when we give thanks to those who gave their lives in war to protect our country and to those who suffered to found this country. It is also a day of picnics and football on TV but we should never forget their real meaning. I hope no one forgets the meaning of Christmas which be upon us soon.

One way we celebrate is through our Aikido practice. Through Aikido we purify ourselves. O-Sensei always taught that Aikido was a process of spiritual purification and a way to make ourselves better human beings and citizens.

I hope members of the dojo will take a minute to remember their ancestors and loved ones on the upcoming holidays. Maybe, you might have time to go to the cemetery and offer flowers to those who have gone before you or even call up your mother or father who may be living far away from you. I am sure it will give you more pleasure than all the playing you can fit into one day.

Nowadays, Japanese celebrate American holidays like Christmas and Thanksgiving. But, they don't celebrate them for their meaning and purpose but as an excuse to create another big shopping day to make more money. Several years ago, one Japanese department store decided to celebrate Easter thinking that this would stimulate business too so on Easter Sunday, the department store hung a huge 20 foot figure of Santa Claus on the side of its building. We would be shocked and offended at this but if we continue to forget the true meaning and significance of our holidays we may be in danger of making the same horrible mistake sometime in the very near future.

I hope everyone enjoys the holidays.

Kensho Furuya

Dojo T-Shirts

We still a supply of official Dojo T-Shirts in XL, L and M sizes. \$14.00 each.

Japanese Tenugui Hand Towels:
\$10.00 each. Excellent for practice.

Dr. Shawn Sungmin Pak, Chiropractor:

Make an appointment with Shawn for your aches and pains.

Member of the ACLA

ACLA Newsletter

The ACLA Newsletter is published monthly by the Aikido Center of Los Angeles and is distributed free to active members of the dojo.

You can receive our Newsletter by becoming a Supporting Member of the dojo. Fee is \$25.00/year. For information, please call: (213) 687-3673.

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Training Schedule

Beginning Open Classes

Mondays thru Fridays

7:00am - 8:00am

8:00am - 9:00am

6:15pm - 7:15pm

7:30pm - 8:30pm

Saturday Mornings

10:15am - 11:15am

Sunday Mornings

9:45am - 10:45am

Advanced Classes

2nd Kyu & up

Tuesdays

7:30pm - 8:30pm Weapons

Saturdays

11:30am - 12:30am

Children's Classes

Sunday Mornings

8:30am - 9:30am

Mondays-Wednesdays-Fridays

4:00pm - 5:00pm

Japanese Tea Ceremony Classes

Saturdays from 2:00pm

Sundays from 11:30am

Madame Sokyo Arai, Instructor

Kenshinkai Iaido Battodo Training Schedule

Wednesdays

8:45pm - 9:45pm

Saturdays

9:00am - 10:00am

Sundays

7:30am - 8:30am

Note: The first Friday of the month, November 6th, is our Sword Study Class.

The third Saturday of the month, November 21st, is our 6:30am intensive class.

November 25th, 28th and 29th no practice.

Ki-Exercise-Breathing Class

Wednesdays

11:30am - 12:30pm

Monthly Fee: \$40.00. Senior Citizens: \$15.00

Fee Schedule

Aikido: Adults: \$75.00 per month

Children: \$30.00 per month

Shinden Ryu Iaido/Battodo: \$75.00 per month.

Ki-Exercise-Breathing Class: \$40.00 per month.

There is a \$25.00 annual membership fee.

United States Aikido Federation: \$15.00/year.

Family rates are available. Please inquire with one of the instructors.