

# 羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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United States Aikido Federation, Eastern Region  
Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

November 1, 1996

Volume XIV. Number 11.

## Japan Friendship Festival

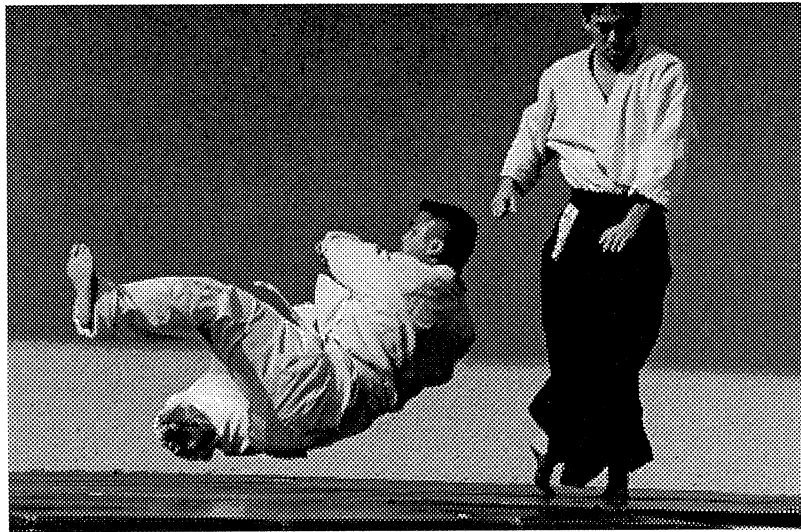
On October 5-6, we enjoyed the second year of the Japan Friendship Festival in Torrance. We demonstrated on a nice afternoon of Oct. 5th to a very receptive crowd. Many thanks to the following members who participated in the event: Frances Yokota, Maria Murakawa, Ken Watanabe, Ken Furuya, James

Doi, David Ito, Jun Joong, and Steve Feng. We thank Larry Armstrong who took off from his busy schedule to come and take photos of the demo. This is our first year demonstrating at this event.

## Radio Air Talk Interview with Larry Mantle KPCC



Sensei answering questions on Air Talk interview.



Ken Watanabe demonstrating at the Japan Friendship Festival

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Adam Hsu.

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Important Dates

## Operation Sparkle October 5th



Everyone worked hard early Saturday morning with the Operation Sparkle Project in Little Tokyo. Working with other community groups, our volunteers did a great job cleaning up the streets of Little Tokyo. This project is sponsored by the LAPD and our Dojo has participated in it for the last several years.

## Important Dojo Dates:

### Nov. 2nd.

Seminar Tenshinkai  
in Westminster.

### Nov. 3rd.

Book Signing at Barnes & Noble  
In Old Town Pasadena.

### Nov. 4th.

General Membership Meeting 7:30pm

### Nov. 16th.

Iaido Intensive 6:30am.  
Monthly Meeting follows.

### Nov. 23rd.

Advanced Aikido Intensive 6:30am.  
Black belt & Kenshu attendance required.  
Monthly Meeting follows.

### Nov. 28th.

Thanksgiving Holiday.  
Dojo Closed.

### Nov. 29th.

Regular Class Schedule begins.

### Dec. 25th

Christmas Holiday. Dojo closed.

Have a Very Happy

## THANKSGIVING HOLIDAY

November 28, 1996

The dojo will be closed.  
Have a nice Holiday & Drive Safely.

## General Membership Monthly Meeting

November 4th.  
Monday Evening  
7:30pm

Everyone is invited &  
invited to participate.

Our Dojo Meetings will  
take place on the 1st  
Monday of the month.

Advanced Intensive Seminar

November 23, 1996  
6:30-8:30am

For all blackbelts, instructors, kenshu and  
advanced students. Please bring your weapons.  
Monthly meeting follows practice, please attend.



Participants in the **Japan Friendship Festival** on October 5, 1996 at the Torrance Cultural Arts Center. Left to right: Frances Yokota, Maria Murakawa, Steven Feng, Kenny Furuya, Sensei, Ken Watanabe, James Doi, David Ito, and Jun Joong. Photos by Larry Armstrong.

# KODO Booksigning

November 3, 1996  
Sunday, 2-3pm

Barnes & Noble  
111 W. Colorado Blvd.  
Old Town Pasadena

*Everyone is welcome.  
Please bring your family & friends.*

## Operation Sparkle:



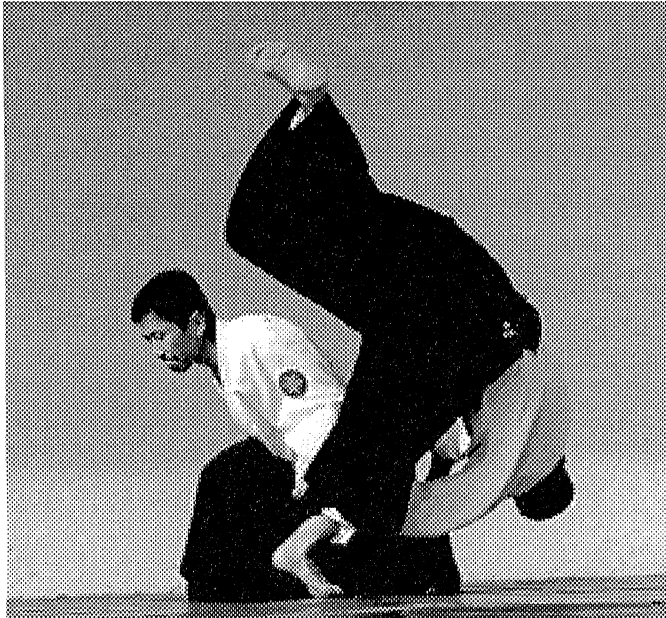
Above left: **Operation Sparkle Volunteers:** Maria Murakawa, Joon Jung, Frances Yokota, Steven Feng, David Ito, James Doi, Brian Kito, Little Tokyo Services Member and Kenny Furuya. Above: Frances and Maria working together for Operation Sparkle.



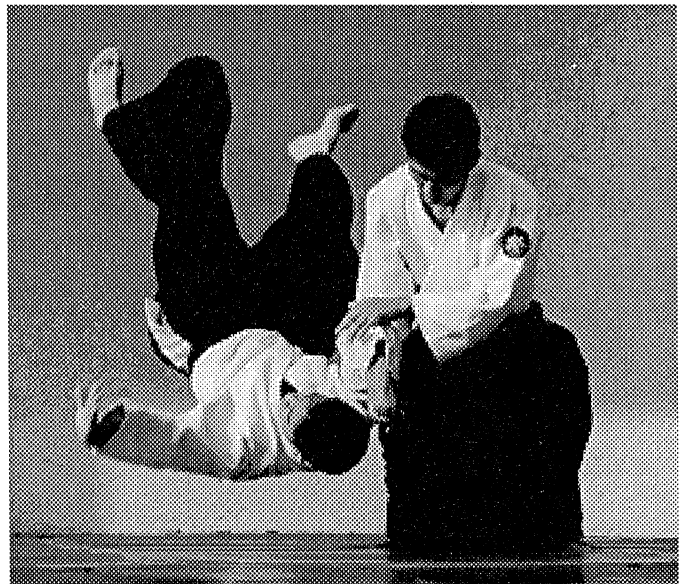
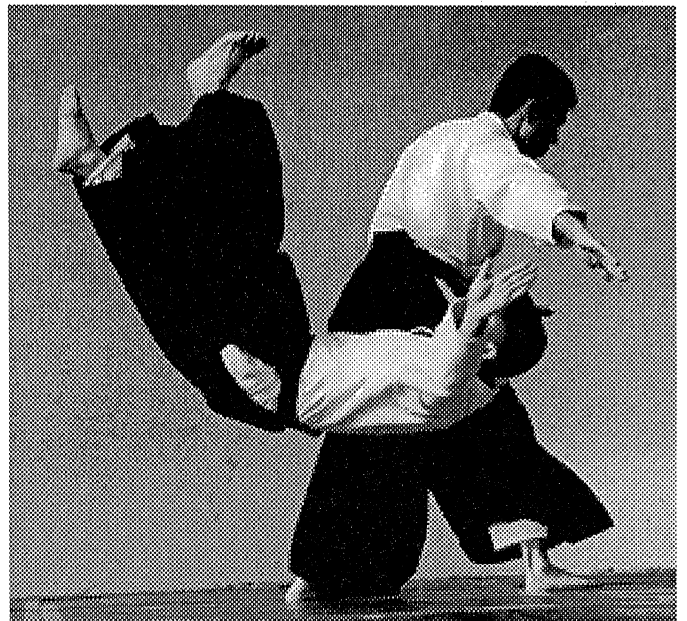
Working together closely, in a friendly way, for other people or the community in a dirty job with no reward and no benefits, is the most profound and highest spiritual training. I hope more people will understand this spirit of Aikido and participate in the next clean-up project.

Many, many thanks for all the hard work our Dojo volunteers did.

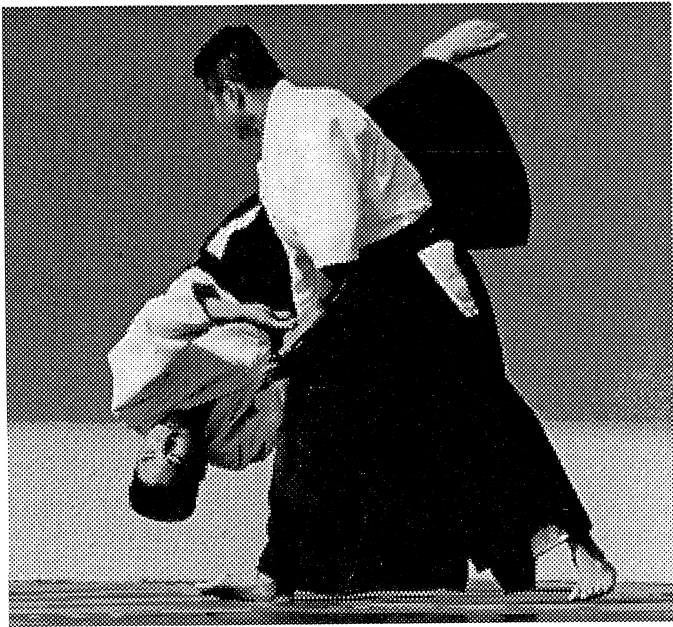
## Japan Friendship Festival



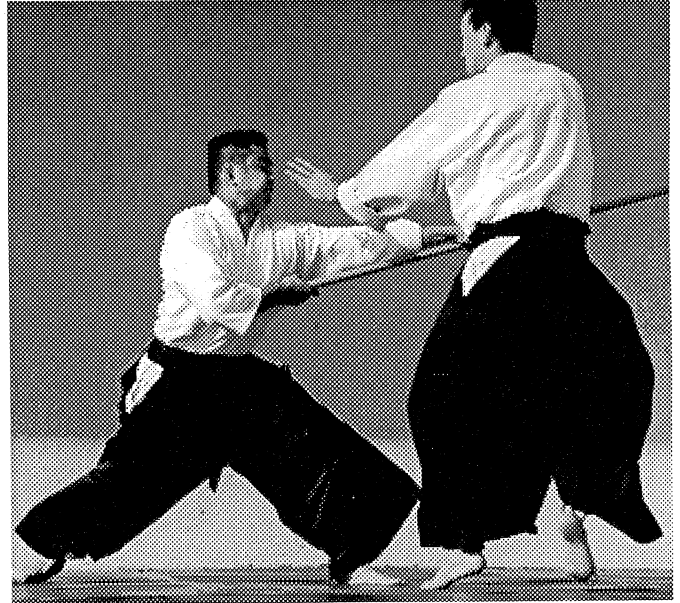
James Doi, Senior Instructor.



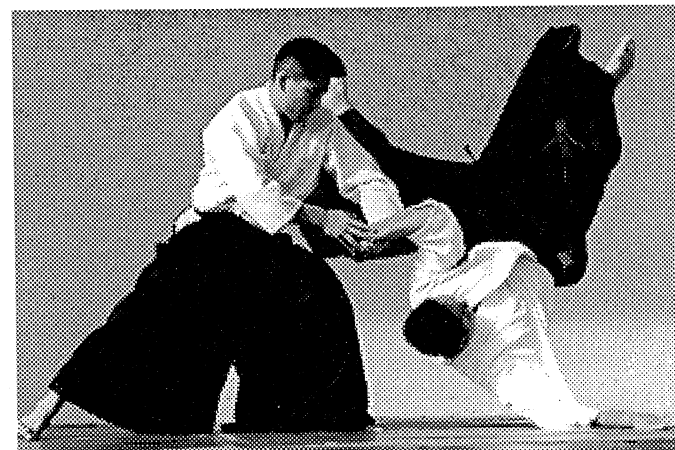
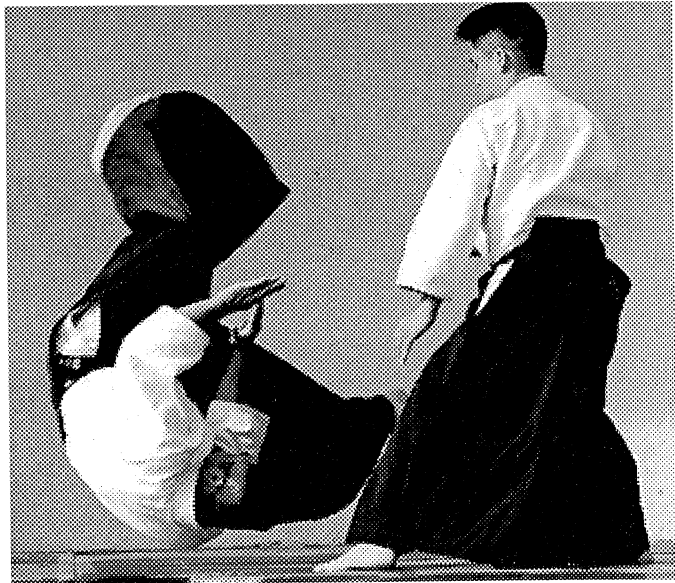
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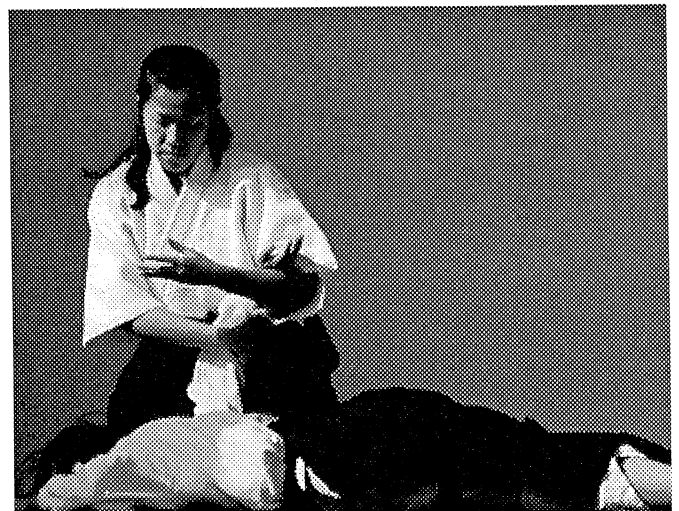
Kenny Furuya



Ken Watanabe



David Ito



Frances Yokota

## **Operation Sparkle:**

# **Adding Sparkle to Little Tokyo**

**Volunteers spend a few hours on a Saturday to brighten streets of J-Town**

**By Kelli Nakayama**

**Reprinted from the Rafu Shimpo. Issue Oct. 7, 1996**

Each year, only one event can bring together some 50 brooms, the Los Angeles Police Department, hundreds of cigarette butts and 150 sleepy-eyed collegiate and post-collegiate members of the community.

It's called Operation Sparkle.

Through a collaborative effort of the LAPD, the Little Tokyo Patrol and the Bridge, a Nikkei community service organization for people in their 20's, volunteers for Operation Sparkle tried to beautify the streets of Little Tokyo on Saturday.

From nine o'clock in the morning to 12 noon, members of the Bridge, Aikido Center of Los Angeles, Cal State Northridge's Nikkei Student Assc., UCSD JaAms, UCLA's Nikkei Student Union and USC's Southern California Nikkei swept and scoured the streets and gutters of San Pedro and Alameda streets, between First and Third streets.

Kevin Nakamura, a member of the Bridge and one of the organizers of Operation Sparkle, said that the project started three years ago, largely because the area could use a little scrubbing.

"The LAPD designated one area for the first L.A. Sparkle, and they chose Little Tokyo, I guess because it was pretty filthy. I don't know that anyone from L.A. city even comes out here to clean, so the merchants appreciate it a lot when we come out here to help."

Michelle Isa, a member of the Bridge's community service committee, was proud of how well-run the street sweep turned out.

"This year was good--the most organized yet," Isa said. "We drew in people from all over Southern California, even San Diego."

After establishing contact with the community service coordinators of all the local college Nikkei groups, there were still many things to be done.

For Isa and Nakamoto, along with fellow Bridge members

Judy Hada, Duane Hashiro, Ken Kato, and others, planning for the operation began a month ago.

Said Isa: "Coordinating everything took a lot of work, especially getting the equipment--the brooms, rakes, shovels, trash bags--from the LAPD. But it was a lot of fun, and hopefully next year we'll get more groups involved."

Nakamoto noted that the turn out was relatively low compared to past years. "Usually we get 200-250 people, but this year a lot of our usual groups, like the Nisei Boy Scouts, JAMN (Japanese American National Museum), the Little Tokyo Business Association and Centenary Church were just unable to make it. I guess luckily it was not too dirty this year."

In a show of appreciation, local businesses gave volunteers discount lunch coupons to various restaurants in the area.

"The older members of the community," Nakamoto remarked, "enjoy seeing the younger generation coming out here and helping out."

## **Operation Sparkle**

### **Mission: Not That Impossible**

### **Destination: Little Tokyo**

**The ACLA Participates for the Second Year in a Row in the City-Wide Clean-up of Our Los Angeles Streets**

**By Kenny Furuya**

On Saturday, October 5, from 9:00am to 12:00pm, members of the Aikido Center of Los Angeles did what they do best: Clean, clean, and clean. After years of arduous training in the art of cleaning the dojo, members of the ACLA armed with shovels, brooms, rakes, and trash bags were unleashed into Los Angeles, where they attacked the filth, grime and trash of our Little Tokyo streets.

Operation Sparkle was organized by the LAPD, Little Tokyo Patrol, and Bridge (a Nikkei community service organization for young adults). The ACLA joined forces with the Los Angeles Police Department, Little Tokyo Safety Patrol, Bridge, California State University of California San Diego JaAms, University of California Los Angeles Nikkei Student Union, and USC Southern California Nikkei.

Operation Sparkle started three years ago in 1994. Brian Kito, one of the founders of the Little Tokyo Patrol and the owner of Fugetso-do invited the ACLA to participate in Operation Sparkle. The ACLA has participated in the city-wide event for the past two years.

The ACLA was assigned to a team with Mr. Masa Matsuura

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of the Little Tokyo Patrol as their team leader. The ACLA team covered an area covering a two block radius starting from San Pedro Street to First Street to Los Angeles Street to Third Street and then finally back to San Pedro Street. The ACLA team



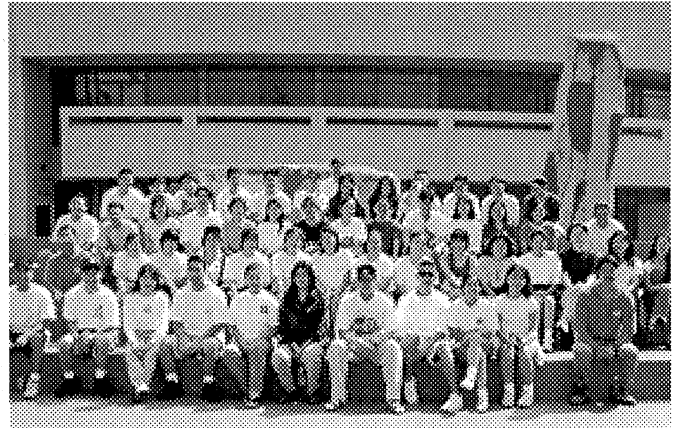
Maria Murakawa & Joon Jung working hard with other Dojo members during Operation Sparkle at the "Banning Garbage Waste Site." Service is Aikido Spiritual Practice.

was the only team to finish early and went to a run-off area for any teams that happened to finish early, which was Banning Street. It was more like "Banning Garbage Waste Site," than Banning Street. ACLA members on first viewing Banning Street wished they never finished their assigned areas early. Banning Street has been recently vacated by vagrants due to a city ordinance; however, their trash remained. Yet, in less than a half hour, the ACLA team cleaned the entire block under the supervision of their team leader Masa Matsuura.



The eight members of the ACLA that participated were James Doi, Kenny Furuya, David Ito, Mark Ty, Maria Murakawa,

Frances Yokota, Joon Jung and Steve Feng. The turnout from the ACLA was less than half of what it was last year. This can be attributed to the apathetic, forgetful, and careless nature of many of the black belts and senior students. One black belt who practiced on that Saturday remarked: "Oh, Operation Sparkle was today?"



Volunteers met at the JACCC at 9:00am on Saturday for Operation Sparkle. Less than half the participants showed up from previous years. Said Sensei: "Next year, I hope the entire Dojo will participate. I am so proud of all my students."



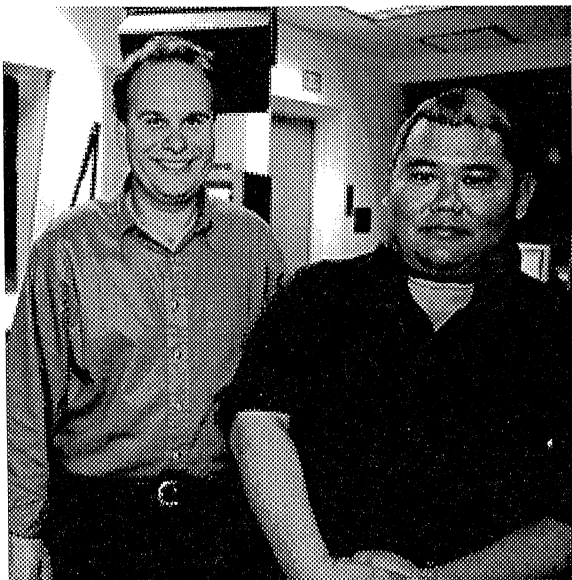
Dojo members working unselfishly together with other community groups. They bring great honor to the Dojo and to Aikido.

According Brian Kito, one of the coordinators: "Well, this year too, your students worked the hardest and the fastest. Everyone else could barely keep up with them. Everyone was sweating real hard and went home early." Said Sensei: "I am so happy that everyone showed great spirit and energy while working with others. We are not competing with others, but we, as Aikidoists, are not afraid of a little dirty work. This is where everyone's training pays off. It is very important to share what we have with the community and support its continued growth and development."

Note: Ken Watanabe was also planning to participate in the clean-up but was asked to stay behind in the Dojo because of several new students coming in on that day for practice.

## Air Talk Radio Interview with Larry Mantle on October 8th.

Sensei was honored to be interviewed by Larry Mantle, the host of "Air Talk," a popular talk program on KPCC out of Pasadena City College. The program has been going for over eleven years and interviews many famous authors, politicians, scientists, educators, philosophers and thinkers. Said Larry, "You are the first martial artist I have ever interviewed and this is the first martial arts book I have ever had on the air." He continued that he was very impressed with and liked the book very much. The program airs during radio "prime time" from 5:00-7:00pm, and is listened to by many California commuters still on the road on their way home. Sensei was the last segment coming on from 6:30-7:00pm.



Sensei with host Larry Mantle

According to Larry, Sensei was an easy interview, able to answer clearly and requiring no coaching. Larry mentioned the book, KODO, and our Dojo many times throughout the interview and also our up-coming book-signings. In the second half of the segment, Sensei answered many inquires who called in to the station. According to Sensei, Larry was extremely cordial and intelligent and made the interview very easy. According to the Dojo members and friends, the interview was overall a big success. Said Sensei, "I'm relieved it's over. Also, I would like to thank Gary Myers for doing all the footwork and making all the arrangements for this interview. According to the program director, they receive hundreds of book everyday and only a very few are selected for the program. Although they don't usually do "martial arts"



books, ours was selected. I think this is a great honor for us. Many thanks goes to KPCC, Radio Air Talk and Larry Mantle and his staff for all of their support and encouragement. Over everything else, I hope this interview will bring a few good people into our Dojo.



Inside the beautiful KPCC Station at Pasadena City College.

This is Sensei's second radio interview. Sensei did one about ten years ago when the Dojo first opened but it was taped and finally aired at 3:30am in the morning. Nobody heard it.

When you have a chance, please listen to Air Talk on KPCC on 89.30FM Radio from 5-7pm, Mondays through Fridays. It is really a great show.

Next Page: In the lounge of the PCC Media Center before the interview with Gary Myers and his wife, Sami. Larry took the photo.



## Making Good Practice:

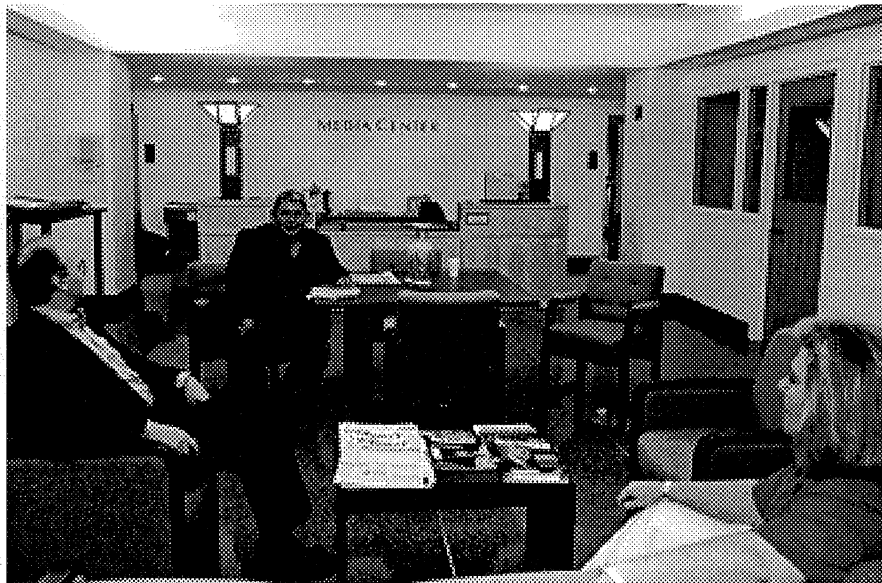
### *1st Requirement is Good Ukemi*

Having a good practice is not simply to have fun for one's self but to make sure that everyone around you in the Dojo is enjoying themselves. When we are practicing with our partner, it is our responsibility to make sure that he is getting as much out of the training as yourself. This means that there must be much giving and taking. Also, one must keep in mind that condition changes when practicing with a senior or junior student, a

stronger or weaker student, a larger or smaller student and an older or younger student. Adapting to these changing conditions is an important part of perfecting one's technique, which is why we change partners often during a one hour practice.

As we mentioned in the October Newsletter, one of the most important aspects of creating a good practice is to develop good ukemi. As a matter of fact, as I have mentioned so many times before, good ukemi is the whole meaning behind good practice. I can't repeat this enough for you. To be too soft and yieiding is no good, yet to be too strong and stiff is no good either. The important point is to learn how to move with your partner within the context of a good, strong attack and to be able to recover from the technique by taking the ukemi and recovering quickly. Many students like to slap the mat or make a big noise with taking ukemi. For demonstrations, this may be acceptable to "entertain" the audience, but it is not martial arts and making continued hard contact with the mats will eventually cause injuries. In general, most students are too stiff, than too flexible. So, in practice, one should emphasize FLEXIBILITY, over strength. One will naturally develop proper strength through CORRECT execution of the techniques. The bottomline is that it is always **RIGHT OVER MIGHT**.

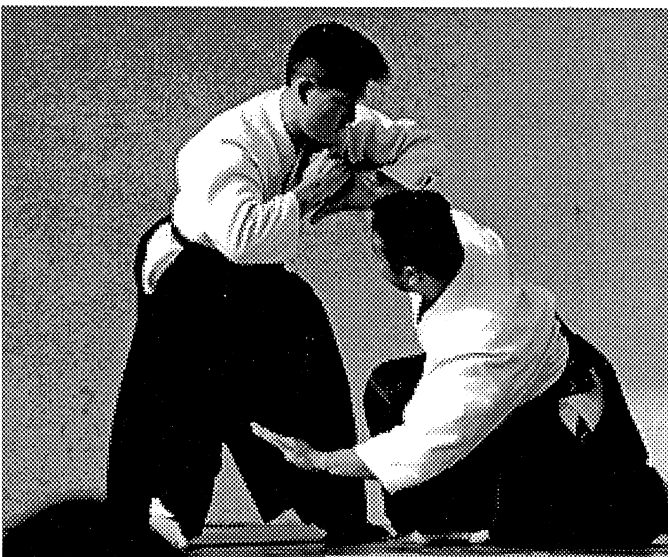
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## Remember!

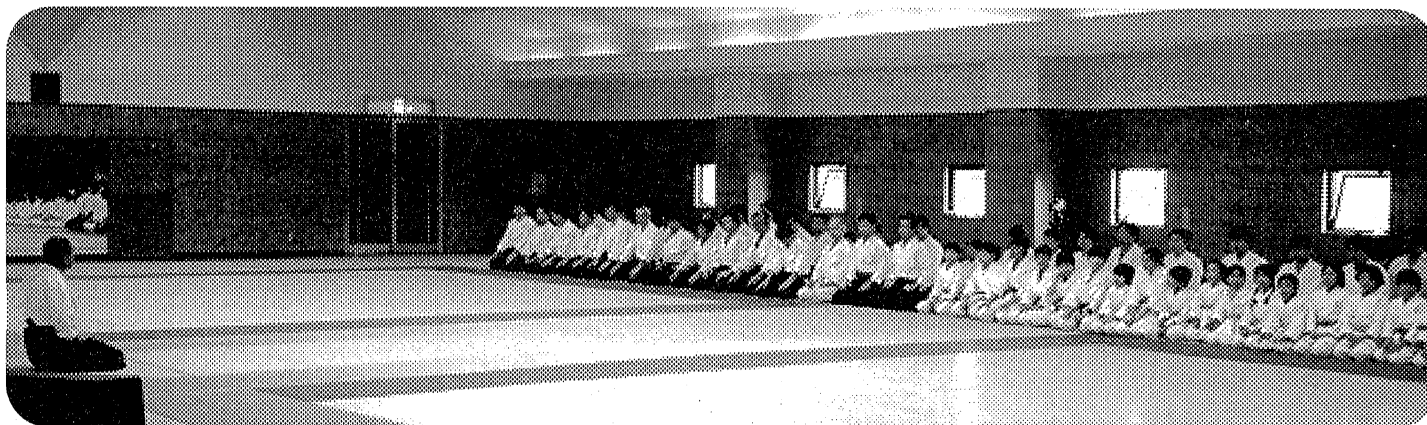
GENERAL MEETING  
November 4, 1996  
7:30pm

All Dojo members are  
invited to attend.



David Ito at Japan Friendship Festival on October 5, 1996.  
Demonstrating Nikyo-tenkan with Kenny Furuya.

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Omiya Dojo in Saitama, Japan.

**Making Good Practice cont.**

*The Meaning of EQUALITY*

I am young enough but, at the same time, old enough, to be considered in the generations of the sixties, seventies and eighties in which the most important, or, at least, the most discussed, social problem is human rights. What I have observed over my life, through the years teaching Aikido, is that everyone demands "equal rights" or "equal human rights" but no one, but no one!, considers themselves "equal." Most individuals think they are BETTER than everyone else. This, I find, to be an inexplicable aspect of human nature - a most permanent and most prominent fixture in the human ego.

But why is this notion of personal superiority so persistent? Of course, because it is so easy to prove! "Look at me," they say, "I am better than you - I have more money than you, I have more education than you, a better job than you, more friends than you, more popular than you, less handicaps and faults than you, better looking than you. Of course, I can clearly see, beyond a reasonable doubt in my own mind, that I am better than you!"

And if we look at it from the other side, I see: look at him! He has a better car than me, more friends than me, more money than me, more invitations to parties than me, better job than me, greater looks than me. Obviously, he has more than me; obviously, he is better than me! I hate it!

In primitive times, man thought that he was the same (or equal) as everything else around him - the trees, the mountains, the flowers, the rain, the moon, the blue sky, etc. and sought for a higher being and found God or Nature or Brahma. Today, man has developed such a high, exalted sense of himself, that God has been summarily put out to pasture as many thinkers complain today. They say, "When I, myself, am so wonderful and perfect for myself, who needs anything else?"

In our Aikido practice, we should find, or at least, rediscover

our own "equality" with everyone and everything in our world. When we recover this equality, we can again see the higher form of our existence and, once again, see Nature, or God, or Buddha or whatever we wish to call Him. I believe, this is what O-Sensei taught as the oneness of mankind. As long we are so fascinated and overly obsessed with ourselves and our egos, we can never reach this higher plane and we can never understand the highest meaning of our Aikido training. In your daily practice, you should see where you are like the others and work with other members equally and in a friendly way. Do not look for "differences" with others in your practice. From KODO: "Although we are all different, ultimately, we are all the same."

*The Misconception of Getting*

In everything we do, we think of profit. Why do something, if you don't get anything out of it? Of course, this makes perfect sense! Profit! In the sixties, there was a popular song from a movie about, "Money makes the world go 'round." When we come to the Dojo for practice, most people think: "What do I get today? What do I get out of Aikido today? What do I get out of Sensei today? What do I get from my partner today? We only think about what we can get in everything we do. Of course, we need money to pay the rent, we need a job, we need this and that but when this becomes the main focal point of our lives we begin to say, what do I get from my parents? What do I get from my wife or husband? What can I get from everyone around me! Whatever we calculate what we can get from others or what we think we deserve from others is never enough and we are always disappointed. Nothing will ever satisfy your greed. This is why greedy people, as much as they have, are never happy. Take a different strategy: think what you can give to others! Because you can always give of yourself limitlessly and you find that there is no end to what you have when you decide to give it away. In daily practice, think what you are giving to others in training, not what you are going to take away from them and you will always be happy and satisfied. You will find your infinite, Greater Self, not your ego.

## **To Bridge the Pacific**

### **A Summer Interview**

### **with Sifu Adam Hsu**

**Conducted in Palo Alto, California**

By Craig Yee

*You've been in Taiwan now for 5 months. How's the weather and the food?*

Well, the weather there is really hot. Many days, it's over 38 degrees C (100 degrees F) - every house has to have an air conditioner. It bothered me a bit, but I'm somehow used to it now. I've eaten lots of good food, but don't envy me. The food is fantastic in Taiwan but only for about a one-month stay. After two months, it was "Uh uh," and towards the fourth month, it really was too heavy on me to eat such greasy, strong tasting food. I started to cook my own very simple meals. It's much healthier and a lot more enjoyable. The fruit is really great in Taiwan. You have to be there personally to appreciate it. In the future, when we establish a school there, some of you can go there to conduct the class. Then you can enjoy the fruit!

*Can you tell us a bit about your trip, its purpose?*

I taught kung fu in Taiwan for many years, I taught privately, at the university level, and at my teacher's school. Besides that, I edited and published kung fu books with my friend who has become the biggest kung fu book publisher in Taiwan. We had more than 300 titles, old and new. I participated in many conferences and tournaments; I served as officer or staff member in many national and international activities. I literally grew up in the kung fu circles of Taiwan. You could almost say, "knowing everyone, everyone knowing me," for at least three generations: my own generation, the older generation and the younger.

The purpose of this trip is to re-establish my base in Taiwan. I have a dream; to promote kung fu. I always planned to start with our very own spot-the

San Francisco Bay area-and then link with Taiwan and Japan to build a triangle across the Pacific. Then the next step, a giant step, would be to invade Mainland China. I was planning to start sometime late next year or even early 1998. So you can clearly tell, this trip is premature. But I'm not complaining. Starting earlier is always better than late. During my last 18 years or so in the Bay Area, I had lots of time to practice, to think, to design, to compose our training program. I am somehow ready, so there I am in Taiwan.

*Can you tell us what happened so far?*

First, I approached, some of my own kung fu brothers to ask them for help. I didn't get a very good response. Several are younger than me and already retired. They don't have to work for the rest of their lives. They are this rich, literally millionaires. Not interested in helping. Then, I asked my friends, college classmates, many of whom are also very rich-antique collectors, owners of national treasures. They have their own museums. Not their interest. So I realized, kung fu is really different from music, painting, drama or dance. People have an understanding of these arts, and if they're interested, they come up with money to help.

I haven't given up though. My kung fu brothers, my college friends-this is my own circle. When I return to Taiwan, I will stretch out to the foundations to see if they show any interest. The point is if I can get a big budget, no matter from where, I will do it big.

We will need all kinds of people to participate in these new developments. Even if I cannot get the budget I wish, I'm not going to sit and wait for the money before we start. This is not the kung fu way to face a challenge. I will start small, rather than just stand there.

*Sounds difficult. Have you done any teaching or anything else in Taiwan?*

Taipei is an expensive city, and I do need some income. I had one connection and we started a

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qigong class. I even wrote a regular column on qigong for a Taipei newspaper. But you have to understand, the qigong market in Taiwan is very bad-lots of nonsense, fairytales, fantasy-and people are buying that. Let's say a young man, married with a family, starts his own business. He works very long hours, seven days a week, even after work-business dinners, drinking, staying out late. After three years, the business is successful. but he is tired, weak, easily gets sick. If he eats right, sleeps right, takes care of himself, finds a good teacher and practices qigong every day for *three years*, and regains his health, I'd say he's fortunate. But for Taiwan people today, *three years*? Forget it. How about three months? Or three weeks? Try three days! Their expectations are totally unreal. Comparatively, they feel my training is hard and boring. I admit my training is always hard and boring (*laughs*) and the results aren't immediate. That's my difficulty.

So since July, I have been teaching kung fu-one class in the Sun Yat Sen Memorial Hall and another in the Chiang Kai Shek Memorial Hall. I've been seeing people about starting another qigong class. I'm still writing columns and articles and a couple of people are even asking me to write a book. I'm also talking to TV stations-there are lots of new channels opening up in Taiwan. And besides, I cannot forget film. In the past, you could write a script without using your brain and people would buy it; but if you tried to say something of substance, you could scare people away. Or you could choreograph fight scenes, be the stunt director, do the nonsense fighting. You made money but it didn't make sense at all. The movie industry today has totally changed toward a better direction and someone like me might be allowed to do something.

*It seems understandable for people in the United States not to understand kung fu. It's something from another culture, and there's lots of misconceptions from movies, from all sort of places. It seems surprising that there isn't better appreciation for kung fu in Taiwan, Mainland China or Hong Kong.*

Yes, it's very sad. I think the roots are very deep. . . then again, maybe not *that* deep. In the past, martial arts, practically speaking, had to be tested in the battlefield. You couldn't lie. If your martial arts was fake, you could lose your life, or someone you loved, or the whole village, or even the country. But toward the end of the Qing dynasty, Chinese troops were routinely beaten by the modern rifle and cannon. The way of war had totally changed. For martial arts, it was a very big turning point; and, of course, the level of interest in it dropped. Some martial artists simply gave up; those who wanted to become soldiers or generals had to learn how to fire a rifle or cannon, not kung fu. During this time, martial arts lost badly.

But some sifus still needed to make a living. When they taught, in a way, it was too easy because not very much was asked of them. The students, for whatever reason, wanted to learn kung fu. Without a practical reason or necessity, they still loved the art. Their attitude was more leisurely and less serious. Of course, the kung fu teachers also approached rich people. And rich people usually don't practice very hard because they want to enjoy life, not get tortured. Teachers had to water down their kung fu. And at the same time, to some degree they had to be dishonest, to tell students there were learning the real thing and doing well, when this was, in fact, not true.

The beginning of the Republic which is just after the turn of the 20th Century, is the period when lots of fake kung fu was introduced. So even if we can trace back a system to a really good master, it is not necessarily true that he taught the real thing. He might indeed have had the real art but not taught it, or the students might not have not be able to learn. This damaged the art a whole lot and, to this day, has made research very difficult. Even though a master is good, his student is not necessarily real.

After the new army developed, martial arts still attracted some people. But from the beginning, they got the wrong idea from swordsman fiction novels

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Continued:

and later on from movies and TV serials. China and elsewhere, they are all the same. In fact, this is not the right way to promote the art because movies and stories mix in too much fantasy, too much romance. Of course, you cannot produce an interesting novel or attractive drama without these elements, so the martial arts shown there is often misleading. It does raise people's interest, that's the beneficial part, but the price we have to pay is too high: people get the wrong idea about the art. Everything-history, technique, attitude, goals, what we can realistically do is fantasy, just like Walt Disney's cartoons. It's a totally different world. So it's not only foreign countries like the US that are full of misconceptions. We don't appreciate the real art of kung fu in China either.

*You will be returning to Taiwan next week and this time maybe opening some doors to Japan. While you are away, do you have any words of advice for your students here?*

I hope you really practice hard and seriously. Right now, my strongest coaches are still here in America. In fact, the Bay Area is actually ready for exchange programs with Taipei. But Taipei is not yet ready. Everything I've been teaching feels strange and new to them. They're still in the introductory period. I hope this won't last long and that I'll start to get some serious coaches to practice with me.

You should understand that some of these students are also coaches who have been qualified to teach on the National level at government-sponsored training camps. They teach and qualify other coaches. But they need some time to catch up because many of their problems start from the ground up-their basics and fundamentals are incorrect.

My trip to Taiwan has some negative and some positives. But I always like to try to turn the negative into the positive, like yin and yang always switching and turning. So practice hard, treat your students nicely, help them all you can because they are our

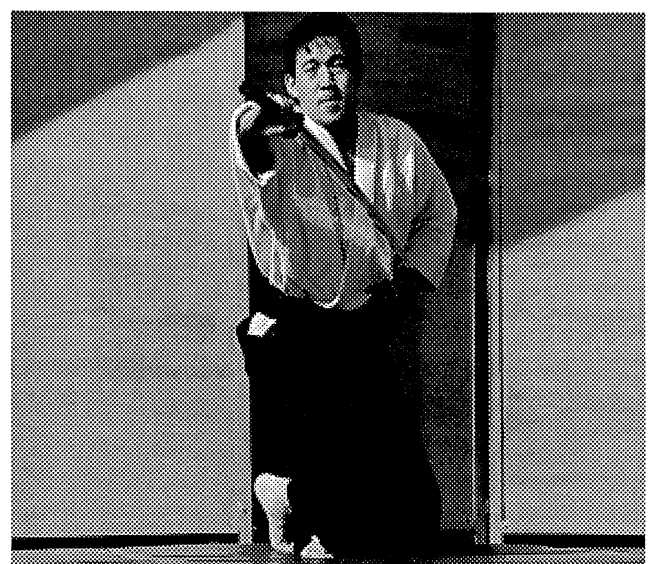
future. We have some good coaches but we need to produce a lot more and I mean *a lot*.

Understand that you are not to rely on me or anyone else in the world. The only person you have to rely on is yourself. To make my dream-our dream-come true, to build up the triangle connection, to insure the future of kung fu, is not just up to me. It's up to you. And don't forget, when our foundation is strong, we can approach Mainland China to rescue them, to reach them, to show them what the real traditional art is. Together, our voices will speak louder than one person's, our power will be stronger.

I wish everyone health and rapid improvement-we *have* to be fast. Spend more time thinking and concentrating on your kung fu training. We all truly love kung fu and we really hope to build up our future. So I am starting. Actually, we all started already! So practice hard and maybe *you* can use your kung fu as a bridge to cross the Pacific.

*Craig Yee is a Non-profit Administrator and studies traditional wushu in San Francisco.*

*This article was kindly reprinted from Autumn Leaves-Journal of the Traditional Wushu Association, Volume 5, No. 2. September 30, 1996. With permission from Master Adam Hsu.*



Ken Watanabe - Hasegawa Eishin Ryu Iaido.  
Japan Friendship Festival in Torrance, Oct. 5th.



Sensei demonstrating in Torrance on October 5th.

## Membership Drive

Introduce a new member to the Dojo and receive a personally signed copy of KODO, compliments of Sensei.

## Welcoming Our New Students

*For the Month of September*

David Neylan-Ruiz  
Julie Sergiojan  
Drury Rossbacher  
Kai Peterson

Welcome to our Dojo. Please train hard.

## ATTENDANCE: TOP TENNERS CLUB

For Month of September:

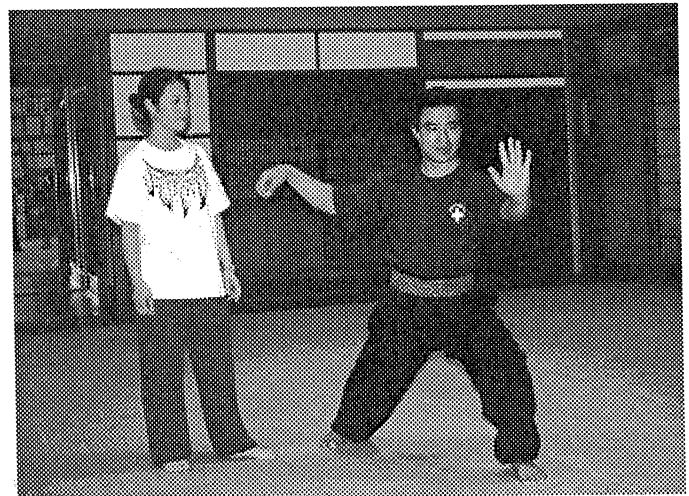
- |                       |          |
|-----------------------|----------|
| 1. Ken Watanabe       | 30 hours |
| 2. Kenny Furuya       | 24 hours |
| 3. Steven Feng        | “        |
| 4. Larry Armstrong    | 21 hours |
| 5. Bill Gillespie     | 16 hours |
| 6. Maria Murakawa     | 15 hours |
| 7. Nick Vladimir      | “        |
| 8. Kristine San Luis  | “        |
| 9. James Doi          | 13 hours |
| 10. Richard Eloriagga | 12 hours |
| 11. Frances Yokota    | ”        |

Congratulations to the above students for work well done and maintaining an excellent personal training schedule. Please keep up the great work! All students: Please keep in mind that a regular attendance record is one of the utmost factors in grade promotions. Thanks for working so hard!

## Some Bookstores Handling KODO:

*Please patronize our friends*

Kinokuniya Bookstores, Little Tokyo  
Phoenix Books, Santa Monica  
Barnes & Noble, Old Town Pasadena & others.  
Bodhitree Books, West Hollywood  
Bunkado Gifts, Little Tokyo  
Buddhist Bookstore, San Francisco  
JACCC Gallery, Little Tokyo  
Kim's Martial Arts Supplies, Los Angeles



Master sword polisher, Naoji Karita of Tokyo, taking a lesson in Taiji from Madame Helen Chu in the Dojo during his recent visit on August 25-27th. Karita Sensei often visits the Dojo.

## SPECIAL FRIENDS & FOLKS

### Neville Charles:

Off to Boston. The Dojo wishes him lotsa good luck!

### Ted Takeuchi:

Many thanks to Ted Takeuchi (who started Aikido with Sensei in the late 70's) for helping with the Dojo income taxes with year. He has also made a \$200.00 donation to the Dojo.

### Dr. Cheryl Lew:

Many thanks to Cheryl for re-doing all of our Attendance Records for the Dojo.

### Andy Kissel:

Many thanks to Andy for helping with some of the carpentry work in the Dojo over the last several months. Andy recently had minor surgery on his back for a cyst. Get well soon!

### Ken Watanabe:

Many thanks to Ken for taking care of termite control at Sensei's house in Altadena.

### Norman Lew:

Many thanks for changing O-Sensei's light in the tokonoma.

#### Uniforms:

If you need to purchase a uniform or think you will need one in the near future, please order early. If we are out of stock, it usually takes at least one month before they come in.

#### Dojo T-shirts, etc.

We still have a few Dojo T-shirts and our Kodo T-shirts left. If you would like one, please order while we still have some left. \$15.00 each. They make great gifts. We still have Dojo patches (\$5.00) and our Dojo mugs (\$10.00).

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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.

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

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## Welcoming New Students

September 1996 - David Neylan Ruiz

## Book Signings



Sensei lecturing at Phoenix Bookstore on August 24th.



Book-signing at Kinokuniya Bookstore on September 8th.

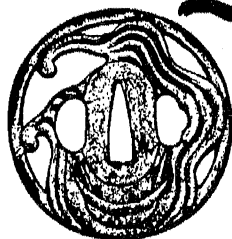
## Addresses & Telephone Nos.

Please make sure that the Dojo has your current address and telephone numbers, including home and business numbers, E-mail addresses and pager numbers. The Dojo will be sending out Holiday Greetings toward mid-November and would like to have your correct address as well as for up-dating our files. Thank you for your cooperation and speedy attention in this matter. ACLA

Aikido Center of Los Angeles  
NEWSLETTER

**KODO**  
Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist



古  
道



by Kensho Furuya

A gift of a signed copy of KODO makes a great present for a friend, co-worker or family member. Remember them on their birthday or perhaps for Christmas. Please order early if you would like signed copies from Sensei.

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of the Warrior-Martial Artist

Rev. Kensho Furuya

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

**November 3, 1996, 2-3pm**  
**Barnes & Noble Books**  
**Pasadena Old Town**  
**EVERYONE WELCOME!**

**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.**

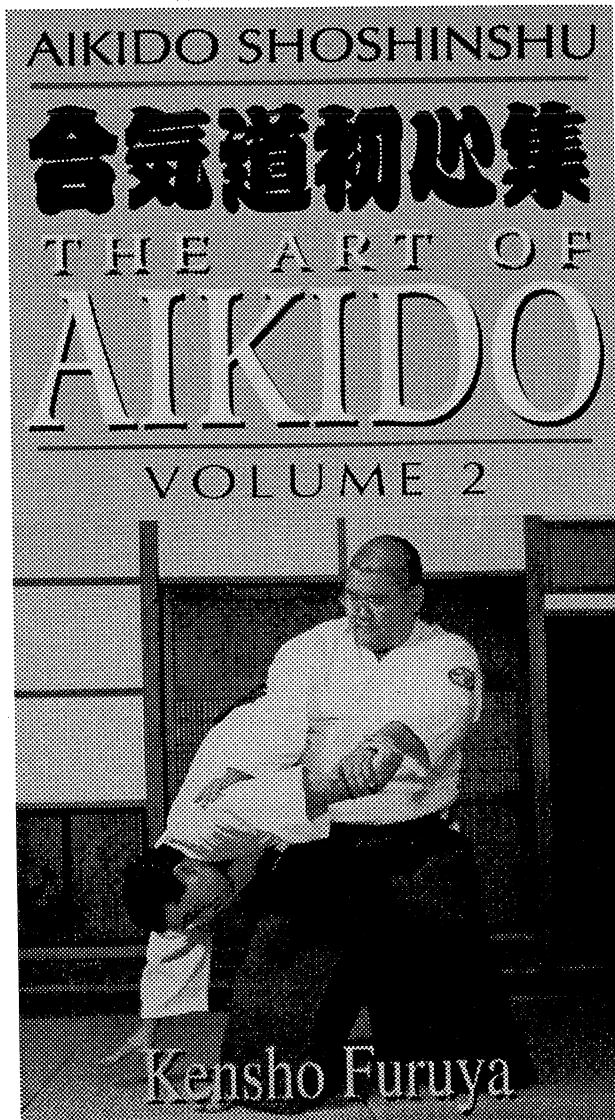
Expert opinion & appraisal on Japanese swords.  
\$50.00 per sword.

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 fees.

**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 SHOSHINSHU The Art of Aikido Video Series

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

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

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

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

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

## Aikido TRAINING SCHEDULE

### BEGINNING & OPEN CLASSES

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

Monday & 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

Wednesdays  
8:00pm-9:00pm

Saturday Mornings  
11:30am-12:30pm  
Please bring weapons.

### 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 3rd Saturday of the month.  
6:30am-8:30am  
General meeting follows.

### BUDO & SWORD STUDY CLASS

Every 1st Monday of the month.  
7:30pm-8:30pm