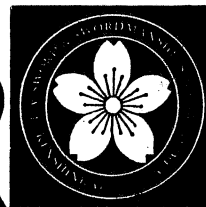




AIKIDO CENTER OF LOS ANGELES NEWSLETTER



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

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

United States Aikido Federation, Eastern Region

Nihon Iaido Kenshinkai. Los Angeles Sword & Swordsmanship Society

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

\$2.95
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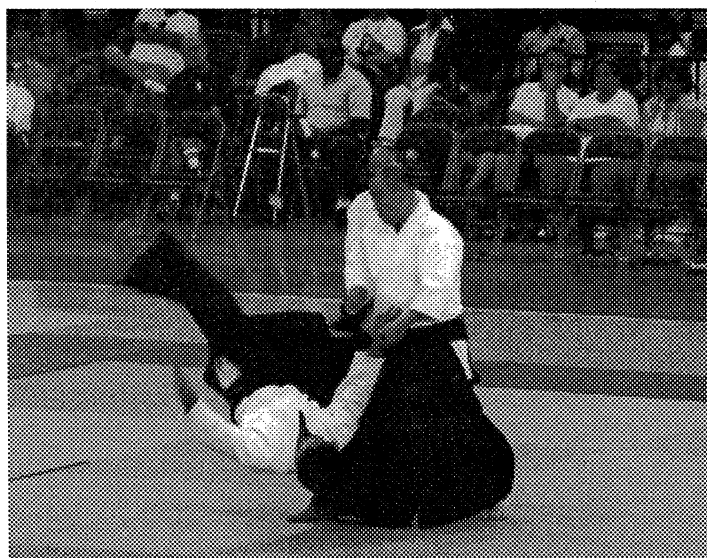
November 1, 1997

Volume XV. Number 11.

Welcome N. Ichihashi Shihan

November 12-15, 1997

**Hombu Dojo
N. Ichihashi
Shihan
8th Dan for
SPECIAL
PRACTICE**



Ichihashi Shihan during visit to Los Angeles & our Dojo in June, 1997.
Ichihashi Shihan visits us again this month for Special Practice.

**I. Ichizuka
Shihan & Mrs.
Visit Dojo, LA
Oct. 1-4.**

After a terrific hot spell in LA, the weather suddenly turned quite pleasantly beautiful on October 1st when Sensei and his senior assistant instructor, Ken Watanabe, went to the LAX Airport to meet the Dojo's very good friends, Isamu Ichizuka Shihan, 6th Dan, Chief Instructor of the Omiya Dojo and Kuki Dojo in Saitama Prefecture and his lovely wife, Mrs. Toshie Ichizuka. Their arrival was a little late having made a stopover in Seattle before arriving into Los Angeles.

We escorted Ichizuka Sensei and his wife to the Miyako Inn in Little Tokyo where Sensei was able

**Welcome &
Best Wishes!
Newly Married
Young
Ichihashis'**

The newly wedded honeymooners, Ichihashi Shihan's son and daughter-in-law visit LA from October 11-16. We will be hosting them during their stay and welcome them to our Dojo. They married on October 10th. Congratulations to Ichihashi Shihan.



Ichizuka Sensei conducting workshop on his 2nd visit October 1-4.

Sensei & Mrs. Ichizuka:



Arriving at LAX on October 1st. A three year reunion!
upgrade their room to a one of the very best in the house. After a quick snack of ramen at the Tokyo Gardens Restaurant, Sensei and Ken left them to settle themselves in their room

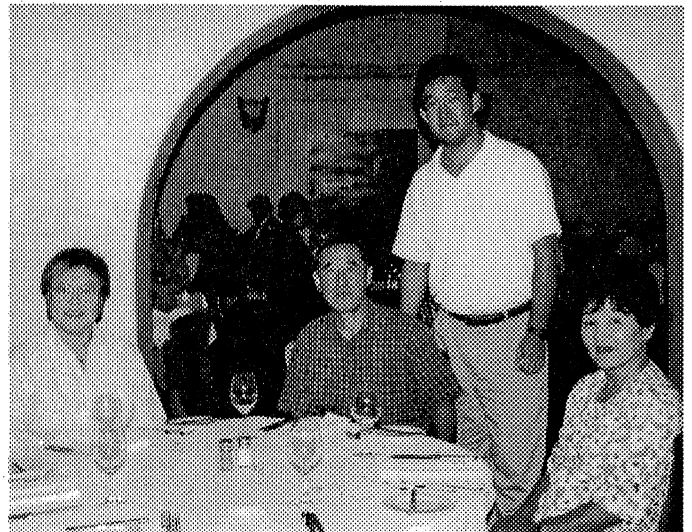


In Los Angeles once again. At LAX.

before picking them up and bringing them to the Dojo. Greeted by Kenny Furuya and David Ito who both have visited Ichizuka Sensei in Japan, the Ichizukas, Sensei, Ken and Cheryl Lew headed towards Hollywood for dinner at the very well known Campanile's situated in an old Hollywood landmark, a somewhat Italian inspired building designed and used by Charlie Chaplin as his office. The Ichizuka's had steak which they said was the best they ever tasted followed by a wonderfully fresh grape sorbet, a specialty of the house.

October 2nd. Day Two.

After breakfast at Marston's in Pasadena, we headed to the L. A. Arboretum. We returned to Little Tokyo and met the priests at Zenshuji Temple where Sensei was once ordained as a minister. In the afternoon, we had a lunch of fresh crab at the Redondo Beach Pier where the Ichizuka's were able to see the Pacific Ocean from "our" side. We returned to Little Tokyo for



At Campanile's with Cheyl and Ken. "The best steak I ever ate!!!"



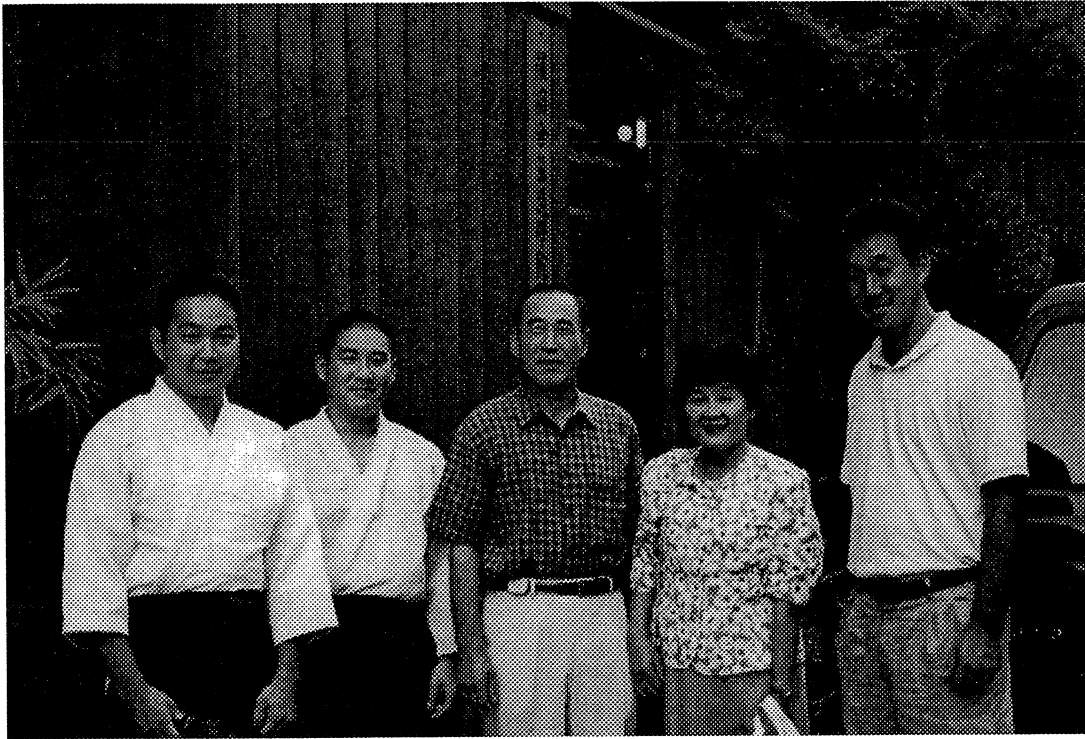
At the beautiful and peacefully quiet LA Arboretum in Pasadena.



Enjoying the nice breeze at the Redondo Beach Pier.

a short rest before we picked them up at the hotel for the first day of training at our Dojo.

Aikido Center of Los Angeles NEWSLETTER



At the Dojo entrance, greeted by Kenny Furuya and David Ito. Ken Watanabe & Sensei took the Ichizuka's around Los Angeles during their four-day stay in Los Angeles. Ichizukas: "Many thanks to Ken Watanabe."

After practice, we had dinner at the Tung Lai Shun Islamic Chinese Restaurant in Little Taipei in Rosemead and then a special treat of Taiwanese slush at the Shau May Restaurant on



Members on 1st day of practice. October 2.

Valley St. in Alhambra. It was quite a busy day.

October 3. Third Day.

Sensei and Ken picked up the Ichizuka's at the Miyako Inn around 9:30am and directly headed off to Beverly Hills to have some very tasty waffles at the Rodeo Cafe on Rodeo Dr. After some Rodeo Dr. "looking" (not shopping), we stopped off at the Beverly Center mall. Slightly behind schedule, we had no time for the Hard Rock Cafe or the Griffith Park Observatory in Hollywood - we'll save it for their next visit.

We had lunch at Katsu On Third and they were surprised that there was no sign on the front. We had sushi. So now, as well as experiencing California and America, they had their second taste of Japan in America. Ken met an old friend of the family there. He has friends everywhere we go! From Katsu On Third we headed back to Los Angeles and to the Price Club in Alhambra so Mrs. Ichizuka could see an example of American consumerism. She was impressed - rice, the staple of the Japanese, is only 1/10 the price of rice in Japan. Can you imagine if we had to pay \$10-\$20.00 for a loaf of bread?

We just made it back to the hotel by 5:00pm to give them a little rest before bringing

them to the Dojo for the second day of our Special Practice. It was an excellent class which everyone enjoyed. Ichizuka Sensei and his wife made sure to practice with every single member of the Dojo. After practice, some of the students treated the Ichizuka's to Chinese Hong Kong style seafood at the ABC Restaurant in Chinatown. Although it was getting quite late and the Ichizuka's needed time to do all of their packing for an early departure on the next day, we whisked them off for a final nightcap at the Shinsengumi Yakitori Restaurant in Gardena. Ichizuka Sensei only agreed to go if Sensei had a sip of beer which he did. (Sensei does not drink.)

October 4. Fourth Day.

We met the Ichizuka's quite early at the hotel to assist them in their check-out and had breakfast in the hotel restaurant on the 2nd floor. We made arrangements with the tour company to take the Ichizuka's personally to the airport. We arrived early at the airport and had a chance to reminisce about old times and Aikido. I think we have established a true friendship based on the principles of Aikido. We have become good friends and our two Dojos have become a good example of how dojos can work together and share.

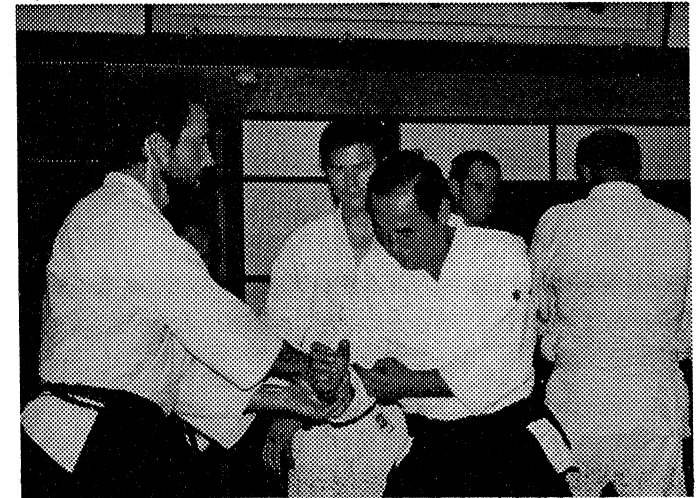
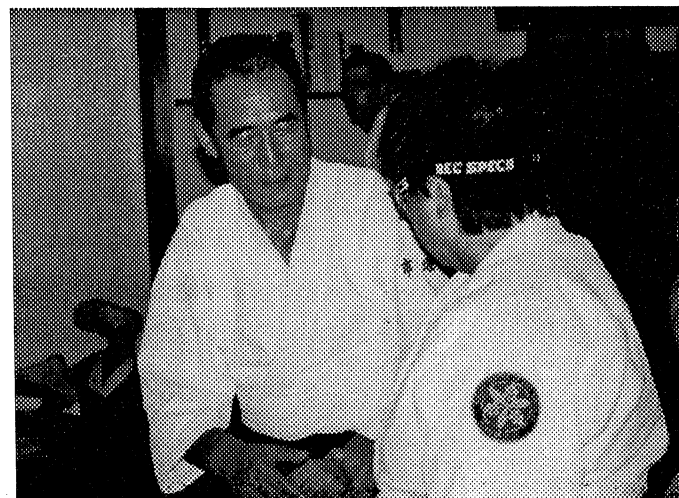
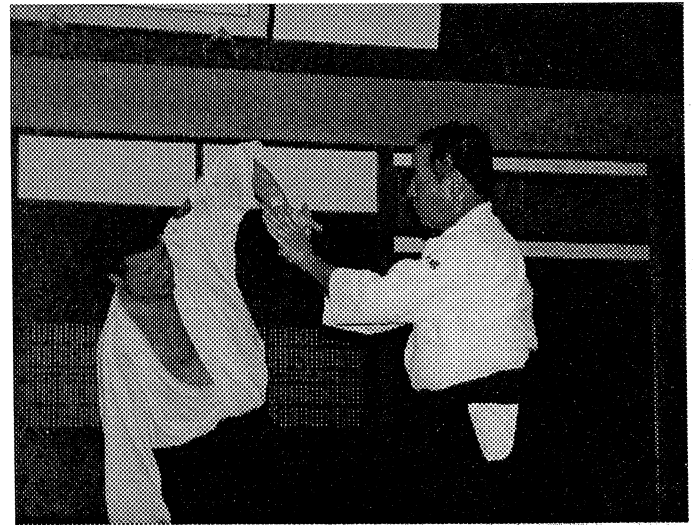
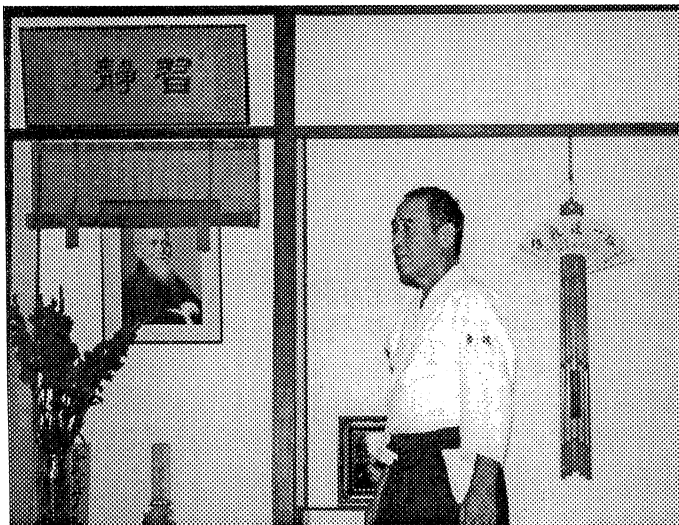
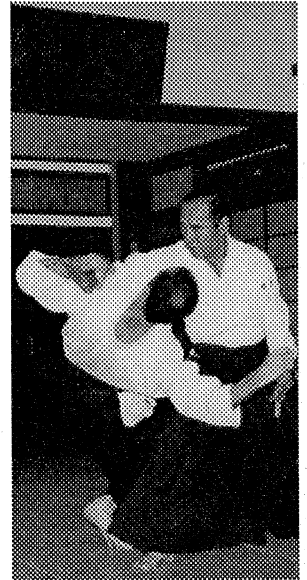
We saw them off to Hawaii where they will attend Jeffrey Waters and Chiaki Ikegami's wedding before returning to Japan. Everyone certainly enjoyed their visit and hope that they will come again soon to Los Angeles. They arrived safely to their home in Japan on October 9. Many thanks to Mr. & Mrs. Ichizuka for coming!

Aikido Center of Los Angeles
NEWSLETTER



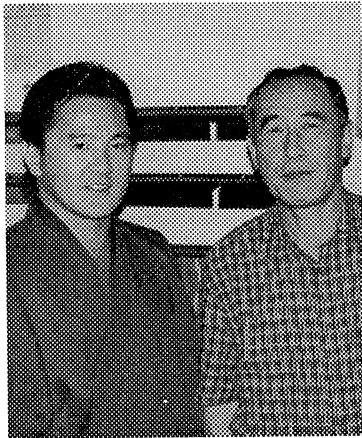
Members during Ichizuka Sensei's practice on Oct. 3rd.

Ichizuka Sensei during class.

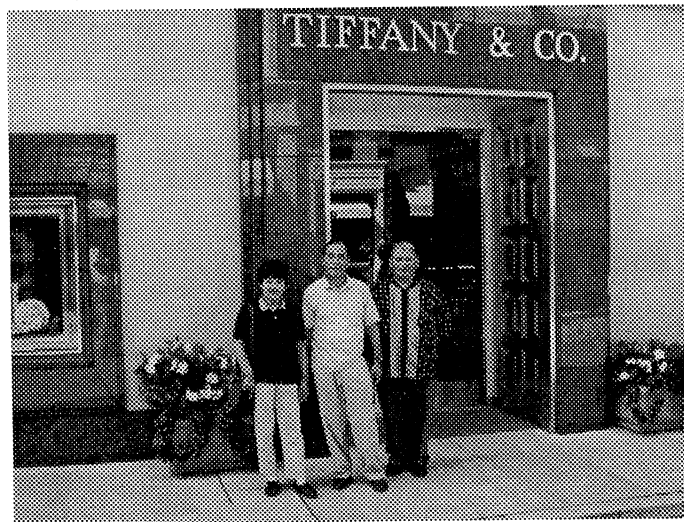
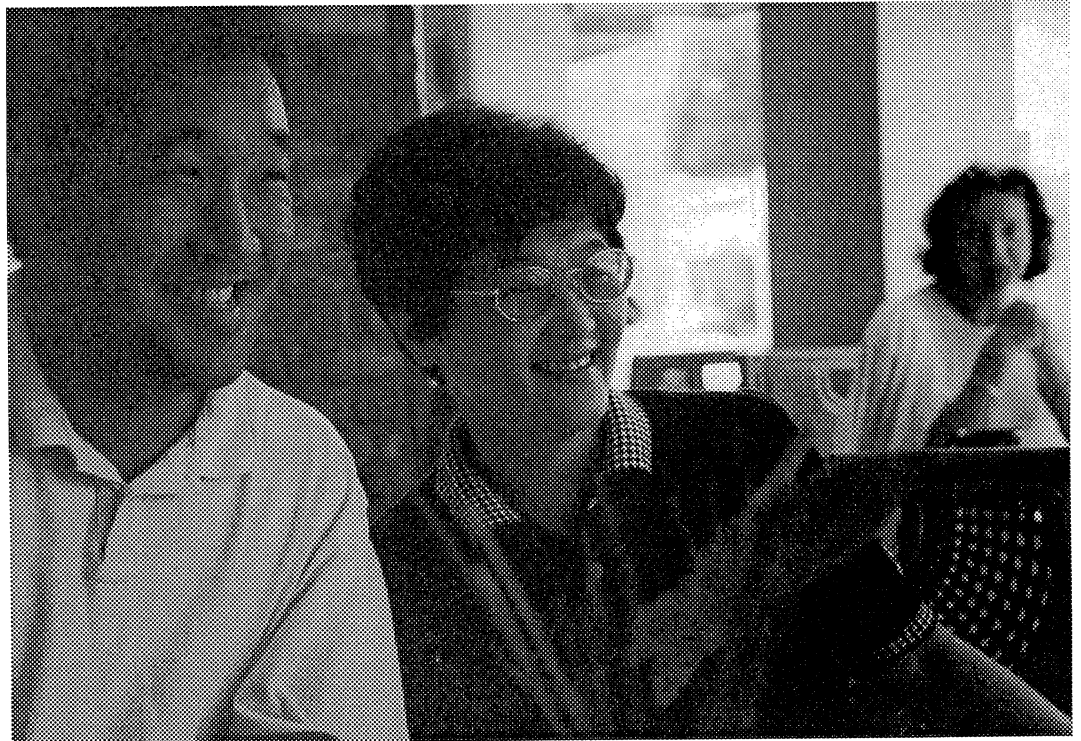


Aikido Center of Los Angeles NEWSLETTER

Mrs. Ichizuka and Ken enjoying the view from the Rodeo Cafe on Rodeo Drive in Beverly Hills. The Ichizuka's were treated to a whirlwind tour of Los Angeles on a visit which seemed much too short from the very beginning. Everyone had a really great, memorable time.



With Shigeta Sensei, Shinsengumi, Yakitori Restaurant, in Torrance.

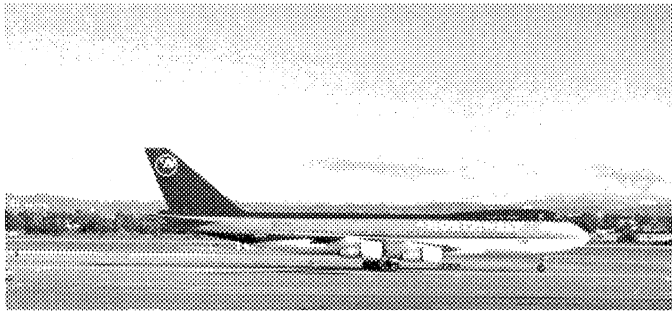


Left: At Tiffany's in Beverly Hills. At Marston's in Old Town Pasadena. Right: At the Tung Lai Shun in Little Taipei and our gang at the Shau May for delicious Taiwanese style slush.



Welcoming the Newlyweds: Mr. & Ms. Atsuhiko Ichihashi To Los Angeles October 11-16.

On October 11, Sensei & Ken Watanabe met the young Ichihashi's at the LAX Northwest Airlines terminal here in Los Angeles for their honeymoon. Atsuhiko Ichihashi, the only son of Norihiko Ichihashi Shihan of the Hombu Dojo, married on October 10 in Tokyo. They immediately joined their tour group for a whirlwind tour of Los Angeles before checking into the Four Seasons Hotel in Beverly Hills. Later that evening, Sensei, James Doi and Cheryl Lew met them at the hotel for dinner at La Cucina's and dessert and coffee at Sweet Lady Jane's and a night cap at the Hard Rock Cafe returning back to the hotel at midnight after a little "cruising" on the Strip. An exciting first day!



Honeymooners arriving in L. A. at LAX. October 11.

On Day Two, October 12, Sensei met the honeymooners in the evening after their all day trip to Universal Studios provided by their tour group. Accompanied by Ken Watanabe and Cheryl Lew, we had a few appetizers at Ed Debevic's in Restaurant Row on La Cienega Blvd. before a wonderful steak dinner at Dan Tana's. We saw actor James Woods among many actors and "show-biz" people.



Greeting them at LAX. Their first time abroad.



October 11. Day One. At the Four Seasons Hotel in Beverly Hills.



Outside La Cucina's on Melrose Ave. in Hollywood.



At La Cucina's with James Doi & Cheryl (taking photo).

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On Day Three, October 13, Sensei, Ken Watanabe and David Ito picked the couple up early at the Four Seasons Hotel in Beverly Hills, had a pancake breakfast at the Rodeo Cafe on Rodeo Dr. and did a little shopping which took much longer than we anticipated. We stopped by the Griffith Park Observatory for a beautiful view of the city before heading back to the Dojo. Ken Watanabe took the honeymooners to Price Club where they did a little more shopping and David Ito split up to pick up the Karita family who are also visiting Sensei and take them to the Glendale Galleria. We all met back at the Dojo where Atsuhiko practiced Aikido for the first time in 23 years. Ichihashi Sensei happen to call me from Hombu Dojo and when I told him that his son was practicing Aikido, he only replied, "I don't believe it!" After practice, the Ichihashi family, the Karita family, Sensei, Ken Watanabe, David Ito, Cheryl Lew, Larry Armstrong, James Doi and Andy Kissel all had dinner at the Tung Lai Shun in Rosemead. Everyone enjoyed the Islamic Chinese Beijing style cuisine with fresh fish steamed with garlic and onions, freshly cooked crab, orange beef, fried dumplings, sesame and onion bread, dry fried green beans with ground meat, chicken and green bean sheets with peanut sauce, sizzling rice soup, minced shrimp and vegetables wrapped in lettuce, and tofu stewed with eggs and shrimp,

On Day Four, October 14, Sensei accompanied the Karita family for a Hong Kong style breakfast of tasty rice gruel and "yum-cha" before taking them to the airport on their return to Japan. Leaving LAX, we bumped into Gary Myers and his wife, Sami, who are on their way to Japan. Today, the young Ichihashis spent the entire day at Disneyland.

On Day Five, October 15, we picked up the young Ichihashi's in Anaheim and brought them back to the Dojo before heading to the Glendale Galleria for more shopping. From Glendale to the Griffith Park Observatory and then to Chinatown and the Vietnamese section, Olvera Street and on to Pasadena Old Town, a view of the local, unique craftsmen architecture, Gamble House and on to Bechham's Place for pre-dinner drinks and their famous home-made potato chips, waiting for the others to come. Joined by Cheryl, Kenny Furuya, David Ito, James Doi, Larry Armstrong and Scott Howard, we adjourned to the dining room to the young Ichihashi's "Sayonara" Party on their last day here in Los Angeles. Everyone enjoyed the wonderful prime rib. After dinner, they were treated to dessert by the restaurant and were presented with presents from the Dojo. They were escorted back to their hotel in Anaheim by David Ito and Scott Howard. It was a very busy last day for them. Tomoko was quite happy to find some cosmetics which are not available in Japan as yet. Both bought two pairs of Nike shoes - one pair in Beverly Hills and a second pair in Old Town Pasadena.

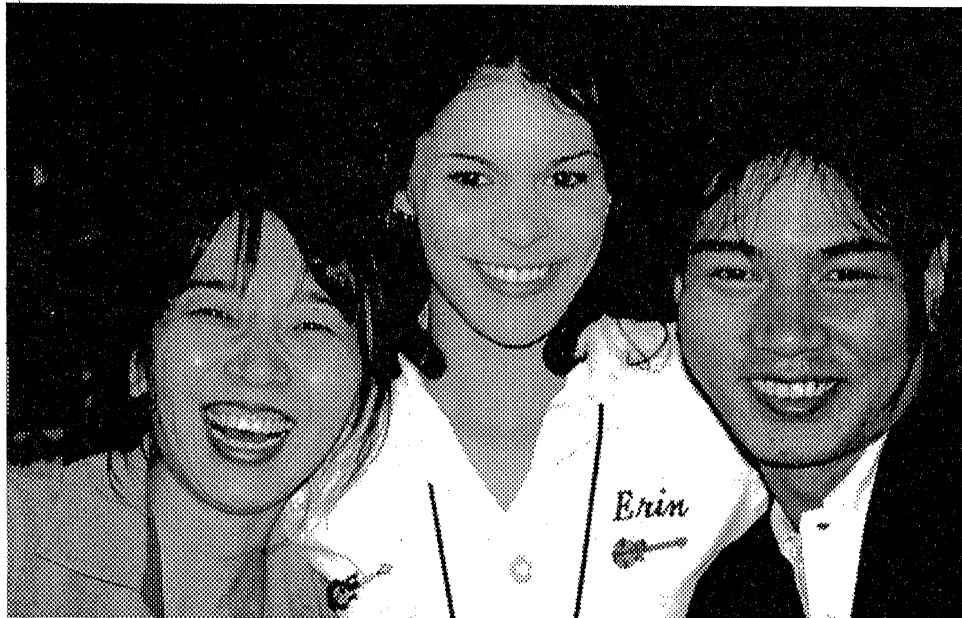
On Day Six, October 16, they were escorted at LAX by their tour company. Sensei and Ken Watanabe met them there.



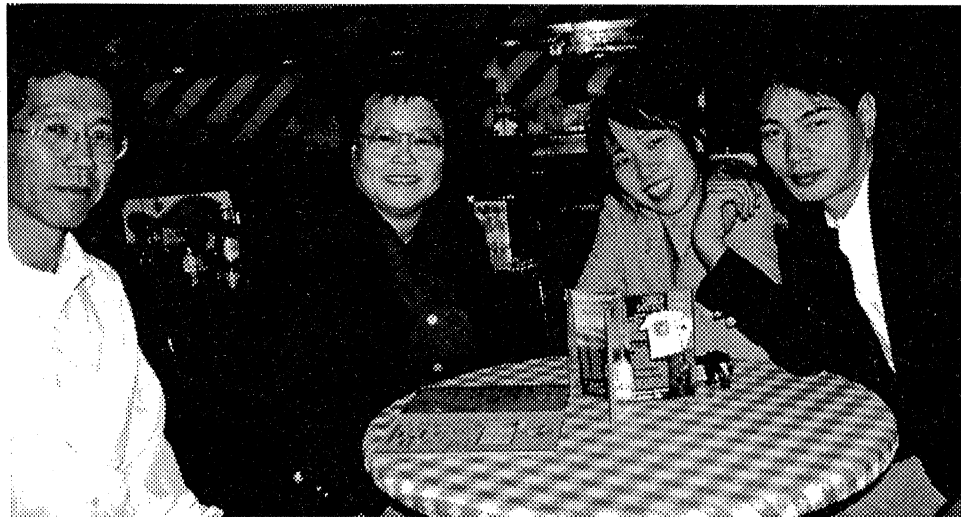
At Maya's on Melrose. One of the unique boutiques of Hollywood.



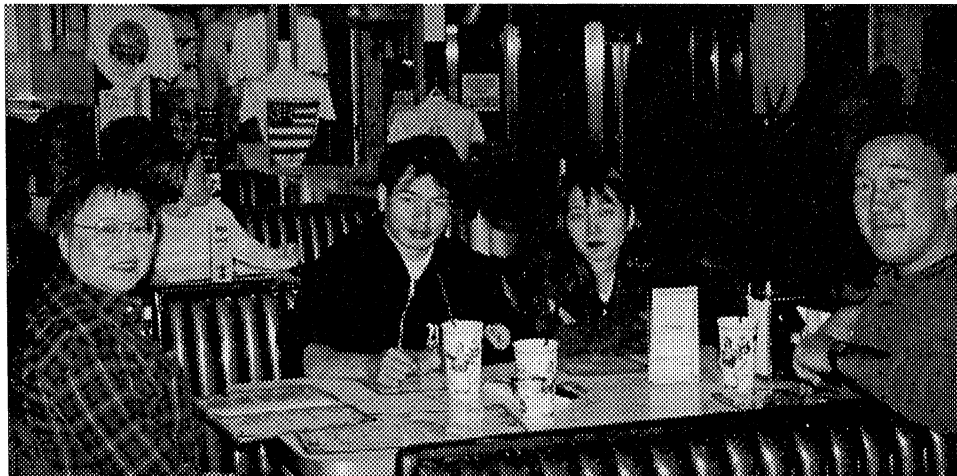
Pouring coffee for his new bride. How romantic! At Sweet Lady Jane's. "This is the best cake I ever ate in my life!" they commented. On their first evening, they were accompanied by Sensei, James Doi and Cheryl Lew. After a delicious dinner at La Cucina's, dessert at Sweet Lady Jane's and a nightcap at the Hard Rock Cafe, we cruised the (Sunset) Strip before taking them back. A 1st for James too!



With our waitress at the Hard Rock Cafe. The young couple were so new and inexperienced at this, they forgot to buy Hard Rock souvenir T-shirts - a very old and well respected Japanese custom.



With James & Cheryl. Sensei thought he was only giving the Honeymooners a tour but it looks like it was a 1st time for James and Cheryl too. Below: At Ed Devecic's on La Cienega Blvd.



Making Friendships

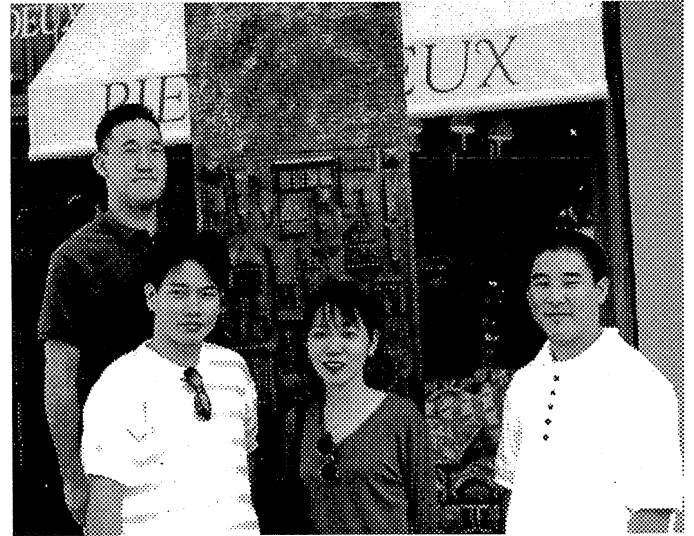
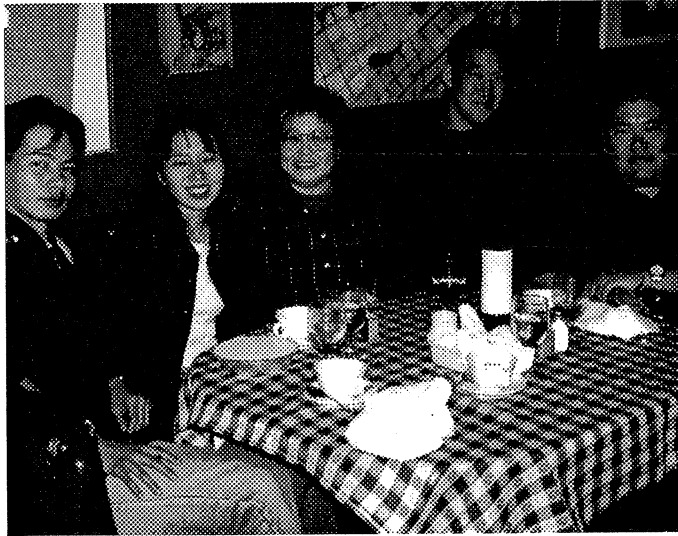
By Rev. Kensho Furuya

We all come into Aikido with the hopes that it will make us strong. People approach this from many angles - cultural, aerobic, health-wise, etc., but essentially we want to be strong. However, when we examine this desire for strength - it usually comes from an inner fear of our own weakness. Of course, man is weak and vulnerable and not the superbeings we think we deserve to be.

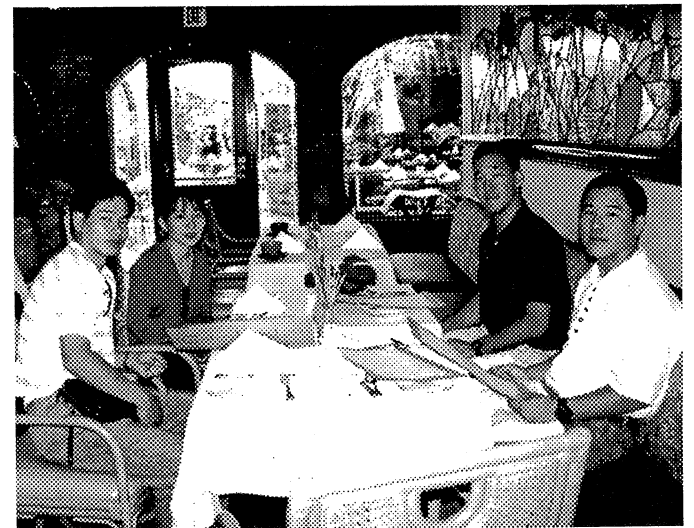
In Aikido, within the desire to be strong and understand this art, we should always ask ourselves what is most important in our lives. It is really not to be strong but - hopefully - to have a peaceful and rewarding life. Some people think that they can do this all by themselves but this is not so. How do you have a peaceful and rewarding life? It is not to be stronger than others, or better than others, or to put yourself before all others. It is to have a few friends, maybe many, with whom you can share and enjoy your life. Of course, members of our own family should be our best friends but we should also have friends from school, work, church, etc. We also have friends in Aikido and many times Aikido friends make the best friends - especially when you share your efforts on the mat practicing hard, sharing the work, sharing the pain and sweat.

In Aikido, we make friends by putting ourselves out for the other. Because we go to a lot of trouble for the other and he appreciates our efforts in his behalf, we create an obligation in which we must stick together. I think this is the typical Japanese way of making friends but somehow it works. Next time, if you want to make friends, do something for the other person. The more you do for others, the more you will find people doing for you and, suddenly, we are friends already!

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On October 15, Day Five, on Rodeo Drive in Beverly Hills.



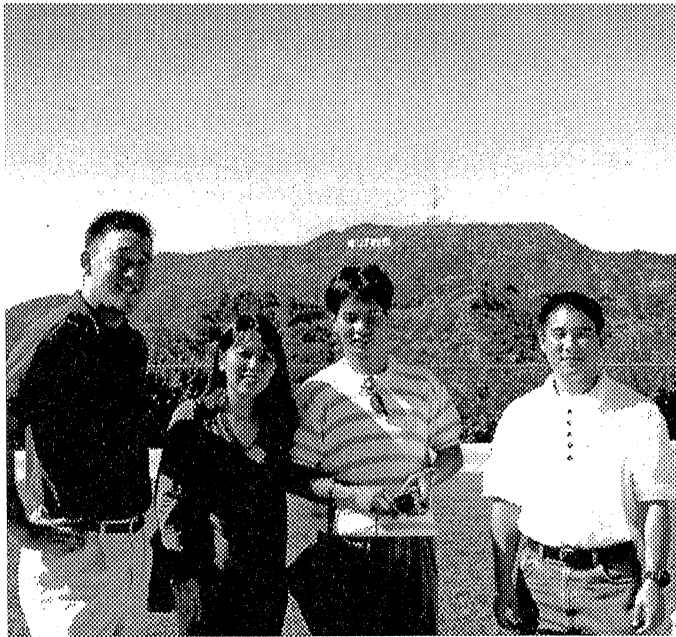
The Rodeo Cafe. Below: Tomoko-san enjoying a "big cup" of tea.

Atsuhiko: "This steak is too big. I don't think I can finish it!" According to Ken Watanabe, "This is the best steak I ever had in my life!" At Dan Tana's in West Hollywood on October 12, Day Two after an all-day tour at Universal Studios. Above with Ken Watanabe, Cheryl and Sensei. We all stopped for appetizers at Ed Debevic's, a popular 50's style restaurant on Restaurant Row on La Cienega Blvd. before-making our way to Dan Tana's.

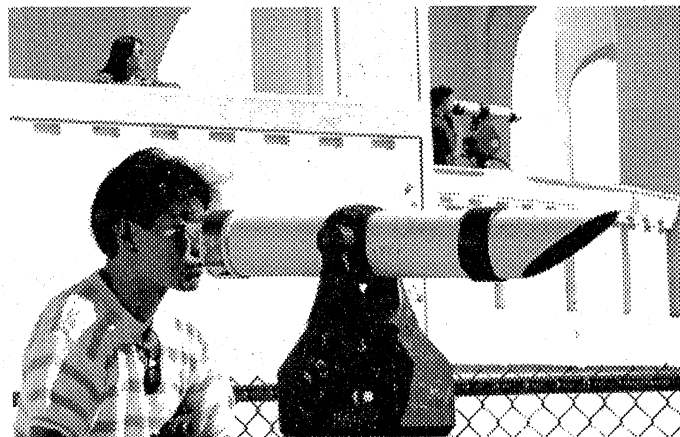
When asked: "What did you like best about Los Angeles?" They both replied in unison: "Everything!" When asked what restaurant they like best, they both replied: "Every one of them was very good." They both concluded: "We want to come back again soon!" Is this love "American style?"



**Aikido Center of Los Angeles
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At the Griffith Park Observatory with the Hollywood sign in the background, October 15. Day Five.



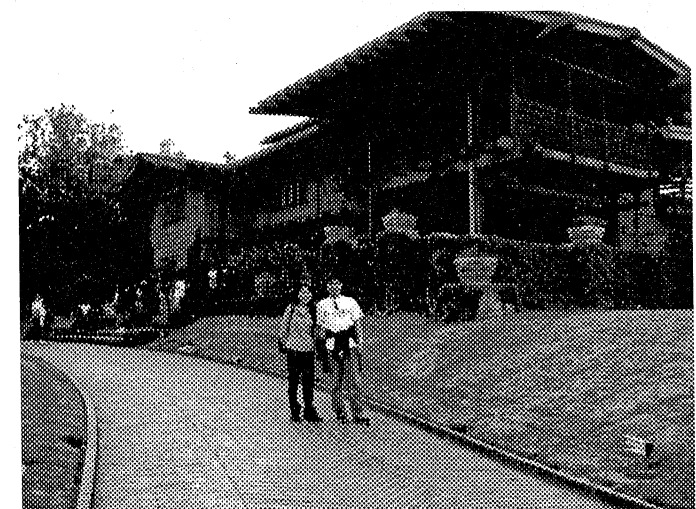
"Where is Tokyo?"



At Nordstrom's in the Glendale Galleria.

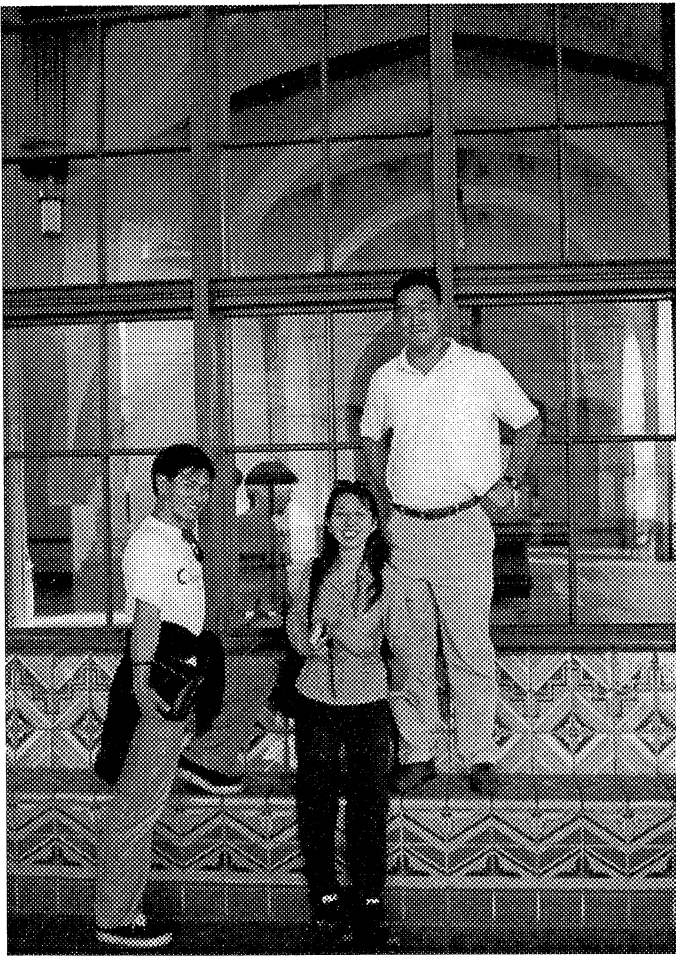


In the Glendale Galleria.

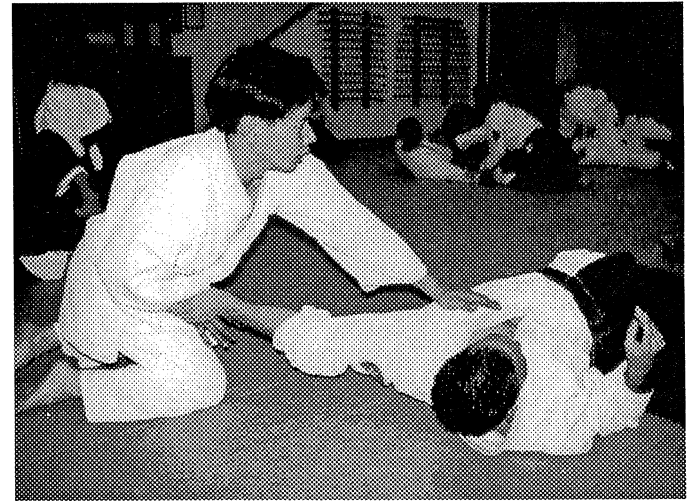
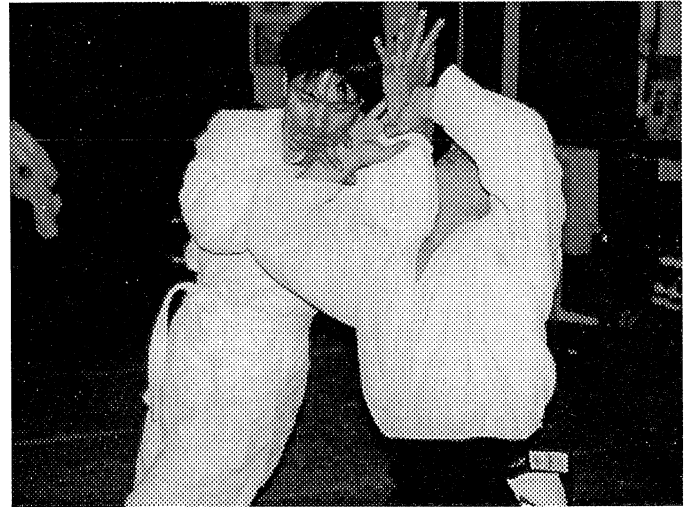


At the Gamble House in Pasadena.

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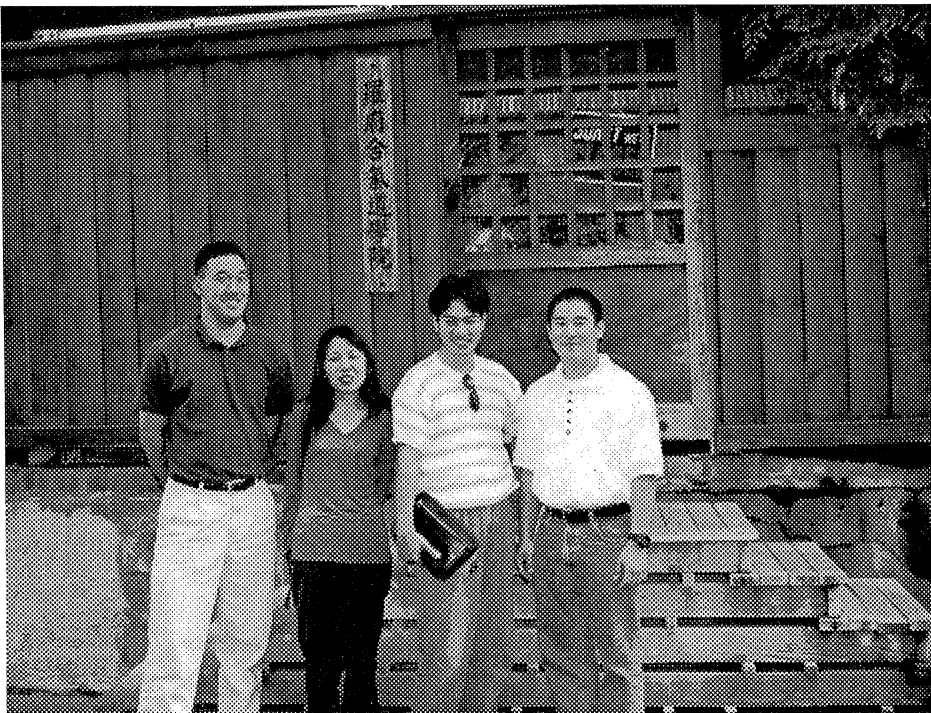


At Union Station in downtown Los Angeles, one of the architectural landmarks of the city.



Above: Atsuhiko Ichihashi practicing in our Dojo. The first time in 23 years! When asked how he liked the practice. He replied: "My whole body hurt as I spent the whole day walking through Disneyland on the next day!"

Tomoko: "Say, I like this bokken stuff!"

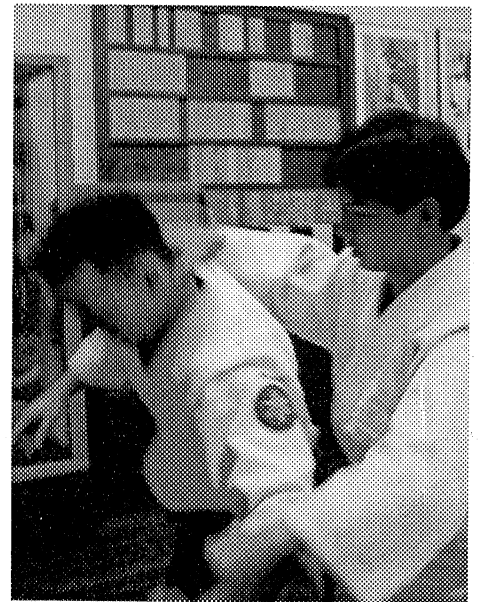


Visiting the Dojo with Ken and David. October 15. Welcome to the best part of Los Angeles!

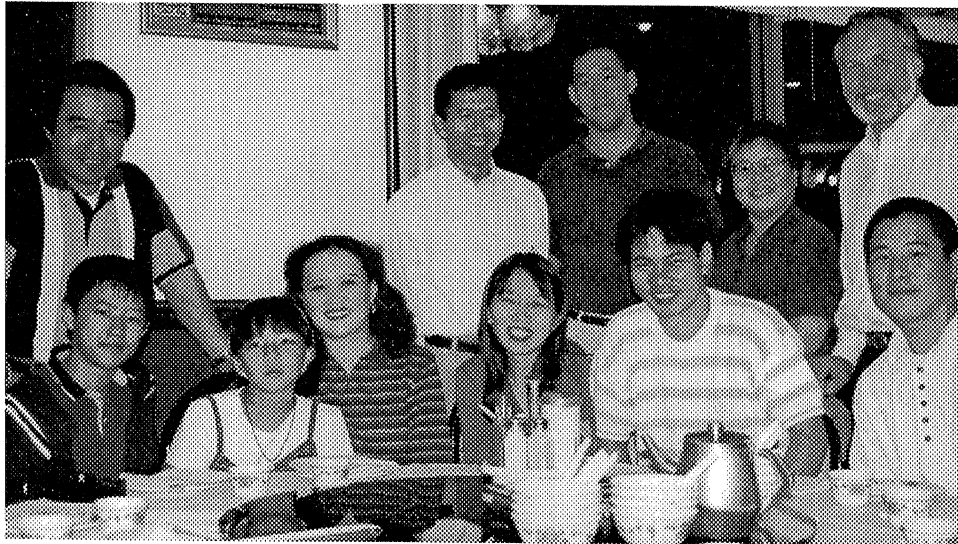
Aikido Center of Los Angeles
NEWSLETTER



Honeymooners with members of the Dojo. Atsuhiko's first practice in 23 years.



Practicing with Ken. "I still remember!"



On Monday with the Karita Family at Tung Lai Shun . Below: In Old Town Pasadena.



Tomoko and Ken on Olvera Street in Downtown L.A. For Atsuhiko and Tomoko, it was a first time for everything. This is their first trip abroad outside of Japan.



**Aikido Center of Los Angeles
NEWSLETTER**



At Beckham's Place, our Sayonara Party on their last day before returning to Japan.

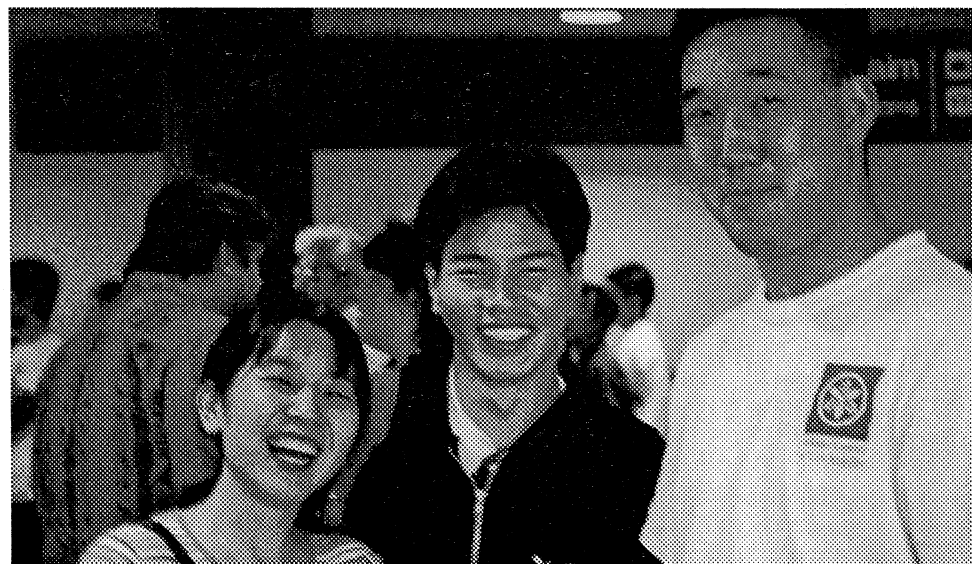


Farewell Party October 15.

Ken Watanabe did a lot for the young Ichihashis taking them around during their stay in Los Angeles. Many thanks to Cheryl who also helped out a great deal on this occasion. Above: At the Beckham's sign where we entertained Ichihashi Shihan and his group in June of this year.

Right: Everyone had a great time and were sad to see them leave us returning to Japan so soon.

Across: At LAX with Ken on their way back to Japan. The Honeymoon is over! Good Luck and Many Best Wishes from us!



The Ichizukas' LA Visit Special Moments:



Last kampai - for now. Ichizuka Sensei: "I like Los Angeles!"



Last stop! Shinsengumi Yakitori in Torrance. With Ken Watanabe, Kenny Furuya and Scott Howard. Ichizuka Sensei was surprised that Los Angeles can be so much like Japan. "I'll be back!"

From the Internet Praise from Italy:

Last sunday there was a seminar for shodan of our school and a friend came with some videos on Aikido he bought in USA.

He has lent me and now I am looking that videos.

Three of this videos are "The Art of Aikido" of Kensho Furuya Sensei.

I have seen that and I am very happy: is the first time I see the kind of Aikido I love out of the school of Kobayashi Hirokazu Shihan.

Here in Italy, the Aikikai stile (style) is very different from that (don't ask me why, I don't know).

Looking at that videos I feel like looking lessons of Kobayashi H. Shihan or Savegnago Sensei. Beautiful! I feel "Wow! We are not alone!"

I see that Kensho Furuya Sensei have a dojo in Los Angeles. I know that many in this list live there, so I ask some questions. Does he sometimes come to Europe for seminars? At the end of the video, I have seen that he is student* of Mitsunari Kanai Shihan. Where is his dojo?

Does he make seminars only in the USA or sometimes he came to Europe?

*do you use this word even for the highest rank? If is the wrong word, sorry! Please teach me the correct one.

Thank you!

Claudia Caloi

<http://www.geocities.com/Tokyo/2472>

EDITOR'S NOTE: Computer buffs in the Dojo may respond to her. If we have her address, we can send her our Dojo Newsletter. I would love to be invited to Europe. Who will go with me? By the way, does she have KODO?

Letter from Spain, Santiago Garcia Almaraz:

I am sending you some present from my city, Salamanca. Salamanca is famous for its university, I think it's the third oldest university in Europe. Well, hoping to see you soon, have a big hug in the meantime. Thanks for everything, it was special,

A student of yours,

Santiago G. Almaraz, Salamanca, Spain

EDITOR'S NOTE: Please keep in touch and visit us in Los Angeles again soon!

Special Practice

Norihiko Ichihashi Shihan

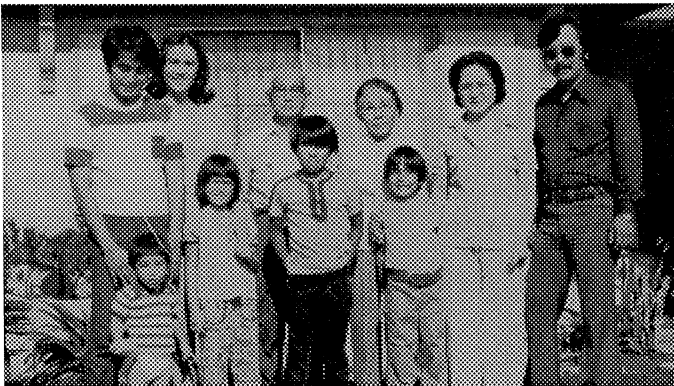
Hombu Dojo, 8th Dan

November 13 & 14.
6:30pm-7:30pm

A very special event for members of our Dojo.
Everyone is encouraged and most welcome to attend.

November 14
Welcome & Thank You Party
8:30pm-10:30pm

Please RSVP with Ken Watanabe or Cheryl Lew.
Limited seating.



Front row center: Guess? Hint: Lives in Duarte and hates calculus.
Send in your special photo for our Dojo Newsletter Guess Who?

Important Dates November

- Nov. 4. Budo Study Discussion.
7:30pm-9:00pm.
- Nov. 8. Iaido Intensive. 6:30-8:30am.
Breakfast-Meeting follows.

Book Sign and Demo at the Little
Tokyo Public Library. All black belts
and instructors attend. 1:30pm.
- Nov. 9. Dojo & Garden Clean-up.
- Nov. 12-16. Ichihashi Shihan from Hombu Dojo.
- Nov. 13-14. Special Practice with Ichihashi Shihan.
- Nov. 14. Welcome Party.
- Nov. 27. Thanksgiving. Dojo Holiday.

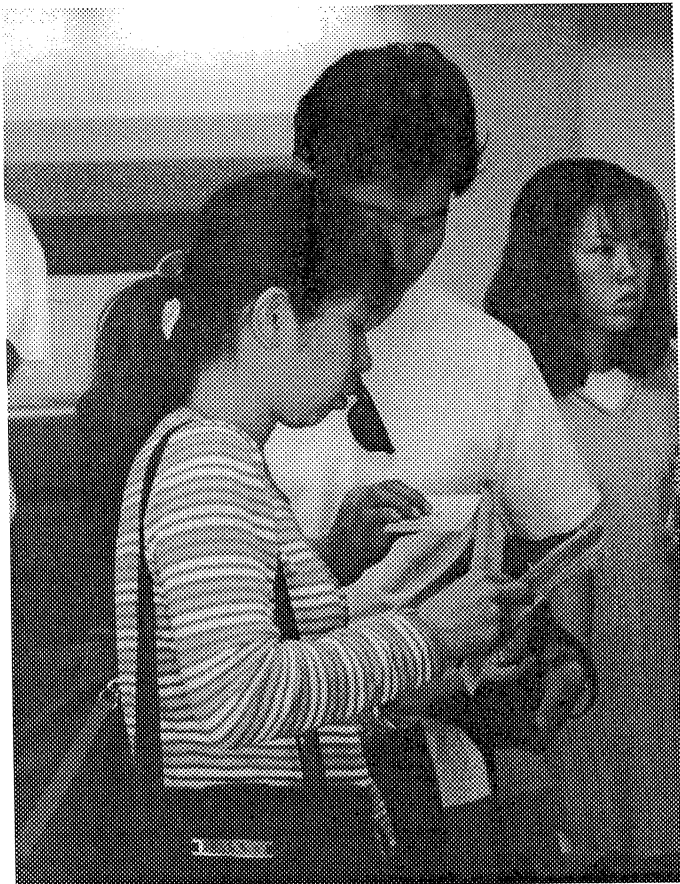
KODO Book Sign Party & Demonstration

Little Tokyo Branch
L. A. Public Library

On November 8.
From 1:30pm

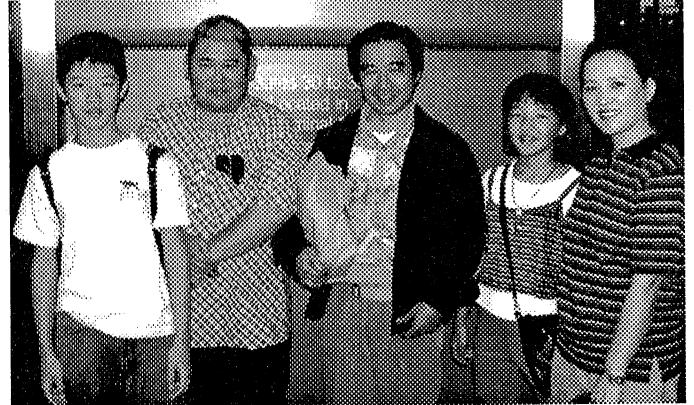
244 S. Alameda St.
Little Tokyo, Los Angeles
Corner of Alameda & 3rd.

The Young Ichihashi's Back to Japan Oct. 16.



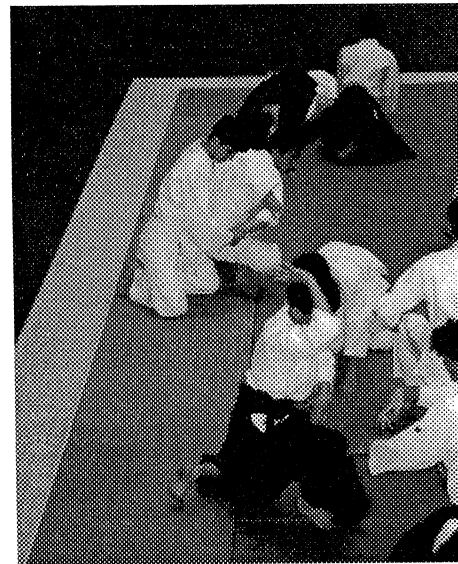
Getting ready to board NW off to Japan. We'll be back again soon!

Karita Sensei & Family Visits Los Angeles Oct. 12-14.



With Karita Sensei, Japanese sword polisher, and family at LAX.

Eric Russell: Summers in Japan



Eric demonstrating at the All Japan Aikido Demonstration at the Budokan for the Waseda University Aikido Club. 1997.

Well, I have finally gotten around to writing about my experiences in Japan. Though the four times that I have been there, I have gotten to experience a different aspect of Japan every time, from my first time when all I did was sit on a white sand beach and snorkel, to this last summer when I worked in Tokyo. The last two trips though, Aikido has played a tre-

mendous part in my interest for Japan. My reason for beginning a Japanese martial art was to be able to study Japanese culture from a different viewpoint, not just in classes. I was introduced to it when I was going to school at Waseda University in Tokyo. I decided to join a club that had practiced at Hombu Dojo and was under the supervision of Tada Sensei. This is when it all started. I was fascinated with Aikido as a whole and was drawn to go every day and began skipping my classes. The members in my Aikido club became my best friends. Near the end of my stay, they told me that I was going to be one of the four members representing Waseda in the 34th All Japan Aikido Demonstration. I tried to back out of it, being

Aikido Center of Los Angeles NEWSLETTER

Eric Russell In Japan:

that I would be one of the few demonstrators not wearing a hakama and the only non-Japanese on the mat at that time, but they would not budge. I ended up thanking them afterwards.

This past summer I found myself back in Japan. I went there to both study Aikido and work at the same time. However, because my job ended up being not what I expected, Aikido and improving my Japanese language skills became the main reasons for staying in Japan. I was able to study with Otani Sensei for four weeks and then with Kobayashi Yasuo Sensei for four weeks, and occasionally making my way to Hombu Dojo. Now that I have studied at three dojos in Japan, and two in the U.S., it is interesting to look back and notice the similarities and differences. Perhaps the most frustrating for me

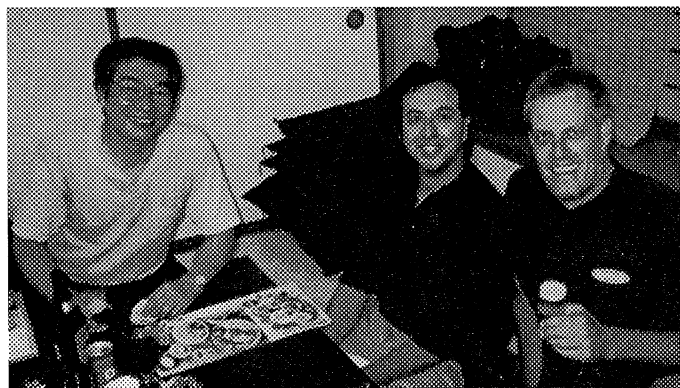
was, and still is, the different styles that I have learned, even within Hombu Dojo. However, I now see it as an advantage because I have have a more diverse education in Aikido.

After returning from spending a year in Japan, I searched for a dojo that was the most similar to Hombu Dojo, resulting with me joining the Aikido Center of Los Angeles. I was especially impressed with the ties that Furuya Dojo has with various dojos in Japan, and get a special feeling when we get visitors from Hombu Dojo.

Now that I will be graduating from U. S. C. this May, I don't know where my career will take me, but I am hoping that I can stay in Los Angeles and continue my Aikido at the Aikido Center of Los Angeles.
E. Russell



Tom Williams (left of Ichizuka Sensei) with members of the Omiya Dojo during recent trip.



Tom with Omiya Dojo's Junichi Fujita Sensei, 5th Dan.

In late August, 1997, I was able to spend nine days on a sort of Aikido vacation in Japan. This trip held special significance to me for a couple of reasons. In the shorter term, it was the final leg of a travel filled summer during which I was fortunate enough to visit and train in Italy, Switzerland, and France.

Also, approaching the final year of a decade of Aikido training, I was now able to visit the land which is the source of our art. In a way, it was a modern pilgrimage: to World Aikido Headquarters. I was introduced to Ichizuka Sensei, the chief instructor of Omiya dojo that evening for training. So, it was with the lingering effects of a combination of jet lag, late August temperature and humidity and an early morning training session that I set out on an expedition to Omiya Dojo.

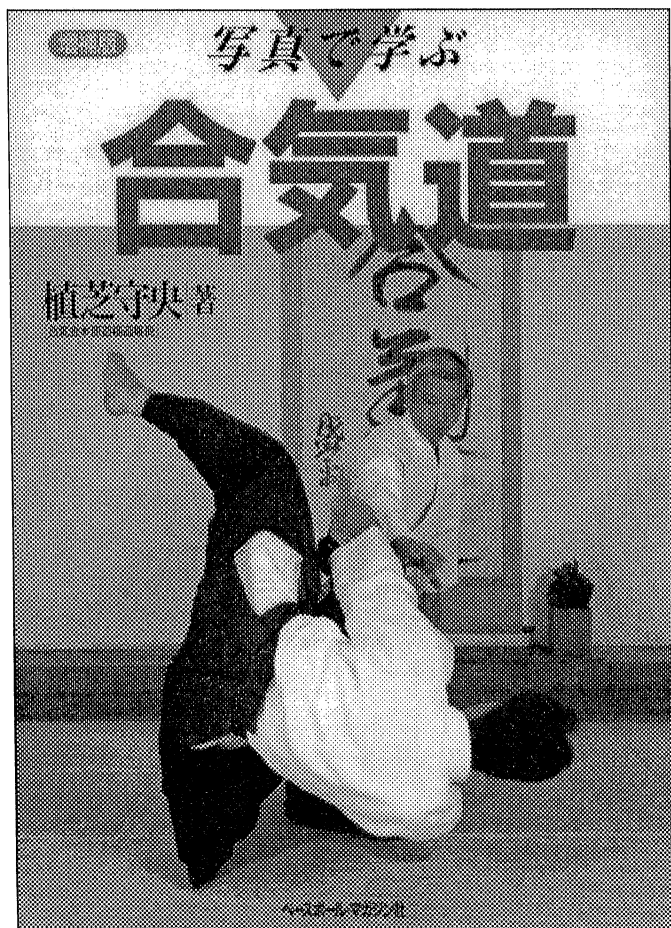
Tom Williams Visits Japan: Hombu & The Omiya Dojo

Sensei Ichizuka graciously met me at the train station and transported me to the Omiya Budokan, an impressive, modern wood and glass structure that serves as home to several martial arts including Aikido.

The dojo is located upstairs in a spacious, open area covered by scores of tatami. The large class was well attended, especially considering it was a weekend night, with a heterogeneous mixture of students. The training was excellent. Sensei Ichizuka's cheerful presence and skillful command of the art clearly set the tone for a spirited energetic and thoroughly enjoyable keiko. My only regret was that, although my spirit was willing, my body wasn't able to keep up as I would have liked without some much needed rest breaks. At the conclusion of class, we posed for the obligatory group photos and then took a quick shower and changed in the well equipped locker room. A group of us then headed off to a local restaurant for a celebratory dinner.

Over sushi and Asahi, we traded viewpoints on a variety of subjects, from serious to silly (tending more towards the latter as the empty bottles piled up). Thanks to a student from England, Robin Hardbattle, who translated, and lot of charade-like gesticulations, we were able to communicate well enough. After a few more photos, the presentation of gifts to Sensei (and another beer or two) it was time to head back through the rain slicked streets to the train station. Eventually, I got back to the hotel for some much needed sleep before rising again, before dawn, for Sunday morning class at Hombu Dojo.

I would like to express my gratitude to Ichizuka Sensei and the students of Omiya Dojo for their warm reception and friendly acceptance of this humble Angelino Aikidoka. . . T. Williams



Recommended Reading:

Shashin De Manabu Aikido

("Learning Aikido By The Photos")

Dojocho Moriteru Ueshiba

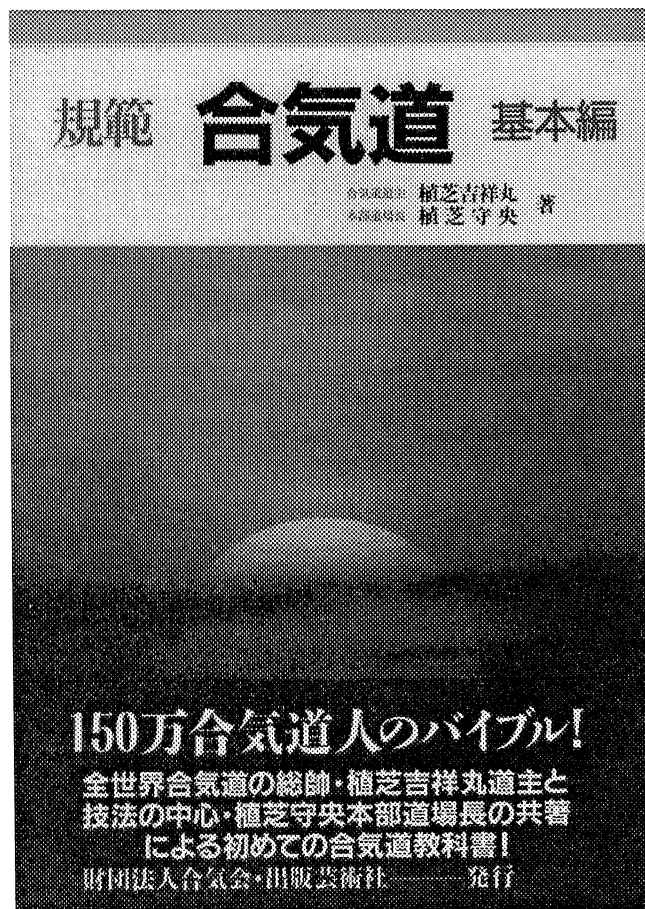
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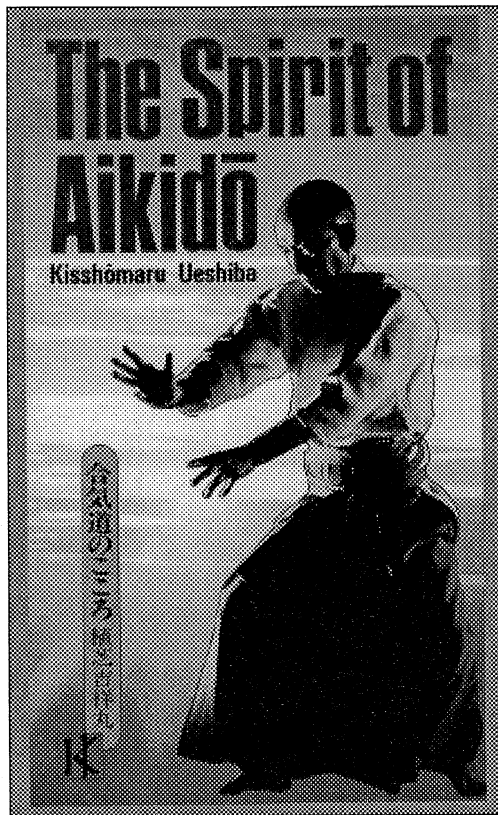


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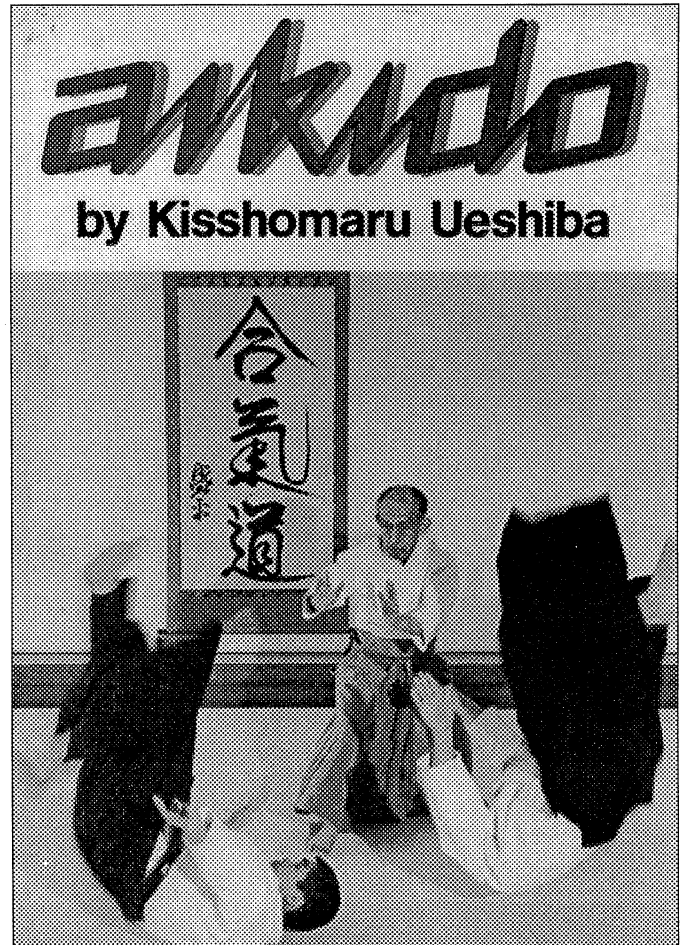
Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. Please see Cheryl Lew to order. \$55.00 each. In sizes: small, medium, large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

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Highly Recommended Reading

AIKIDO by Doshu Kisshomaru Ueshiba

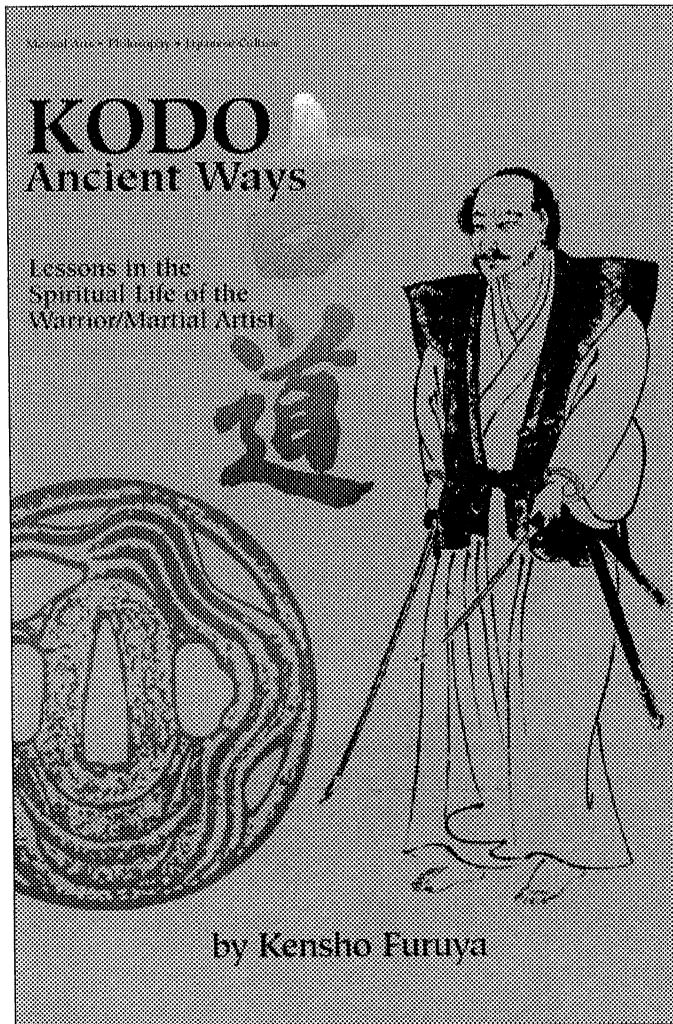
Doshu's book, *Aikido*, which is one of the best books available today on Aikido technique, is going out of print because the publishing company itself is dissolving and the book will no longer be available. It is very strongly recommended that if you don't have this book, buy a copy now.

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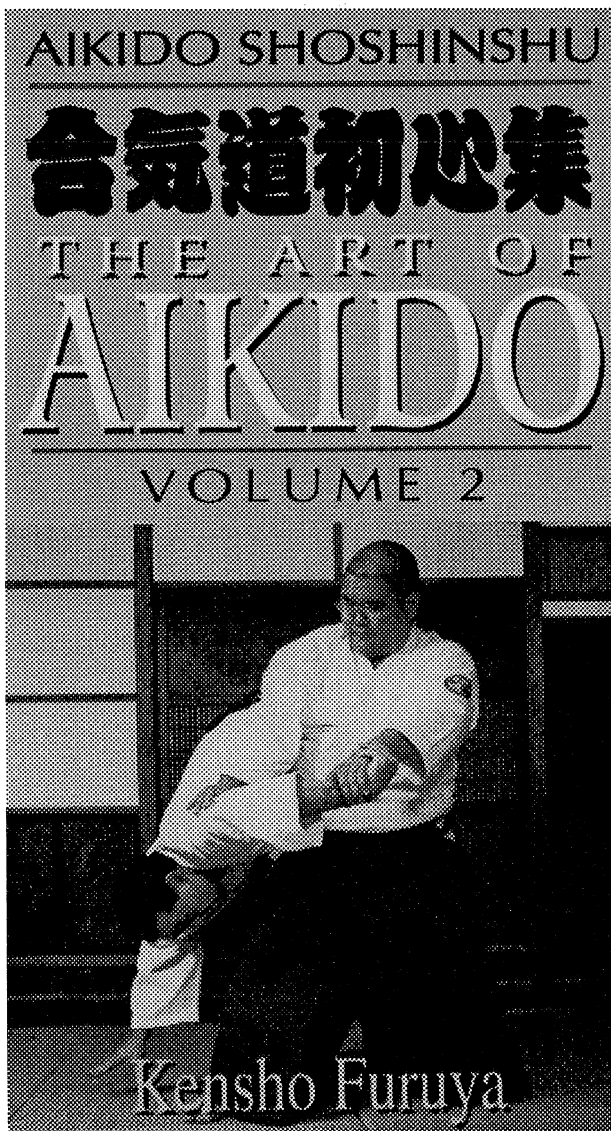
1. Aikido. Kisshomaru Ueshiba.
2. The Spirit of Aikido. Kisshomaru Ueshiba.
3. Zen & Japanese Culture. Daisetsu Suzuki.
4. KODO-Ancient Ways: Lessons in the Spiritual Life of the Warrior-Martial Artist. Kensho Furuya.
5. "Homeless" Kodo. Kosho Uchiyama.
6. Zen Mind, Beginner's Mind. Shunryu Suzuki.
7. "Ancient Ways" column in MA Training Magazine. Kensho Furuya.

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

"First rate!" Inside Kung Fu Magazine.

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

"Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of sub-jects 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

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6:30pm-7:30pm

Monday, Tuesday & Thursday Evenings
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Saturday & Sunday Mornings
10:15am-11:15am

ADVANCED & INSTRUCTORS' CLASSES

Bring bokken, jo and tanto.

Wednesdays
8:00pm-9:00pm

Saturday Mornings
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6:30-8:30am
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