

羅府合氣道学院古屋道場



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
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Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
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\$2.95
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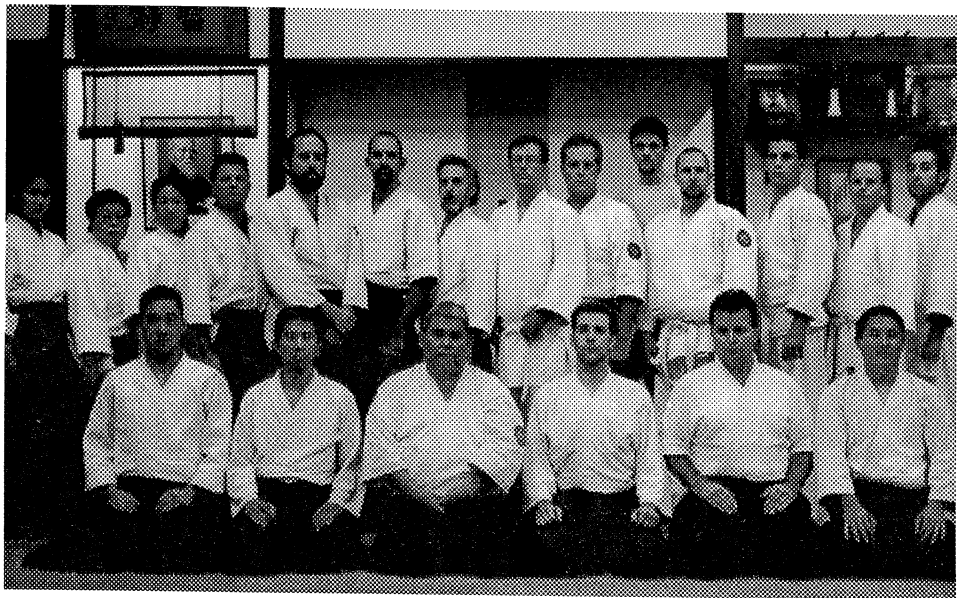
Volume XVI. Number 11.

KODO Ancient Ways, Vol. 2 Ok'd for Publication.

Our Deepest Condolences

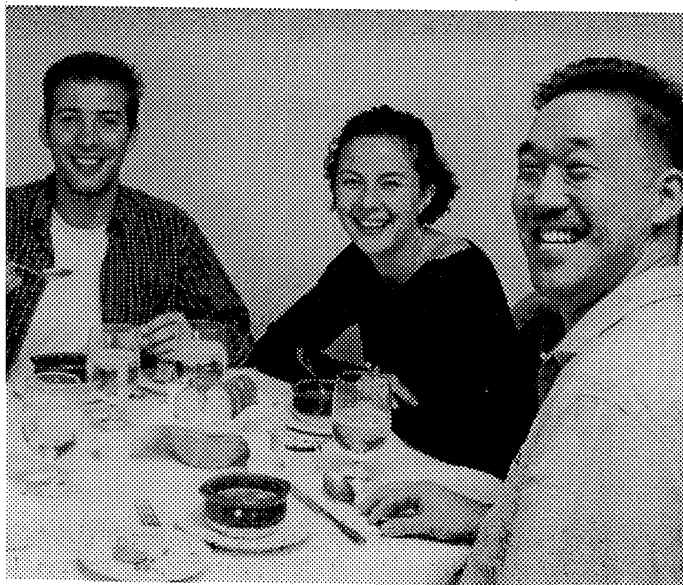
**MAYOR
TOM BRADLEY**
1917-1998

**Japanese Classical Dance
FUJIKO FUJIMA**
1907-1998



Santiago with Dojo members during special practice October 3-17.

**Santiago Almarez
From Spain For
Training, Requests
Branch Dojo Status**



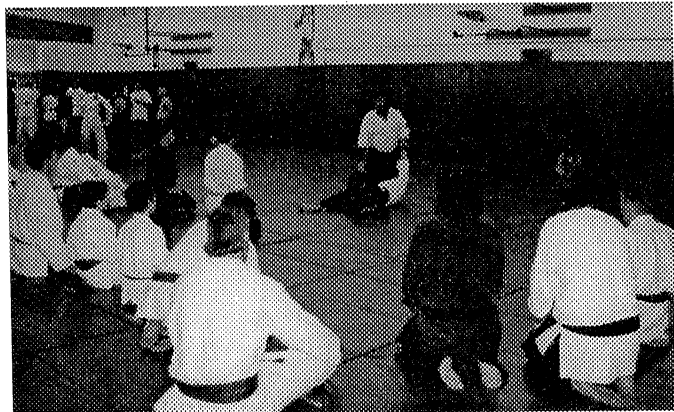
Santiago, Susanna and Ken at La Paella In Beverly Hills. 10-14.

Tea At Doheny Mansion

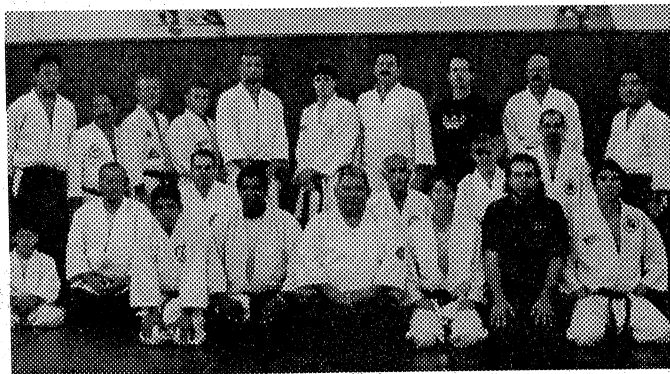


Left to right: Sensei, Sister Aline Marie Gerber of the Doheny Mansion and Dr. Mary Ann Bonino of the Da Camera Society. 9-23.

Budoshin Martial Arts Seminar, Burbank. October 3



Introducing Aikido to many martial artists of other disciplines.



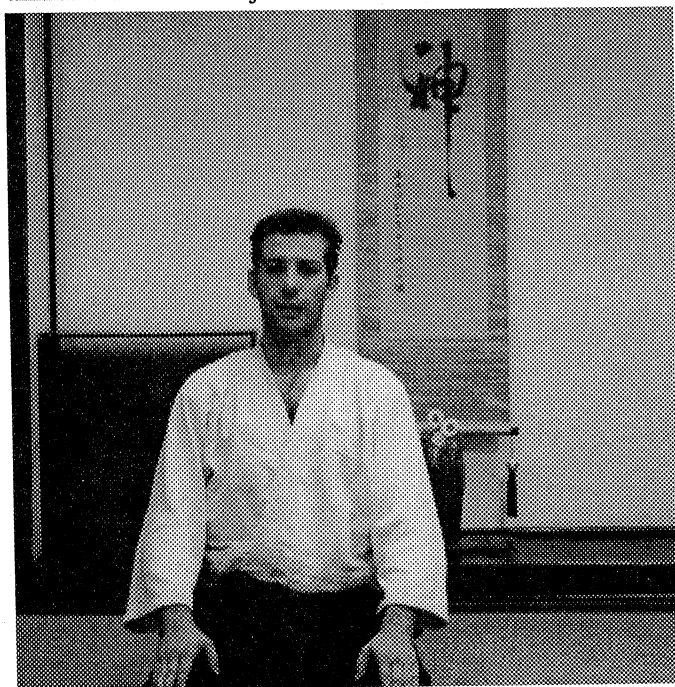
Two sessions were taught at 10:30am and 1:30pm.

On October 3, Sensei with two of his assistants, Ken Watanabe and David Ito, conducted two one-hour classes in Aikido at the Budoshin Seminar in Burbank which is sponsored by George Kirby, a well known Jujitsu instructor. Other classes included karate, iaido, judo, jujitsu, Brazilian jujitsu and other self-defense courses. Although we went to see what other martial arts were doing and how they were teaching their classes, it seems that we were the center of attention. In both the 10:30am and 1:30pm classes, our Aikido class had by far the greater attendance with many observers from the other martial arts. It was an interesting experience for us and everyone at the seminar seemed to enjoy their first introduction to Aikido.

Santiago Continued:

Santiago Almarez Garcia arrived at LAX on October 3 from an 18 hour trip from his home in Salamanca, Spain, to our Dojo. He was accompanied by his girlfriend Susanna. This was his second trip in two years to our Dojo for special training.

Recently, Santiago moved his dojo closer to the city and his new 70 mat dojo is near completion with showers and locker rooms. During his stay in LA, along with his request for continued training, he has also requested that his new school be affiliated under our Dojo.



Santiago Almarez Garcia in our Dojo for training.

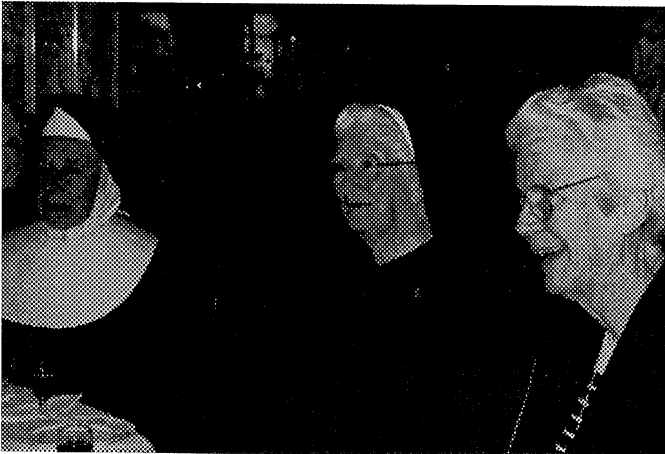
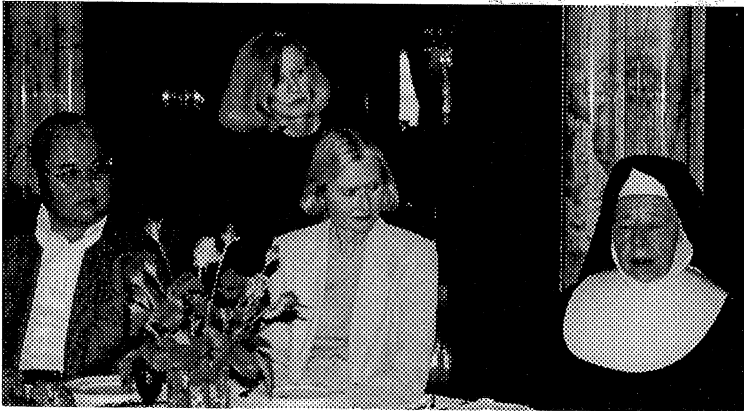
Training every evening, Santiago and Susanna were able to tour Los Angeles and Southern California during the day. They have visited Little Tokyo, Chinatown, Olvera Street, Union Station, Venice, Santa Monica, Pasadena Old Town, Hollywood, Mann's Chinese, Melrose, Farmer's Market, Griffith Park Observatory and just about everywhere. On October 10-11th, Saturday and Sunday, they made day trips to Las Vegas and San Diego after practice.

Since they like movies, they enjoyed "Rush Hour" at the Mann's Chinese and "Antz" with Ken Watanabe at the Cinerama Dome. On October 13, they spent the day at the Universal Studios with David Ito.

In Salamanca, which is long considered the cultural center of Spain and where the movies, "Columbus" and "1492" were filmed, Santiago makes his home. He attends school full-time, and teaches Aikido at his Dojo every evening, and after practice, he works as a bartender all evening until late at night. Sometimes, according to Santiago, he only gets a few hours of sleep a day.

Da Camera Society Tea Doheny Mansion. Sept. 23.

On a nice Wednesday afternoon, I was invited to tea at the Doheny Mansion by Dr. Mary Ann Bonino of the Da Camera Society. Dr. Cheryl Lew was able to accompany me. We met the sisters who take charge of the mansion and St. Mary's College campus, several guests of Dr. Bonino's including Mark Saltzman who is mentioned in *Kodo, Ancient Ways* as praising one of the columns, "To Be Discouraged," were present. Mark spoke about his upcoming book about a love affair between a nun and a neurologist. Between the nice tea and cakes, meeting the sisters, who are all very active, energetic and bright, was a great honor and pleasure. It was inspiring to me to see these people who have spent their entire lives devoted to the religious life; it is such conviction which I personally admire. It would be easy to assume that people who lead a cloistered life may be blissful of worldly affairs but I find it quite the opposite the case. As a matter of fact, I do believe they have something which we used to have in our normal lives and carelessly have forgotten. I wish I had more time to spend with them and learn from them. Just to be in their presence was greatly inspiring to me.



After many of the guests had left, we were able to have a quiet moment, and another cup of tea, with the sisters. It was amazing to hear about the life they have led. Sister had through her long career, met Hitler and Matahma Ghandhi.



Afternoon tea at the Doheny Mansion hosted by Dr. May Ann Bonino of the da Camera Society. Guests include Mark Saltzman of "Iron & Silk." The real treat was meeting Sister Aline Marie Gerber, 85, who is the senior nun at Doheny Mansion and the other very delightfully charming sisters.

Doheny Mansion Deja Vu

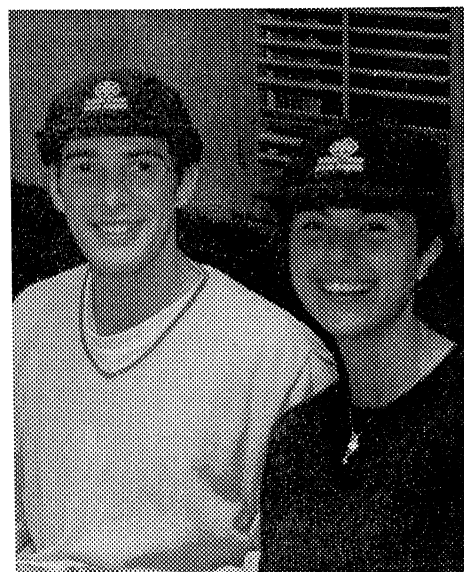
"Doheny" is a familiar term to anyone who has attended the University of Southern California; the Doheny Library is the focalpoint of the campus. It is only in the last several years, however, that I have become familiar with the Doheny Mansion, a famous landmark of Los Angeles, through my association with the Da Camera Society and its director, Dr. Mary Ann Bonino. I was introduced to the Da Camera Society through Cheryl Lew, a long time member-patron. This group presents concerts in well known architectural landmarks throughout Los Angeles. Several years ago, we had the honor of hosting one of their concerts. Recently, I have been elected to their Community Advisory Board and we are in the midst of organizing musical concerts and Aikido demonstrations for youths in inner city schools in this and the coming year. This is important work for the Dojo, I believe; first to contribute something to our young people through education and culture and, secondly, to bring Aikido into the cultural context where I believe it belongs.

Recently, I have attended several concerts at the Doheny Mansion, nearby my old USC campus - the name, "Doheny," its proximity to USC and all, really gives me a sense of deja-vu. The Doheny Mansion is a beautiful place; I don't think I can do it justice by trying to describe it in words here. It has an elegance and old world charm that we rarely see today. Indeed, it is like entering another world, far from the hassle and hustle and bustle we continually subject ourselves today. In a greatly humble sense (and I hope I don't offend anyone of you), it is like our Dojo. Definitely not as grand and wonderful - but something of long ago - in a time when people really thought seriously about how they lived and cared about beauty and art.

Santiago

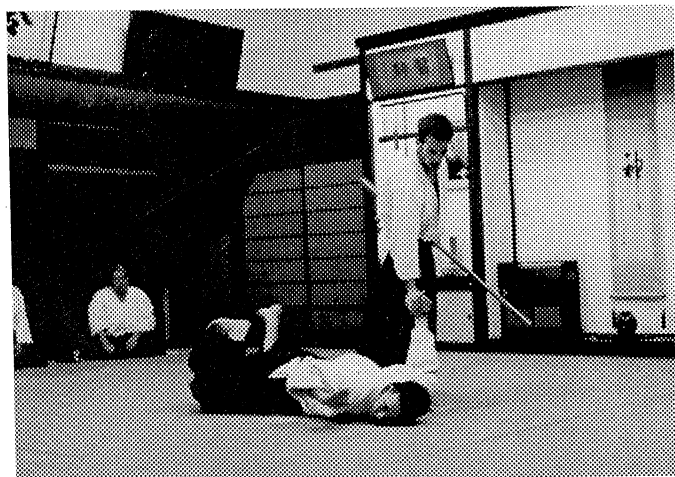
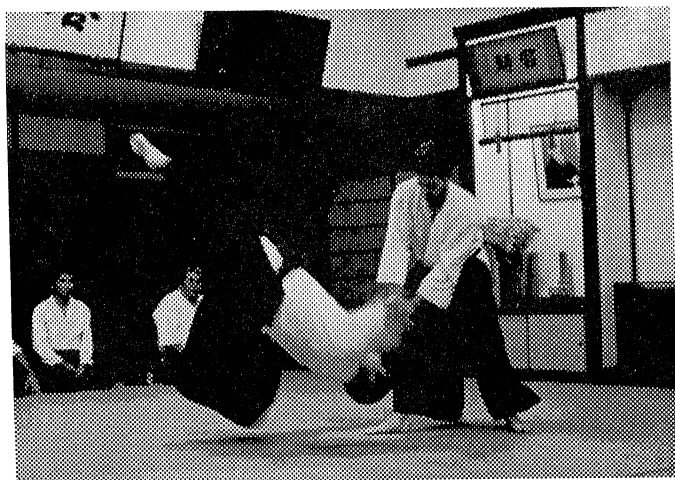


With the Los Angeles Police Department Arrest & Control Unit. Left to right: Sgt. Greg Dossey, Sgt. Robert Teramura, Mike Ellington, Santiago Susanna, Ken. Sitting front:

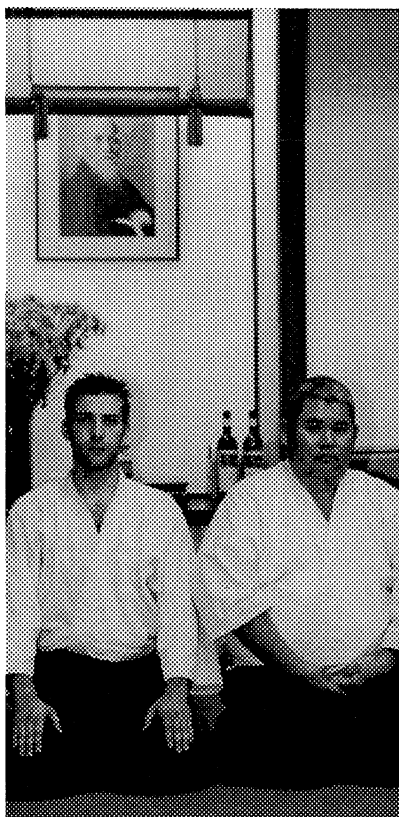


Santiago and Susanna wearing their *new hats* as official branch dojo members of our Dojo. At Farewell Party at the Smoke House.

Santiago's nidan test on October 15 several days before his return to Spain to his new 70-mat dojo. This was his 2nd visit for training.

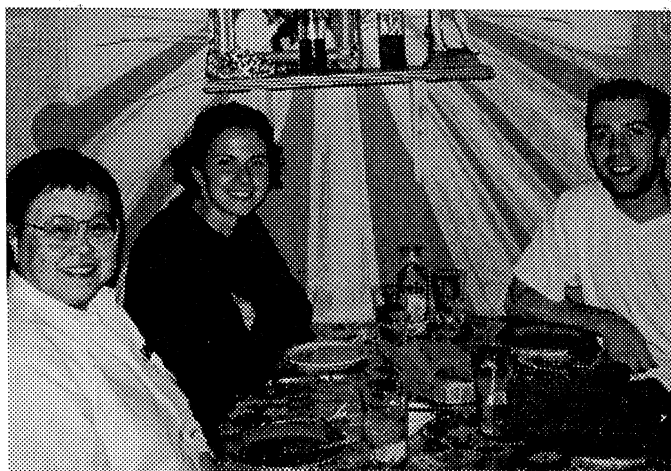
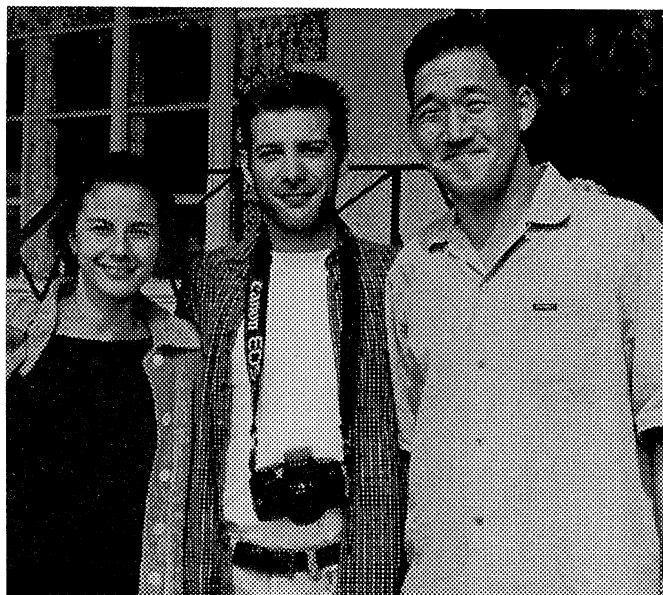


Aikido Center of Los Angeles
NEWSLETTER



Santiago trained everyday for two weeks during his stay in Los Angeles.

Many Thanks to Ken Watanabe, David Ito, Cheryl Lew and Victor Moyano for taking time to entertain our guests.



At Cha Cha Cha's in Silverlake with Cheryl. "Not quite Spanish!"

Santiago was able to see quite a bit of Los Angeles during his two-week stay but somehow preferred Spanish cuisine and Sensei found a very nice place in Beverly Hills called La Paella which gave them pleasure to introduce the various types of *tapas* and *paella* to Sensei and Ken. In Spanish style, the lunch took the traditional two hours! Susanna's favorite turned out to be the pancakes at our Downtown's Pantry. "There so big!" On their next trip, they plan to see Universal Studios and Disneyland. Although they didn't like San Diego too much, they enjoyed a short visit to Las Vegas where they plan to go again. Maybe we can make this a Dojo trip with all the members? We hope they will be back next year. I hope more students will get involved in taking them around our fair city.



The Pantry turned out to be Santiago & Susanna's favorite restaurant and they went back 3 times for breakfast. Ken was introduced to Spanish cuisine at La Paella which turned out to be his favorite. Cultural exchange & *shock!*

Reprinted from the Los Angeles Times, Parade Magazine,
September 27, 1998

Parade's Guide to Better Fitness: How Much Physical Activity Do Elementary School Children Need?

By Michael O'Shea

All they can get, I say. Exercise - not just regular gym practice but any kind of physical activity, really - is an integral part of educating the whole child. Strong body, strong mind. And yet more and more school districts are cutting back on physical education. Right now, Illinois is the only state with mandatory daily physical education for children in kindergarten through 12th grade. This is a national disgrace.

The National Association for Sport and Physical Education recently issued guidelines advising that children aged 6 to 11 be physically active for at least one hour and up to several hours each day. This doesn't have to be all at once but in periods of moderate to vigorous activity lasting 10 to 15 minutes - or more.

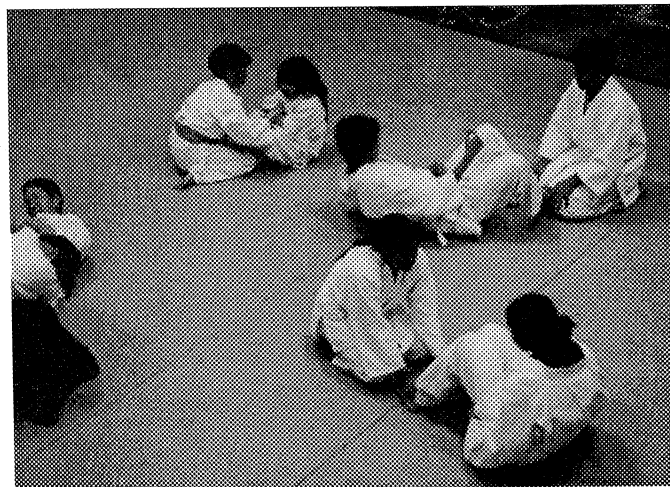
A key point is that "extended periods of inactivity are not appropriate for normal, healthy children," says Charles B. Corbin of the Department of Exercise Science and Physical Education at Arizona State University in Tempe, a leading author of the National Association for Sport and Physical Education guidelines.

"Children need physical activity to build flexibility, cardiovascular fitness and muscle fitness," adds Corbin. "Regular physical activity also expends calories - an important consideration in maintaining an energy balance that can prevent obesity, a serious national health problem. Further, research shows that establishing the 'physical-activity habit' in childhood reduces the odds of becoming 'totally sedentary' - which sadly, describes about 25% of American adults."



Kids do a wide variety of exercise in our Children's Class.

Mike's Tips. As a parent, you need to be actively involved with your children. It's not easy. You're competing with the TV, computers, the Internet and Nintendo. Be creative. Plan walks after dinner. Play catch. Ride a bike or go on a nature walk. Shoot a few baskets. Go for a swim. Take a stand.



Encourage your children to practice skills and to share what they learned in physical-education classes. Contact other parents, the school board and PTA for assistance in improving the school's physical-education program. Encourage your children to participate in physical activities outside of school. Encourage activities that can be done throughout life.

Michael O'Shea, Ph.D., is founder and chairman of Sports Training Institute.

*Life's most persistent and urgent questions is:
What are you doing for others?
Martin Luther King, Jr.*

Reprinted from the Los Angeles Times, Sept. 28, 1998

Exercise Can Help Cure What Ails You

By Kathy Smith

As a young woman, Nancy had been extremely active. Fit and lean, she danced almost every night. Then she got married and had children, and her activity level ground to a virtual halt. It wasn't too many years before her body began to be plagued by nagging aches and pains, the kind that made her feel, well, old - too old and too achy to exercise strenuously. Or so she thought.

When a friend recommended water aerobics, Nancy began attending classes in which people like her performed exercises that, on land, would have been too painful to her joints; in the weightlessness of water, however, she was able to get a workout that felt like old times. This reconnected her to the joy of movement and physical exertion. And with her devotion kindled, Nancy soon became a water aerobics instructor whose life now is as vibrant as she is.

Millions of people, I would guess, use physical ailments as an excuse not to exercise: Their knees hurt too much to run; their shoulders won't allow them to swim; their back prevents them from riding a bike, etc. But as more and more research is conducted, more and more evidence points to the fact that certain forms of exercise are tailor-made for certain maladies and actually improve those conditions. Rather than being excuses to avoid exercise, aches and pains and even diseases can truly be reasons to get out there and do it.

Take arthritis, a disease that afflicts millions. Researchers have now established that sufferers of osteoarthritis can actually reduce the disease's severity through exercise that avoid a high impact on the joints. While that eliminates such activities as running and racquetball, it most certainly embraces a whole world of gentle exercises like water aerobics, yoga, walking and stretching. What's more, researchers also concluded that weight training can restore strength and flexibility to joints that the disease has weakened to the point of deterioration.

For those already suffering from osteoporosis, as well as those wanting to prevent its onset, weight-bearing exercises (any activity in which your bones support your weight, like jogging and walking, not swimming and biking) not only increase bone density, but also help to improve balance, leading to fewer falls that often produce broken bones. Here, too, strength training is essential.

Diabetes patients (type 1 or type 2) can lower their secondary risk for cardiovascular problems by doing aerobics - anything that significantly raises their heart rate - at least three times a week for a minimum of 20 minutes. These exercises will also increase blood flow to the extremities, improving circulatory

problems that often end up crippling many diabetics.

People who suffer from depression have a terribly difficult time getting out there to do anything, including exercise, but the latest research shows a direct correlation between depression and low bone density - which weight-training helps to improve. Group activities like golf and tennis may also be helpful by promoting social interaction.

I would hope that, by this time, most everyone understands how aerobic exercise helps those suffering from cardiovascular disease and helps to prevent it in the first place. But, in fact, exercise helps to prevent *all* of the above diseases, as well as many not mentioned. The point is that regular exercise, while maybe not a cure-all for everything, is about as close to a panacea as we've got.

So what form of exercise should you choose? (This is probably the question people ask me more than any other.)



Ken Watanabe leads our Children's Class on Sundays from 9:00am. Recently, we have started a Saturday afternoon class from 11:45 to 12:45pm. Sensei believes exercise habits should begin early in life.

My best answer: any exercise that you'll actually do.

Sure, there are certain differences between activities, with one burning slightly more calories than another. Sports like racquetball and tennis burn up to 450 calories an hour, while walking briskly consumes about 400. But really, what's 50 calories? Just a few M&M's.

And if you dislike racquet sports, you'll probably be disinclined to play, whereas if you love walking, you're likely to get out there every day. In my book, 85% of something is far better than 100% of nothing. Latching on to an activity (or activities) that you love will serve you far, far better than all the Olympic training regimes that you can't stomach - and, as a result, don't do.

Reprinted from the Los Angeles Times, October 16, 1998

Chinese Martial-Art From Sports Less Threatening Moves

By Anthony Klein

BEIJING - Nearly 10,000 demonstrators converged Thursday on Tiananmen Square in one of the biggest rallies since the pro-democracy protests of 1989. But there wasn't a dissident in sight.

Instead, the masses were participating in a huge display of China's graceful art of tai chi.

The demonstration was part of an official celebration of *wushu*, the generic Chinese term for the country's more than 100 styles of indigenous martial arts, which the government has reconstituted as a sport for the masses.

But while officials congratulate themselves, other Chinese mourn the gradual decline that *wushu* has suffered for decades. Like Peking Opera and other traditional art forms that represented a philosophy and way of life in earlier times, martial arts have become a casualty of more comfortable modern lifestyles.

"That stuff is useless. It's a lot of flowery postures," Beijing middle school student Xiao Tian said of *wushu*. His opinion is common among many Chinese who believe that the competition sport has largely stripped *wushu* of its value as a method of self-defense.

With compulsory movements grouped into routines written by committees, sport *wushu* is more akin to gymnastics or dance than to combat.

That's just fine with China's government, always mindful that, for centuries, martial arts have been a rallying point for religious cults and in peasant revolts such as the Boxer Rebellion of 1900. China's estimated 80 million *wushu* practitioners would be a force to reckon with if they ever got up in arms about anything.

In the meantime, more practical martial-arts training is reserved for the military and police, who hire martial-arts masters to drill their riot-shield-and-baton-weilding phalanxes.

Also demoralizing to martial artists is the corruption that has permeated a field once known for its code of chivalry. In China's state sports machine, coaches pay depends on their meeting quotas for how many of their athletes win in competition.

As a result, referees say that they are commonly bribed to in-

New Taiji Class Beginning With Master Helen Zhu Ming



Master Helen Zhu Ming. Taiji Classes begin in the Dojo from November 1st, every Sunday, from 12noon to 1:00pm. She teaches Taiji at Cal Tech in Pasadena.

flate scores and that the outcome of some competitions is decided in advance according to which athletes are to be groomed for stardom.

"There is rampant corruption, but I am encouraged that people are trying to clean it up. . . . They want it to be fair," said Eric Chen, president of the Huntington Beach-based National Wushu Training Center.

Last week, Chen brought eight U. S. fighters to Beijing to compete against Chinese athletes in a martial-arts sparring match that was the talk of the town. Chen invited actor Charlie Sheen to lend his support to the match and Thursday's tai chi demonstration.

"Something this unique shouldn't be hidden from the world," Sheen, who has trained in martial arts for movie roles, said of *wushu*.

Insiders at the match allege that Chinese coaches, fearful that their fighters would be overwhelmed, asked the American side to consider throwing a bout in China's favor. The American side reportedly refused. China ended up winning seven of eight matches.

Editor's Note: We are introducing Master Helen Zhu Ming from China to our Dojo who will be teaching traditional, authentic Taiji. Her teacher is a good friend of Master Adam Hsu.

New Teaching Schedule Effective October 1.

SUNDAY

8-9am. Iaido. *Gary Myers, Iaido 4th Dan*
9-10am. Children's Class. *Ken Watanabe, 3rd Dan*
Assistants: Norm Lew 2nd Dan, Doug Lew 1st Dan, Kenny Furuya 3rd Dan.
10:15-11:30am. Open Class. *Sensei*

MONDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm Beginning Class. *Ken Watanabe 3rd Dan*
Andy Kissel, 3rd Dan

TUESDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm Intermediate Class *James Doi, 4th Dan*

WEDNESDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm. Weapons: *Ken Watanabe 3rd Dan*
2nd & Last Wednesday only. 7:45-8:45pm. Iaido. Sensei

THURSDAY

6:30-7:30pm. Open Class. *Sensei*
7:45-8:45pm Intermediate Class. *David Ito, 3rd Dan/*
Jeff Johnson, 2nd Dan

FRIDAY

6:30-7:30pm. Beginning Class. *David Ito, 3rd Dan/*
Curtis Westfall 3rd Dan.

SATURDAY

(Please note Saturday changes.)
8-9am. Iaido. *Sensei*
9-10am. **OPEN.** *Kenny Furuya, 3rd Dan*
Assistant Instructors
10:15-11:30am. **INTERMEDIATE.** *Sensei*
11:30-12:30pm. **CHILDREN'S CLASS.**
James Doi 4th Dan, Ken Watanabe 3rd Dan, Kenny Furuya
3rd Dan & Assistant Instructors

Class schedule & Teaching Assignments are subject to change.
Please maintain a regular training schedule.

Black belts, senior students and assistant instructors are strongly urged to attend all advanced classes and help out with our Children's Classes.

A&E Ancient Mysteries "Samurai" on September 27.

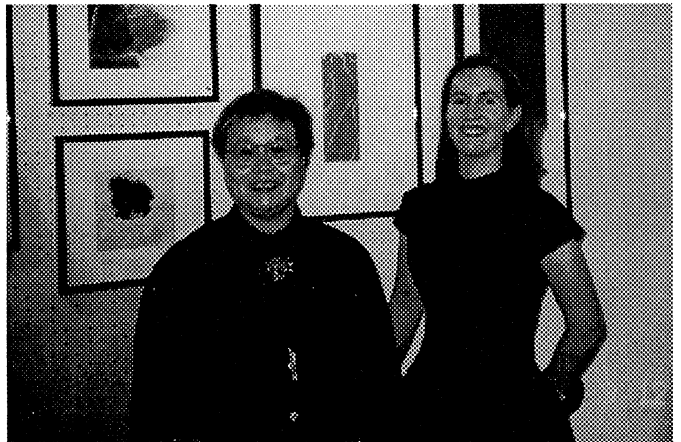
The A&E special on the Samurai warrior which features an interview with Furuya Sensei aired once again on Sunday at 4:00pm on the A&E Channel. Much of the historical content of the program was through several interviews with Sensei. This is the third showing on A&E cable channel.

Correspondence:

I can't thank you enough for coming to my show! Not only were you kind enough to bring along Dr. Lew, who actually purchased a painting, but your enthusiasm and generosity enlivened every corner of the room. It is a great joy to me that I will retain the friendship of many friends from my days in martial arts publishing, and your acquaintance is among the most valued. Once more, my true gratitude for all your thoughtfulness, Sincerely, Marian (Castinado).

You can take solice in the fact that being a kind master gave Kuma a good long life. Gary & Sami Myers.

Former MA Training Editor, Marian Castinado Debuts Art Exhibition. Sept. 12.



Cheryl with Marian Castinado at her debut exhibition.

Marian Castinado had her debut exhibition of her works of art on Sept. 12-13 at the Cal State Los Angeles Student Union Gallery. The event was attended by Sensei, Ken Watanabe and Cheryl Lew. Marian is the former editor of Martial Arts Magazine and worked extensively with Sensei on the Ancient Ways column. She later quit the company and has been working on her artistic talents using light-sensitive paper.



Sensei with Ken Watanabe & Black Belt photographer in exhibit.

Correspondence:

October 7, 1998

Thank you very much for the delicious fruits. All my family are happy tasting them after lunch and supper. I also appreciate your cooperation as usual in spreading Aikido in your country. I hope you will keep well and let your Aikido activities prosperous more and more in the future.

With Best Regards,

Ueshiba Kisshomaru, Aikido Doshu

Enjoyed "Self Esteem" Article

October 8, 1998

Dear Sensei:

Please accept the enclosed donation (\$100.00) which, in part, is meant to cover our subscription to your newsletter.

I was very sorry to read about Kuma's death. He was truly an exceptional dog. It was really nice to see that you held a farewell service for him. I wish that I could have done something like that for Leethe, my cat, who died in late April. She was nineteen and had been suffering from kidney failure problems for the last four, though her death was due to a different cause. I believe you met her on one of your visits. . . I picked her up from the vet after picking you up at the airport. Her last four years were actually very good because we were able to treat her at home with subcutaneous fluids. So she enjoyed herself almost to the last. Right now I'm volunteering at the Palo Alto animal shelter and hoping at some point to pick up another kitty.

Our area has been on an economic boom for the last several years but the Asian financial crisis has finally hit Silicon Valley and firms are laying off employees. Things feel pretty unstable. Early this year, we started to pick up some students after a two year "drought" but still it's been slow. This Fall is slower than last, so I'm not sure how we're going to end up.

While Sifu was here this August we put on twelve workshops and he taught about twenty hours of private lessons. This was the busiest he's ever been. . . even when he lived here! . . . It was a lot of work but, on the other hand, many of the rank and file students had a chance to get instruction directly from him for the first time. Now their motivation has increased.

I particularly enjoyed your article on self-esteem. We have to walk a tight rope with the very new students. . . giving them encouragement while trying not to overdo it in the manner you describe. Without positive feedback, many of them quit before they even have a chance to get into it. This, in conjunction with a revised curriculum that starts students off with lower requirements, has had good results. Now they are staying longer, enabling us for the first time in several years, to develop a bona fide intermediate group in both the longfist and taiji quan.

I do have a "self-esteem" horror story from this year to tell you. We had a dedicated, smart, borderline intermediate level student, who volunteered that she wanted to help with teaching so we started having her lead some small groups of students and teach individual beginners. In the beginning, she had a good and helpful attitude. She was humble, respectful, open to learning and willing to follow orders. At one point she became very upset, thinking that the younger (teenage to 20's) male students didn't respect her. She felt very insecure and frustrated about what she perceived as "attitude" on their part towards her and towards the art. She blamed this primarily on the fact that she was required to "hold back" when teaching these beginning level students. (It's our policy, as coaches, not to demonstrate the movements to beginners at our highest level of ability but within reasonable range of their own abilities. The idea is to challenge them at a point that's not absurdly out of their reach. This approach seems to be working well so far. Of course as the student progresses, the intensity and level of instruction also progresses.) I didn't really believe this was the cause, if indeed they did display any special "attitude" towards her, because we routinely simplified and lowered our movements for them without any such problems.

We concentrated our efforts on her real weaknesses as an instructor: body language, tone of voice, and choice of words to project confidence and authority (she chirped rather than commanded; asked rather than ordered). We also tried to bolster her confidence and self-esteem by saying nice, supportive things to her and having her lead bigger groups of students a lot to establish seniority and authority.

As a result, she did gain confidence, established her authority, and felt more in control. And then, in a very short period of time, this cooperative, reasonable, humble person turned into a monster. She developed one of the "biggest" attitudes I've ever seen in several years. She became a big-time, power hungry egomaniac. She refused to follow orders, grandstanded, pulled power plays such as correcting a senior coach's movements in front of other students, told "war stories" about her own arduous training, freely and with great confidence gave what was often bad advice to students, once was openly insolent to me in front of others while I was coaching her, and more - all geared towards letting everyone know how great she was, and even worse, showing by implication how less-great another coach might be. Somehow she assumed that she had the right and authority to carry out her own agenda even if it conflicted with the school's program or the wishes of her seniors. Of course, at this point the students trusted, admired and listened to her. Because she was almost always cheerful and enthusiastic on the surface, they had no reason to perceive the monster within - and we were responsible for creating her!

Of course, I had many talks with her, the final one quite forceful. But she continued to do things her way. The end result was that Sifu had to dismiss her from our branch of the school.

Aikido Center of Los Angeles
NEWSLETTER

規範 合気道 基本編

植芝吉祥丸 著
植芝守央 編

150万合気道人のバイブル!

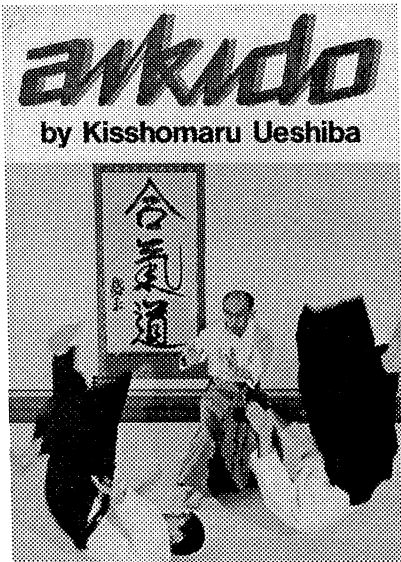
全世界合気道の総帥・植芝吉祥丸遺志と
技法の中心・植芝守央本部道場長の共著
による初めての合気道教科書!

財団法人合気会・出版芸術社 発行

KIHAN AIKIDO

Fundamental of Aikido

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



Highly Recommended Reading:
AIKIDO

By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. It is very strongly recommended.

羅府合気道学院古屋道場

AIKIDO CENTER OF LOS ANGELES

NEWSLETTER

The Aikido Center of Los Angeles, 484 East 5th Street, Los Angeles, CA 90013. Tel: (213) 897-0412
Address: The Aikido Center, 11-12th Street, 100-100, Shibuya, Tokyo, Japan
United States Aikido Federation, Eastern Region
Aikido League International, Los Angeles District's Corresponding Society
Office of the President: Yoshio Yamamoto (Japan) Tel. St. Call: Yamamoto's Professional Assistant \$22.95

April 1, 1997 Volume XV, Number 4

In This Issue:
Dojo Treasure Arrives From Japan
Visiting Master Adam Hau:
Our ACLA DOJO NEWSLETTER

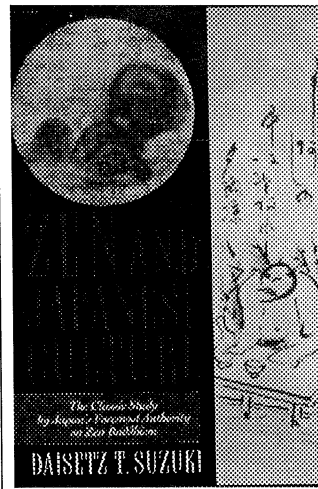
Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students. Your donations are welcome please add a little extra for postage outside of the US. Everyone is welcome and invited to support out work. Many Thanks.

Our ACLA DOJO NEWSLETTER

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SHASHIN DE MANABU AIKIDO
(Learning Aikido by Photos)
By Dojocho Moriteru Ueshiba
Hombu Aikido techniques demonstrated by Dojocho Moriteru Ueshiba. In Japanese but self-explanatory and an excellent photo reference source.



ZEN & JAPANESE CULTURE

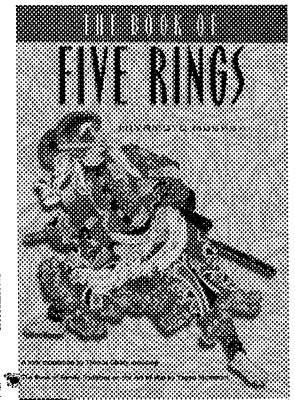
By D. T. Suzuki
Excellent sections on Japanese swordsmanship and culture.

Highly Recommended Reading:

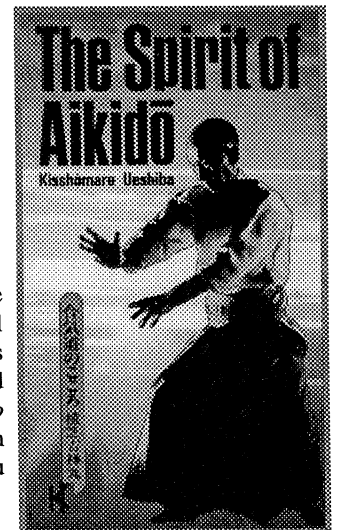
THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*. Difficult but an important source on Hombu Aikido. Very important.

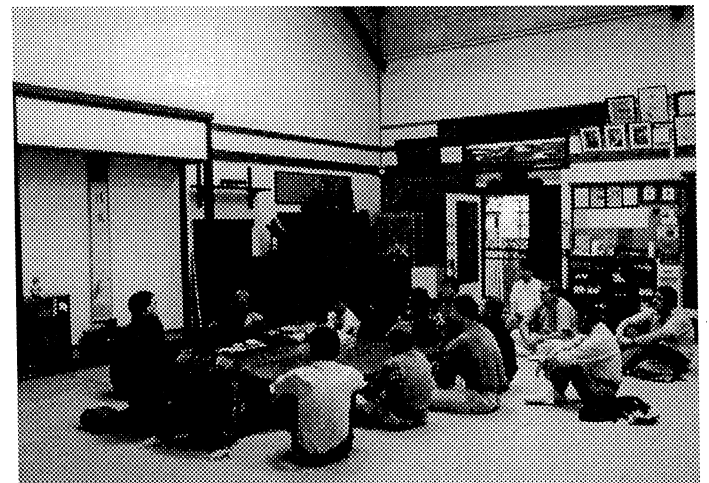


THE BOOK OF FIVE RINGS
By Miyamoto Musashi
Also includes translation of the KADENSHO by Yagyu Mune-nori.



Japan Culture Lecture Series

On the first Tuesday of every month. There is also a Special Lecture Series continuing throughout the year. Join us!



Please Renew Your Newsletter Subscriptions:

If you wish to continue receiving our Dojo newsletter please confirm your interest in writing or open your subscription by sending us a donation. Paid subscriptions need not reply.

Our Little Tokyo Post Office at Beverly's in the Honda Plaza closed down as of August 31st. We regret this very much because of their many years of great service. Because of the additional considerations of the rising costs of paper and printing, we are going to cut down our mailing list drastically.

If you do not receive your Newsletter in the coming months but wish to continue, please contact the Dojo or send in a helpful donation. Thank you.

To All Students:

Please remember to keep your toenails and fingernails trimmed before coming to practice, especially your toenails because they damage our tatami. Always keep your uniform clean and in good repair. Please try to keep up your practice schedule during the busy, upcoming, Holiday Season.

To All Black Belts:

All Black Belts and senior students must attend the Monthly Intensive on the last Saturday of every month from 6:30am-8:30am and the Intermediate Class on Saturdays from 9:00am-10:00am in addition to our regular 10:15am class. Black Belts are also asked to help with our Children's Class on Saturday and Sundays. Although it is well understood that everyone has very busy work and personal schedules, everyone is responsible for his own training. Thank you.

Projects:

1. **Begin planning Dojo Christmas Party.**
2. **Begin planning Dojo New Year's Party.**
3. **Year End Dojo Clean-up.**
4. **Plan Dan Promotional Celebration.**
5. **Discuss Teaching Assistants for Children's Class.**

Important Dates November 1998

- Nov. 3. Budo Study Discussion.**
- Nov. 14. Iaido Intensive 6:30am.**
- Nov. 26. Thanksgiving Holiday.
Dojo Closed.**
- Nov. 28. Instructor's Intensive
6:30am.**
- Dec. 25-26. Christmas Holiday.
Dojo Closed.**
- Dec. 31. Special 6:30-7:30pm Class.**

Please Be Aware of False Imitations of Our Dojo:

Although it probably should have been included in the Newsletter several years ago, we have been left with no other choice but to add a "Warning" to one of the last pages of our Newsletter against a few imitations and unscrupulous people using Furuya Sensei's name and the name of our Dojo, the Aikido Center of Los Angeles, to promote their own organizations or to misrepresent themselves to the general public as instructors. These people have no affiliation with us or Furuya Sensei and many have not at all been trained under Furuya Sensei and do injustice to him by misrepresenting themselves in this manner. Please be very careful and aware of these people and all of their dubious allegations. There are several instructors around who have trained under Furuya Sensei a short while but were dishonorably expelled from the Dojo for gross misconduct and have no qualifications as instructors of Aikido. There are cases of misuse of Furuya Sensei's name throughout the country and as far away as Australia. Others cases have been reported from Los Angeles to Florida. We are very sorry for this and can only warn the public to be very cautious of these people who encourage such a shameful and regrettable situation. Furuya Sensei personally suffers from these disreputable people who misuse his name. We thank you for your understanding and cooperation in this matter. Please report any such similar occurrences.

Reprinted from the Los Angeles Times, October 16, 1998

Fujiko Fujima; Classical Japanese Dancer

By Valerie Reitman

TOKYO - Fujiko Fujima, a renowned classical Japanese dancer and Kabuki choreographer who was honored as one of her nation's Living National Treasures, has died at age 90.

Fujima, who portrayed characters ranging from noble samurai to earthy street vendors with her stylized moves and careful attention to gesture and gait, died in a Tokyo hospital Wednesday of stomach cancer.

Hundreds of her dance students - including several famous Kabuki actors - lined up for two blocks around her home in the old section of Tokyo on Thursday night to pay their respects.

"No matter what role she played, the audience could tell the character she was playing, even without her wearing a costume," said Sumi Hanayagi, a well-known Japanese traditional dancer with whom Fujima sometimes performed.

In 1985, Fujima was designated a Living National Treasure, Japan's most prestigious traditional arts award, for her Kabuki dancing skill. She never actually performed in the Kabuki plays that combine song, dance and majestic pageantry; instead she taught the all-male Kabuki troupes. Nevertheless, Fujima was the first woman associated with the clannish, male Kabuki world to receive the national honor.

She did, however, perform traditional dances on stage her entire life, including a performance at the Japan America Theatre in 1992.

In May, a few months before she was diagnosed with cancer, Fujima performed for the last time in an annual family recital with her daughter, Rankei, and her two grandsons.

Born Kimiyo Tanaka in Tokyo, Fujima was adopted into the famous Fujima dancing family. It isn't clear how old she was when adopted or who her birth parents were, a relative said in an interview that she never discussed the matter. Such adoptions are not uncommon in the Kabuki world, where actors' children perpetuated their family dynasties.

Fujima herself adopted Rankei, now 70 and a renowned dancer and teacher. Some observers expect her to succeed her mother as a National Treasure.

Quiet, slow-spoken and school-marmish, the elder Fujima always wore kimonos, though most Japanese women nowadays don the traditional apparel only on special occasions. And once on stage, she seemed to take on a much stronger personality.

Nanka Yamanashi Kenjinkai Annual Memorial Service Oct. 11 at Zenshuji



With Bishop Gengo Akiba and members of the Yamanshi Kenjinkai Prefectural Association of which Sensei has served as President for the last three years. This organization began in the early 1900's when there were a great number of immigrants from Yamanashi Prefecture. Sensei's grandfather, Morihei Furuya, served several terms as president in the past and Sensei succeeds him. Currently, there are only about 100 members, many of whom are senior citizens. Many are over 80 years of age, six are over 90 years.

"You get the impression that her body extends to fill up the stage," said dancer Hanayagi. She was particularly skillful in teaching male roles, able to convey the differences in whether a character was a merchant or had just lost his wife.

"She studied actions such as hand motions in such precise detail that the audience could imagine what kind of sake bottle the character was drinking from, or what kind of well the person is trying to fetch water from, be it shallow or deep," said Mitsugoro Bando, 69, a well-known Kabuki actor.

One of only about 10 teachers of Kabuki dancing, she created innovative dance routines, but always drew on classical themes of Japanese dance. And she insisted that her students pay strict attention to the type of character being played.

"There are various kind of wives, for example: wives of samurai, wives of noblemen and wives of merchants," she once said. "It is crucial that the dancer be knowledgeable of various traditional personalities in order to portray the character of a role. Whether a court lady carries flowers or a merchant's wife lights her path by a lantern, the gait of the dancer will reveal the class and disposition of the women. The soul of the dance can express the nature of normal citizens, countryside people, lovers and even insane people." Funeral services were scheduled for October 27 in Tokyo.

Aikido Center of Los Angeles
NEWSLETTER

In retrospect, her upset basically centered around her own image and status with other students. From another bad experience in the past, I treat obsequiousness in a student as a marker for potential future ego problems. Of course, I've seen other fat-headed students who didn't appear ever to display an extreme lack of confidence. However, low self-esteem seems to be the flip side of the coin to inflated ego; reverence or obsequiousness to nasty superiority. It should be handled with extreme caution!

Well, this is long enough. Sorry to bend your ear but this incident just happened recently so it's quite fresh in my mind. Because of it, we've created a formal structure for our coaches training program that allows us plenty of time to judge whether a person is really qualified in attitude and understanding to become a full coach. People are really different nowadays. They don't seem to realize that status or glory must be accompanied by responsibility and duty. And intelligent people can make the stupidest assumptions about their right to impose their own agendas on others. I hope that you are feeling well.
Marie Anthony, Traditional Wushu Association

Editor's Note: Thank you for the letter. Unfortunately, this happens all the time in martial arts schools, not only among students but teachers as well.

Bite On This:

It was reported on the Channel 5 Morning News on October 9, that the instructor of a high school swimming class has realized dramatic increases in swimming speed when introducing a live crocodile into the swimming pool just after students begin their heat. The instructor said that there have been no "incidences" as yet and that "it is all a matter of timing (in getting out of the pool)."

Editor's Note: In local crocodile TV broadcasts, this news item was referred to as "Breakfast of Champions." One unnamed Aikido instructor interviewed wondered if the same method works for ukemi practice and jaded black belts.

Special Holiday Sale:

Special discount to members makes nice presents for your family and friends for the upcoming Holiday & Christmas Seasons. Exclusive special from October 11th through December 11, 1998 only. This is a limited special offer. Place your orders early and allow two weeks for delivery.

The Art of Aikido Videos Set

Nine volumes: \$250.00.

(Reg. price: \$359.55.)

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KODO Ancient Ways

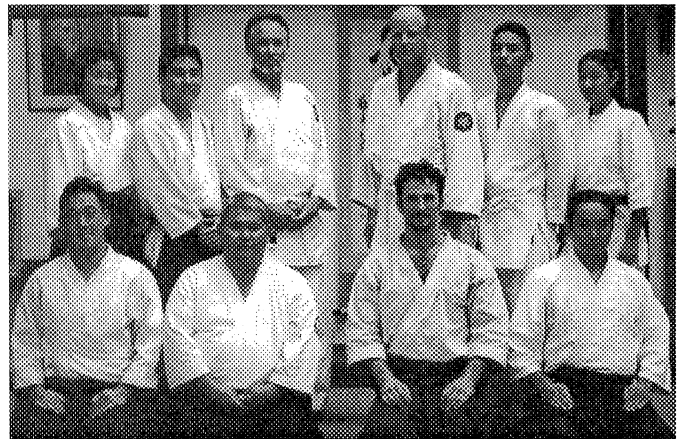
Special Holiday Price: \$14.00 each.

Special rate: \$130.00 for 10.

(Regular price \$16.95 each.)

Congratulations: Urasenke Koizumi Soyu Sensei

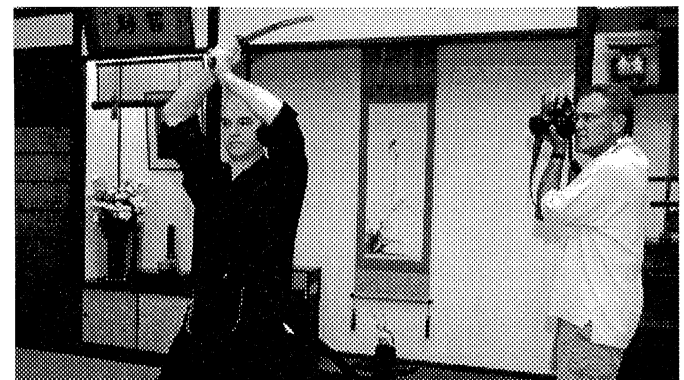
Warmest congratulations are due to Koizumi Soyu Sensei on the 10th anniversary of the establishment of her Orange County Urasenke Branch of the classical Japanese tea ceremony. Koizumi Sensei is senior student of Matsumoto Sosei Sensei of Los Angeles. Her husband is a well known architect and once came to see Sensei's tearoom. We wish Koizumi Sensei much continued success and best wishes.



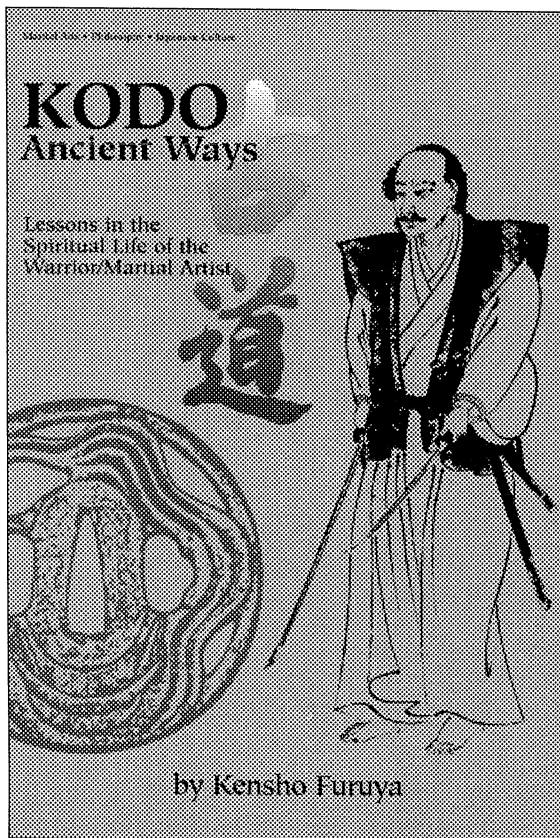
Members with Nick Kiritz who visited the Dojo recently in Sept.



Hard workers helping to set up the stage during Nisei Week in August. Right to left: Robert Lew, Andy Kissel and Adam Bennet.



Gary being photographed for Downtown News feature article.



KODO

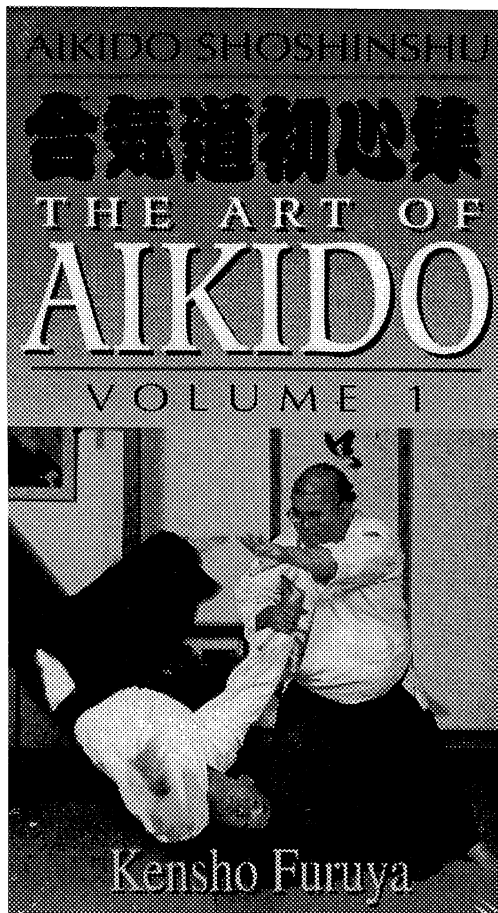
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Rev. Kensho Furuya

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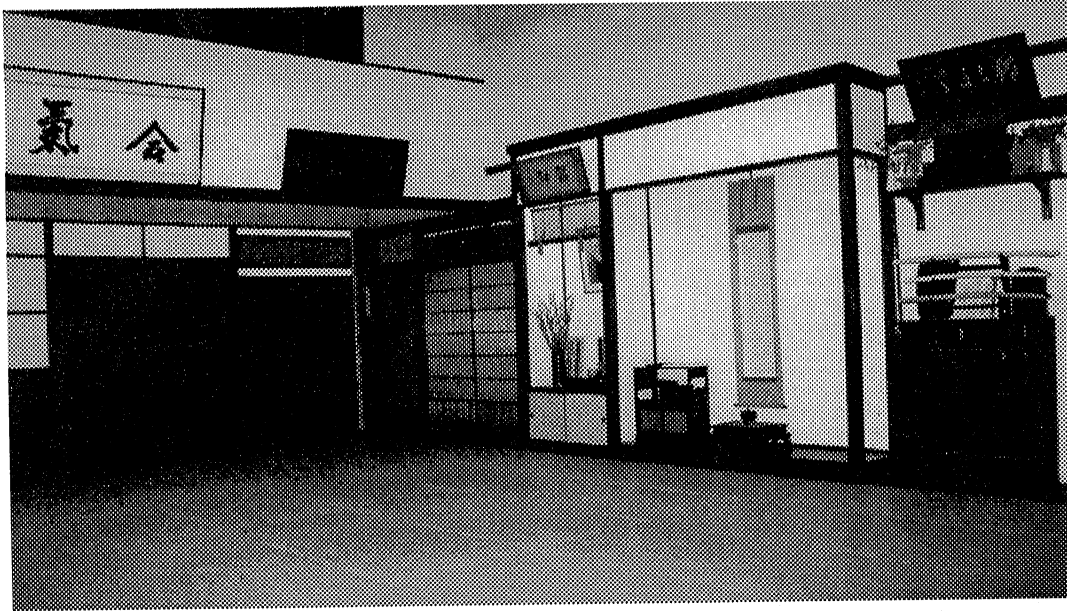
All books and videos are available in our Dojo.

Please inquire about dojo and quantity discounts.

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

Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



Our Affiliations:

Aikido World Headquarters
Aikikai Hombu Dojo
Tokyo, Japan

Los Angeles Sword &
Swordsmanship Society

Los Angeles Police Department
Martial Artist Advisory Panel

Da Camera Society
Community Advisory Board

Greater Little Tokyo
Anti-Crime Association

Former Recipient Brody
Multi-Cultural Arts Grant

Yamanashi Prefectural Society
Yamanashi Kenjinkai

Introduce Family & Friends To The Aikido Center of LA

Bring your friends to the Dojo and invite them to join our Practice. Everyone is welcome. Enjoy this beautiful art of Aikido in a quiet, serene environment to enhance the quality and awareness of your

Muso Shinden Ryu Iaido

We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

Dojo Supplies

Official Dojo Jackets

Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

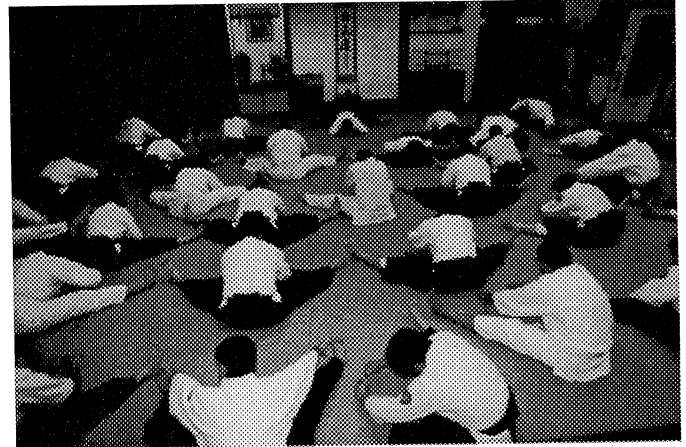
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Everyone is welcome to join us.

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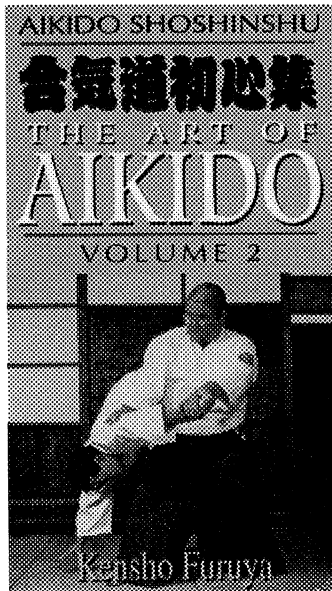
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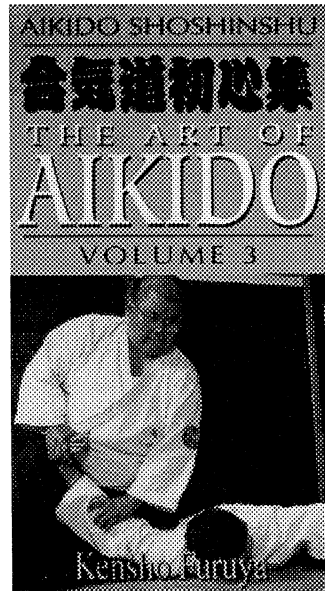
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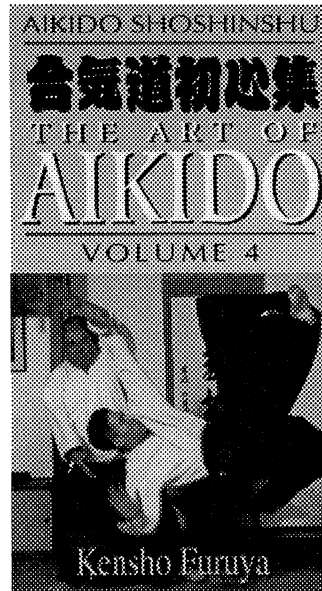
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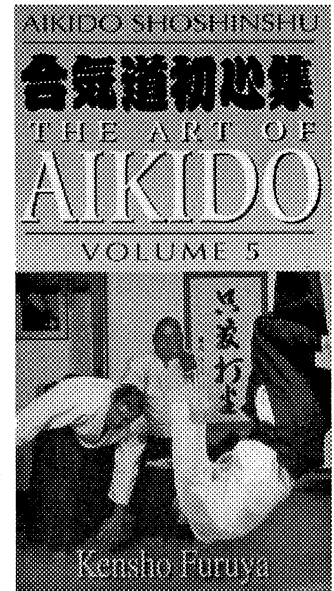
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo
& Gokyo



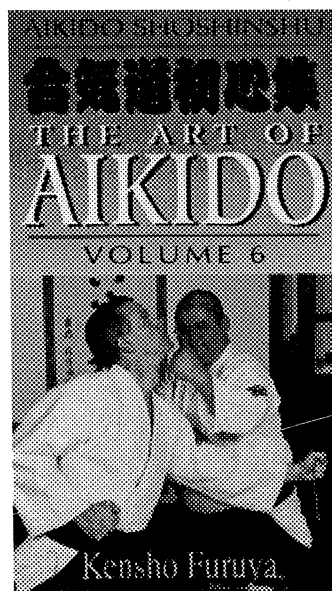
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



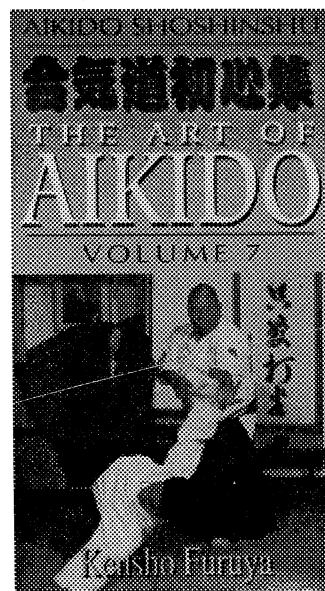
Katatetori Ryotemochi: 2-hand.
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



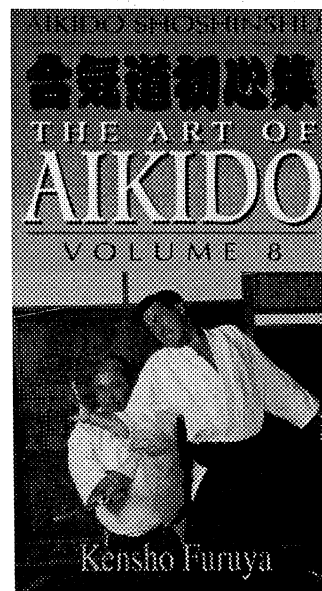
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



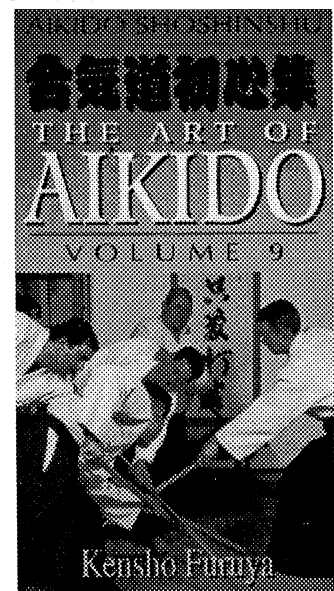
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the
side of the head & neck.



Shomenuchi: Direct strikes.
Ushiro-waza: Attacks from
behind.
Ushiro Katatetori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
Ryokatatori.



Atemi-waza: Striking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.
Complete 1st Degree
Black Belt Examination
Requirements Demonstrated by
Black Belt Candidate.

Aikido

TRAINING SCHEDULE

Adult

BEGINNING & OPEN

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

Monday, Tuesday &
Thursday Evenings
7:45pm-8:45pm

Saturday & Sunday Mornings
10:15am-11:30am

Saturday Mornings
9:00am-10:00am

BLACK BELT SEMINAR

Bring bokken, jo and tanto.

Black Belts & Instructors'

Last Saturday of the Month: 6:30-8:30am

CHILDREN'S CLASSES

5 - 16 yrs old

Saturdays : 11:30am-12:30pm

Sunday Mornings: 9:00am-10:00am

ATTENTION:

Please be very cautious of unscrupulous people using Furuya Sensei's name and our Aikido Center of Los Angeles name to promote themselves and their schools but have no connection with us whatever they may imply and have no authorization to teach through us. We have experienced many such cases in the Los Angeles area and all around the world. Please be cautious of these people; they are NOT affiliated with us and are more than likely out to deceive the general public. We would greatly appreciate hearing of such cases you might encounter.

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturday & Sunday Mornings
8:00am-9:00am

IAIDO INTENSIVE SEMINAR

Every 2nd Saturday of the month.
6:30am-8:30am

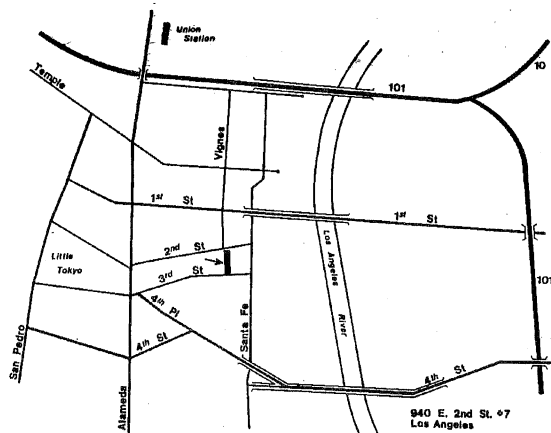
BUDO & SWORD STUDY CLASS

Every 1st Tuesday of the month.
7:45pm-9:00pm

Group Study & Discussion of
Aikido philosophy, Japanese art & culture, martial arts, &
Japanese sword appreciation. Everyone is welcome.

About the Dojo:

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. **The Easiest Way:** From Alameda go east on 1st St and make right turn on Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.