



NEWSLETTER

AIKIDO CENTER OF LOS ANGELES

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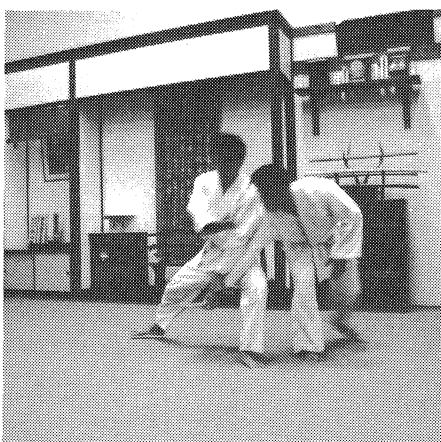
October 1, 1992

Volume VIII. Number 10.

CHILDREN'S CLASSES EXPANDING SCHEDULE

The Children's Classes are expanding its training schedule to include Mondays, Wednesdays and Fridays from 4:00pm to 5:00pm. The regular schedule is every Sunday from 8:30am to 9:30am.

Children from ages 7 years are welcome to join our practice. Emphasis of training is on ukemi breakfalling, flexibility, coordination, posture, strength training and etiquette. Classes will be taught by Sensei. Assistant Instructors for our Children's Classes are Mr. Ken Watanabe, Mr. Norman Lew and Mr. Kenny Furuya. Monthly fees are \$30.00 for Sunday only and \$50.00 for weekday classes. Family rates are available.



Kenny Furuya practising during our daily Morning Class at 7:00am & 8:00am.

Traditional Japanese Tea Ceremony Classes Begin Successfully In The Dojo

From August 29th, the dojo held its first class in the traditional Japanese Tea Ceremony under the direction of Madame Sokyo Arai Sensei of the Edo Senke School of Tea. The new program has been a big success and students are earnestly practice the ancient art of tea on Saturday afternoons. A second Sunday class will be starting sometime in October as Arai Sensei becomes available. The first group of on

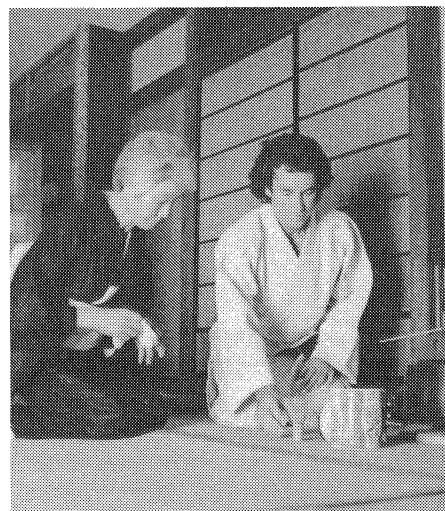
Saturdays consist of Mr. Jeffrey Meek, star of the hit TV series, "The Raven," Mr. Gary Myers, Mr. Ken Watanabe, Ms. Mitsuko Yoshimoto, Mr. Kenny Furuya, Mr. Brian Kanegawa. Candidates for the second Sunday morning class are Mr. Stephen LeHocky, Mr. David Ito, Mr. Kevin Sonico, Mr. Jon White and Ms. Anne Kageyama. Those students seriously interested in the study of the Tea ceremony, please sign the waiting list on the dojo bulletin board. Class size is very limited.



Mr. Sukkoo Lee at the Nisei Week Demonstration

Columbus Day Observed

The dojo will be closed on October 12th in observance of Columbus Day. Please have are very safe and happy holiday with my prayers.



Arai Sensei teaching Mr. Jeffrey Meek, "The Raven," the basic points of the traditional Japanese tea ceremony. Tea classes are Saturday afternoons from 2:00pm in the dojo.

News Items

We welcome back Monica and Victor from their wedding in Santa Barbara and honeymoon in Mexico.

Curtis Westfall has also recently come back to practice from a heavy work schedule.

Kenny Furuya will be conducting Children's Classes during the week on Mondays, Wednesdays, and Fridays from 4:00pm to 5:00pm. Volunteer assistants are welcome.

Jeffrey Meek, the star of "The Raven," who has been practicing in our dojo, left for Hawaii on September 9th to shoot another 15 episodes. "The Raven" made the top ten list and was listed as a summer hit this year. The series is shot in Hawaii with co-star Lee Majors. Mr. Meek's interview with the magazine, Entertainment Weekly, was conducted in our dojo in August this year.

Congratulations to Gary Myers of the dojo's Iaido section who is opening a Japanese antique store in Pasadena.

Kenshinkai

(Sword-Mind-Association)

On the first Friday of every month, from 7:30pm - 9:00pm, we are conducting a group meeting on the study and appreciation of the Samurai sword in the dojo. Sensei will be sharing his extensive expertise on the Japanese sword.

Next meeting: October 2, 1992.

Interested parties are welcome to attend.

ACLA Newsletter

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

You can receive our Newsletter by becoming a Supporting Member of the dojo. Annual Fee is \$50.00 a year. Thank you for your support.

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Congratulations & Best Wishes!

Mr. Sukkoo Lee, 1st Dan and senior member of the ALCA will be getting married on October 10th in Torrance. Much Happiness & Good Health!

Dojo Tea Ceremony

Due to the popularity success of the Saturday afternoon Tea Ceremony Class, Arai Sokyo Sensei will be beginning a second class on Sunday afternoons, beginning from November 8th.

The new Sunday Class members are: Mr. Steve LeHocky, Mr. Jeff Wheeler, Mr. Jonathan White, Mr. David Ito, Ms. Anne Kageyama, and Mr. Matt Glave. Interested members should sign the Waiting List or see Sensei.

Tea Ceremony Journal

Premiere Issue Just Published

The premiere issue of the Tea Ceremony Journal has just been published by the dojo under the direction of Furuya Sensei. The Newsletter discusses the dojo's Tea Ceremony Class activities and the art of the Japanese tea ceremony in general.

Subscription fee is \$25.00 a year.

Dojo T-Shirts

We still have a good supply of official Dojo T-Shirts in XL, L, and M sizes.

\$14.00 Each.

Dr. Shawn Sungmin Pak, Chiropractor

Don't go away sore! See Shawn for your aches and pains.

Member of the ACLA

Kyu Promotions as of October 1, 1992**3rd Kyu****Kevin Sonico****4th Kyu****Geary Sheridan
Ray Yagami
Larry Moncado****5th Kyu****Oliver Brown****6th Kyu****Seiji Ishii
Eduardo Higuchi
Randall Nimura
Troy Adlawan
George Bufford
Bach Le
Rick Kawamoto
Rey Espina
James Ng****Our Member On TV "Cheers"**

Matt Glave, one of our members, will be making a guest appearance on the popular TV series, "Cheers," on October 1st. Be sure to watch!

Due to a recent car accident, Matt has not been able to practice for a while. All of our best to a quick recovery.

*Please keep regular,
consistent training hours,
rain or shine.*

Message from Sensei:**Nothing Nicer Than A Clean Dojo**

On September 13th, thirteen students, loyal and true, helped to give the dojo a good cleaning, renting ladders and cleaning the walls, metal rafters and lights. The dojo never looked so good. The clean-up started at 10:30am after the Sunday morning class and everyone was finished and cleaned up by 2:00pm. Not only was everyone efficient but *fast* as well! A great job! I hope more people participate next time; specially more Black Belts! Many thanks to the following: Mark Moore, Victor Rodriguez, Ken Watanabe, Kenny Furuya, Ismael Araujo, David Ito, Andy Kissel, Richard Eloriagga, Kevin Sonico, Troy Adlawan, Chris Prejean, Gary Chang, and Rey Espino.

Around the Dojo

As always, I am happy to see how much progress students are making in their practice. I am always thankful that we have a good group of people who are practicing hard. To keep harmony in any group of people is difficult, most people will say, "impossible." Someone once said that if you get only two people together you are bound to have a fight or difference of opinion. Although people will say it is impossible, it is however the bottomline of our practice. How do we create harmony? If I knew the answer, perhaps I could run for President of the United States and be elected! In our Aikido training however, there are three rules we follow:

1. Think of the other person before yourself.
2. Work harder than others.
3. Give more than others.

It is very important to keep a regular training schedule. This is an important part of discipline. There is no make-up in Aikido. If you lose a class because of laziness, that one hour is lost forever and can never be retrieved. It is very important to take the initiative and create time to practice before and after class. You will be surprised how much you can learn in an extra ten or twenty minutes of additional practice. Also, you will be helping your partner to develop himself as well.

Training Schedule

Beginning Open Classes

Mondays thru Fridays

7:00am - 8:00am

8:00am - 9:00am

6:15pm - 7:15pm

7:30pm - 8:30pm

Saturdays

10:15am - 11:15am

Sundays

9:45am - 10:45am

Advanced Classes

2nd Kyu & Up

Tuesdays

7:30pm - 8:30pm Bokken

Saturdays

11:30am - 12:30pm

Children's Class

7 yrs & Up

Sunday Mornings

8:30am - 9:30am

Mondays-Wednesdays-Fridays

4:00pm - 5:00pm

Japanese Tea Ceremony Classes

Saturday Afternoons

From 2:00pm

Iaido Battodo Kenshinkai Training Schedule

Wednesdays

8:45pm - 9:45pm

Saturdays

9:00am - 10:00am

Sundays

7:30am - 8:30am

The first Friday of the month is
Sword Study Class from 7:30pm.

No Classes on the last week of the
month as per monthly schedule.

Kenshinkai Schdule October, 1992

October 2th. - Sword Study Class 7:30pm

October 12th. - Columbus Day observed

October 24th. - Intensive Seminar 6:30am

October 25th, 28th & 31st. - Off.

USAF MEMBERSHIP DUES

Many members and black belts have
not yet paid their annual member-
ship fees to the USAF. Please pay
them immediately. Thank you for
your attention in this matter.

Aikido Center of Los Angeles