

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

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United States Aikido Federation, Eastern Region
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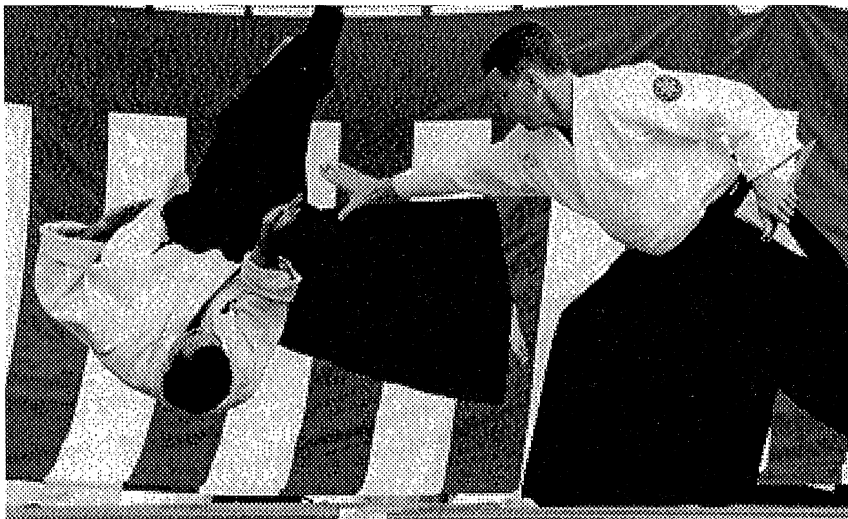
KODO BOOK SIGNINGS: Bodhitree Bookstore on October 27th. Barnes & Noble in Old Town Pasadena on November 3rd.

A Busy Summer Ends & We Return To School

The busy summer ends for all the Dojo members and many of the younger students have already returned to school after their summer vacation.

Everyone did a great job this summer and few stop

to think about how much we actually accomplished from the Saishin Dojo Summer Children's Program, Pasadena Obon, Higashi Hongwanji Obon Martial Arts Demo, entertaining our guests from the Omiya Dojo, Nisei Week, books signings, etc. We work hard for the Dojo and for our community and everyone should be proud of the good work we do. We don't receive much recognition from anyone and all my senior students only receive criticism about this and that and what was not done correctly, from me but this is all part of our training. If everyone did not have the talent and potential to do better than their present best, any criticism or encouragement to do better would be wasted. If I thought that this was the best everyone could do, I would be satisfied with this and say nothing. In anything and everything we do, we can always improve. Some may say this is "egotistical" or call this "competitive" or "greedy." This is the farthest thing from my mind and those who say this do not understand my thinking or our Dojo at all. To develop and improve oneself does not mean that you must prove yourself better than others, or to get ahead of others or even to make more money or gain more power than others.



Bill Gillespie demonstrating tanto-dori (knife defense) at the 1996 Nisei Week Festival.

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To develop and improve one's self means to realize, to appreciate, the full meaning of your life. We waste our time, we waste our talents, we waste our money and we waste all the resources around us. This is all against the principles of Aikido. "Nature wastes nothing." We should learn this and put every bit of our lives to good use. In Zen, there is a saying, "even the stinking, rotting corpse becomes pure, white bones." This means that Nature uses everything and nothing goes to waste - everything has a purpose. Some people say, "Being born was not my fault." But actually this is not true. When you think of all the millions of chances there were at the moment of your conception, it is not pure chance, but some great purpose or will acting on your behalf. It is a great gift and the little time we are on this planet, we must repay this gift by using it to its fullest. To utilize our lives to the fullest is to realize the purpose of Nature and I believe this is what O'Sensei really wanted us to understand. Because, "to become one with Nature is the realization of Aiki harmony" and this should be at the very center of our Aikido training everyday.

Important Dates:

(Oct. 6th: Annual Memorial Service for the Yamanashi Kenjinkai. Reception at Full House.)

(Oct. 23-24th: Sensei participates in the Grant Review Panel for the Los Angeles Cultural Affairs Committee.)

Oct. 19th: Advanced Intensive Seminar 6:30am.

Oct. 26th: Iaido Intensive Seminar 6:30am.

Oct. 27th: Kodo Book Signing Party at the Bodhi Tree Bookstore in West Hollywood from 3:00pm.

Oct. 31st: Have a Happy Halloween! Regular class schedule.

Nov. 2nd. Seminar at Tenshinkai Aikido Dojo, Westminster, from 11:15am-12:30pm.

Nov. 11th. Veteran's Day. Dojo Closed.

Nov. 16th. Advanced Intensive Seminar 6:30am.

Nov. 23rd. Iaido Intensive Seminar 6:30am.

Nov. 28th. Thanksgiving Holiday. Dojo closed. Have a Happy Thanksgiving Holiday.

Advanced Intensive Seminars

October 19, 1996
6:30-8:30am

November 16, 1996
6:30-8:30am

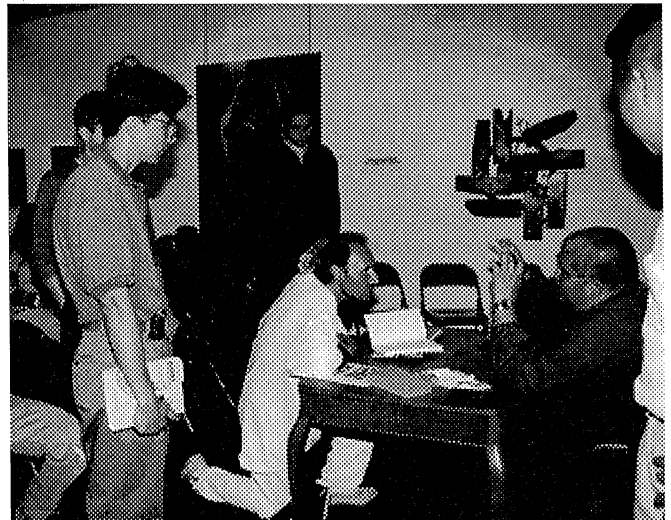
For all blackbelts, instructors, kenshu and advanced students. Please bring your weapons. Monthly meeting follows practice, please attend.

Phoenix Bookstore Book Signing August 24th.



On August 24th, Sensei talked to about 20 guests at the Phoenix Bookstore in Santa Monica and signed about 8 copies. It was a big success. Sensei read a few passages and answered questions from the audience for about an hour and a half. Five of them have already contacted the Dojo asking about classes. Everyone seemed to enjoy themselves. John Herschman, manager of the bookstore, stated, "Kodo is the best book I have ever read on the martial arts."

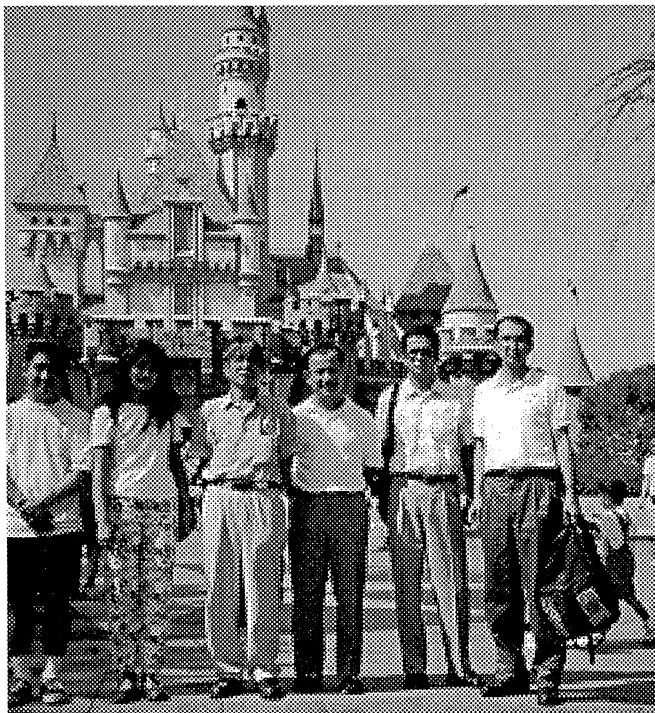
Many thanks to John for setting up and supporting this book signing and many thanks to the students who also attended.



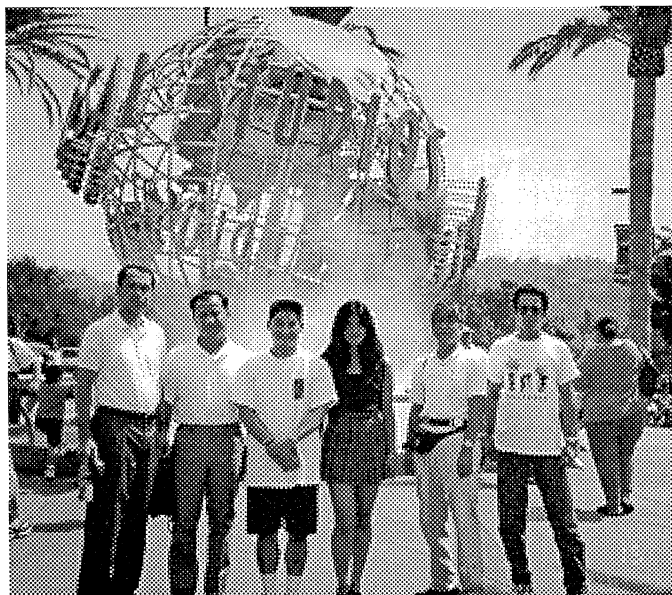
Many guests asked questions and requested Sensei to sign their books. The Book Signing went on much longer than was programmed.

Another books signing was done at Kinokuniya Books in Little Tokyo on September 8th.

Omiya Dojo Members Enjoy Los Angeles



Left to right: David Ito, Maria Murakawa, Azumi Sensei, Sezaki Sensei, Sakurai Tateo Sensei & Sakurai Tadashi Sensei at Disneyland.



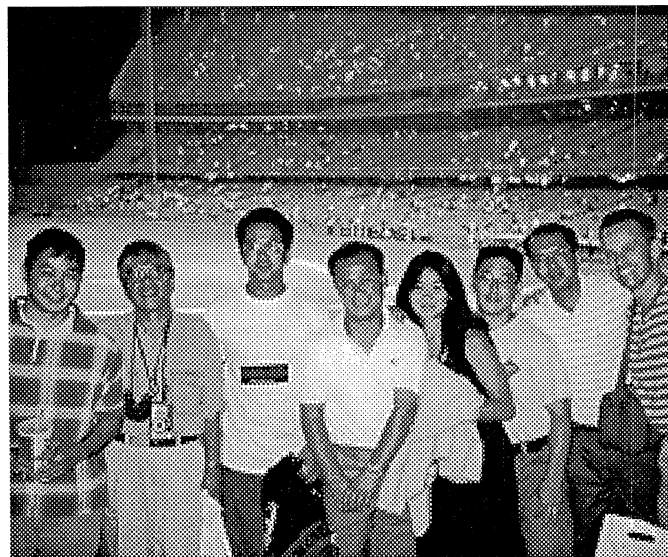
Everyone at Universal Studios. This is their second visit and everyone enjoyed Jurassic Park. When David was asked how he enjoyed taking our guests around Los Angeles, his only reply was, "I'm tired!" David enjoyed their hospitality on his recent to Japan where he made good friends with the Sakurai brothers and visited the Omiya Dojo. The Omiya Dojo is always asking when we will bring a group of our students to visit them in Japan.

Thanks Again

Many thanks again to all my students, friends and members who helped to present me with the new 7600 Power Mac computer recently.

It is a pleasure to work on and very definitely helps me in my work. Many, many thanks.

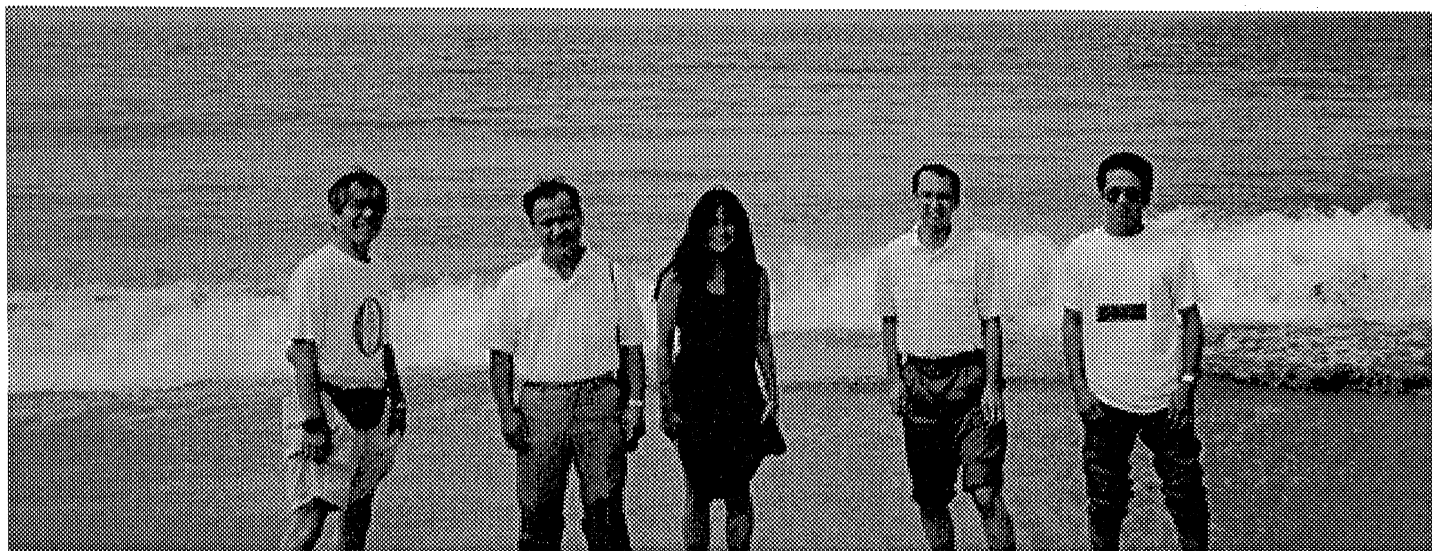
Kensho Furuya



At Dodger Stadium with Kenny Furuya and Bill Gillespie. Many thanks to Bill and Curtis Westfall for getting the baseball tickets. Our guests were anxious to see Hideo Nomo but unfortunately there was a last minute change in schedule and Nomo was sent out of town on that particular night. Regretably, Nomo was "no mo."

We hope the Omiya people will come to visit us again soon in the near future. They are like a "sister dojo" to us. Many thanks to all the students who helped to entertain our guests and take them around town.

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At Venice Beach with Maria Murakawa. Photos courtesy of Tadashi Sakurai.



Members of the Omiya Dojo during a recent seminar with Dojocho, Moriteru Ueshiba Sensei, of Hombu Dojo. At the Omiya Dojo in Saitama Prefecture.

Omiya Dojo News

Isamu Ichizuka Sensei recently returned from a successful trip to Istanbul where he conducted several seminars and also formulated the Istanbul Aikido Federation. This is his second trip under the auspices of Hombu Dojo. He recently was sent to Saipan.

Ichizuka Sensei was elected to head the Saitama Prefecture Aikido Federation which is a collective group of about dozen dojos. Assistant Instructor Junichi Fujita was elected as Vice-President. Congratulations!

The Omiya Dojo hosted a seminar with Moriteru Ueshiba Sensei at their dojo. See photo above.

From the Omiya Newsletter.

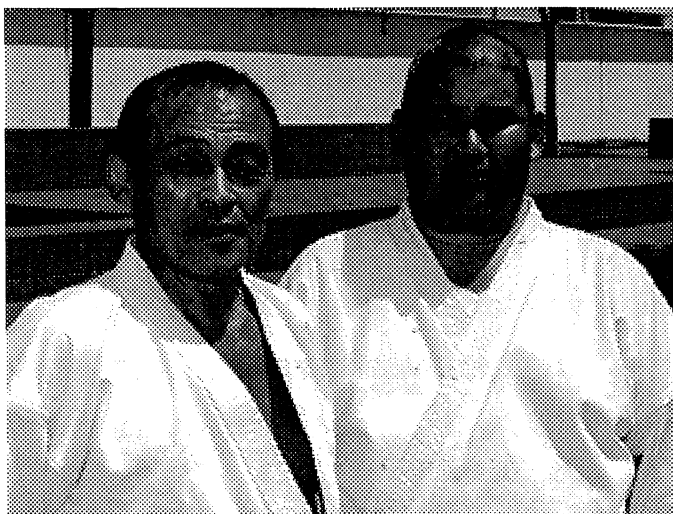


Welcome Party in Chinatown.

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Participants of the 1996 Nisei Week Japanese Martial Arts Aikido Demonstration. August 17-18, 1996. Left to Right: David Ito, Kenny Furuya, Gary Myers, Yutaka Sezaki, Tateo Sakurai, Kensho Furuya, Takayoshi Azumi, Tadashi Sakurai, Ken Watanabe, James Doi, Bill Gillespie, Richard Eloriagga, Maria Murakawa, and Frances Yokota.



Sensei with Takayuki Kubota, head of the Gusoku Ryu Karate and International Karate Association. One of the world's most well-known Karate instructors.



With Madame Kansuma Fujima at the 6th Dan Celebration.

Creating Good Practice

Nowadays when I see everyone doing so well I continue to think how best to improve your practice. As the classes get bigger and the students become more advanced, it is very important that each individual student work very hard to creating a good, constructive atmosphere in the Dojo. Black belts should be more understanding and gear their training towards each individual student. Students, on the other hand, should approach their practice with a greater sense of learning, not competition.

Because a student is physically strong does not mean he can bully those who are weaker than himself. I think this is obvious and common sense. At the same time, just because one is wearing a black belt, does not mean he is a teacher and is qualified to teach. We have received questions from students about black belts who are trying to teach but are not qualified. Please refer to the list of my teaching staff in this issue.

Creating Good Practice continued.

Although I hope everyone can be happy in my Dojo. Everyone, at the same time, must fully understand that I am trying to maintain very high standards of practice here. I am running a Dojo, not a health club or cabaret. Although, one of my weaknesses (among many) is that I do not have a good "social" atmosphere in the Dojo, everyone must clearly understand that it takes all of my time and energy just trying to be a decent teacher. I know many dojos emphasize this social activity in their training and I think it is very good. This is not the strong point of our Dojo.

Some black belts have come and gone and have really missed considerable amounts of training yet add these absences to their training record. This is not fair to anyone, especially yourself. Black belts should train and develop themselves to keep up their levels. If you have fallen down, forget the techniques and have not trained regularly for a long time, you must realize that you are not qualified to instruct students. In our Dojo, students see the level of the black belts very clearly and I hear negative comments about some black belts. This is not a good situation and bad for everyone's morale. I am very sorry and I want to defend some of you black belts but when I look at your records - you never attend any of the advanced classes or intensive seminars, your attendance records are very sparse or very irregular, so it is quite obvious why your level is down. As I have advised you so many times before - please train more regularly. Again, you black belts, please train more regularly. Thank you for your cooperation in this.

ACLA Teaching Staff

In recent months, there have been quite a number of questions from the membership, especially from many of the new students, as to who are the Assistant Instructors in the Dojo and who has authority to teach in the Dojo. One may be a black belt but not necessarily have the authority, permission or qualifications to teach. Black belts who are not yet on the Teaching Staff may consider themselves applicants to some day become a member but at the present time, may only assist one of the Assistant Instructors and may NOT teach in our Dojo. Our Teachings Staff is as follows:

Chief Instructor:
Rev. Kensho Furuya

Senior Instructors:
James Doi
Ken Watanabe

Uchi-deshi (Apprentice Disciples):
Ken Watanabe
Kenny Furuya
William Gillespie

Assistant Instructors:
Andy Kissel
David Ito
Richard Eloriagga
Curtis Westfall (Morning Class)
Norman Lew (Children's Class)

"To fight to understand what goes on inside our heads is a losing battle. Just let it go! Just let it go!"

From KODO, page 56.

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AN OLD SAYING:

Miss practice *one* day and your teacher notices.

Miss practice a *second* day and your partners notice.

Miss practice a *third* day and you yourself will notice how much you have forgotten.



Sensei at Opening of art exhibition by Bao Yun Shr (left) of Shanghai and with Master Cai Li Qun (right) a Taiji teacher and artist also from Shanghai who has been in this country for the last several years. August 31st at the Chinese Cultural Center in El Monte.

DOJO NEWS:

On September 6, Sensei attended JACCC Annual Autumn Festival Dinner and Fund Raising Auction. The Dojo donated 20 old Japanese woodblock prints and 3 months of Aikido lessons for the event. Our donation totaled \$1,500.00 as a contribution.

Master sword polisher, Naoji Karita, of Tokyo, visited Sensei from August 25-27th during his visit to the US. Last year's exhibit of "Oshigata of Shitahara Blades" that premiered in December of last year in the Japan Cultural Room of the JACCC has since travelled to Houston, Dallas and San Francisco. In October, it will debut in Germany before going to Japan to be on permanent display in a museum. This has become a very important and popular exhibition.

Sensei will serve for a second consecutive year on the Grant Review Panel for the City of Los Angeles Cultural Affairs Dept. dealing with grants in Traditional Folk Arts for 1997. A great honor for Sensei and the Dojo!

Neville Charles: Bon Voyage

Neville Charles will be leaving us this month for a new job and new home in Massachusetts. Neville graduated from Oxford and recently completed many courses to qualify him for a very nice job in the area of mathematics which is too complicated to explain. We wish him well and lots of luck and hope that he will have the opportunity to visit us from time to time.

Official Dojo Mugs:

With the Dojo logo & "Aikido" written by O'Sensei. \$10.00 donation to the Dojo Fund Raising Project. Limited supply. They are ivory-colored ceramic mugs with beautiful black imprinting. They make nice X'mas gifts, do your Christmas shopping early!

Notice to Black Belts

As of October, 1996, all Black Belts, Assistant Instructors, Kenshu, and Black Belt Candidates will be required to attend at least one Children's Class during the month to help out with the training. Senior students are also welcome to participate. Black Belts who cannot or do not attend Advanced Intensive Practices should think about donating at least two additional classes to the Children's Class. Thank you for your cooperation in this matter.

Aikido Center of Los Angeles
Rev. Kensho Furuya

Membership Drive

Our Fall Membership Drive begins this month and everyone should make a sincere effort to introduce their family and friends to the Dojo. It is important that we continue to build up our membership.

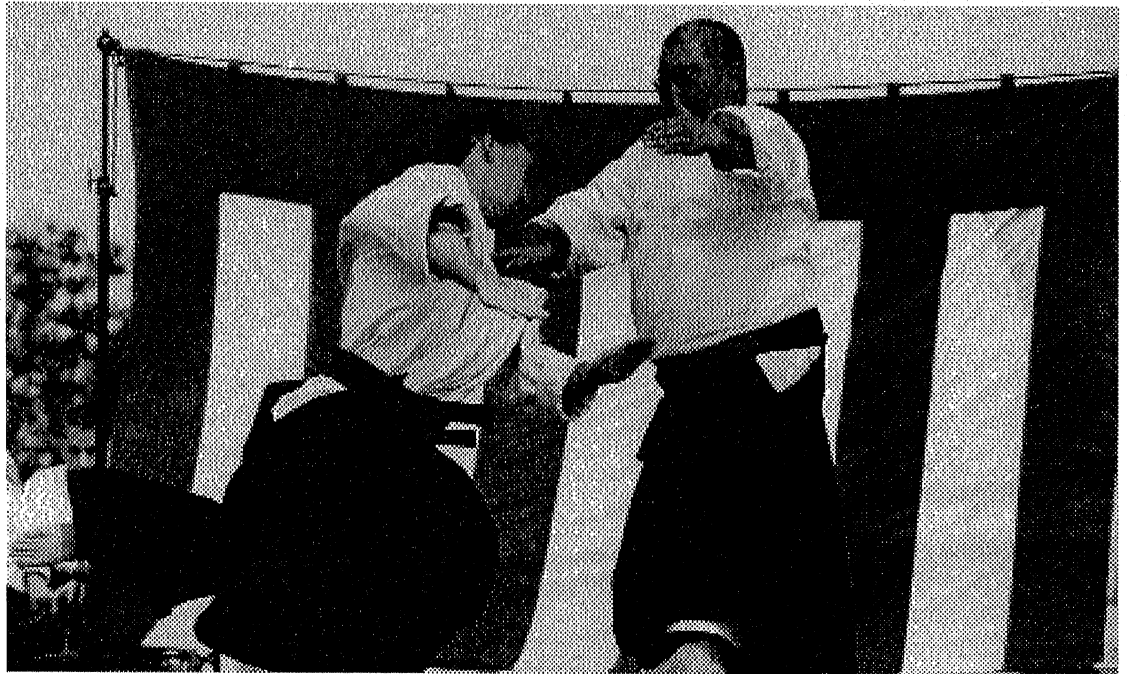
Many thanks for your attention and cooperation in this project.

Improve Your Ukemi

Improve your ukemi! Everyone in the Dojo has heard this at least several times at one time or another during practice. Improve your ukemi! No matter how many times I tell this to my students, for the most part, they still don't understand. One problem is misunderstanding what ukemi is.

First, let's talk about bad ukemi. Not bad ukemi but **"Very Bad Ukemi"** which is characterized by the following:

1. Resists the technique all the way until you must seriously throw him down with full power or apply the joint technique with full force until it is unnecessarily painful.
2. Does not commit to the attack properly so there is no attack to move or apply the technique against.
3. Does not pay attention to what you are doing. This is the best way to have an injury.
4. Shows bad attitude towards training and creates a bad, negative, overly competitive, rude or disrespectful atmosphere on the mat towards fellow students, the art or the teacher.
5. Does not really care about learning. Does not really care about anything. Has low-esteem and does not really care what people think of him.
6. The clown who will always be a clown even when he decides that he does not want to be a clown anymore. He would rather fool around than practice. His main goal is to draw attention to himself or create commotion for others. Classic idiot.



"Bad Ukemi"

1. One who thinks he knows more than others and is out to prove it (to himself) and others.
2. The so-called "expert" in all martial arts.
3. "Mr. I'm Right and You're Wrong."
4. "Mr. It's okay for me to throw you hard but you cannot throw me."
5. "Mr. I'm looking good."
6. "Mr. I don't understand why it's so hard."

"Not Bad, Fairly Good Ukemi"

1. I'm a little stiff, but I'm trying hard.
2. I'm a beginner, but show me how to improve.
3. I need more practice, have patient with me.

"Good Ukemi"

1. Mastered basics of ukemi.
2. Commits to attack properly and with energy.

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3. Creates good atmosphere in practice.

“Very Good to Excellent Ukemi”

1. Excellent mastery of ukemi skills.
2. Smooth and light but powerful and strong.
3. Can practice well with anyone from beginner to advanced student.
4. Ukemi is beautiful to watch. Has a good feeling in practice.
5. A good sign: Everyone wants to practice with him.
6. Another good sign: Teacher always uses him as uke.
7. Helpful to students but doesn't talk too much during practice. Helps the student with the technique by his body movement and ukemi.
8. Doesn't show off. He is modest and humble.
9. Confident but not over-bearing.
10. Strong but does not try to prove himself to others.
11. Not a clown.
12. Serious but knows how to make training enjoyable although you practice hard and sweat.
13. Always wants to learn.

Why Ukemi Is Hard To Learn:

1. One must conquer fear of falling.
2. One must conquer fear of pain or painful techniques.
3. One must conquer fear of failure.

4. One must develop instinctive skill which requires constant training.

5. One needs a sense of giving and cooperation without a negative sense of yielding or giving in or, on the other hand, resistance.

6. One must understand that ukemi is not surrender. It is another important self-defense skill.

7. There is no one formula for ukemi. It is a living, extremely functional skill which is created moment to moment during the encounter with your partner.

Points To Remember:

If one develops good ukemi, he will always naturally develop good technique.

If one neglects ukemi, the level of his technique will always be limited.

Even a student of average ukemi skill but with a good attitude towards ukemi is much better than a good ukemi with a bad attitude.

Don't look at ukemi as a matter of only physical skill, look at it as a matter of spirit.

There is always room for improvement.

Do Not's:

Do not jam your partner's technique under any circumstances.

Do not make practice a matter of strength.

Do not make Aikido a form of “playing.”

Do not create a lazy or negative atmosphere.

Do not give your partner a hard, “spiteful,” time.

Do not show others that you are right in practice. Let them find out for themselves.

Sensei's Message: (From Ancient Ways)

A Demonstration of Good-Will

Every year in the Little Tokyo community in Los Angeles, one of the largest communities of Japanese Americans in the country, our Dojo, the Aikido Center of Los Angeles sponsors two major martial arts demonstrations, one in May for Children's Day and one in August for the Nisei Week Japanese Festival. Actually, we do another whole series of smaller demonstrations during the month of July for the local Buddhist temples for the celebration of "O-Bon," the largest Buddhist festival during the summer months. Our dojo is very busy and it is normal to do about 8-12 demos every year during these summer months - a breakneck schedule which begins as early as springtime and continues straight through all the way into the fall season.

This year, our Nisei Week demonstration was a big success bringing in nearly 5,000 people over the two-day weekend. This is the 54th year of this festival and our 21st year of doing this demonstration.

Over the years, we have been able to expand the demonstrations beyond the scope of our Aikido to include many other martial arts. Although there is a competitive nature between various schools, somehow, we have been able to create a very friendly atmosphere of cooperation and sharing which we all feel is very important for the growth of martial arts overall in this country - for the future.

During our Children's Day Festival which is a combining of the traditional Japanese Girl's Day Festival on March 3rd and the Boy's Day Festival on May 5th, we emphasize the Asian community, bringing in not only the Japanese arts of Kendo, Judo, Karate, Naginata, Iaido, Kyudo (archery) and Aikido, but also, Taiji, Kung Fu, lion dancing, Kali-Eskrima, Tae Kwon Do, and hopefully, in the future, some of the others. For Nisei Week, we concentrate on the traditional Japanese martial arts because it is a specifically Japanese-American Festival and we are trying to encourage and introduce Japanese culture,

not only to the interested general public, but to many 3rd, 4th and 5th generation Japanese Americans who do not have any extensive exposure to their our ancestral heritage. This year we were very fortunate to have Aikido, Iaido, Karate Judo, Kendo, and Shorinji Kempo which included such notable instructors such as Fumio Demura of the Shito Ryu Itosu Kai-Japan Karate Federation, Takayuki Kubota of the Gusoku Ryu-International Karate Association, Kiyoshi Yamazaki of the Ryobu Kai Karate, Takafumi Hamabata of Goju Ryu Karate, Hirokazu Yamamori of Shorinji Kempo, Masashi Shikai of Kendo, Helen Nakano of Naginata and of course, yours truly. I was able to have four instructors of Japan, demonstrate with our Dojo for the Aikido segment. In addition, we had two different, non-affiliated schools of Aikido demonstrate along with us. And of course, it is extremely unusual to have so many Karate schools such as Shotokan, Goju Ryu, Shorinryu, Shorinji Kempo, Shito Ryu, Ryobu Kai and Gusoku Ryu Karate all demonstrating together under one roof in a friendly atmosphere.

Talking with people such as Demura Shihan and Kubota Shihan, there was a strong consensus of opinion that we should all try to work together more closely in the future and for the future, regardless of differences in our schools and disciplines. Fortunately, our Nisei Week Demonstration and our Children's Day demonstrations have been very greatly successful in this. Every year, I am thinking how to expand and improve the demonstration and also include more and more other arts as well - despite their affiliation or political orientation - the only prerequisite is quality! I bring this up in this column because it is an important trend to stimulate and encourage throughout the entire martial arts community. In this day and age, there is no room for petty competition, envy and discrimination between different schools. I am glad that my Aikido school has had a big part in sponsoring this type of demonstration, I am also grateful for the long time friendships (some 20-30 years old!) that I have established with these many masters that has eventually led to this good-will and friendship. I hope all of my

readers will take this as an inspiration and encourage sharing and cooperation in your own martial arts community as well.

Garden-Hose Aikido

One of the difficult chores to get my students to do is clean-up the front of the Dojo before practice. Usually this "honor" is reserved for my senior instructors but, nowadays, they are very clever to think up smart excuses of why they cannot do it. Sometimes it amazes me that they have more excuses for not doing something than for doing it. I guess this is the current, modern age of martial arts.

Quite some years back, I knew of someone who went back to Japan to study the tea-ceremony. He was about 55 years old and not in too good health but I heard he spent the first four years of training just carefully raking the fallen leaves in the temple garden making sure not to disturb and beautiful, but ancient mosses. From ancient times, the gate or "mon" or entrance to the temple or dojo was sacred and always kept in perfect order. By looking at the condition of the gate, an aspiring student immediately knew the level, quality and fame of the master within.

Before the first students arrive, the senior instructors should arrive earlier to wash down the garden and entrance. The Dojo is always immaculately clean - no, perfectly clean and in good order. "Clean enough" is "not clean enough." It must be perfect. Like one's technique - anything less is insufferable.

The purpose of washing down with a hose is not simply to create work or an "extra" chore for the students. The water gives a "clean" feeling to the entrance just as one feels after a spring rain. This helps to quiet and ease one's mind before entering the school. Students who just rush in and out of the school really haven't captured the spiritual aspect of the Dojo. Walk carefully, calm one's mind, concentrate one's power and finally focus all of one's energy towards practice. This is what washing down the entrance encourages - indeed, it is an important

chore worthy of only an instructor.

Later, one of the instructors commented, I am so impressed with your school and the level of your students but the cleanliness and fresh feeling of the watered-down garden really put my mind to ease in the midst of all of our travelling and busy schedule, it really revitalized me!

The same instructors came again this year, but none of my students were around to clean the garden so I did it myself (rather upset with them). My guests arrived slightly early, however, and although it was bad protocol, I had to make them wait as I cleaned-up and washed-down the garden. One of my instructors who arrived late, rather shame-facedly helped to carefully put away the hose after I was finished.

Later, I heard this comment from the same instructor from Japan who came two years earlier: "This is the reason why I wanted to come back to your Dojo, this time, when I saw how carefully your student put away the garden hose - not like a normal person who would just throw it into the corner- paying attention to the smallest detail, I realized that there is real training here." He was quite happy with my "garden-hose" Aikido, but I hope, along with my faithful readers, my students and instructors, will also clearly get the message as well!

EDITOR'S NOTE:

As we get busier and busier with our jobs and careers, girlfriends, and families, we find less and less time in our lives for other things. Aikido is one of these "other things." Aikido is important, I believe, because it gives us the tools, the strengths and the the wisdom to live fuller, more meaningful lives. Aikido rewards are not readily apparent but I see great changes in the students all the time. To push to student to realize his greater skills and potentials is not an easy thing and seems too much like "work." But, it is for the student that the teacher must struggle. Aikido cannot be perfected in and by itself, it must be realized within the student himself and everyone must work together to see this.

Welcoming New Students

July 1996

Dr. Rocky Lee
James Wong
Arturo Lopez
David Fuentes
Terry Masuko
George Valenzuela
Byron Barnes
Norma Villa
Steve Feng

August 1996

Kaoru Mitsuoka
Wayne O'Sick
Andrew Khu
Jason Odachi
Mundo Palmer

Special Friends & Folks:

Get Well Soon!

JACCC Miles Hamada's father recently was taken ill. Everyone in the Dojo wishes him a very speedy and complete recovery.

Many thanks to Adam Safran, computer genius, who helped to set up Sensei's computer system. Not an unpainful process (for Sensei, that is)!

Many thanks to our old student, Ted Takeuchi, who volunteered help to complete our IRS taxes. Ted has been doing this for the Dojo for almost ten years now.

NOTICE: It takes a long time to order uniforms nowadays because our distributor sells out very quickly and the manufacturer cannot keep up with the demand. If you need a uniform or think you are going to need a uniform, please order very early. Thanks. Please see Kenny Furuya, to order.

ATTENDANCE: TOP TEN

From January thru August:

- | | |
|----------------------|-----------|
| 1. William Gillespie | 184 hours |
| 2. Larry Armstrong | 180 hours |
| 3. Kenny Furuya | 160 hours |
| 4. David Ito | 149 hours |
| 5. Nikolic Vladimir | 144 hours |
| 6. Ken Watanabe | 143 hours |
| 7. Richard Eloriagga | 135 hours |
| 8. Rey Espino | 92 hours |
| 9. Maria Murakawa | 89 hours |
| 10. James Doi | 79 hours |

For Month of August:

- | | |
|----------------------|----------|
| 1. Steven Feng | 29 hours |
| 2. Ken Watanabe | 27 hours |
| 3. William Gillespie | 25 hours |
| 4. Larry Armstrong | 24 hours |
| 5. Cheryl Lew | 22 hours |
| 6. David Ito | 21 hours |
| 7. Rey Espino | 20 hours |
| 8. Kenny Furuya | 19 hours |
| 9. Kristine San Luis | 19 hours |
| 10. James Doi | 16 hours |

Richard Eloriagga
Maria Murakawa
Terry Masuko

Many Special Thanks:

To James Doi and Cheryl Lew who have donated additional funds to upgrade Sensei's new computer to a 7600 Power Mac. Anyone who would like to help them out (and the Dojo) are greatly welcome and appreciated. Sensei also had to add a new monitor, modem and zip drive. We saw the difference in this September's Dojo Newsletter which was 20 pages with 57 photos. Thank you.

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CORRESPONDENCE:

September 11, 1996. Personal Call from Mr. Alan Friedman, New York City: "I just called to tell you that I love your book and read it everyday during my lunch. I am on my lunchbreak now and am calling you to tell you this. Thank you."

We have also received personal calls from New Jersey, Guam and Puerto Rico, also one letter from Warsaw regarding the book.

Our videos, "The Art of Aikido," is now being sold by Honda Martial Arts Supply Company in New York, appearing in their recent catalogue.

DOJO NEWS

Dr. Cheryl Lew will take a two week vacation, September 18th through October 8, 1996, to France on a Concert-Dinner Tour with the Da Camera Society. *Bon Voyage!*

Next KODO Book Signing Event will be on October 27th at the Bodhi Tree Bookstore in West Hollywood from 3:00pm. Please bring your friends and family. We need a big showing of involvement.

Artist Exhibition

Jonathan White **The World of Silence**

Sept. 20 - Oct. 19, 1996

Angles Gallery
2230 Main Street
Santa Monica, CA 90406

Tel: (310) 396-5019

LETTERS:

August 23, 1996

Dear Furuya Sensei:

Just wanted to drop you a line to say thanks for spending some time talking to us in your beautiful Dojo.

Even though we are from two different Martial Arts, the events we talked about greatly benefit all of us.

It was a great weekend in L.A. starting from the time we visited your Dojo. My students and I were inspired by your knowledge of Martial Arts. We also made our way down the next day to Little Tokyo where we purchased some paintings for our Dojo.

If you ever find yourself in the New York area please give us a call, stay in touch!

Yours,
Glenn Cunningham,
Chief Instructor
International Shinto Goju Ryu Karate Do Assc.
Staten Island, New York

P.S. Your book is a mandatory reading in our Dojo!!!

EDITOR'S NOTE: Thank you!

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Aikido Center of Los Angeles
NEWSLETTER

KODO
Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist

古
道



by Kensho Furuya

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

Please attend our
upcoming Book
Signing Parties.

Upcoming Book Signings:

October 27th. Bodhitree Bookstore, from 3-4pm

November 3rd. Barnes & Noble Books,
Pasadena Old Town, from 2-3pm

Everyone Welcome!

KODO

Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

Please place your orders through: Aikido
Center of Los Angeles.
940 E. 2nd St., #7, LA, CA 90012

Send Remittance of
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Please support the Aikido Center of Los Angeles and send your remittance in for a yearly subscription and, at the same time, become one of our special Supporting Members. We really appreciate your support and thank you for your encouragement of our training.

Please send remittance to: The Aikido Center of Los Angeles, 940 E. 2nd St. #7, Los Angeles, CA 90012.

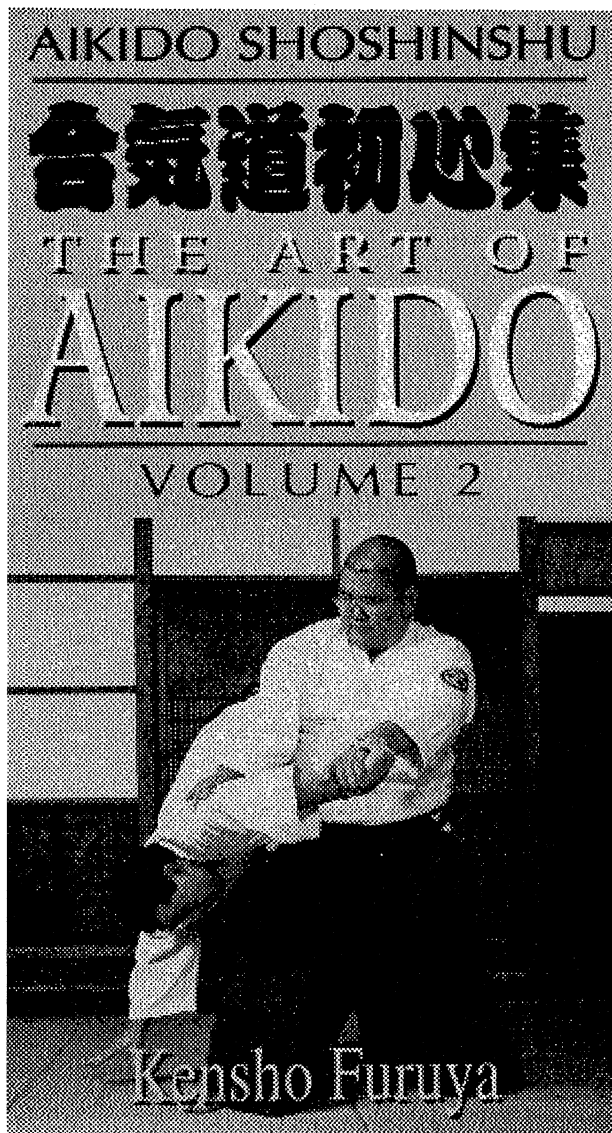
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Iaito (Mogito) training swords can be ordered from Japan. These are all custom-ordered and custom-made. Prices will include shipping and handling.



AIKIDO SHOSHINSHU The Art of Aikido Video Series

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Aikido 6th dan

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VIDEO REVIEWS:

"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. For those who can afford the nine volumes, the whole series would be a worthwhile investment."

Susan Perry, Editor-in-Chief
Aikido Today Magazine #44, Vol. 9, No. 6.

"Furuya's latest project has been the production of a compre-

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

Stan Pranin, Editor-in-Chief
Aiki Journal, April 1995 Issue.

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. Trans. "The Spirit of Aikido."

Aikido TRAINING SCHEDULE

BEGINNING & OPEN CLASSES

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

Monday & Thursday Evenings
7:50pm-8:50pm

Tuesday & Thursday Mornings
7:00am-8:00am

Saturday Mornings
10:15am-11:15am

Sunday Mornings
10:15am-11:15am

ADVANCED & INSTRUCTORS' CLASSES

Wednesdays
8:00pm-9:00pm

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

CHILDREN'S CLASSES

Saturday Afternoons
12:45pm-1:45pm

Sunday Mornings
9:00am-10:00am

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE SWORDSMANSHIP

Tuesday Evenings
7:30pm-8:30pm

Saturday Mornings
9:00am-10:00am

Sunday Mornings
8:00am-9:00am

Every third Saturday of the Month
6:30am-8:30am

Monthly Meeting follows.

SPECIAL MONTHLY SEMINARS

BLACK BELT & INSTRUCTORS' INTENSIVE SEMINAR

Every Last Saturday of the month
6:30am-8:30am

Instructor's Meeting follows.

IAIDO INTENSIVE SEMINAR

Every 3rd Saturday of the month.
6:30am-8:30am

General meeting follows.

BUDO & SWORD STUDY CLASS

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