

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

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

Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters

Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association.

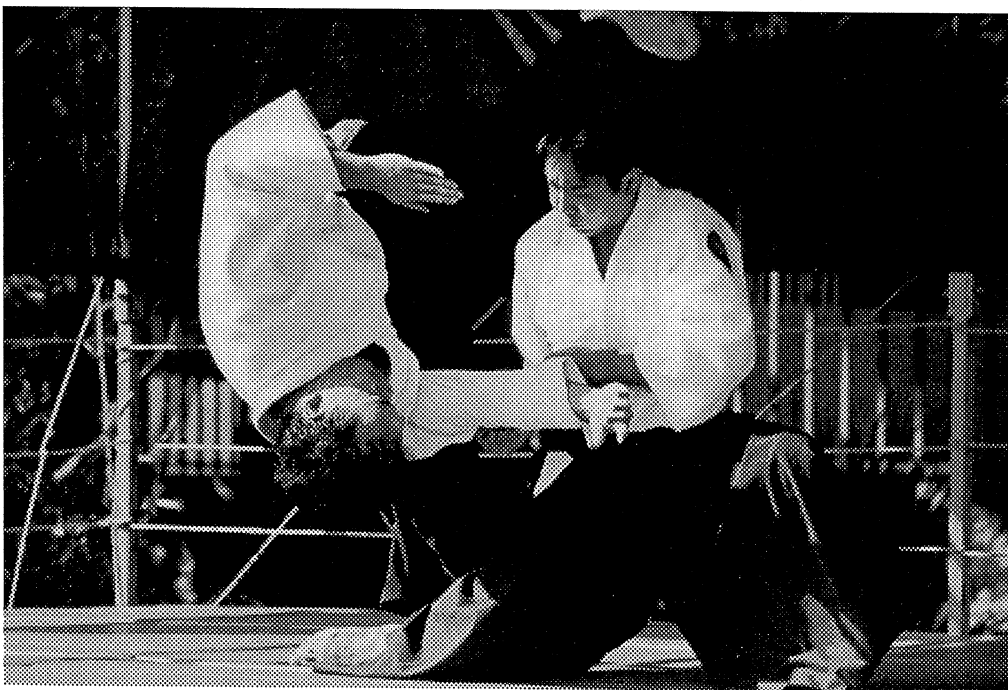
\$2.95
Donation

September 1, 1998

Volume XVI. Number 9.

Nisei Week Aikido Exhibition. August 2.

Our annual Nisei Week Aikido Exhibition was well received with about 65 guests who enjoyed a 2-hour demonstration by our black belts and a talk by Sensei followed by a delicious bar-be-que and potluck. The weather was predicted to be very hot but it was very nice. Participants were Ken Watanabe, Kenny Furuya, David Ito, Andy Kissel, Norm Lew, Mike Dotzenrod, Douglas Lew, Eric Russell, Maria Murakawa, and members of the Children's Class. Gary Myers and Ken Watanabe represented our Iaido Department. Many thanks goes to all of our members who helped out with the potluck. We had several guests from as far as Houston, Texas and Detroit. It was a big success this year.



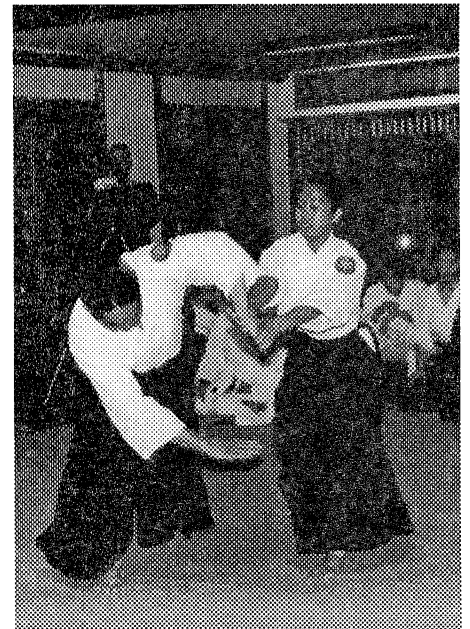
54th Nisei Week Martial Arts Exhibition Aug. 15-16.

Despite many set-backs and obstacles, this was by far one of the best Nisei Week Martial Arts Exhibitions which we have ever presented. When I say this, I mean that the participants and guest instructors did a great job of presenting their martial arts to the public. Their students were also wonderful. It is a shame that we could not have had more in the audience but this was due to many reasons and the problem was not entirely our own. This year, our Nisei Week Festival suffered from

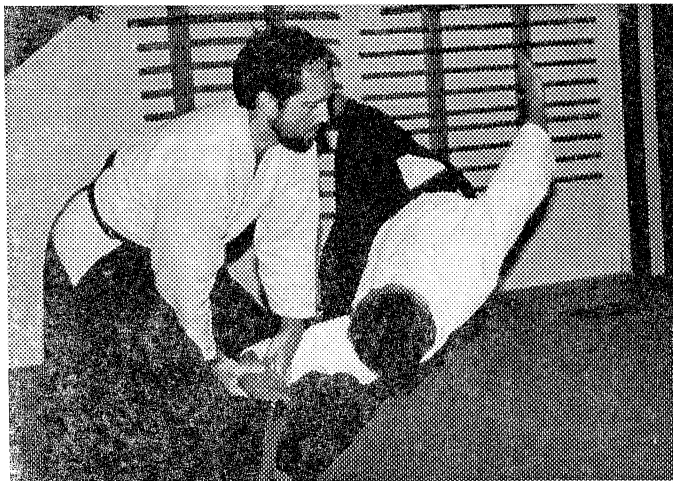
Our Special Nisei Week Festival Issue

Nisei Week Aikido Exhibition

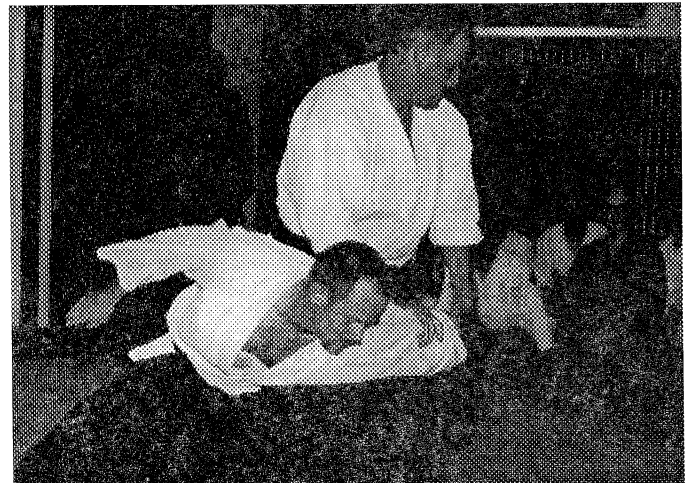
In the Dojo.



Kristine San Luis with Kenny Furuya. Left:
Great audience with many, many guests.



Andy Kissel demonstrating kote-gaeshi.



Tom Williams & Mike Dotzenrod demonstrating ikkyo.



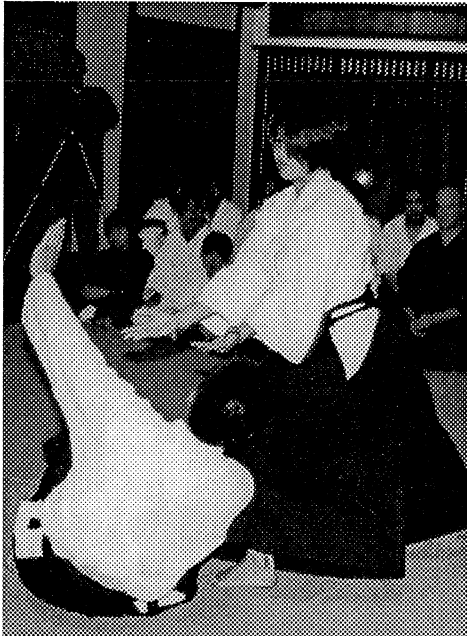
David Ito demonstrating kokyū-nage.



Ken Watanabe & Andy Kissel.

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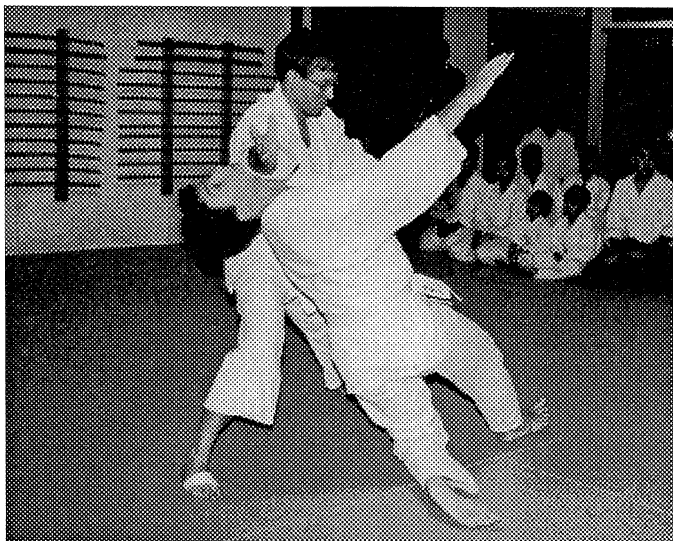
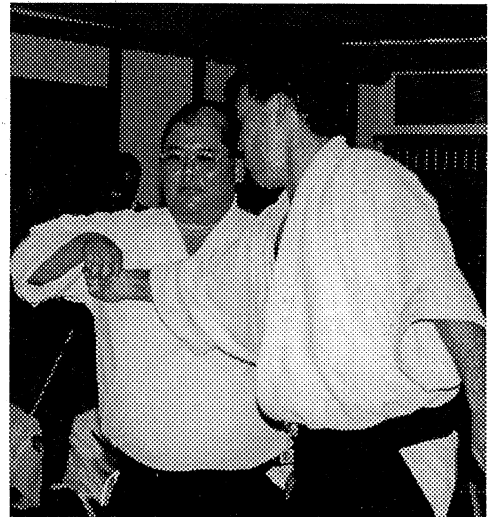
Maria Murakawa.



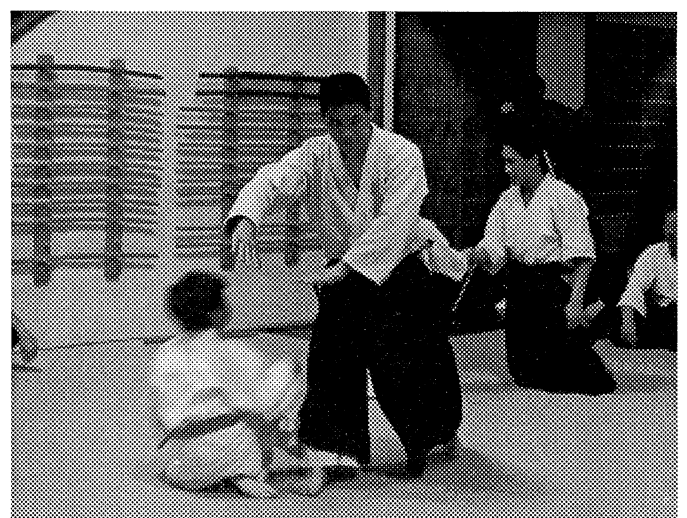
Ken Watanabe & Gary Myers demonstrating Toyama Ryu Batto-jutsu kumi-tachi.



Members demonstrating at our annual Nisei Week Aikido Exhibition.

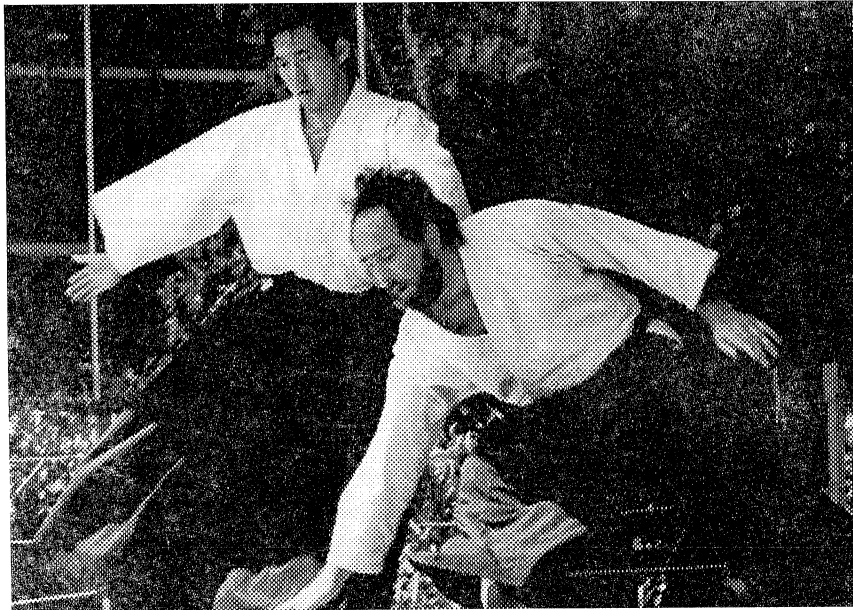


William D'Angelo & Eric Russell.

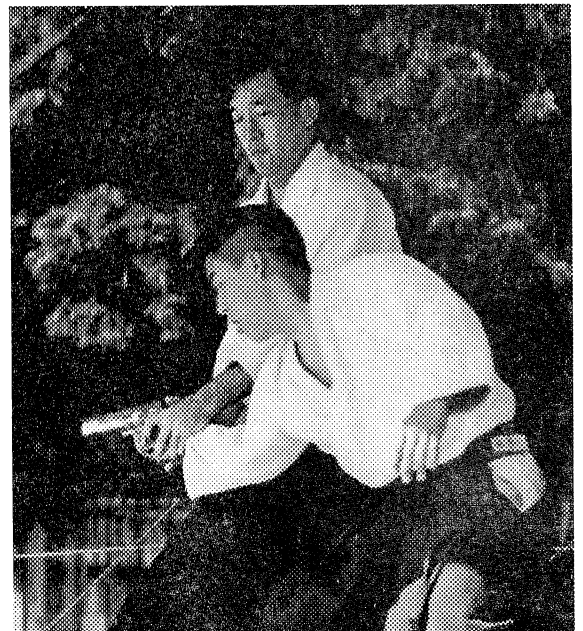


David Ito demonstrating with our Children's Class.

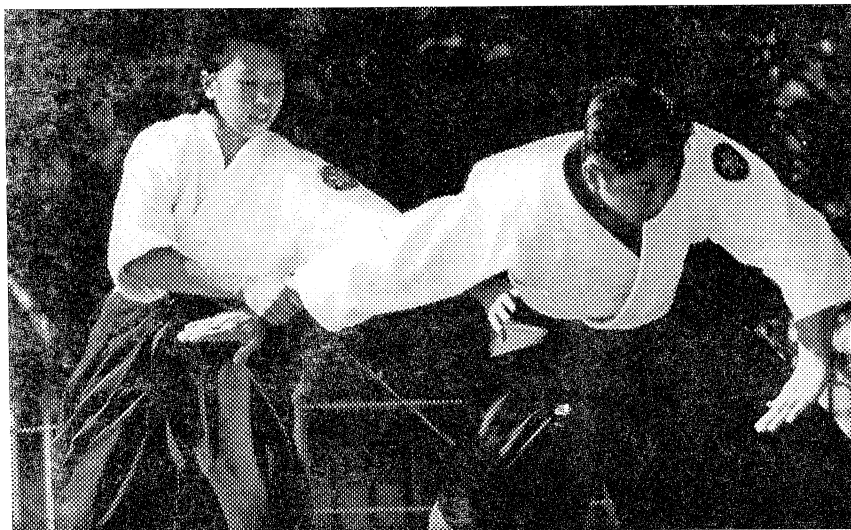
Nisei Week Martial Arts Exhibition. Aug. 15-16



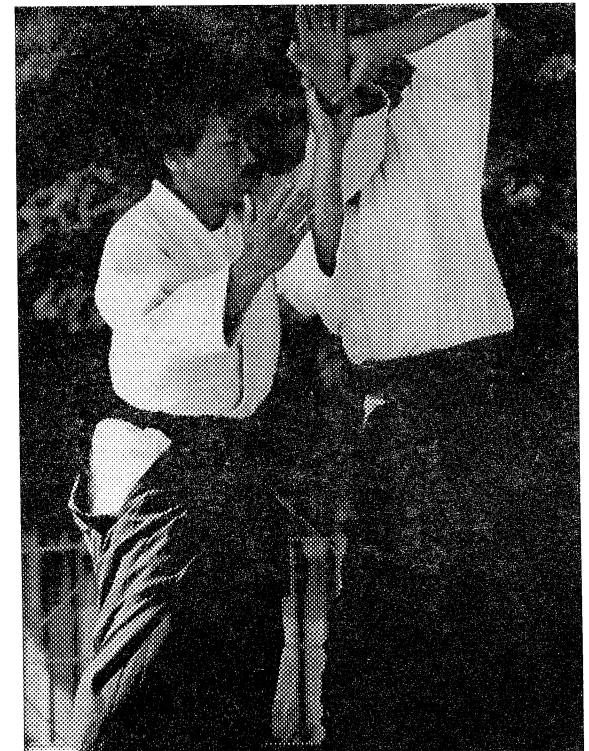
Ken Watanabe & Andy Kissel



Ken Watanabe & David Ito. Defense against gun.



Kristine San Luis & Kenny Furuya



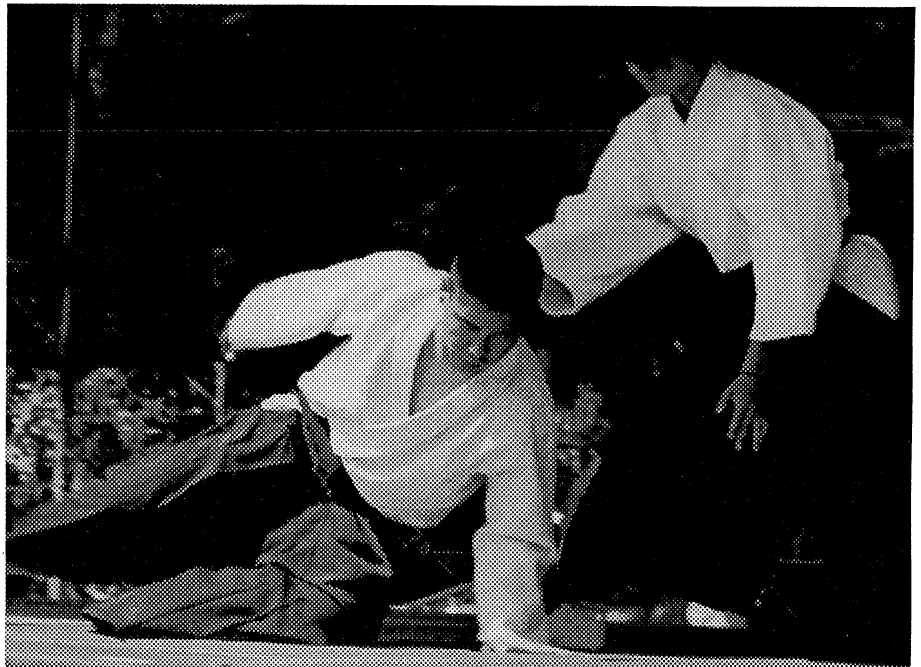
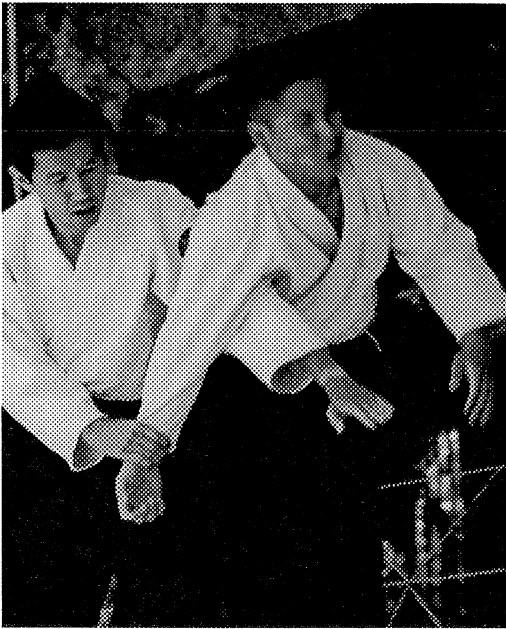
Norm Lew. Katatedori ryote-mochi kokyu-nage.

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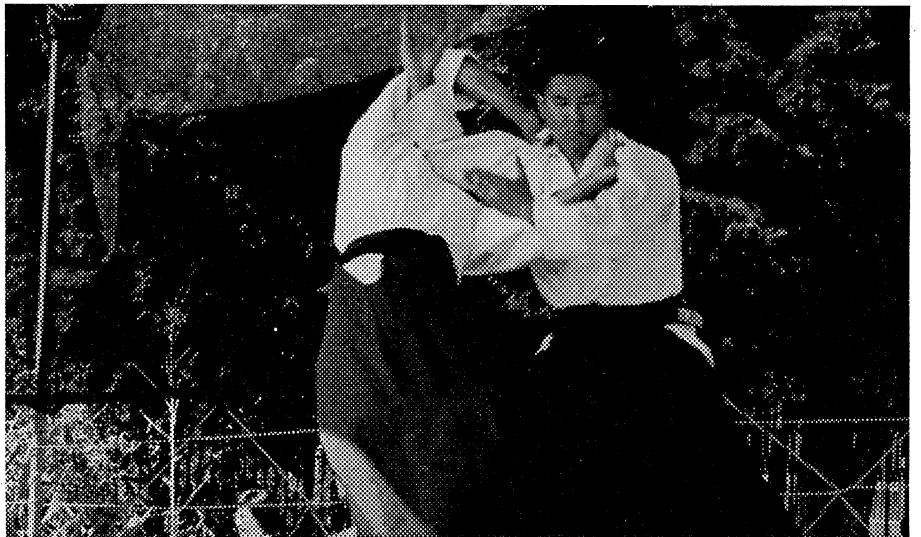
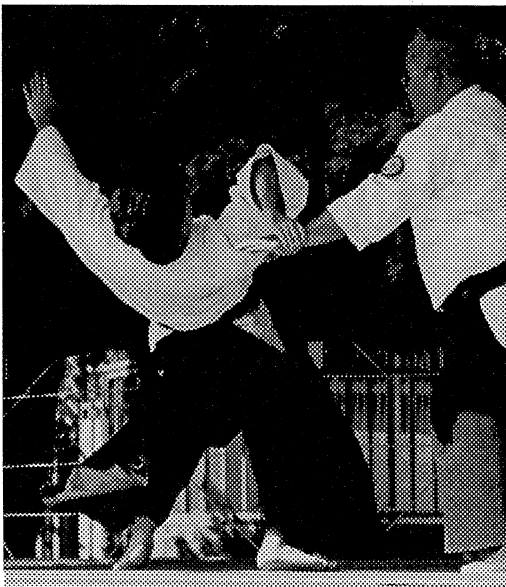
many "internal problem"s as I have been advised. Most of the publicity went for the tofu festival but this is just a sign of the times and the trend by some to turn our Nisei Week Festival into a more commercial, profit oriented, venue. JACCC no longer wanted martial arts and wanted to concentrate on food sales which bring in more money. Changing our event to Higashi confused many of our loyal fans. We had many of our members out for summer vacation or work and this left us very short-handed but somehow we managed very well, much better than I had anticipated. And with the great cooperation of all the other martial arts, I believe our demonstration was a great success. I want to take this opportunity to thank all of

our students who took time off to help with all of the preparation and setting up the stage. I also want to express my deepest thanks to all of our friends in the other martial arts who come together at this time to present very good, high level, true spirited martial arts which, I am afraid to say, is getting harder and harder to see nowadays. I also wish to thank the Higashi Honganji Buddhist Temple for all of their support and donating the parking space, stage and man-power for us to carry off this event. Today, we are losing our traditions. I would truly

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Maria Murakawa and David Ito demonstrating irimi-nage. Below: Andy Kissel. Nikkyo.

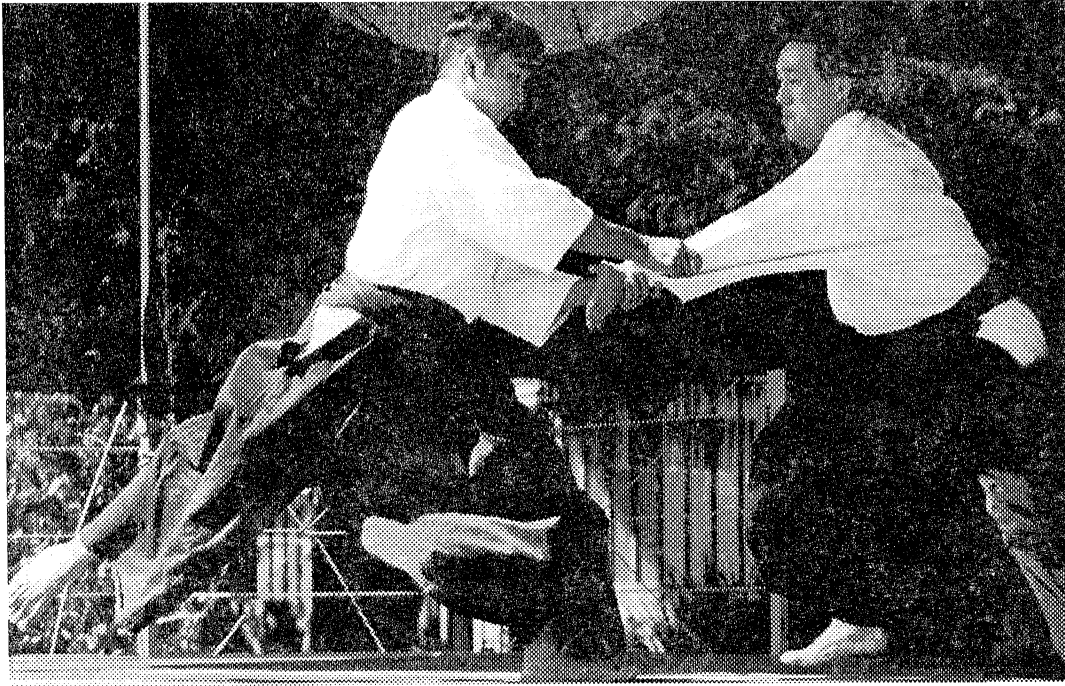


Top: James Doi. Above: Sensei.
Right top: David Ito executing kokyū-nage.
Right bottom: Andy Kissel demonstrating nikkyo.

hate to see our demonstration disappear like so many other events. But despite the changing times and attitudes nowadays, we must strive very hard to preserve it at least for the next generation to enjoy and benefit from it. Without this, we lose the meaning of culture, heritage and wisdom. I think we are fortunate to have so many devoted members in our Dojo who understand Sensei's words and work towards this through their Aikido training. Aikido is a valuable treasure which, today, I am sorry to say is being sadly taken for granted. Many thanks for your support.

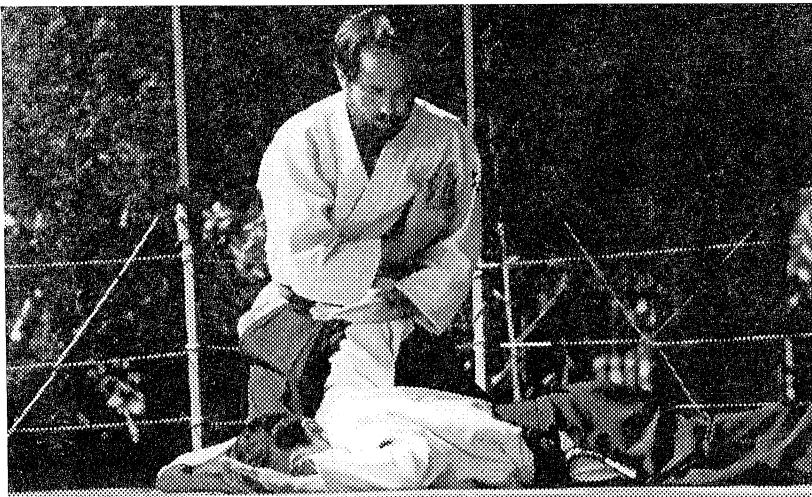
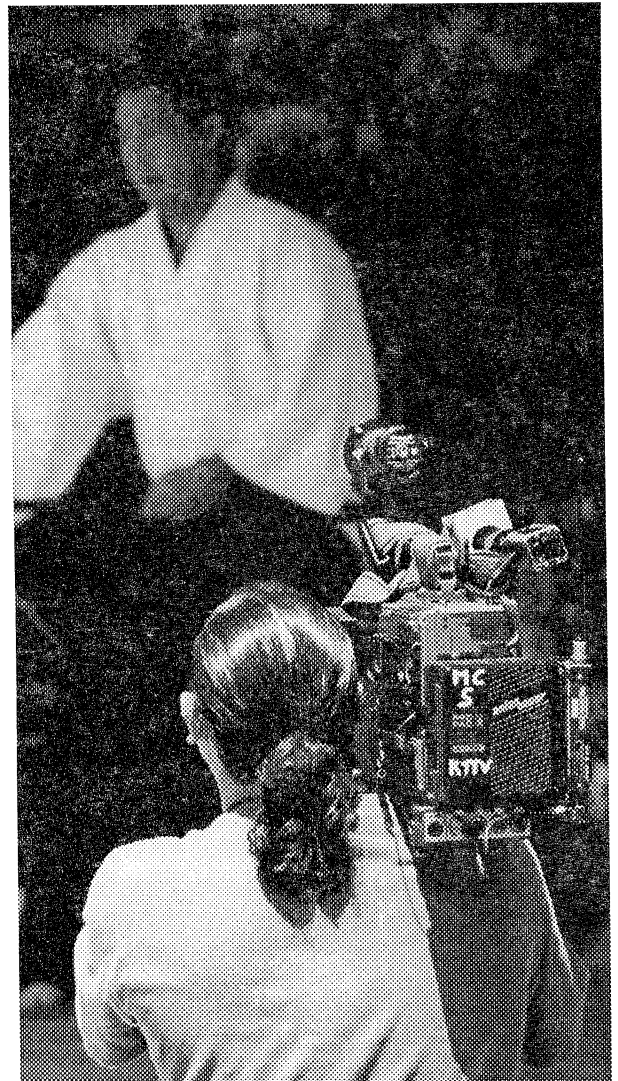
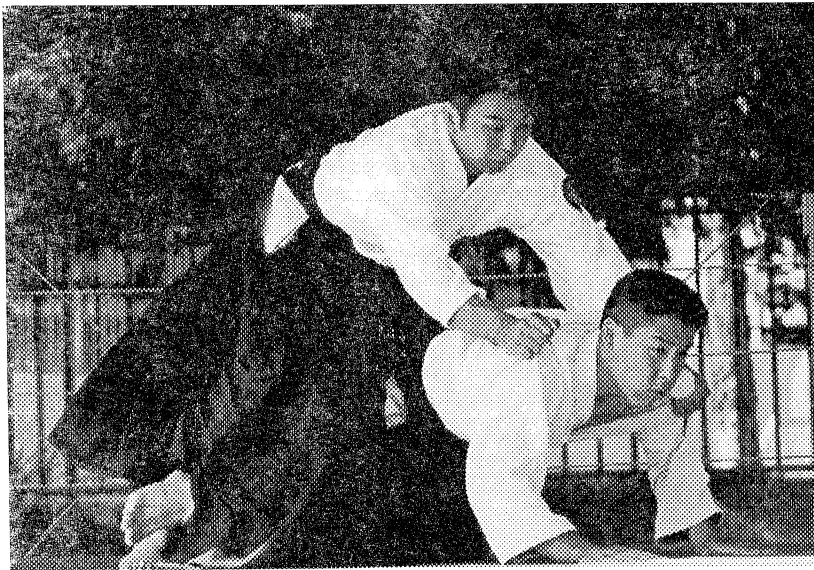


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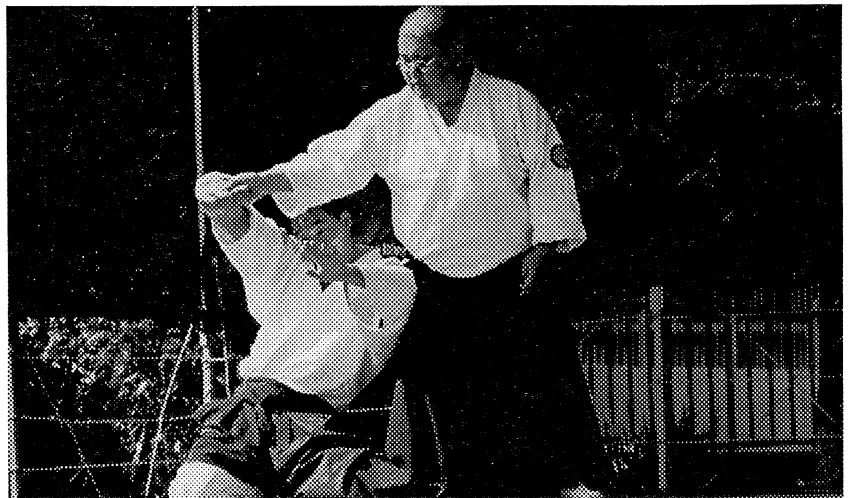
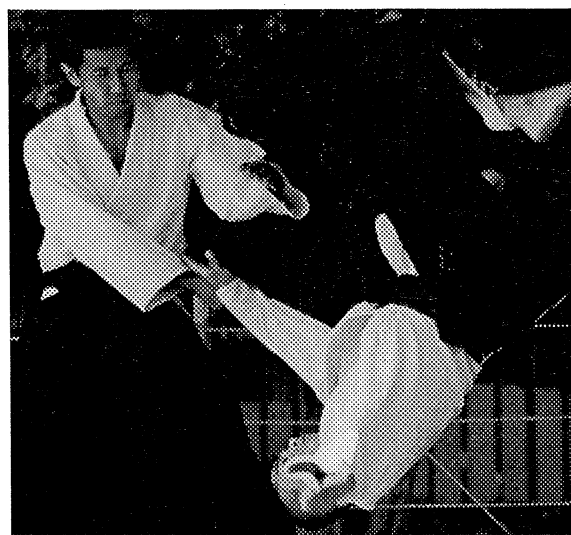
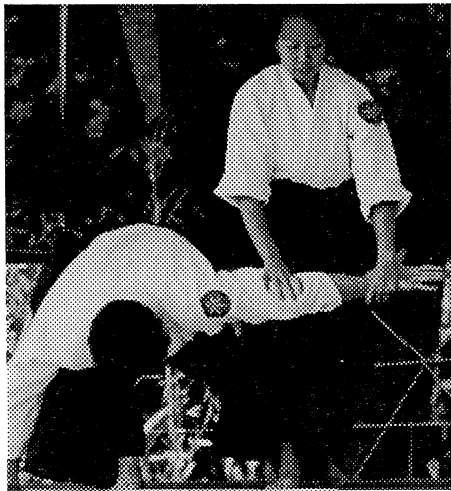
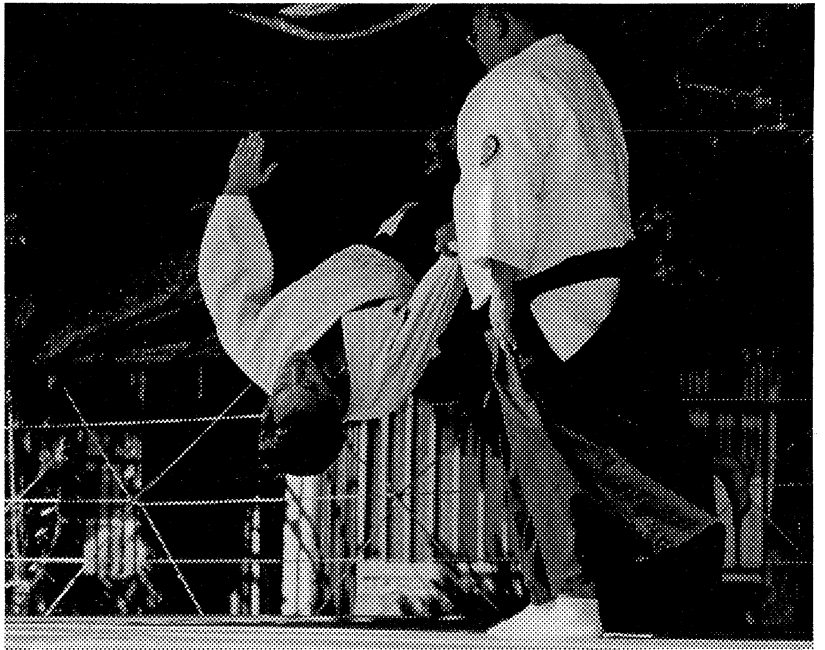
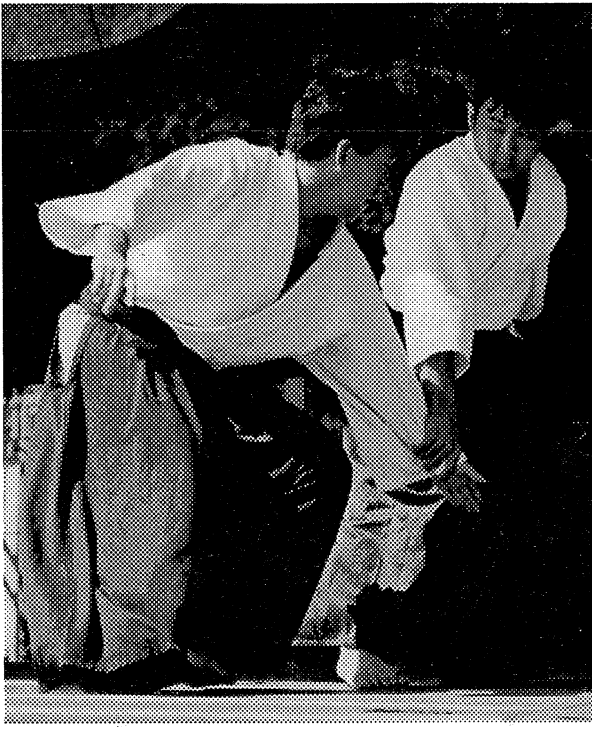


Top right: Kenny Furuya & Ken Watanabe. Right middle: David Ito ushiro-waza. Right bottom: Andy Kissel. Below: Channel 11 shooting Ken Watanabe demonstrating laido which appeared on their News telecast Sunday evening and all day on Monday. The Channel 11 interviewer asked me, "What does tofu have to do with Japanese culture?" Our demonstration also appeared on the local Japanese broadcast telecasts. We had guests from as far away as Houston, Texas, and Detroit.

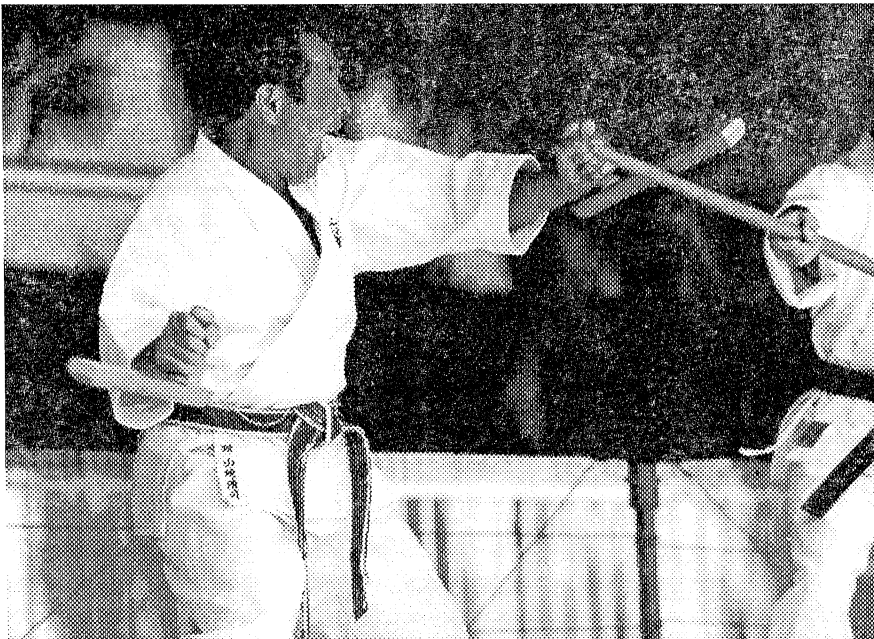
Opposite page: Candid photos of all of our students.



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Kiyoshi Yamazaki Sensei of the Ryobu Kai Karate Federation demonstrating the tonfa.



Kendo versus naginata. The Chuo Kendo Dojo and the Torrance Nagiata Dojo.



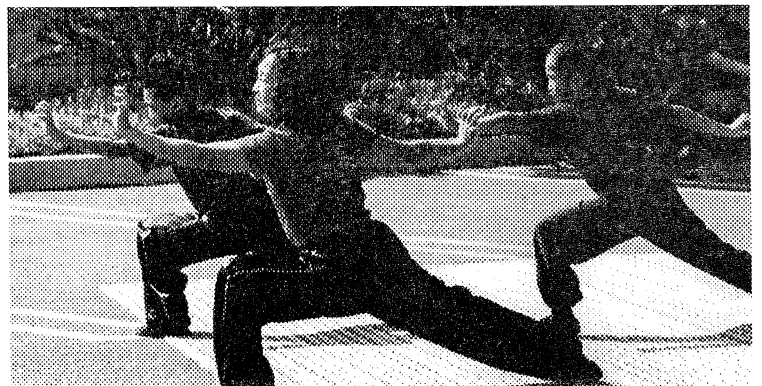
LAPD Arrest & Control Unit under Sgt. Robert Teramua.



Masashi Shikai Sensei & his wife demonstrating Kendo-no-kata. Carrie Ogawa Wong demonstrating Kung-fu with two of her kids.



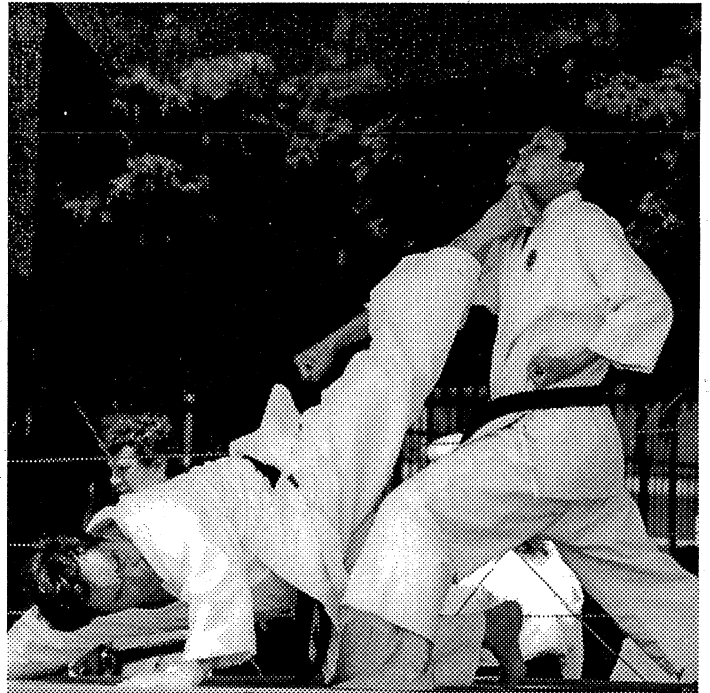
Kali-eskrima under Guro Richard Bustillo, IMB Academy.



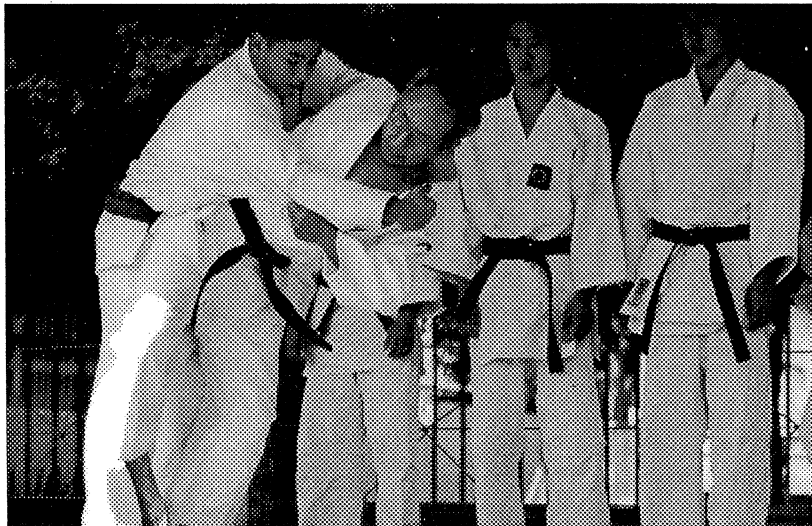
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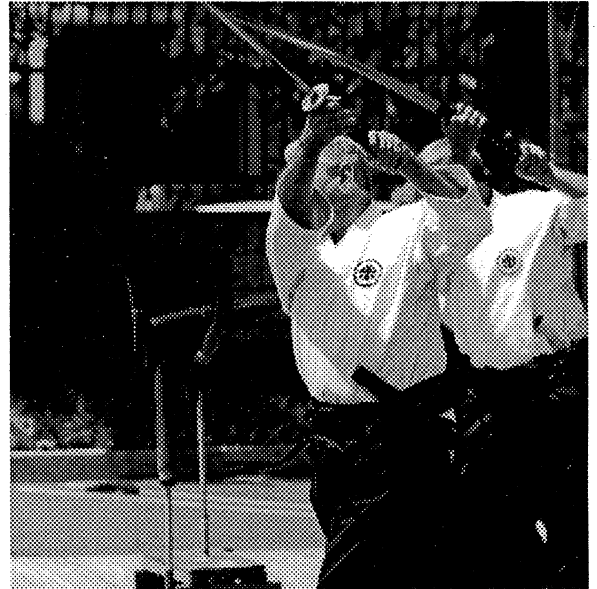
Championship Muy Thai kick boxing. IMB Academy.



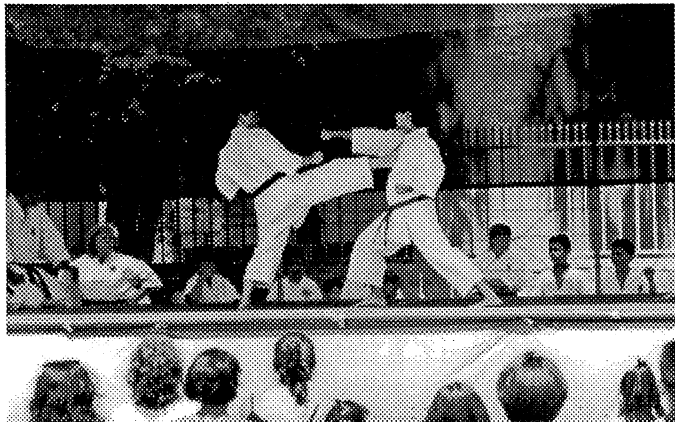
Fumio Demura Sensei demonstrating Shito Ryu Karate Itosukai. One of our strongest supporters of the Nisei Week Martial Arts Exhibition.



Kodokan Judo by the Pasadena Judo Club. Shimoji Sensei demonstrating.



Demura Sensei's students demonstrating tameshigiri.

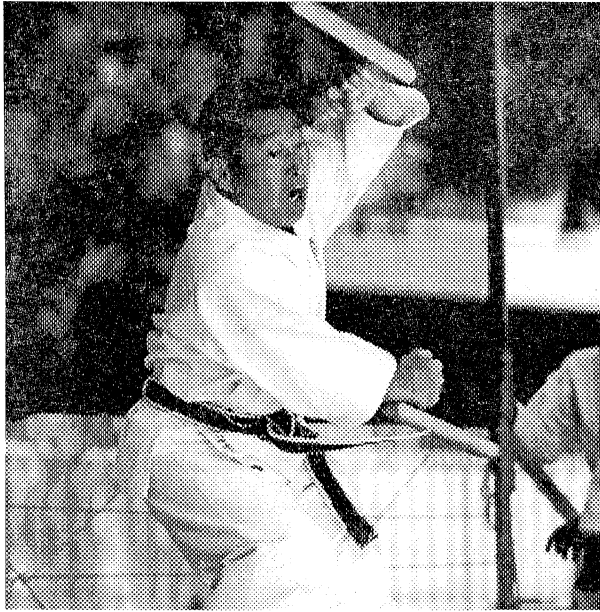


Shito Ryu Itosu Kai Karate members under Fumio Demura Sensei.

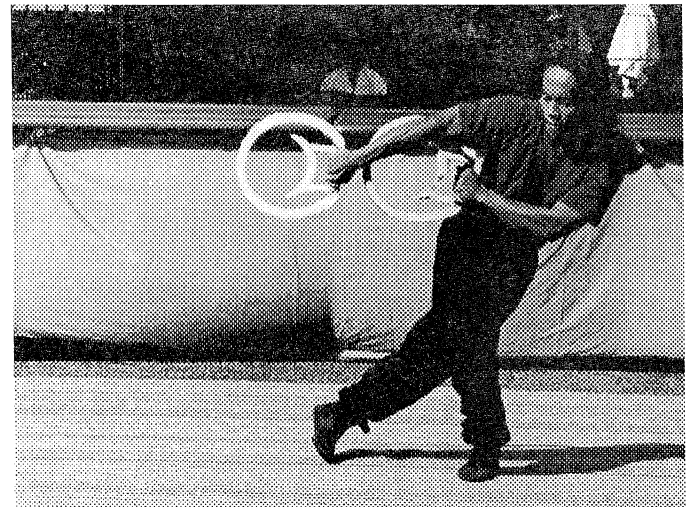
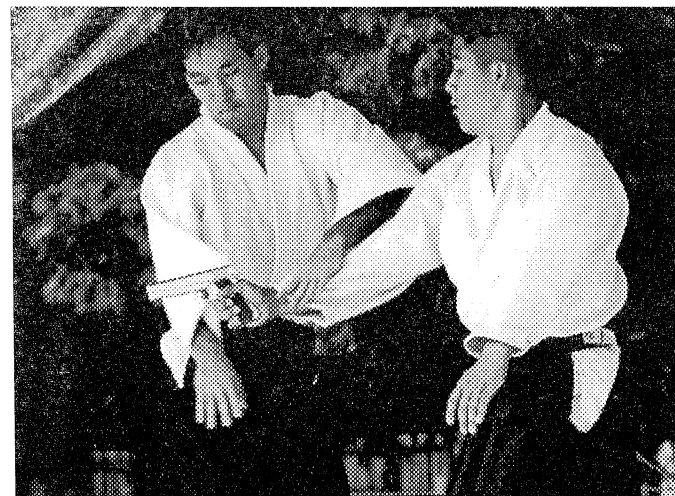
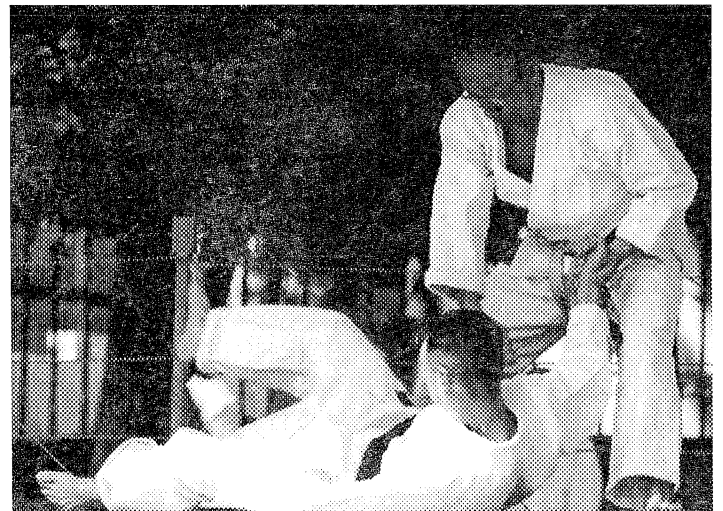
Torrance Naginata Dojo under the direction of Helen Nakano Sensei.



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Left: Kiyoshi Yamazaki Sensei demonstrating tonfa. Above: Carrie Ogawa Wong demonstrating Sil Lum Kung Fu White Lotus System.



Top: Our Joe Quinn working for the LAPD. Above: Our Ken Watanabe demonstrating Aikido defense against gun with David Ito.

Above: Richard Kageyama demonstrating Shotokan Karate with his son, Ryan Kageyama. Below: Sil Lum Kung Fu weapons by one of Grandmaster Douglas Wong's students.

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New Teaching Schedule

SUNDAY

8-9am. Iaido. *Gary Myers*

9-10am. Children's Class. *Ken Watanabe*
Assistants: Norm Lew, Doug Lew, Kenny Furuya

10:15-11:30am. Open Class. *Sensei*

MONDAY

6:30-7:30pm. Open Class. *Sensei*

7:45-8:45pm Beginning Class. *Ken Watanabe/Andy Kissel*

TUESDAY

6:30-7:30pm. Open Class. *Sensei*

7:45-8:45pm Intermediate Class *James Doi/Ken Watanabe*

WEDNESDAY

6:30-7:30pm. Open Class. *Sensei*

7:45-8:45pm. Weapons: Jo & Bokken. *Ken Watanabe*

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/Jeff Johnson*

FRIDAY

6:30-7:30pm. Beginning Class. *Kenny Furuya*

SATURDAY

(Please note Saturday changes.)

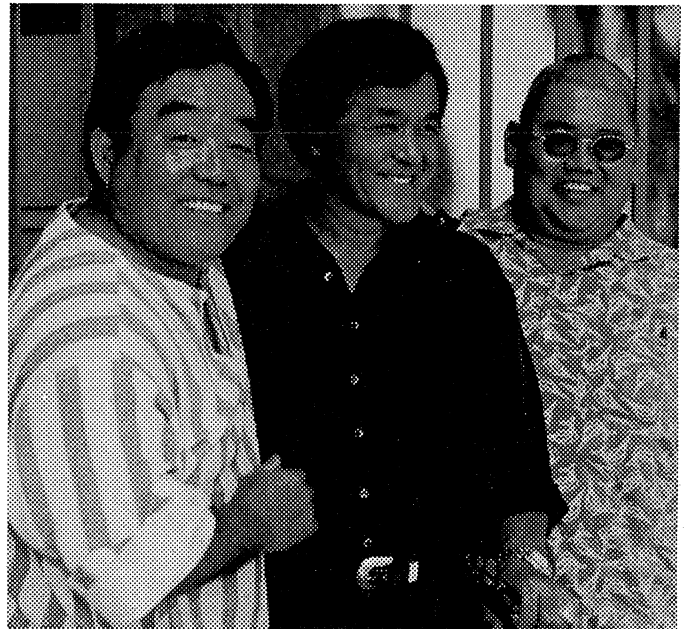
8-9am. Iaido. *Sensei*

9-10am. **BEGINNING.** *Kenny Furuya*
Tom Williams/Assistant Instructors

10:15-11:30am. **INTERMEDIATE.** *Sensei*

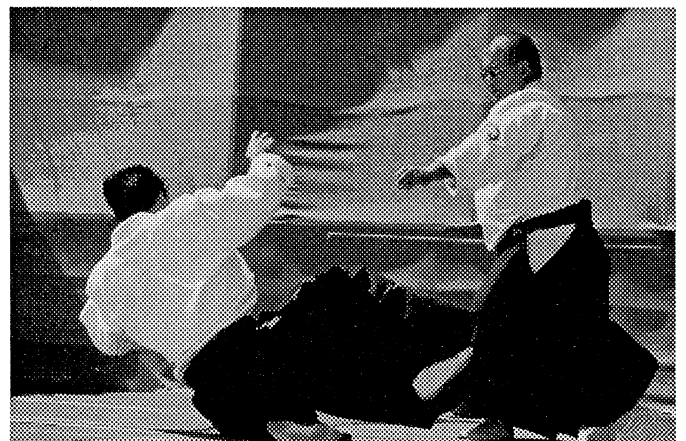
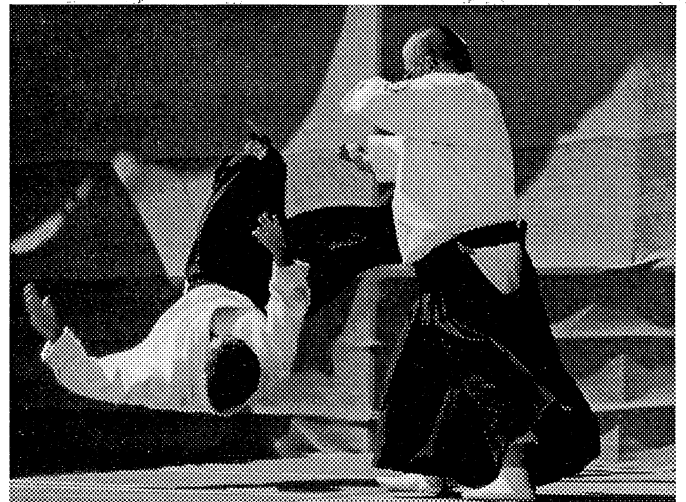
11:30-12:30pm. **CHILDREN'S CLASS.**
Ken Watanabe/Kenny Furuya/Assistant Instructors

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



Three old friends get together at Nisei Week. Left to right: Fumio Demura Sensei, Tadashi Yamashita Sensei and Sensei.

Higashi Obon. July 25-26.



Sensei demonstrating during recent Higashi Honganji Obon Martial Arts Exhibition on August 25-26.



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 is closing 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.

Nisei Week crowd at our demonstration.

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

Second Class Is 1st Class.

We are reorganizing our second class to accommodate our students and to give more opportunities for many of the **black belts in the Dojo to conduct class.** Generally, the second class is smaller, a slower pace which means more attention to the individual by the instructor. We recommend students who wish to participate at a slower rate to attend our 2nd class from 7:45pm on Mondays, Tuesdays and Thursdays. We also encourage senior students who are not getting enough training in the first class to stay and train in both the 6:30 and 7:45pm classes. We would also like to see the black belts increase the number of days of training back to their normal schedule.

It is important for everyone to keep their training. An irregular training schedule always, always, leads to irregular results and often leads to discouragement and frustration. Also, students coming in from other dojos need to maintain a good training schedule to build up to a faster and more intense pace. Students coming in from other dojos cannot expect us to lower the intensity to what they were formally accustomed. This is not fair to the general membership. The pace of our Dojo is no more than what might be expected at Hombu Dojo as much as possible. In addition, students need to familiarize themselves with the protocol and observe these rules fastidiously. This also applies to students from outside dojos where, more often than not, the etiquette is more relaxed. The etiquette is not something which has been arbitrarily made-up but follows the traditional centuries old, well established manner of conduct. We feel this is especially important in an age when these elements are gradually been removed from training in the Dojo. Some people may accuse us of being too "old-fashioned" but, at the same time, it is why many students come to us. Today, in martial arts, old-fashioned is the difference between an old, solid oak table and a modern table made of particle board and plastic veneer.

Japanese Ceramics, Fine Arts & Festivals

Gary Myers Hosts Japan Tour

Reprinted from the Los Angeles Times, 8-9-98.

Ceramics and fine arts, festival and hot springs are highlights of a fall tour to Japan hosted by Yoshino Japanese Antiques in Pasadena. The 10-day tour will begin October 6 in Nagoya and travel northward to Takayama, to experience the Hachiman Shrine Festival. During the festival, decorated floats called *yatai* are paraded through the streets.

Participants will recuperate at the Gero Spa hot springs, where guests will stay at a ryokan. The following several days the group will be visiting Tajimi, Seto and Mino areas seeing various museums and learning about the ceramics of those areas.

The last several days will be spent sightseeing in Kyoto, Japan's ancient capital. A one-day excursion to Shigaragi, one of Japan's oldest pottery areas will be taken, where there will be a lecture by one of the local potters, an exhibition at his gallery and a chance for guests to make their own ceramics.

Cost: \$3,225 per person, double occupancy, including round-trip fare from Los Angeles, all hotel accommodations, ground transportation in Japan, daily breakfasts and some meals. An English speaking guide is provided throughout the tour. Contact: Gary Myers at Yoshino Japanese Antiques; telephone (626) 356-0588. (Gary is also planning a Japanese sword and martial arts tour.)

Dojo Health: TURBO TEA

Reprinted from USC Health, Spring 1998

Tea, be it green, black or oolong, comes from the leaves of a single plant, *Camellia Sinensis*. This evergreen contains some of the most powerful antioxidants known, which is why many scientists now believe tea - especially green tea with its potent dose of the plant chemicals - might help stave off cancer.

Our bodies continuously produce oxidants, rogue molecules that, having lost an electron, are extremely unstable and chemically reactive. In order to become stable, oxidants steal electrons from other molecules in the cell. In the process, they damage critical cell proteins and genetic material. To protect itself, the body makes antioxidants, which scavenge and sequester the oxidants.

"Usually the system is in balance," notes Enrique Cadenas, Ph. D., USC professor of molecular pharmacology and toxicology. but, when the scales get out of whack, the body is thrown into a state of oxidantive stress. "That can lead to mutations and start the process of carcinogenesis, or other disease processes," Cadenas says. The body's ability to produce antioxidants diminishes with age. Scientists think that oxidation plays a role in many aging-related diseases, including cancer, atherosclerosis, cataracts, emphysema and Alzheimer's disease.

Green tea's most active compounds are a trio of antioxidants called catechins that have been shown to be 100 times more powerful than vitamin C at protecting proteins and DNA from oxidative damage. They are 25 times more powerful than vitamin E, and leagues in front of resveratrol, the antioxidant found in grapes and wine. While black and oolong tea contain the same kind of antioxidants, black tea contains only 40 percent of green tea's dose, with oolong falling somewhere in the middle.

In research studies, the catechins have been shown to halt tumor cell growth as well as to protect healthy cells from damage. Other research has suggested that green tea can protect against the changes that can lead to artery disease.

Before scientists can recommend drinking green tea, however, more research needs to be done examining green tea's chemopreventive value for humans, something that is still not conclusive. "Just because something is an antioxidant doesn't mean it will protect against disease," Cadenas says.

EDITOR'S NOTE: The East has known the cancer preventative benefits of green tea for over a thousand years. Originally, tea was imported into Japan from China in the 8th century as a potent medicine for long life. At first, tea was so expensive, only the very wealthy could afford it. It eventually became the national drink. In recent years, Japanese drink much less tea and prefer coffee which is more "Western" and "modern."

Figure it out?" One of the great Zen proclamations is "Go have a cup of tea!" How true it is.

Although, in this article, only green, black and oolong teas are mentioned, there are many types of teas. The Chinese recognize literally dozens of different types of teas which are all very distinctive and unique. The Japanese have many types of teas but generally they are all classified as "green" tea. Generally, the tea varies with location and environment - type of weather, soil, water, etc. Tea also varies by the season in which it is harvested, the exact time of picking, what part of the bush the leaf is taken from, old leaves and young leaves, and the method it is dried, etc. It is literally a science which has been refined for over a thousand years.

Japanese tea is usually seeped in hot water before drinking. Matcha, the type of tea used in the tea ceremony, is ground and the powdered form is mixed into the water before drinking. Although essentially the same type of tea as the article mentioned, an expert tea drinker and name the brand or maker of the tea with one sip.

The Chinese seep the tea longer, often leaving the tea leaves in the water, as they drink. It is amazing the number of teas the Chinese recognize. It is just a legend, but someone introduced me to "monkey picked" tea. As legend has it, the tea is so fine that monkeys are trained to climb to the very top of the tree to collect the rare and delicious leaves. "Brick" tea is tea compressed into hardened bricks for easy transport. This is the way tea was carried over long distances, especially on the Silk Road during the age of the Greeks. At this time, tea was so valuable, these bricks of tea were used as a form of currency for trade. Brick tea is still widely used today in China.

Although tea is a beverage, tea has always been thought of for its medicinal purpose as well. It is only in the last decade or so that Western medicine has been investigating the benefits of green tea. Most teas today are dried through a mechanical heating process which also kills its potency. Good teas are dried by hand which is a labourious and time consuming process in our modern society today. Last year in San Francisco, Master Hsu introduced me to a tea which could only be picked at midnight to preserve its taste. It was quick frozen by a special process and brought to this country. If you could get it because quantities are very limited and it is sold to only a few select tea companies, it cost about \$600.00 a pound. What a deal! One sip and there is a very subtle sweetness which fills your mouth and lingers for minutes until your next sip. It also had a nice aroma and really clears the head.

Whenever you are in San Francisco, you should always visit the Imperial Teahouse in Chinatown for a cup of tea without fail. Try several different teas. The mistress there mentioned one tea so rare and so valuable that they never throw away the used leaves but eat them mixed in a salad.

What's Wrong With Your Students? Someone Asks.

Although a question I pose to myself quite often nowadays, I was asked this by a relative stranger the other day. It really caught me by surprise. Our Nisei Week Aikido Exhibition was fairly successful, nothing to brag about, but I was very happy with the turn-out and positive response. We had three visitors from Detroit who had known about our Dojo through KODO. Because there was really no time to talk during the demonstration they asked if they might visit the Dojo again later in the week before they left Los Angeles. They came the other day, I expected them to stay about 15-20 minutes, a half hour at the most, just to see the Dojo, and planned my schedule around it. They had many questions to ask me about KODO and martial arts and by the time they were ready to return to their hotel over three hours had passed. These were not Aikidoists but a kung fu and tai-chi teacher and two of his students.

They seemed to really enjoy our discussion and, at one point, I was surprised when one began to cry (for happiness, I hope). They asked me if I had held these "valuable" discussions with my own students and I mentioned that we had a study group meeting once a month, in fact, one was scheduled on the previous night.

Surprised, they asked, "Only once a month??? You should have it once a week, everyday in fact." I replied with embarrassment that, as for my own students, once a month was even too much for them and most of the time, as the night before, it is usually cancelled for lack of participation. In shock, they asked, "What's wrong with your students?" I said, "I don't know, I am only their sensei." Always proud of my students, this is the first time in my career that I have ever been asked this question. I was really ashamed.

Unhappy that my own students are unwilling to share their ideas about Aikido or, at least, exploit, what knowledge I have about martial arts, it was so refreshing to talk with others who are so interested in martial arts. Apparently, they had also seen the our segment on A&E, and liked what I had to say about the growing commercialism of martial arts today.

Recently, many students were promoted in the Dojo. I felt it was the right time and I also felt it might be the encouragement everyone needs to throw themselves back into their training. I was quite surprised when only one person was thoughtful enough to say thank you. I complained about this the next day and someone replied, "Oh yeah, Sensei, thank you!" I'm sorry but the moment has passed! The next morning I was having breakfast in the diner and the person next to me asked me to pass the salt. I didn't think anything about it, until he said, "Thank you." It is ironic that you can get a "thank you" from a complete stranger for passing the salt, but awarding a

promotion to your own students is worth nothing. Taking care of this Dojo can really be discouraging at times. Black belts don't attend class as they should, even missing advanced classes which are provided especially for them. About ten years ago, a student had been away for a long time without leaving any word to anyone or leave of absense notice. He returned one day without a word and so I asked him where he had been. "Everywhere but here, obviously!" he replied.

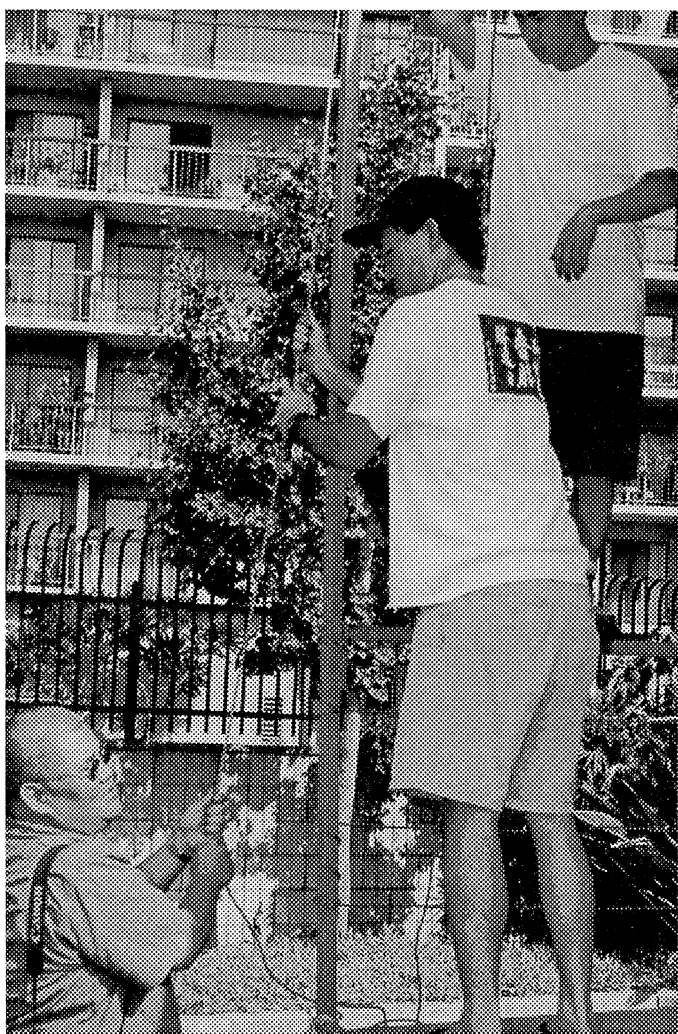
Today, we are called the "me" generation or the "x" generation. Maybe this is all we will be remembered for in the future, except for the incredible violence that we have exercised in our society. This is nothing to be proud of.

Recently there was two terrible bombings in Africa which has shocked the world. The people who least understand this disaster were the local people themselves. They cannot understand why two world powers are fighting and they are ones to be punished. They said, "We are a poor people, we don't fight with others, why did this happen to us?" I thought that they had an interesting saying in Nairobi, "when two elephants fight, it is the grass which gets trampled." Indeed, we, as individuals, fight every single day not realizing all that is trampled under our feet and in our pathways.

Violence need not be so obvious as bombings, war and the violence on the streets, there is an unseen violence in our lives - inside of ourselves. Largely, it stems from our "me" generation attitude and, as long as we get what we want, we don't really care who or what gets trampled. Daily, in many subtle ways, we trample on each other. We are shocked at the bombings in Africa, but, on a much more subtle and "refined" scale, are we not doing the same thing to each other?

We should not allow the materialism and the obvious violence around us makes us numb to our own feelings. It is because we only think of ourselves, that this violence happens. It is a vicious cycle because it is all part of the same process.

If one does as he pleases but everyone around him must suffer - how can this be real freedom? If we do what we want when we want it, and the "grass beneath our feet" gets trampled, how can this be the achievement of our goals? There is an important discipline in Buddhism which is an underlying theme in all fine arts and martial arts. *Bosatsu-gyo* or the actions of the Bodhisattva is a pledge that one will not save himself and enter Paradise until all other living beings on earth are saved. Aikido is a path to save all sentient beings as O'Sensei considered us all one family. Unless everyone works together and helps and saves one another, I believe that we will never understand what Aikido means. To pass off Aikido as simply a form of exercise or entertainment is the cruelest injustice to O'Sensei. Indeed, we must go back to asking, "What's wrong with ourselves, what's wrong with the world around us (which we have helped to create today). Please keep up your training.



Three generations of Aikidoists working together to set up our annual Nisei Week Martial Arts Exhibition at the Higashi Temple.

Thanks For Your Support:

Many many thanks for your generous donations:
TATAMI MAT FUND Jim MacDonald \$50.00
NISEI MARTIAL ARTS Nancy Lee \$100.00

George Kirby's Martial Arts Seminar Burbank. October 3.

Sensei will be participating as a guest instructor for Aikido on October 3rd, in Burbank, with two of our assistants.

Tea continued:

Many things can be learned from tea. In feudal Japan, during a hunting excursion, a famous general got off his horse, sat down on a log and put a handful of grass on top of his head and sat there quietly. All of his retainers were shocked at such an odd behavior and didn't know what to make of it. But one very clever, young warrior quickly brought him a cup of tea which greatly pleased the general. You see, the character for tea is composed of and written with the radicals of "grass on top, man in the middle, and wood below."

Important Dates SEPTEMBER 1998

- Sept. 5. Saturday Children Class resumes.
- Sept. 7. Labor Day. Dojo Closed. HAPPY HOLIDAY!
- Sept. 12. Iaido Intensive 6:30am.
- Sept. 26. Black Belt Intensive 6:30am. Instructor's Meeting follows.

HAPPY BIRTHDAYS

September

Matthew Burns 9-5-90
David Ito 9-22-70
Maria Murakawa 9-17-74
Eric Nagamatsu 9-25-91
George Nakashima 9-10-53
Ted Pinhirun 9-22-77
Bryan Waldron 9-13-66

October

Douglas Lew 10-12-?

November

James Doi 11-14-52
Cheryl Lew 11-9-46

If you don't see your name on our birthday listings, please see Cheryl to be properly listed. We also welcome birthday photos, candid & family photos and personal bios and anecdotes.

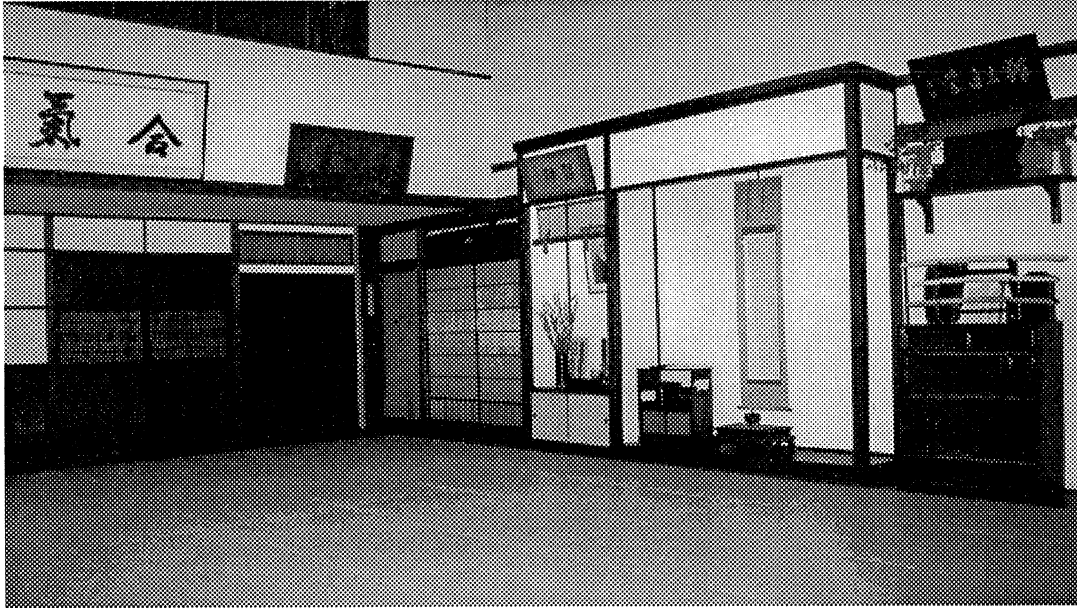
Bowers Museum Japanese Sword Lecture

Scheduled for April 1999, Sensei will present a lecture on Japanese swords and fittings at the Bowers Museum in Santa Ana. This is part of their monthly lecture series program for next year. Sensei will exhibit fine examples of Japanese art swords, sword guards and various fittings while speaking on the history, art and traditions of the Samurai sword. Further details upcoming.

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.

Welcome To The Aikido Center of Los Angeles



NEW Children's Class Beginning Sept. 5.

Saturdays
11:30am-12:30pm

Sundays
9:00am-10:00am

Ages 5-16
Beginners welcome
Family rates

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

T-shirts: \$15.00 each. Mugs: \$9.00 each. Patches: \$15.00.

Uniforms, bokken, jo, hakama, books are available



Everyone is welcome to join our training.

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Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
940 E. 2nd Street #7, L. A., CA 90012
Tel: (213) 687-3673

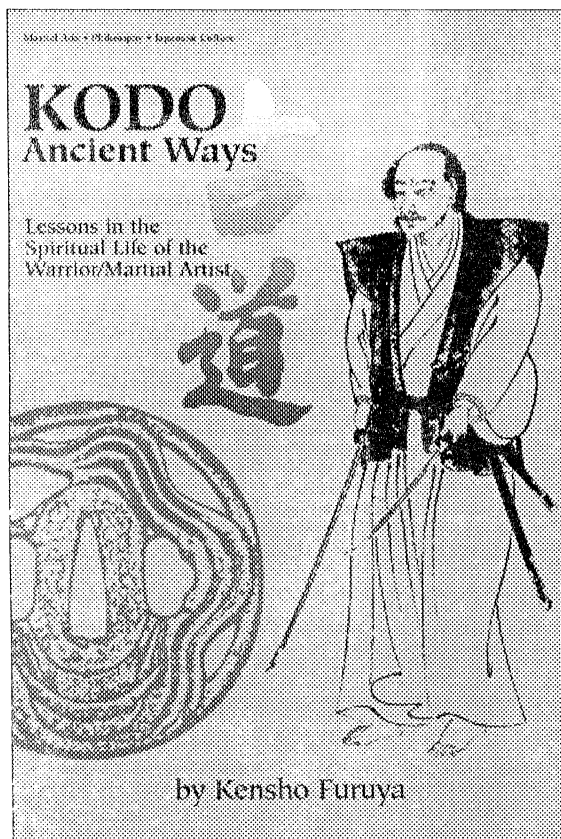
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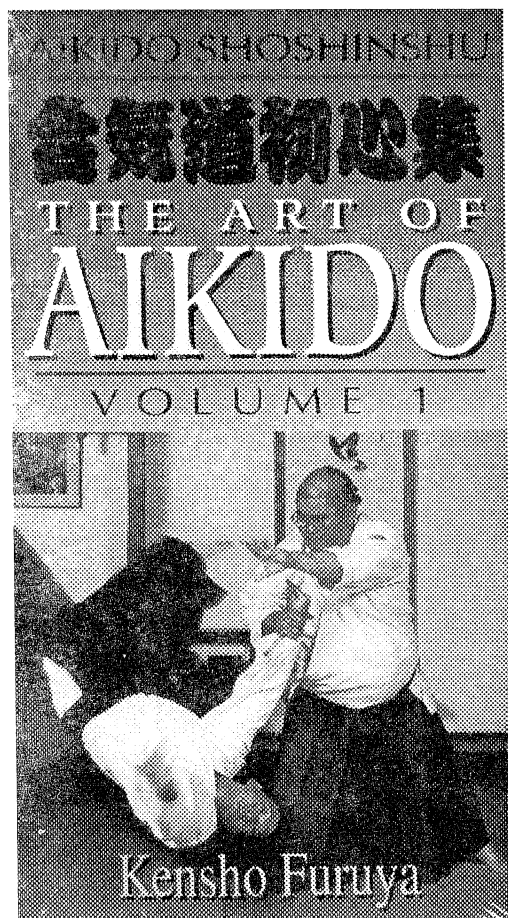
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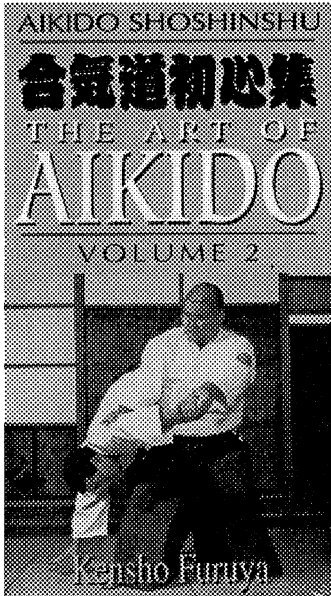
All books and videos are available in our Dojo.

Please inquire about dojo and quantity discounts.

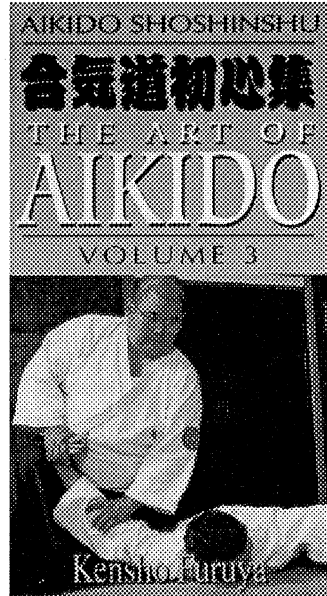
For further information: please call the Dojo: (213) 687-3673

AIKIDO SHOSHINSHU

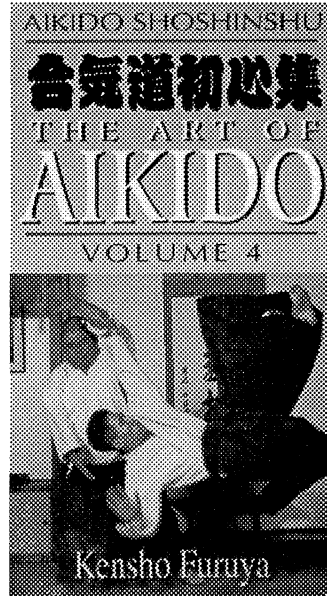
The Art of Aikido Instructional Video Series



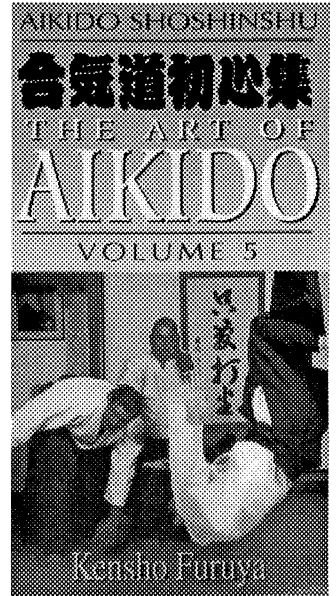
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo
& Gokyo



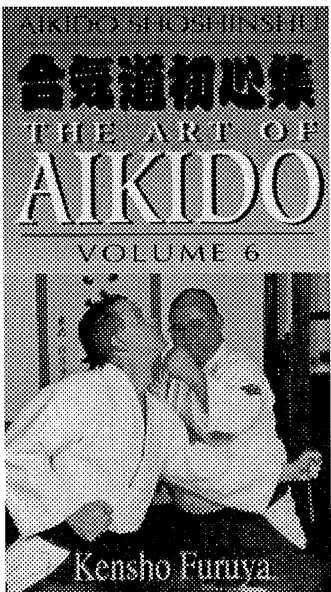
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



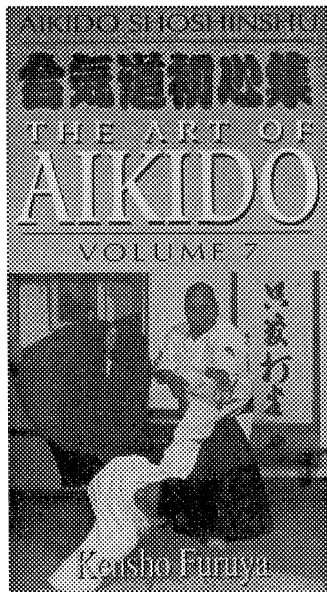
Katatetori Ryotemochi: 2-hand.
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



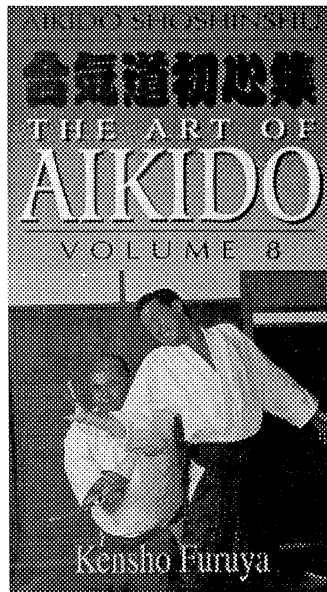
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



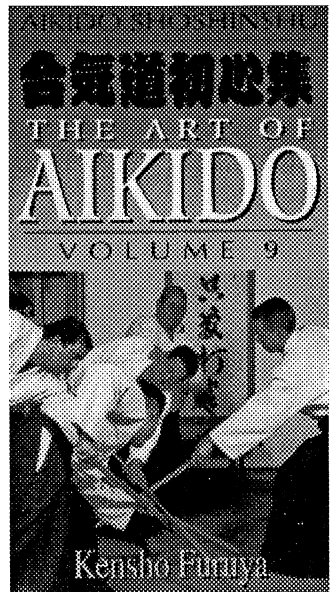
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the
side of the head & neck.



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

Adult Intermediate (3rd Kyu and Up)
Saturday Mornings - 9:00-10:00am

BLACK BELT SEMINAR

Bring bokken, jo and tanto.
Black Belts & Instructors'
Last Saturday of the Month
6:30-8:30am

Instructor's Monthly Meeting follows:
8:30-10:00am

CHILDREN'S CLASSES

5 - 16 yrs old
Saturdays : 11:30am-12:30pm
Sunday Mornings: 9:00am-10:00am

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. Everyone, beginners and active students alike, are cordially welcome to join us. Thank you.

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

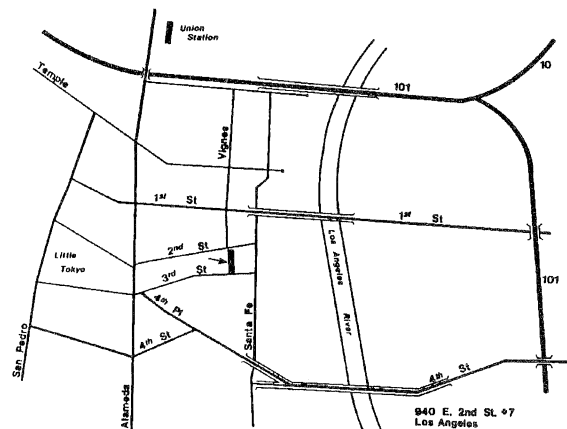
**BUDO & SWORD
STUDY CLASS**

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:

"More Japanese than Japan," is the popular comment by visiting guests from Japan. It is built in the style of a 17th cent. Samurai mansion. The purpose of this unique style is to create a serene, private and beautiful environment for the serious pursuit of Aikido training. The Dojo is considered one-of-a-kind outside of Japan.



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. **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 wooden fence.