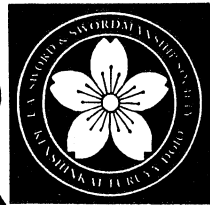


羅府合氣道学院古屋道場



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 Assoc.

Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

September 1, 1999

Volume XVII. Number 9.

Congratulations!

**Our Dojo Receives Japanese Chamber of Commerce
Outstanding Cultural Organization Awards
September 24th, At 50th Anniversary Reception**

**Nisei Week Special:
Nisei Week Aikido
Demonstration
August 8.**

**Nisei Week Sword
Arts Lecture:
Miyamoto Musashi
August 15.**



Full house at our Nisei Week Musashi Lecture on August 15.



At the Annual Nisei Week Aikido Demonstration on Aug. 8.

**Nisei Week Book Festival:
Sensei At JACCC. Aug. 21-22.**

**Members Participate In Nisei
Week Parade. Aug. 15.**

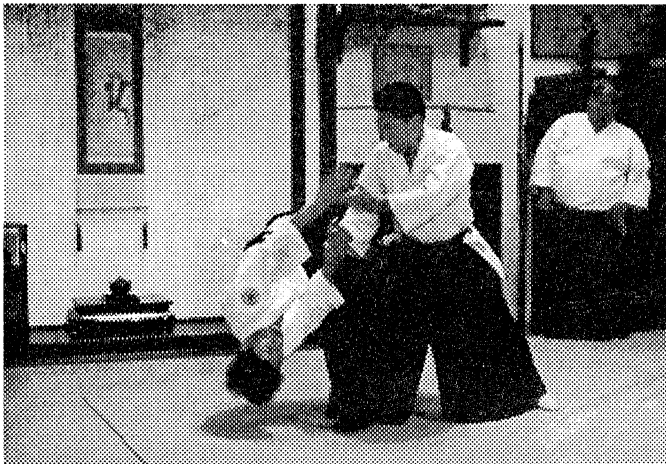
**Please Help Out! Sept. 19.
Save Our Dojo Fund Raiser**

Nisei Week Aikido Demonstration. August 8.

We had a nice crowd gathered at our Dojo for our Nisei Week Aikido Demonstration. Black belts and assistant instructors demonstrated Aikido as well as members from Iaido.

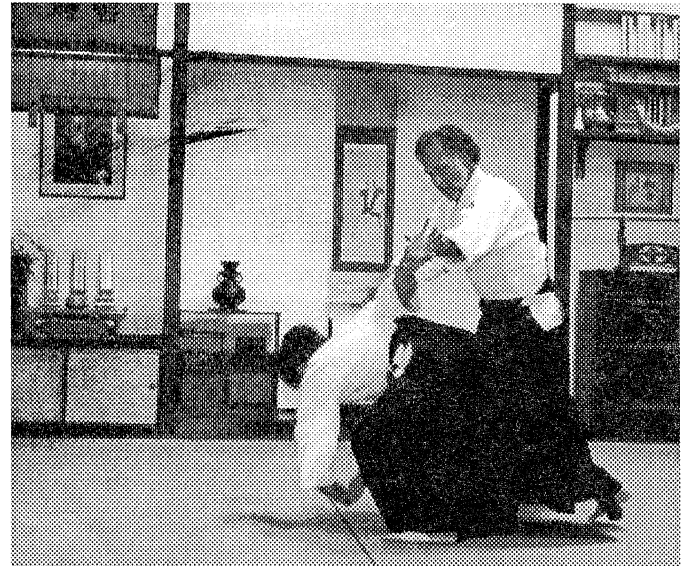


Ken Watanabe, 3rd Dan, five-man randori. Below: David Ito, 3rd



Best Wishes

*To Moriteru Ueshiba Doshu
On His Congratulatory Party
Assuming the position of 3rd Doshu.
September 25, 1999
Keio Plaza Hotel, Shinjuku, Japan*

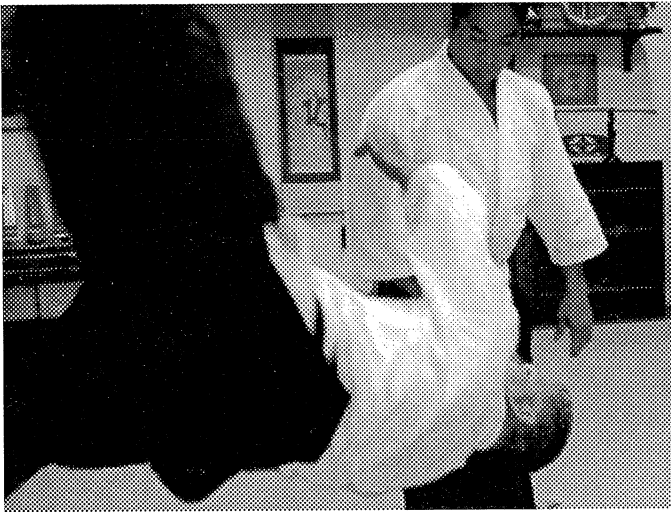


Larry Armstrong debuts as new black belt during Nisei Week.

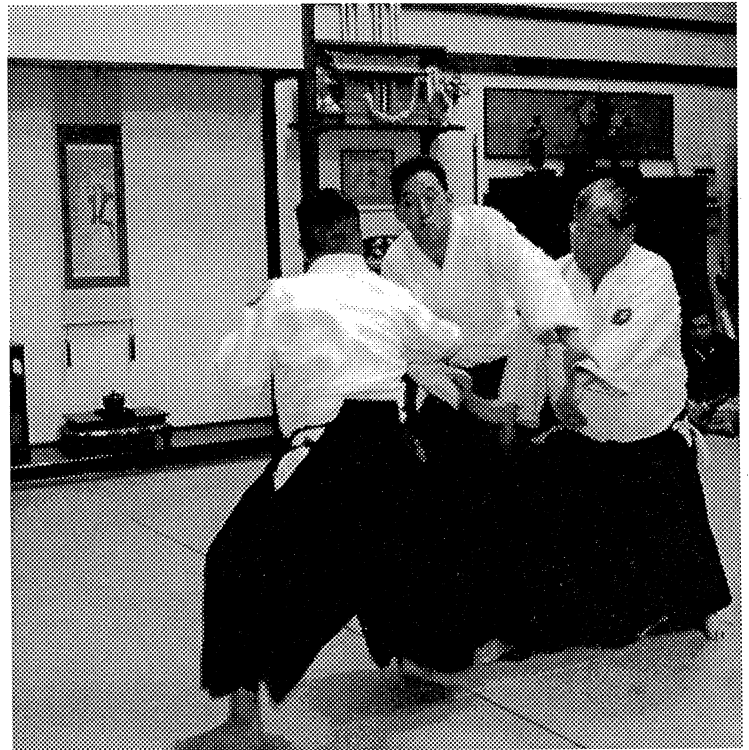


Tom Williams, 2nd Dan, shihonage.

Aikido Center of Los Angeles
NEWSLETTER



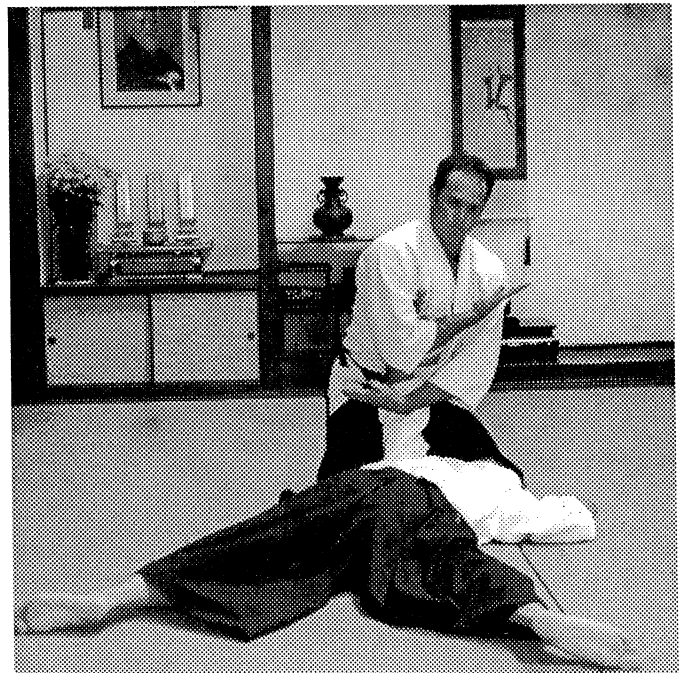
Ken Furuya, 3rd Dan, shihonage.



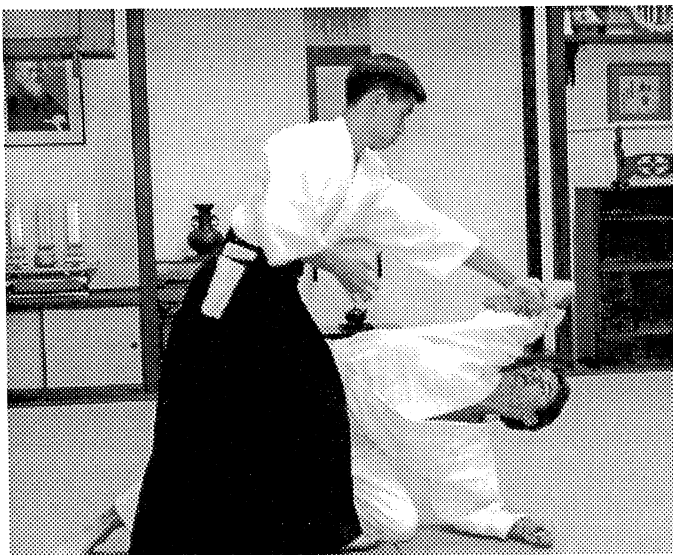
Furuya Sensei demonstrating against multiple attackers. Below: Mike Dotzenrod, 1st Dan.



Norm Lew, 2nd Dan.



We would like to thank everyone who attended the demonstration. About fifty guests attended, slightly less than last year. This may be due to the fact that we had little PR coverage this year and we did not hold it on the day of the parade. All members performed very well and the demonstration was a big success. We hope that more members will participate next year and that we can do a little better. Many thanks to all members who helped out with this year's event.

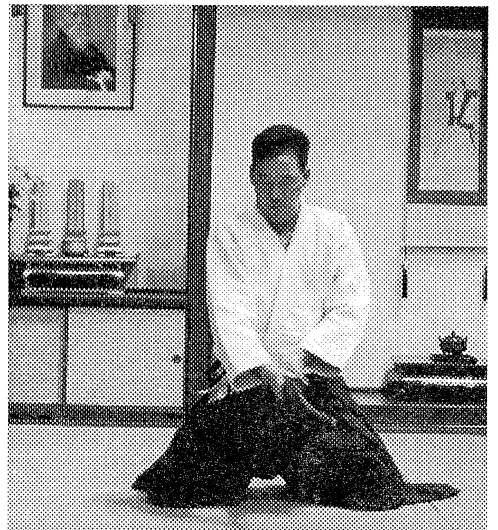
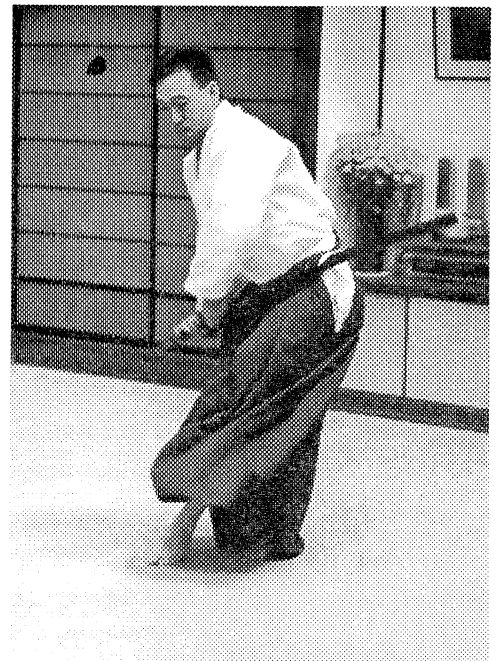
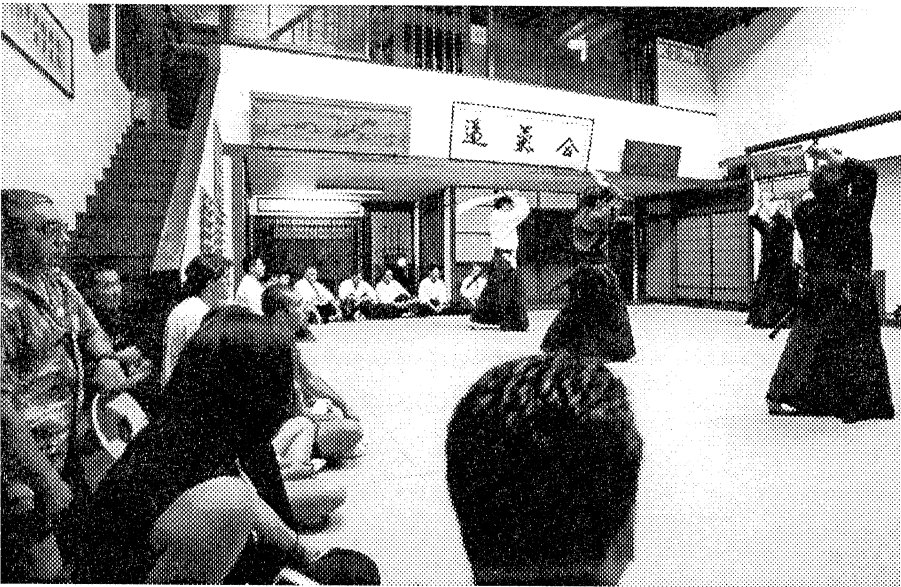


Mark Ty, 1st Dan, with Eric Russell who recently made 1st Dan.

Iaido Department Nisei Week Demo



Gary Myers, 4th Dan. Below: Group demonstration before many guests.



The Iaido demonstration was very well received with many showing interest in the study of Iaido. Iaido is a very difficult art which requires a great deal of patience, perseverance and many years of devotion. Very good demonstration this year.

Dojo Etiquette: Modesty

One of the main rules of etiquette is: "The better you are, the more humble and modest you are." Many people forget this in the Dojo. Especially for our new black belts, this is very important to keep in mind at all times. You will see many black belts who brag too much, talk about themselves too much, or are too condescending and talk down to you. This is very bad practice and not the Way. Always be humble and modest about your art. Never try

to prove your strength or level and never talk about yourself too much in the Dojo. Good students are those you hardly notice - quiet, modest but always there to help you out. Many black belts boast too much and want everyone to know how good they are. People only laugh at them and they never earn the respect of others. You should not have to tell everyone about yourself - let them find out about yourself on their own by practicing with you or observing your conduct. This is always the best way and the way of the true Aikidoist. Old wine is highly valued but useless once it turns to vinegar. Be like an old wine but don't turn on everyone.

Nisei Week Sword Arts Lecture: The Secret Life of Miyamoto Musashi. Aug. 15.



Doing what Sensei loves most in life, Aikido and swords.



We had record numbers of people in the Dojo, filling it to capacity for Sensei's lecture on Miyamoto Musashi. We did not expect so many people because the event did not receive much publicity. The lecture was well attended and a different topic of interest will be chosen for next year.

The dojo thanks all the people who helped out with all of our Nisei Week events in this very busy month of August. And to all of those who helped with the clean-up and donating cold drinks for the participants. Everyone did an excellent job this year. Also, final thanks goes to the Nisei Week Festival Committee for all of their support. Our display ad is in this year's 1999 Nisei Week Souvenir Booklet.



"So nice to see a Dojo filled with people!" Sensei is in the corner lecturing on Musashi.

A Few Musashi's Precepts:

1. Have no regrets in all actions.
2. Do not use worn (old) equipment.
3. Do not rely on gods or spirits for anything.
4. Master one Way, study all ways.
5. Study the mind.

Our Students Participate Nisei Week Parade. Aug. 15.



Nisei Week Samurai In “Haruhime” Procession

David Ito, Dean Sadamune, James Doi, George Nakashima, Mark Ty and Ken Watanabe participated in the Haruhime Procession in this year's Nisei Week Parade on August 15. The event was at the request of Frances Hashimoto. The Haruhime Procession made its debut this year but were several men short. They are from Nagoya, Japan, and commemorates the marriage of Tokugawa Yoshinao of the Owari (Nagoya) Tokugawa Branch and a princess from the Imperial Court. There

were about 70 members in the entire procession. All of the costumes came from Japan and represent samurai attire during the 18-19th century. Only ranking samurai or members of the official household could be responsible for transporting members of the Imperial court.

As the Tokugawa government began to feel a loosening of power over the provinces and local warlords, attempts were made to consolidate power through political marriages with the Imperial Court. The Owari Tokugawa Clan was a branch of the main Tokugawa family who ruled Japan and were considered one of the most powerful clans in feudal



Dean Sadamune, James Doi., George Nakashima and Ken Watanabe carrying the princess in effigy. Apparently Imperial Court princesses are in short supply in modern Japan (or they are quite heavy).

Nagoya is the sister-city to our Los Angeles and always participate in some way in our Nisei Week Festival. We were honored to be asked and everyone had fun. David Ito was interviewed by Nagoya TV and appeared in the local news.

Japan along with their cousins in Mito. It was the Owari Clan who hired the Yagyu sword masters to instruct them in swordsmanship. The Mito Branch of the Tokugawa produced Mito Komon, a popular hero among the people and author of the *Dai Nihon-shi* (“Great History of Japan”).

Training In Great Britain

By Tom Williams

Haceinda La Puente Aikikai (Branch Dojo)

Click your heels three times and repeat there's no place like home. . . . If only it was that easy. Twelve unpleasant hours packed in economy class with a screeching baby, two kids kicking the back of our seats, and a four hour layover in the Motor City. That's the price to get home from Europe.

In between marathon touring in England, Scotland and Wales, I was able to visit three dojos and train as their guest. The first two were in London. One was at the University of London and the other in a suburb called Maida Vale. Training was vigorous and although styles vary I felt like I fit right in. The English were very friendly and have a similar attitude towards Aikido as do we.

The dojo in Cardiff, Wales, was headed by Peter Gillard, 4th Dan, who is a student of Kanetsuka Sensei and was a branch of the British Aikido Federation. There were several yudansha who kept me busy and the general level of training was quite good. I really enjoyed the spirit of camaraderie and was made to feel very welcome. After an intensive two hour class, we adjourned to the local pub to replenish our liquids and had conversations late into the night about Aikido and our respective cultures.

I find training while travelling to be a great way to meet local people with a similar interests as well as expand my experience in Aikido. I hope that I can give back to visitors to our Dojo the same feeling of welcome. Although the buzz of travelling will fade, I've been lucky to have had great experiences on my trip to the U.K. It feels better than ever, though to be back. As usual, after visiting far off places, there's no place like home.

About Our Nisei Week Aikido Demonstration:

Students from the Hacienda La Puente Aikikai:

"Excellent," Jose Espinoza

"It was powerful, graceful and efficient," Robert Saavedra

"It was fun! If it's possible, I'd like to see them practicing in the dojo again," Miyuki Yamamoto

"I was very impressed. The dojo was beautiful, I learned a lot at this demo," Rebecca Enriquez

"Cool dojo," Dang Nguyen

"I like the environment Sensei has created, especially the entrance. It feels like we are invited by the plants to leave our arrogance outside," Connie Orozco

"Very traditional, very nice. I'd like to go again," Mark Russell

"It was excellent lecture!!" Ikuko Takeuchi

"I had a great time, enjoyed your lecture and dojo," Jose Hernandez

"Thank you, Sensei Furuya, for a great demonstration," Ray Oliande

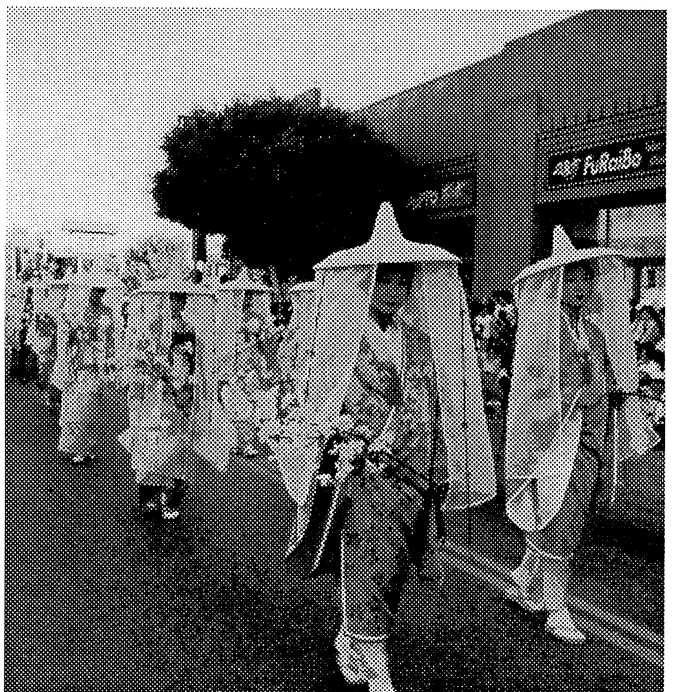


Members of the Haceinda La Peunte Branch Dojo with Tom Williams at our recent Nisei Week Aikido Demonstration on August 8.

More Nisei Week Parade:



"She's a little on the quiet side but we'll protect her with our lives!"



"That's more like it." Typical dress of Kyoto women in feudal ages.

Ethics for the New Millenium

By The Dalai Lama

BOOK REVIEW

A Call for a Global Spiritual Revolution

By John C. S. Kim

Reprinted from the Los Angeles Times, August 7, 1999

At the end of World War II, Albert Einstein, from his home in Princeton, N.J., made an impassioned appeal to the world: "Only a few short years remain in which to discover some spiritual basis for world brotherhood or civilization as we now know it will certainly destroy itself."

Standing at the threshold of a new millenium, the Dalai Lama, in this spiritually instructive and morally creative book, gently leads readers to envision and strive to build a new world order such as Einstein called for - a new world wherein every sunrise promises increasing concord and peace, and every sunset is accompanied by hymns of thanksgiving.

Following on the success of his best-selling "The Art of Happiness," the Dalai Lama in "Ethics for the New Millenium" charts out a set of intellectual and ethical guidelines for readers to follow as we near the end of a century that has seen destructive violence and social decay on a previously unimaginable scale.

The Dalai Lama, a prophet of peace and a manifestation of the Bodhisattva (bearer of the essence of wisdom), calls for a global spiritual revolution to realize a morally structured new world. As with the kingdom of God that Jesus compares to a mustard seed, the Dalai Lama's vision of a new world begins on a small scale: It is to be built with such spiritual and moral tools as love, compassion, patience, tolerance and forgiveness. His book presents an old message, but one worth repeating: that these subtle tools have been forgotten - especially by the West - at the time when the pursuit of wealth and material comforts is a top priority for many people.

The Dalai Lama's appeal in "Ethics" is based on several premises: Human nature is essentially good, as demonstrated by a mother's instinctual treatment of her baby; happiness - peace, love or however one defines it - can only be realized after all forms of human craving are resolved; and, most significant, social and political institutions, especially schools and colleges, must assume the role of building individual moral character.

The practice of love and compassion is not easy, especially when it is accompanied by suffering for others. But as the

Dalai Lama points out, suffering can result in ineffable joy, the kind of happiness that no wealth can purchase. The Russian poet Yevgeny Yevtushenko expressed this idea when he wrote: "The only true happiness is to share the sufferings of the unhappy. Of course, it can be very painful."

Spiritual revolution, as the book shows, starts with basic acts exercised each day by individuals: learning to restrain negative thoughts, giving to the poor and meditating on how much (or how little) good you have done during the day. He discusses Buddhist teachings but also looks at other religions for their insights. The Dalai Lama writes that it is particularly the moral duty of the rich (not just bllionaires but anyone who is well-off) to share their wealth to alleviate the sufferings of others. "There is no need for temple or church, for mosque or synagogue, no need for complicated philosophy, doctrine or dogma," he writes of his common-sense message. "Our own heart, our own mind, is the temple. The doctrine is compassion."

The Dalai Lama illustrates his message with the examples of great figures like Gandhi. Every learned reader remembers how Gandhi used a most powerful weapon, more powerful than a nuclear bomb, to drive out the British: He called it *satyagraha*, a word that sometimes means courage or nonviolence or truth. One might also recall Leo Tolstoy, who, after sharing his wealth with the poor, died like a beggar in a railway station. True revolution comes from efforts such as these and not, as the Dalai Lama quotes Mao Tse-tung, "from the barrel of a gun."

"Ethics for the New Millenium" is especially insightful in arguing that true spritiual revolution must begin at home with one's children. Children's education should be the first and foremost concern for families and for the nation and must incorporate moral teachings, especially compassion for others. Here the Dalai Lama again reaches across cultures for his message, echoing the ideas of philosophers such as Plato and Kant.

"Ethics for the New Millenium" is an important book for our time because of its timeless message about the necessity of world peace. The 14th Dalai Lama is a torchbearer whose flame is strong enough to light the way to a hopeful new millenium. The psalmist's words are also true of this book: "Thy word is a lamp to my feet and a light to my path."

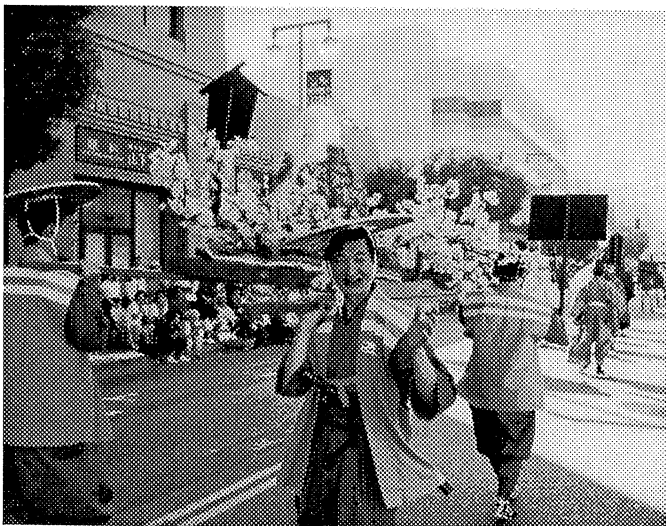
Editor's Note: In Aikido, there is one additional step to consider: all actions and mental thought must be purified and refined. We do this through our Aikido training. In our practice, we learn how to carry out good thoughts and deeds, through the refined, purity of thought and action of the good. In doing for others, we should be pure and efficient. By being sloppy or negligent, it is possible to be more of a problem than good. We should make sure our actions are not motivated by a personal sense of gain or error. It is not easy to Con't.

Sensei's Message: Finding A True Place To Study: A Dojo Is Paradise.

As everyone in the Dojo knows, I started to learn the art of calligraphy. I have always wanted to study this art but I was never able to find the right teacher for myself. Secondly, since calligraphy is a right-handed art and I am left-handed, this has been a great obstacle and handicap for me.

Finally, a very excellent teacher began a class at the JACCC and I have really enjoyed this class. Because of my handicap, it is important for me to practice hard to keep up with the others. As much as I enjoyed this class however, I finally had to attend a different class at a different location in order to keep practicing under my teacher. This new class is much farther away across town whereas the JACCC is just several blocks away from the Dojo and this new class is very much more expensive.

What happened and why I must change is what commonly happens in many classes and many dojos. It is for this reason why I write about it as embarrassing as it is. I think it is a good lesson for you. Most people don't practice regularly and very soon everyone had to be taught separately because everyone was moving at different levels. A challenge for the teacher and very time consuming. Of course, if everyone practiced consistently, and we are always at the same level, we can all enjoy learning the same lesson. This is much more fun and much more easier for the teacher. But many students did not attend regularly, many missed classes too much and most people didn't practice. Too many egos, much too many egos, and too little study. In fact, some people were only interested in talking about themselves or continually trying to draw attention to themselves, without thought that they are disturbing others. It is such a relief to be in our Dojo where no one is criticized for "over-practice" (only "under-practice").



Nisei Week Parade continued: "Which way do we go???"

Aikido is transforming the ordinary into something very special. Usually, we only search for what we think is special and always find that it is really not so.

In Aikido, we all start with very little skill and it becomes something truly great within ourselves. This is our practice. Stay humble.

Letters:

Dear Furuya Sensei:

I feel compelled to write you and tell you how much your book "KODO" has meant to me.

I purchased this book almost two years ago, and I have read it countless times. I studied Tomiki Aikido for several years under an instructor who is very accomplished in several other arts and I reached a point when he stopped teaching me, in fact, he quit teaching altogether for a little over three years, leaving me to assume the teaching responsibilities. Hence, one of the reasons I bought your book, along with several others.

I have found myself reading the passages along the sides of the pages to my students many many times. you have been a great source of inspiration these last couple of years, and now that I have moved on and started my own Dojo, I feel I had to write you to thank you for your wisdom, insight and humbleness.

I hope to someday meet you and learn even more about this great art, Aikido. As you know so well, we are all students our whole lives. I have recently seen your tapes on the market and when I get up and running I plan on getting the entire set. Right now I have eleven students and I feel overwhelmed sometimes with the responsibilities of teaching. Thank you again for all you have done. Humbly yours,

John Brown, 3rd Dan, A Distant Student & Admirer
Massillon Aikido Academy
Massillon, OH

(Rec'd 8-19)

Reflections 1999:



Sensei during Higashi Hongwanji Obon Aikido Demonstration, July, 1999.

Although this summer our obligations were reduced, it seemed to me to be much busier than ever before. After many busy demonstrations for Obon in July, we had a heavy schedule for Nisei Week throughout August. Our Musashi Lecture was very successful and I hope to continue it next year. As I write, we have just finished the last weekend of Nisei Week 1999 with our Book Signing at the JACCC (Aug. 21-22.) and this was also quite successful in my mind. We sold 8 books on Saturday and about 3-5 books on Sunday. Although this took place on the weekend of the much anticipated Nisei Week Carnival and O-bon dancing, I feel the crowds were very slim and contrary to expectations, Sunday had quite a few less people than Saturday. (Last year, the carnival was cancelled and there was much protest for its continuation this year.)

As we were setting up our Book Signing table, I happened to see Madam Kansuma Sensei entering the building. One of the premier and veteran classical dance masters outside of Japan. I ran up to her to give her my greetings and she began to talk rapidly to me. She was just scolding one of her students about coming to practice. "They think they are doing me a favor by coming to my class," she declared in dismay. "I know exactly what you mean," I said, "I have the same problem in my Dojo." "I am doing THEM a favor!" she continued. "I know exactly how you feel," I said again with more emphasis. Finally, we agreed that somehow we mustn't give up but we must keep fighting. And upon parting, she said, "I really admire you for what you are doing, don't give up."

I was very happy to hear this. In Chinese, there is a saying, "With all the coal in the world, you can warm a heart with one

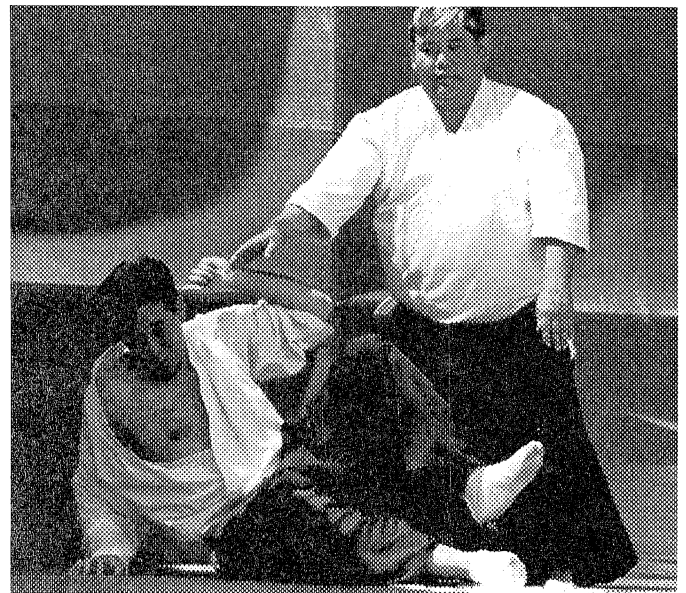
one kind word."

Teachers do live a very thankless life. I was impressed that even a veteran dance teacher of over 50 years such as the venerable Madam Kansuma is suffering the same lack-of-communication gaps as myself. Indeed, not the method of teaching, but the attitudes of people themselves are changing so rapidly. For the Good? I don't know. I really took for her kind words to heart and am so thankful for her kind words of encouragement. I am sure she doesn't know really how much it meant to me. She is a great teacher.

Like a popular Japanese TV soap opera, I faithfully watch, as soon as one crisis appears to be resolved another one comes scooting in. As much as I know how blessed we are, I often wonder, "When do the good times come rolling in?"

Now our building is up for sale and I don't fully understand all the consequences of this.

We owe back rent and this must now be paid very soon before the sale. Our former dojo legal representative did not really do justice for the dojo and now I must pay additional taxes. This is so unnecessary and hurtful to us. So many things to think about. I seem to have no time and energy left to teach or do my work or write. About now, I want to depend on my senior students who I have raised to this day, but they have their own priorities now and somehow there is no time for the Dojo in their lives. After all they got what they wanted. . . What do I do? Just have more patience and more faith. When can we have peaceful Dojo? When do all the troubles cease? I often wonder where did I go wrong. . . . We just keep going on. . . .



Double Congratulations To Larry Armstrong

Achieving 1st Degree Black Belt in Aikido on July 28, 1999.
And on August 11, 1999, Larry became a grandfather to newly born Alexandria.

Larry faithfully practiced a remarkable 463 hours to earn his First Dan from the 1st kyu level. Many, many Happy Congratulations and Best Wishes.

Congratulations! Eric Russel Receives Shodan

Eric Russell received his First Dan rank on August 16, on his 23rd birthday which, by the way, is on the day of passing of Elvis Presley.

Eric Russell joined our Dojo after his stay in Japan as an exchange student studying Aikido at Waseda University and Hombu Dojo. Eric will be relocating to Berkeley lured by a great job offer. Eric did his best to stay in Los Angeles but after one year, no good job prospects developed. Congratulations and Best Wishes, always. The Dojo will miss him very much.

KODO Still Finds New Homes

KODO-Ancient Ways can be found in the following stores throughout Little Tokyo. Please patronize them.

Kinokuniya, Weller Court
Bunkado Japanese Gifts, 1st Street
Nippon Shoten-Japan Books, Japanese Village Plaza
Hongwanji Place, 1st Street
Japanese American National Museum, 1st Street
Japanese American Cultural & Community Center, JACCC
Gallery Store

Also, check out Bodhitree Books in West Hollywood,
Barnes & Noble and internet's Amazon Books.

Affiliated Dojos

Kodokai Branch Dojo - Salamanca Aikikai.
Chief Instructor: Santiago Almaraz, 2nd Dan
Salamanca, Spain

Hacienda La Puente Aikikai.
Chief Instructor: Tom Williams, 2nd Dan
Hacienda Heights, California

Dalai Lama's Book continued:
be good.

Sometimes I see a "good" action but it is purely motivated by greed or a sense of self-gain. Is this true goodness? Sometimes I see an act which seems very harsh, but I learn later that it was motivated by a great sense of compassion and concern for the person's well-being. Is this true evil? This is what is meant by purity and refinement of action and thought. It is only through our sincere practice in Aikido that we can understand this and begin see what is true goodness for others.

Many times, when I feel motivated to do something for others, I must fight my own sense of concern for my own self. Many times, in teaching, I feel it is necessary to play the "bad guy" in order to get my message across. Like any human being, I want to be the "good guy" and I want everyone to like me. But, in reality, it cannot be so each time for so many practical reasons. Out of my concern for the well-being of others, I have to correct this and that and although I think I am doing good, all I get is: "Why is Sensei picking on me?" I feel very bad. Sometimes, I must wait many years, before a student will return to me to say, "Thank you. I thought you were too strict on me but now I realize how much good it has done for me." Now I feel good but I have to wait many years for this to come. This is what I mean when I say that "doing good" is not so easy. And of course, many people never get the message and although someone may do something very good for them, they don't understand or appreciate it. This is also very sad. It requires great wisdom to see true goodness. As the Dalai Lama urges, we should try to do good deeds for someone every day and reflect on this every moment. Yet, this is also very hard. O'Sensei spoke of purification - that Aikido is the act of purification. I think there is a great message here and the only true way in which to realize true goodness for everyone.

During the great earthquake in Kobe, Japan, several years back, I did a lot of volunteer work at the JACCC. Finally we organized, packed and sent over 3,500 crates of goods for the people in need. In this act of goodness, there were so many fights due to so many misunderstandings. Japan asked us to send over pet food because many pets were starving. When volunteers saw us packing dog food, they scolded us thinking that we were treating the earthquake victims like animals and couldn't understand what we were doing. Japan asked us to send over "used underwear" for the victims and again we were scolded. No one would ever use "used underwear," we were "insulting the victims" making them use used things like this. They did not understand and they had no water and no way to wash anything. They could easily wear used (but clean) underwear because they could easily be thrown away after use. A group of religious people joined us volunteers and used the project trying to recruit new members into their organization. They weren't there to really help anyone but themselves. Indeed, it is truly difficult to be good, truly good.

SAVE OUR DOJO

Fund Raiser: September 19. 1-3pm

We desperately need your help to save our Dojo. Our building is up for sale by the owners and we need to resolve our back-rent incurred by a terrible water damage last year for which we will finally not receive any compensation. We are asking for your donations of \$100.00-\$200.00 or more per student & friend of the Dojo. Donations of \$1,000.00 or more will receive permanent recognition as “Honored Life Friend” of the Dojo. Donations of all amounts will be gratefully accepted,.

You are welcome to send in your donations or come to our Open House on September 19 and see our beautiful Dojo for yourself. Hand-built by Sensei himself over a period of 15 years, many consider our dojo to be the most beautiful dojo in the world and certainly, the most Japanese in style. Many of our Japanese guests declare that it is “more Japanese than Japan.” This year marks Furuya Sensei’s 40th anniversary in Aikido and the Dojo’s 15th year working in Little Tokyo for the community.

In our hopes to remain a truly traditional Dojo devoted to traditional teachings in this ultra-commercial world, we do need your very kind help. We have exhausted every method and means to keep afloat without compromising our old values, your generous donations will determine our future and the Future of our Dojo. Please help out. You are in our prayers. Thank you very much. In Gassho,

*Aikido Center of Los Angeles
Rev. Kensho Furuya, Chief Instructor*

Save Our Dojo

Sept. 19th.
1:00-3:00pm

Donations Accepted:

\$100.00-200.00 or more
per student & friend.

\$500.00 or more
Special 40th Anniversary
Dinner with Sensei

\$1,000.00 or more
Named Permanent
"Honored Life Friend of the Dojo"

Donations of any amount will be gratefully accepted. We are not a Non-Profit Organization and donations cannot be deducted. Our many regrets. Donations must be made simply out of your generosity and kindness of heart and your appreciation of Our Dojo's work. Many, Many Thanks.

*Aikido Center of Los Angeles
Rev. Kensho Furuya*

Congratulations

50th Anniversary
Japanese Chamber of
Commerce

Congratulations

"Outstanding Cultural
Organization Award"
To Our Dojo

September 24, 1999
Hyatt Regency Hotel

Congratulations!

Mr. Larry Armstrong
1st Dan
July 19, 1999

Mr. Eric Russell
1st Dan
August 16, 1999

Evolution is determined resolution, not revolution.

Kensho Furuya

Correspondence:

July 6, 1999

This is just a short note of appreciation. For several years your Aikido Center of Los Angeles has sent us a copy of your Newsletter. Although at the present time we do not have any active Aikido practitioners at the office, several of us here enjoy reading it.

Personally, I appreciate the steadfastness with which you carry on through various trials that it appears the Aikido Center of Los Angeles has experienced. This can be an inspiration for others who want to stay their course!

*Best wishes and courage to you,
Sincerely,*

Julian Ely, Advisor

Japan Information & Culture Center
Consulate General of Japan

Akira Tohei Shihan: Deepest Condolences

Our Dojo expresses Deepest Sympathies to the Tohei Family and Hombu Dojo on the passing of Akira Tohei, Head Instructor of the Mid-West Aikido Federation.

Sensei met him in 1962 during his first visit to the United States with the late Kisshomaru Doshu. Sensei met him again at Hombu Dojo in 1969.

ERRATUM

In a recent news item about Suganuma Morito Sensei's upcoming seminar in Canada, his rank was incorrectly listed as 8th dan. Suganuma Sensei is 7th dan. We apologize for any inconvenience this may have caused.

Do You Enjoy Our Dojo Newsletter?

Due to continuing rising costs for printing and postage, we must ask for your generous support and encouragement with donations to keep our Newsletter going. If you are receiving our Newsletter through the mail and if you have not already done so in the recent past, please send in a small (or large) donation to help us with our costs. We really appreciate your help.

Our Newsletter has been published by our Dojo continuously, every month, without fail, for the last seventeen years. At the very beginning, Sensei used to type out by hand a two-page Newsletter every month for the students. Finally, the students got together and bought him a computer which brought our Dojo (and Sensei) into the modern world. Newer boundries were broken when Sensei learned the advantage of a scanner.

We are arguably the longest running, continuous, dojo-run, martial arts newsletter of any in this country. Since our publication, many dojos, organizations, and federations around the country have tried to follow our example but very few, if any, have been able to keep it up for so many years and on a monthly basis. At best, bi-monthly and semi-annual issues are still published. At the bottomline, our Newsletter is one of the biggest, not-for-profit publications, with an average of 20 pages, our largest issue was 35 and 40 pages. Our Newsletter travels all over the world.

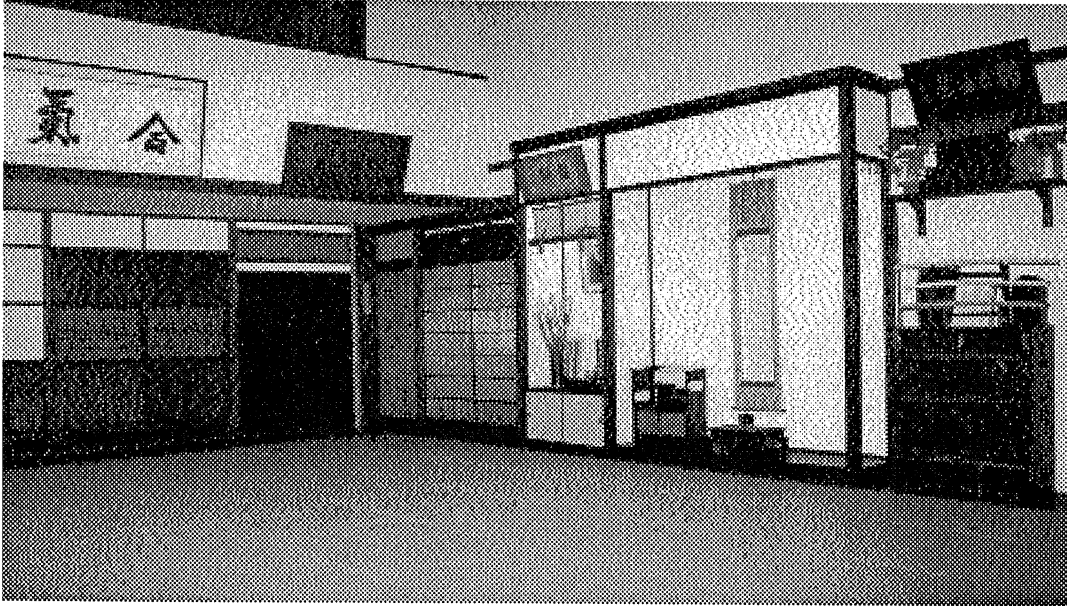
We hope everyone will continue to enjoy our Newsletter and, with your continued help, we hope we can continue to bring it to you. Many thanks for your help.

We Do Need Your Help

Nowadays, where are our Black Belts? Our senior students and black belts are becoming very lax in their practice and in the timeliness in paying dues. I am very embarrassed to write about this in our Newsletter but I have no other choice. All black belts and senior students must keep up their practice on a regular basis and must consider their responsibilities to their training and their fellow students in the Dojo. Nowadays, they come and go without a word to Sensei or even a brief excuse (not even a single word) or apology. I suppose this is the New Age way of doing things - without consideration for others and no respect for the Dojo or their Teacher. Very bad! Despite our entering the New Millenium, we are still human beings who still have not learned how to work together in harmony. We have advanced scientifically and technologically, but not spiritually. We should not perpetuate a selfish world, and especially not become a part of it or condone it. As true Aikidoists, we should think about being the solution, not the problem.

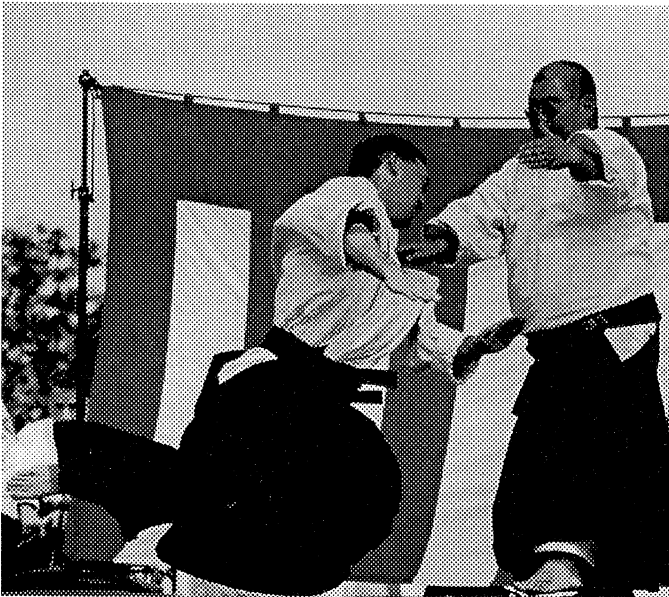
**Aikido Center of Los Angeles
NEWSLETTER**

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

**This Year Is
Our Dojo's
25th Year
Anniversary
1974-1999.**



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

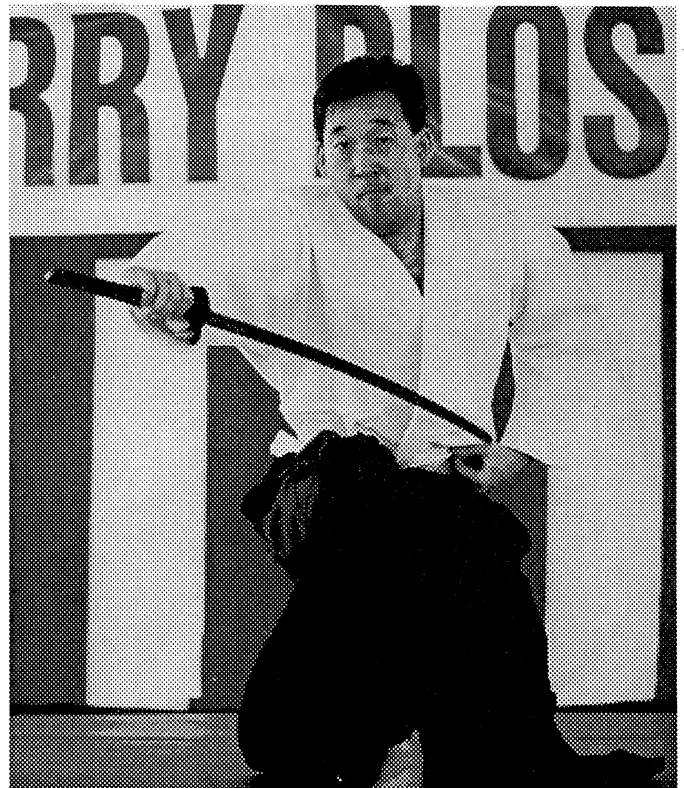
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords:

Purchase, Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.



**Japanese Swordsmanship
Muso Shinden Ryu Iaido**

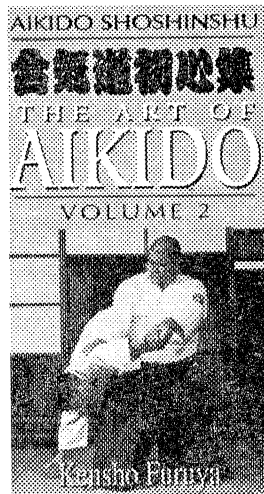
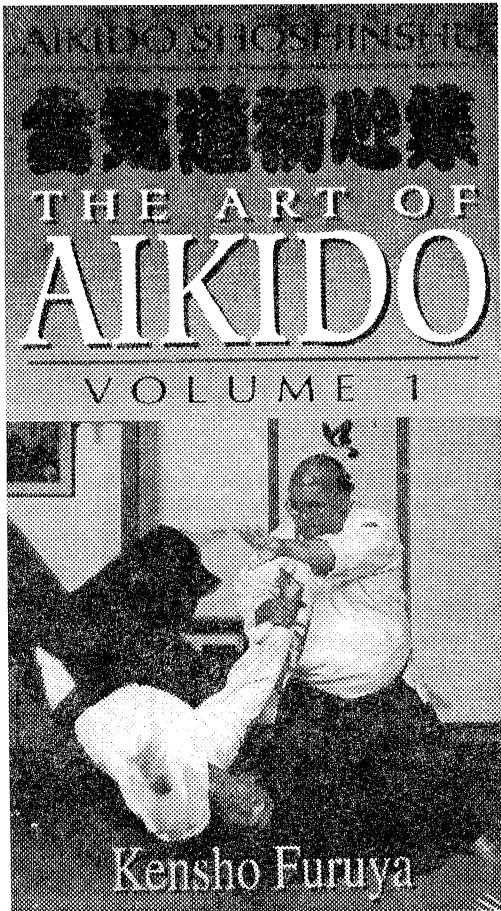
We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing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

The Art of AIKIDO

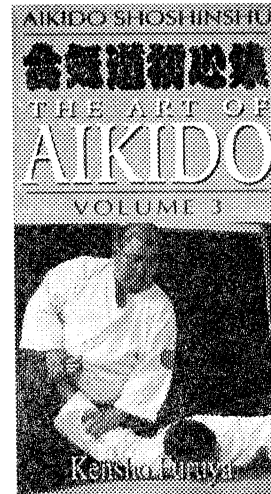
Aikido Instructional Video Series in Nine Volumes

"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*

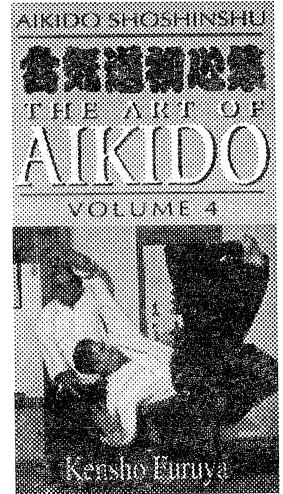
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



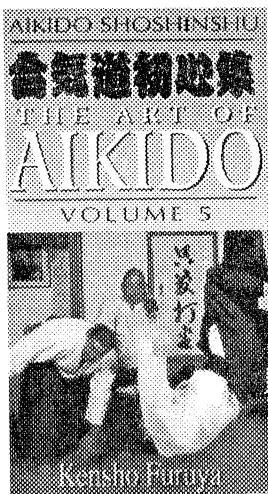
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



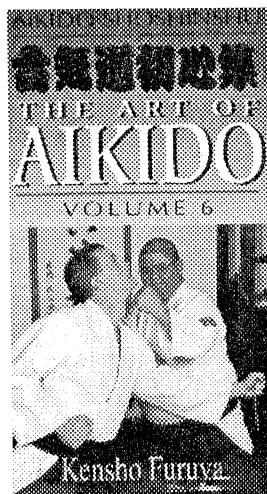
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



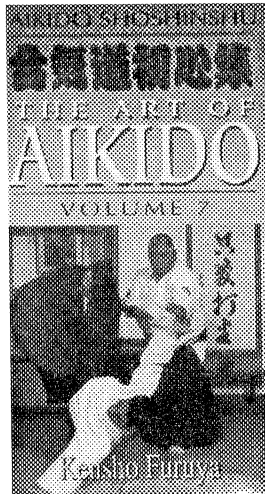
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



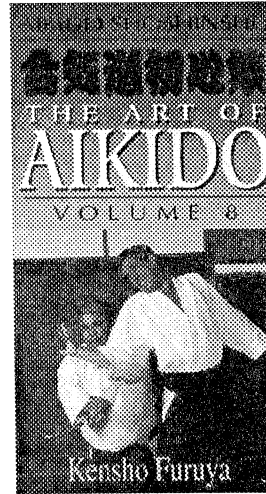
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



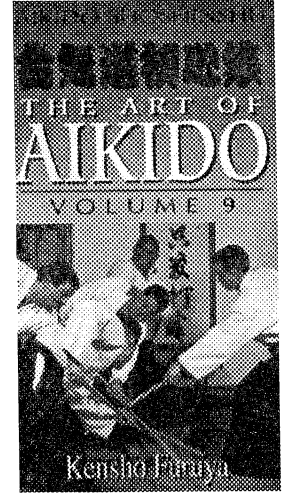
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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

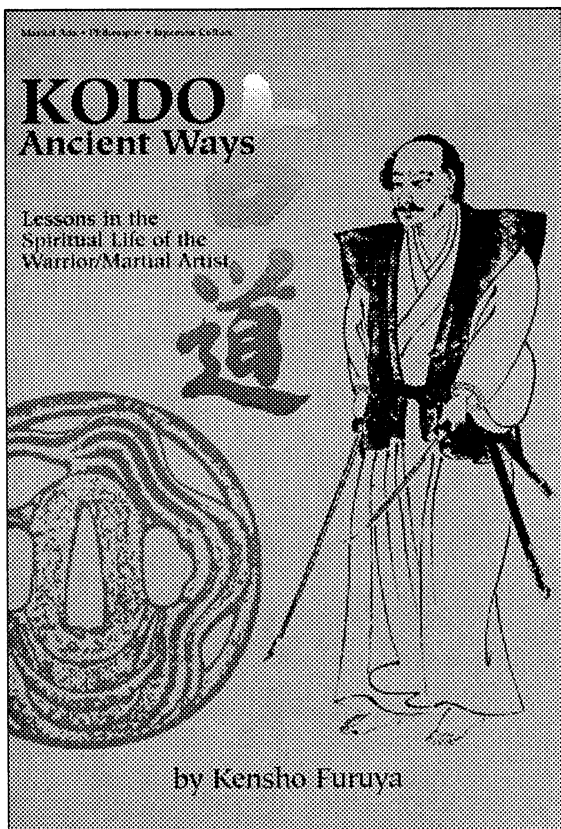


Atemi-waza: STRiking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.
Complete 1st Degree
Black Belt Examination

**Aikido Center of Los Angeles
NEWSLETTER**



Highly Recommended Reading:
AIKIDO

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



KIHAN AIKIDO

Fundamental of Aikido
By Doshu & Dojocho Moriteru Ueshiba
The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."

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

\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H

Copies signed by the author on request.

羅府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER

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Editor: Doshu Kisshomaru Ueshiba
Office of the President: Hombu Tenmeido-cho, 1-10, Kamiyoga, Yokohama City, Kanagawa Prefecture, Japan

April 1, 1997 Volume XV, Number 4.

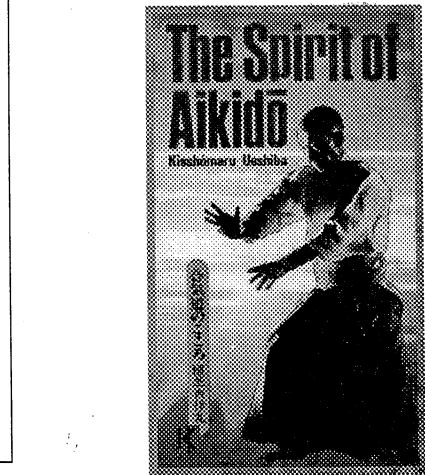
In This Issue:
Dojo Treasure Arrives From Japan
Visiting Master Adam Hsu

Dojo Treasure Arrives From Japan
On their last visit to our Dojo, four members of the Omiya Dojo, Mr. Yuuka Sasaki, Mr. Takayoshi Akuma, Mr. Toshiaki Sakurai and Mr. Taro Sakurai presented Sensei with a beautiful white fan. It was my guess that the fan would be greatly cherished if not Doshu's writing.

Visiting Master Adam Hsu:
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and instruct his students and students throughout the San Francisco Bay area. Master Hsu is also working on his new book. That is a pleasant odd. Sensei invited Master Hsu's kind invitation to celebrate the Chinese New Year with him and his school on Feb. 23, but was able to arrange a trip from Feb. 21st through the 23rd to meet with the book editor from Taipei who was scheduled to meet with Master

**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.



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.

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The Aikido Center of Los Angeles
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Tel: (213) 687-3673

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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-11:15am

Saturday Mornings

9:00am-10:00am

CHILDREN'S CLASSES

5 - 16 yrs old

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

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho

Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai. We hold no other affiliation; we are a not-for-profit school.

ATTENTION:

Please be very cautious of people misusing Rev. Kensho Furuya Sensei's name and the name of the Aikido Center of Los Angeles to promote themselves and their schools but have no connection with us, whatever they may imply or infer. We have experienced many such cases in Los Angeles and worldwide and we sincerely apologize for this inconvenience.

Aikido Center of Los Angeles

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

AIKIDO & BUDO DISCUSSION GROUP

Every 2nd Wednesday of the month.

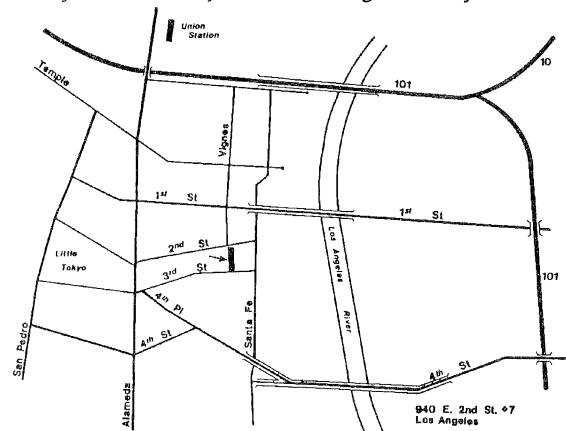
7:45pm-9:00pm

Group Study & Discussion

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. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.



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 at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.