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# 愛氣塾通信

Newsletter of the Japanese Cultural Arts Association  
of Rochester, Minnesota

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## Establishment of the Japanese Cultural Arts Association of Rochester

*The Inaugural Issue of Aikijuku Tsushin*

**Neil Segal, M.D.**

Since arriving in Rochester, I have met numerous people who are interested in the cultural arts of Japan. Rochester already has students of martial ways of Japan, including Aikido, judo, jujitsu, karate, and kendo, as well as others interested in Japanese calligraphy, language, and tea ceremony. However, there has not been a center to offer all of these arts in one location. It is my hope to establish such a center to bring

together those interested in studying Japanese culture with advanced teachers of the arts.

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*It is the mission of the JCAA to serve the Rochester community through establishing opportunities for education and disciplined training in the union of energy, mind and spirit through study of Japanese cultural arts.*

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This is the inaugural issue of *Aikijuku Tsushin*, the newsletter of the Japanese Cultural Arts Association of Rochester, Minnesota (JCAA). *Ai* (愛) is the Japanese word for love, but is a homonym with *ai*, a union or matching. *Ki* (氣) is the energy, which is at the interface of mind and spirit. *Juku* (塾) is a school, a place for education through training and discipline. *Tsushin* (通信) is communication such as a newsletter. This name is intended to convey the mission of the JCAA to serve the Rochester community through establishing opportunities for education and disciplined training in the union of energy, mind and spirit through study of Japanese cultural arts.

Pursuit of paths, such as *budo* (武道), martial ways; *Shodo* (書道), the way of the brush; or *kado* (華道), allow students to develop a deeper sense of self and promote peace, because those with inner peace have no reason to fight with others. However, in addition to these disciplined paths, the JCAA also hopes to serve the Rochester community by offering information on less formalized aspects of Japanese culture, such as modern Japanese arts, literature, cooking and animation. Through study of other cultures or ways of thinking, the JCAA hopes to promote intercultural understanding within the community and harmony between peoples of the world. ☀

# Aikido: A Path to Peace

*The Teachings of Morihei Ueshiba O'Sensei*

Aikido is a martial way, organized in Japan by Morihei Ueshiba, referred to by his students as O'Sensei, "venerable teacher." O'Sensei dedicated his life to spreading the philosophy and practice of Aikido. Each month, this column seeks to honor his memory through his teachings.

- ❖ *Aikido is not an art to fight with enemies and defeat them. It is a way to lead all human beings to live in harmony with each other as though everyone were one family.*
- ❖ *In your training, do not be in a hurry, for it takes a minimum of ten years to master the basics and advance to the first rung. Never think of yourself as an all-knowing perfected master; you must continue to train daily with your friends and students and progress together in the Way of Harmony.*
- ❖ *In Aikido, we should treat our partner with the utmost respect. One partner is entrusting his or her life to you, and we must handle that precious object with the greatest care... Hold your partner, as you would cradle a baby.*
- ❖ *The secret of Aikido is to cultivate a spirit of loving protection for all things. I do not think badly of others when they treat me unkindly. Rather, I feel gratitude towards them for giving me the opportunity to train myself to handle adversity.*

## Japanese Lesson

*Words can be broken down into characters, Kanji, which are formed by radicals, constitutive parts that contribute to meaning. An understanding of Japanese develops from an understanding of the characters.*

合	あい	<i>Ai</i> , a union or match is made up of a roof (个) over a mouth (口).
気	き	<i>Ki</i> , spirit, mind, or energy, is formed by the spirit of steam, 气, around the source of life, rice (米).
道	どう	<i>Dou</i> , a path of moral teachings or a journey, is comprised of the inclusion (込) of self (自) in all (8) directions, 八.

## Cuisine of the Month

Kae Hino

### TOFU STEAK

#### Ingredients:

Tofu (firm)	Corn Starch	Minced Garlic
Diced Scallions	Sliced Mushrooms	Butter
White wine	Soy Sauce	Oyster Sauce
Salt	Pepper	

#### To Make 2 Servings:

1. Drain the tofu for 30 minutes.
2. Slice the tofu in half horizontally.
3. Season the tofu with salt and pepper (not too much!).
4. Lightly cover the tofu with cornstarch (2 tsp.).
5. Heat the pan and allow the butter to melt to its full flavor.
6. Sauté the tofu and when turning over the tofu, add the sliced mushrooms (1-2 cups), minced garlic (2-3 tsp.), and white wine (2 tsp.).
7. Once the wine evaporates, turn over the tofu again and sauté until both surfaces become crispy.
8. Before taking the tofu out of the skillet, season with soy sauce (1/4 tsp.) and oyster sauce (1/2 tsp.) on each side.
9. Decorate the top with diced scallions (1/4 cup).

*\*\*\*Top with ground daikon for a special treat\*\*\**



# An Introduction to *Anime*

Colin DeVilbiss

One of the most visible effects of Japanese society on American society is the proliferation of *anime*, which is the Japanese term for animated film. It has been present in Saturday morning cartoons since the days of "Speed Racer," "Robotech," and "Voltron," and has an even stronger presence today in the guise of "Sailor Moon" and "Pokemon". These shows have a lot of visual characteristics (simple color schemes and characters with big eyes) that most people associate with *anime*.

However, *anime* is also a highly developed medium, which can present complex moral themes, and intricate plots to mature audiences with a distinctive style. For example, "Evangelion: Neon Genesis" presents a futuristic and far-fetched dilemma involving aliens and gigantic robots, but uses the plot to explore the ethical problems and consequences of child labor and the pressures of broken households on the family members. Another popular, thought-provoking *anime* series of recent years is "Serial Experiments Lain" (an exploration of the effect of a "wired world" on society).

However, even modern *anime* series have not forgotten the fun and games of the past, and I can wholeheartedly recommend "Martian Successor Nadesico" and "The Irrepressible Captain Tylor" as being riotously funny and providing glimpses into the nature of Japanese society.

For example, some series are even distributed with special liner notes or on-screen cues and facts about Japanese society, which explain why a character did or said something or what, a specific object is. *Anime* (if distributed in its subtitled form) also presents a wonderful opportunity to hear native Japanese speakers, which is extremely beneficial to one trying to learn the language.

All in all, I think that *anime* allows one a valuable and entertaining glimpse into Japanese culture, and anyone interested in learning more would do well to watch a few episodes of some series which is set in Japan. I know I have found it highly enjoyable and illuminating.

For more information, all of the popular web portals like Yahoo! and Altavista have comprehensive lists resources for *anime* fans, so go searching and find something you enjoy! ☸

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## SUBSCRIPTIONS TO AIKI TSUSHIN

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**\$30 for 1 year for non-members**

**Free to members** who are enrolled in courses for Japanese language, Calligraphy, Aikido training, or other cultural arts.

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## COURSES

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### ***AIKIDO: THE PATH OF HARMONIOUS SPIRIT***

Aikido is a path of discipline aimed at perfection of the spirit, through flowing with the natural energy of the universe. The art and path of Aikido was researched and taught by Morihei Ueshiba, known as O'Sensei. Through practicing circular movements for the restoration of harmony out of conflict, the aikidoist develops sensitivity for flowing with universal energy. Classes are ongoing with group and private lessons available.

### ***SHODO: THE JAPANESE ART OF CALLIGRAPHY***

Through focus on the basics, students will learn the joy of expressing one's ki through ink brush to paper. Lessons will be held 1-2 times per week and will begin with the fundamentals of holding a brush, forming basic strokes, and hiragana. Anticipate the next term will begin in Jan. 2002.

### ***NIHONGO: JAPANESE LANGUAGE***

This course will start with an introduction to the terms used in Japanese arts, such as Aikido and *shodo* and will enable students to develop a deeper understanding of common concepts in Japanese culture through understanding of the language. As language and culture are linked, students will find greater satisfaction in their other studies with a basic knowledge of language. Anticipate the next term will begin in Jan. 2002.