

The Aikido Center of Los Angeles, 940 2nd St. #7, Los Angeles, CA 90012. Tel: (213) 687-3673. Website: www.aikidocenterla.com.



The Aikido Center of Los Angeles LLC

道の為、世の為、人の為 合気道

The Aiki Dojo

Direct Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
International Aikido Kodokai, Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist Advisory Panel

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**Kisshomaru Sensei
2nd Doshu's Memorial
Service. January 11**



The Empty Vessel: Utsuwa Ookiku

In Japanese, "utsuwa" is a bowl or receptacle but also refers to human beings. In Japanese, as in our training, we ask, is he a "large utsuwa" who can receive all of the teachings, or is he a "small utsuwa" or someone of small capacity. . . . In English, I think we have a similar saying, "can he fill my boots?"

One of the duties of the student in training is to show himself as a "large receptacle" or someone of great capacity to receive the training and instruction. We do this by trying to be open, and willing, and showing good attitude. Sometimes, a student may walk into the dojo with a small capacity and can be taught to grow and grow and become this great vessel which can hold and deal with anything and everything. This is what the teacher looks for in a student, first of all. Often to break the old mold to allow the student to grow and expand himself into someone who can take on all new knowledge and challenges - on the mat and - in life.

Often, a student enters the dojo and tries to show off too much of his own character - this is good in some ways Continued:

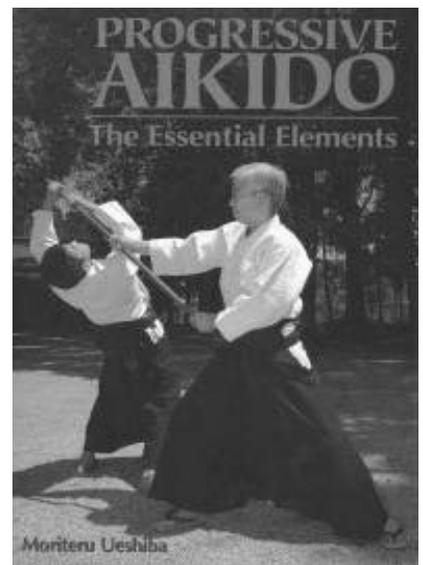
O'Sensei's Tsuito Hoyo Memorial Service & Special Seminar April 22-23

We will also conduct a Memorial Service for the late Mitsunari Kanai Sensei. Our special guests instructors are Yasumasa Itoh Sensei of the Tekko Juku Dojo in Boston and Kei Izawa Sensei of the Tanshinjuku Dojo in Boulder, Colorado. Both are former students of Kanai Sensei. Please mark your calendars!



Students offering incense to 2nd Doshu.

On January 11, we conducted the Memorial Service for 2nd Doshu. Rev. Shumyo Kojima officiated the service attended by many students in the Dojo. Everyone enjoyed the beautiful service and the sermon afterwards on emptiness. We all remembered 2nd Doshu's many contributions.



3rd Doshu Moriteru Ueshiba Sensei's book is now available at your bookstore. Highly recommended by Sensei. You can also order through Amazon books. Sensei recommends this book very highly to all of his students for points on technique and ukemi as well.

In This Issue:

Please enjoy many letters and correspondences from all of our Aiki friends around the world.

Greetings From The Aikikan Dojo Children's Class, Rehovot, Israel



Ze'ev Erlich Sensei's Children's Class - over 90 kids "all so cute" according to Ze'ev Sensei sitting in the middle.

Belated New Year's Letters & Greetings:

I would like to extend my belated New Year's Greetings to all of our friends and post a few letters we have received but could not fit into our January Issue. Many thanks and let's continue our friendship through Aikido into the New Year. Let's continue to stay in touch and continue to share with each other. In Harmony,

Aikido Center of Los Angeles
Rev. Kensho Furuya

Message From Turkey: Zeynep Ulusahin Dojo



12-09: Hi! All our trip was great and thank you for everything.

Actually I was thinking that my sensei Muhlis has already written you cause I haven't seen

him after that trip. He is in Ankara right now and he said that there will be someone who will keep in touch with you but actually I felt bad cause I wanted to write to you.

I am sure that they (his assistant from Ankara) will keep in touch as soon as possible. But I will write you all the time and if you have any question you can ask me too.

After that long trip he is resting and we will start our training as soon as possible cause I would like to be the first person in this dojo to have that chance of wearing hakama. I had always private lessons and now I will continue and will have that chance.

I couldn't have that chance to work with you there but I will get ready for exams and will come back there and would like to work with you in your dojo.

I am training for about 7 years with Muhlis and I would like to do my best and I will.... I am sure that our relation will be great and we will keep in contact all the time.

Thank you for your mail. WE had great time in Los Angeles but I wish I could stay longer and see more. ANYways we will be there right:)

TALK TO YOU AGAIN...
BYE FOR NOW

Message From Salamanca Kodokai Dojo, Spain: Javier Garcia, 4th Kyu Student of Santiago G. Almaraz



12-05: Dear Sensei: I've just read your daily message, and I can know how you feel. I'm working on a monthly newsletter in the Kodokai Dojo (Salamanca) under the supervision of Sensei

Santiago, and we are trying to collect a "memorie" of the year from all students, and we are finding so hard to make them write anything, but we are still on it. Sensei Santiago told me to try to translate them to you, so I think you will be able to fill at least two or three pages of your newsletter.

By the way, I would like to thank you for the making the Aiki Dojo to be downloadable so easy to all, and for continue being a point of

reference in Aikido and in life. Thanks. Last time I wrote you, you told me about how the karma worked on your entering in the zen way. I should have written before, but I've been so busy. I would like to tell you how I started to practice Aikido:

I was looking for something smooth, but also something "hard". One friend told me he was doing something called Aikido, and he told me that they did it in the "pure" way, directly and exactly like the founder did. I agreed just to try it, but I thought it was so much a kind way and very mystic. When I entered in the Dojo for the first time, I was very impressed of how the things were and how people treated me, and found it was exactly what I needed, even without knowing it. It was like reaching for something you've been looking for, but you don't know exactly what were you looking for. The fact that Sensei Santiago relies on me for making the newsletter, confirms that Aikido isn't just something you make and then go home, but also something live that everyone has to grown up. Now, the Kodokai Dojo is my second home, and the Kodokai crew my second family. Thanks for your time Javier Garcia, 4th Kyu Aikido Aikikai, Kodokai Dojo (Salamanca)

Message From Hacienda La Puente Aikikai, Whittier, Ca. Tim Tucker, 1st Dan Student of Tom Williams



11-29: Sensei, It is funny how timely your message on repetition is. This lesson has become very clear to me because of one of the silliest and simplest of examples that

just happened to me. I hope you and the group will indulge my short story / explanation:

When I was a teenager, I used to have skateboards and ride all over, doing all kinds of neat tricks. When I got older, the skateboarding went by the way side, as many things do. Now, I'm in my mid 30's, but over the last 6 months, I've become interested in a newer type of skateboard that has become popular, which is a much longer, wider board called a longboard. You see, it can be more of the "old man's" skateboard...meant for just leisure cruising down the street, instead of walking. So in the last week, I finally bought one and began to play with it over Thanksgiving, regaining the balance and starting to relive the fun I once had as a teenager.

The other day, I became to realize that these new longboards were actually much, much faster than the shorter boards I had used as a kid. While going for a short trip around the block, I picked up rapid speed and got going pretty fast....probably faster than 30 mph! When I went over some bumps in the street, I lost control and my body was launched from the board, head first. Now all this skateboarding is really foolishness at my age (just ask my wife!), however an important understanding quickly developed. As I was launched forward onto the asphalt, my body just simply went into the most basic forward roll ukemi. At the rate of speed I was going, most people would have broken an arm, wrist, or worse their neck. I didn't even have time to think. I was launched off the board, my body reacted, and i was back on my feet with only the most irrelevant scrape on my hip from the roll at such high speed. A lady happened to be walking by with her dog and stopped with an amazed look asking if I was OK.

I am certain that the repetition of ukemi training kept me from getting seriously hurt, because I have no other explanation.....it all happened too fast. The body becomes trained to react certain ways in certain situations. So maybe most of us will never need to use our repetitive Aikido training in a combative situation, but we may never know where it helps us elsewhere. I hope someone at least finds the story entertaining....

All articles will be considered for publication in the Newsletter. They may be edited for grammatical correctness and available space. Clear, bright photos are welcome.

Message From England: Ambrose Merrill



11-29: Sensei, It is funny how timely your message on repetition is. This lesson has become very clear to me because of one of the silliest and simplest of examples that just happened to me. I hope you and the group will indulge my short story / explanation:

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tions. So maybe most of us will never need to use our repetitive Aikido training in a combative situation, but we may never know where it helps us elsewhere. I hope someone at least finds the story entertaining....

11-30: Thank you Sensei - it is a wonderful issue! I will enjoy reading and reflecting on the interesting articles that you have worked so hard to compile.

I am delighted to hear that your new lease has been agreed. I was not aware that you were under negotiations and it must have been a terrible concern.

I have just returned from our Wednesday night practice and I feel that everyday I enjoy Aikido more and more. We have a wonderful group of people on the mat, a great positive, energetic and joyful atmosphere. We have superb teachers who have given their time so willingly and selflessly without financial reward for so many years.

It seems to me that the spirit of Christmas, of goodwill to all people, manifests itself on the mat every night we practice. I hope that it makes O'Sensei happy to see that the heart of Aikido continues beating so many years after his passing.

I hope that you have a wonderful Christmas party to really celebrate the new lease!
Best wishes as always, Ambrose

Message From Santiago, Salamanca Kodokai, Spain **Santiago Garcia Almaraz, 3rd Dan, Chief Instructor Kodokai**



12-05: Sensei, How are you Sensei? Hope, very well. I can know about you by you daily message on your web.

Here we are fine, I know that some students of this Dojo write you and I wish more students do it but no many people can write in English but little by little I'm try that they read you on your web.

This weekend we did a demo of Aikido and Iaido for a Museum, which celebrates a special month about Japanese Culture, in previous days they did Tea Ceremony and Ikebana and Japanese food and this Sunday

our Dojo did a Aikido and Iaido Demo, I think that was fine, and many people come to see it and enjoy it.

I'm preparing send you many articles from my students for you Aiki.news, but we have to translate it before send it to you. This month I let some students help me with the Aikinews in my Dojo, I think is good work to compromise with the Dojo and this let him know the work is behind the words and the pictures of the Aiki news.

I wish you the best for this Christmas, and I hope this year come to visit you again. My very best, Santiago G. Almaraz, Spain

Message From Michigan: Barbara Tysell



12-06: Dear Sensei, I was very moved by your kind response. I will certainly forward your warm regards on to Sifu Brown, as well as your message. Invariably, such messages become discuss-

ion points for our meditation forums and help all of us to redefine and refine our own personal practice.

Perhaps it is an overused phrase - that "...when the student is ready, the teacher will appear...". However it seem particularly apt in light of my being repeatedly reminded that that there are be so many teachers in my life. I must have been "open and ready" to discover your group for myself at a time when I have had some difficulty taking the lessons from the mats out into my daily life and vice versa. Or perhaps I had attempted to take them into my daily life, and certain individuals were not capable or ready to hear or understand. Sifu often says that we are all partners - and my own spiritual path has never failed to teach that that we are all One - that there is some of each of us in another. I truly attempt to remember that when I look in to the eyes of another, I see the Divine there. But Sifu has also said that there are partners that do not understand that they are partners and that we should not blame someone for the level of understanding that they have achieved at this point in time. They're doing their own work. The conundrum arises when we have to learn from them too. They are also teachers.

While I would respect the moderator you

mention for his opinion that etiquette on the mats does not somehow translate to conduct outside of the dojo, I would also respectfully question why good intentions, compassion and respect for others cannot be taken everywhere and whether this moderator, (who I presume practices (?) , but perhaps does not study), does not see yet the path of joyful, patient, persistent focused practice as a way of life, but rather as an activity that can somehow be detached from his life.

But that's OK - He has communicated, as you mentioned, and allowed me, because of you, to reflect upon whether I am doing a good enough job of communicating. Perhaps I have to improve my communication and listening with others, or consider whether I have to accept that I may be allowing myself to become frustrated with those who cannot hear me. There are times when I have had to recognize that I cannot make someone hear me, I guess.

Just the other day, we had an unusually large number of students practicing on the mats. Sifu had school owner visitors from California observing classes and there was great anticipation among many of the students that extra effort would impress these martial arts school owners. It turned out that these individuals wanted to purchase Sifu's school and absorb him into their network. (In this circumstance, I wish that they had made that intention clear ahead of time. They were not capable of or interested in watching classes... Communication...) Such a level of intensity of practice for the sake of visitors, rather than the art - among approximately 70 or so people at the same time in a confined space (most were intermediate or beginner students), felt very dangerous to me, and I was not in any position- teaching a beginner at the time, to do anything other than protect my partner and give her the most positive experience possible. How can that happen if I am fearful of lack of control of others?

I have no doubt that Sifu handles these rather political situations with other school owners extraordinarily well. I trust my Sifu completely. I am disappointed with myself for being preoccupied with anticipating lack of control on the part of another student and, when seeing that lack of control endanger my own practice partner, getting angry. My Sifu understands the circumstances, but I have to figure out how to try practice from a pure a place as possible. Maybe meditate more...find other ways to communicate...

Perhaps there are insights you might share with me that might assist me. Our advanced classes are never so crowded- and chin na randori, sparring or grappling in these circumstances do not cause me any concern for control or intention. Perhaps there are other students that might gain from my gaff...

Thank you again Sensei. I hope that the health issue that has been mentioned has resolved. I have no doubt that the spirit of Aikido rests with you no matter what your circumstances may be. I will pray for your health and I thank you for your time and tremendous patience. I hope your waitress awakens. I am, as ever, respectfully yours, Barbara Tysell

Message From Rehovot, Israel: Year of the Dog Ze'ev Erlich Sensei, 4th Dan, Chief Instructor Aikikan Dojo



12-06: One of the most touching stories I read this year was the story that Furuya sensei told about his dog Kuma. Dogs are not just faithful. They have the ability to act according to their very sensitive gut

feeling. Aikidoka are people who learn to be aware, to be able to act according to very subtle changes. I hope that everyone will learn how to be more and more caring for the needs of the people around us. We must find ways to take our aikido beyond the dojo and mats. I hope this New Year will be kind to you, will smile to you, and will enable you to practice a lot. Please be healthy and cultivate your caring and loving heart. Happy New Year 2006.

Ze'ev Erlich - Aikikan Dojo, The Israeli Aikido Association (Aikikai).

By Rev. Kensho Furuya Sensei: " When my dog, Kuma, died, I was so sad. Ken was also very sad and crying in front of the dojo. . . Kuma had a good life but was too old, bad hip and legs, nearly blind. . . He was 16 human years old. . . . Because he was so weak he was already covered with maggots and suffering so we had to put him to sleep to ease his suffering and pain. . . . The vets said that there is nothing we could do and to try to help him will only prolong his suffering and pain. I could not bear to see this and was so sad. The very next morning, I saw a strange dog enter the alley . . . he looked at

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me and bowed his head to me and dashed off towards 2nd Street. . . I ran to the street but the dog had disappeared completely. I think that it was Kuma who had come to say goodbye to me before he entered Paradise. I never saw that dog again. . . it was so strange the way the dog looked at me like he knew me and bowed his head to me. . ."

Message From Sweden

Sven De Schryver,

Aikido-Dojo Aikikai Aalter



12-07: Thank for your remark Sensei. I have noticed the same in our dojo (aikido-dojo aikikai Aalter). In classical ryu lessons are given only by demonstration without any verbal explication.

We, in the western world, on the contrary give also verbal guidance. Which, I believe, is sometimes necessary in order to have a proper comprehension about the purpose of the exercise. Since we were doing the same exercise once very static in order to learn the power of extension, ki and technique; once in a very dynamic way in order to learn absorbance, harmony, anticipation etc. depending on the purpose we are using specific exercises, depending on the goal of the course the same technique can be executed in a complete other way. Therefore verbal explication is needed in order to avoid misunderstanding and confusion Even with the complete explication, students are still missing "the point", as if they weren't listening at all, or the given explication hasn't been given at all. So, I think a lot of people don't only see very well, they also don't hear very well. I agree with your saying "Most students never catch it". On the other hand If I can only reach one student that does catch it, I feel a lucky man. And to be honest ... I have several spirited and devoted students. That's what's it all make it worth! Thanks for all your efforts you put in writing your essays, they are very helpful for everyone who is seriously in walking on the path. Best regards, Sven De Schryver, AIKIDO-DOJO AIKIAI AALTER www.aikido-aalter.be

Many Thanks! Year End Clean-up: December 17.

Many thanks to all who helped out with our annual Year End Dojo Clean-up. The Dojo was beautiful to welcome Christmas and the New Year. Again, many thanks for all the volunteers and helpers.

Message From Bogota, Columbia

Rene Ariza, 4th Kyu,
Kishintai Aikido Dojo



12-07: Hello, Sensei. First, I will try to introduce me, in order to have a face for you: my name is René, architect and teacher, male, 30 something, I live in Bogotá, Colombia, South America. I'm 4th kyu. My Sensei is Germán Santamaría, 4th dan. His Sensei is Domenico Zucco, 6th dan, who lives in Italy and comes frequently to Colombia to share with us his teachings. Domenico Zucco's Sensei is Hiroshi Tada, 9th dan. So, the teachings we are receiving here in Colombia come from Sensei Tada.

Being Spanish my native language, I haven't sent any posts, questions, comments to this forum before, because of my limitations on English. I didn't want my first message to this forum to be cold and "mechanic" like, but, instead, vivid and human as you are.

But today, although my English skills aren't good enough yet, you, dear Sensei, acting as an "alarm clock" has wake me up, in order to overcome my limitations.

So, for the first time in two years since I am in this forum, I will have a face and, most important, have the opportunity to say to you THANKS A LOT, from the very deep of my heart, for sharing with us your experience, your spirit, your heart, your findings, in such a freely, generously and unselfishly way. We are very honored to have had the opportunity to enter in contact with you. And be sure that every word you have said in this forum, and on your web page- has had and will have an impact -a positive one- in my life. THANKS A LOT AGAIN...!

12-09: Sensei: Here in Colombia there are several aikido dojos, mostly on the big cities. Here in Bogotá there are -to my knowledge- five dojos. Also, aikido is taught on some universities.

The dojo where I practice is called "Kishintai Dojo", and was established and founded by Sensei Domenico Zucco who -as I noted previously- is a disciple of Sensei Hiroshi Tada.

At "Kishintai Dojo" there are aikido classes

six days a week. Also, we practice ai-ken and ai-ki-jo, mostly on Wednesdays. Frequently each class begins doing KINORENMA which -as I understand being just a 4th kyu- is a method of "ki developing" which was systematized by Sensei Tada. After Kinorenma, we do a brief warm up, and then, aikido techniques.

Sensei, that's what I am able to say about aikido at our dojo, here in Bogotá. You are invited, and will be very welcomed, to visit the dojo web site at: www.geocities.com/aikidopaz where you will find information, photos, etc, from the dojo and members.

I will give your warm regards to my sensei and members of the dojo.

And, once again, thanks a lot for sharing with us your time, knowledge, effort and patience. This is the positive side of the internet: being able to enter in contact with your sapience and spirit no matter space and time. It's such a good karma that we cannot miss this wonderful opportunity. Sincerely, René.

What Is Spiritual Training?

Larry Armstrong, 4th Dan,
Aikikai, Dojo Photographer



Recently we had a couple of visitors who wanted to watch class and possibly join. I didn't talk to them, but later, as I was on my way to the parking lot, they stopped me to ask a couple of

questions about practice. One question in particular on their minds, in addition to learning techniques, was if there was spiritual training through lectures. They had heard other schools offered spiritual training in addition to aikido.

I answered that there weren't formal lectures per se, but that Sensei certainly brought a wealth of knowledge, drawn from many aspects of Eastern culture and martial arts, which he often used during class help illustrate attitudes, focus and character necessary to improve our training.

I said from my own experience, through training and committed practice I definitely felt I had achieve some sort of spiritual change from the person I was before. Just like good aikido training must be internal-

Continued: for it to be effective, a change to affect the spirit or the soul must be developed internally as well. I told them I didn't think these things could be internalized through lectures or books. Only through daily training with the self-less caring attitude, which aikido training requires.

I told them that through training one learns etiquette, respect for your teachers, past teachers and the philosophy of aikido. From the 1st weeks you learn through practicing with a partner, that it is important not to be so self centered, especially as one gets stronger in the technique. That as you focus to execute the technique you have to be considerate of this other person, who is trusting you not injure them. These are probably the first steps in learning to let go of your own ego, which of course is so important in actually freeing your self to learn the technique correctly.

So I guess in training hard everyday with others of a like mind and letting go of so much that gets in the way of learning, that over time one creates an ever increasing empty space which can be filled with some feeling that affects your approach to life, your values, respect, concern for others. Is this spiritual fulfillment? I think so. I got a sense from these visitors that my explanation was not what they wanted to hear. They were young and smart and I believe they felt there might be a quicker way to spiritual fulfillment, than what I outlined. Maybe a way which did not require so much sweat. They did not come back and join. Here is an interesting definition of spirituality: *Of or pertaining to the moral feelings or states of the soul, as distinguished from the external action: reaching and affecting the spirits.*

There are many days when I'm very tired and as I head to the dojo, I wonder if I'm too tired to train. And then something transformative and strange happens as I walk through our tiny garden, I'm instantly not tired and nice serenity overcomes me. I've heard others mention the same thing. Wonder what that means?



New Year Thank You's Kevin Hoffer, 1st Kyu

12-16-05: I have had a hard time writing this article, for I felt that everything I wanted to

write was just a way for me to show off how knowledgeable or insightful I was. Perhaps that is my self-critic turned up way too high. But as I was driving home today, I realized I had not really thanked all those responsible for my training, and want to take this opportunity to do so.

I know that my training has only gotten stronger because the selfless dedication of everyone at the Dojo. I know that I may not always show much appreciation, but when I thought of how much my training means to me, and that the only way I have improved is through the diligence and caring shown to me by not only Furuya-sensei, but all of the senior students at the Dojo. Also all of Sensei's teachers, who I will never meet in this life, but through class, every class, I get to be connected to not just the past and present, but to Aikidoka all over the world. This is something that struck me today, more so than ever before. It overwhelmed me, and inspired me to write this humble attempt at a "Thank you."

So, thank you to all of you. I hope I may honor your contribution to Aikido and the world.



New Year's Greetings From Hamburg, Germany Eckhardt Hemkemeier, 4th Dan

12-27-05: Dear Furuya Sensei, I apologize for being lazy with writing. But again I like to wish you and the members of the Aikidocenter of La a happy new year.

The members of the Aikido Dojo Seishinkan Hamburg, Germany, often read your website and newspaper, which they like very much. We are always busy in practicing. I was just now for 4 weeks in Tokyo for a concert tour and Aikido keiko with Shimizu Sensei. 8 weeks before I had an operation to my knee and works much better now.

So also to you all the best and regards from the Aikido Dojo Seishinkan, Hamburg.
Sincerely yours, Eckhardt Hemkemeier

Many thanks to all of our overseas friends for their support and contributions. Sensei

Memorial Service Con't:



Rev. Shumyo Kojima Sensei of the Zenshuji Soto Mission reciting Hannya Shingyo for 2nd Doshu during recent Memorial Service in the Dojo. 2nd Doshu passed away on January 4.. Many students attended the service and offered incense in his memory and pray for his peaceful repose.

Utsuwa Continued:

because it allows the teacher to know him, but more often than not, a student only shows an old, preconceived mold of himself which he needs to really break out of in order to grow. Some students are too encased in these old molds which he uses as a shield or encasing like being set in stone or concrete and there is no way to break such molds to encourage growth and expansion. This is one of the great problems a teacher faces with his students.

At the same time, a student in training must be willing to "let go" - meaning to let go of preconceived ideas and notions, old, stale knowledge, delusions and ideas which he desperately tries to hold on to, thinking that that make up a part of his personality or knowledge - much of this needs to be "thrown out" in training - to become the "empty vessel" ready to receive everything in a large and open way. Often the student does not realize that the teacher is more concerned with the student's growth and his capacity to grow and expand himself, not necessarily reinforcing old ideas and polishing an old, useless shield or ego he calls "my personality." Training, at the most basic level, is about growth, receiving new knowledge, breaking old bad habits and ideas, expanding one's self, becoming a bigger person and becoming as we say, a person of great capacity (for anything)!

In practice, become the great, empty vessel - or a person of great capacity. . . . and be ready to lose the old, set in concrete mold you use as a shield to protect yourself from the world. . . .

More Christmas Party! December 1.



Students at Sambis for Christmas Party.



Paul Major & Kevin Hoffer with mates.

Ze'ev Sensei & Family Celebrating Hannukah



Christmas With The Dr. Jeff Johnson Family.



Dr. Jeff Johnson's, an old senior student of the Dojo, family of seven! At Christmas, 2005. In Long Beach.

Articles & Photos:

Many thanks for all of your articles and photos. Please keep them coming in to the Dojo. Your words and thoughts are always appreciated. Many thanks again and many best wishes for 2006.

From Belgium: The Path of Training & KODO:

Schoonaert Bart

12-27-05: Hi Sensei, First of all I would like to apologize for not writing to you earlier. It seems that these last couple of weeks/months there has always been some one or something needing my attention which prevented my from writing back to you. I have been trying (desperately) to spend more time on my training and Kodo-translation but I found out "the hard way" that not a lot of people understand what aikido (and budo in general) means to me. Recently I've started studying iaido (Yagyū Shinkage Koryū) together with my aikido-teacher and a fellow student. For this I needed to "free up" some time I previously spent at the office, working. But even though I work for a Japanese company and my boss has been doing judo for over 20 years, people still seemed shocked when I tried to tell them I would spend less time in the office and more in the dojo, no matter what the consequences would be. Most people simply failed to grasp why I would sacrifice my "professional career" just for spending more time on my "hobby"... No matter how many times I tried to explain that budo is not simply a hobby for me, they could not understand it...I think some of them even think I must have gone mad or joined some religious cult ;-). The strange thing is that even among my fellow aikido-students some don't understand this... The way of the budo is a lonely one, indeed. I'm very fortunate that at least my teacher understands...

Mainly due to the lack of time, the translation of your writings have stalled but I can assure you I don't intend to stop. So far 15 chapters have been translated and most of them have been "published" on our website. I have had some feedback from our dojo-members (all positive) and the "Training Beyond Limitations" chapter re-ignited a discussion I had with my teacher some year(s) ago. During a ride to or from the dojo (during a "normal" training-week we spend about 4 hours a week in a car to and from the dojo so we have ample time to discuss things while traveling :-)) we started talking on the "why do you do aikido"-topic, a subject I suspect everybody has at least thought on once. At the time I could not find a better answer than "Just because I love it, because I love learning new techniques, I love training, I feel as I "belong" on the tatami." My teacher thought this was a good answer but

nevertheless he suspected there was "something more to it", there must be something he (and I off course) had not yet figured out... We talked on this for some time and finally agreed to disagree : if there is something more to it, I think we will discover it in time, we don't need to go looking for it while my teacher insisted on actively searching for whatever it may be... Now after reading the chapter in Kodo, I found my "views" corresponded more or less with what you had written which again sparked the discussion... To this day we still don't know who's wrong or who's right, nor do we really care to be honest, but we both continue to train and work in our aikido (and now also iaido as said above) hoping to one day know if there is or is not "more to it"...

I would like to wish you, your family and loved ones, all the members of the aikido-centre in LA and all the members of the yahoo-group all the best for the new year.

I will do my best to continue my training and my translation of Kodo. And I will try to bring a more meaningful contribution to the Yahoo-group (I think your message on "lurkers" struck something with a lot of readers, including me).

Thanks for your teachings, writings and wise words. I hope we can keep cherishing them in the year(s) to come...

HAPPY NEW YEAR & ALL THE BEST FOR 2006! Bart

Sensei's Reply:

As much as I am anxious to see KODO translated into your language, your practice comes first and you should pursue this with vigor and good spirit.

I know how lonely one can get when one pursues his own dreams and beliefs. I still have to deal with this each day and it is a high price to pay but it is far exceeded by the benefits of your practice.

Do not hold yourself up to the opinions of others and stale, preconceived standards which will only oppress and stagnate you. See what your practice demands clearly and within a sound perspective of Aikido and then go ahead. There is no right or wrong - these are only empty excuses and opinions which comes from trying to pull away from practice. Forget opinions - throw yourself into your practice. Please stay in touch and write to me freely and often. I want to know how you are doing in your training.

Readers' Thoughts: What Is A Sensei?

12-18-05: Jason of Aikido of Center City:

When I think of how to describe a teacher many big adjectives come to mind. Things like honor and wisdom jump to mind. Of course, I often like to paint the most idealistic picture of what a teacher should be simply because that is my nature. I have learned, however, as Sensei has stated many times, a teacher is just a human being and to place them on such a high pedestal we are sure to see them fall. That being said, a teacher does have many keen insights that can only come through practice and experience. I think it is important for the student to come to realize this balance to appreciate the teachers position. As I grow as a student it becomes easier for me to understand the teachings though I am not yet ready to be a teacher. I now there are some things that I have been reflecting on concerning myself lately and they are probably things that a teacher would be able to recognize. For instance, my biggest challenge in recent years has been learning how to evaluate without judging. If you study the words of the masters you will find a common idea of being careful about how you pick your friends and yet even more careful not to judge. When I think about how to do this it always seemed very contradictory to me. Recently, however, I think I have made a small gain in this pursuit. I think what separates the two is compassion. It is okay to evaluate someone to decide if they are someone you should let into your life. But if you decide you don't want them around, and you have no compassion for their situation, then you have judged them. I think it is important for a teacher to be able to look into a students heart to evaluate their merit without judging them on the endless stream of nonsense that often comes out of our mouths. I also think it important for a teacher to give the student enough rope for them to trip on from time to time. Also, as Sensei stated the other day, to know when to respond with thunder and when to be as a gentle breeze. Even if I never realize my dream of becoming an Aikido teacher I believe these are things I am thinking about in working toward that goal. Besides, The universe has blessed me with two full time uchi-deshi in the form of my 2 year-old daughter and new-born son. Since I am responsible for the type of human beings they will become, I think this makes me the most important teacher in the world! I hope for their sake I will become a good one. Thanks all, Jason, Aikido of Center City

12-18-05: Rene:

Dear Sensei: Here are my thoughts on what a teacher or sensei is.

There are a lot of careers, workers, jobs. Some, are intended to build beautiful, astonishing skyscrapers which amaze us. Others, are intended to build giant spaceships which make us feel like tiny ants. Several,

are intended to materialize marvellous and huge cities where we can live and grow up.

And, among all of them, appears the teacher. He-she perhaps will never build any astonishing, beautiful or giant, skyscraper, spaceship, city. Nonetheless, the role of the teacher is maybe ONE OF THE MOST CRUCIAL, VITAL, FUNDAMENTAL, DECISIVE, ESSENTIAL, CRITICAL ON THE ENTIRE PLANET AT THE MOMENT. And I don't think I am exaggerating, on the contrary, I'm short. Why..?

The teacher, THE PROPER TEACHER, is one who helps to build CONSCIOUSNESS, WISDOM, HUMANITY, AWARENESS. Precisely, the qualities our present modern society need the most, in order to avoid a total collapse of civilization.

Wars, hunger, starvation, robbery, global warming, poverty, children dying on streets, are but a few examples of the ILLNESS we, human beings, have helped to build. Maybe -and again I don't think I'm exaggerating, maybe all of these ILLNESS would be totally wipe out of existence with PROPER EDUCATION, and PROPER TEACHERS.

As I have come to understand, A PROPER EDUCATION is the key to put things into order on this chaotic planet. And what I mean for PROPER EDUCATION is an EDUCATION which helps not only to cultivate our intellect, or our body, but one which helps building our kind HEART, our wisdom, our humanity, our awareness. If all mankind acted guided by a generous, fraternal, aware and kind heart, all the wars, hunger, children dying on streets would disappear, I think.



Santiago with his students after recent promotional examinations.

And, what about THE PROPER TEACHER..? She-he is the one who convey all the qualities aforementioned, by means of both his-her words and his-her daily acts. A person who is an example, a model to follow by the entire society.

Unfortunately, PROPER EDUCATION AND PROPER TEACHERS are almost inexistent nowadays. A math teacher, for example, teaches math and just that; a biology teacher, teaches biology, and just that; an astronomy teacher, teaches astronomy, and just that... and on, and on Then, who is the one in charge of teaching WISDOM, HUMANITY, KINDNESS, AWARENESS..???????

Here, I think, is where MARTIAL ARTS AND THE LIKE, have a very crucial role to play NOWADAYS on planet earth. Why..?

Because in the world of martial arts and the like (tea ceremony, zen, Ikebana, shodo), TEACHERS And TEACHING is deeper and more encompassing than just giving away math, biology or geography to whichever who can pay for them.

A true martial sensei teaches not only how to do a proper ikkyo in the case of aikido, or a proper tsuki, in the case of karate, but, besides that, TEACHES A PROPER WAY TO FEEL, A PROPER WAY TO ACT, A PROPER WAY TO THINK, A PROPER CONDUCT, ultimately, teaches a PROPER WAY BASED ON AWARENESS, GENEROSITY, KINDNESS, HUMANITY, among other qualities.

If things were not upside down, as they are now, PROPER TEACHING should be one of the most APRECIATED of all

professions around the world. If things weren't upside down, PROPER TEACHERS would be known and praised all over the world. If things weren't upside down, PROPER TEACHERS would receive the most highly salaries. If things weren't upside down, PROPER TEACHERS would be treated like heroes.

But, unfortunately, things do are upside down -at least for now. So, Britney Spears is more known, highly paid and widely appreciated, than were Ueshiba Sensei, Osawa Sensei, Tada Sensei That is to break into laugh, but also, to break into tears.

I hope things will change. Indeed, I'm sure that they are changing now. The worst the planet and society becomes, the most will be required and praised proper teachers like you, and like many others.

Thanks again Furuya Sensei, for being there helping to build a better world...!!!! Our best wishes from Bogotá-Colombia, and a lot of Happy Holidays! Sincerely, René

12-19-05: Maybe I was looking at the wrong direction, and the SENSEI, as conceived on martial arts, is not the saviour of the world, let alone a kind of superman...!

But I do feel that inside a DOJO, under the supervision of a SENSEI, is a kind of atmosphere in which one can find a ground to be a better person, more human, more aware, less unselfish.

This atmosphere is almost inexistent on colleges, high schools, universities, and, more often than not, isn't at home either...which are precisely the places intended for humans to develop a more clever and wise way to think and act in this chaotic world.

So, I see that dojos and senseis are doing a significant task towards a better society. A task that is so widely unknown, so widely ignored, that one is sometimes impelled to express things in the way I express in my last post. Sensei, many, many thanks again for sharing your time and your insights with us, the readers. Sincerely, Rene.

12-20-05: Practice In Japan - Greg Thompson:

Dear Sensei, this is my first entry in this discussion forum. My wife & I will be visiting your dojo in January and look forward to meeting you in person.

With regard the question, I wanted to give a slightly different perspective which I am interested in your opinion. I have read Kodo and recently many entries here and I feel that the issue of the teacher/ sensei/ sifu as a businessman really troubles you. In my native England, I often looked for a dojo in in the physical sense in which to practice but never found anything in my locality. One reason for this is that a physical dojo as such didn't exist. Most classes were held in sports halls or community buildings. This had two significant effects I believe - there was no physical place to be called the "dojo", but there was also no place to create the costs that drive many teachers to become businessmen. Interestingly, the teachers had to exist in the kind of lives the majority live in but gave their time, for very minimal due's and I cannot believe any profit, to share their art. Under this way of "teaching" I think there are clear advantages of keeping it somewhat pure and not affected by profit, and also that the teacher knows the daily rigors of life in the same way the student does. The idea of the full time, professional teacher was alien to us. I will however say that I never found a teacher anywhere near the level of my Kung Fu teacher in Michigan, Sifu Brown who, for me exemplifies a great teacher and is definitely full time.

I guess what I am saying is that, perhaps a full time teacher is not the way to go to be free from the businessman issue compromising the art. Ultimately, practice is to help you live ordinary life so therefore the teacher who teaches from a normal working life is experiencing that too. Perhaps though that could lead to a dilution of the teachers focus and that is why I never found anyone that really affected me in the UK.

Incidentally, we now practice Aikido in Japan. The dojo is a "studio" of sorts which has a hardwood floor and mirrors on the wall. The room exists on the 6th floor of a bank building. We lay out, and store tatami for each class. I have no idea what happens there on the 4 nights a week we do not use it. I believe the school has existed there for some 20 years. Our dojo-cho is 68 years old and originally practiced under O Sensei. I am sure there is no commercial gain there whatsoever but it is clearly a very important "dojo" to many people. I am still learning about the environment and am not particularly comfortable commenting too much at this early stage - especially due to language barriers. An interesting place nevertheless.

I hope this provokes discussion and is not meant as any kind of conclusion or judgement. Respectfully, Greg Thompson

Greetings From Thailand:

01-03-06: Dear Furuya Sensei and the Dojo members, You probably not recognized me and thought who sent you the New Year wishes. My name is June, a Thai visitor at your dojo a few years ago. I trained in Sarasota, FL though. But have not trained for 2 years now because of the injure on my neck. I have pain all the time. I went to see different doctors and it seems better now. I know Bangkok dojo has a great Japanese sensei and I went there once, but unfortunately I did not have a chance to practice. And I am moving to my hometown far away. I just wish if I am lucky enough I will be able to train again before I die. I really miss aikido. So, I just tell you who I am. And I wish you have the best wishes through the year and the next years and every year. Best regards, June Chomphunut Sripinit

Response: Yes, I remember you quite well. Many best wishes and try hard to keep up your Aikido practice. Best wishes always!

Growth

By Tom Williams, 4th Dan Hacienda La Puente Aikikai

01-06: About 6 weeks ago I was out surfing and a young fellow cut me off on a wave causing us to get all tangled up and putting a big ding in my board. I was pretty steamed because it was such a stupid thing to do, and he was clearly a beginner and out of his element, so I blasted him verbally.

About two weeks ago, the surf was really pumping, well over head, dangerous even. I was the only one out or about an hour. Another guy paddled out into the area. Long story short, I took off on a giant wave and the other guy was coming down towards me. I cut him off. He was out off his mind pissed, screaming obscenities, finger flying. I thought it was going to come to blows. It didn't fortunately. I understood his pain. Today, again the waves were absolutely incredible. Best day of the last three weeks, which has been unbelievably good. Big, big wave rolls through, I take off really, really deep, charging down the line, and some fellow drops in way out on the shoulder, cutting me off. I straightened out took the pounding of the wave and paddled back out without a single look his way. Best day of recent memory.

Letters & Correspondence:

10-30: I would like to take a moment to respond to some of sensei's questions. First, on the subject of practice, I think the only answer that I really like is I want to learn it all. I am becoming more senior at my dojo and I always make it a point to talk to new students about practice. When I ask people why they have decided to practice Aikido I will often get something like, "to get in shape". To which I am always thinking why not just join a gym and save yourself years of being thrown around? Another one I often hear is, "for self defense", to which I am thinking why not just buy a can of mace or one of those fancy new stun guns? Certainly you could save yourself a lifetime of sweat and hard work. No one will deny that you can learn self defense and get in shape as a product of good hard training but I don't think these things are really worth focusing on. When someone asks me why I train I always reply simply, to learn Aikido. I try to place great effort on everything I do from the moment I enter the dojo. Etiquette, technique, and philosophy all working together. I suppose if I had to pick just one element of training to say I think deserves the most attention it would be Etiquette. I say this for two reasons, one, it is something that everyone can get right regardless of rank or skill level. And secondly, I don't think we can foster the proper learning environment without it.

Health is also a great topic and my wife and I attend lectures frequently on health, wellness, and nutrition. If we all were to change just one thing about the way we eat, here is what I would recommend it be. The next time you are about to eat nearly anything that comes in a package, turn it over and look for "Hydrogenated" or "Partially Hydrogenated" oil. This is something that companies have been putting in food for the last several years as a preservative to improve shelf-life. IT IS A KNOWN CARCINOGEN AND WILL EVENTUALLY BE OUTLAWED BY THE FDA. The question is when and how much longer will we unknowingly put it in our bodies. You can get around it if you don't mind shopping in the higher end whole foods markets. They are more expensive but they will offer all of your favorite snacks and micro-meals without the hydrogenated oil. Please read labels and make good choices Jason, Shodan, Aikido of Center City

10-31: All of the things Rev. Furuya said are things I try my best to do, I'd like to add:

- A) Maintain a spirituality
- B) Jogging
- C) Heavy weight lifting
- D) Tons of ab workout (perhaps just my opinion, but alot of power comes from here)
- E) Daily stretching
- F) "Quality" vitamin and/or "whole" herbal supplements

10-31: Tension In A Dojo: Dear Sensei, Hope all is well with you. I really want to say a heartfelt thank you for emailing me the other day.

Actually 6 months ago I moved to Shanghai for work and did find a dojo to train that was affiliated to the dojo I was attending in Singapore. After a 1-2 months of training, I disappeared. One of the reasons was traveling for work. Another, after reflection was just really something more. I just felt it was such an endless journey in Shanghai dojo, the dirt I can deal with. I guess being in a foreign land, Aikido was my refuge, so familiar, a place where I felt everyone would speak the same language. However, it was not the case, I don't know if I should elaborate. Guess it was just the feeling of nobody to speak Aikido language to. not just the techniques, that I have such a long way to go. but just really feeling Aiki from someone...have you ever gotten that kind of feeling? I once spoke to this guy after class, he said maybe have to move body like this, works better like that. or having a black belt tell you to do something a certain way but Sensei actually taught me something else. If Sensei doesn't correct me, should I change based on what the black belt says? (my Sensei only comes periodically to Shanghai) but I guess after reading what you wrote about learning Aikido as it is, I don't want to modify anything except take in what the instructor or Sensei shows. That made me feel somewhat of a freak, especially since I'm the only girl in my class who is not just starting out in Aikido.

Maybe these are all excuses. I don't know myself even. so i guess that's why i'm going back. Going back to persevere and of course, I miss Aikido. I miss knowing that in the dojo, I'm no one and everyone is equal. I miss the gracefulness in moving, the joy of just doing it. And I want to thank you again. To me, just the simple gesture of an email made me feel again what training Aikido is - aiki. My best wishes always, Keyue Yan

Sensei's Reply: Water can conform to any

shape at any moment, yet it never loses the Principle or Nature of water. . . . This is how we can also practice Aikido.

11-01: Sensei, I want to thank you for allowing me to come in and train at your dojo. I am very happy I was able to find the time, my outlook for the day was dramatically improved and my mind has been there since. Your dojo is a beautiful place and your students made me feel welcome and at ease. . . . Robert Keller

11-01: Thank you very much. My name is Mark Harris and I have been practicing Aikido for about 7 months now. I train at Three Rivers Aikido in St. Louis, MO. My Sensei is Elliot Freeman. Before that I trained in Tae Kwon Do for 4 years. I actually have seen your Aikido DVD and I very much like your teaching style. If I am ever in LA, I will come to visit. Thank you, Mark Harris

11-13: Dear, Rev. Kensho Furuya. Hi my name is Matthew Christie and I have a question about health I was hoping you could point me in the right direction about. I realize that you are a martial artist and not a doctor but I thought maybe you could help point me in the right direction as where to go to help find the answer. I read your book "Kodo ancient ways". I really enjoyed reading it, I learned some stuff about Japan and about the martial arts and life in general that i guess i really never thought about before. I have read it or parts of it several times since and I like the fact that some things seem new to me that I didn't think about or realize the first time I read it, I guess it's just fun to read. The question I have is about Bronchitis. I seem to get bronchitis once or twice a year. . . . I know Japanese medicine is more involved in natural healing as well as modern medicine using the two hand in hand so i thought that since you know alot of people from all around the world and from different cultures that you might know of something. Thank you for taking the time to read my letter, I hope it was ok to write asking for your opinion. I look forward to your reply, thank you. Matthew Christie

11-19: Isogashii: Hello Sensei, . . . Lastly, I have been thinking about "isogashii". I think understanding Japanese language and kanji is so interesting. Thank you for sharing this insight to the language, I truly appreciate it. I even shared the meaning of the kanji, "dead heart" with a Japanese friend of mine.

Surprisingly to me, she wasn't even aware of the meaning until after she thought about it. It made me wonder if the meaning of kanji is lost or not of interest to the younger generation. I began studying Japanese language this semester as well. about the same time as Aikido. It is very difficult and I am far from reading kanji but your explanations are inspiring and enjoyable to me. I hope one day to study calligraphy as well. But it is important not to have a "dying heart". Is there a kanji or word for "living heart" as well? Take care, Brett

11-21: Dear Furuya Sensei, Regarding the Calligraphy of "Buji" - <http://www.aikidocenterla.com/2005/11/21.html> Thank you for sharing it with us. I could not take my eyes off it for several minutes. Beautiful. Inspiring. Ahhhhhhhh. Buji desu..... Ze'ev Erlich, Rehovot, Israel.

11-23: Dear Sensei I hope you have a great Thanksgiving! (and maybe a good rest) It is a winter wonderland here in Michigan today, snow coming down, everyone is bundled up...it looks like a holiday. Hope you are well. Respectfully, Jim Bassett

11-23: Sensei, This evening in class you spoke of a way of moving independently from the "attacker's" yet blending with the movement. Not reacting to the attack but moving more independently. and you make it look so easy! I felt like this is a place where I have to take a giant leap yet I stop and have to think or contemplate how this happens. I feel that there is there is an important lesson here. It is very challenging to move by not reacting to the "attack" and I'm sure there are many ways of looking at it. and as you mentioned it involves being aware and conscious at a higher level. Is there a way of explaining it again? please if you could. it was a great class. Thank you BTW I have been enjoying the calligraphy as well. I am greatly inspired. Life should be so simple. Brett Rushworth

11-24: Hi group, Just wanted to wish everyone a happy and healthy holiday. This is a day when we are made to reflect on all of the things we are thankful for. Without going into some big list I would just like to say that I am thankful for this little group to occasionally share some of my often misguided thoughts or questions. And I hope I speak for the entire group when I say that I am very thankful that Furuya Sensei works so hard and gives so much of his time to provide us with this forum to address so many of those

misguided questions. He is an invaluable resource and mentor for anyone who is walking the path. Thanks group, and thank you Sensei. Have a great Thanksgiving! Jason, Aikido of Center City

11-26: Dear Sensei, After reading your message from Friday (11/25) on Thanksgiving, I thought I would write a short letter expressing my gratitude and appreciation for your "Daily Message". Although my current state of affairs does not include Aikido, I do very much value your messages in their Zen context. You often do state that the lessons from Aikido apply to daily life as well.

I'm a software architect at a very prominent software company whose products touch very many people throughout the world. The type of systems I specialize in (business intelligence) are sophisticated and are complex, interacting (these systems interact with many other systems and many people), little worlds in themselves. Executing my role effectively requires much awareness of many things and at the same time much focus. The field requires constant learning because it's always rapidly changing at one level, but many of the foundational principles remain the same.

I find that application of your daily insights based on Aikido and Zen to the creation of these little worlds is very effective for me. However, I don't mean to imply that I take your lessons as something that merely profits my career. Rather, I'm fortunate that the nature of my work lends itself so well to a form of learning that helps me grasp the meaning of your lessons. I always execute my work as if it's serious practice.

I'm very much trying to shift my work so that I don't travel as much and can commit to consistent Aikido training. My latest job change actually made that part worse (about 50%) hahaha. As I've mentioned to you before, it's a shame since I live in the Bay Area where there are many good teachers. So, a question for you? Is some Aikido better than no Aikido? My guess is yes, but no. Usually inconsistent training results in three steps forward and two (or more) steps back.

Again, thank you very much for your daily messages. Your students are extremely fortunate. My best wishes to you!
Sincerely, Eugene Asahara

12-06: Sorry, I am just catching up as I have just purchased a new PC. Sensei, I have been reading your thoughts on lurkers and I just wanted to add a bit to the conversation. As you know, I have been writing to you for a few years now, and I am always very grateful to have you respond to one of my questions. I read your messages nearly every day but only occasionally write something of my own. I guess this could make me a lurker but I prefer not to think of it that way. I can't speak for anyone but myself here but I think it is difficult sometimes to know when your messages are meant to be engaging or simply your thoughts at the time. One of the many things I have learned from you is that knowledge or especially wisdom does not come as quickly as I can type my questions on this keyboard. In that respect, my personal philosophy regarding this forum is such that I not act in an overbearing manner and try to respond to every single post. Trust me, I have a never ending stream of questions that I would love to have your opinion on!! I simply feel that many times it is just better to listen to what your teacher has to say. I think you have taught me this. I have been studying the "Analects" for the last few months and there is hardly a passage that I would not like to hear your opinion on. But from your instruction I have learned that self-reflection is a powerful thing and I always try to work things out to the best of my ability before asking for your thoughts. I guess that sort of defeats the purpose of a forum? Anyway, I think there may be others of us here who may feel this way as well. I really don't see this as a bad thing, I just see it as showing proper etiquette or respect to you and to this forum. I don't know if this is helpful to you but speaking for myself I always find it easier to post hear when you have asked a specific question for the group to respond to. It lets me know I am not speaking out of turn if you are asking for some input. Anyway, just a few thoughts, I just don't want you to think that because we don't make a lot of noise here that we are "lurking" with some bad intentions. Perhaps you have simply been able to do what no one else on the internet has, create a reserved and respectful forum for good natured people to learn and share. Respectfully Jason, Aikido of Center City

12-10: To Think & Realize: Sensei Furuya, Sir, I would like to say thank you from the bottom of my heart for your book, KODO.

Aikido-laido-KODO@Yahoo.groups.

Please join us in our Yahoo group for daily discussions and the latest updates in our dojo. Your participation, questions and inquiries are welcome and greatly appreciated. Please have all your friends join us as well.

Continued: About 7 months ago I saw this book in a Miami book store and sat to read it. I was very upset with myself and my training in the martial arts. I felt I could not do anything right despite my efforts. My instructor was very supportive and assured me that I was progressing at a natural level in the martial arts and not to rush things. Still I was unhappy, I felt, "I should be better. I should be stronger".

Your book made me think and realize... I had only been training for 1 year. It was foolish for me to think that I could be as strong as I thought I should be and that I had gotten away from the real reason I train, because I love the martial arts and I love to train. I have now adopted a new way of thinking when I train, I train for the sake of training and not for my ego. I am slowly reprogramming my way of thinking when I train. Your book came at a point when I was ready to quit on the basis that I was not meant to train and that I was too stupid.

Thank you, Reverend Furuya for writing this book. I currently live in Jacksonville Florida. I hope one day to meet you in L.A. and have cup of tea with you. Again, God bless you and thank you. Julio E. Herrera

12-12: Too Old? Furuya Sensei: My name is Tom Monroe. I live in San Antonio, Texas and became interested in aikido by watching you train on the Discovery Channel. I have taken some Tai-kwan-do up to purple belt, but my instructor left town. I am 60 years old. Is that too old to learn aikido? Is there an instructor in San Antonio that you could recommend? A reply would be appreciated. Thank you. Thomas R. Monroe

Reply: Never too old, and never too late - only if you hesitate!

12-20: Dear Sensei, This is my first entry in this discussion forum. My wife & I will be visiting your dojo in January and look forward to meeting you in person.

With regard the question, I wanted to give a slightly different perspective which I am interested in your opinion. I have read Kodo and recently many entries here and I feel that the issue of the teacher/ sensei/ sifu as a businessman really troubles you. In my native England, I often looked for a dojo in the physical sense in which to practice but never found anything in my locality. One reason for this is that a physical dojo Continued:

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Drinking Water Lowers Coronary Heart Disease

Kay Sera, 1st Dan

Loma Linda University reveals the first study on the correlation between high water intake and lowered coronary heart disease.

12-30-05: In 1999, nearly 530,000 people died from coronary heart disease. More than half of them had no previous symptoms of heart disease. Drinking high levels of water can significantly reduce the risk of coronary heart disease, say researchers at Loma Linda University. The results of the study are published in the American Journal of Epidemiology (Vol. 155, No.9) and reveal that drinking high amounts of plain water is as important as exercise, diet, or not smoking in preventing coronary heart disease.

"Basically, not drinking enough water can be as harmful to your heart as smoking," warns Jacqueline Chan, Dr PH, principle investigator and lead author of the article. Dr. Chan and Synnove Knutsen, MD, PhD, second author, chair of epidemiology department, found that California Seventh-day Adventists who drink five or more glasses of plain water a day have a much lower risk of fatal coronary heart disease compared to those who drink less than two glasses per day.

The study, "Water, Other Fluids, and Fatal Coronary Heart Disease," indicates that whole blood viscosity, plasma viscosity, hematocrit, and fibrinogen which are considered independent risk factors for coronary heart disease, can be elevated by dehydration. The water study is part of the original Adventist Health Study, which began in 1973. Both researchers are also co-investiga-

New Year's With Sensei. January 1.



New Year's breakfast with Sensei. David Ito, Brett Rushworth, Carolina, Shin Koyamada, Kevin Hoffer, Sensei, Sifu Harry Wong, Matthew Wong (son), Dr. Helen Hsu-Leelaluckanakul visiting Oakland, and Mark Ty paking photo. At the Pacific Dining Car.

tors for the new Adventist Health Study. The results from this study show that by drinking more plain water, healthy people-without any history of heart disease, stroke, or diabetes-reduced their risk of dying from a heart attack by half or more. This is as much or more than if they had adopted any other well-known preventive measure, including stopping smoking and lowering cholesterol levels, increasing exercise or maintaining ideal weight.

While not as glamorous, the degree of benefit from drinking plain water surpasses that of drinking a moderate amount of alcohol intake and aspirin with none of the adverse side effects (social or physiological). Because drinking more plain water is a simple lifestyle change that anybody can do, this simple practice has the potential of saving tens of thousands of lives each year with minimal cost.

Neither total fluid intake, nor intake of other fluids combined showed this reduced risk. Instead, for women, high intake (5 or more glasses a day) of other fluids showed a greatly increased risk of coronary heart disease. "People need to be made aware that there is a difference, at least for heart health, whether they get their fluids from plain water or from sodas," says Dr. Chan. According to Dr. Chan, this is the first study to record the association between high water intake and reduced risk of coronary heart disease.

"This study needs to be replicated, and if similar results are found, then this would be the cheapest and simplest method of preventing coronary heart disease that could be imagined," adds Gary Fraser, MD, PhD, cardiologist at the LLU Heart Institute, and principal investigator for the new Adventist Health Study.

as such didn't exist. Most classes were held in sports halls or community buildings. This had two significant effects I believe - there was no physical place to be called the "dojo", but there was also no place to create the costs that drive many teachers to become businessmen. Interestingly, the teachers had to exist in the kind of lives the majority live in but gave their time, for very minimal due's and I cannot believe any profit, to share their art. Under this way of "teaching" I think there are clear advantages of keeping it somewhat pure and not affected by profit, and also that the teacher knows the daily rigors of life in the same way the student does. The idea of the full time, professional teacher was alien to us. I will however say that I never found a teacher anywhere near the level of my Kung Fu teacher in Michigan, Sifu Brown who, for me exemplifies a great teacher and is definitely full time.

I guess what I am saying is that, perhaps a full time teacher is not the way to go to be free from the businessman issue compromising the art. Ultimately, practice is to help you live ordinary life so therefore the teacher who teaches from a normal working life is experiencing that too. Perhaps though that could lead to a dilution of the teachers focus and that is why I never found anyone that really affected me in the UK.

Incidentally, we now practice Aikido in Japan. The dojo is a "studio" of sorts which has a hardwood floor and mirrors on the wall. The room exists on the 6th floor of a bank building. We lay out, and store tatami for each class. I have no idea what happens there on the 4 nights a week we do not use it. I believe the school has existed there for some 20 years. Our dojo-cho is 68 years old and originally practiced under O Sensei. I am sure there is no commercial gain there whatsoever but it is clearly a very important "dojo" to many people. I am still learning about the environment and am not particularly comfortable commenting too much at this early stage - especially due to language barriers. An interesting place nevertheless. I hope this provokes discussion and is not meant as any kind of conclusion or judgement. Respectfully, Greg Thompson, Hiroshima, Japan.

12-20: Dear Sensei, Just wanted to say to you and everyone in this group "Happy Holidays!" Also, I wish everyone a blessed and peaceful 2006! I only have six years worth of martial arts practice (I also study

Kung Fu and Tai Chi with Sifu Robert Brown in Berkley, MI) under my belt, so sometimes I feel I don't have enough adequate experience to contribute to the discussions that occur here online. But, I must say that I am very grateful and very thankful to you for your wonderful words of wisdom that help to enlighten and inspire me in my own practice. It is my dream to get out to Los Angeles someday to visit you and your beautiful dojo! Have a wonderful Holiday Season! Doreen Cole, Missouri

12-20: Sensei, How did teachers in the Edo period make a living? There was a Samurai class that was allowed to carry weapons, but how were they trained? There must have been teachers who were dedicated to teaching the children and youths of the Samurai class. Was this just done within the clan structure, or did teachers somehow exhibit their skills and hope to get hired? Were there schools of the (martial) arts that people attended? --Bill Allen

12-21: With Respect. Your words are very wise and knowledgeable. I have listened in the background to learn, I have nothing to add at this time so it is very important to listen. I am in a small town near Houston Texas and always have had respect for the ancient Japanese warrior ways, I very much like to own a quality sword one day and practice the teachings and skill's of the samurai. Can you teach me a little about the relationship of a samurai and his sword, I hear that it was more than just a weapon and treated with much respect. Sincerely. Neal Perez

12-21: Hello Sensei, Upon reading your Christmas tree story the other day, I thought that perhaps I could share one from my Sabumnim. This past week we had our weekly meeting with my Sabumnim to go over various events going on in the dojang. One really great thing that he does is include a weekly message or thought into our meetings. He asked each of us if we still believed in Santa Clause...and of course each of us said "no." To our astonishment he stated "I still believe in Santa." This from a grown man confused all of us youngsters. So he went on to explain that the concept of Santa can be applied to both young and old. If you are good you will be rewarded for your hard work and good deeds. If you are bad, life will not bring you things that you want, and instead most of the time bring you coal in the end. No matter what we do in life, it is important that we are compassionate and good towards others, as the rewards will be

great and many. And by many he did not mean monetary or materialistic, but spiritual instead. So indeed it might do so many good to still believe in Santa Clause and follow his ways of doing good for others. I really loved this message he gave us and hope that it can be of some use to the group here. I wish all of you on the forums to have a safe and merry Christmas and a Joyous new year. Will, NY

12-05: **Merry Christmas From The Philippines:** Dear Sensei, A couple of months ago I had the pleasure of meeting Yukimitsu Kobayashi Sensei from Aikikai Hombu Dojo here in the Philippines. While having lunch we talked about aikido teachers all over the world, so I told him that I like reading your email regularly and I have watched your videos. He then told me that he knows you and that he admires you and your aikido.

Merry Christmas and a Happy New Year to you Sensei, your students and to all the members of this egroups! Rommel Miel, Aikido Philippines

12-25: **Question-Answer:** Sensei, I am sorry for such an off-topic question.

I remember you said once, "Why do the students ask no aikido-related questions?" I've been thinking of this for a little while. I am afraid there is a dilemma about asking questions. You probably remember this dilemma: To ask a good question one needs to know big part of the answer. The more person knows about he is going to ask - the better his question is. But when one already knows big part of the answer he has little to ask. That is why it is hard to ask about aikido in particular.

Question #1: How do you deal with this dilemma?

Question #1: What were you asking about aikido when you just started? Thank you, Anatoliy.

Sensei's Reply: Yes, this is a very difficult questions to answer. I would like to say that even though we may ask the question to ourselves and know the answer, it is always best to verify such an answer with your teacher to make that it is really correct. As you know, the easiest part of the question and answer is to delude ourselves into thinking that we are right. Always double check with your teacher or senior just to be sure.



12-28: From Kei Izawa Sensei: From his Yahoo Group: It is amazing to even think that so many months have passed after Kanai Sensei passed away. As some of you have noted, it does not

seem real and makes us feel sad that someone as nice as Kanai Sensei has left us, so suddenly and forever.

I acknowledge that many are not sharing their stories about Sensei since they may not have talked to him in depth. The conversations may have been very casual and maybe they do not feel that the conversation is worth sharing. We all have to agree that Kanai Sensei was not an eloquent speaker or someone who was articulate to describe his thoughts. But through his many writings or explanations about his beliefs, he had so much to say. Some of us close to him got to talk to him a lot but I know that he never discriminated who he was talking to. It is not the amount he talked but how he felt about He had lots to share about his arts but he never bragged about it. That was him.

I have moved houses twice this year and for one reason or another, got to see many things that were on files or storage. I still can see the genuine and sincere leadership that can not be expressed with titles or big talk. Kanai Sensei was always supporting the little people and that is why he wished to establish an organization called Kaze no Kai. He sincerely wished to rescue those drop outs of aikido. I am so sad that he never got to do it.

Some of us are beginning to do what he expressed to do. Of course it is on a small scale. Naturally we do not have the charisma he had nor his technical level. But I think it is important to pass on the philosophy he had.

I will try to change the photos a bit. I got also some nice photos from some old students and I would like to share with all of you. Maybe you will be happy to see him so young and full of energy.

Let me take this opportunity to wish Furuya Sensei who is contributing a lot to this forum and all the other deshis of Kanai Sensei. Happy New Year to you all.
Kei Izawa Sensei. Tanshinjuku Dojo,
Boulder, Colorado.
(Reprinted from his Yahoo Group.)



Technical Aikido Chapter 5 Ukemi Techniques By Mitsunari Kanai, 8th Dan

Kindly reprinted here from another post by Michael Huben.

(Editor's Note: Following is an excerpt from Kanai Sensei's unpublished book. The video version has been released and is available from Aikido Online. This text can be used in conjunction with the video. Photo's from the Technical Aikido video.)

Part 1: In this chapter, I will not address the complexity of defense in general; rather I will limit my discussion mainly to the relationship of Uke to Nage (the "other" or "partner") by focusing on how to fall and/or how to be thrown. Even in this limited examination, we must recognize several key issues.

First, one must understand the proper mental attitude appropriate to those who maintain and pursue the true form of "Bu" (martial arts). In developing the correct approach to ukemi, one must learn to master the ukemi techniques appropriate to any kind of waza (techniques) received from the Nage. This implies both receiving the full force of the Nage's technique, and also making the Nage's technique more refined or "polished".

Therefore one must understand these requirements while maintaining a serious attitude, as manifested in displaying correct manners to the Nage.

The following are simple descriptions of ukemi techniques; however, one must not forget that the basics of learning ukemi require one to practice executing all types of ukemi with a flexible body, a sharp mind, and an accurate judgment of the situation. Also it is essential to abandon an overly dependent relationship to the Nage; that is, a relationship based on a compromise of the principle that Uke and Nage are connected by a martial relationship.

There are several implications of this relationship. For example, Uke must not fall unless Nage's technique works. Also, Uke's technique must not depend on the assump-

tion that the Nage will be kind, or that he will fail to exercise all his options, including kicking or striking the Uke if openings exist.

In training, one must polish one's own technique as well as the technique of one's partner, but at the same time one must maintain an attitude as serious and strict as if facing an enemy. This is the basis for a relationship that moves to higher levels based on a mutual commitment to polishing each partner's Aikido.

Koho Kaiten Ukemi (Back Roll Ukemi)

The basic requirements of Koho Kaiten ukemi are to be able to take a back roll without hurting yourself when being thrown, and further, to always recognize that the most dangerous element in a martial situation is the person whom you are confronting.

You must practice with the understanding that the bottom line of Bujutsu (martial arts) is to protect yourself from the opponent(s) in any circumstances and at any point in time. This imposes certain technical requirements on the techniques of ukemi.

Failing to understand these requirements can create disastrous consequences for the current practice of Aikido. One can observe this in a commonly seen way to do Koho Kaiten ukemi.

In this case, the Uke begins his Koho Kaiten by stepping back with the inside leg (i.e. the leg closest to the Nage), bending the knee until the knee is touching the floor (in a kneeling posture). The Uke then puts the buttocks down on the mat and first, rolls backward and then rolls forward while touching the same knee on the mat and, finally, stands up.

Doing the backward roll in this way shows an insufficient awareness of the acute dangers inherent in performing all these movements directly in front of the opponent. What are these dangers?

First, you must realize that stepping back with the inside leg means you are exposed to a kick. Furthermore, to lower the inside knee to the ground after stepping back in this way shows a potentially fatal carelessness due to the exposure to a kick, and also to the loss of mobility inherent in this position.

Continued in next month's issue.

Han Military Strategist & Sage, Zhang Liang:



Zhang Liang is a famous Han Dynasty military strategist. In his childhood, on a windy, snowy winter day, he happened upon Yishui Bridge in the town of Xiapi. There he met an old man who wore a yellow shirt and a black hood. The old man threw one of his shoes down to the bridge on purpose and said to Zhang Liang: "Little boy, please go to pick my shoe back up for me." Zhang Liang did not hesitate. Regardless of the danger of slipping into the river and being exposed to the cold wind, he went down to the bridge and picked up the shoe for the old man. The old man did not take the shoe, but offered his foot to Zhang Liang and asked him put the shoe on it for him. Zhang Liang did not mind and helped the old man put the shoe on respectfully. The old man smiled and said: "Boy, you are highly promising. Come here tomorrow morning and I will teach you some things." The next day, before the crack of dawn, Zhang Liang came to the bridge and saw that the old man was already there. The old man said: "You came here later than me. I cannot teach you the Tao today." It happened like this three times. The third time, Zhang Liang finally got to the bridge earlier than the old man. The old man finally gave Zhang Liang a book and said: "When you fully understand the book, you

will be able to serve as the chief military counselor for a king in the future. If you need my help in the future, come to see me. I am the yellow stone at the foot of the Gucheng Mountain." Zhang Liang went back home and he studied the book very hard and finally mastered its essence. He was able to understand all of its intricacy and became very familiar with military tactics. Later, he assisted Liu Bang, the first Emperor of the Han dynasty, to found the dynasty and unite China.

12-15-05: Dear Sensei, I am quite familiar with this story. It is a very well known story in Taoism. I believe it speaks to the openness of a childlike, unjaded heart - the openness that one would hope to have in any student. Perhaps out of filial piety, perhaps for the sake of Taoist metaphor or order of Taoist cosmology, the child never questioned, but rather always followed the energy of his master with compassion - because he never questioned why the old man "dropped his shoe", and because he never judged from whence the requests to return for teachings were coming. He ultimately learned from forces and energy of nature - from a mountain - how to advise the Emperor in building a strong, stable and unified dynasty.

Insofar as a being a model for training today, I believe that it still applies. Certainly, most students today have other options for making a living. Monasteries, government service and the military are not the only alternatives to peasantry, so the student who wishes to practice true martial arts - I think - generally, isn't doing it to make a living or simply to get in shape. I am a firm believer that some of us become aware that there is a deeper spiritual or energetic aspect to life that is not otherwise being met. We cannot tap into this greater path or Tao or Divine without hard, focused, non-judgmental work.

Certainly, our culture makes communication easier; as a rule we do not have to wait patiently for months or years for our teacher to communicate to us and we do not have to travel enormous distances to meet with our teacher when he agrees to teach us - and we agree to learn. We do, however, have other obstacles to overcome. We have incessant interruptions of media and demands of the ego that perhaps have jaded us. We look for anything new and different to enrich us, rather than depending upon the wise and experienced. We try to analyze meditation rather than meditate.

Where the teachers in history were supported by alms and donations of food, now they are expected to ask for tuition to pay for the practice space and utilities, etc. - and thus become business people or merchants. I believe that there are a lot of people who crave the deeper elements of practice, clearing the mind of all thought, recognizing undifferentiated potential and the oneness of all of us... As before in history, and as has always been, there are people who will only be ready to accept the physical practice - or what they think comes from physical practice - ego - driven substance. They will challenge, they will demand, they will charge the teacher with the task of ladling out the lessons as the student sees fit. They will leave.

Perhaps I am naive. I do not believe that a teacher must compromise the means by which the true art may be taught. We, as students, must be patient, persevere, practice hard - at everything we wish to perform, and meditate. We must find a good teacher and have passion for the art. This is what my teacher believes. Overcoming the ego is a huge undertaking, but recognizing it is even more monumental. It takes time. Physical improvement may pique the interest of a student, but improvement in his or her daily life and true openness to others will encourage him to persist. The willingness of the true student to learn has not changed, the hunger to remove that ego that clouds our path and separates us from whatever we see as Divine has not changed. Only the means to find a teacher has changed.

I heard my teacher tell a story once - I'll put my Taoist spin on it: Imagine that the Divine was separate from you. Imagine that the Divine told you that she would meet you at whatever time and day and place you desired and would lovingly answer any question you could possibly come up with. Would you go? Would you listen? Now imagine that the Divine set a time and place to meet, that the Divine would be there every appointed time and you could ask any question and the Divine would always answer. Would you go? Would you listen? Now imagine that the Divine told you that she would meet you at the appointed time and place and that you could ask any question you wished, and that sometimes she would answer and sometimes she would not. You never knew. Would you go? Would you wait? Would you listen? Now imagine that the Divine told you that there was always a time and place to meet and Continued:

From Santiago, Spain: KODO: Ancient Ways

EL ESPADACHIN DE ESPADACHINES

Este capítulo del libro está dedicado al fallecido John Yumoto.

Miyamoto Musashi (1584-1645) es probablemente el más conocido espadachín en la historia feudal Japonesa. Muchas quedan preguntas por responder acerca de su vida y hazañas.

La leyenda nos dice que Musashi nació en un pueblo llamado Miyamoto en la prefectura de Okayama. En su obra definitiva sobre la espada, *Go Rin No Sho* (Libro de los cinco anillos). Se dice que él fue “un guerrero de Banshu” de la provincia de Harima.

Es curioso que en ambas provincias se clama que Musahi nació allí, y en ambas se muestra una escultura de Musashi como muestra de ello.

Según se informa Musashi luchó del lado derrotado en la batalla Sekigahara. Él fue un muchacho salvaje e indisciplinado pero él desafió a su destino como otros guerreros y trató de regresar a su pueblo.

Regularmente Musahi se encontraba con un sacerdote Zen, Takuan, quien lo encerró en lo alto de la torre del castillo de Himenji, y le obligó a estudiar los clásicos por tres largos y solitarios años. Finalmente salió reforzado de este entrenamiento y como joven guerrero impaciente por probar su destreza contra el mundo entero.

El propio Musashi clamó que luchó en 60 batallas antes de los 29 años. Entonces fue cuando sintió que ya no necesitaba probar su destreza con la espada más, y se hizo amigo de montañas y corrientes hasta la edad de 60 años. Entre los 30 y 60 años no hay registro alguna a cerca de lo que Musashi hizo. Sí que hay notas de que participara en la rebelión de Shimabara y donde calló miserablemente. Él se retiró a la provincia de Higo como invitado del Clan Hosokawa y vivió en reclusión en una pequeña cueva, donde escribió su trabajo final muriendo a la edad de 65 años.

Como artista marcial y espadachín, Musashi es famoso por el estilo del manejo de las dos espadas. Niten Ichi Ryu. (dos cielos en una sola escuela). Se dice que nunca tomó un baño por temor a ser atacado desprevenido. También se dice que podía coger moscas con

palillos. De acuerdo con el Mito, él medía más de 2 metros y tenía pelo rojo y corría sangre portuguesa por sus venas.

En la actualidad, la mayoría de las películas, libros acerca de la vida de Miyamoto Musashi están basados en la bien conocida novela de Yoshikawa Eiji titulada *Miyamoto Musashi*. Eiji basó su novela en la *Niten-Ki* (ensayo de dos cielos), el cual fue escrito tras la muerte de Musashi. Un buen punto de vista sobre la vida de Musashi es la historia escrita de su propio puño y letra recopilada en el “libro de los cinco anillos”

Como ejemplo, Musahi confirmó que nunca perdió ninguno de los 60 duelos en los que participó en toda su carrera. El único oponente que menciona el nombre es Arima Kihei. No menciona a uno de sus más famosos oponentes Sasaki Ganryu Kojiro el joven genio que blandía una espada de tres pies de largo (Bizen Nagamitsu). Tampoco menciona a otros oponentes como Yoshioka Sijuro, Muso Gonnosuke, Shishido Baiken o el monje Hozoin. Incluso el moje Zen Takuan, no hace mención de ningún encuentro con Musashi aunque sus encuentros con Yagyu Munenori y Yagyu Jubei de la escuela Yagyu Shinkage-Ryu es bien conocido.

A la vez de ser un buen maestro de espada y autor consagrado, Musashi fue también un excelente pintor, calígrafo y artista. Su famosa pintura en tinta china del Cormorán, es considerada como un tesoro nacional en Japón.

El pintaba al estilo Liang-Kai, el trazo abrupto y precipitado con el pincel. También pintaba al estilo de la escuela Kano. Como artesano realizó Tsuba (Guarda) de hierro y latón. Creó un particular y significativo Tsuba de Latón que representa a un Siluro y calabaza rodeándose el uno al otro. Esto hace referencia a un famoso episodio Zen de Ikkyu.

Cuando Ikkyu fue preguntado cuál es el significado del Zen, él cogió una calabaza y salió fuera a una lago cercano, el atónito encuestador preguntó ¿Que haces? A lo que respondió Ikkyu pescar un Siluro con una calabaza, fue la respuesta. “Pero eso es imposible” exclamó el entrevistador. “Eso es” respondió Ikkyu

Musashi conoció al famoso espadachín Izumi no Kami Kaneshige de la provincia de Edo, que se dice que había sido profesor de Nagasone Okizato Kotetsu. Musashi

según se cuenta, introdujo a Kaneshige en el Clan Todo, Quien eventualmente fue empleado como el oficial de espadachines del Clan. Esto de acuerdo a la leyenda es como Kaneshige comenzó su ascenso como primer ministro en el periodo Edo, durante el nacimiento del periodo Shinto de fabricación de espadas.

En años posteriores, el propio Musashi usó una espada hecha por Kawachi no Kami Nagakuni. Dos espadas echas por Nagakuni existen todavía y están firmadas así: “Shimmen Musashi no Kami uso esto”. Shimmen Musashi fue el nombre formal de Musashi.

La katana del Daisho está en un museo y el Wakizashi está en manos de un bien conocido coleccionista, Suzuki Katei en Japón. Es triste pero ambas espadas no están juntas y más aun cuando sea demostrado que ambas espadas son genuinas y que una vez fueron usadas por el propio Musashi.

Como final y rodeando a la vida misteriosa de Musashi, se trata de una espada hecha por Nagakuni. Una réplica de esta, y hecha por Nagakuni está recogida en Nihon Tokko Jiten ShintoHen la cual está firmada: “Echa en los ochenta años de Kambu(1668), Kawachi no Kami Minamoto-sei, Nagakuni hizo esta espada a la edad de 36 años” Esta espada está hecha y referenciada en la publicación *Token To Reikishi*. Tomando la inscripción, significa que esta particular espada fue hecha en 1668 cuando Nagakuni tenía 36, en contra también nos indica que él nació en 1633, y Miyamoto Musashi murió en 1645 cuando Nagakuni tenía tan solo 12 años. Esto demuestra que desafortunadamente que él no pudo hacer esta espada a tan corta edad y coincidir con Musashi en sus últimos años. Fujishiro basa su teoría en que “Shimmen Musashi no Suke”, debe referirse a un estudiante de Musashi, Murakami Masao.

Parece ser, que fuera como fuera, Masao podría usar su propia firma, como la que tenía sobre un Tsuba de Musashi firmado “Masao” el *Token to Reikishi* usó esta espada como prueba de que Musashi no tuvo ninguna relación con Nagakuni.

Esto no ensombrece que las otras dos espadas con la firma de Musashi sean auténticamente genuinas.

El misterio que envuelve a Nagakuni “fabri-

Littleton Aikikai

Littleton, Colorado
Steven Shaw

Brugos Kodokai

Brugos, Spain
Under Santiago Almaraz

Four Seasons Dojo

Granbury, Texas
Michael Schmidt

Zen Felsefi Savas Sanatlari

Topluilugu, Turkey
Dojo #1 - Ankara, Turkey
Dojo #2 - Istanbul, Turkey
Muhlis Partal

**KODO In Spanish
Continued:**

cante de espadas” es solo una parte del puzzle de la vida de Miyamoto Musashi, vida que solo se llega apreciar verdaderamente con estudio e investigación.

**Master Zhang Liang
Response Continued:**

that sometimes she would show up, sometimes she might not. You never knew. Would you go then? Would you wait? Would you always listen? So - what if that Divine were always in you, what if that Divine were something we all shared? What if all it took was recognizing the Divine, qi, ki - in practice or in the laundry, or in the waitress...to hear the Divine. Would you go? Would you practice? Would you listen?

There are universal truths that take an evolved being such as yourself to bring to those of us that are still trying to get out of the way. It is only my ego, my lack of awareness and my inexperience that keeps me from melding with my partners. An alarm clock is what I need.

Thank you Sensei, for the opportunity to contemplate on this topic. I am, as ever, respectfully yours,
Barbara Tysell, Chicago, Illinois

Sensei & Nine To Five:

Because I am in the Dojo by myself, I can control my own time but like today, I started working on this newsletter and before I know it is already late into the night. Once I get involved in this kind of work or some other study project, 6-8 hours can go by like a flash. Sometimes I think the old 9-5 job is much better because there is always someone to tell you that it is lunch time or time to go home. Teaching Aikido and taking care of the dojo is just this kind of work where there are no hours. It is not 9-5 but 24-7 that we must think in terms of. Still it is good work - doing work for others. . . Teaching is not an easy job and with each year, it doesn't seem to get easier but more difficult and more mysterious as time goes by. More experience does not help, more wisdom does not help, it is just hard work from one day to the next, moving inch by inch. Yet I do see progress - not in a paycheck or a bigger bank account - all my progress and efforts are only seen in the faces of my students as they practice. This is my only joy and sense that I am doing something good. This must be spiritual work - it is certainly not for any material gain. . . There are many frustrations and disappointments in teaching, it is not all success - in this, there is only one's faith to rely on.

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Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Visiting Our Dojo:

Our dojo is dedicated to the practice of traditional Aikido as taught by the Founder of Aikido, Morihei Ueshiba and his legitimate successors, the late 2nd Doshu Kisshomaru Ueshiba and the present 3rd Doshu Moriteru Ueshiba.

You are very welcome to visit our beautiful, hand-crafted, traditional Japanese Dojo during posted training hours. All practicing Aikidoists are welcome to train with us or observe our training. Interested students and visiting Aikidoists are always welcome to join our practice. We are directly affiliated with Aikikai Hombu, Tokyo, Japan. Please make inquiries by email: aclafuruya@earthlink.net.

Please Visit Our Website:
www.aikidocenterla.com
Aikido-laido-KODO@yahoo



Rev. Kensho Furuya, 6th Dan

The Kensho Furuya Foundation:

Mr. Ken Watanabe - President
Mr. Gary Myers - Secretary
Mr. Mark Ty - Treasurer
Dr. Cheryl Lew - Senior Counsel
Mr. Jonathan Altman - Legal

The Furuya Foundation is dedicated to preserving the Dojo and its continued operation maintaining the highest standards of practice and the work of Furuya Sensei in research and education in Aikido, the traditional Japanese sword & related arts and their history, culture and traditions. Your donations & contributions are welcome.

Japanese Swords: 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 Swordsmanship:

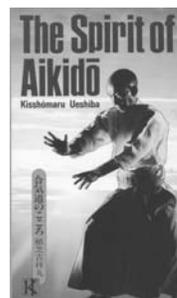
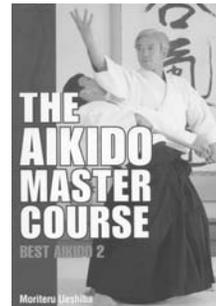
Traditional Muso Shinden Ryu Iaido

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 fine hundred years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training. You will learn the proper etiquette and handling of the Samurai sword and its usage as a real weapon. This is not sword play, movie stunt action or performance-competition. This is a real, traditional martial art discipline.

Mission of the Aikido Center of Los Angeles:

We are not-for-profit, traditional Aikido dojo dedicated to preserve the honored values and traditions of the art. We are continually focused on maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training, enjoying all the benefits Aikido can offer.

Recommended Readings:



International Aikido Kodo-Kai.

We do accept all Branch Dojo affiliations with any dojo who practices and wishes to follow the Aiki Kai Hombu Dojo training, rules and standards. This also includes commitment to 3rd Doshu and the Ueshiba Family as the Founding Family and Originator of our art. You are welcome to make inquires by email or letter. Our purpose is to help others in the correct practice of Aikido and to spread the correct transmission and understanding of O'Sensei's teachings.

**Visit our official website daily at www.aikidocenterla.com
Become a member of [Aikido-laido-KODO@yahoo.group](mailto:aikido-laido-KODO@yahoo.group)
For Sensei's Daily Message and current news & postings.**

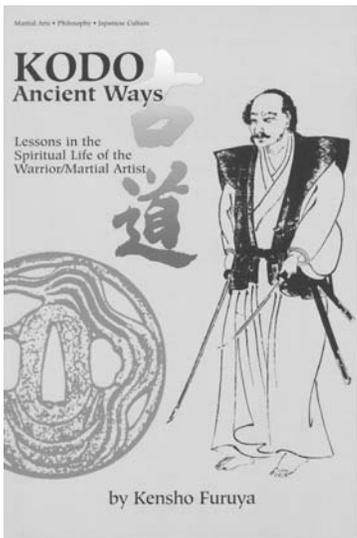
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Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012

Tel: (213) 687-3673. Email: aclafuruya@earthlink.net

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Publications By Furuya Sensei:



Kodo: Ancient Ways: Lessons In The Spiritual Life Of the Warrior

By Kensho Furuya

\$16.95 plus tax.

Highly recommended for all students of the Dojo. Please request for your autographed copy by Sensei.

The Art of AIKIDO

Instructional Video Series s Now Available in a new DVD format.

"Top Rated" Karate Illustrated

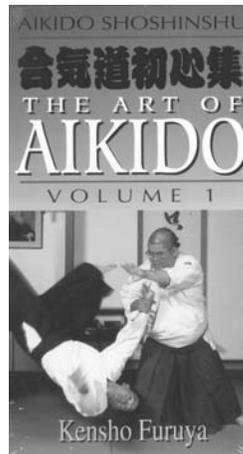
"Impressive Scope" Aikido Today,

"Exhaustive" Aikido Journal" "Best

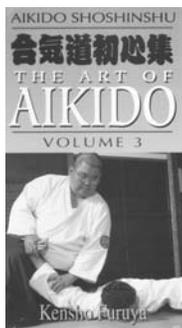
in the English language on the mar-

ket today," Budovideos.com.

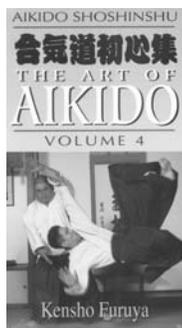
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



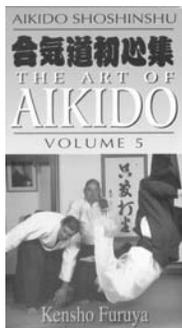
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



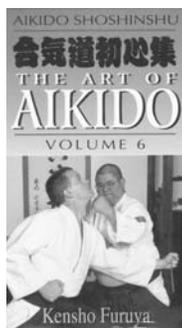
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



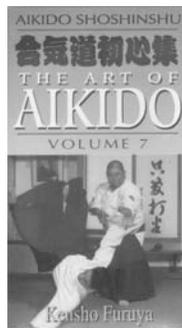
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



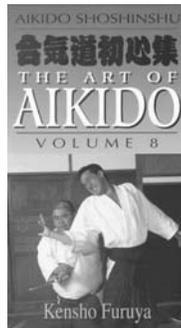
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



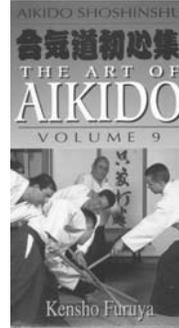
Tsuki: Strikes &
Punches
Yokomenuchi: Strikes
to the side of the head &
neck.



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



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



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

Aikido TRAINING SCHEDULE

Sundays: Children's Class: 9:00-10:00am.
Open: 10:15-11:15am.

Mondays: Beginning Basics: 5:15-6:15pm.
Open: 6:30-7:30pm.

Tuesdays: Beginning Basics: 5:15-6:15pm.
Advanced Intensive 3rd & Up: 6:30-7:30pm.

Wednesdays: Beginners': 5:15- 6:15pm.
Aikiken & Weapons: 6:30-7:30pm.

Thursdays: Open Beginning: 6:30-7:30pm.

Fridays: Open Beginning: 6:30-7:30pm.

Saturdays: Open Intermediate: 9:30-
10:30am. Open Beginning: 10:30-11:30pm.

Every 4th Saturday: Advanced Intensive
Aikido: 6:30-8:00am. 2nd Kyu & up.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Sign-up anytime for on-going classes.

We are directly affiliated with:

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 and the present Moriteru Ueshiba Doshu.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,
Los Angeles, CA 90012

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Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Sunday Mornings: 7:45am-8:45am

Wednesdays: 7:45-8:45pm (Weapons)

Saturday Mornings: 8:00am-9:00am

No Classes on the last weekend of the month.

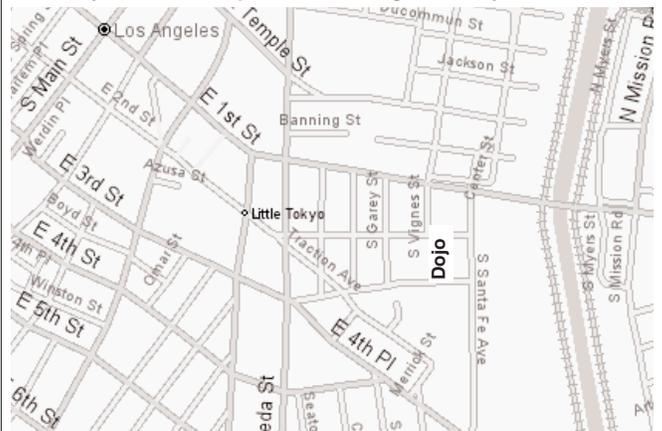
Private Classes Available.

No Appointment Necessary To Join:

You are welcome to visit us anytime during our adult Open Beginning Classes. Signing up for classes is very easy and only takes a few minutes. We accept personal checks, MO and cash. Please bring valid ID such as your driver's license and the name of your insurance company. Many thanks and Welcome to the Dojo!

Finding Our 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.