



The Aikido Center of Los Angeles
道の為、世の為、人の為 合気道
The Aiki Dojo

Direct Affiliation: Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Reverend Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai

December 2007

Volume XXVI Number 12

Merry Christmas and Happy Holidays!

I would like to wish everyone a very happy holiday season! I would like to express my gratitude to Doshu, for without his support our dojo would not be in existence today. Thank you to Hideo Yonemochi Sensei, Executive Director of the Aikikai for always being there for us. Thank you, especially for visiting us during April and guiding us through a difficult time

for our dojo. Knowing that April and May are very busy times for Hombu Dojo, we appreciate that he took the time to come to our small dojo just to make sure we were doing all right.

Our students, as always, continue to train and grow. Their contribution this year was exceptional. They continually surprise me with the level of their commitment. There are so many students who contributed countless hours. In the dojo we observe them coming early and leaving late, helping with the move, really helping with everything.



I would especially like to recognize two of our black belts. Many of our own students do not know just how much time they have contributed to our dojo, even going so far as to pay dojo bills (without telling us) while we make our transition to the new dojo. Really it is the time that they have put in working on legal matters that no one sees, yet every one of us has greatly benefited from. Without Jonathan Altman and William D'Angelo, we would not have a new dojo or even a temporary one. If we had to go out and hire attorneys on our own, then we would not be able to

afford their valuable gift. They have been negotiating for the dojo now for almost two years. In addition, Mr. Altman has recruited several attorneys in his top L.A. law firm to work pro bono on our behalf. Without their contribution we literally would be practicing in someone's garage, backyard or worse we would not

have a dojo. Jon Altman and Bill D'Angelo are truly the dojo's unsung heroes.

Finally, I believe I can say that I knew Reverend Kensho Furuya well enough to know that he would be very proud of his students right now. Attendance remains steadfast as the days have gotten longer this winter and the training continues. These next couple months will be the busiest time for us yet and I look extremely forward to it. Merry Christmas and Happy Holidays!

- Kenneth Masami Furuya

Holiday Greetings

Santiago G. Almaraz
Chief Instructor
Salamanca Aikido-Aikikai
Kodokai Dojo

We all know that Christmas and the holidays were very important to Kensho Furuya Sensei. Although he was always surrounded by good friends, students and far away friends through the internet, still it must have felt very empty and alone in the dojo.

Every year around mid-November, he would invite everyone to contribute an article to this newsletter, reflecting on the past year or telling about the coming one. Even though my English is poor and I am not a gifted writer, I have tried to share a few words here. For Kensho Furuya, the important thing was not the articles themselves but rather the act of getting everyone to share something, and to reaffirm the link that we all had to the dojo, to Sensei and to Aikido.

This year has been difficult, and I imagine that it has been especially hard for the teachers and students of the ACLA, who have missed Kensho Furuya Sensei day after day. It has been nice for me to know about the dojo through the website, phone calls and emails of those who have been taking care of the dojo, and I am very glad to know that as much as possible has remained normal despite the hardships of this year, including the delayed construction of the new dojo. I think The Easy Way does not exist, and this time has been a test for everyone, and a test for the instructors who have been taking responsibility and leading the school while maintaining daily classes and striving to fulfill the wishes, projects and dreams of Kensho Furuya. It has also been a test for the students, who have worked hard every day, helping the instructors, and staying faithfully committed to the dojo, and working in the way that Sensei would have wanted.

I appreciate that the construction of the dojo is not easy, and that it is a test for

everyone. After all, Kensho Furuya's dojo was not built in a day and his work was often far from easy. This is why I am happy and proud. In your work lives on the the spirit of Sensei Kensho Furuya.

Keep going, congratulations and MERRY CHRISTMAS!

Tom Williams
Chief Instructor
Hacienda La Puente Aikikai

Holiday Greeting From Hacienda La Puente Aikikai

It's that time of year again; an opportunity to spend time with our family and close friends. To all of our friends around the world with whom we are unable to visit personally, we want send out our best wishes for a wonderful holiday season.

The winter solstice is a good time for recouping from an active year. Nature is quiet; animals hibernate and plants have drawn their energy toward their roots. Following the natural energy cycle, we can slow down and conserve our ki.

This has been quite a year; a time of big changes in our Aikido lives. We have lost our teacher and our old dojo. And while we look ahead to better times in a new space, it is fitting to give thanks for what we have received. We have been blessed in many ways. Sensei has left us with a legacy in his teaching.

We hope your year has gone well, your training has progressed, and your dojos have prospered. And we wish for you to share with us the wonderful prospects of a bright future.

Roberto Magallanes Molina
Chief Instructor
Veracruz Aikikai

On behalf of the Veracruz Aikikai I would like to express my deepest and honest CONGRATULATIONS for the

hard work, commitment, giri and shinobu you have all shown in order to fulfill Furuya Sensei's wishes. The year that is passing has been hard and difficult, but this CHRISTMAS SEASON should be one of JOY, PEACE and HARMONY among us.

WE WISH A VERY MERRY CHRISTMAS TO YOU, YOUR FAMILIES , AND FRIENDS.

James Doi
5th dan

Season's Greetings and Best Wishes for the New Year. This has been a very difficult year with Sensei's death and the dojo move. The next year also promises to be full of challenges.

Please think of Sensei's teachings about martial arts. It is also a way of viewing and dealing with life in general. Life is constantly changing, sometimes random, some times ordered. In order to deal with it, one must be perfectly aware, constantly preparing for all and every situation. Practicing Aikido is a way of refining and developing oneself to deal with life and all its facets.

Ken Watanabe
5th dan

Happy Holidays everyone!

I hope all of you are having a relatively stress-free holiday season.

As many of the students know, 2007 has been a year of many changes for our dojo. With the passing of our teacher and the move into our temporary space, the past several months have been stressful, to say the least. It's been a trying time for the instructors and senior students who have been working very hard on the dojo, insuring that all of us have a space to practice in.

Despite our relatively cramped temporary space, it's good to see the students

Holiday Greetings

Ken Watanabe (continued)

practicing hard. This is not only important for yourselves, but important for the future of the dojo and its reputation.

Our dojo stresses the basics and catching onto the basic technique is the only way to improve your skill level in Aikido. Martial arts aren't only about hurting or killing people; it doesn't take any kind of training to hurt or kill someone. As you've seen in the news, any idiot can do that.

Likewise, Aikido isn't just about forcibly throwing someone down or twisting their arm any which way you can. It doesn't take any special skill to knock someone down to the ground or bend someone's wrist until it hurts. However, realizing this takes years of practice and aikido isn't the type of martial art where you can go off and practice by yourself. In Aikido there is a lot of give and take between you and your practice partner, and this requires everyone to be able to work together.

In 2008, when we move into our new space, I hope that everyone will continue to help each other train hard, support the dojo, and help it grow.

Thank you and Happy Holidays!

David Ito

4th dan

I...You...Me

Recently, I met with a teacher of martial arts who I know from graduate school. We were discussing the passing of Rev. Kensho Furuya and its impact on our school and the school's future. He said, "I can't believe that the Dojo is still open." He thought that the fact that we are still open, teaching classes and surviving was a wonderful accomplishment. He asked me many questions about how we "did it." However, my answer seemed to bewilder him. I told him that keeping the Dojo open, maintaining the

classes, moving the Dojo and building the new Dojo came down to just one thing, I...You...Me. I think about you, you think about me. It is the common thread, which holds together Japanese society. Japanese culture is heavily influenced by the tea ceremony's four basic rules, which are harmony, respect, purity and tranquility. Each of these concepts has an element of putting others or the bigger picture first before our own feelings or desires. In the Dojo, we say Onegaishimasu and Shitsureshimasu. Onegaishimasu is said when you are asking someone for something or in other words, "please do me this favor." Shitsureshimasu is said when you are leaving or going first and literally means "excuse me for being rude while I go first." These small but essential phrases show that we are being considerate of others. If people in the Dojo only focused on their own egos or focused on who is "right" then the Dojo would never get things done and we would always be pulled in this direction or that. When we cannot see past our own egos and pettiness, we do not make the world a better place. But what if we only thought of ourselves and focused on being "right" all the time? The Dojo would have been surely lost like a pebble thrown into a turbulent pond. Furuya Sensei always said, "leave your ego and your head at the door." It is the greatest testament to Furuya Sensei and his teachings that we stayed together and kept the Dojo going.

Furuya Sensei's last teaching for us was the kakejiku he left hanging in the tokonoma when he passed away which read "be humble, stay strong and keep going". Thank you for working together so that we could keep Furuya Sensei's teachings alive and the Dojo open.

Mark Cornillez-Ty

3rd dan

Seasons greetings!

Sorry I haven't written more often. I finalized the paperwork for my apartment much later than I wanted to, so I had to move in while trying to study for my classes. I ended up falling a little

behind in my classes and have been slowly catching up since.

I was, however, able to go up to Boston over Labor Day weekend. I attended several excellent classes taught by Itoh Sensei and his assistant instructors. I really appreciate their warm hospitality and wish I had the chance to go up there again.

I've also managed to go on a somewhat regular basis to O'Connor Sensei's dojo in New Jersey. Everyone there has been friendly and made me feel very welcome. I'm really grateful for such a great place to train and really enjoy practicing with everyone there.

I'm looking forward to the end of classes here at NYU and training with everyone back home. I can't wait to see the new dojo!

Steven Shaw

2nd dan

To the Pure and Wonderful

I am thankful for this past year. It has been a journey. I can't believe it saw the passing of Sensei and the birth of my second daughter, Soleil. She is a ray of light in my life. I am so thankful for my family. It has been a blessing to spend time with them. This path of flowing with the energy has many teachers, some in the trappings of a baby others the disguise of wrinkles and graying hair. I am thankful for them all. To all those with whom I walk, I say thank you...To the ancestors who live within and us I say thank you. You are the gifts that fulfill all...This is the life I live. I pray and hope we all live with the same gratitude. Happy Holidays!

Bill Allen

2nd dan

To all of the members of the Aikido Center of Los Angeles, I would like to offer best wishes for a Merry Christmas and for a Happy New Year. I would also

Holiday Greetings

Bill Allen (continued)

like to extend thanks and best wishes to Yonemochi Sensei, Doshu, and all of Aikikai Hombu Dojo. In addition, I hope our friends in Denver, Boston, Salamanca, Veracruz, Israel, and other places in the world will have a peaceful and wonderful holiday season.

Each year Kensho Furuya Sensei would ask each of us to compose a short holiday greeting for the members of the dojo, and for our friends. I would think very hard about what I was going to say, and I usually ended up writing something like "Keep Practicing, and have a good holiday" in too many words. Taking up the writing this year is very hard, because as I write these words, I remember Furuya Sensei, and miss him more than I can say. The realization that we are leaving behind the year of Sensei's passing is shocking and rather painful.

I am happy that people keep practicing, and that new students have joined and are revitalizing the membership. I hope that everyone will continue to practice and improve themselves. Aikido is self-improvement. We practice Aikido to develop ourselves on the inside and on the outside, so that we can become attuned to our true natures. When you bow to your classmates and thank them for practicing, you are recognizing their contribution to your own efforts, just as they recognize yours. This is the meaning of training, and it is why the dojo exists. Please think about this during your holidays.

Furuya Sensei is gone, but, as he often reminded us, this dojo is complete, and it is ours to maintain. The hard part is done. All you have to do is practice with all your heart.

Paul Major
1st dan

A warm winter in Veracruz

Recently I took the opportunity to travel

with Kenneth Furuya Sensei south to Veracruz, Mexico. What an adventure!

All across the north of America people are getting ready to celebrate the holiday in the cold, but winter in Veracruz is quite different. The air is humid, warm, and especially nice during the evenings. Each night I was able to stand outside and watch the moon skim the waves of Veracruz's coast, feeling like I could have been quite comfortable in shorts.

I had always associated the cold winter with a warm hearth -- a sort of inspiration to huddle close to friends and family and give thanks, but I see this is a fanciful idea indeed; Furuya Sensei and I were welcomed with equal warmth by Veracruz Aikikai and the people of Mexico.

Dr. Roberto Magallenes and Dr. Alvaro Hernandez were consummate hosts, looking to our every need with great attention. They invited Furuya Sensei to teach class, and I observed the adults to be eager, receptive, and caring. The children were lively and very skilled! They all seemed so happy to learn under Furuya Sensei, and I couldn't catch a hint of pretense.

The experience of being around such a beautiful people made me feel quite shallow and lacking in how I treat others, but has also inspired me to show the qualities I experienced in Mexico to those in my day-to-day life.

I wish the Veracruz Aikikai, and all readers of this newsletter, the very best this holiday season. May you be surrounded by the warmth of friends and family.

Michelle Cabrera
3rd kyu

The end of the year typically signifies a time of introspection, and for ACLA, I think, this year more than most. I know that I am not able to understand on the same level as you, what this year has meant for this organization, so if you'll indulge me, I would just like to say, "

Thank you."

In the month that I've been here, I've felt lucky to have met and gotten to know such an amazing group of people. In the middle of everything you've had to do, that you are doing, and that you're trying to figure out, you've also done your best to maintain your level of practice and your principles as a group. Again, I know I'm new, but to me, this also speaks to the strength of the tradition you've all created as a Dojo, and I believe, to what you are capable of achieving in the future. Best Wishes and Happy Holidays!

December Birthdays

Kenneth Furuya
Starr Bowen
Samantha Mahon
Brandon Myers
Tomi Okuno

Winter Schedule

December 30
Year End Special Practice

December 24,25,31
CLOSED

January 1: New Year's Day
CLOSED

January 2
Practice Begins

January 5
2nd Doshu Memorial Service

November Dojo Construction

New Dojo Progress Report.

Gary Myers
*Chief Instructor,
Los Angeles Kenshinkai*

Because of constraints of work I'm not always able to get over to the new dojo on a daily basis. But I go at least twice a week to see the physical changes. Sometimes I am surprised by the rapid rate of progress whereas sometimes it looks like no progress is being made. Currently we have the plywood sheeting and all the electric and rough plumbing lines are installed. We are awaiting the alarm system and the telephone wiring and the inspection of that before the sheetrock is installed in the mezzanine walls. Sheetrock is currently being installed on the wall where the tokonoma will reside.

On the onset we assume that everything is planned out on detailed mechanical drawings and it will go according to plan, but reality has a way of interjecting itself into the process. Case in point, the ducting for the heating and air conditioning HVAC had to be worked around the beams but this wasn't shown in the original renderings. So we are challenged in how we can incorporate this into the design.

Schedules are the same way, sometimes they need to be flexible as well. We are at the mercy of the city building inspectors timing and temperament, because of that our schedule is a little off. We had planned to have all the sheetrock done by the end of November. So that we could begin doing the fine work of fixture installation. It still looks good that the majority of the dojo will be done by the end of December.

We have just finished the negotiation to have Projex Pacific dismantle the architectural features of the old dojo and have them stored at the new site, awaiting reassembly there. They are scheduled to begin that process the week of December 10th. The View Line Development portion looks like it may be done just prior to Christmas.

November 4: Stairs and mezzanine are complete



Photos K. Furuya



November 10: We have lights!



November 15: Ventilation, heating and air conditioning



Faces In The Dojo

Maria Ferrari, 1st dan

James Doi 5th dan

For work, I do materials analysis for industry and litigation. I am often an expert witness. I have consulted for "slip and fall" cases, airplane crashes and once even a murder investigation! In my spare time I love to garden, and especially to grow orchids. I am also a belly dancing aficionado.



I knew Kensho Furuya Sensei from the USC student Aikido club in 1969, and he was my first Aikido sensei. My education took me out of Los Angeles, so when I returned it was only natural that I join the Aikido Center of Los Angeles. I really appreciate Kensho Furuya Sensei's and the present Furuya Sensei's traditional Aikido technique and teaching methods, which are very very rare in this day and age.

What is amazing about Aikido is that the deepest and most profound parts are the simple basic things that you think you already know. Realizing that you don't know things you thought you actually knew is very difficult. The analogy is that as you get older, you find out that your parents are human beings with their own lives and you realize the impact of their decisions in an adult way as opposed to through the eyes of a child. This is what "refine" really means.

Jennifer Ricards 6th kyu

I am from Grimes Canyon in Fillmore, California. I came to Los Angeles to attend UCLA where I studied psychology. I graduated in 2004.

I am a farmer's daughter. My father teaches agriculture, and so while I was growing up his students kept many animals of all sorts on our property. All through junior high and high school, my sister and I rode horses.

For work, I am a Senior Project Coordinator for The National



Jennifer Ricards (left) and her sister
(who introduced her to Aikido)

Health Foundation, which is a small non-profit that specializes in improving access to health care for under-served populations. I work in research and evaluation, looking at the efficacy of other non-profits that are serving these populations.

In the future, I'd like to earn a Masters' degree in public health. I am applying to The University of Minnesota, UCLA, Yale and Emory, but Minnesota is my top choice.

Outside of work, I enjoy doing things outdoors, and I read a lot of non-fiction. Most recently I have been reading "The Lucifer Effect", which is about how good people can become evil. It is very interesting!

I did Tae-Kwon-Do in college and really enjoyed it. When I



Jennifer Ricards exercising in her parents' gym

looked for a martial arts school here in Los Angeles, I wasn't so much looking for a specific style so much as a place that felt comfortable. It was important to me to find somewhere that felt real, and authentic, and not too commercial. I learned a lot from the ACLA website and newsletter archive. Also, my sister had studied Aikido before, and was able to tell me a little about the philosophy so I felt like I had a pretty good understanding even before I came to watch a class.

I find Aikido very challenging. You have a lot to learn as both attacker and defender -- I didn't realize this at first, but now I see that learning the ukemi is very important. Besides that, just getting down the details of the techniques is a challenge!

The best thing about the ACLA for me is the people and the overall feel of the dojo. Also, I am enjoying the actual practice itself very much. It is a wonderful way to relieve stress and avoid my computer!

Aikido Center of Los Angeles

www.aikidocenterla.com

Aikido Center of Los Angeles:

We are a not-for-profit, traditional Aikido dojo dedicated to preserving the honored values and traditions of the art of Aikido. With your continued understanding and support, we hope that you also will dedicate yourself to your training and to enjoying all the benefits Aikido can offer.

The Aiki Dojo Newsletter

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Editor-in-Chief: Kenneth Furuya

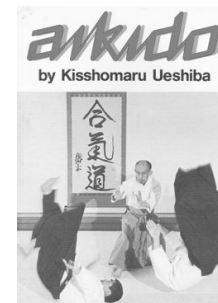
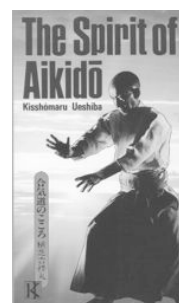
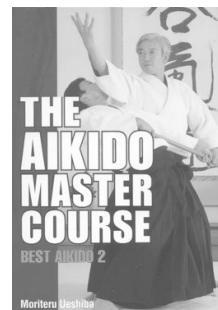
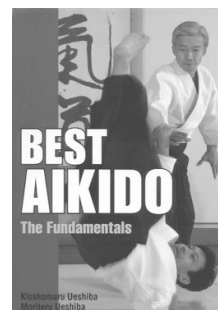
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www.aikidocenterla.com

Recommended Readings:



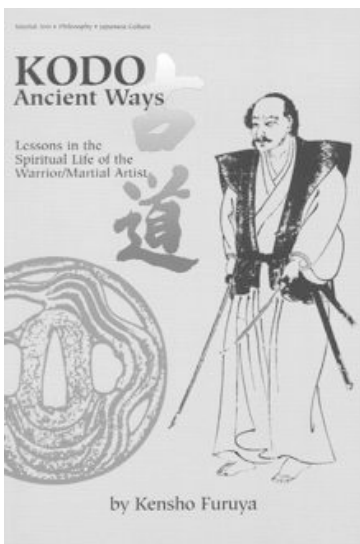
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Publications By Kensho Furuya:



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

By Kensho Furuya

Highly recommended
for all students of the
Dojo.

The Art of AIKIDO

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

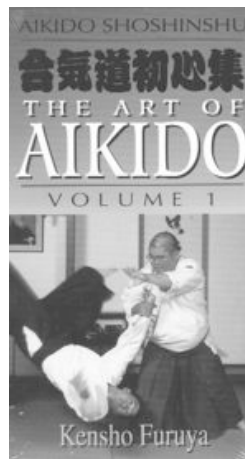
"Top Rated" Karate Illustrated

"Impressive Scope" Aikido Today,

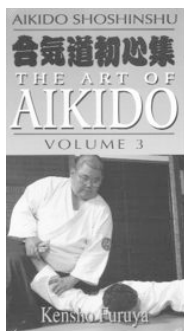
"Exhaustive" Aikido Journal" "Best

in the English language on the market today," Budovideos.com.

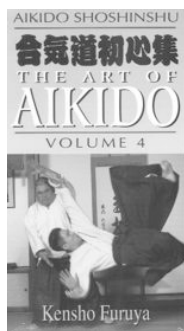
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



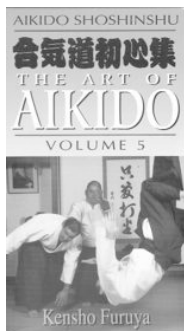
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



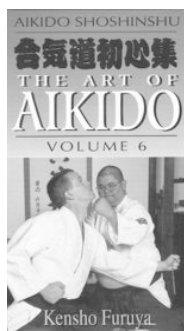
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



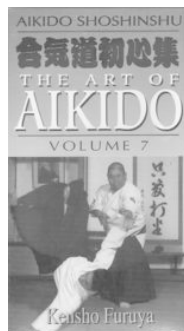
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



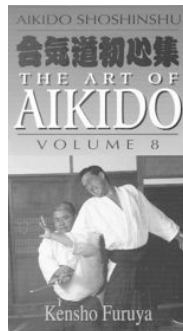
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



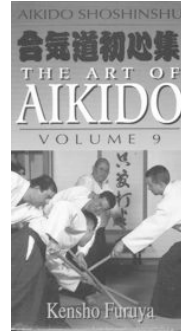
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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 - All Levels: 10:15-11:15am.

Mondays: Fundamentals: 5:15-6:15pm.
Open - All levels: 6:30-7:30pm.
Aiki Weapons: 7:45 - 8:30pm

Tuesdays: Open - All Levels: 6:00 - 7:00am.
Advanced - 6:30 - 7:30pm - ACLA shodans only

Wednesdays: Fundamentals: 5:15- 6:15pm.
Open - All levels: 6:30 - 7:30pm
Aiki Weapons: 7:45 - 8:30pm

Thursdays: Open - All levels: 5:15-6:15pm.
Bokken - Advanced: 6:30-7:30pm.

Fridays: Open - All levels: 6:00 - 7:00am.
Fundamentals 5:15-6:15pm.
Open - All levels: 6:30-7:30pm.

Saturdays: Open - All levels: 9:30-10:30am.
Advanced: 10:45-11:45am.

CHILDREN'S CLASSES

6 to 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

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www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturdays: 7:15-8:15am Beginning.
8:15-9:15am Intermediate-Advanced.

Sundays: 7:45am-8:45am.

Thursdays: 6:30-7:30pm (Bokken).

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 Open and Beginning Classes. Signing up for classes is very easy and only takes a few minutes. Welcome!

Finding Our Dojo:

We are temporarily located at 929 East 2nd Street #107, Los Angeles, CA 90012. From Alameda go east on 2nd St to Vignes Street. Parking on 2nd Street or Vignes Street is available. Please check for temporary no parking signs.



The star on the above map is the location of our old dojo. We are temporarily across the street at 929 E 2nd Street #107.