

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

\$5.25
Donation

May 1, 2006

Volume XXV. Number 5.

Although rain was predicted for the weekend, it turned out to be a beautiful two days, slightly overcast, but cool and breezy - perfect weather for our Seminar. This was our 38th Annual Memorial Service and Seminar for O'Sensei who passed away on April 26, 1969. For the last several years, we have also included Mitsunari Kanai Sensei, Furuya Sensei's teacher from 1968 when he was attending Harvard, who passed away on March 28.

This year we had two very special guest instructors, Yasumasa Itoh Sensei, 6th Dan, of the Tekko Juku Dojo in Boston, MA, and Kei Izawa Sensei, 5th Dan, of the Tanshin Juku Dojo in Boulder, Colorado.

In addition, Santiago Almaraz, of the the Aikido Kodokai, Salamanca, Spain, also visited one week prior to the Seminar for special training. Steven Shaw also participated as Chief Instructor of his new dojo, the Littleton Aikikai in Littleton, Co., and Dr. Roberto Magallanes and Dr. Alvaro Hernandez Meza and one student also came to participate from Vera Cruz, Mexico. Two students of Itoh Sensei from the East Coast also joined our Seminar.

About 40 students in all participated. The Seminar included eight classes each day for a total of 16 classes and proved to be a marathon practiced in which many students attended each and every class. Both Itoh Sensei and Izawa Sensei as well as all of the students commented on the strong, positive energy throughout the Seminar and how smoothly and friendly everyone practiced together.

Jim MacDonald was unfortunately out of town on a movie shoot in Spokane and on April 19, just days before the Seminar, James Doi's father, Tsuneo Doi, passed away after a long illness at 89 years old.

O'Sensei Memorial Seminar. April 22-23



Yasumasa Itoh Sensei, 6th Dan, during Memorial Seminar.. Below: Izawa Sensei from Colorado.



Summer Seminar July 15-16:

**With Very Special Guest:
Hideo Yonemochi Sensei,
8th Dan, Aikikai Hombu
Dojo, Tokyo, Japan**

We are greatly honored to once again have Hideo Yonemochi Sensei, 8th Dan & Managing Director of the Aikikai Hombu Dojo visit us for our Summer Seminar. Yonemochi was our Special Guest of Honor for our 30th Anniversary Celebration in 2004.

We are also planning to have Yasumasa Itoh Sensei, 6th Dan, of the Tekko Juku Dojo in Boston, Kei Izawa Sensei, 5th Dan, of the Tanshin Juku Dojo in Colorado, once again visit us after our very successful Memorial Service and Seminar this last weekend.

Despite this and in mourning, James Doi still attended Sunday's practice, not to miss our Annual Memorial Service for O'Sensei and Kanai Sensei. This year, we included James' father in our Memorial Service. Kojima Sensei of the Zenshuji Soto Mission gave a particularly excellent sermon and as

a little updated change of pace, Jake LaBotz sang one of his original blues song with his guitar just after the reading of the sutras and before Kojima Sensei's sermon. For myself, I thought it was a beautiful Memorial Service.

After another eight classes on Sunday, Steven Shaw returned to Colorado midday and Izawa Sensei left in the late afternoon. Itoh Sensei spent more time with his family and students in San Marino and Santiago returned on Tuesday morning after one more extra day of training here.

I would like to express my sincere thanks to Itoh Sensei and Izawa Sensei for a particularly wonderful Seminar, without whom, I think none of the students could make the gruelling 16 hour marathon of Aikido practice. I would also like to thank all of our guests from afar and particularly all my students who worked so hard to guarantee a very successful and memorable event.

I also pray that O'Sensei, Kanai Sensei and James' father find some peaceful rest from our devoted efforts all on their behalves.

Many thanks to everyone for working together so hard for the Dojo.

Seminar Thoughts:

Bill Allen, 1st Dan

Dear Sensei, I would like to add my sincere thanks to you, and to Izawa Sensei and Itoh Sensei for putting on such a great memorial seminar. Every one of the instructors who presented at the seminar did a wonderful job, and I was very impressed by all of the students who managed to keep exerting energy up until the very last back stretch on Sunday night.

I had a great time at the seminar, and attended all of the classes on both days. It was a personal goal to make it through all of the sessions, and it is a secondary goal to retain all that was taught. The first goal is not so hard, but the second is almost impossible. Santiago has already been helpful in working through some of the techniques that were presented, and I hope the other students will help me to follow his lead and review what we were shown frequently.

The differences between your techniques, Izawa Sensei's techniques, and Itoh Sensei's techniques were very enlightening. Each instructor was teaching Aikido, but each instructor was also expressing himself



Memorial Service was conducted by Rev. Shumyo Kojima, Zenshuji Soto Mission.



Kei Izawa Sensei is the Chief Instructor of the Tanshinjuku Dojo in Boulder, CO.



Yasumasa Itoh Sensei is the Chief Instructor of the Tekko Juku Dojo in Boston, MA. This is his 1st visit to our dojo.



Furuya Sensei teaching fundamentals.



David Ito, 4th Dan, represented the dojo teaching during a class during the seminar. Other instructors were James Doi, 5th Dan, Tom Williams, 4th Dan, Santiago Almaraz, 3rd Dan, Steven Shaw 2nd Dan, Mark Ty, 3rd Dan, & Gary Myers, Iaido 5th Dan.



Excellent photos were taken by our Larry Armstrong and will be available for purchase soon. Please contact the dojo.



Itoh Sensei was an enthusiastic teacher with a great deal of energy and smiles.



Izawa Sensei with Santiago who travelled from Spain to attend the seminar, and Memorial Service.



James Doi, 5th Dan, taught class on Sunday and attended the Memorial Service although his father passed away days earlier on April 19. James is one of the senior instructors of Furuya Sensei.



Tom Williams, 4th Dan, taking ukemi for Itoh Sensei, is one of the senior instructors of the dojo and also Chief Instructor of his own branch dojo, the Hacienda La Puente Aikikai. Tom also taught class. Several of his students also attended the event.



Left: Izawa Sensei, Itoh Sensei & Furuya Sensei

Yonemochi Sensei Visit



Hideo Yonemochi Shihan, 8th Dan.

**Our Summer Seminar Will Also Welcome Guest Instructors:
Yasumasa Itoh Sensei
Kei Izawa Sensei**



We will be celebrating Yonemochi Sensei's recent promotion at Aiki Kai Hombu Dojo to Executive Director of the Aikikai Foundation and the 2nd visit of Itoh Sensei from Boston and the 3rd visit for Izawa Sensei from Colorado.

In addition to our Congratulatory Celebration & Seminar for Yonemochi Sensei, we will also have a premiere Book Signing Party in the dojo for the new publication of LA Lofts with authoress, Barbara Thornton, Architectural Editor of the Los Angeles Times. LA Lofts very beautifully features our Dojo.

It is a busy and wonderful Summer Seminar in the planning!.Many thanks for all of your help!

Bill Allen Continued:

through Aikido. I think I did not understand what it means to express oneself honestly in martial arts before. I used to think, "Furuya Sensei does it this way, and Izawa Sensei does it this way..." and so on. I thought they were just differences in technique. What I realized yesterday is that the techniques are all correct, and done much the same way, with adherence to correct posture and power and so on. Each teacher, however, has spent so much time refining and practicing Aikido that it is almost like being able to see his personality when he performs the techniques. It is honest because it can't really be imitated and it can't be faked, and it comes from the heart that devoted so many hours, days, weeks, years to Aikido. I only understand this a little bit now, and I think I should not talk or write about things that I don't really understand. Again, many thanks to you and everyone for a truly great seminar. Many thanks to Izawa Sensei and Itoh Sensei for coming such a long way to teach us a little about Kanai Sensei's Aikido. Bill Allen, Shodan, ACLA under Furuya Sensei

Seminar Impressions:

Dr. Kaye Sera:

Dear Sensei, I just wanted to thank you for a wonderful seminar and Memorial Service. I enjoyed the practice and camaraderie very much. The Memorial Service was really beautiful; the music and sermon were all very heartfelt. I'm sorry that I was not able to last the entire seminar. I am not in great condition due to my lack of practice. I was totally wiped out and am very sore today. I did have a wonderful time and it was nice to renew old acquaintances and make new ones. . . . Thank you again for the opportunity to practice such a beautiful and deep art. I really do appreciate it. Sincerely,
Kaye Sera

Memorable Seminar:

Brett Rushworth

Sensei, . . . I was having such a great time. The seminar was truly wonderful. I can't stop thinking it. And I thought the memorial service was beautiful. It is moments like that, that make me feel like everything in my life has come together and everything I am doing makes sense and it's because of you and everyone sharing a time of remembrance and appreciation of life and death and union through practice of Aikido.

My body maybe sore but I feel very good inside. In fact I can't go to sleep because I

Reflections:

Kei Izawa, 5th Dan, Tanshin Juku Dojo, Boulder, Co.

Congratulations Furuya Sensei for your Birthday!

I came back to Boulder with great memories for the last weekend Memorial Seminar. The fact that many people took on to practice 17 hour classes over two days, was very impressive for me. And I think it was very appropriate for the Memorial for O Sensei and

Kanai Sensei. O Sensei valued learning from "hard training" not from words or big talk. The same applied to Kanai Sensei.

It was so nice to be able to see various styles based on the same person. Furuya Sensei who studied under Kanai Sensei in the late 60s and early 70s, myself in the mid seventies and on and off until he passed away and Itoh Sensei who practiced under Kanai Sensei from 1978 till his death two years ago. There are many other capable senior people that can bring other elements as taught by Kanai Sensei and hope that in the future we can bring those together to share with many other people without politics and negative feelings.

Let me also congratulate Furuya Sensei for hosting such an impeccable get-together. I was very impressed with his dojo and students who were such alert hosts in every detail, not to mention their sincere desire to practice and learn about various styles. Such openness is the secret for inner growth for anyone learning Aikido or any other martial art.

Furuya Sensei's attention to detail also shows the true spirit of a samurai. Kanai Sensei was the same. Alertness is a requirement for anyone who is trying to learn the martial way. Every small detail can send some clues as to how the opponent may move. Training the team to have such high level of awareness is always very difficult task and enemy can come in through the cracks of a defense line. Furuya Sensei's polite way of hosting is a great way to teach how to be friendly while training the minds of modern warriors to defend the castle. While we were no enemies, it was nice to see the discipline in every move and place. I believe I have so much to learn from him.

Anyway, a happy Birthday to you, Sensei

and will see you very shortly to exchange a lot of good stories about Aikido and martial arts. Best regards, Kei Izawa

Seminar Thoughts:

A Kind of Karma:

Kensho Furuya

I am totally overwhelmed by Izawa Sensei's kind words that I do not even know what to say.

A while back one of my students, Steven, informed me that he would be moving with his new family back to Colorado. I was devastated by this news that I would be losing him. When he first came to me, I saw many problems in his Aikido, but within a year or so, I was so surprised at his quick progress and ability to grasp the correct technique very quickly. When he began Iaido training, again, he showed great talent and promise and I envisioned him to become one of my top students and instructors in the very near future. Quick to learn, good talent, and most importantly of all, a good and caring heart towards others which is, for me, the first sign of a good teacher.

When Steve asked me where he should train, I had no answer for him and had no idea where he could continue his training. I called one of my friends at Hombu Dojo who is also my old teacher, mentor and friend, Hideo Yonemochi Sensei who is also the Managing Director of the Aikikai Foundation and asked his advice. Without hesitation, he very strongly recommended Izawa Sensei to me and even offered to personally write a Letter of Introduction for Steve to meet Izawa Sensei. I had no idea who Izawa Sensei was and had never heard of his dojo in Colorado but when I visited his website and realized that he was an old student of Kanai Sensei, I was so greatly relieved to know that my student would be in very good hands.

When Steve met Izawa Sensei, he also carried a Letter of Introduction from my self as well. Because Izawa Sensei was an old student of Kanai Sensei, I was also very anxious to meet him and make his acquaintance so I began to correspond with him. . . I think we became friends very quickly.

One day, Izawa Sensei said, "You don't remember me at all, don't you?"

I was so surprised at his question and he explained to me that we had met on several

Furuya Continued:

occasions when Kanai Sensei visited Los Angeles in the mid 70's. Kanai Sensei always came to my house during seminars here so we could talk about swords and he could see my collection. On these occasions, Izawa Sensei always accompanied him - to my own home - and I didn't remember this! How embarrassing - but I have to say, in my defense that whenever I was with Kanai Sensei - these were always precious moments for me so I think that anyone else would not have my attention at all!

This last seminar was Izawa Sensei's 2nd visit to our dojo and with Itoh Sensei, we all had a great time. But most importantly, my students thoroughly enjoyed themselves and learned so much. Without the energy and spirit of both Izawa Sensei and Itoh Sensei, I do not think my students would be so encouraged to train 8 hours a day and 16 hours in two days.

Although I thought I had lost one of my best students, I did not, and actually found a "long lost" old friend in Izawa Sensei. For me, this is a kind of mysterious karma. I had longed to see Kanai Sensei before his passing but the situation was so complicated that it was very difficult and when I heard he had suddenly passed away, I was in shock for a long time.

Thinking that I lost a beloved teacher in Kanai Sensei, and then a my very promising student - indeed, strangely, I have gained a new friend in Izawa Sensei and through Izawa Sensei I have been able to re-connect with Kanai Sensei, I feel.

I think that if we create good karma, eventually - even though it takes over 30 years as in this case, something will bring it all together.

On many, many levels, this is been one of the best seminars in our dojo and one of the best birthday presents for myself, I can say, in my life.

Many thanks for everyone's kindness and support. Let's all work to together in friendship and harmony and as the late great Ohsawa Kisaburo Sensei always said, "Let's practice good Aikido!"

Many, many thanks, and have a great day!
Kensho Furuya, Chief Instructor, Aikido Center of Los Angeles

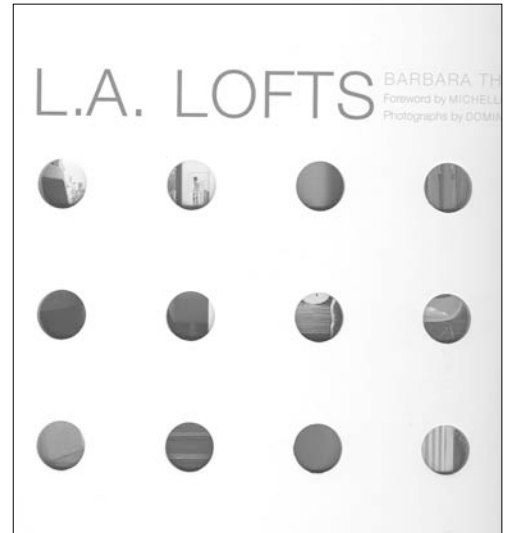
Seminar-Sharing Tiredness:

Jacob Sisk, 3rd Kyu

Last weekend I had the privilege of participating for the second time in the ACLA O'Sensei Memorial seminar. The seminar is a very exciting time, since so many friends come to practice and to teach from so far away. Because of the seminar and memorial, this time of year has a feeling of holiday (as in "holy day", not "vacation") and the whole week seemed exciting, formal, busy and exhilarating. The feeling of holiday increased as friends started to arrive. Santiago Garcia-Almaraz arrived first, a week before the seminar. Steven Shaw came a few days later. Late that week came Izawa Sensei and Itoh Sensei, our honored guest instructors. The sense of communality, celebration, reverence and hit a crescendo at 8:00AM sharp Saturday morning, as we all bowed in for the first of sixteen classes.

And what classes they were! I know the teachers and senior students were displaying, enumerating and cataloging the late Kanai Sensei's techniques very carefully. To me it was a long, sore, joyful blur. Itoh Sensei and Izawa Sensei taught things that were familiar and new at the same time. Most interesting were new (to me) attacks; Two different kinds of "grab from behind", one of the wrist and one the shoulders, and an inverse yokomen strike. I am grateful to my own Dojo and to Furuya Sensei for our constant practice of the basics, with out which these new attacks would have stayed novel much longer. We had been practicing for weeks or months to get ready for this seminar, and our practice paid off: We could all follow along and learn these new techniques from our guests. I was grateful to the many senior students who learned the new techniques quickly and then helped the rest of us try to understand them.

The memorial was also very moving. It framed our efforts in the context of those who came before us and gave us all so much. As I sat and listened to the Heart Sutra I found myself musing on lineage (biological, spiritual, artistic) and how important it is. For me it has always been an issue to say "I come from somewhere!" In the moments of the ceremony I was reminded that through my practice, I do indeed come from somewhere, directly, and through the ages. This is a great gift. I reflected on all of my teachers throughout all of my life, and wondered "have I properly received the gifts that they have given? Have I given back enough?"



LA Lofts: Premiere Book Signing July 15:

As part of our Summer Seminar and Special Celebration for Yonemochi Sensei, we will also have a Book Signing with the authoress, Barbara Thornton, Architectural Editor of the LA Times on July 15. The book features our Dojo as one of the most beautiful living spaces in Los Angeles.

Brett Rushworth Continued:

keep playing it over in my mind. A most memorable and enjoyable experience to meet and learn from Izawa Sensei and Itoh Sensei. I feel that two days of practice like this creates a lot of momentum in our lives. Thank you so much for everything. I want to tell you in person... I will talk to you soon, Brett Rushworth.

Sometimes things seem clearer on the mat than off.

The seminar was hard, and the days were very long. It was also very joyful. The senior students who participated even more intensely by taking ukemi for the guest instructors really have my admiration. Towards the end of the first day, it became a sort of collaborative marathon, where everyone on the mat was determined to help everyone else on the mat finish. The feeling on the mats changed a little. I began to see smiles of empathy between partners, as if to say "your sore knees are my sore knees". I would look across the mat and see tori giving uke a hand up after a hard fall, but then throwing even harder the next time! For my own part, I found myself working well

Trip To Japan

Heraldo Farrington, Hilo, Hawaii

03-17-06: Konbanwa Sensei! Just thinking of you during my travels. I'm now in Kyushu, about to head off to an afternoon of jodo, then aikido, then a party with my host dojo here in Kumamoto, under Honda Sensei. Yesterday my friend took me to sightsee at Mt. Kinbo, and then we went to Musashi's Cave, Reigendo.

I'm sending you some pictures, but I'll send them in separate messages in case your server won't accept huge files.

Japan has been wonderful, and I am extremely blessed to have the time to maintain such incredible contacts, and to be on such a path as Aikido. Please have a wonderful weekend, Herald Mon Farrington, Aikido of Hilo



A view of the Gohyakurakan. - the 500 Arhats



Reigendo where Musashi spent his last days.

03-18-06: Konnichawa Sensei! I'm on my way to Mt. Aso this morning, but my Sensei are arriving in a couple of days and we'll be attending the all Kyushu Embukai in Fukuoka -- I'll be sure to say hello to Sukanuma Sensei. He probably won't remember me from my last trip two years ago, but he's slightly more approachable than the Doshu, since he's responsible for all the Aikikai dojo in Kyushu only! I did get to meet the Doshu during class, but probably

O'Sensei Memorial Talk Rev. Shumyo Kojima:

During our O'Sensei Memorial Seminar, we had our formal Memorial Service for O'Sensei and Kanai Sensei on Sunday with Rev. Shumyo Kojima officiating. It was a very beautiful Service which also included one blues song offering by Jake LaBotz. Kojima Sensei's talk after the ceremony was very nice this year. He related to us about his old friend: "I visited one of my old friends last year. He is a kind of "rough" guy, drinking too much and riding around on his motorcycle but this year, when I met him, he was not his usual self - he was very polite and gentle and always saying "thank you," "thank you." I thought it was very strange behavior for him.

After I returned from Japan to Los Angeles, just a few weeks afterwards, I heard from another friend of mine in Japan that he had passed away from cancer. I think he knew that he did not have long to live so suddenly realizing how precious each day was to him, he somehow became very gentle and very grateful for everything. My friend also

because my partners were old friends of his -- he looks very healthy and his classes are great. I even got to see his son take ukemi for him -- great to see the generations continuing! I'll be returning to Tokyo in a couple of weeks and we'll be training heavily at Hombu -- I'll be sure to get some pictures then. Thank you again Sensei, for your continued efforts on-line! Herald Mon Farrington

03-28-06 Visiting Ibaragi Dojo:

Konnichiwa Sensei! I am still in Japan -- my dojo has arrived and we spent a week together in Kumamoto, then a wonderful day in Nara, and we are now back in Tokyo, training at Hombu in the mornings and with satellite dojo in the evenings. We will train at the Ibaragi (Iwama) dojo this Saturday, then my group leaves for Hawaii. . NOTE: Herald's full article will be in next month's

Jacob Sisk Continued:

with other students with whom I have had friction in the past, and getting closer to them through our shared desire to complete the classes with honor and grace. If the seminar had given me only this, it would have been more than enough. So what did I learn? I learned that I can do Aikido for eight hours at a time, barely! And that my teachers are part of a far-reaching lineage because their teachers reached far too. . . .

related a very strange thing. When he went to the apartment to clean up and take care of things, he found notes stuck to everything. The note of the refrigerator said, "thank you taking care of my food." The note on the bed said, "thank you for helping me to sleep each night." The note on the phone said, "thank you for allowing me to talk to my friends," and on and on. There were notes stuck to everything in the apartment "thanking" each object and thing for what they did for him. Then my friend choked up and could barely say, "On the small table next to where he slept, there was a note on the medicine bottle, "thank you for the cancer!"

It seems very strange for us to think that one can be grateful for getting cancer - but somehow the cancer gave this person a new view of life, allowing him to realize how precious everything in his life had been - something he did not understand when he took everything in his life for granted before he was sick.

When we think we have everything, we do not realize that even the smallest thing in our lives has value. We treat everything so badly and this goes for people too. When my friend found out that he had cancer and that he only had little time to live, everything became important and he began to understand "gratitude." I was very moved when I heard Rev. Kojima relate this story. Sometimes, it takes something like our own "death" to realize the true nature of this world - everything is a precious gift which we must treat with great care and kindness. I think we should not wait until we are on our deathbed to realize this. To live fully in this world, we must be a part of this world and to be a part of this world, we must treat everything in this world with great respect and kindness.

O'Sensei was born in another age in Japan that few understand or appreciate today. He passed away on April 26, 1969, - I think that many of you were not even born at this time. Yet, although he has been gone for such a long time, Aikido still continues to grow and we can all meet here in this tiny dojo from all over the country in harmony and friendship. We should really be thankful to O'Sensei. Although Kanai passed away, several years since then, I still can meet old friends because we were all students under him at one time or another. I am really thankful for this too. . . . To be thankful and appreciate all that we have - we have no time to hate and abuse others.

Teaching Aikido To Children:

03-14-06: Hi Sensei. Here in my country I teach mostly children from 8 to 15 years old on my Sensei's Dojo and I was wondering about introducing ken and jo classes to my students because they are always asking for it. I sought advice from my Sensei and he thinks it could be dangerous because some children can be violent with others this days. In class there is a controlled environment but we can't predict what they would do when in home or school, regardless all the discipline, warnings and teachings, because of all the violence seen on tv, videogames and etc and said I should give some more thought about the subject.

What do you think about the subject ? Do you think that ken and jo classes are important to children or the best thing to do is wait until they are more mature to understand the meaning ?

Sorry for any english mistakes. It's not my native language. Thank you in advance. Best wishes, Gisela.

Children & Weapons Class:

03-15-06: Hello Sensei. Of course, you and my teacher are right about your concerns. I read your other message about right understanding and right movement and you were right again in saying that my intent was focus on the movements of bokken without really cutting but like you and my teacher said, perhaps it's too early for them to understand the real meaning.

I had a little talk to my young students today and asked about what they thought they would really learn on a bokken or jo class and their responses made me realize that they still don't understand that these are real weapons in spite of all my explanations and how it can be very dangerous to use them. Some of them just think about how it would be fun and cool to practice with a bokken or a jo and show off to his friends or parents, so I'll refrain to introduce weapons on their classes because the meaning would be truly lost for them. Let's children be just children. :) Thank you Sensei for helping me to make the right decision. I'll thank my Sensei too! My best wishes for you. Gisela.

Sensei's Response:

This is an interesting question. In my own opinion, I would have to say that I agree

with your teacher. Weapons like the Jo and Bokken are very dangerous and should not be in the hands of children. If there is an injury during class or if the children develop a habit to use them as toys or play with them, it is very easy that someone will be hurt. You must understand that one can kill another person with a bokken or jo or one can be seriously injured.

If they use the bokken or jo away from the Dojo for some reason and someone is injured and it is determined that they learned these weapons techniques from yourself. In this country, one could be held liable for the injury or be convicted of felony assault. Felony assault is a serious crime and involves prison time. This will very serious consequences for you and your entire school. I would please refrain from teaching weapons to children. There are so many other interesting and challenging exercises and activities one can adopt into the Children's Aikido Class.

Rather than develop a child's skill in weapons, I believe it is better to help him develop flexibility, coordination, strength, speed, etc. . . .

03-15-06: Thank you very much Sensei. I'm not discouraged at all and I'd love to learn more about the ways to teach children and your help will be greatly appreciated. If you could share some of the exercises and activities that you use in your children's class it would be really wonderful. I'm always searching for new ideas or new approaches, buying books and videos to learn how to teach aikido to children properly and try to keep them interested in my classes. By the way, there's not many titles about this subject and I find this intriguing because in my opinion it's an important subject since the children are the future of aikido. I feel honored that you can share some of your teachings with me and guide me to the right direction. Thank you very, very much Sensei. Best wishes always, Gisela.

03-15-06: When I was very small and learning Aikido, there were no children's classes, so I just practiced with the adults and there were no special considerations for me other than I was very small. . . . When I reached black belt level I was still only about 14

years old and still very young, but I taught adult classes and I was expected to have the strength and power of an adult.

Today, many dojo have children's classes but I noticed that they are not as many as I would expect, many dojos do not teach children and I do not know why this is so. Of course, children can be difficult to teach. But, as I tell my black belts, if you can develop the skill to teach children, you can teach anyone. I think conducting the children's class is excellent training to become a teacher - although children are smaller and weaker than adults, children are very perceptive, absorb everything and you must be very open and honest with them. If you make a mistake, they will surely catch it, you must always be totally awake and in the moment when teaching children.

Of course, children must learn Aikido in the prescribed way - they must practice the etiquette, ukemi and techniques as in a normal Aikido class. Because children have a shorter attention span and because most Aikido techniques are practiced for their discipline and form with the smaller-weaker children and not for "effectiveness," I think that it is good to supplement the class with other types of activities which will enhance the flexibility, strength and coordination.

When I am thinking of these activities, I am thinking of movements and exercises which will enhance their ability to perform the Aikido techniques and I am thinking of the general well-being, health, flexibility, coordination and strength of the children. I do not want to encourage a competitive spirit nor a confrontational attitude in the children. Attitude towards learning, towards the teacher and towards their classmates and learning how to give and take and work together with others is extremely important to teach in their practice.

In our public educational system in this country, many physical education activities have been removed from the curriculum. Children no longer do sit-ups or push-ups but these are still excellent exercises for children. Jumping jacks and moderate paced running and jogging are also good.

In a typical children's class here in my own

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.

dojo, we have the children in a circle at the end of class to do push-up and sit-ups. Often, we have the children jog around the mat - the number of times is calculated to equal one quarter of a mile - this is a good running distance for children to develop their cardio-vascular strength.

Jumping jacks are also excellent to develop stamina and get their heart rates up.

Strength and stamina exercises are easy and common to develop. Coordination exercises are, I believe, vital because they do not get this type of training anywhere in their environment. This means activities which develop their posture, balance, coordination. Coordination means, - hand-eye coordination, hand-foot coordination, eye-foot coordination, and on and on.

What I like to do is lay out a long straight line of white belts - maybe three or four in a long line. Walking on the line with their eyes closed develops balance. Sometimes, we help their balance with a more difficult exercise of walking the line with a paper cup balanced on their heads.

Next, we use the same line and have the children skip on one foot back and forth across the line all the way to the end. If they get good in this, they start to do it backwards.

Jumping back and forth across the line with two feet together is also a good exercise. The same exercise with their eyes closed is also good but more difficult.

Taking leaping ukemi over one or two children huddled on the ground is also challenging. With one person huddled, they take a big ukemi over the person. When they develop this exercise, they take ukemi over the person, turn quickly and take a 2nd ukemi back over. When they can do this, they take a 3rd ukemi, and on and on. . . . developing smoothness and speed in their ukemi and developing quickness and agility at the same time.

Everyone laying on their stomachs flat, they use only the forearms to grab the mats and pull themselves forward to the end of the mat. When they develop this, they use only the forearm of one arm to pull themselves forward.

These are all very simple, common exercises which, I think, are very good for children. Please try these, if you like, and let me know

how they do and how the children like them.

If you want more exercises, I will present slightly more advanced, more challenging exercises for the kids. Many best wishes and good luck in your children's class!

03-16-06: Thank you very much for sharing your experiences in teaching Sensei.

In my country (Brazil) occurs the same thing and many Dojos doesn't have children's classes and they have to practice with adults and some of them doesn't teach children at all. When my teacher decided to start the children's program and asked if I was interested in teaching them, I was honored that he was trusting me with such responsibility, but wasn't very sure that I could do it because I didn't know much about children and how to interact with them, but I said I would give it a try. I did, and had a wonderful experience with the children. Since that day I am always searching new ways to improve my classes and keep them interested.

I think the same way, I mean, if a person can teach children, will be able to teach anyone and I have to confess that now I prefer to teach children rather than adults. They are very sincere and like you said, if you're not awake and make a mistake they'll catch it right away. Been there, done that.. Teaching children is not an easy task, but I love teaching them!

Many schools in my country removed physical education from the curriculum too and I noticed that some of the children that starts practicing aikido have poor coordination or flexibility for their ages. I mean, I had better coordination and flexibility at their ages because I always practiced sports. He did exercises at school or just played outside when I was not at school. Today they pass more time sitting in front of tv, videogames or computers than just playing outside. I think some of the children don't socialize better with other children because of this too and this is very sad.

I'll start to apply the activities on my Monday class and I'll let you know how they're doing. Thanks again Sensei! Best wishes always. Gisela Marques.

Etiquette For Children

Children always act like children, when I speak of etiquette in the children's class, I am referring to the adults who are taking

care of the children. Usually, I hear adults talk "down" to children or talk to children as if they are children and I don't really agree with this at all.

I think adults or those taking care of the children should speak to them just like adults. More than adults, it is very important to use very polite language with children. Always speak to children politely and always say, "thank you," in the most polite way. I think this sets a good example for children to also speak politely and act politely to others. I think that if you speak to children like children, they do not learn the proper way to speak and if you speak to them roughly or very informally, they learn that this is the way adults talk and respond. Always set the best example for children - especially in one's behavior and in speaking - the children will always catch this and imitate you.

I find that if you treat children like adults, they respond more and learn how to become adults sooner - meaning that they learn to speak well from watching people with good habits. When you treat children "like kids" this is how they learn to respond to others in Life.

Please treat kids with utmost respect and always use your best manners on and off the mats with them. By setting the best example for kids, they will more quickly pick up good manners by imitating you and this is important for them all through their lives.

"Etiquette for children" here means the "etiquette of adults" for children. Many thanks and many best wishes.

03-16-06: Sometimes I wonder about that too. I see adults talking to children like they are stupid or something like that. By the experience I'm having with them, they are very capable to understand everything just like if I was talking to an adult and I don't ever raise my voice with them. I think they have to learn the discipline without been forced to do it or they won't enjoy the classes at all. The moment they got comfortable with the environment they start to respond to the training and discipline in the best way possible. Some are more difficult than others, but it's very gratifying to see when they start to happily obey and enjoy the classes like the others.

I think that etiquette is fundamental in any martial art and in our lives as well. I always treat them with the respect and education

that I'd like to be treated and this is starting to reflect in their homes too, because some parents comes to me after the child is practicing for 3 months or so and say how the child is already changing, becoming more calm, focused and obedient. This is the best thing about teaching children, been able to see them changing, becoming more mature, more secured, health, focused and able to enjoy life through aikido.

Thank you Sensei, I'm enjoying very much this discussion and your teachings to help me to follow the right path. Best wishes always, Gisela.

03-16-06: I think your teacher made a good choice to select you to teach the children. I think you will be a great teacher. Please let me know whatever I can do to help out with your class to be a success. Many best wishes!

03-16-06: Thank you for your words of encouragement Sensei. It means a lot to me. I'll try to be a good teacher and I know that I still have a very long way to walk and a lot to learn before I can be called Sensei and be an example to my students, like my teacher and yourself. Thank you very much Sensei. Best wishes always. Gisela.

Dr. Helen Hsu: Full Plates:

03-10-06: Let's All Get ADD!

What do coffee, cell phones, the Net, stress and sleep drugs have in common? You, silly... - By Mark Morford, SF Gate Columnist, Friday, March 10, 2006

No one is getting enough sleep.

No one is getting enough sleep because everyone is so damned stressed.

Everyone is so damned stressed because everyone has way, way too much to do and far too little time in which to do it.

Everyone has way too much to do and far too little time in which to do it because modern technology has made us a thousandfold more accessible and more wired up and more media drenched and able to communicate in 157 different instant digitized ways, has given us entree to so much astounding information at so much faster and more unbearable rates that it has, in effect, compressed time into sweaty slippery little knots we are forever trying to untie as quickly as we possibly can even though we can't.



03-20-06: Dear Furuya Sensei, how are you? "Haratatezu" shodo is awesome. So wise. Every day reading your daily essays and learning from the great shodo that you post..... oh, thank you so much. My trip to Japan is from May 1st to May 21st. I promise to send tea, photos and some "traditional" sweets for your students.

My wife Miho gave at my son's kindergarten a Classical Indian dance class and demonstration. At the end, my son grabbed her braid and all the kids went after him and created a Bharatanatyam train. It was spontaneous. My son Kazuki is so funny. He taught them to say "shu shu po po shu shu po po" like Japanese say about the sound of the train. Here is the photo attached. Take care, Yours, Ze'ev. Israel.

NOTE: We are planning to invite Ze'ev Sensei to Los Angeles sometime next year.

Slathered all over this is the fact that the Internet is a gorgeous wanton free-for-all of deliciously annoying distraction, porn and Instant Messenger and iTunes, eBay and Amazon and roughly one million blogs, RSS feeds and multimedia and movie trailers and the great time-sucking killer app of the 20th century, e-mail, and did I mention the porn and the music?

It's enough, verily, to give normally sane and balanced and disciplined people a serious case of attention deficit disorder, the inability to focus for any length of time on any one project at hand without the mind and the eye and the desire immediately jumping away to the umpteen other activities and ideas and fun bits your brain felt it was ignoring by trying to focus on one measly paltry thing.

Is this happening to you? Are you not multi-tasking right now, calculating your to-do lists, answering your cell, text messaging your sister, reading this column, burning a new CD, thinking about sex, programming your Bluetooth, ordering some Astroglide online, processing 50 items at once? No? Something is wrong with you.

In fact, I have no idea how I am getting through this column right now. It has taken me roughly 19 hours to complete the hand-

ful of paragraphs above because I keep checking e-mail and configuring my iTunes playlists and responding to my girlfriend's IM messages and reading my colleague David Lazarus' trilogy of columns on the mad increase in sleep disorders and sleeping-pill intake in America.

And the phenomenon is, as you might expect, disturbing and telling and just a little sad, but I didn't have all that much time to dwell on it because I also felt compelled to watch nine new movie trailers on Apple.com ("Mission: Impossible III" looks just god-awful and someone really should slap Tom Cruise) and check the status of two eBay bids and read up on a new Aneros sex toy over at Blowfish.com and satiate a nagging question I had about a quote from "The Love Song of J. Alfred Prufrock" and read up on BushCo's nefarious plans to bomb the crap out of Iran and did you know the newly redesigned Audi TT is coming out in April?

This is why God invented coffee. Coffee is our national narcotic. Caffeine is time's Viagra. It is no coincidence that the rise of the godlike Starbucks Corp. coincided almost exactly with the rise of the Internet and the cell-phone explosion and the dot-com boom -- that is, with the insane rise in

Continued:

Letters & Correspondence:

03-09-06: Introducing Gayle: Hello Everyone & Furuya Sensei: My name is Gayle and I live in the outer most edge of Los Angeles County in Canyon Country, just before you get to Magic Mountain. I began my Aikido classes in January of this year at the "Aikido Center of Los Angeles, Furuya Sensei's Dojo. Very nice to meet you all and I do enjoy reading all of your post! Best Wishes To All, Gayle

03-09-06: Introducing Paul Major: Hello all, My name is Paul Major, I live in Hollywood and I am a student at the Aikido Center of Los Angeles. I don't think I have contributed to the Yahoo group much yet, but I do read the messages every day. I think of this group as an extension of my training at the dojo, and it has proved to be very informative and productive for my education in Aikido and martial culture. Thank you! -Paul Major

03-09-06: From Brazil: Hi to all! I introduced myself once, but since it was a long time ago, I'll do it again. :) My name is Gisela and I'm from Brazil. I've been practicing Aikido in my country under the supervision of Shihan Ichitami Shikanai Sensei for about 12 years.

My first contact with Furuya Sensei Aikido was watching a documentary on tv (I think it was on discovery channel) and my first impression was that his aikido was simple and yet, very powerful and I liked how he explained some of the Aikido's philosophy and discipline and how his students seemed very respectful and focused on his teachings. My other impression was, "what a beautiful Dojo!", kept very nice and clean. It must be very pleasant and inspiring to practice on such traditional and harmonious place I bought one of his tapes and liked very much. It's becoming rare to find traditional teachers this days. I'm lucky that my Shihan is very traditional and likes to keep things simple too, and I find the conversations on this group very inspiring. I usually don't talk much because I think I still have so much to learn and my english is not so good to write long conversations, but I'm honored to be able to read and be part of this group, with such giving and humble Sensei. I'll try to participate more... Thank you Sensei. Ms, Gisela.

03-12-06: From Ashland Virginia: Hello Sensei Furuya! I am visiting your wonderful

group from Ashland, Virginia, and have recently joined your discussion group. I have been studying Aikido for almost a year now, and truly enjoy your inspirational posts and thought provoking discussions. Thank you so much for taking the time to share your wonderful art and experiences with us! -Paul Laudeman

03-13-06: Yamanashi Kenjinkai: Sensei: Thank you so much for the report on the Yamanashi reunion. My mother-in-law's family is from Yamanashi and I will share your article with her. She is almost 89 and in good health. And for the information on the Far East Cafe. My husband has been in mourning since the 1994 earthquake closed the original. It was a part of his childhood and adulthood and the only place to find the original southern Chinese country cooking that so many of the early Chinese immigrants brought to this country. We will visit the New Formosa Cafe very soon with pleasure. Judy Yamada

03-13-06: My Intro: I'm Shannon, from Virginia. Im a stay at home dad with 2 boys (ages 1.5 and 3). I perform singing telegrams, magic shows, children's entertainment for birthdays parties . I've cross trained in various arts since I was 12 (Im now 35). In searching for a new dojo, I wanted something that offered more than I've had before. Or at least an additional piece to my art. I think I found that in aikido. I've only been training in aikido for 6 months, so my questions and responses to this group have been limited - for fear of sounding like a complete idiot. Having trained in other arts, it's nice to not have to be critical of this art (as so many other can be). It's nice to be able to relax, feel the technique flow, and build from there, without wondering "Will this work?".

I found a wonderful instructor in Jim Baker (5th dan) at Aikido of Norfolk, and am glad to have found this group as well. Shannon Frye

03-14-06: My Intro: Hello everyone, My name is Jason and I have been hanging around here for quite a while. A fact that became evident to me as I once again had to edit my profile to add another year to my age. Most of my basic information can be found in my profile, I try my best to keep it current. Here's what isn't there. I have been training consistently in Aikido since 1998. I hold the rank of shodan in the USAF under Yamada Shihan. I currently train at Aikido

of Center City (Philadelphia) under the instruction of Donovan Waite Shihan (7th dan). We receive regular visitors from all over the world so if anyone in the group is ever in town please let me know if you would like to come and train with us. I have been a member of this group under the instruction of Furuya Sensei since it's founding and his teaching has been an invaluable part of my training. I have also practiced Iaido for about three years but I hold no formal rank. Furuya Sensei's many lessons here sparked me to do so much personal research that I finally just decided to pursue a degree in East Asian studies. I hope to be able to transfer to the University of Pennsylvania as early as the fall. It is nice to meet you all and I think we have a great group here. It is pretty quiet and respectful just as it should be. I look forward to discussion with all of you for years to come. Take care, Jason

03-21-06: Aikido Experience: Furuya sensei, Please allow me to thank you for admitting me to your group. I am currently in search for an Aikido school in my area, but I have trained in many styles including Aikijujutsu and Muso Jikiden Eishinryu Iaido.

When I began my journey in martial arts I, as many other students, dreamed of one day using the skills that were passed on to me to save my life. I envisioned being cornered in a dark alley, an intruder threatening my family or foiling an assault on an unfortunate victim. Although in the back of my mind, I worried that my techniques would fail under the pressure of an unexpected attack, I was sure I was better off than an untrained person. Sure, I had always performed well in the dojo, but I expected to be attacked in that environment.

Recently, at my place of employment, I had what I would like to call "A True Aiki Experience". Not the place that I would expect my training to save me. I was working off a 10' ladder and as I began my descent, I was careless with my foot placement. About four rungs from the bottom, I missed my step. I fell backwards from the ladder and fell to the pavement. I instinctively executed a perfect ushiro ukemi, with tools in hand. After I fell, I quickly jumped to my feet. To my amazement, I received no injuries, save a bruise above my elbow. It was only moments later that I realized that my Aiki training saved me from serious injury or even death. I have heard many stories of workers dying from a fall of this

sort. I was so excited that I called my sensei (who sadly is no longer teaching) to share in this experience and to thank him for his patience in making me fall in class until I was too tired to stand.

I was surprised that my training would manifest itself in this fashion. I wasn't disappointed, I was so excited that the through mushin no shin the technique worked. My training did not fail me.

The lesson learned was that the way of harmony provides more than fighting prowess. There are many ways to save one's life with Aiki o- Kami. Thank you for allowing me to share my story. Skip Cooper

03-30-06: From Turkey Branch: Dear Sensei I'm writing you on behalf of Muhlis Sensei, who is sending you his respect and best wishes. Winter was quiet severe in Ankara and throughout Türkiye. Due to the bad weather conditions most of the students had difficulties in attending the lessons. We began our program as planned with the few ones who could attend but preferred a slower speed to make it possible for the others to catch up. Unfortunately the first days of March Muhlis Sensei suffered some great pain due to an injury at his spine and underwent some physical treatment. Hopefully his health is improving day by day. We hope to be able to send you some records about our Dojo and our training as quick as possible. I remain respectfully yours On behalf of Muhlis Sensei, ZEN-Philosophical Martial Arts Society, Fatma Özkan

03-31-06: From Ambrose: My challenges in Aikido mostly revolve around strength, stiffness and posture.

Slowly but surely I am losing the stiffness, the tenseness that comes with using strength.

Now my challenge is not to lose my energy and power as I lose my stiffness and reliance on strength. My teachers tell me that I am much more relaxed but I have lost some of my energy. So now I need to maintain my relaxation but find my energy and my power. Maybe this is ki, whatever ki is?

And posture. I lean over too much, compromise my centre and my ability to be aware of my uke and those around me. I need to be more upright, more centered.

It is a little frustrating but I love my Aikido training now more than ever in the last 6 or

or 7 years I have been training. And beside me stay my teachers, as dedicated and enthusiastic and selfless as ever.

Isn't Aikido such a wonderful challenge? And doesn't penetrate all your life if you let it? Best wishes, Ambrose

04-08-06: New Iaido Student: Dear Sensei Furuya, I wanted to take the time to introduce myself. I am the "new kid" who has just begun learning Iaido at your dojo. My name is Dara Toor and I am 15 years old, and a sophomore student at Moorpark High School. My career goal is to become a doctor.

I have been training in Hapkido martial arts for the last 8 years and have attained the ranks of junior black belt and adult black belt last June. I have attached my black belt essay for your review. I have so much to learn in the martial arts and I am just beginning to take the first steps.

I consider it an honor to have the privilege to be under your instruction. It has been a goal of mine to really understand the art of Iaido. I look forward to the inner growth and challenge from training in the art of Iaido. Reading your book and your newsletters, are a great inspiration to me and I have the deepest intention to apply your teachings.

Please forgive me for the mistakes I may have made in my etiquette and I seek your guidance and help in developing myself. Could you please provide me with some guidelines as to the path and best approach to my studies of Iaido.

I am truly honored to be surrounded with such skilled and influential people like Mr. Myers, and the other excellent students that train alongside me.

I wish I was living closer yet I am greatly appreciative for my father who gets up at 4:30 every Saturday morning and makes the sacrifice to support me and bring me to your dojo. I look forward to training every weekend with excitement and motivation. Your humble student, Dara Toor
I will make a point in coming in tomorrow to introduce myself in person.

04-19-06: Hello, my name is Eddie. I am a practitioner of Battou Jutsu (Toyama Ryu), and I am looking to purchase another sword for my studies.

Obviously purchasing a sword from a known swordsmith in Japan, or anywhere else is way out of my league (as far as experience and price). I have searched many manufacturers and sword sites, read feedback from other practitioners, and taken many recommendations..and I can just say its all a big headache! My budget will not allow me to have a thousand dollar sword just yet, but I would like to have something that could definitely hold its own, and withstand the cutting and vigorous practices. I come to you with this question, because as far as in the U.S., I trust your judgement over anyone else. What sword, or sword co./manufacturer would you recommend?
Thank you for your time, Eddie

04-25-06: KODO FAN: Dear Sensei, My name is Matthew Hetznecker. In 1988 my dear friend at the time, Adam invited me to visit your dojo. He spoke so highly of you I had to come and see for myself. To see the street and to walk into your space was such a contrast and the visit itself was a privilege. There was a feeling of something different going on there.

Adam move away a very long time ago and we have lost contact.

Last Saturday, I walk into my local library on Hillhurst and was browsing through the martial arts section and came upon your book. I actually had just come into to pick up a book I had on hold.

What a joy! I paged through it and read one of your essays and was hooked. Kodo, is one of the best spiritual books I have ever read. And I have read hundreds. And it has come at a time when I'm taking on new physical challenges. I now take a mixed martial arts one on one and started taking capoeira and am "starting at the bottom." But the book has begun, for me as context to take my art, my physical art/work and have all my day inform my art/work. To put focus. I hate washing the car usually, the other day it became a new activity. I had to write you now, even though it's just been a few days. But I will keep you informed. Thank you for your words and work. A grateful (dare I say) student, Matthew

Dojo Clean-Up Help:

Many thanks to all of the students who helped with the clean-up and preparation of the Dojo for the Memorial Seminar. Everyone did an excellent job and it is greatly appreciated. Sensei

Upcoming Seminar

Hiroshi Isoyama Shihan Seminar

November 11-12, 2006

Hosted by
James Paulson Sensei's
Isoyama America Aikido
Academy, Santa Clarita

Details to follow soon.

In The June Issue:

*O'Sensei Memorial Service &
Seminar Part II*

Seminar: Student Impressions

*Upcoming Yonemochi Shihan
Seminar. July 14-15*

*LA Lofts Premiere Book Signing in
July*

Heraldo Farrington's Japan Trip

Furuta Ryoji-san, 1st Dan, From Hiroshima, Japan:



04-01-06: , I'm Ryoji Furuta. How are you? Thank you for last week and I arrived safely back to Japan. I want to tell my dojo members about the very practical form of Aikido you teach in your dojo. I want to return to Los Angeles soon to practice with you. Thank you

Jim MacDonald Featured In New "Home of the Brave."

Jim just finished shooting a new movie to be out around Fall of this year. Irwin Winkler has announced his next project. Oscar-winner Winkler ("Rocky") will direct the dramatic movie, "Home of the Brave," set to star Samuel L Jackson, Jessica Biel, Christina Ricci, Curtis '50 Cent' Jackson, & Brian Presley.

SYNOPSIS: Revolves around three soldiers who struggle to readjust to normal life after returning home from a lengthy tour in Iraq. Jackson will play a doctor who tries to resume his routine

Full Plates Continued:

instant communication and multitasking. Caffeine helps up keep up with the mad onslaught, even as it destroys our ability to calm the hell down and get some deep rest.

Did you know caffeine has a half-life in the body of six hours? That if you drink a big cup around noon, half of its 80-100 milligrams of nefarious caffeine are still bouncing through your bloodstream by dinner-time, and by midnight you've still got a happy glob of the stuff slapping at your exhausted brain stem like an angry wife slaps her ex-husband? Do you wonder why we're taking more and more sleeping pills and screwing with the body's natural rhythms and entering a vicious cycle of artificially jacking up/calming down to the point of, well, exhaustion?

Reminds me of Joshua Foer's terrific piece over at Slate from May 2005 about his experience taking the prescript amphetamine Adderall (normally prescribed for ADHD), just to see what it would do to him, just to see if he could, in fact, focus better and get more work done and imitate, to some pale degree, Jack Kerouac, who allegedly wrote "On the Road" in one insane brilliant non-stop stream-of-consciousness binge while jacked on so much Adderall-like amphetamines it would've choked a llama. The upshot: Except for the weird side effects and the numbing comedown and the various health hazards, Adderall worked, almost too well.

Of course, digging out the link to Foer's piece also enticed me to read Slate's review of alarm clocks, which also led to Will Saletan's thick science-over-morality piece on South Dakota's hideous new abortion

law, which in turn somehow pointed to a mention of the New York Times story about the new rash of "sleep-driving," about all the zombie-like people who are now getting into their cars after taking the sleep drug Ambien, which led me to the original NYT Ambien piece on the subject, which in turn flicked me over to the NYT Book Review, where I drifted in a literary haze until the sun shifted in the sky and the morning turned to afternoon and I realized I really needed to get back to work because the paragraph you just read took me about one hour and 13 minutes to complete. See?

Adderall sounds perfect. Adderall is exactly what I need. I could write five columns in two days! I could get ahead and forget my rolling deadlines, for once! I could start my novel, make more progress on my essay collection, learn podcasting in Garageband, finally read that 400-page book on digital photography, get all the way through "From Dawn To Decadence" and still have time to learn about Japanese sake prefectures!

Is this our national affliction? Our collective destiny? A nation of willful ADD sufferers, wired up and jittery and increasing unfocused even as we have more and more crap demanding our attention and even as we are increasingly unable to pause the chaos and sink into a moment and find some peace and actually feel the world around us?

Because I have news: We have been misled. It is one massive lie, a great myth of modern American culture that the more you think, the more you multitask, the more you process and analyze and ponder and the more stuff whirling around your brain at any given moment, the smarter and more connected you are. It is, in short, a total crock.

We equate deranged, caffeinated busyness with smarts, with success, when in fact the exact opposite is true. Just ask the yogis, the gurus, the healers of the past 5,000 years: It is actually when you calm the mind, clear things out, breathe deep and sleep deeper and clean out the toxins and the caffeine and the Ambien, that's when real wisdom, real intuition comes your way. The rest is just, well, noise. Happy delicious annoying caffeinated sexy fun infuriating obnoxious unstoppable noise, but still noise. But not to worry. They'll soon develop a pill to block that, too.

Helen H. Hsu, Psy.D.
Clinical Supervisor, Director of Training
Asian Community Mental Health Services

Hideo Yonemochi Sensei & Sensei



Yonemochi Shihan with Furuya Sensei enjoying a meal together in 2004 during the 30th Anniversary Celebration of our Dojo. Yonemochi Sensei has been a teacher, mentor and good friend to Sensei since 1970 when they first met. Yonemochi Sensei introduced Sensei to the Bank of Tokyo in 1970 and later introduced Sensei to Izawa Sensei in Colorado. Yonemochi Sensei was the Honored Guest at our 30th Anniversary Celebration.

New Affiliate Dojos:

Littleton Aikikai

Littleton, Colorado
Steven Shaw

Brugos Kodokai

Brugos, Spain
Under Santiago Almaraz

Our Good Friends In Aiki:

Tanshinjuku

Boulder, Colorado
Kei Izawa Sensei, 5th Dan

Chushinkan Dojo

Buena Park, CA.
James Nakayama Sensei, 6th Dan

Aikido Ai

Whittier, CA.
Frank McGouirk Sensei, 6th Dan

Tekko Juku

New England
Yasumasa Itoh Sensei, 6th Dan

Affiliated Branch Dojos

Aikido Kodokai

Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai

La Puente, California
Tom Williams

Wyoming Aikikai

Sheridan, Wyoming
Tom McIntrye

Bahamas Aikikai

Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai

Jalisco, Mexico
Eric Jaracho

Aikido of Guadalajara

Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta

Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

Association D'Aikido Pour Demain

Paris, France
Cyril Danan

Aikikan

Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo

Valladolid, Spain
Felix Ares

Veracruz Aikido Dojo

Vera Cruz, Mexico
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni

Monza, Italy

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.

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.

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.

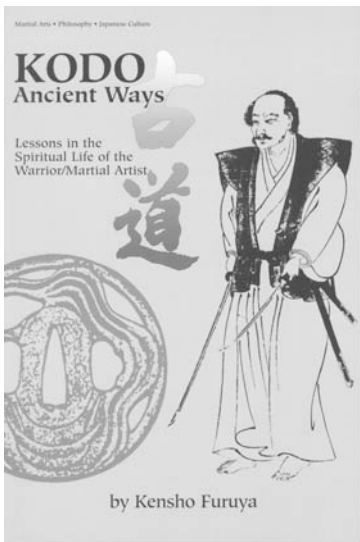
Visit our official website daily at:
www.aikidocenterla.com

Become a member of Aikido-laido-KODO@yahoo.group
For Sensei's Daily Message and current news & postings.

Copyrighted © & All Rights Reserved.

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
No portion of this publication may be copied or reproduced without written permission from the Publisher.

Publications By Kensho Furuya:

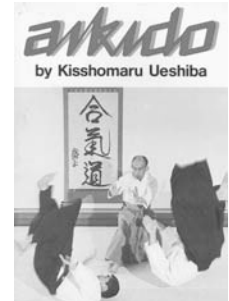
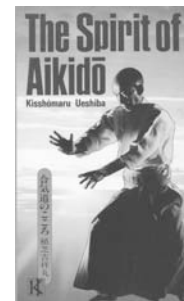
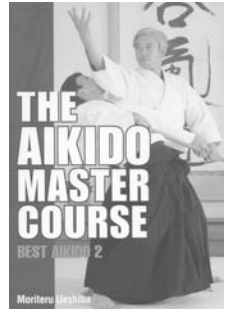
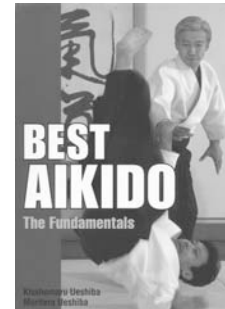


**Kodo:
Ancient
Ways:
Lessons In The
Spiritual Life
Of the Warrior**

By Kensho Furuya
\$16.95 plus tax.

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

Recommended Readings:

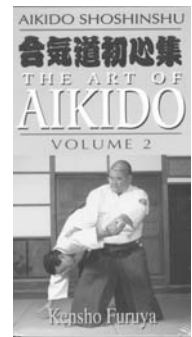
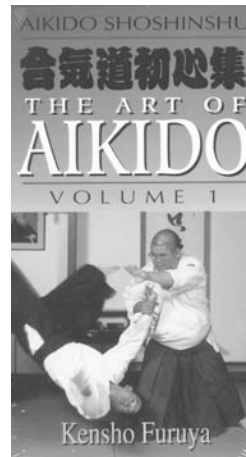


The Art of AIKIDO

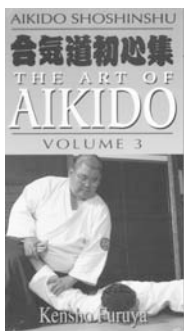
Instructional Video Series s Now Available in a new DVD format.

"Top Rated" Karate Illustrated
"Impressive Scope" Aikido Today,
"Exhaustive" Aikido Journal" "Best in the English language on the market today," Budovideos.com.

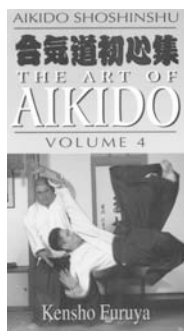
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



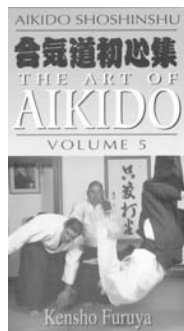
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



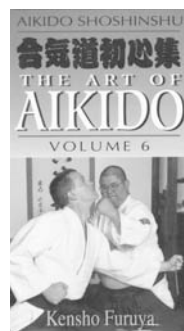
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



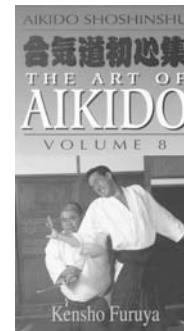
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



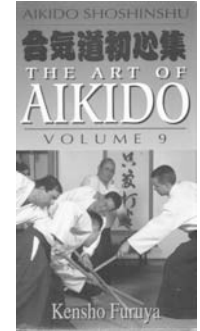
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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: 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 2nd & Up: 6:30-7:30pm.

Wednesdays: Beginning: 5:15- 6:15pm. Aiki
Sword & Weapons: 6:30-7:30pm (Bokken).

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

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

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

Every Last Saturday:
Advanced-Instructors': 6:30-8:00am.
2nd Kyu & up or Sensei's prior approval.

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

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

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.

Wednesdays: 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. We accept personal checks, MO and cash. Please bring valid ID such as your driver's license and the name of your insurance company. Welcome!

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.