

# 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  
Los Angeles Sword and Swordsmanship Society Kenshinkai  
The Furuya Foundation

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Merry Christmas  
メリークリスマス  
from the Aikido Center of Los Angeles

### Message From the Teacher

by David Ito, Aikido Chief Instructor

The month of December can be thought of as the month of the spirit of Aikido. During the holidays, we often hear people say, "Peace on earth and good will between men" which one could easily misinterpret as one of O Sensei's teachings. Author John Stevens coined the phrase about Aikido being "The art of peace" and even wrote a book about O Sensei's teachings titled, *The Art of Peace*.

Though, what is peace? Furuya Sensei used to say, "One's inner state can be seen in how they do Aikido." If this is true, I would assert then that peace is the practice of an inner calm or harmony that manifests as an outer state of tranquility. Sounds kind of new-age, but it is true. If we as humans can train ourselves to be calm or be in harmony with ourselves then we can cultivate a space of compassion, kindness, gentleness or forgiveness for not only ourselves, but for others as well. Soshitsu Sen illustrated this idea of true tranquility in the presence of others in his book *Tea Life, Tea Mind* when he wrote:

"Tranquility," an aesthetic concept unique to Tea, comes with the constant practice of the first three principles of harmony, respect, and purity in our daily lives. Sitting alone, away from the world, at one with the rhythms of nature, liberated from attachments to the material world and bodily comforts, purified and sensitive to the sacred essence of all that is around, a person making and drinking tea in contemplation approaches a sublime state of tranquility. But, strange to say, this tranquility will deepen even further when another person enters the microcosm of the tea room and joins the host in contemplation over a bowl of tea. That we can find lasting tranquility within our own selves in the company of others is the paradox."

Peace is not a destination, but, like Aikido, a practice that one cultivates at every moment. The paradox that Soshitsu Sen asserted is true in that in order to have true lasting peace one must be able to share it with others. Peace is not just a singular state enjoyed by one person, but when cultivated can benefit one's self, all of mankind and eventually the world.

The spirit of Aikido is one of peace and thus "Peace on earth and good will between men" is really what O Sensei is trying to teach us. We are all one. If we destroy others, we are really destroying ourselves. If we find peace in ourselves then we can manifest peace for the whole world. Our development is meaningless unless we are able to share it with all of mankind. Please practice the art of peace.

I wish you all a Merry Christmas and hope you all have the happiest of holidays.

## Upcoming Events

### December 5th:

Dojo Christmas party

### December 12th:

Osoji: Dojo cleanup

### December 24-25th:

Dojo Closed: Christmas

### December 30th:

Osame keiko:

Last practice of the year

### December 31-January 3rd:

Dojo Closed: New Year's

### January 9th:

Kagami Biraki

Official opening of the New Year

***Busy is not Budo****by David Ito, Aikido Chief Instructor*

The month of December in old Japanese is referred to as *shiwasu* (師走) which literally translates to “master or teacher runs.” Today, it is commonly referred to as “priests run” because of all the commitments that priests have to fulfill before the end of the year. Everyone gets busy in December, not just priests, with all we have to do for the holidays and with all our preparations to ensure that the New Year is rung in properly. The busyness of December can be thought of as the crescendo for the renewal that New Year’s Day brings the morning of January 1<sup>st</sup>.

In this modern technologically advanced age, it is not just December that is busy. Today for the first time in history, we can have, do or be anything we want; it is our choice. Inadvertently, with this new found freedom comes this concept of “busy.” Each of us has work, school, family or personal interests that seem to pull at us from all directions and thus we become less focused, things get left undone or our lives become a long string of absenteeism. To some, multi-tasking has become so normal that “busy” has become their new way of life and also the convenient excuse when things come up short. I know, for myself, that “busy” has become my regular way of life.

Busy, however, is not *budo*. Our greatest asset as Aikidoists, or martial artists for that matter, is our calmness. In Aikido we call it harmony – our ability to be calm in the face of opposition. Busyness destroys any sense of harmony that we may have and replaces it with a sense of franticness that is usually tinged with fear and anxiety. The way of the *budo* dictates that we be singled-minded when we are confronted. To be singled-minded means that we must first practice singled-mindedness. That is why training is done repetitively with very little talking or other distractions. Once we have perfected this singled-mindedness in the dojo, we can then take it out and use it to benefit our daily lives.

When warriors talk of singled-mindedness they usually say, “*Bushi no ichigon*,” which means *to say one thing*. This is a popular saying not just in *budo* but in Japanese culture and Buddhism as well. *Bushi no ichigon* is not literal in that we just adhere to one thing said, but is more comprehensive in that regardless of where or what we do that we focus our efforts on that one thing. The famous swordsman Miyamoto Musashi said, “From one thing, know ten thousand things.” What Musashi was saying is that in order to defeat 10,000 men, we must defeat them one by one and not all at once. In order to be successful we must practice *bushi no ichigon* and not practice or create the habit of duplicity.

Aikido is the antithesis of today’s busy on the go multi-tasking lifestyle. Externally, when we enter the dojo we are told to “leave the outside world and its distractions outside” so that we may focus on ourselves and our Aikido training. Internally, we are trying to achieve this sense of harmony not only within ourselves but with our partners as well. How do we possibly hope to achieve a sense of singled-mindedness or oneness when our outer lives are not in harmony with our inner lives? Here is nice Zen story that illustrates this idea of harmony:

During a great battle, a warrior was captured by his enemies and sent to prison. Worried that he might be executed, he was unable to sleep that night as his anxiety overwhelmed him. In the midst of his fear and anxiety he remembered the words given to him by his Zen master, “Tomorrow is not real. It is an illusion. The only true reality is the present moment.” At that moment he understood his teacher’s words and a sense of peace and calm came over him. With this realization, he fell into a deep and peaceful sleep.

Being busy causes one to be out of balance. When we are out of balance, we can be easily be toppled and defeated. Being busy causes us to be like this warrior worrying about the impending doom of the future. We cannot stay grounded or present in the moment while we are worrying about the past or having anxiety about the future. The past and the future only exist in our minds and, since they are not tangible, they are as the Zen master said, “An illusion.” The illusion of the past or the future are both out of our control but what is tangible and within our control is *this* moment which calls us to be present.

Shortly before Furuya Sensei’s passing, he would often rebuke us by saying, “There is no time left, don’t waste time!” Our concept of time is like a tube of toothpaste, we waste it in the beginning and only try and save it towards the end. We often think of wasting time as only something that ignorant or young people do, but in fact it has become everyone’s way of life. If we lived to be 100 years old that would mean that we only lived 36,500 days. 36,500 days seems like so few days despite the fact that one lived to be 100. What would we do if there were 25 hours in the day and 366 days in there year? Would we get more done? Would we achieve our goals and have more satisfying lives? The truth is that we’d probably still squander it while complaining that there will never be enough time. Sensei’s rebuke was a warning to us to use our lives and our time wisely.

The tea master Soshitsu Sen said, “When society prospers the spirit becomes impoverished.” His admonishment was a reminder that prosperity is a tool that can make our lives better, but like all good tools they must be used wisely and in the proper way. How things begin is usually indicative of how they will end. When my mother was ill, a question arose in my mind that I feel is poignant, “Do we die as we live?” When we look back on our lives, what will we be proud of? Will we be proud of the fact that we were busy and got things done? That depends on how things got done and what it took to get them done. Sensei used to say that, “Aikido is an art, just as our lives are.” We get to choose what we want, what we want to do and who we want to be. Our lives are our works of art. We shouldn’t waste them with meaningless busyness, but fill them with meaningful beauty.

Thank you all for all you have done this year to support Aikido and the dojo. I really appreciate it. I hope that you enjoy the holidays and may you have a wonderful 2016.

**Take One More Step**by *Santiago Garcia Almaraz**Chief Instructor, Aikido Kodokai (Salamanca, Spain)*

It's kind of funny as the years go by I feel that with each passing year there seems to be more and more work to do with most of the work being leftover from the previous year. It's like climbing a mountain and thinking that this is my destiny and reaching the top only to see another new mountain that is waiting to be climbed. This can seem like a really stressful situation but in many ways that same feeling is what makes me feel alive, active, useful, and a part of something – this is how I know that I still care about our dojo, Aikido and our students. This feeling of care fills me with happiness. Despite being happy, it is true that sometimes I feel tired, frustrated and overwhelmed by the all of the dojo tasks and setbacks but this is not only part of my training but it is also part of the Way. Furuya Sensei's Zen teacher Yamashita Sensei used to tell him, "Nothing goes how you want it." This statement reminds me that training is not a destination but a journey.

Everyone wants to be comfortable, and I am the first one to admit it, but we can easily get carried away by the inertia that gets built up by being complacent. When we are in our comfort zone no one requires anything from us, not even ourselves, and all we need are the essentials of living, eating, working and sleeping.

*Kodokai's 1th anniversary celebration*

As society as a whole, we have all become complacent where we don't have to move from the coziness of our sofas to buy, study, socialize or even go to the bank. If we want something, we merely have to tap the keys on our computers and we almost instantaneously have it. Wonderful, but in a life rooted in following the Way we must take one more step. Aikido, like anything in life worth doing, necessitates that we put in a little more effort than just surfing the internet. To be truly connected with our family, children, our friends or our art requires that we put in the time and the effort.

Most students who come to the martial arts, especially Aikido, are attracted to the physical or martial aspects of the art possibly because they have heard how it can benefit one's strength, dexterity, agility, coordination, or can be used as a means of self defense. However, the real strength of Aikido lies in its intrinsic qualities which are not so obvious at first glance. In training there are many obstacles to overcome that tests a person's character and when we rise above the challenge it that reveals our true character.

Being happy isn't a function of being comfortable; it lies in being a part of something bigger than oneself. When we persevere and sacrifice for something that shows that we care, but it also shows who we are and what is important to us. Training teaches us that the things important in life worth achieving require that we invest ourselves fully into them and to do this means that we must persevere, sacrifice and overcome ourselves. There is a saying, "The journey of a thousand miles begins with one step." That one extra step is all that separates training from complacency.

I wish everyone a happy holiday and a prosperous 2016.

**The Furuya Foundation and the Aikido Center of Los Angeles**

The Furuya Foundation and the Aikido Center of Los Angeles (ACLA) admit students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. The Furuya Foundation and the Aikido Center of Los Angeles do not discriminate on the basis of race, color, and national or ethnic origin in administration of their educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.





## Staying Power

by Ken Watanabe, Iaido Chief Instructor

Merry Christmas and Happy Holidays, everyone! I would like to extend Season's Greetings to all the students and supporters of our little dojo. Once again another year has passed and its good to see that everyone is still practicing hard.

For the students who have persevered through the year and continue to train, I commend you. As you know, the Way is difficult to follow, physically, mentally and spiritually; yet, at the same time, the training is designed to develop those very three qualities that seem more like obstacles to our progress.

This past year there have been some major changes at the dojo, namely becoming directly affiliated with the Aikikai Aikido World Headquarters in Japan. It is not one single thing that helped us received direct affiliation with the headquarters but a culmination of many years of hard work. There was no magic moment, no secret, other than persevering on the right path to get *konin* or Hombu dojo official recognition.

Whatever preconceptions new students might have about Aikido and Iaido are shattered once they begin their training. Almost immediately training seems overwhelming. Even the seemingly simple act of swinging a sword or performing the most basic Aikido movements and techniques seem infinitely complex and unnatural.

No teacher wants to see the students grow discouraged and quit. Any teacher who cared about their students wants to see them reach their fullest potential.

In martial arts, the first thing a student must do is find a good teacher, but even finding a good teacher cannot guarantee a student's success. In training, many aspects of traditional martial arts not only test the student's skill but also their perseverance. Traditionally, from the very beginning, even as the students seeks acceptance into the school their perseverance is tested. To a teacher, perseverance often trumps talent and athleticism.

The person who is talented or thinks they are already good often arrives that way without putting much effort into it at all, maybe the art comes easy to this person. Maybe they are naturally gifted. Whatever the reason, this kind of student often feels a sense of entitlement about their skill. This kind of self-satisfied attitude will always be, in fact, unsatisfied, and when this type of student actually has to work through an obstacle in their progress, and feeling that they are not getting the progress that they so deserve, they often quit out of frustration and ultimately end up with nothing.

To persevere and continue training in the face of problems and setbacks, that is the litmus test to whether or not you have the po-

tential to advance in the art. Above talent or athleticism, perseverance seems to be the one thing all the masters have in common, whether they overcame illness or a frail constitution, the top masters in each art, such as the founder of Aikido Morihei Ueshiba and the founder of Muso Shinden Ryu Iaido, Nakayama Hakudo, both sickly as youths, seem to start from very humble beginnings.

When I first began practicing, I was out of shape and was not athletic at all. I would get winded just by doing the warm-up exercises. After I could get through the warm up exercises, I'd get winded after the *ukemi* practice. Finally, after being able to get through one class, I began staying for a second class and that would wipe me out. Finally I could train for two or three classes a day quite easily. Other new students mentioned being so sore they couldn't get out of bed after the first few classes.



Now I consider myself out of shape compared to a younger athletic person, but the amount of practice that I had accrued has helped me to become familiar with the techniques and the experience better enables me to better follow instructions from my teachers. Without persevering through that initial stage, I probably would have quit and I would never reach the level I am today. Without progress through my perseverance, my teacher would never have given me the instruction he did if he thought I would just quit.

As talented and athletic a student might be if they quit once things get too advanced or they grow too arrogant it's the same as not starting at all; zero.

As you persevere and continue your training, your body grows accustomed to the falling and your practice will naturally become more vigorous and flowing. Your body becomes more flexible and your movements become smoother as you grow accustomed to the training. As you continue to practice, you see certain things in the technique you didn't before. With this relaxed alertness, you will actually be able to see how the technique works.

The pebble doesn't become smooth overnight. Like students, the pebbles don't develop their smoothness on their own but need the interaction with other stones, the sand, and the water in order to create a smooth surface. Like a pebble, the art requires years of training to develop a student. It sounds like a cliché but even the Colorado River took millions of years to eventually create the Grand Canyon.

In the traditional martial arts, a year of training is almost nothing. After ten years of training, it is said that the student should have their basics down. My own teacher practiced for over fifty years, but even he deferred his years to his *kendo* teacher's 80th anniversary in *kendo*.

*Continued on page 7...*

## In The Community...

### Children's Oshogatsu Workshop 2015

Monday, December 28, 2015 at 10:00AM



at JACCC  
244 S. San Pedro Street  
Los Angeles, CA 90012

By sharing traditions with our children, we can pass on not only the rituals but also the spirit of the holidays for the

new generation. Engage your child in this one-day Oshogatsu workshop, where children will participate in hands-on craft activities and demonstrations led by local artists and community members to create lasting memories and foster cultural values that your child will cherish for years to come. Workshops are designed for children ages 7-12. Registration is limited to 30 participants, and a ticket is required. Space will be filled on a first come first served basis.

For more information visit: <http://www.jaccc.org>

### Gardena Community Center to Provide Winter Fun Camp and Oshogatsu Cooking Workshops

#### December 21-23: Fuyu Fun Camp

School's out for winter break! Looking for some fun, cultural and educational activities for your children to do during their winter break?

This 3-day day time camp is great for students in 1st-6th grade! We will have fun activities, crafts, and games from 9am - 3pm.

The cost is only \$100.00 per child! We are accepting only 40 students at this time, so please sign up quickly. Additional after-camp hours (3pm - 5pm) are available for an additional cost of \$40 per day.

#### January 10<sup>th</sup>: Oshogatsu Cooking Workshop

Learn about *oshogatsu* and traditional Japanese foods served during the New Year's with this special workshop taught by popular food blogger, Sylvia Gunde!

She will be showing how to make popular oshogatsu food; this workshop is great for families

From 1-3 PM in the Nisei Veterans memorial Hall!

Check out Sylvia's food blog at: [sylviaeatery.com](http://sylviaeatery.com). Individual price is \$30.00, but any parent-child duo gets the special price of \$50.00 per couple! We only have spots for 30 folks, so sign up today.

For more information visit: <http://jci-gardena.org/> or contact the Gardena Valley Japanese Cultural Institute at [info@jci-gardena.org](mailto:info@jci-gardena.org) or (310) 324-6611.

## Let's Pound Some Mochi!

*Mochitsuki* or the pounding of rice to make *mochi* rice cakes, is an important traditional New Year's event. After pounding, some of the *mochi* is made into *kagami mochi* and used as offerings to the New Year's deities. Eating *mochi* on New Year's Day is supposed to bring good luck. The eating of rice is supposed to honor the rice gods and the stretchiness of the *mochi* is supposed to represent long life.

#### Venice Hongwanji Buddhist Temple

December 6<sup>th</sup> at 8:30 am  
[vhbt.org/calendar](http://vhbt.org/calendar)

#### West Los Angeles Buddhist Temple

December 12<sup>th</sup> (check time)  
[westlosangelesbuddhisttemple.org](http://westlosangelesbuddhisttemple.org)

#### West Covina Buddhist Church

December 13<sup>th</sup> at 7:00 am  
[livingdharma.org](http://livingdharma.org)

#### Senshin Buddhist Temple

December 19<sup>th</sup> at 7:00 am  
[senshintemple.org](http://senshintemple.org)

#### Zenshuji Soto Mission

December 27<sup>th</sup> at 7:00 am  
[zenshuji.org](http://zenshuji.org)

#### Higashi Hongwanji

December 28<sup>th</sup> at 9:00 am  
[hhbt-la.org](http://hhbt-la.org)

#### Tenrikyo Mission

December 28<sup>th</sup>



Thursday, December 10, 2015. 7:00 – 8:30 pm

Oshogatsu: The New Year is one of the most important holidays in Japan. Come celebrate with us in our traditional way! You will learn Japanese vocabulary and basic expressions related to New Year's as well as New Year's customs. Draw New Year's greeting cards using calligraphy and play traditional New Year's games. Beginners and people who have no experience with Japanese are welcome!

Japan Foundation: 5700 Wilshire Blvd. #100, Los Angeles, CA 90036. [jflac.org/](http://jflac.org/)

18 years old and up and \$10.00 per person

## Aikido is an Art

by Reverend Kensho Furuya

This year is coming to a close very fast so I want to take a moment to thank all of you for supporting our website and our Dojo. Throughout this year, I made many new friends – and enemies, trying to answer your inquiries as best and as honestly and as clearly and thoughtfully as I can.

I am a veteran instructor of sorts, my dojo celebrates its 30th anniversary in a year, in 2004, and I am soon approaching my 45th year in Aikido. I would like to say that my job gets easier but it does not – for me, it seems to get harder by the day.

I am very proud of the instructors that I have brought up and see that they handle themselves very well in teaching my students. I seem to be an old fart – more cranky and harder to understand nowadays. I see my own world fading away – I'm much too old and much too behind the times.

Students have different needs and perspectives today, I am not confident anymore that the traditional teachings have any appreciation any more. Today, people want something trendy, user friendly and convenient. Everybody wants it fast and cheap! As much as students find it difficult to relate to me, I find it much harder than before to relate to them. My expectations are always very high, I am demanding, and I will do anything to cajole the student into taking that one extra step. I strongly believe in each and everyone's individual naturally inborn genius and enlightenment. However, people don't seem to have time for this today!

For me, Aikido takes a great deal of patience, commitment and time. We learn gradually and we must probe deeply into the art if we want to learn it. The deeper we go, the longer we practice, the more we find out about ourselves, the more refined we become through the art, but people don't have time for this today!

Recently, I appraised a sword from Europe. It was described as polished and in good original condition. I was so shocked when I finally saw the sword. It was polished by an amateur and the blade was basically ruined – shiny like chrome and its original shape totally destroyed, the fittings were not old and original but newly made by some other amateur. None of the work was done by trained professionals or masters of their craft. I don't know what people are thinking nowadays. It seems that we cannot tell the fake from the real. As long as the blade is shiny, everyone seems to be quite happy. No! There is so much more to a real polish than that! A real polish on a fine sword is indeed a work of art, a true work of art.

I see the same in Aikido too. We are satisfied with what is convenient, whether it is real or not. Whether it is amateurish or created by a real artist does not seem to make any difference at all nowadays.

Aikido is an art – and as art – it cannot be compromised, in my mind, by fake methods and superficial and amateurish techniques.

Aikido must be real.

We don't settle for real today, fake is fine as long as it is quick, cheap and easy. Fortunately, I am not quick, cheap or easy, – well, maybe cheap! Haha! I guess I will still prod along in my own way. This is not my way, this is the way I have been taught and my attempt to do honor to my teachers by passing on their teachings. I suppose I should not worry if it falls on deaf ears or not.

Students come and go and never think about the time, energy and thought I have invested into each and every one of my students. When a student leaves, a piece of me leaves too and I feel sad. As long as I have been teaching and doing Aikido, this is still the one thing that I can never get accustomed to. Now I sit here and wonder what I did wrong or how I failed the student. Not easy at all nowadays. Students can easily come and go in our Dojo and never realize how much they have been taught and how much time has been invested in them. Oh, the headaches too! Countless headaches! Oh my!



With the New Year, my holiday blues should come to a temporary end and you won't have to listen to me self-indulge myself like this. We can move on to something more important and vital to your training. For the moment, however, please

indulge an old man like me a little more! Even as I urge you each day, I myself must be strong and patient and continue to persevere on this path.

A student may or may not love their teacher, but a teacher always loves his students. Teaching cannot be accomplished outside the context of love – as well as learning.

Many years ago, I had a favorite Italian restaurant in the trendy Melrose area, called La Cucina. In its day, it was so popular that if you were five minutes late, they would give away your reservation. I was with a well known TV interviewer, on one occasion and although we were late, he thought that no one would refuse a big star like him! They did and what a big commotion ensued! I had taken some guests from Japan there for dinner and one of my guests suddenly started to shake and mumble and I thought he was going into convulsions or having a heart attack or something. He kept pointing behind him and when I looked, he was sitting back to back with Michael J. Fox. One thing I didn't like about this restaurant was that it was always so noisy. The acoustics were very bad and seemed to be conducive to a great deal of bang and clatter, the metal legs of the chairs clanged against the hard floors, the walls were tiled and seemed to amplify each sound.

On time, I asked my waiter-friend, "Why don't you do something about all the noise!" "No, no," he replied in horror, "Noise is good! Everybody likes noise! Everybody likes busy and crowded! Noise is good!" I never was able to understand how noise and clatter could be trendy!

*Continued on page 7...*



**Aikido is an Art** *continued from page 6...*



The other day, I was reading with great sadness about the Ramakrishna Monastery in Trabuco Canyon in Los Angeles. They are over fifty years old, hidden away in a quiet canyon and natural reserve, originally sponsored by Aldous Huxley among others. Now, they are being invaded by tract housing, noisy streets and congested malls. Such a shame! Several months ago, there was another monastery that was in trouble. A military reserve was planning to build a shooting range in their backyard! Luckily for them, they were able to come to some satisfactory conclusion and the shooting range was not able to be built.

A moving company moved in across the street from my temple of 90 years. All the big trucks, commotion and yelling all day long. No concern for others.

When I moved into the downtown area, its greatest charm was the quiet! Nobody was ever around. Everyone scolded me for opening a dojo in such a deserted place but I insisted that training needs quiet and serenity. I don't want all these people milling around no matter how many potential students they may be. Walk-in traffic? Heavens forbid! It terrifies me!

But even now, downtown is becoming more and more developed as more people move in. Why do people have to be so noisy? Last evening as I was reading about Trabuco Canyon, where there are people practically shouting at each other outside until 10:00 pm at night. What for?

Quiet and peacefulness are great treasures which we neglect in order to distract ourselves mentally because we are so focused on being unfocused and unsettled. We want noise! No wonder we still want wars and killing. What can be noisier than bombs?

**Editor's Note:** *Sensei originally published this article, in slightly different form, to his daily message board on December 29, 2002.*

**Staying Power** *continued from page 4...*



It's very easy for students to become discouraged when their progress slows or they feel they are still not "good enough" despite practicing regularly. To the students who stay, the simple act of continuing to train in a traditional art is commendable. In traditional training where seeking fame, money, bragging rights, or material things is discouraged, perseverance is one of the best qualities a student can have. Even the Chinese word *kung fu* that people think to mean martial arts translates to "skill achieved through hard work and practice."

Nowadays it's easy to go online and get information on something right away. This sense of going out and putting effort into acquiring something might seem alien to people who are used to the speed of the internet. After all, we can read about O Sensei's life in one afternoon; the hours and hours of training over his life is condensed into a few chapters. Yet the training the masters such as O Sensei underwent cannot be experienced by simply reading about it.

We can read about how to train, the proper way to train- we can even have a competent teacher correct and advise you, but without actually practicing the techniques until they are not only correct and effective cannot be achieved by just reading a manual or watching a video clip. Practitioners of all levels need to continue training: the untalented and the talented, the modest students and the arrogant ones. No one, regardless of the years of training and experience is immune from putting in their time.

To some students getting their first-degree black belt, or *shodan* might seem the end-all-be-all. Yet earning your *shodan* only means that you've taken the first step in your training. There may be only ten black belt ranks, but between each level there are many, many steps. Like my teacher once said, "If you take only one step, how are you ever going to get up the stairs to use the bathroom?"

Each breakthrough in your training and insight into the art only reveals yet another layer of training to perfect. It's one thing to persevere to reach your goal but it often takes more perseverance to stay there.

Please continue to persevere and train hard. Please be safe this holiday and I hope to see everyone next year!

# Aikido TRAINING SCHEDULE

## Sundays

9:00-10:00 AM Children's Class

10:15-11:15 AM Open

## Mondays

6:30-7:30 AM Open

5:15-6:15 PM Fundamentals

6:30-7:30 PM Open

## Tuesdays

6:30-7:30 PM Open

## Wednesdays

6:30-7:30 AM Open

5:15-6:15 PM Fundamentals

6:30-7:30 PM Open

7:45-8:45 PM Weapons\*

## Fridays

6:30-7:30 PM Open

## Saturdays

9:30-10:30 AM Open

10:45-11:45 AM Open

6:30 AM Intensive seminar is the :  
last Saturday of the month by invitation only.\*

\* These classes are not open for visitors to watch.

# Iaido TRAINING SCHEDULE

## TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

## Saturdays

8:00-9:00 AM

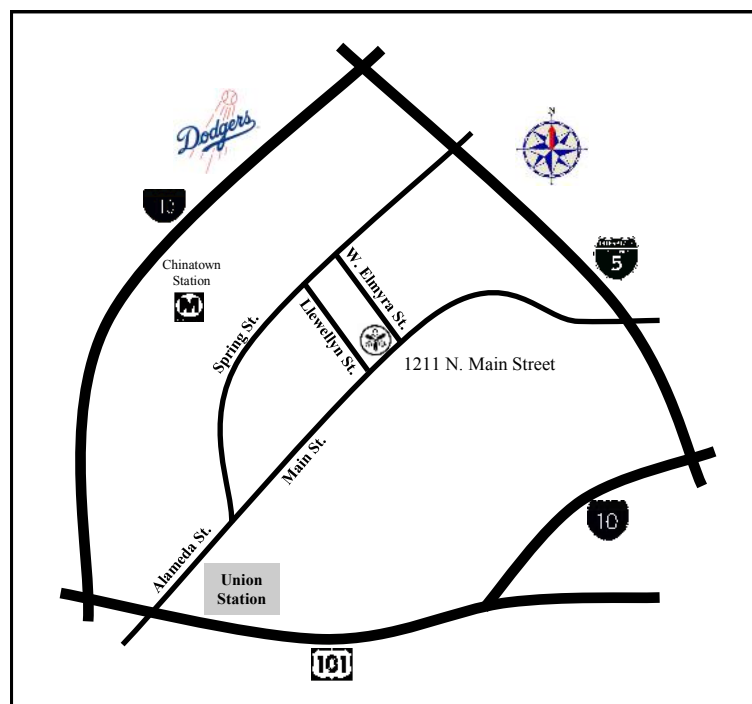
## Sundays

7:45-8:45 AM

## Thursdays

6:30-7:30 PM

No weekend classes on the last weekend of the month.



The Aikido Center of Los Angeles has been  
awarded Hombu Official Recognition by the  
AIKIDO WORLD HEADQUARTERS

公益財団法人 合気会

Aikido Hombu Dojo - Aikikai Foundation  
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 Doshu Moriteru Ueshiba.



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**The Aiki Dojo**  
Official publication of  
the Aikido Center of Los Angeles

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

Editor-in-Chief and Publisher: David Ito

## Finding Our Dojo

We are located at

1211 N. Main Street

Los Angeles, CA 90012

Telephone: (323) 225-1424

E-mail: [info@Aikidocenterla.com](mailto:info@Aikidocenterla.com)

We are across the street and one block northwest from  
the Chinatown Metro Station.

**The entrance is on Elmyra Street.**

**No appointment necessary to watch classes or join:**

You are welcome to visit us any time during any of our  
Open or Fundamentals classes. Please come early.