

Aikido Center of Los Angeles, LLC, 1211 N. Main Street, Los Angeles, CA 90012, Tel: (323) 225-1424 www.aikidocenterla.com



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

July 2010

Volume XXVIII Number 7

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Letter From the Editor

by Mark Ehrlich
Editor, The Aiki Dojo

With the summer heat comes the season of Obon festivals, and in Little Tokyo this year we will once again demonstrate at Zenshuji Soto Mission, carrying on the tradition that Sensei began so many years ago. Hopefully, we will manage to manifest his spirit, if not his mastery, as we perform for the community and give a glimpse of the arts to which our teacher dedicated almost his entire life. We might even have fun in the process, which makes this daunting task feel somewhat less so.

I can only speak for myself, but I imagine that most of my readers will share my feelings: demonstrations never get easy, or rather carefree. I always get butterflies in my stomach and feel my palms begin to sweat as the final countdown begins. In the hour before we go, I often find myself reviewing everything over and over: the order of pairs, where we'll wait, who will get the next pair ready, who has the mats, etc. Our school has a long history of doing this very thing countless times, but it feels in my gut like the first time, every time.

The immediacy of that feeling can help keep us focused on the task at hand, I think, whether that task involves putting on a good

“show” at an Obon festival or showing up to the dojo and training, day after day. We all know that Aikido rewards the process more generously than the goal per se: keeping ourselves present (and fully so) boosts our experience of the seemingly endless process of training for training’s sake. That boost can make all the difference as we try to weather the inevitable rough patches on the road to developing ourselves as martial artists.

In this issue, our teachers examine some of the ways we can help or hinder this process. Ito Sensei shares some thoughts on the use of short cuts and cheating in our practice and how we can benefit as well as suffer from such a choice. Myers Sensei ruminates on the Internet’s impact on traditional martial arts training and how media innovation has affected the way people learn and focus, which can make a huge difference to their success as mar-

tial arts students before they ever even enter a dojo and begin to train. We once again share an article from Sensei, who offers sage advice on how the fundamentals form the heart of our development and practice, and thus deserve our constant attention. We also finally get to publish some very lovely notes from the students of one of our branch dojos, expressing their appreciation for our O’Sensei Memorial Seminar in May. I hope you enjoy reading them as much as I did.



Upcoming Events

July 4th:
Independence Day
Dojo closed

July 10th:
Zenshuji Obon Demonstration

July 31st:
Instructor’s Intensive

August 28th:
Instructor’s Intensive

September 25th:
Instructor’s Intensive

October 9th:
JANM Demonstration

The Potential of Cheating

by David Ito, Aikido Chief Instructor

An old martial arts adage decrees that for beginning students it takes 1000 days to forge character and 10,000 days to polish it. By that equation it takes about three years of practicing every day to forge the spirit and about 30 years to polish it. (Oh and by the way, when they refer to “day” they mean all day and not just one hour.) For most people, therein lies the problem with martial arts training: it takes too long.

In order to make the fullest use of 30 years of training and not waste any time, teachers should strive to create an optimal learning environment by keeping true to traditional teaching as well as be well versed in the age-old technique of cheating. Teachers optimize their students’ learning by using experience and knowledge to create short cuts. Short-cutting is a slippery slope, but if you are going to cheat, cheat the right way; the best learning environments couple strong adherence to tradition and some short cuts learned along the way.

You might think it is immoral for a teacher to cheat or be anything but by-the-book, especially in traditional martial arts. The best teachers are of course skillful and knowledgeable in the art that they are teaching, but they should also be good at cheating. It’s actually true, but maybe *cheating* is the wrong word; *clever*, *resourceful*, or *efficient* might be more appropriate descriptions.

Creating short cuts begins with a thorough knowledge of the technique. From the extensive knowledge of the technique we can pick out a crucial element to create a short cut, but don’t mistake this for proper technique. Short-cutting can be dangerous, not only to the student’s development but to the teacher’s growth as well. Teachers have to differentiate between a short cut designed to help a student understand something difficult and what is the correct manner of teaching. There is a clear and obvious distinction between the two: one guides students towards greatness and the other dooms them to mediocrity. Students who learn only short cuts and cheats are doomed to become incomplete martial artists and inadequate teachers in the future.

Teachers who short cut and cheat too often run the risk of blurring the path and start to see all short cuts as the Way. Both have lost the Way and harm themselves for the future. There is no substitute for proper technique; like all tools, we should use short cuts sparingly in the proper context.



Cheating at our practice is not (exactly) like stealing your friend's schoolwork.

A decade ago, I myself learned that short cuts can hurt a student’s progress. After I took my Shodan exam, a new Shodan candidate asked me to help him prepare for his test. I really wanted to help, so I wrote out the program that I used to pass the exam. I created a cheat sheet of all the technique names and variations. Then I told him the sequence in which I prepared for the exam and some short cuts I developed to memorize all the techniques. *My coup de grace* was the method that I devised to take the exam. I neatly packaged up all my notes, diagrams, and charts and gave them to him. This student was so excited that when he saw Sensei he said, “Now I have all I need to pass the Shodan test!” and showed everything to Sensei.

Needless to say Sensei was neither happy nor impressed; he called me into his office. I knew I was in trouble when I saw my packet on his desk. He said, “I did not give you permission to develop this.” I knew I

was in trouble and my heart sank. He went on to say that the Shodan test was sacred and it is the first opportunity for students to begin to put into practice everything that they have ever learned; it was their chance to show their mettle, and my “how-to” manual cheated this student out of his opportunity to discover himself.

Sensei said, “This process is something that they have to figure out on their own in order to reach the next stage of learning and realize themselves.” I only vaguely understood and left crestfallen after the scolding. When I saw the Shodan candidate in the parking lot and he asked me for another copy, I told him no. We both sat there for a few minutes lamenting about how mean Sensei was and how ridiculous he was acting. The interesting thing is that this student never took his exam and quit a few months later after becoming frustrated with the test preparations. I can only now see that he didn’t understand what it meant to be a black belt and that my packet was only enabling him just to pass the test without having to work hard and unearth himself on the road to taking the test. Something that someone once told me rings true in this case: “If I tell you, you won’t remember; if I show you, you will forget; if you learn it for yourself, you will know it forever.”

It is hardwired into our DNA to search constantly for short cuts. If we didn’t, we’d be sitting next to a cold stone wearing some type of leaf and starving to death. It’s normal to search for something faster, stronger, brighter, or quicker, but this isn’t always the way for martial arts training. That is why we can’t mistake personal technique or style for proper teaching technique. In Aikido, the process toward finding ourselves exists in the day-to-day struggle of training. It is only then that we realize that there is no mat, and there is no end to training, and thus we come closer to enlightenment. Sensei used to say, “Each hour of training is one hour closer to your enlightenment,” but what he really meant is that training itself is enlightenment. It’s not that we should never cheat or short cut teaching or learning, but rather that we should do our best to ensure the teaching of proper technique while utilizing the appropriate tools for the most efficient learning.

Is the Internet Good for Traditional Martial Arts?

by Gary Myers, Iaido Chief Instructor

Every six months or so, I type "Iaido" into Google to see what folks have to say on the subject out there in cyberspace. A lot of it is not pretty so that's why I limit my exposure to two doses a year. It is obvious that some who purport to be instructors have never had any formal training. It only takes a few seconds of this viewing to divert my attention to something else by clicking on another address. I tend to gravitate to the old footage of Kendo and Iaido masters. On my last Internet excursion, I did find one interesting video segment that I will comment on later. Even most of the old footage I already have in the form of DVDs or old VCR tapes. It is very easy to get lost in the enormous amount of information on the Internet, available at the click of a button. I'm sure we have all started to access something only to get easily diverted onto something else. The next thing we know, hours have passed and we still haven't found what we originally sought.

I find myself beginning to wonder if the productive potential of computers and online access gets negated by the non-productive uses to which we put them. I have often said that computers are the greatest time-saving and time-wasting inventions ever. Do we waste as much time as we gain from using them? Is this a positive, a negative, or a zero-sum game when it comes to productivity? Even putting aside the quality of content, I also begin to wonder if the emerging technology is compatible with traditional instruction.

Please don't misunderstand; I'm not a Luddite who begrudges the inevitable advance of technology. After all I'm writing this on a laptop, which I will e-mail to Ito Sensei. My business is going to become more Internet driven and there is no question that the Internet is the best medium through which I can retrieve information proactively. However there is little that sucks up more time than the Internet. It is an alluring and additive medium, which masks its darker aspects under the guise of being a productivity tool. Personally, I don't blog, tweet, or have a Facebook page, and rarely

do I text. It's not a fear of technology; it is a fear of time.

I do wonder if even the action of accessing the Internet is not somehow counterproductive to martial arts in general and Iaido in particular. I was reading some book reviews in the newspaper. (Yes, I still read newspapers!) The premise of the books was to assess the impact of the Internet on society and contemporary culture. The *LA Times* article was entitled "What is the Internet doing to us?" Written by Caitlin Roper, it reviewed two books, one entitled *Cognitive Surplus: Creativity and Generosity in a Connected Age*, the other *The Shallows, What is the Internet Doing to Our Brains*. It would be an oversimplification of the two books to say that the first book's gist is that the Internet is making us smarter, and the second book says it's making us dumber.



Moriji Mochida, Kendo 10th Dan

Cognitive Surplus says we are replacing the passive nature of TV watching with an interactive connectivity to others. It takes a global look at the impact of the Internet. However the author doesn't make a case that the Internet makes us any more productive. *The Shallows* is directed to what the Internet is doing to us individually, and, unfortunately, the conclusion is not positive. One of the major questions posed is how the Internet and our way of accessing it affects the circuitry of the brain. The initial research coming back is quite startling: while we may be enhancing the motor skills needed to navigate through cyberspace, our ability to concentrate for long periods of time in order to think on a

deeper level is being reduced. The author, Nicholas Carr, states that many psychologists, neurobiologists, and Web designers are reaching the same conclusion. "When we go online, we enter an environment that promotes cursory reading, hurried and distracted thinking and superficial learning," Carr reports. Additionally, the sensory and repetitive stimuli so prolific on the Web are exactly the things that can rapidly change our brain circuitry. There is much more research information which Carr uses to make a convincing case. One of his statements seems quite sobering when viewed in the context of studying a martial art when he says, "We have rejected the intellectual tradition of solitary, single minded concentration. . . ."

Reading things on the Internet is not the same as picking up a book and reading it. Again this could be a generational thing, with the older generations brought up on books and their brain circuitry already formed. But this phenomenon makes for a troubling vision of the future for martial arts and particularly Iaido, which requires intensive, single-minded concentration.

So this begs the question, often posed before: Are traditional martial arts to go the way of the dinosaurs because future generations will find it difficult to focus? Perhaps this altered brain circuitry is already prevalent in some generations; music videos and quick movie edits have already changed much about media and the way people look at content. Shorter attention spans in students have already been attributed to these factors. This process has been going on for 20 years and the Internet has exacerbated the process in the last decade. What does this bode for future students coming to a traditional martial art? I would safely bet that most of us spend more time on the computer than we do in practice during the week. What is influencing our practice more? Are we fragmenting our minds as we do our hard drives? We don't really have answers to these questions because we don't have enough evidence to come to any particular conclusions; researchers are just beginning to study these long-term effects.

Continued on page 5...



Letters

Editor's Note: *After our annual O'Sensei Memorial Seminar in May, we received the following letters from the students at our Salamanca branch dojo, courtesy of Santiago Almaraz Sensei. These thank-you notes capture perfectly the character and attitude that makes these students wonderful people as well as strong martial artists. We enjoyed their visit as much as they did, and look forward to training together again in the future.*



I am very happy to say that the annual ACLA O'Sensei Memorial Seminar (and the two full weeks of training before and after it) was a great success, again. Many prominent instructors taught class and we had participants from all over the world come to train hard. Every day Ito Sensei taught us something wonderful. I really appreciate the wisdom and knowledge of Aikido he shared with me. I would like to sincerely thank Ito Sensei not only for his teaching, but also for all his patience and concern. The Aikido classes were great. I felt greatly honored every day when Watanabe Sensei taught us the basics. I am very lucky to have the opportunity to train with teachers like Larry Armstrong, James Doi, James Takata, Maria Murakawa, Rey Espino, Paul Major, etc.

I would like to take this opportunity to thank Myers Sensei especially, because I particularly enjoyed your Iaido classes. Thank you so much for your time, your passion, and your corrections. You spent a great deal of time explaining many important concepts and principles of Iaido with great emphasis on the most important things. Just to be in the presence of such a great teacher is a pleasure and honor and I hope that I absorbed as much as possible. I have a lot of work to do. Thank you, Myers Sensei!

I really enjoyed the seminar. It was a pleasure hosting Izawa Sensei and we enjoyed his company very much. It is also always nice to see other good teachers like Andrew Blevins, Mike Van Ruth, Steven Shaw, Kenneth Furuya, etc.

I would also like to thank all the other "instructors" (I think, the most important instructors) behind the scenes that taught us all the time by their example: Paul Major, Mark Ehrlich, Shaun Menashe, and Jason Markowski, thank you so much!!!

Finally I would like to thank all of the instructors, teachers, students, and all of the participants who came together to honor O'Sensei and remember Kensho Furuya Sensei and create a semi-

nar of good spirit and friendship. I hope that we will all soon meet again.

Best wishes and many thanks,
Salim Suliman Criado, Aikido Shodan
Aikido Kodokai, Salamanca, Spain

I feel very glad that I had the chance to practice for several days continuously at ACLA for a second year in a row. I saw again your students' desire to practice and to learn, and to experience their enthusiasm as they hosted us, coped with our English, and took us sightseeing.

Thank you for scheduling time for us to have dinner and visit places we did not see on our last trip, such as Disneyland, where in the end we probably had more fun than some children there. (Hahaha!)

On my next visit, which I hope to make, I hope even to speak a little English so that I can communicate more with you and your students.

I say good-bye now with the hope of returning to visit your dojo next year, and in the meantime I will continue practicing trying to move more slowly as you instructed. I also hope to see you soon in Spain!

Thank you very much for everything.

Kind regards and until next time,
Ruben Perez Mateo, Aikido Shodan
Aikido Kodokai, Salamanca, Spain

I felt very honored that after 12 intense days of training and learning at your annual seminar, my visit culminated in taking my shodan test at ACLA. I want to thank all the ACLA students and the students of the other branch dojos for training with us, as well as for their good company, especially at the nice dinner we enjoyed together. I also have special memories of Roberto and Pepe of Veracruz Aikikai.

Thanks also to Ito Sensei, Myers Sensei, and the ACLA staff for their continued hospitality, and to Watanabe Sensei for going to the airport to bid us farewell. Thank you very much to Ito Sensei for watching out for us at all times, and for arranging the trip to Disneyland. That was a fun end to a visit that I will always remember.

I hope to see you soon!

Regards,
Gabriel Bernal Collado, Aikido Shodan
Aikido Kodokai, Salamanca, Spain

Is the Internet Good for Traditional Martial Arts?

Continued from page 3...

One of the positives I came away with on my last cyber-surfing expedition was finding an excerpt about Mori Mochida. Mochida Sensei was the only 10th Dan in Kendo in the 20th Century. He was born in 1885, began his Kendo training in 1907, and by 1927, he organized the first national Kendo matches and became national champion, winning the Emperor's Cup in 1930. He was named the Chief Instructor at the famous Noma Dojo in Tokyo in 1930, where he trained many famous Kendo champions, including Mori Torao. (Mori Sensei was one of Sensei's teachers.) In the video excerpt, Mochida was remarking on the evolution of his Kendo as he aged. Basically, he said that it was not until he was in his fifties that he mastered the technical aspects of the art. In his sixties his lower body began to deteriorate, so he began to use his mind and spirit to make up the difference. In his seventies with his whole body degraded, he said he became a mirror of his opponent. He could sense his opponent's moves just before his opponent made them. To demonstrate this, the video clip showed Mochida Sensei, in his seventies, sparing with a fellow Kendoka. With just the minimal economy of movement Mochida parried his opponent's moves until the opening presented itself for him to attack. Mori Mochida died in 1974 at the age of 89 while teaching a class. He was considered one of the "sword saints" of the 20th Century.

What is impressive about Mochida Sensei's statement is his articulation of the transition from the physical and technical to the mental and the metaphysical as he aged. It was his dedication to his art that enabled him to continue to maintain and even increase his level of excellence, even though the inevitable process of aging affected his body like anyone else's. Obviously there are few of us who can match his dedication. However we all should take the opportunity to practice as much as we can to strive for that state of "practice without practice". To go beyond the technical we have to practice with concentration and purpose. This requires a single-minded focus, concentration, and a discipline that is the essential nature of a traditional martial artist.

I think we have to approach our time on the Internet with the same feeling and discipline of a martial artist. We have to ensure we stick to our purpose – be it shopping, researching, or even entertainment or escapism. As Yagyu Munenori states, being a martial artist goes beyond the art itself. They are shortsighted martial artists who only extend their practice to their ability to use a sword. Good practice governs all endeavors, including how we manage ourselves and our time. When we begin to understand that, we can manage the Internet rather than having the Internet (or anything else) manage us. Otherwise things like the Internet will consume too much of our time, and time is that one resource that we can never ever recover.



Letters continued...

It's a little bit difficult to write in English about the experience that I lived in L.A., but the first word that comes to my mind is "intense". I enjoyed every second I spent there. About the practice I have to say that it was always really interesting; the explanations were very clear so the language was not a problem and I learned more than I expected. I could see endless mistakes in my work that I didn't see before, and it was possible thanks to all the people that we met at ACLA, both during the seminar and in regular classes.

Our leisure time was so fun too even though sometimes I couldn't understand anything. (Thanks for your help and patience!)

In conclusion, the experience was great. I learned a lot, not only about Aikido, but also about myself. Special thanks to Ito Sensei, Myers Sensei, Izawa Sensei, and Watanabe Sensei.

Isis Agudin Navarro, Aikido 2nd Kyu
Aikido Kodokai, Salamanca, Spain

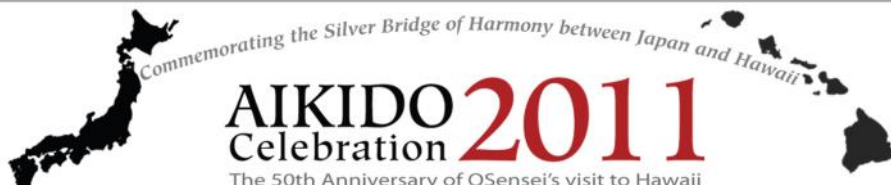
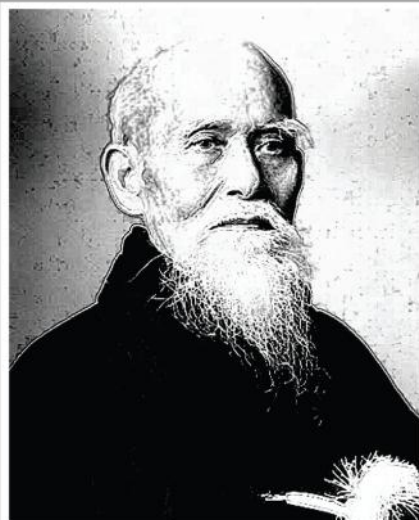
Our trip to ACLA has meant a lot to me for several reasons. This was the first chance that I have ever had to train with people outside of our Salamanca dojo, and it has been very positive for me and a very pleasant experience. I was able to realize that there are so many different ways to teach Aikido and also that there are so

many ways to understand it, but all with a common purpose which is to practice and keep learning.

I have to thank all the people who have made doing the seminar possible. It has been a privilege for me to be part of it. I want to thank especially Izawa Sensei, I really wanted to meet him and I am proud that I have taken one of his classes personally. I would also like to thank Ito Sensei for the classes and also for letting me practice at ACLA. It was fantastic to be able to train with him. I would not like to forget Watanabe Sensei; his technique was one of the reasons that prompted me to travel to Los Angeles, and training with him has been an unforgettable experience.

I would also like to thank all the people that I have met and trained with. I want to send special greetings to Maria Murakawa; I enjoyed training with you very much! It has been a special pleasure to have had the chance to train with a woman like her, who has many years of experience and yet retains her humility as well as the respect of her fellow students. I cannot forget my brethren from Salamanca: thank you for sharing the experience of this trip with me. I would like to thank Almaraz Sensei for letting me attend, and for your dedication to teaching and practicing Aikido. Finally, I would like to apologize if I have offended anyone.

Best wishes,
Adriana Crespo Delgado, Aikido 3rd Kyu
Aikido Kodokai, Salamanca, Spain



Aikido Celebration 2011
The 50th Anniversary of Osensei's visit to Hawaii
Aikido Celebration 2011 is a public commemoration of the 50th anniversary of the first and only visit made to Hawaii by the founder of Aikido, Osensei Morihei Ueshiba. A commemorative seminar and banquet with Sandai Doshu Moriteru Ueshiba, the grandson of Aikido founder Morihei Ueshiba, will be held in Hawaii.

February 18th -21st, 2011

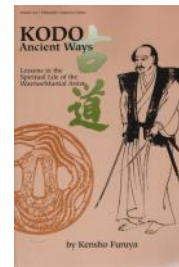
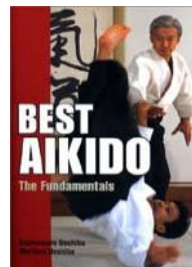
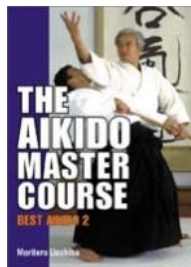
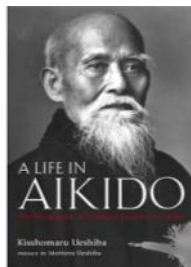
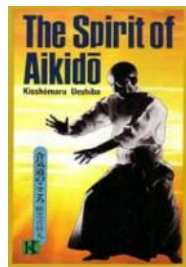
Aikido Celebration 2011 is the collaborative effort of more than 20 Aikido dojo throughout the state of Hawaii.. Would you or your organization like to participate in the commemoration of the Founder's visit to the United States?

We invite and appreciate the support of individuals and groups from both inside and outside Hawaii. Please join us.

www.aikidohawaii2011.org

Registration is currently under way. Please sign up early and support our friends in Hawaii. Visit their website for more information, registration forms, and payment details.

Recommended Readings:



by Ueshiba Kisshomaru

by Ueshiba Moriteru

by Kensho Furuya

Questions/Comments?

We welcome all questions and comments. Please send us a letter or an e-mail and our team will do our best to come up with an answer. We reserve the right to edit questions and letters for clarity and length.

Please e-mail submissions to: info@aikidocenterla.com

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Published by Aikido Center of Los Angeles
1211 N. Main Street, Los Angeles, CA 90012
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*Official publication of the
Aikido Center of Los Angeles*

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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 also will dedicate yourself to your training and to enjoying all the benefits that Aikido and Iaido can offer.

Publisher: David Ito
Editor-in-Chief: Mark Ehrlich • Photographer: Larry Armstrong

There Is No End*by Reverend Kensho Furuya*

Someone asked the other day, "Why do you only talk about your students all of the time?" Well, they and the dojo are my whole life.

Some martial artists like to think that boken or sword training is easy but, although I hate say it, it is not. It is not that you will not be able to learn it at all. Sword is difficult in the sense that it is very exacting and demands a great deal of precision. If you can master its few, simple fundamentals, the rest of sword training will come naturally to you. Unfortunately, I notice today that most Aikidoists do not really spend much time on basics either, but are so obsessed with unusual and exotic techniques. In sword training, there are no unusual or fancy moves, it is very straightforward and direct in the most deadly sense.

We think we are approaching something more effective in Aikido when we practice strange and exotic movements but this is not so. It is quite to the contrary. There are no more effective techniques than the Aikido fundamentals themselves – not only do they make up the whole structure of the art of Aikido, but they are extremely effective and strong. Most students do not understand or appreciate this because they haven't studied the fundamentals enough – not by far. Maybe for a lot of students, the

repeated practice of executing the same fundamentals over and over again gets boring and tiresome but that is the reality of training. There is nothing you can do to get around it. At the same time however, you must understand that you are also developing commitment, patience, focus, balance and perseverance. These are all important and essential elements of the techniques as well. One point in your training that should occupy you fully is that there is no end to refining your technique. No matter how good you think you are, you can always take the technique and the training one step deeper, one step farther, one step higher. As I always say: everything stops at "good enough."

I always used to admire physical ability so much because I didn't have any at all when I was young. Everyone was faster, stronger, and more coordinated than me in my youthful days. Even with physical ability, I don't know how far I would get in whatever I pursued but I do know that you can go as far as you want with perseverance and patience and commitment. I dare say that you can accomplish whatever you set out to do! I learned all of this in Aikido, this is how important Aikido is to me.

As I mentioned recently – compete against yourself. It is more interesting this way because "winning" will have so much more true meaning for you yourself than whatever you do against others.

Have you ever noticed that doing something for others gives you a more deeper and profound sense of satisfaction than whatever you do for yourself? We always feel that we NEED to do something for ourselves all of the time. But that is not really so. You are perfectly fine already, this is why whatever you do for yourself does not really do any good. The great obstacle with most people is that they obsess on "need" without understanding "perfectly fine!"

I am always shouting in class it seems. It is not that I am mad or upset. Not at all! In Zen, they use the *kyosaku* which is a flat stick that is used to hit the shoulders of someone who cannot concentrate on his training or gets too sleepy. This sounds horrible but actually it feels very good on the shoulders and is truly invigorating. However, it is the "sound" of the whack that wakes everyone else up! Not shouting sometimes is like having an alarm clock that only rings very, very quietly to wake you. The great problem is not getting upset or getting hit on the shoulders with the *kyosaku* in Zen, it is, as always, – waking up!

Editor's Note: Sensei originally published this article, in slightly different form, to his on-line Aikido-KODO-Iaido forum on June 29, 2002.

**AIKIDO CENTER OF LOS ANGELES AFFILIATED DOJOS****INTERNATIONAL****Spain**

Aikido Kodokai
Salamanca, Spain

Chief Instructor: Santiago Garcia Almaraz
www.kodokai.com

Mexico

Veracruz Aikikai
Veracruz, Mexico
Chief Instructors:

Dr. Jose Roberto Magallanes Molina
Dr. Alvaro Rodolfo Hernandez Meza
www.veracruz-aikikai.com

UNITED STATES**California**

Hacienda La Puente Aikikai
Hacienda Heights, California
Chief Instructor: Tom Williams

Arizona

Aikido Renbukai of Arizona
Surprise, Arizona
Chief Instructor: Michael Van Ruth
www.aikidorenbukai.com



Visit us on the Web at www.aikidocenterla.com

Aikido TRAINING SCHEDULE

Sundays

9:00-10:00 AM Children's Class
10:15-11:15 AM Open

Mondays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open

Tuesdays

6:30-7:30 PM Open

Wednesdays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open
7:45-8:45 PM Weapons*

Thursdays

6:30-7:30 PM Bokken

Fridays

6:30-7:30 PM Open

Saturdays

9:30-10:30 AM Open
10:45-11:45 AM Weapons*

6:30 AM Instructor's Intensive: last Saturday of the month.*

* These classes are not open for visitors to watch.

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturdays

7:15-8:15 AM Beginning
8:15-9:15 AM Intermediate/Advanced

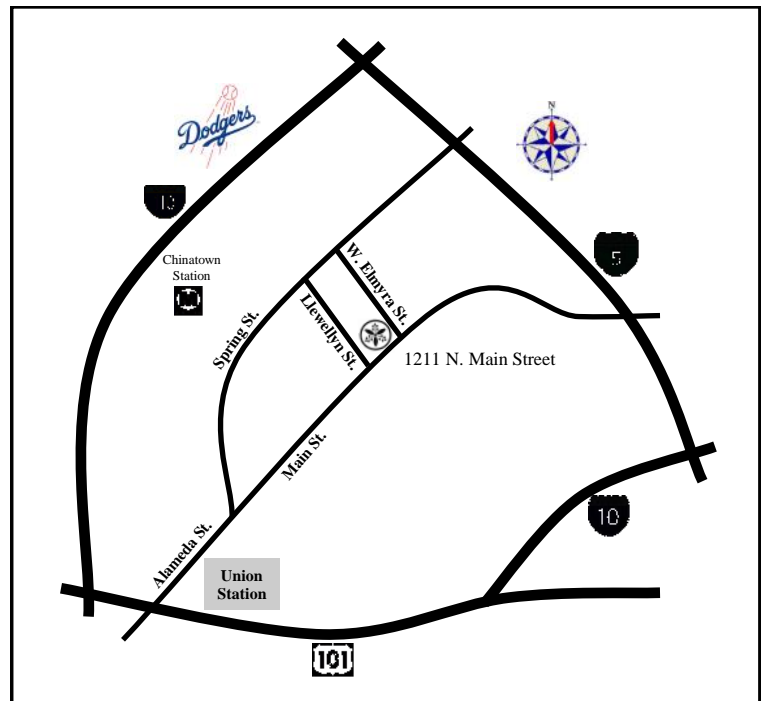
Sundays

7:45-8:45 AM

Thursdays

6:30-7:30 PM (Bokken Practice)
7:30-8:30 PM

No classes on the last weekend of the month.



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 Doshu Moriteru Ueshiba.

The Furuya Foundation and the Aikido Center of Los Angeles 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.



Finding Our Dojo

We are located at

1211 N. Main Street

Los Angeles, CA 90012

Telephone: (323) 225-1424

E-mail: 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.