

The Aikido Center of Los Angeles LLC, 940 2nd St. #7, Los Angeles, CA 90012. Tel: (213) 687-3673. Website: [www.aikidocenterla.com](http://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: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
Rev. Kensho Furuya Foundation  
Los Angeles Sword & Swordsmanship Society Kenshinkai

\$5.25  
Donation

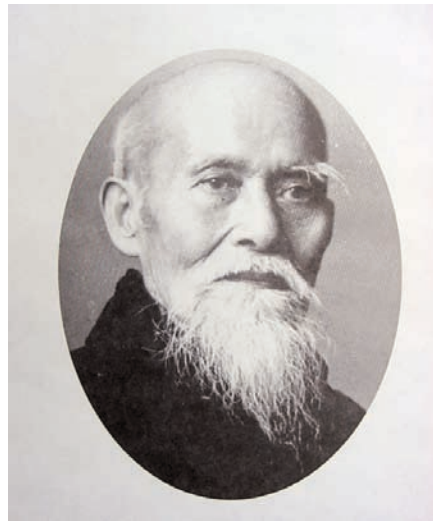
May/June 2007

Volume XXVI Number 6

**O'Sensei Memorial Service & Seminar  
with Hideo Yonemochi Shihan, Aikikai Hombu Dojo  
April 14-15, 2007**

Welcome to the May issue of *The Aiki Dojo*. I would like to thank everyone for his or her support since Sensei's passing. I especially want to thank Mr. Hideo Yonemochi, Executive Director of Aikikai – Aikido World Headquarters for his support, solace, and guidance. We first met in March of 1997 in Tokyo when I visited Hombu Dojo. It is hard to believe that ten years has passed by so quickly. Seeing Yonemochi Sensei was comforting for me and our dojo members and an inspiration to continue the daily study of Aikido with great effort.

Last month we had the O'Sensei Memorial Seminar at the Aikido Center of Los Angeles on April 14-15. With much appreciation I would like to thank Mr. Yasumasa Itoh Sensei of Tekko Juku Boston, MA, Mr. James Moritaka Nakayama Sensei of Chushinkan Dojo Buena Park, CA, and Mr. Kei Izawa Sensei of Aikikai Tanshinjuku Boulder, CO for their participation, support, and advice.



Thank you to Reverend Shumyo Kojima of the Zenshuji Soto Mission in Los Angeles for conducting our 39th Annual O'Sensei Memorial Service. Thank you also to Reverend Alfred Tsuyuki of the Konko Church of Los Angeles for conducting the Shinto blessing and ground breaking of the new dojo during our weekend seminar.

On April 24th the Aikido Center of Los Angeles members, family and friends attended Reverend Kensho Furuya's 49th Day Burial Service at

Rose Hills, Whittier, California conducted by Reverend Shumyo Kojima of the Zenshuji Soto Mission. Throughout the past two months Kojima Sensei has given us words of wisdom and comfort. I would like to extend my heartfelt thanks on behalf of the dojo for his kind encouragement as it has been much appreciated.

Finally, there are many dojo members who have been helping behind the scenes and without their contribution, the dojo would not run as smoothly as it does, especially during the succession of the dojo from Furuya Sensei to the Furuya Foundation. Thank you very much for not only continuing your training; but also for spending much of your time, even taking time off from your busy work and family schedules to have helped with the funeral, seminar, 49th day burial service, and dojo relocation. We have asked much and you have always made it happen.

-Kenneth Masami Furuya

## Seminar Impressions

Mark Ty

*Aikido Center of Los Angeles*

I'm very happy to say that the O'Sensei Memorial Seminar was a great success. Many prominent instructors came to teach class, and we had participants from all over the world come and train very hard.

During the seminar, Yonemochi Sensei taught two great classes. We all appreciate the wisdom and knowledge of Aikido he shared with us. On behalf of our dojo, I would like to sincerely thank Sensei not only for his teaching, but also for all his concern and support for our dojo.

I really enjoyed the seminar. It was a pleasure hosting Yonemochi Sensei, and we enjoyed his company very much. It's also always nice to see and talk with old friends like Steve and Santiago again.

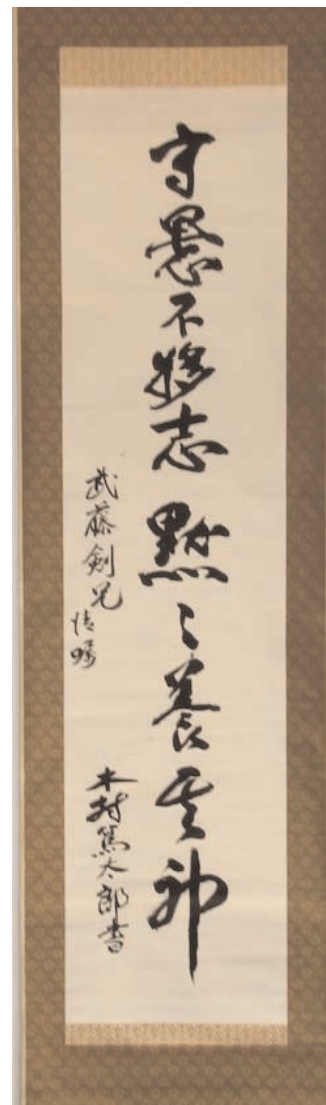
I would like to thank Doshu for allowing us to host Yonemochi Sensei. Thank you also to Tani Sensei and Takamizo Sensei of Hombu Dojo for helping us coordinate Yonemochi Sensei's travel arrangements.

I would also like to thank all the other instructors that taught at seminar: Izawa Sensei, Itoh Sensei, Erlich Sensei, Nakayama Sensei, and Almaraz Sensei. It was very interesting to see each one's different perspective on Aikido.

Thank you to our branch dojos in Mexico and Puerto Rico for coming out and attending the seminar.

Thank you to Carol Tanita for arranging the dinner at Noe on Friday, to Seiji Ishii for preparing a wonderful meal, and to Frances Yokota for catering an excellent dinner on Saturday.

Thank you to Maria Murakawa for translating for us the entire weekend.



*The scroll that hung in the tokonoma during the Seminar, hung by Sensei a few days before he passed away: "Be humble, stay strong, keep going."*



*Yonemochi Sensei demonstrating with Mark Ty*

## Attempting Humility

### Impressions of O'Sensei's 39th Memorial Seminar

Steven Shaw

*Littleton Aikikai*

For many of us the annual seminar had greater meaning with the recent passing of our beloved Sensei, Rev. Kensho Furuya. To quantify the experience of April 12-April 15 is very difficult, yet here on this contrast of black and white I begin to confine infinitely complex impressions that will take years to fully understand. Never before have I witnessed as much Aikido as I did in the days of this year's O'Sensei's Memorial Seminar. The Aikido to which I refer took place mostly off the mats. Yes, it was incredible to train with people from around the world, but the most lasting impression from the weekend was the way the members of the Aikido Center of Los Angeles worked together to make sure everything ran smoothly.

As a member of ACLA that lives 1200 miles away, I felt a part of everything, yet I also was an observer. By staying in the dojo, I was never separated from the events or the efforts to coordinate them. It was constant Aikido. I witnessed the morning preparations, watched as dojo members arrived to review their assignments,

helped wherever I could by staying out of the way, and watched excellent communication from David Ito Sensei to all members. All my fears of how the dojo would run without Sensei were abated. As the weekend unfolded I felt very secure with our future and honored to maintain my Aikido center as the Aikido Center of Los Angeles.

The Aikido classes were great. I felt greatly honored on the second day when Yonemochi Sensei asked me to take his ukemi. It was an experience I have thought, and will think, about daily. In Yonemochi Sensei's first class he taught how O'Sensei focused on ten techniques: Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Irimi-nage, Kotegaeshi, Shihonage, Tenchi-nage, and Kaiten-nage. He also emphasized the importance of Kokyu-ryoku. In Yonemochi Sensei's Sunday class he taught how circles lead to every technique. It doesn't matter what grab or the strength of the grab, by employing circular movement, nage can always create an opening to employ one of the fundamental techniques. Yonemochi Sensei created an atmosphere of exploration for all the learners so each could develop his/her sense of timing and application. His joy for teaching Aikido and passing on the lessons of O'Sensei was infectious and endearing. I am truly grateful for the opportunity to learn from Yonemochi Sensei.

For those who don't know,

Yonemochi Sensei was integral in guiding me to train with Izawa Sensei in Colorado. Again I owe a debt of gratitude to Yonemochi Sensei as I am very lucky to have the opportunity to train with Izawa Sensei weekly. He and Itoh Sensei's dedication to the memory and lessons of the late Kanai Sensei is inspiring. In spite of sharing Kanai Sensei's expansive Aikido, I felt like I missed a lot of fine points due to my fatigue. The intensive schedule reminded me of Master Yamaoka Tesshu's marathon training sessions at the end of a student's 1,000 consecutive days training. Was this how the tachi-giri(seigan), two-hundred opponent contests, were?

With fatigue, attention begins to break down. The mind begins to lose focus, and last year I learned first hand how devastating one moment's lack of attention can be. This year taught me that teachers need to be mindful about the safety of their students and give direction to their students as to where they should throw. I remember a daily message the late Furuya Sensei wrote comparing teachers to life-guards. He compared the dojo to a swimming pool in which the learners experienced Aikido at different depths. He wrote that teachers had to make sure that beginners didn't go too deep and get injured. I felt Sensei's words resonate in James Doi Sensei's class as he articulated exactly where people should be throwing and where the lines should form. His direction and focus created a very safe learning environment.



## Attempting Humility (continued)

Injuries are commonplace in martial arts and I hope everyone heals well. Lisa Tomoleoni Sensei's injury prevented her from making the trip and though I have never met her I am sorry for her injury and wish her a speedy recovery. I was disappointed to learn that she wasn't able to teach. Teaching in her place, Kenny Furuya Sensei taught a great class grounded in the basics Yonemochi Sensei illustrated the day prior. It was good to take his ukemi again and feel such solid control. I hope there will be more opportunities to learn with him in the future.

Overall, I think Sensei would have been very proud of us. It was fitting that we learned of the lesson he left for us in the tokonoma as a message to influence our



*Yonemochi Sensei and Steven Shaw*

future training: “Be humble, Be Strong, Keep Going.” Sensei taught us to be strong, and because of that we can keep going, but humility is up to us. To all my teachers, to all my partners, to the members of the Aikido Center of Los Angeles, Thank you, very much, for sharing so much Aikido with me.



*Yonemochi Sensei and Steven Shaw*



*Izawa Sensei and Tom Williams Sensei*



*Yonemochi Sensei demonstrates with Tom Williams Sensei*

## Seminar Reflections

**Tom Williams Sensei**  
*Hacienda LaPuente Aikikai*

The annual O'Sensei memorial seminar was great. I am constantly inspired by Yonemochi Sensei. He has such a passion for Aikido, seemingly undiminished by the passage of so many years of practice. That he takes the time and effort to visit us and support us, I am so grateful. And his Aikido technique is so powerful! My ulna bone ached for several minutes after his yonkyo! Such a strong grip. I particularly enjoy Senseis Itoh and Izawa every time we train together. Good to see old friends from afar: Santiago from Spain, Drs. Roberto and Alvaro along with Pepe from Veracruz, Heraldo from Hawaii. And great to make new friends, like Ze'ev, Alicia Sensei and Juan from Puerto Rico, Barbara and Ken. I appreciate the students from my dojo, Hacienda La Puente Aikikai who attended. And of course all of my good friends from ACLA. Those of you who attended all classes, I am in awe. You folks are machines. I have a good feeling for the new dojo now. Looking forward to the future. All the best to everyone!





*Yonemochi with Snatiago Garcia-Almaraz*



*Itoh Sensei throwing Andre Brown*



*Nakayama Sensei*



*Izawa Sensei with Snatiago Garcia-Almaraz*



*Ze'ev Erlich Sensei*



*Kenny Furuya explaining Irimi movement with Rey Espino*



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## A MEMORIAL SEMINAR WORTH REMEMBERING

Heraldo Mon Farrington

*Aikido of Hilo*

I would like to take this opportunity to thank everyone who came to Los Angeles to practice together in memory of O'Sensei, Kanai Sensei, and of course, the late Furuya Sensei. It was wonderful to be able to meet so many aikidoka, from so many different cultures, countries, and paths of Budo -- and to share in a remarkable Memorial Seminar. In addition to the excellent instruction and the serious yet joyful practice, we were all able to share in a Buddhist memorial service and in a Shinto purification ceremony for the new dojo space. I especially recall the Reverend Shumyo Kojima telling us how he could see each of our images, as we stood behind him to offer incense, reflected in the glass of the photo of a smiling Furuya Sensei -- and how this reinforced his deep feeling that Sensei was truly there with us. I also recall the Shinto priest, at the new dojo site, explaining the significance of the purification ritual, and how important it is to remember that these rituals, while seemingly focused upon particular objects, are actually vehicles by which we can each purify ourselves.

I must also note the incredible gift that I received from the members of the ACLA when they allowed me to act as otomo to Ze'ev Erlich Sensei from Israel. In addition to this

implied trust, which I can only hope to have fulfilled, I have been given a dear friend, and a brother in Aikido. However, I feel that I have also gained a small implicit understanding of Furuya Sensei's Caring Heart -- I know that he and Ze'ev shared many communications about many topics, but in particular, they often discussed Zen poetry and calligraphy. I was fortunate to be able to spend some time with Ze'ev Sensei after the seminar in the Japanese wing of the Los Angeles County Museum of Art, studying the Zenga and the Netsuke on display there. We were able to meet with one of the curators, and we enjoyed nearly an hour of her time as she interpreted some of the display for us -- it is too bad that we were never able to share such an afternoon with Furuya Sensei.

I hope that at future seminars, the members of the ACLA might consider adding a trip to the museum after the classes are finished. I know that Sensei would have enjoyed our interest and participation in this aspect of training. Thank you all, for your trust and for your sharing hearts -- each one of you has inspired me in this time of loss.

Finally, I would like to especially thank Yonemochi Sensei for coming all the way from Tokyo to share his aikido with us. And thanks also to Itoh Sensei, Nakayama Sensei, Izawa Sensei, Erlich Sensei, and to all the instructors from the ACLA and from the ACLA-affiliated dojos. I wish we could all meet again for the opening of the new dojo!!!

Mahalo nui loa!

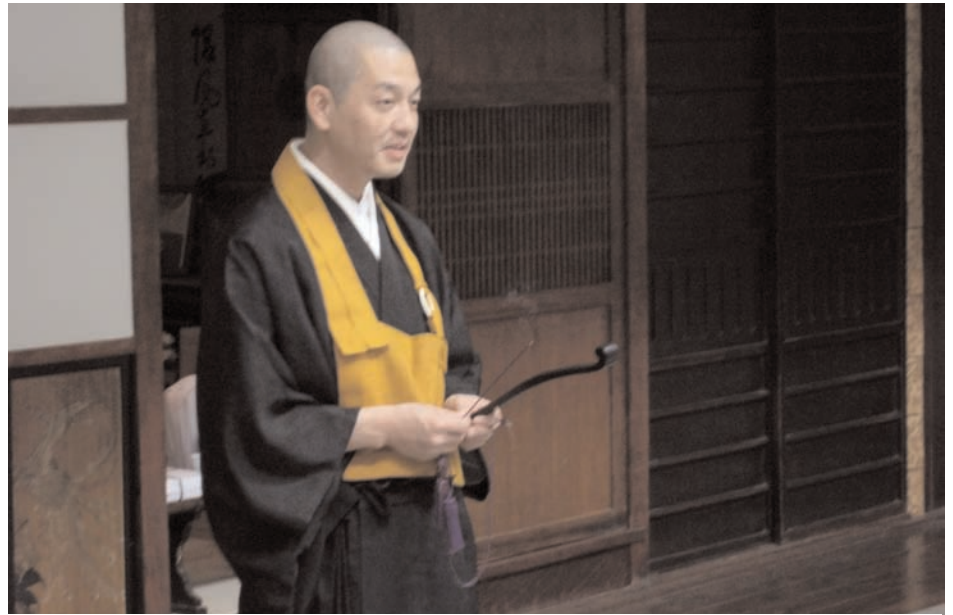


## The O'Sensei Memorial Service

The heart of our seminar is when we honor O'Sensei, Kanai Sensei and now Furuya Sensei with a memorial service.

As in years past, Reverend Kojima conducted the memorial, in which he chanted the Heart Sutra and gave a sermon.

While he chanted, everyone offered incense.



*Kojima Sensei speaks at the memorial*



*Reverend Kojima*



*Reverend Kojima chanting*



*Seminar participants listen to Kojima Sensei*



*Yonemochi Sensei offers incense*



## Thanks for the hard work!

As we have been simultaneously preparing for the seminar and to move the dojo to the new space, there has been an enormous amount of work to do. Everyone has pitched in and helped out immensely.

The ACLA would especially like to thank the following members for their efforts, which have been above and beyond the call of duty:

**Bill Allen**  
**Santiago Almarez-Garcia**  
**Mark Erlich**  
**Rey Espino**  
**Norman Lew**  
**Paul Major**  
**Leonard Manoukian**  
**Shaun Menashe**  
**Maria Murakawa**  
**Brett Rushworth**  
**Steve Shaw**  
**James Takata**  
**Carol Tanita**

Many thanks to all of you for your time, effort and goodwill!



*Rey Espino, Kenny Furuya, Lucas Plouviez, Brett Rushworth and Norman Lew taking a break from their work on the dojo garden.*



*How many boxes does it take to pack up a dojo?*

*Very many, say the packing crew at the ACLA!*



## Sensei's 49th Day Ceremony

On the afternoon of April 24 Reverend Kojima conducted the 49th day ceremony and burial for Furuya Sensei at the Rose Hills Cemetery in Whittier, California.

It was a very beautiful afternoon and many students and friends of the dojo took time off from work to come and pay their respects this one last time to Furuya Sensei.



*James Doi offers incense at Sensei's 49th day ceremony as Reverend Kojima chants*



*Gary Myers offers incense at Sensei's 49th day ceremony as Reverend Kojima chants*

Kojima Sensei's chanting was very moving and he spoke of Furuya Sensei's "new address", reminding all of us that if we ever want to be near Sensei we know exactly where to find him now.

After the ceremony, we all went and had a wonderful mexican dinner. Many thanks to Carol Tanita for organizing it!

Sensei's remains were buried next to his mother and father but his spirit was felt everywhere.



*Mark Ty prepares Sensei's remains for burial*



*Furuya Sensei's mother's and father's gravestones*



## Groundbreaking at the new dojo

On Sunday morning we dedicated the space for the new dojo with a Shinto purification ritual which was conducted by Reverend Alfred Tsuyuki of the Konko Church of Los Angeles.

The plans for the new dojo (which will look just like the old dojo) were on display publically for the first time.

Reverend Tsuyuki talked us through the meaning of the purification ritual, and leaves of tree were given as a ritual offering. Then, salt and small pieces of Japanese paper were cast out of the threshold of the main doorway. Reverend Tsuyuki assured us that everything was biodegradable!



*Reverend Tsuyuki conducting the ceremony*



*Reverend Tsuyuki standing in front of the new location of the tokonoma*



*Yonemochi Sensei, Itoh Sensei and Izawa Sensei admiring the new space*



*Reverend Tsuyuki casting salt and paper through the doorway of the new dojo*



## 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: aikidocenterla@gmail.com*



Rev. Kensho Furuya, 6th Dan

### The Kensho Furuya Foundation:

**Mr. Mark Ty - President**  
**Mr. David Ito - Vice-President**  
**Mr. Gary Myers - Secretary**  
**Mr. Bill Allen - Treasurer**  
**Mr. Jonathan Altman - Legal**  
**Mr. Michael Vance - Publishing**

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.



### 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.

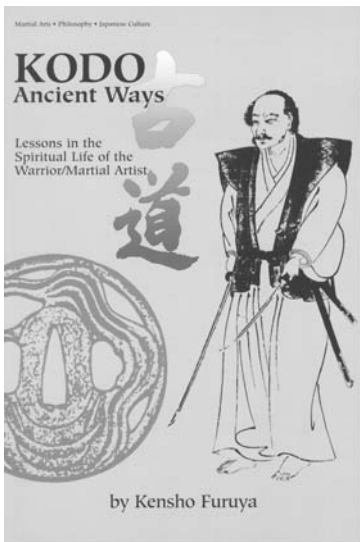
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## Publications By Kensho Furuya:



### 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.

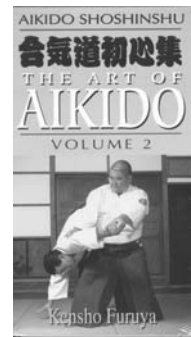
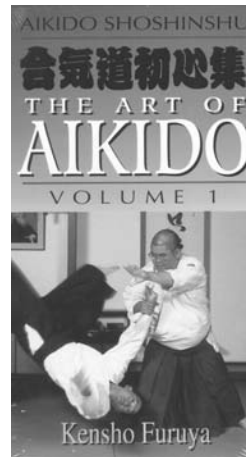
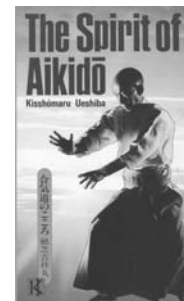
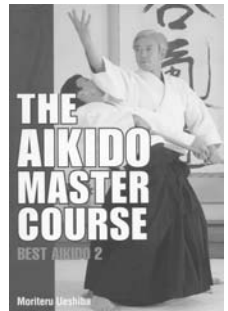
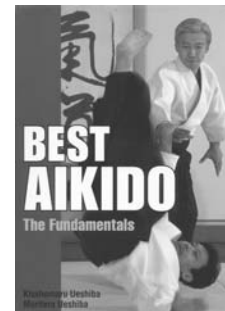
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Instructional Video Series s Now Available in a new DVD format.

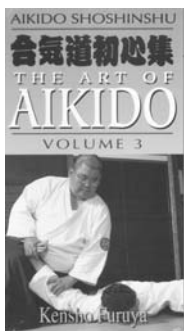
"Top Rated" Karate Illustrated  
"Impressive Scope" Aikido Today,  
"Exhaustive" Aikido Journal" "Best  
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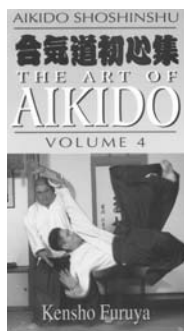
## Recommended Readings:



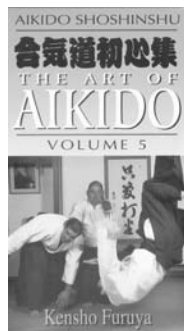
Basic Techniques  
Throwing & Joint  
Techniques, Ikkyo, Nikyo,  
Sankyo, Yonkyo & Gokyo



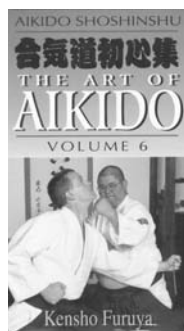
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



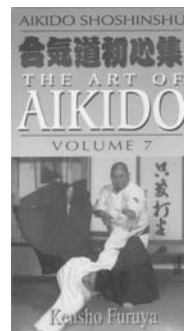
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



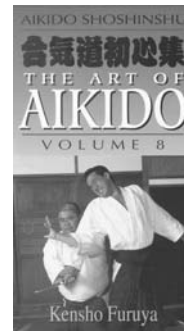
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-  
dosa. Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



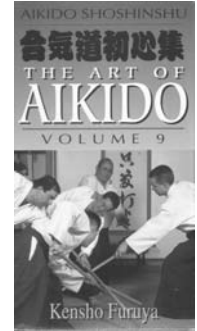
Tsuki: Strikes &  
Punches  
Yokomenuchi: Strikes  
to the side of the head &  
neck.



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



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



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





