

# The Aikido Center of Los Angeles



道の為、  
世の為、  
人の為  
合気道

# The Aiki Dojo

Direct Affiliation: Aikikai Foundation – Aikido World Headquarters  
Los Angeles Sword and Swordsmanship Society Kenshinkai  
The Furuya Foundation

December 2017

Volume XXXVI Number 12

## In This Issue...

**Message From the Teacher**  
by David Ito .....Page 1

**The Holidays**  
by David Ito .....Page 2

**Our Neighbors, Our Food**  
by Maria Murakawa .....Page 3

**Aikido: the Art of Piece**  
by Ken Watanabe .....Page 4

**Time Flies**  
by Santiago Almaraz .....Page 5

**One Opportunity**  
by Rev. Kensho Furuya .....Page 6

**Christmas Scissors**  
by Rev. Kensho Furuya .....Page 7

**Class Schedule** .....Page 8

**Dojo Map** .....Page 8

### Message From the Teacher by David Ito, Aikido Chief Instructor

Furuya Sensei practiced calligraphy for around 10 years. Very few of his calligraphies were ever mounted. As I was going through Sensei's calligraphies, I found a whole bunch that he finished and had signed. They seemed to be practice calligraphies because they weren't brushed on high quality paper and then he just stuffed them away without caring about creases.

One piece in particular stood out. It read, 本来無一物 or "Honrai mu ichimotsu" which translates as, "originally there is nothing." This statement is attributed to Huineng who was an important Chan Buddhist monk.

Most understand *honrai mu ichimotsu* as a cautionary statement warning against materialism.

As we move into 2018, we can think of *honrai mu ichimotsu* as a way of letting go. We can hold on to tangible things like people, money or possessions, but can also hold on to intangible things like anger, sadness, pain, joy or sorrow. Often times when we get angry it is due to something that we hold on to. Either way, these things can lead us to suffering.

In a nutshell, Aikido is about change. The person we are when we start Aikido is completely different than the person we become after training in Aikido.

## Merry Christmas!

メリークリスマス



Deer in the Snow at a Shrine  
by Seiji Masaharu Aoyama

This is because in Aikido one of the things we are inadvertently or unconsciously teaching ourselves throughout our training is how to let go.

Through the movement, we learn to let go of the need for violence, confrontation, and competition physically and mentally.

*Honrai mu ichimotsu* teaching that there is "actually nothing" because the only things which we think exist are what we create in our minds. Therefore, if there is nothing, then there is nothing to hold on to and thus there is nothing to get angry about because nothing actually exists.

As we move into 2018, let's wipe the slate clean and start anew and use *honrai mu ichimotsu* as our guide to letting go of the past and to 2017. Life in 2018 can be wonderful if we are able to change our perspective and let go. Before the calendar changes "there is nothing" and thus after the calendar changes "there is nothing" and thus we can let it go and make 2018 our best year ever.

I wish you all happy holidays and an even happier New Year.

### Upcoming Events

#### December 16<sup>th</sup>:

Osoji - Year end clean-up  
8:30 AM-12:00 PM

#### December 17<sup>th</sup>:

Mochitsuki at Zenshuji

#### December 17<sup>th</sup>:

Kids class Christmas party

#### December 24<sup>th</sup>:

Christmas Eve Special Class:  
Ukemi - from rolling to breakfall

#### December 25-26<sup>th</sup>:

Dojo closed for Christmas

#### December 30<sup>th</sup>:

Osame Keiko - Last practice of 2017  
Bonenkai - Breakfast party after class

#### December 31<sup>st</sup> - January 2<sup>nd</sup>:

Dojo closed for New Year's

## The Holidays

by David Ito, Aikido Chief Instructor

When I was a student, I always looked toward the holidays with a sense of dread. It's not because I didn't like the festive days between Thanksgiving and New Year's. It's just that Thanksgiving Day and Christmas Day were very hectic for me. On those holidays, I was supposed to take Furuya Sensei out for a meal either by myself or with some of the other assistant instructors. Some of you might be thinking that spending time alone with Sensei must have been wonderful or at least a rare occasion to "pick his brain." Believe me when I say that, at the time, it was far from "wonderful." Since Sensei had no immediate family, he would often want to spend a large portion of the day with us and would get mad if we had to leave early. I was always found myself watching the clock because my own family would be waiting for me to arrive in order to have dinner at my grandmother's house in Santa Barbara which was a two hour drive away. I had to balance the stress of being with Sensei and maybe even driving him and then trying to get home in time to spend the holidays with my family.

One time, Sensei invited me to the dojo to eat *Osechi ryori* or traditional New Year's Day foods that he prepared himself. Although, it was an invite, it seemed more like a mandate and the invited time was the same time as the Rose Bowl football kick-off time. To Sensei this was a special time; to me it was just another chore that I needed to get over with. I didn't really even understand the significance as before this time, I had never done anything special on New Year's Day other than eat hot dogs and drink beer. I got to the dojo exactly on time and was shocked when I walked in and nobody else was there. Sensei had a full spread laid out on the mats with things boiling on portable stoves and a whole bunch of small dishes lined up with weird things like dried fishes or noodles. Sensei was so proud of his offering as he explained each dish and its significance to New Year's. While Sensei explained each dish, all I could think about was the fun and friends that I was missing out on. Sensei watched with bated breath excited to see my reaction to each dish, but I wolfed down each plate, bowl and dish in succession without even taking a breath or tasting even one. I ate and went so quickly that the only dish I can remember was some sort of *kabocha* squash because Sensei made a big deal about it not being perfect as he cooked it on a portable stove right in front of me. I just impatiently sat there as he cooked it wishing he'd hurry up. As soon as another person showed up, I excused



myself and left. I barely said, "thank you" as I ran out the door. Until writing this article, I have never even given that experience a thought. Only now, I realize how much work it must have been for Sensei to cook all those dishes and how heartbreaking it must have been when nobody showed up and the only person that did show up barely even showed any appreciation or gratitude.

In Japanese tradition, New Year's Day or *ganjitsu*, most businesses in Japan are closed from the 1<sup>st</sup> of the month to the 3<sup>rd</sup> and it's a nostalgic time as children come back from school and relatives come by to visit. New Year's is supposed to be the only time that busy families have to get together and spend quality time.

Maybe it's because I am a parent or maybe it's because I am a teacher now, but back then, I didn't get it, but today I do. I saw this Japanese proverb in a

bookstore the other day and it made me think of Sensei. The proverb advertising a book read, "Oya no kokoro ko shirazu" which means "children do not understand the hearts of their parents." Maybe it is because stores put up holiday decorations the day after Thanksgiving now or maybe it's because radio stations start playing Christmas music on November 1<sup>st</sup>, but the first thing I thought of when I saw that proverb was Sensei and the meal he cooked for me that one New Year's Day. I was struck with a sense of sadness as that proverb precisely described how I feel about the past and how I miss those holidays with Sensei.

Now that I am a parent I understand Sensei so much better. Sensei was a bachelor whose parents and grandparents had all died around the same year a decade earlier. Being an only child, it must have been very hard on him especially during the holidays as Japanese families are used to getting together. In my own family, we didn't do much during the holidays, but in my wife's family they always used to make New Year's a big occasion. Upon hearing those stories, I realized how hard it must have been for Sensei and how lonely he must have been.

Today, I would give anything to have even one of those days back despite how stressful, boring or time consuming. At the time I didn't know how special those times were. I was too young and had such a juvenile perception of the world. Today, when students stand me up or flippantly act ungrateful, I realize how it must have made Sensei feel and it saddens me. It saddens me to know that I inadvertently hurt Sensei's feelings because I was too wrapped up in my own world to see how it affected someone else's.

*Continued on page 5...*



## Our Neighbors, Our Food

by Maria Murakawa, Aikido 3rd Dan

### Big Flavors at Little Sister

Downtown LA is where the old embraces the new, in the way of converted historical buildings, dusting themselves off so to speak, for the next generation of creatives transforming the city. Walking down 7<sup>th</sup> St. between Hill and Hope, new storefronts exist amid the gritty surroundings greet visitors and locals alike. But this is restaurant row, and the gathering of crowds and the smell of cooking suggests adventure in the culinary sense.

Prepare to be unexpectedly amazed at Little Sister, a neighborhood bistro with a focus on Southeast Asian cuisine. Tucked in on the ground level of a modern yet vintage historical building, sandwiched between a craft beer bar and a high end sushi restaurant, the restaurant welcomes with a picture window façade showcasing a full house within. Be sure to make reservations for dinner, even during the week.

With your first bite, your taste buds will be awakened with bright, meaty, and yet citrusy, assertive favors. I suggest starting with the Mabo tofu – a soft cold bed of tofu, absorbing just the right amount of marinade, cushions the grilled ground pork bathed in a sweet and spicy light chili sauce piled on top. Slices of chili pepper, fresh shaved red onion and a heap of sprouted black onion seeds add contrasting flavors and textures. It is wonderful! There are also an array of spring rolls wrapped in rice paper- with a variety of meats such as pork with the usual lettuce, green onions, marinated carrots, and rice noodles filled within.

Plates are served tapas style and shareable- most notably I propose the beef tartar with cassava chips. Scoopable by the chip, the beef was not ground but

cut into tiny chunks that enhance the sweet and spicy flavor of the marinade. The cilantro and pine nuts added a neutral accent. The raw quail egg in the center added an out of this world creaminess to the dish.



The Shaky Shaky beef is more of a main dish. Think of satisfying chunks of beef glazed with a savory dark gravy, paired with a cilantro-heavy fresh salad. The dressing on the side was lemony and sharp. A mound of tomato fried rice, accented with green onions, had a rich *umami* flavor. If you're looking for a bold and astringent dish, this is it.



You can go to just about anywhere in Chinatown and have a \$7 bowl of pho and be satisfied. Little Sister's 626, their version of Pho is a simple fish sauce slightly elevated, succulent, LA version of what one might get in Chinatown, but completely mind-blowing.



The food at Little Sister is like adding a squeeze of lime onto a perfectly grilled Mexican taco, one cannot co-exist without the other- a much needed ounce of freshness amid the still dusty streets of downtown LA.



### Little Sister

Downtown LA

523 W 7th St

Los Angeles, CA 90017

(213) 628-3146

<http://www.littlesisterla.com/>

### Little Sister

Manhattan Beach

1131 Manhattan Ave

Manhattan Beach, CA 90266

(310) 545-2096

<http://www.littlesistermb.com/>

## 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.



## Aikido: the Art of Piece

by Ken Watanabe, Iaido Chief Instructor

Do you like jigsaw puzzles? Do you enjoy taxing your senses and logic trying to match together the broken up pieces of an image? All for the pleasure of doing it? Well, then you might want to try Aikido training.

For people who enjoy puzzles, we tend to find a 1,000-piece puzzle with a picture we enjoy, open up the box, and pour out hundreds or maybe thousands of pieces onto a big table. At one time, the pieces that once perfectly matched form a clear and complete picture of, maybe a Bavarian castle, a plate full of jelly doughnuts, or if you're insane, porcupine quills.

Training in the dojo is a lot like assembling the pieces of a puzzle except that image on the front of the box is something we call "Aikido".

When we begin practicing, assembling the pieces to our training, everything was equally jumbled up. Every aspect of training is like a solitary piece of the puzzle and there seems to be Aikido puzzle pieces everywhere! Nothing makes sense. We begin to think, is this even a martial art? We watch the teachers demonstrate the techniques, hear them give a few pointers, and then we jumped up while thinking, "Uhhhhh, what did they just do?" We bowed when we enter and as we leave the dojo, and also when we enter and leave the mat. We also have to clean the dojo after training! Do we really need so many Aikido puzzle pieces to learn Aikido?

After a while, nothing seems the same as the complete image on the box of Aikido and as we look at the image on the box, we think, "how do we take all these pieces and get that?"

When we assemble a jigsaw puzzle, we naturally try a few ways to make it easier on us. Maybe we tried to find puzzle pieces that match in color, or patterns or maybe we started with assembling the edges and corners, but eventually we somehow settle on a combination of both. Gradually, as pieces begin coming together, we see bits of images start to take form. Then those bits came together creating larger sections. These larger images connect with each other until the pieces began making sense and eventually start forming the same image that's on the cover of the box.

In our training, in the beginning every technique seems so different from each other. Even a single technique seems to have so many

pieces! Left foot? Right foot? Up? Down? Sideways? Angles? Straight? Round? But as we start to identify the similarities between the techniques and movements, and see how they fit with each other, we begin to see the image of the Aikido puzzle begin to become more complete or clearer. All these different techniques begin coming together and we start to see how they are all interrelated. Then the other pieces of this puzzle – the discouragement, the perseverance, the cleaning, the etiquette all come together, and we begin to see how all of these pieces that once confounded us create the form of "Aikido".

At the end of every year, our dojo holds a *Bonenkai* party, or a "forget the year party" but when they mean "forget" it doesn't

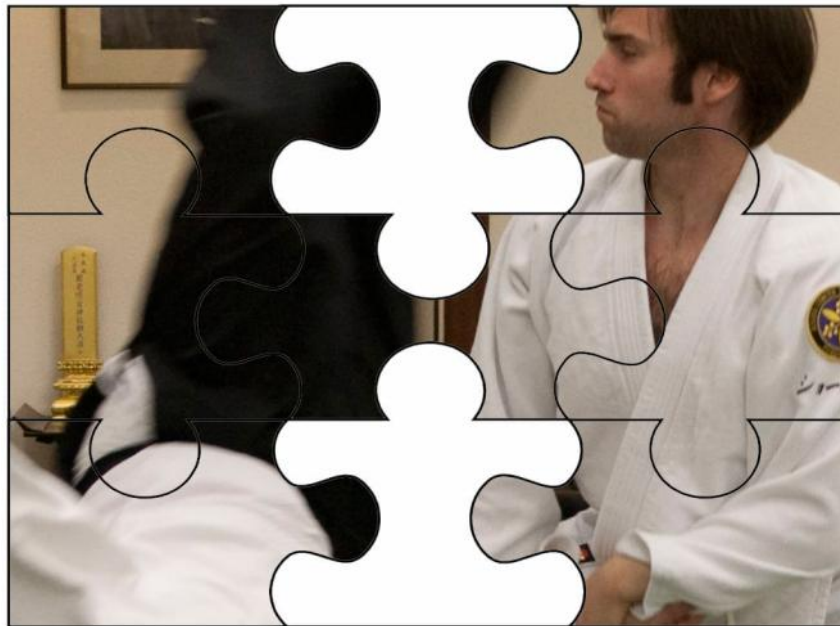
mean we forget everything. In a jigsaw puzzle we know every piece in that box has a place, but in training it's easy to dismiss those pieces that we think aren't important or we don't understand. When we cannot find the correct place for a particular puzzle piece, we don't throw it away like repressing a bad memory or ignoring an esoteric bit of instruction. We set it aside, always keeping it in a place that we can remember so that we can find it later. In our training, like in a 1,000-piece puzzle, every piece has a place and every piece is

important. We may find the spot for it next year, maybe not, but we keep it and we hold onto it nonetheless.

The past year many students have come and gone, yet we are fortunate for the students that continue to train hard, work together, and like the pieces of a puzzle come together and make our dojo. As a teacher, often the only reward we get is the satisfaction of watching our students advance in their training, and see how the practice benefits them in ways both big and small.

Often, our practice seems like one of those 3,000-piece jigsaw puzzles of an impossibly colored, fish-filled coral reef that nobody ever finishes, but with patience, awareness, a little guidance from our teachers, and most of all, perseverance, being able to finish the puzzle is within anyone's grasp.

Although our *Bonenkai* will soon come and go, please don't forget all the pieces you collected this past year. Train hard and these pieces to your Aikido puzzle will find a place. Keeping every piece of this puzzle is an important part of your practice but it's also part of your practice to put them together. Please continue your training and keep those pieces for next year!



**The Holidays** *continued from page 2...*

Sometimes in Aikido practice, it is easy to get wrapped up in ourselves and overlook how our conduct impacts others. It is inevitable that we may get hit or make contact with our training partner. This is probably unavoidable, but it also can be a good thing. It is a good thing only if our intention was to give our partner a good practice and we were trying to move them out of their comfort zone as a means to help them improve. If that was the case and the intention is correct, please apologize afterwards. If, however, our intention was to hurt them because we don't like them or we're having a bad day then we are wrong and should refrain from this type of practice and should definitely apologize afterwards. What it comes down to is our intention. If our intention is wrong, then most times there will be ill feelings and an apology will barely fix the problem. When we make a mistake and our intention is correct, then most times no ill feelings are harbored especially if we apologize. Regardless

if our intention is right or wrong, we must apologize and then do our best to make amends.

There is a sign in the men's dressing room that Sensei put up years ago. The sign reads, "It is said that one million dollars cannot buy back one minute of your life. Use your time wisely and carefully." It is true that we can never get back or buy back any of those lost moments in our lives. The only thing that we can do is do our best to be better. I read another Japanese proverb that was probably born out of the same type of realization that I had about the holidays. The proverb is, "Oya no no wa yama yori takaku, umi yori fukashi" which means "Duty to one's parents is higher than the mountains, and deeper than the ocean." I am sure the person wrote it as a cautionary adage to remind people to not only do better but to be better as well.

It is sad to think that those days with Sensei are gone and I am embarrassed at how juvenile I acted. There is nothing I can do to change things. The only thing that I can do is strengthen my resolve and recommit to my duty as the teacher and work harder.

Thank you all for your gracious support and kindness. I wish you all a wonderful holiday and a happy New Year.

**Time Flies**

by Santiago Garcia Almaraz  
Chief Instructor, Aikido Kodokai

The last 10 years have gone by in a flash and I can't believe that Furuya Sensei passed away 10 years ago. 2017 has gone by even faster.

As we get older, things in this life seem to go by faster and faster, and the adage, "time flies like an arrow" seems to become truer as time goes on. We tend to spend so much time planning and organizing each year, month and day that that time can be wasted living for the future. Focusing on the future sometimes takes time away from the present and enjoying what is happening now.

At the beginning of the year, as I prepared to celebrate the 10<sup>th</sup> anniversary of Sensei's passing, I decided to enjoy every day being aware of the "present".

2017 was an important year for me since it marked the 20<sup>th</sup> anniversary of our affiliation to the Aikido Center of Los Angeles. However our relationship with Sensei's dojo is more than an affiliation or mere administrative association. Our relationship is a milestone on the path of my life as a martial artist and as a person.

Meeting Furuya Sensei and being able to enjoy his teaching and

friendship is the best gift that I could have ever received and it is one that has truly benefited my life and made me a better person, husband, father, friend and teacher. It is also the gift that I want to give to my students and that is the intention which motivates me every day at my job and when I teach my classes.



generations.

As we say goodbye to 2017, it is nice to look back on the path and take stock in all the accomplishments over the year. I am proud to have had all the support and opportunities that life has given me not just at the dojo, but also personally and professionally. I am grateful for all the success, but equally appreciative for all the disappointments too.

This holiday season, please take some time to enjoy those around you because time goes by so fast.

Merry Christmas!

**One Opportunity**

by Reverend Kensho Furuya

In this fast paced society, friendships are so tenuous and relationships do not last long. It is rare to maintain friendships over the years. Married couples do not stay together and friendships break up so easily. It also seems that students and teachers are never together very long either. Even families cannot manage to hold together. Everyone wants to move on; everyone wants something a little better. The fact of the matter is that most people are just bored. This is a sad commentary on ourselves and the society that we have created for ourselves.

A relationship with another person is not easy. The true connection between two people is always spiritual and therefore very tenuous. A true connection or relationship is always based on trust, respect, love, and a common point of interest or destiny. Today, most friendships are based upon money or advantage – this is not good.

The samurai used to say, “Ichigo Ichie” which means “one time, one meeting” or that everything is a one-shot deal. Meet and treat each person as if it is the last time we will ever meet them. This was very true in the days of the samurai on the battlefield. They would wake up in the morning not knowing if they would see the evening or if they will

share the next meal with their friend ever again.

There is nothing more precious than this relationship whether it is family, friends, mates or associates. Everything must be done to maintain them and preserve and nurture them – we are not on the battlefield! If we want a peaceful society of harmony and friendship, we must do everything to make it such.



I see people come and go in the dojo all the time. It causes one not to build friendships or become close to anyone because they will soon disappear. Becoming a member of a dojo is not like shopping at a grocery store where we run around to the store with the best bargain or prices. Becoming a member of a dojo, is like becoming the member of a family. This is a very important concept of a dojo that we have forgotten today in this fast paced world. But it is not like the family today which is always fighting and breaking up. It is the “old” family where everyone sticks together through thick and thin.

Why do we feel it is so important to stick together through thick and thin? This is because of “Ichigo Ichie.” We truly will never

know when the other will be gone.

***Editor's Note:** Sensei originally published this article, in slightly different form, to his Daily Message on December 3, 2002.*

**SAVE THE DATE!**

**Furuya Sensei  
memorial and seminar  
March 2-4, 2018**

**Schedule TBA**

**December 24th - Sunday****Special Christmas Eve Class**

Ukemi: From rolling to breakfall

9:30-11:00 AM

This class is free

*Everyone is invited to attend.*



**December 25-26<sup>th</sup>:**  
Dojo closed for Christmas

**HOLIDAY CLOSURE**

**December 31<sup>st</sup> - January 2<sup>nd</sup>:**  
Dojo closed for New Year's

**December 30th - Saturday****Osame Keiko**

Last Practice of the Year  
6:30-8:00 AM

**Bonenkai**

Forget the Year Brunch  
8:00AM -12:00 PM

*Everyone is invited to attend.*

## Christmas Scissors

by Reverend Kensho Furuya

### MERRY CHRISTMAS!

I, the dojo and my students want to wish everyone a Merry Christmas and the very best Holiday season.

I don't think you need to listen to my chatter on a day like this; you should be able to feel the message in the air today.

Every year at this time, we all say the same things about Peace and Giving and Compassion, yet, we see the world has hardly changed and there is still so much fighting, war, violence and suffering. We are not doing a good job here on Earth. Wake up! Wake up!

Christmas is sometimes a culture "crash." I was so surprised this Christmas morning when I opened a few presents from my students. One student presented me with a very unusual shaped package, all nicely wrapped, and told me that I would really like it and that the dojo could use it for many years to come. I was very curious so I opened it first of all. When I saw what it was, I was so surprised. It was a very nice pair of scissors!

Actually, when I first saw them, I was shocked! In my culture, we never give "edged" presents such as scissors or knives as a gift. They are considered unlucky. Especially scissors, which mean to "cut off" one's ties or friendship, or end a friendship. I was so surprised to receive such a present for Christmas.

Of course, I shouldn't be surprised at all. Recently, at our annual

*Osoji* or year end cleaning, our cheap pair of scissors broke and this student was kindly replacing them with a 1st class pair. Very nice indeed, really!

But still I was surprised at first and then I laughed when I remembered my Zen master who fondly came to my mind. Many years ago, on his return from Japan, he brought all of us presents. When we opened them, each of us got a pair of scissors and we were all very shocked. What was our Zen master thinking? Was he leaving us? Terrible! Such an inauspicious gift can mean no good!



He looked at all our surprised expressions and began to laugh. He was up to his old tricks again. He explained: "The scissors, of course, are bad luck so I wanted to see your surprised faces when I gave them to you. This is my joke. But actually, when you look at them from a different perspective, scissors mean "good luck," not bad luck at all."

We were all a little puzzled.

He continued, "The scissors are only useful when two blades are connected and work together. Therefore, the scissors mean that we must stick together in order to do good. Indeed, the scissors are a symbol of good luck and friendship, not the end of it.

Receiving these scissors, symbolizes a good Christmas and a Happy New Year for me! Even, if only to bring my teacher's memory to mind.

***Editor's Note:*** Sensei originally published this article, in slightly different form, to his Daily Message on December 25, 2002.



## Mochitsuki 2017

*Come Pound Some Mochi!*

### West Los Angeles Buddhist Temple

December 9, 2017 (Saturday)  
2003 Corinth Avenue  
West Los Angeles, CA 90025  
(310) 477-7274  
<http://westlosangelesbuddhisttemple.org/>

### Zenshuji Soto Mission

December 17, 2017 (Sunday)  
123 South Hewitt Street  
Los Angeles, CA 90012  
Tel 213-624-8658  
<http://www.zenshuji.org/>

### Orange County Buddhist Church

December 17, 2017 (Sunday)  
909 South Dale Avenue  
Anaheim, CA 92804  
(714) 827-9590  
<http://www.ocbuddhist.org/>

### Higashi Hongwanji Temple

December 27, 2017 (Wednesday)  
505 East Third Street  
Los Angeles, CA 90013  
Telephone: (213) 626-4200  
<http://hhbt-la.org/>

# 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**

5:15-6:15 PM Fundamentals  
 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

**Thursdays**

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

**Fridays**

6:30-7:30 AM Fundamentals  
 6:30-7:30 PM Open

**Saturdays**

6:30-8:00 AM Intensive Seminar\* †  
 9:30-10:30 AM Open  
 10:45-11:45 AM Open

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

† Intensive seminar is offered the last Saturday of every month

# Iaido TRAINING SCHEDULE

## TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

**Saturdays**

8:00-9:00 AM Open

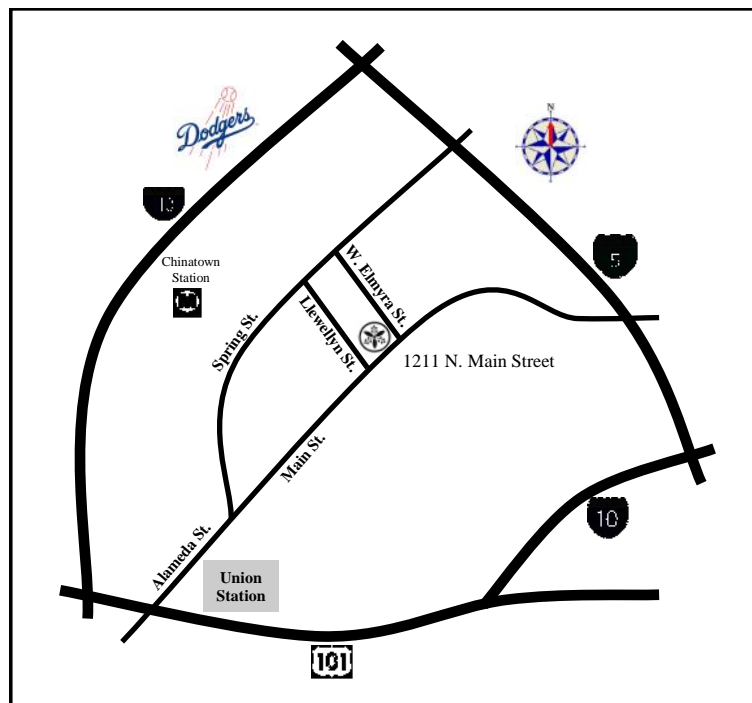
**Sundays**

7:45-8:45 AM Open

**Thursdays**

6:30-7:30 PM Weapons

*No weekend classes on the last weekend of the month.*



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

公益財団法人 合気会

Aikikai Foundation – Aikido World Headquarters  
 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 Aiki Dojo**

Official publication of the Aikido Center of Los Angeles

Copyright © 2017.  
 All Rights Reserved.

*Published by the Aikido Center of Los Angeles. No portion of this publication may be copied or reproduced without written permission from the Publisher.*

*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.*