

Awarded "Outstanding Cultural Organization" 50th Anniversary Southern California Japanese Chamber of Commerce
Recipient of the Brody Multi-Cultural Arts Grant 1988

The Aikido Center of Los Angeles, 940 2nd St. #7, Los Angeles, CA 90012. Tel: (213) 687-3673. Website: www.aikidocenterla.com.

The Aikido Center of Los Angeles LLC

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan

Rev. Kensho Furuya Foundation

Los Angeles Sword & Swordsmanship Society Kenshinkai

Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association

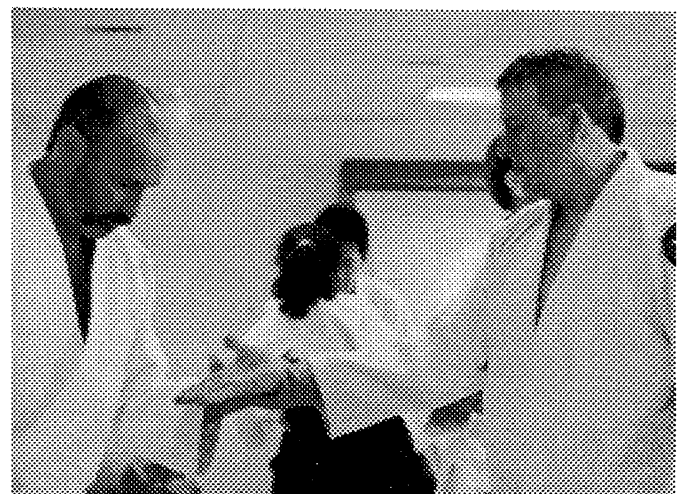
Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

April 1, 2003

Volume XXII. Volume 4.

Annual Four Dojo Friendship Workout. March 23.



Top: James Doi. Above: Bill Allen.

It was a beautiful, warm day on Sunday when James Nakayama hosted the annual Four Dojo Friendship Workout at his Chushinkan Dojo in Buena Park on March 23. Four local instructors participated: James Nakayama, 5th Dan, of Chushinkan, Henry Oshiro, 4th Dan, of the Orange County Aikikai, Frank McGouirk, 6th Dan, of the Whittier Aikido Ai and Sensei of our Dojo. About 40 people participated, followed by a pot luck luncheon.

This seminar started several years ago when Sensei invited several instructors for a joint practice at the Dojo. It was so well received that it has become a custom to continue this workout each year. Next year, this event will be held at the Orange County Aikikai who will also host their 40th Anniversary at the same time.

From our Dojo, participants were James Doi, Ken Watanabe, Mark Ty, Kats Shiomi and Bill Allen.

Many thanks to all who participated and many thanks for Nakayama Sensei for his hospitality and all the other Sensei.

**O'Sensei's Memorial Service &
Special Practice. April 26.**

**Cherry Blossom Festival April 13.
Aikido & Iaido Demo 4:30pm.
Everyone is invited.**

**O'Sensei's Memorial Service
& Special Practice
April 26, 2003**

*Aiki Kaiso Tsuito Hoyo Oyobi
Tokubetsu Keiko*

Practice 8:00-11:00am.

**O'Sensei's Memorial
Service
& Special Practice April 26.**

Aiki Kaiso Tsuito Hoyo Oyobi Tokubetsu Keiko

Practice

8:00-8:45am K. Watanabe, 4th Dan

9:00-9:45am James Doi, 5th Dan

10:00-10-45am Sensei, 6th Dan

Memorial Service

Rev. S. Kojima: 11:00-11:45am.

O-Doki Luncheon: 12noon.

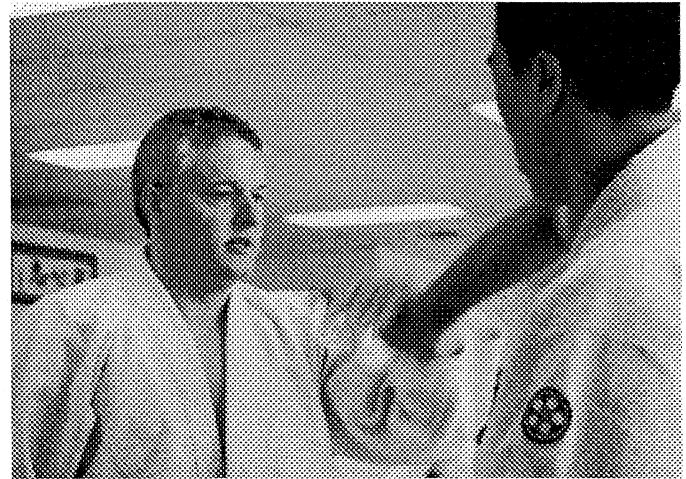
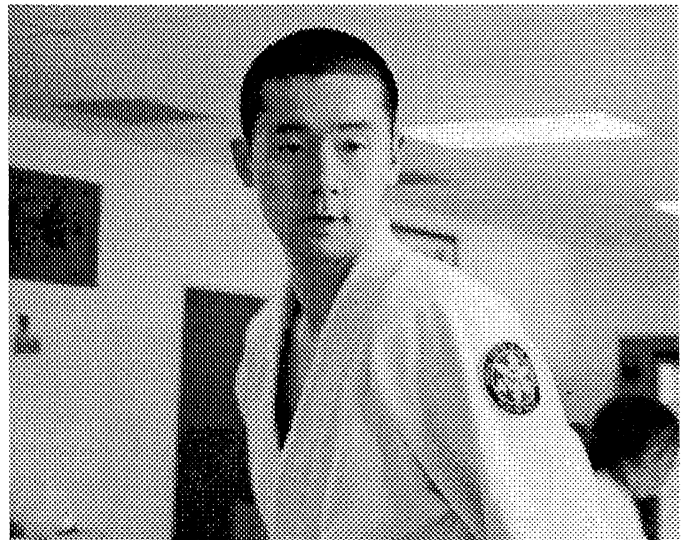
Members: \$10.00. Non-members: \$20.00.
Does not include luncheon. Place to be decided.

**All students and members of other
schools are welcome.**

(No laido today.)

Special Announcement:

**Taiji Master, Madame Yu Wen Mei,
Visits Dojo on April 6 To View Aikido.
Please come to welcome her to our
Dojo.**



**Morito Suganuma Seminar
May 9, 10, 11**

**Shohei Juku Aikido Canada
& Vancouver Shomonkai**

**aikitamachan@excite.com
for more information.**

Trying Aikido:

James Takata, 1st Dan

Ideals, Frustration, and Patience

Why practice Aikido? I'm fascinated by an art that includes universal love, world peace, and enlightenment in its goals. I marvel at the genius of a man like O'Sensei who could imagine a way towards such goals through a martial art. I am awed by its complexity and beauty. In every way, we students stand to improve ourselves and our partners as complete people. But practice is still hard, isn't it?

Physically, we are sore, bruised and sometimes injured. Mentally, we're sometimes confused, frustrated, jealous or lazy. Spiritually, perhaps we train for the wrong reasons (i.e. ego, power, dominance). "Please be patient and just practice," says Sensei. It sounds easy because it's simple. Although I strive for simplicity, I've found it challenging to achieve in practice.

One obstacle for me was a sense of guilt when I couldn't practice due to work. My job requires long hours and sometimes travel far from the dojo. Of course most people must work, and I am not an exception. However, my profession as a camera assistant and sometimes as a film director demands an unpredictable schedule. I worried that my training was suffering. I wondered if people perceived me as unreliable or uncommitted.

Although I was happy at practice and at work, I was often worried about the other. I needed to focus on where I was at the moment. After much agonizing, I realized that the guilt was unfounded. I knew I was committed to both, and I couldn't keep worrying. I miss training immensely while I am gone, but I am also training in my career - and as Sensei discussed in his daily message recently, we have other obligations in our lives as well.

I believe that my training in Aikido and iaido has made me a better filmmaker. Constant striving for excellence and perfection is not only a desirable philosophy and mindset as an artist and martial artist (and human being for that matter), but it also has helped me establish strong work habits. Furthermore, awareness, discipline, sensitivity, resourcefulness, and the ability to keep a clear head amidst chaos and pressure are as important on set as it is in the dojo. This is especially true when handling delicate and expensive camera equipment, or when leading actors and crew towards a common goal.

I was watching a program on PBS about Julliard the other night, and I saw parallels between their training in voice, pitch, and movement and our training in the dojo. One student recalled a lesson where she had to repeat the sound "Aaaahh." "Aaaahh," said the teacher. "Aaaah," said the student. "No. Aaaahh," said the teacher, leaving the student puzzled.

One teacher remarked that an average student graduating from law school can have an average career and be considered successful, but careers in the arts demand a student is very best. "We're all compared to the best in the world ñ composers have to endure comparisons to Beethoven, Schoenberg, and Stravinski," said one student.

The link between a place like Julliard and the dojo is in the demand for one's personal best. Sometimes, like the voice student, we'll repeat a movement exactly (we think) only to be told, "No. Your foot has to be this way." We too are held to the standards of the old

masters.

And like any school, there are students who drop out. In only 3 years I've seen many people come and go. The best advice I have heard yet is "Please be patient and just practice." Unlike at work or elsewhere, everyone here wants you to succeed. I wish to thank my fellow students, new and old, for their patience and help. I especially wish to thank Sensei for his teaching, and his dedication to his students and his art.

Sensei's Daily Message:

There are two talents I notice that very good students have - as opposed to the normal student. One, they see more. Two, they know how to imitate the movements better. This is, of course, not all of training in Aikido or Iaido, but it is certainly a good way to start.

What I notice in many students, is that they do not see or know how to catch the important points of the technique being demonstrated and they do not know how to imitate the movements.

Training is not simply imitation but you need to know how to do this. Watch the movements more carefully, and try to follow them carefully. Once you catch on to the movements, you will begin to understand what you are doing for yourself.

Don't try to understand what you are doing. . . . this comes later. This seems a strange thing to say but it is true in actual practice. Don't try to interpret or understand or know what you are doing, just follow and imitate. At the beginning, the main thing, I believe, is to get the movements as correctly as possible inside your body. Understanding what you are doing will come naturally and soon enough. Just be patient.

In the business world, you do not do anything until you calculate profit and loss. Practice is not the business world. You do not need to calculate profit (so-called understanding) before you move. . . .

Doing is most important. Some people think that body follows mind. This is true in theory and looks good on paper, but not in practical, real training. In real training, mind follows the body. . . . This is what most people misunderstand in Aikido today. When you get your body to move, your mind will begin to understand what is happening and you will know yourself what you are doing.

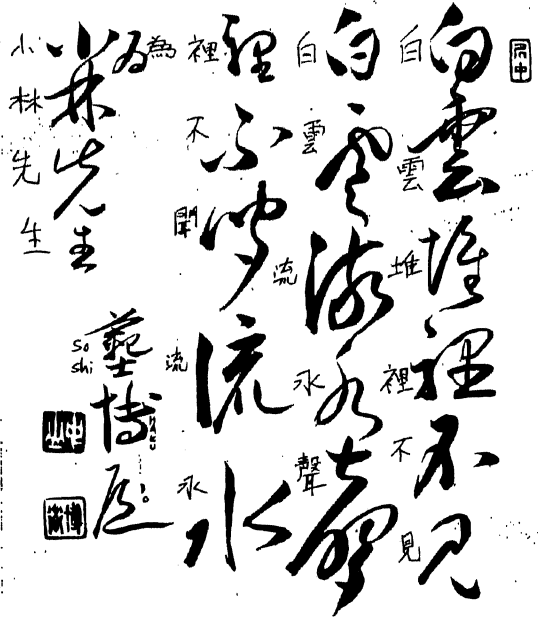
We think clever thoughts and think that we are smart and will do smart things. It is not as easy as that. It is more like being hungry. You may say to yourself, "I am not hungry, do not eat!" But if your body is hungry, you are hungry no matter what your mind thinks. If you eat something, your mind understands, "I am no longer hungry."

You may say to yourself, "do not get angry!" but if you get angry, you will lose your temper whatever you are thinking. . . . Do not try to understand theories and what other people say - see for yourself how your own mind works!

No matter what nice thoughts you have, if the body cannot follow your ideas, it will never happen! This is just the way it is.

This doesn't mean that Aikido practice is purely physical training. Physical training is always the first step towards spiritual training - this is what must be clear and always kept in mind. In reality, they are

Nakayama Hakudo Poem:



*Within the billowing white clouds, no white clouds
can be seen.*

*Within the free flowing water, no flowing water
can be heard!*

*Brushed by Soshi (Nakayama) Hakudo
Founder of Muso Shinden Ryu Iaido*

Daily Message continued:

one and the same.

Sometimes, when my senior assistant makes a mistake, he always starts his argument with, "Well, I thought" I almost feel like saying, "Don't think!" but this is wrong too.

You must think and "not think" at the same time. I don't think we have a word for this in English, but in Zen language, this is known as "hishiryō." Or - to think without thinking. This is what I hope all students will eventually understand! This is what is the basis of all spiritual training. . . .

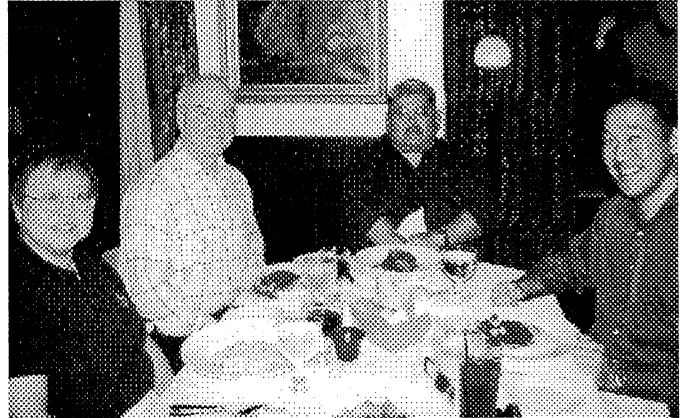
I know this is very hard to understand and may seem contrary to what you have learned so far. Please practice this anyways, you will soon understand what I am talking about. . . .

Many Thanks Bujin Design:

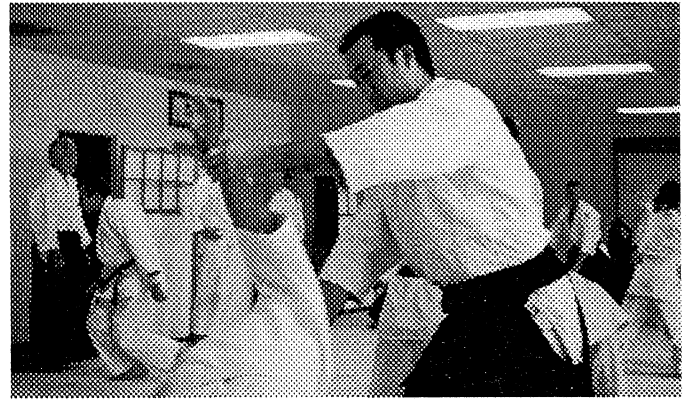
Our appreciation goes to Hiroshi Ikeda Sensei and Mrs. Ginger Ikeda of the Boulder Aikikai, for publishing one of the Sensei's articles, "Step Aikido" from the Daily Messages in their March Issue of the Bujin Design Newsletter on line. They mentioned that they liked this article very much, many thanks for your support!

**Children's Class (6-16 yrs.)
Every Sunday 9:00-10:00am**

Sensei's Birthday Party. April 23, In the Dojo.



Last year with Gary Myers, Cheryl Lew and Ken Watanabe. Sensei's Birthday is on April 25, but we will celebrate it on April 23 in the Dojo in respect to O'Sensei's Memorial Service & Practice on April 26. Everyone is welcome!



Upcoming Special Events:

March 29. Aikido Intensive. 6:30-8:00am. Breakfast meeting follows.

April 2. Monthly General Meeting 7:00-8:00am. Everyone is invited.

April 5. Special Jo Seminar. 7:00-9:00am

April 12. Early Morning Iaido Intensive. 6:30-8:00am.

April 13. Taiji Master Yu Wen Mei Visits Dojo.

April 19. Intensive Aikido 6:30-8:00am.

April 23. Sensei's Birthday Party.

April 26. O'Sensei's Memorial Service & Special Practice. No Aikido Intensive today.

From Bahamas Aikikai:

07-03-03 Dear Furuya Sensei, I humbly apologies for not writing to you sooner, but i hope that this email fines you in good halt and spir-it. You will be please to know that I have not cease from training i train every day and my student's four days a week from 6 to 8 pm they love Aikido very much and they are all excited about meeting you and your students. So we will be traveling next year four your 30th Anniversary Celebration hopefully about seven of us will be coming. Will i just wonted you to know that i'm still here in good health and spirit i will be sending a photo of the group in the next email give the gye's my best and luckner says hello see you soon. Clay Seymour Bahamas Aikikai

From Israel:

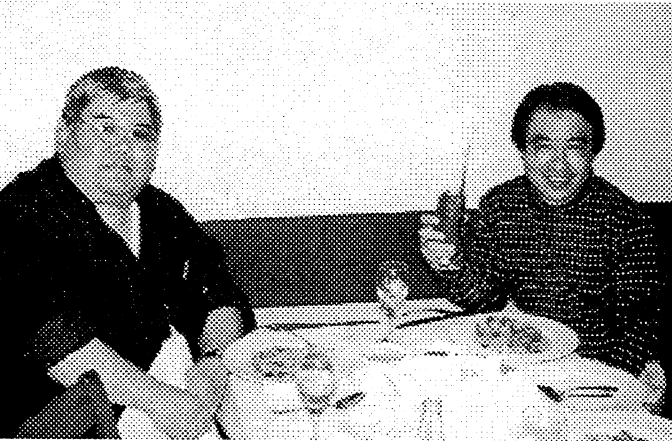
03-21-02: Dear Sensei, Thank you so much for always writing and inspiring many. Forgive my question, it seems and I suspect there is a problem.

For strange reason, the daily message of the 7th of March and the 17th are not available. Maybe there is a problem. Maybe you just skipped those days.

The USA and GB are attacking Iraq. I think this war comes in the wrong timing and even if the results will be positive, I am sure there could be a way to try and find a peaceful solution. Too bad Sadam and Bush never practiced Aikido... Take care sensei. Yours, Ze'ev.

From Italy:

Rev. Kensho Furuya, how are you? Do you remember? Marco from Italy... We are building a good group for Aikido's arts. I want to "refresh" our contacts (for us is a great pleasure!) because need your experience. Regards, Marco Marangoni, Milan, Italy



Naoji Karita Sensei from Tokyo, Japan. At Ca Brea Restaurant in Hollywood. Karita Sensei a very rare, newly restored Musashi sword for Sensei.



Visitor, Jeff Kato, from Richard Moon Sensei's Dojo in Marin, CA.

From Puerto Vallarta:

March 24: Dear Sensei, Thank you very much for Your e-mail. Hope all is well with You.

It has been five months since the hurricane and I have almost finished the reconstruction and the remodeling. I have tried to help my neighbors in need with their renovations and with uplifting their spirits.

The devastation of the hurricane somehow seems insignificant with the rebirth of spring and in the larger picture of life, yet a powerful reminder of what is important.

I am grateful for the many blessings; the gift of a new day to watch the birds in flight, to marvel at the beauty of nature, and to humbly continue polishing my stone.

Please convey my best wishes to all the Members of ACLA. I hope You can visit us soon in Puerto Vallarta. With gratitude always and praying for peace.

Raffi Badalian, Puerto Vallarta Aikikai Branch Dojo

Sensei's Reply: I pray for your speedy recovery, it is so nice to hear from you. I hope to visit your country soon in the near future. Please convey my warmest regards to all my students and friends. Please stay in touch and mention to the other branches to write often and let me know how they are doing. Many thanks, Sensei

Need Current Student Membership Information:

There is a new form in the Dojo which we would like all members to fill out so we can update our student membership information. The information is strictly confidential for only Sensei's use. Please fill out this form the next time you come to the Dojo. All students, new and old, must fill out this form. Thanks for your kind cooperation.

**Sensei welcomes all inquires about Aikido
Dojo email: aclafuruya@earthlink.net**

Children's Class

Every Sunday Morning

9:00am Sharp -10:00am

Protect the health of your children!

Sign Up Your Family & Friends

Self-Defense, Fitness, Movement

Japanese "Ki" Idioms

In studying a foreign language, we often encounter idiomatic expressions that reveal a lot about the way people think in that culture. In the Japanese language, there are many idiomatic expressions that use the word "Ki." It seems that some people who study aikido approach "Ki" as some kind of a mystical force, as if it were some magnetic field out of a "Jedi religion" invented in Hollywood Sci-Fi movies.

However, looking at the many "Ki" idioms used in the Japanese language, it seems that "Ki" is not regarded as something mythic, weird or extraordinary, just as there are many mundane idiomatic expressions in English with the words "mind" or "heart" which we use everyday without really thinking about them (for example: "heart on the sleeve," "change of heart," "lose heart," "bleeding-heart," "take to heart," or "on my mind," "crossed my mind," "Mind your own business," "Would you mind...?" "I've made up my mind," and "Never mind").

I do not intend here to downplay the mystery of the human "Ki," nor to suggest that the concept of "Ki" in the Japanese language is anything like the concept of "mind" or "heart" in the English language. But I've listed here some common colloquial "Ki" expressions, because it may help us to get a sense of what "Ki" means in the context of ordinary usage in Japanese.

Of course, none of this information helps us to practice aikido any better. So... don't mind me!!

Japanese Expression Literal Translation English Meaning

<i>Ki ga tsuyoi</i> headstrong	To have a strong Ki, To be brave,
<i>Ki ga yowai</i> fainthearted	To have a weak Ki, To be timid,
<i>Ki ga ookii</i> magnanimous, big-hearted	To have a big Ki, To be magnanimous,
<i>Ki ga chiisai</i> parsimonious or small	To have a small Ki, To be parsimonious or small
<i>Ki ga omoi</i> hearted	To have a heavy Ki, To be heavy-hearted
<i>Ki ga hayai</i> rash, premature	To have a fast Ki, To be over-hasty,
<i>Ki ga nagai</i> to think in long-term	To have a long Ki, To be patient,
<i>Ki ga mijikai</i> temper	To have a short Ki, To have a short

<i>Ki wo tsukeru</i> ful	To put one's Ki on, To be careful
<i>Ki wo torareru</i> distracted	To have one's Ki taken, To be distracted
<i>Ki wo torimodosu</i>	To take back one's Ki, To regain oneself or one's composure
<i>Ki ni sawaru</i> tate	To touch one's Ki, To annoy, irritate
<i>Ki wo kubaru</i>	To distribute one's Ki, To be mindful, to look around
<i>Ki ga chiru</i>	For the Ki to be scattered, To be distracted, bothered
<i>Ki ga chigau</i>	For the Ki to differ, To go insane
<i>Ki ga hen ni naru,</i>	For the Ki to become odd, To be out of one's mind, strange
<i>Ki ga fureru</i> insane	For the Ki to be touched, To go
<i>Ki ga fusagu</i>	For the Ki to be closed up, To be gloomy, melancholic, [or for the Ki to be effective
<i>Ki wo harasu</i>	To clear up the Ki, To recreate, to divert oneself
<i>... ni Ki ga aru</i>	To have a Ki for... To have a crush, on..., to be interested in someone/thing
<i>... Ki ga nai</i>	To not have a Ki to... To not feel like something, to not be interested in...
<i>Ki ni naru</i>	To become the Ki, To be on one's mind
<i>Ki wo nomareru</i>	To have one's Ki swallowed, To be overpowered, awed
<i>Ki ga raku</i>	For the Ki to be easy, To be relaxed or without worry or comfortable
<i>Ki ga tatsu</i>	For the Ki to stand up, To be irritated or on edge
<i>Ki ga suwaru</i>	For the Ki to sit down, To be calm or settled, to make up one's mind, be determined
<i>Ki ga hikeru</i>	For the Ki to withdraw, To feel inferior or insecure or withdraw

Ki ga muku For the Ki to turn toward... To be inclined to..., to feel like

Ki ga ki de nai For the Ki not to be Ki, To be very anxious, worried

Ki ga tsuku For the Ki to turn on, To become aware, to realize, to be attentive, conscious

Ki wo yurusu To permit one's Ki, To let one's guard down

Ki ga nukeru For the Ki to be drawn out To be depressed or have no energy (person), to be flat (like beer or soda)

Ki wo mawasu To spin one's Ki, To cogitate, to speculate needlessly

Ki ga jyo-bu To have a durable Ki, To be brave, strong-minded

Ki wo haru To stretch/tense up Ki, To concentrate, to be fully alert, to be tense

Ki wo yurumeru To slacken one's Ki, To relax, to ease up

Ki ga noru For the Ki to ride, To be enthusiastic, to be into

Ki ga kawaru For the Ki to change, To change one's mind

Ki ga susumu For the Ki to go forward, To be predisposed to or be inclined to

Ki-okure ga suru For the Ki to fall behind, To be daunted

Ki wo momu To knead one's Ki, To worry, to fret

Ki no ii To have a good Ki, To be good-natured

Ki ga seku For the Ki to hurry, To be anxious, frustrated

Kimochi ii To hold the Ki well, To feel well, or for something, to be refreshing

Kimochi warui To hold the Ki badly, To not feel

It is wise to come early to the Dojo to get changed into one's uniform quickly and warm-up adequately before class. Sit down and quiet yourself two minutes before class starts.

Sensei's Daily Message:

What Is True Practice?

I know people put a lot of energy into getting their black belts - of course, it is everyone's goal and of course, we should put efforts into developing our skills. It makes perfect sense.

What I would like my students to know that True Practice is not simply to get stronger and not simply to get their black belts. Aikido practice goes far beyond this - much farther.

Coming to practice each day - one learns commitment and perseverance. Trying hard to understand the techniques and what is being taught - one learns to develop his awareness and depth of perception. Practicing with various students in class - one learns the importance of getting along with others and working together in harmony. Following the teacher's instructions - one learns the difference between right and wrong. Cleaning the Dojo after practice - one learns responsibility and a caring heart. Keeping one's uniform clean and in good repair - one learns the value of our daily lives - whoever we are. Trying to follow O'Sensei's teachings - one learns about virtue and wisdom. All of these are far more important than a belt but there is no reward for all of this, is there.

This is the meaning of spiritual training - everything is from within. By devoting yourself in this way, you will somehow be rewarded - but in a way that no one will know or see or recognize. You will never get a black belt for it, but please trust me in this! This is true practice and this is what I myself look for in my students. . . .

Please visit our Dojo Website, www.aikidocenterla.com, for Daily Messages which Sensei posts each day for you. Email questions about Aikido and your training are welcome. Enjoy!

well, for something, to be creepy or grotesque

Ki ga toku naru For the Ki to grow distant, To feel faint, overwhelmed

Ki ni kakaru To hang on the Ki, To cause worry, to create anxiety

Ki ga meiru For the Ki to collapse, To be daunted, to feel defeated or to implode

Ki ga sasu For the Ki to point out, To feel guilty

Ki ga togameru For the Ki to blame, For the conscience to be for the Ki to find fault, bothered

Ki ga au For the Ki to agree or match, To get along

This is a very nice article by Kaoru Tamura one of our new Black Belts. Even Japanese themselves, I think, do not realize how much they use the term, "ki," in their daily language. It is hard to have even a short conversation in Japanese without using this word. Ki not only permeates the Japanese language, but their mentality, attitude, psychology and culture.

Letters

March 2: Hola a todos.

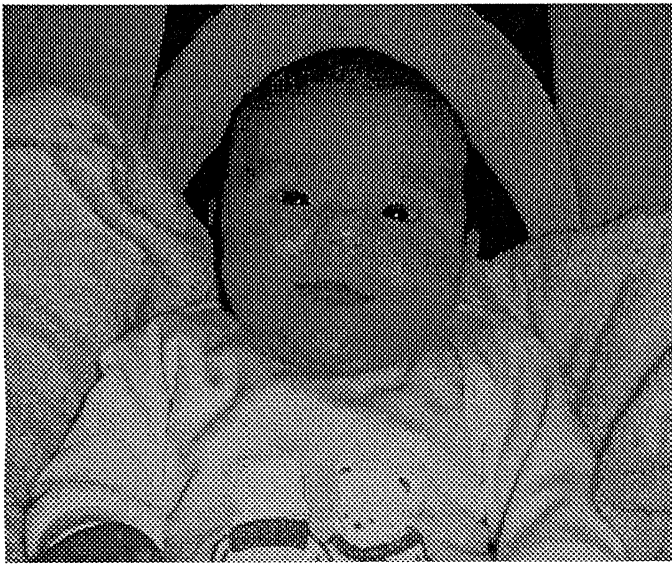
Os presento a mi hijo Sergio.

Es guapo ¿Verdad? (Que voy a decir yo que soy el padre)

Un Abrazo.

Félix Ares.

Valladolid. (Our branch Dojo in Spain)



March 4: . . .As to Dr. Walker's health... he had a treatment yesterday here in Tampa. He must travel here (a two hour drive each way) once a week. It is difficult because someone has to drive him, but we manage. His weight is low, but stable. His spirit is strong. Thank you for asking after him, I will certainly extend your best wishes to him. He is very happy that you have helped him with this appraisal. I am in your debt.

As ever,

Todd Jones, American Butokukan, Tampa, Florida

Sensei's Reply: We wish Dr. Walker the very best.

March 4: Dear Furuya Sensei, I hope this note finds you well. I'm looking out of my office at a snowy day here in Boulder.

I was reading your latest February '03 Dojo Newsletter, and came upon your article entitled Daily Message: "Step" Aikido. I would like to respectfully ask your permission to reprint the article in the archives section of the Bu Jin Design Online Newsletter. As you may know, we are no longer publishing a full monthly newsletter, but all the articles from previous years are posted on our website for visitors to read. <http://bujindesign.com/newsletter/current/> From time to time, we add material, and I think your "Step" Aikido would be a valuable addition. Of course, full credit would be assigned, along with a link to Aikido Center of Los Angeles website.

If you agree, I would then like to announce its addition in the March letter to our list subscribers. This letter will be going out within the next day or two. (We are late.. we're waiting on the photographer for some new product photos.)

Sensei, your article struck a chord with me.. . . . You put it very well! Thank you, Ginger Ikeda, Boulder, Colorado

Sensei: We really like to thank Ikeda Sensei and his wife, Ginger, for all of their friendship and support. Please link to the March Issue of Bujin Design to see Sensei's article from the Daily Message.

From Sweden: March 5: Hello, My name is Kelton and i am a new student in Aikido along with my wife. you are right when you say that people are doing this for the wrong reasons. We got into aikido for the spirituality of the art, but when we got the dojo the other members don't feel the same way. it is about who is the strongest or the fastest, and how they can teach others, we are all beginners. Frustrating. Anyway i am just venting, because i am originally from LA, and i have been reading you messages for 3or 4 years now, and like what you say and i try to live my life that way, but in sweden it is a much different environment. We will return one day to LA and it would be a honor to either watch or participate in one fo your lessons. Please excuse me for my rambling style of meessage, i have a lot to say without the time to say it. sincerely, KELTON ALEXANDER, STOCKHOLM SWEDEN

March 6: Sensei Furuya, Thank you for your hospitality and allowing me to train at your dojo. I felt very welcomed by everyone there. There is a good spirit in the training and the dojo is absolutely beautiful. I also appreciate you sharing your thoughts on how Aikido has developed in America, the concerns of the art becoming overly commercialized, and why there is so little cohesion. Hopefully professionalism, as you suggested, will emerge from the organization of the art, rather than short sighted greed. And perhaps some of the divisions will heal or be put aside then.

In any case, I hope you take the opportunity to visit us one day, perhaps in early May when you are up here for your friend's wedding. The difference in facilities and formality may surprise you as our dojo is quite simple and we are rather informal in comparison. But I think you might enjoy the playful exploratory spirit of the training. I will definitely make an effort to come by again on my travels.

Warm regards, Jeff Kato, Richard Moon Dojo, Marin, California

March 6: Dear Sensei, I am afraid that when I do not write you, you think that I am not thinking of you. This is not the case. I read your daily commentaries, I have read your book twice, and I try to incorporate something of your attitude into my training and my teaching.

When I read your writings, it makes me very sad. Myself and a number of my friends in Aikido feel that it will not survive. It doesn't seem that anyone's aikido can compare to OSensei's, and the students of OSensei's deshis appear to be another step down (I include myself in this process of decay). Perhaps things are better in Japan, but I haven't seen any real evidence of this. So, many of us would feel sad even without your writings -- but they do resonate with my previous beliefs very strongly.

I sometimes feel that zen has a far superior system to aikido's. Of course, this may well stem more from my ignorance of zen than from any reality, but the teacher-student bond, with a highly developed pedagogy, personal transmission, and a 2,000+ year lineage suggest this to me.

When I graduated from college I moved to train with a noted Shihan.

Continued: I think he is far more pessimistic than you regarding the future of aikido. He never took uchi-deshi, thinking that Americans wouldn't understand. Perhaps this process is the only thing that could raise aikido pedagogy to the level of zen. Are my perceptions of the level of relative development of teaching methodologies incorrect? Is there any hope for the survival and flourishing of this art?

P.S. I am teaching a short seminar in aikido to some very intelligent high school sophomores. The sponsor suggested that I could assign readings. I didn't feel that any of my teacher's writings were really appropriate, so I suggested your book. I thought the historical tidbits, mixture of budo and zen, and the short article length would appeal to them. Then I had second thoughts. I love your book, but I feel as though it can best be summarized as: "In olden times, people trained hard, not like the wimps today." For me, this is inspiring. However, I am afraid it may be too harsh for a bunch of kids, most of whom have never been exposed to real martial arts, and are doing this as part of a general enrichment program. Do you have any thoughts? I.M.

03-09-03: Dear Mr Furuya I am in LA now I relocated here from England at the start of February. I do not own any Japanese art swords of my own. Before I left England I was employed at the British Museum in the Japanese Department. One of my responsibilities was to care for the Japanese sword collection, which I have been doing for the last five years. I have visited Japan fairly regularly in these five years and because of the reputation of my Sensei (Mr Victor Harris keeper of the department of Japanese Antiquities at the British Museum and original translator of Miyamoto Musashi's Go Rin No Sho) I have been able to access many National Japanese Museums and Shrines. Although I am still a relative beginner I am recognised as a serious student in Japan and have been taught oshigata techniques by Mr Fukui, Curator and shinto priest at Atsuta Jingu in Nagoya, and by Mr Harada, Horyujikan kancho Tokyo National Museum, among others. I have worked on projects involving the BM sword collection in conjunction with the NBTHK in Tokyo. I am also nidan kendo and was practicing Ono ha ittoryu with my sensei. Yours sincerely, Paul Martin

March 11: Dear Sensei, I find it interesting how your words come to me during my own training. This weekend in my karate class, my sensei gifted me with quite a few corrections on my kata's. By the time the class was done, I was quite humiliated and down, not from his tone, nor from the content of his words, I was humiliated because I had not done it correctly in the first place. Then your comments about a sensei caring enough about his students to correct them, came to me and I was no longer down. I realized that I had finally reached a point in my training that my sensei chose to gift me with the minor corrections necessary for me to further the art and skills he had been teaching me.

To me, his correction of me indicated I had finally become a student worthy of correcting. Some may think that this is silly, and you might think so too (although somehow I doubt it), but that minor realization made me more happy and content than any other single event in the last ten years. Thanks for your guidance, Raymond Young, Yonkyu, Nihon Shuji

March 11: Dear Sensei, Thank you very much for your reply. You always write about how lonely you are. I am sorry that you feel this way, but I know that you are generating more interest in the old ways than any other teacher I know. Your devotion is infectious and inspi

ration. I have a few questions to ask:

I have an ill-formed question regarding sitting -- something like, how important is effort in sitting? I had thought that the major part of sitting was, "just showing up" -- sitting down for the required time. But it is becoming clear to me that my level of effort, in staying in the moment, and allowing thoughts to pass without carrying me away with them is just as important -- the other 80%. Sometimes I find my mind playing out stories that seem to be more unrelated to my life than my dreams, stories of people I have never met with no relationship to me whatsoever. These sneak up on me, they seem to not even be my own thoughts. Maybe this is not a question that requires an answer, but simply a report.

My other question is more concrete -- how can I practice basic sword technique. My teacher does not generally push suburi, particularly for more advanced students, yet I feel that something like suburi would be very helpful. Are there other exercises beyond the basic suburi (I don't even know if I know all of the suburi that you teach) that I should practice? What is "noto"? I would appreciate any suggestions you can give. Thank you for all your help, love and support. Warmest regards,

Sensei's Reply: There is a funny, old saying, "Don't do as I do just do as I say!" In the case of these great masters, it is definitely the opposite. For them, it is, "don't do as I say, do as I do!" We often hear, "Just take it easy!" Or, "Enjoy yourself!" Or, "Don't work so hard!" But it is entirely the opposite, work hard and try hard! Not for an hour and not for a year! Work until you really get it! No one has ever gotten anything accomplished by sitting on their butts, get off the seat and do it - this is effort!

Suburi is 75% of all Japanese swordsmanship. 20% is Spirit. 5% is everything else!

March 14: Hi, I have an unrelated question for you. Have you heard of Seidokan Aikido? I met a guy here in Tokyo who teaches it. I guess they are based in America. I was surprised because they don't do yon-kyou or suwari-waza techniques. I was wondering if you had heard about that style of Aikido, and what you thought about it.

I am still practicing twice a week at Aikikai and loving it. I wish I had enough free time to go in five times a week. I always feel really excellent for about 3 hours after training, and can be really productive with work. It's a nice side effect. Thanks, Quinlan Faris, Tokyo, Japan

March 15: Sensei, . . . Regarding Seidokan, I am happy that you will speak frankly about it, as that is why I inquired. There is not really a dojo for Seidokan in Tokyo, but this American guy who is a 3rd Dan in Seidokan has been teaching Aikido in the Itabashi ward public budojo for free. He teaches in English for foreigners. He told me that he had gone to practice with Aikikai when he first came, but he didn't like that they wouldn't let him wear a black belt, and didn't recognize his rank. (Of course I can understand why he wouldn't be recognized as even shodan if he doesn't know yonkyou or suwari techniques.) He also thought it was too "hard" as many techniques do cause pain. I was surprised to hear him say that, because I really enjoy practicing at the Aikikai dojo so much, and find the strictness and occasional pain rather refreshing. I guess some American schools of Aikido have gotten a little too soft. I think it's a little sad

Aikido Center of Los Angeles

www.aikidocenterla.com

Continued:

that some American versions of Aikido have gotten rid of traditional elements of Aikido that are so fundamental. Is the Ki Society Aikido school also like this?

I'm also interested to know if the Aikikai groups in American train in the same way as those in Tokyo. Are the format of the keikou the same? Do you think there are any advantages or disadvantages to studying Aikido with Aikikai in Japan vs. the US? I guess one thing I really enjoy about my training here is that there are so many very skilled practitioners. All of the sensei are at least 6th dan, and many of the students who attend every day are as high as 3rd dan. So my practice is very rewarding when so many talented people can point out my mistakes and help me to improve. At your service,
Quinlan F., Tokyo, Japan

March 15: Sensei, Thank you very much for the Jo seminar. I enjoyed it very much. I thought you might like this article about sword maker Yoshindo Yoshihara.

David Ito

Click here:

The Japan Times Online

or copy:

<http://www.japantimes.co.jp/cgi-bin/getarticle.pl5?fi20030316a2.htm>

Sensei's Reply: Glad you enjoyed the seminar. Jo Seminar #2 is coming up soon. Thank you, Yoshihara Yoshindo Sensei is an old friend of mine. He is in line to become the next National Treasure Swordmaker in the next decade or so. His son, Yoshikazu, who is still in his teens, is proving to be a genius at swordmaking. His works are quite beautiful and extraordinary! I am sure that if he studies hard, no one will be able to surpass him in another ten years or so. It only proves that training cannot start early enough and it never ends!

March 16: Dear Reverend, We are all in existential aloneness. There is a difference between being alone and being lonely. You know all these things, but those who do not are threatened by the prospect of either one. Holding the tensions of one's personal aloneness can lead to deep spiritual growth and actually more connectedness with the whole. Joys, Lisa JM G.

Sensei's Reply: We all experience loneliness and deal with it.

March 17: Dear Sensei, Thank you once again for your prompt responses to all my silly questions. Here are some more:

1. I understand that the mudra for zazen is generally left hand on top of right hand. I read somewhere that if you are left-handed, you should reverse this and place the right hand on top of the left, since for left handers the left is more active, and will be calmed by placing the right hand on top. I am left handed, and have been placing the right hand on top since I began sitting zazen. Is this the proper way to go, or should I reverse it?

2. I am resuming my suburi practice. Let me admit one thing up front, though: I am very insecure with my own sword technique, knowing the breadth and depth of your training. I hope you will allow me to ask some technical questions about movement in suburi. I realize this mode of communication is completely inadequate to the task, and I will certainly ask you to look at my technique the next time that I can

make it out there, but for now this is the only way.

I began my suburi practice last night. 500 cuts and I have blisters on my hands. Tomorrow I will do more, until I once again establish calluses (the blisters are at the base of the palm, where the end of the pommel rubs, and the palm-side of the little finger knuckle). I have begun with just shomen, first without stepping, rowing motion style, then with stepping, leading with the ball of the foot. 100 right-foot forward, then 100 left, etc. My first question is: should I be stopping the blade at the point where it is parallel to the ground. I know this is the way Iwama-style folks do it, with a wringing-out motion of the hands, but my teacher told us to allow the sword to cut through the horizontal until the energy is abated. He made this change many years ago, after the connective tissue at his elbow began to hurt. Please advise me on this point, and any other suburi pointers you can make. Thank again you for all your help. Warmest regards, I. M., Me, Ca.

Sensei's Reply: Please see Daily Messages, thank you.

March 20: Hello, Sensei, We were reading your newsletter at Master Yu's house the other day, and she reiterated that she has been meaning to come visit your dojo for a long time; she has had a rash of bad things happen last year; I think I mentioned to you over the holidays that she had a bad back, a bad knee, then a bad car accident, among other things.....well, she's better now, and wonders what your schedule is like most Sundays after classes are over at the dojo.....once in a while after class on Sundays we all go out to lunch, or sometimes we go to another site to have class other than at the Burbank park where we usually are.....

She would like to come and visit you and your school some Sunday if (and only if) it is possible and convenient for you; she also wants her students to see the beautiful dojo, so if you can let me know what time you are free and if you are free on Sundays, then she can plan an outing for us; we have class from 9:30 till noon, but we can change if we need to.

Thank you very much, and look forward to the meeting and seeing you again. Respectfully, Annabelle Nye

03-23-03: Sensei Furuya, In response to Mar 23, 2003 daily message. A month ago I visited a dojo that I found in the yellow pages here in Virginia where I now live. The minute I walked in and began to talk to the students I felt like they were consumed by their ego. I didn't feel welcome there. They were trying to prove to me that they were advanced students and knew a great deal about Aikido. They asked me to train 3 days for free to see if I like the dojo. The first day I felt like it was a burden to them to have me there. They would frown when they had me for a partner and would tell me everything I was doing wrong instead of training. After the first day they asked me to pay 3 mo advance because they did not have many

Visit Our Website Daily!
www.aikidocenterla.com
For Sensei's Daily Message

Aikido Center of Los Angeles
www.aikidocenterla.com

students and they were having trouble paying the rent. It's no wonder why they don't have many students. New students don't feel welcome there and they are ego driven. The Sensei does not even teach every class because he can't get off work, so the students are running the show. After 3 days I never went back. It was sad to see a dojo like that. Before each Aikido class begins they practice executing Aikido techniques against boxing. One student wears boxing gloves and the other attempts to execute some Aikido technique to defend himself.

I'm a former student of the Hacienda/La Puente Aikikai and trained there with Sensei Tom Williams for about a year and a half. My name is Ray. Do you think I should just put it all aside and just train there? Thank you for your time. Ray
(Please refer to Daily Messages on our website.)

Subject: [ladad] DRAFT Minutes of Common Ground Seminar
Reply-To: ladad@yahoo.com

Thanks to all the participants for a productive and pleasant event. Special thanks to Tim and Valerie (and Subway) for lunch and snacks. Also to Kevin for "expediting" the process. And to Lucile Dunyach for her landscapae architecture presentation. Once again, our community shows its' surprising talents and willingness to share those talents.

Please, this is a draft. We need to continue this dialog and begin the formalization of a statement of community purpose. Let's not pat ourselves on the back yet. We have a lot of work to do to make our neighborhood into the one we dream about. And I know many of you have additional observations for this draft as well as the statement of neighborhood purpose. Please, contact me. I welcome corrections and additions.

NOTES

About 25 people attended. I have names for most, but some stragglers did not get the opportunity to introduce themselves.

PURPOSE: To develop a vision for our neighborhood, to find out what we want (not just what we don't want). To establish support for a public document/statement of goals, aims, and directions for growth, development, and improvement.

AGENDA:

- 1.) Introduction of participants, Name, Statement of interests
- 2.) Goals, Ground Rules
- 3.) History
 - a.) Yang-Na-Gabrielleno indian village along river
 - b.) 1781-Spanish colonial village, wild grapes
 - c.) 1831-John Louis Vignes plants commercial grapes
1838-William Wolfskill plants citrus trees
 - d.) 1876-Transcontinental Railroad, warehousing replaces agriculture in the immediate area
 - e.) ca. 1978-Artists discovery the neighborhood
1981-LACE in the Victor Clothing Bldg.
1983-AIR legal residence ordnance
1987-Pope visits, "Bradleyville", Whittier earthquake
1992-Rodney King Rebellion
1994-LARABA incorporated
1995-"Downtown Lives" DADA show (DADA is a splinter group from LARABA.)
- 1999-LAUSD Warehouse opposition by community
- 2000-Urban Design Competetion
- 2001-SCI-Arc arrives
- 2002-Neighborhood Councils are created. We are placed in HCNC, some of us still work with DLANC.
- 2003-development and zoning of SCI-Arc parcels; Trammel-Crowe development; ArtShare for sale; EastSide lightrail project for 1st Street; Police station, fire station, jail, emergency services and security center, Homeland Security office and communication center for Mansanita Estates,
- 4.)Possible futures
 - a.)Negative/Worst case
 - 1.) development, speculation drives up rents drive out artists
 - 2.) industrial or commercial development drives out residents.

- 3.) Homeless and homeless services drive out artists and businesses.
- 4.) film location shooting drives out residents and businesses
(See Palmetto St.)
- 5.) high density, high costs, lack of parking, combination of factors creates high turnover which destroys community.
 - b.)Allies (and Assets)
 - 1.) residents of Bank District, Brewery, Santa Fe Colony
 - 2.) Little Tokyo (historic ally) and China Town (developing connections), HCNC.
 - 3.) 1% for Arts
 - 4.) future LA River development and greening (River City lives!)
 - 5.) inclusiveness, art, jobs
 - 6.) history, Al's BAR, LACE, LAICA, ArtCore, 50 Bucks, CETA
- b.)Boundaries

Affiliated Branch Dojos

Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntrye

Bahamas Aikikai
Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai
Jalisco, Mexico
Eric Jaracho

Aikido of Guadalajara
Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain

All Black Belt Candidate Recommendations:

Please attend all intermediate & advanced classes.

Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's practice.

Please attend and assist Sunday morning Children's Class. This is the best training to become a good Aikido instructor. Strongly recommended for all Black Belt candidates and Dan Promotion candidates.

Please attend Aikido Study Class on Fridays to gain essential background knowledge in the traditions, roots, and philosophy of Aikido.

We're Getting Ready! 2004: Our Dojo's 30th Anniversary

We are getting ready to celebrate our 30th Anniversary of the establishment of our Dojo in 1974. Our Dojo was first established in Silverlake in a gymnasium where Sensei was studying gymnastics. The Dojo moved to Hollywood in 1979 when the old properties went up for sale and to Little Tokyo in 1984 when the Dojo required a full time training schedule. We should all help out in this project.

Building Our Membership

Students should make an effort to help build up our membership. This is always an ongoing project with the Dojo. Students come and go so there is always a natural attrition of the student body. Expenses, as you know, are always increasing year by year. We do not need to hard sell or drag them in by force but an enthusiastic awareness in each student is important in talking with friends and family members to encourage them to begin Aikido practice. An encouraging spirit to always help and build up our Dojo is important and part of our practice and being a good member of the Dojo.

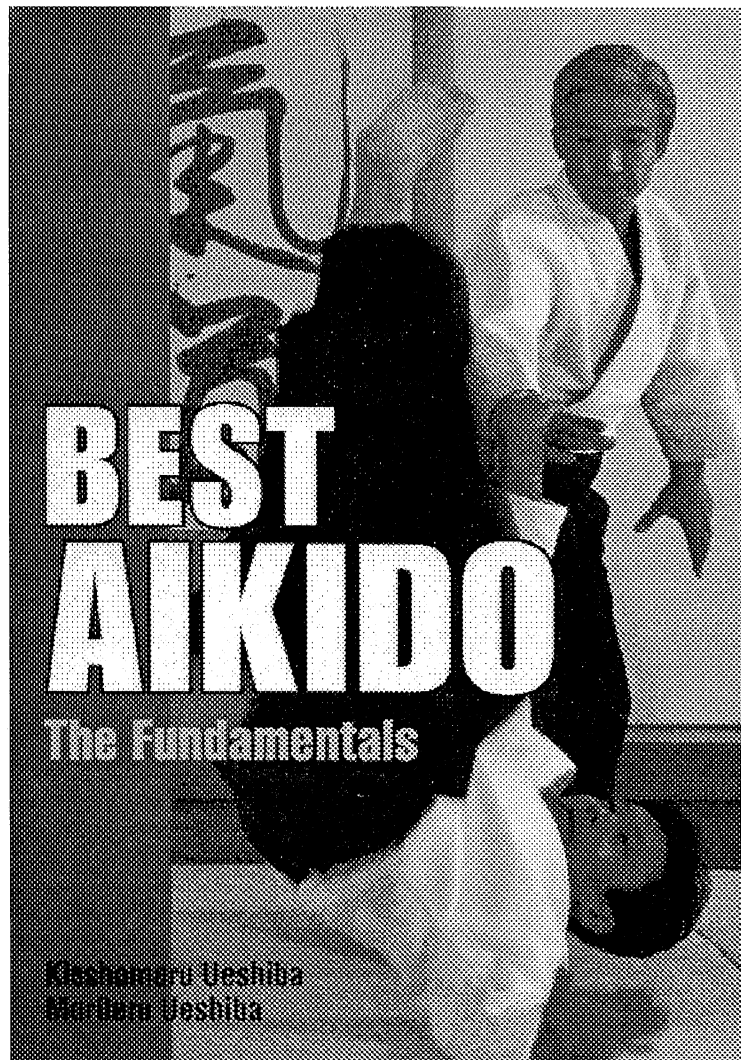
Rates Change From Jan 1st.

After over five years, we are forced to raise our rates to \$105.00 for adults and \$115.00 for Black Belt Holders. Children's rates will remain the same. Thank you for your support & understanding.

To Membership:

We are not-for-profit, traditional Aikido dojo struggling to preserve the honored, old values and traditions of the art. We are always dedicated to 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 and do your best to support the work of the Dojo in anyway you can. This is greatly, very greatly appreciated, Always, Aikido Center of Los Angeles, Rev. Kensho Furuya

3rd Doshu's New Book



Highly recommended reading by Sensei as today's best reference on Hombu Aikido. Available online or at your local bookstore.



Aikido Center of Los Angeles
www.aikidocenterla.com

Welcome To The Aikido Center of Los Angeles



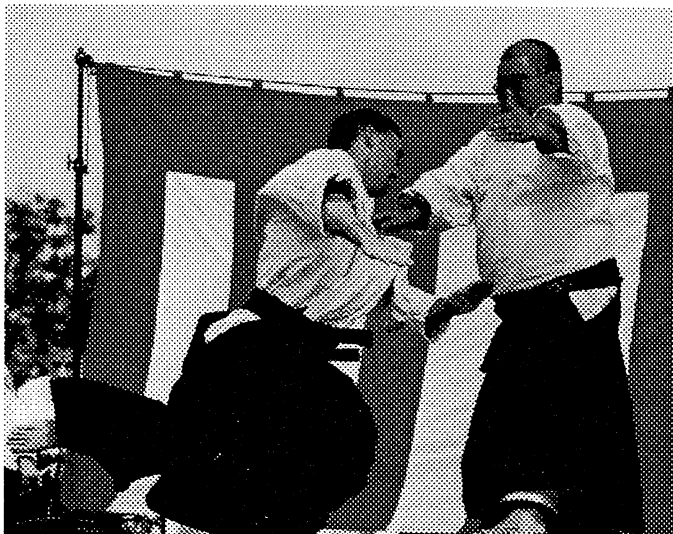
Aikido Center of Los Angeles

Our Dojo's 28th Year, 1974-2002.

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.

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

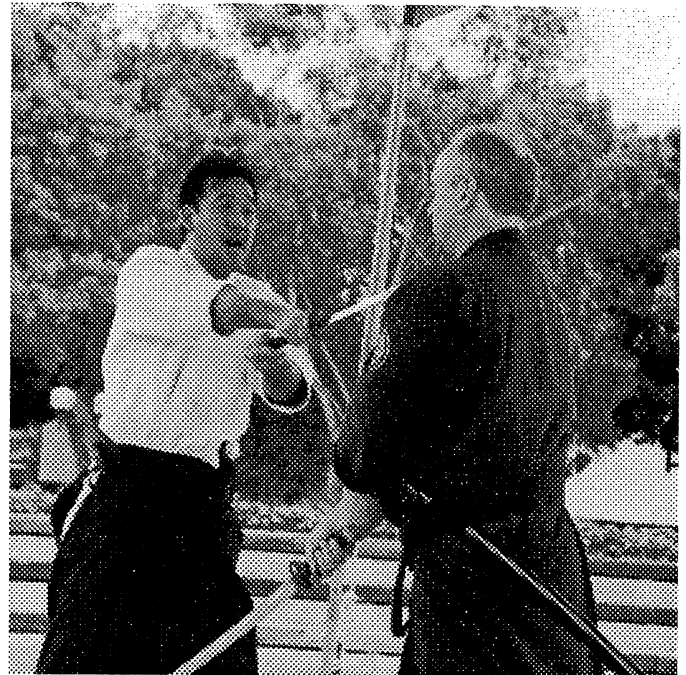
Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords: Purchase, Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

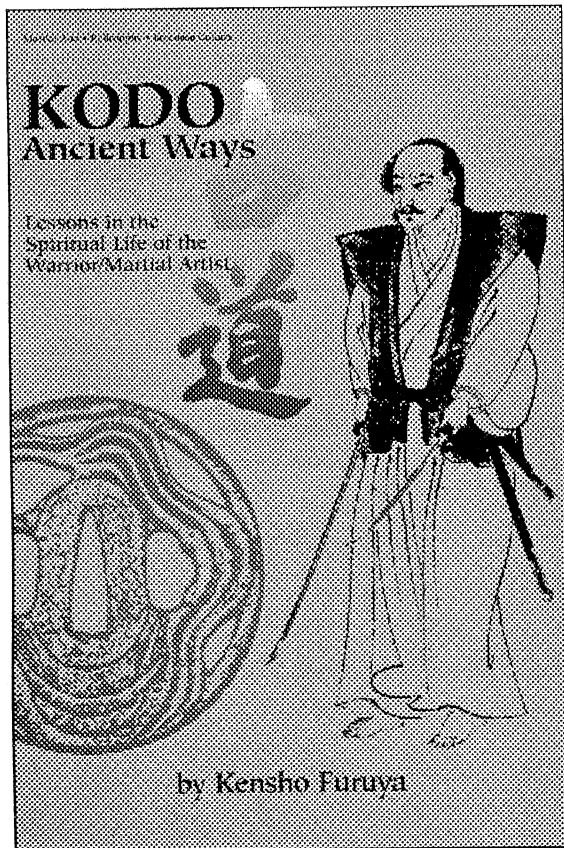
*JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.*



Japanese Swordsmanship: Musō Shinden Ryu Iaido & Toyama Ryu Batto 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 one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

KODO Ancient Ways: Lessons In The Spiritual Life of the Warrior-Martial Artist



KODO

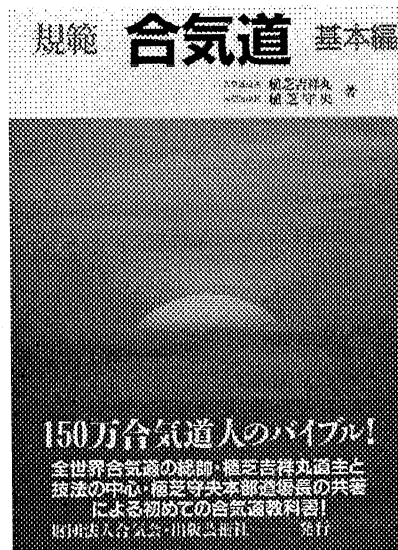
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

Please place your orders through:
Aikido Center of Los Angeles,
940 E. 2nd St., #7, LA, CA 90012

\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H

Recommended Readings:

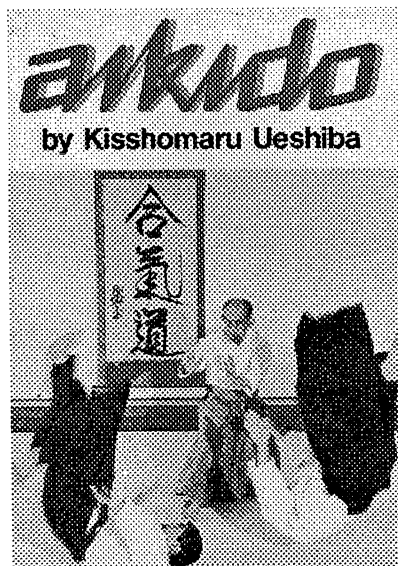


KIHAN AIKIDO

Fundamental of Aikido

By Doshu & Dojocho Moriteru Ueshiba

The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."



Highly Recommended:

AIKIDO

By Doshu Kisshomaru Ueshiba

Other Readings Recommended For Students By Sensei:

Zen & Japanese Culture. D. T. Suzuki.

Anatomy of Dependence. Takeru Doi.

Anatomy of the Self. Takeru Doi.

Mind & The Sword. Hiroaki Sato.

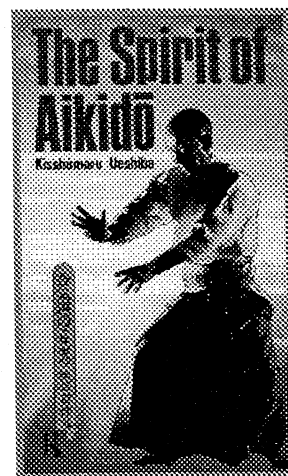
The Book of Five Rings. Musashi Miyamoto.

Records of Things Heard. Dogen Zenji.

Tenzo Kyokun-Lessons of a Cook.
Dogen Zenji. Trans. Kosho Uchiyama.

The Unfettered Mind. Takuan.

A Flower Does Not Speak.
Zenkei Shibayama.



THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*.

Copyrighted © & All Rights Reserved.

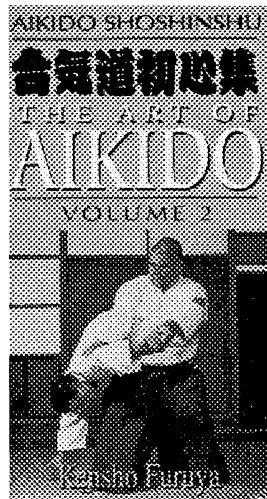
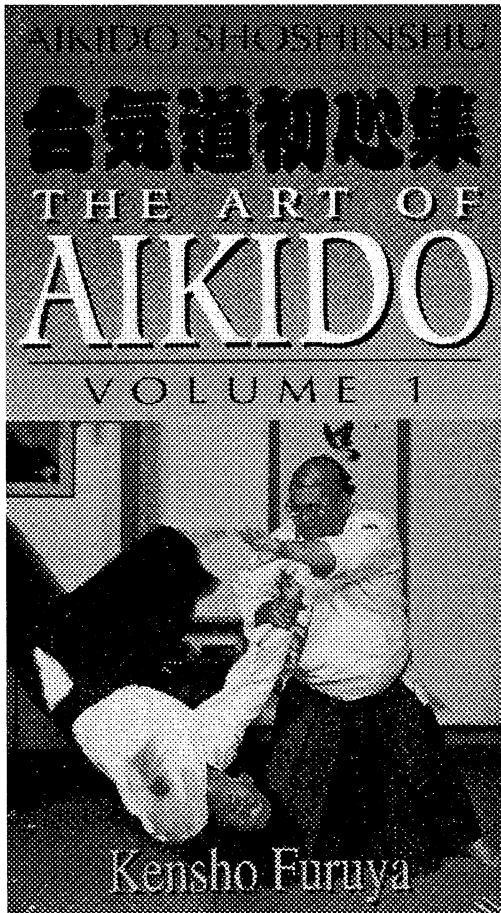
Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673

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

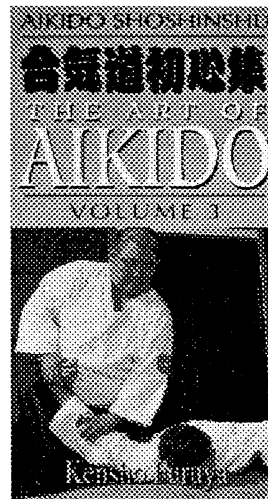
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

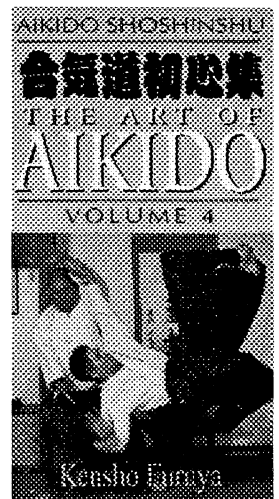
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



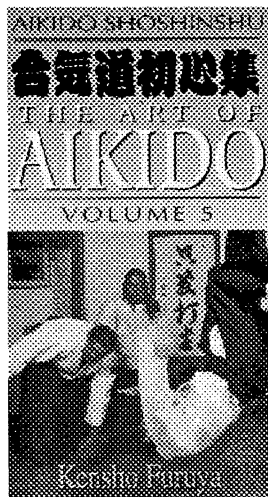
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



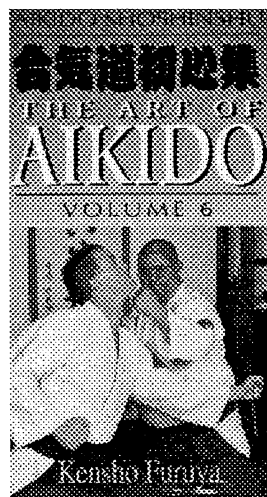
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



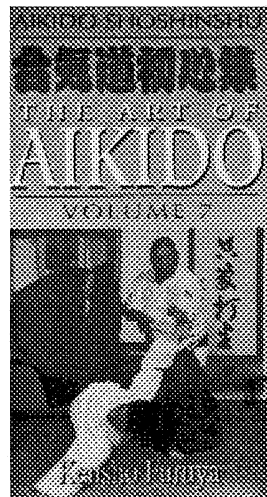
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



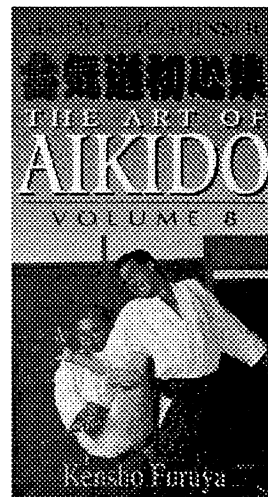
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



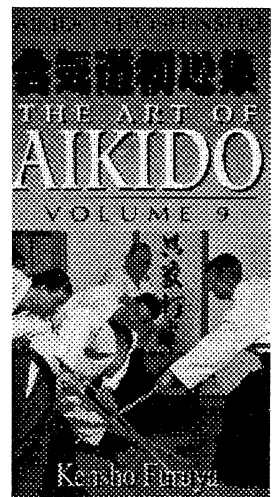
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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



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



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

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

Sundays: Children's Class: 9:00-10:00am.
Open Beginning: 10:15-11:15am.

Mondays: Open Beginning: 5:15-6:15pm
& 6:30-7:30pm.

Tuesdays: Open Beginning: 5:15-6:15pm.
Instructor's Advanced: 6:30-7:30pm

Wednesdays: Open Beginning: 5:15-6:15pm & 6:30-7:30pm. Intermediate-Advanced: 7:45-8:45pm.

Thursdays: Open Beginning: 12noon-1:00pm, 5:15-6:15pm & 6:30-7:30pm.

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

Saturdays: Open Beginning: 9:30-10:30am. Beginning-Intermediate: 10:30-11:30pm. Every 4th Saturday: Open Intensive: 6:30-8:00am.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba and the present Moriteru Ueshiba Doshu.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,
Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Sunday Mornings: 7:45am-8:45am

Thursdays: 7:45-8:45pm

Saturday Mornings: 8:00am-9:00am

No Classes on the last weekend of the month.

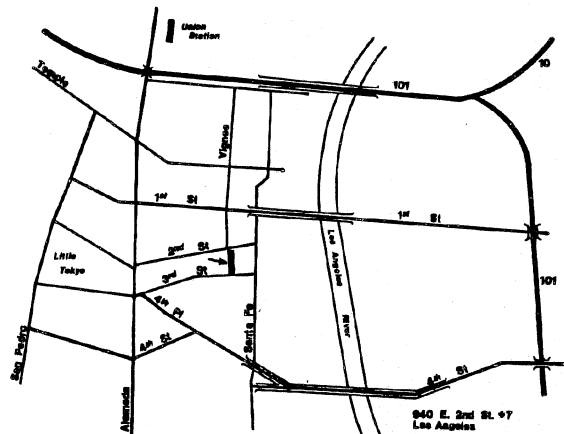
Intensive Iaido

Every 2nd Saturday of the month.
6:30am-8:00am

Private Classes Available.

Finding Our Dojo:

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. The **Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.