

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

Aikido Center of Los Angeles

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

December 1, 2000

Volume XVIII. Number 12.



Merry Christmas & Peace On Earth

*Our Dojo would like to express our warmest Holiday Greetings
of the season to all of our friends and supporters.*

*Members of the Aikido Center of Los Angeles, Kenshinkai Iaido Department
ACLA Yudansha Black Belt Department, ACLA Children's Class
International Kodokai Branch Dojos, Rev. Kensho Furuya, Chief Instructor*

Sensei's Holiday Greetings:

I would like to express my Holiday Greetings to all of my students and friends and say thank you for supporting the Dojo throughout the year. Without your help and encouragement, we would not be here today. And, as it always seems necessary to say, please do not forget the meaning and spirit of this occasion. There are two traditions handed down to us on Christmas, the confirmation of miracles in the real world through a miraculous birth and the mysterious and wonderful power of giving.

We have had a very busy year this year and the year 2000 went by very quickly. I hope everyone will renew their conviction to practice Aikido and Iaido and continue to work together to set a good example to others of a good Dojo. The world is changing very rapidly right before our eyes. It is easy to be overwhelmed by what is going on in the world today and forget our roots and heritage. We have inherited the tradition of Aikido. It is in our generation, will we know if Aikido will survive in true form. There will never ever be someone like O'Sensei and we are honored to receive his gift of Aikido. Isn't it our responsibility and duty to carry Aikido over to the next generation? I pray all my students will enjoy good health and happiness and continue to lead a fulfilling and joyful life through Aikido. Please keep up your training and please support our Dojo. Merry Christmas and Happy Holidays!

In Gassho, Rev. Kensho Furuya, Chief Instructor



Visit us at www.aikidocenterla.com
See Sensei's Daily Message

Christmas Greetings From Our Branch Dojos

*Salamanca Kodokai, Salkamanca, Spain
Santiago Garcia Almaraz*

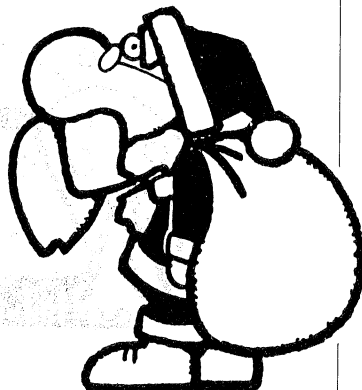
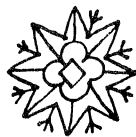
*Hacienda La Puente Aikikai, Whittier, CA
Tom Williams*

*Wyoming Aikikai, Sheridan, Wyoming
Tom McIntyre*

*Bahamas Aikikai, Freeport, Bahamas,
Seymour Clay*

*International Martial Arts Academy, Arcadia Aikikai
ACLA Yudanshakai
Arcadia, Ca.*

*(Upcoming) Long Beach Aikikai
Cal State Long Beach
Mike Van Ruth*



Our Dojo Year-End Schedule:

*Dec. 1. Asian Lantern Festival
Demo At Pasadena City College.*
Dec. 2. Year End Clean-Up.
Dec. 9. Dojo Christmas Party.
Dec. 13. General Meeting.
Dec. 24. Christmas Eve Practice.
Dec. 25. Christmas Holiday.
Dec. 30-31. Regular Practice.
Jan. 1. New Year's Holiday
Jan. 2. 2001 Practice begins.

Special New Year's Issue:

Everyone is welcome to submit a paragraph or two on Aikido, the Dojo or their training for our Special January Issue next month. The deadline is December 13, the evening of our Monthly General Meeting. Articles and clear photographs are also welcome. Will be edited for space and grammar.

Dojo Clean-up Party Dec. 2.

Please save Saturday for our Annual Dojo Clean-up Party. We need, rags, ladders, vacuum cleaners and plenty of elbow grease for tatami, garden, wall and ceiling cleaning this year.

Dojo Christmas Party Dec. 8. At the Smoke House.

This year, we will celebrate Christmas at the Smoke House in Burbank. Everyone is welcome, let's celebrate the Holiday Season together. Please sign up with Cheryl or Carol Tanita.

Our New Dojo E-Mail Express:

If you wish to be on our Dojo E-Mail Express to hear the latest Dojo news, events, last minute schedule changes, submit your e-mail address to Cheryl, and you will always be up-to-date.

Holiday Gift Idea:

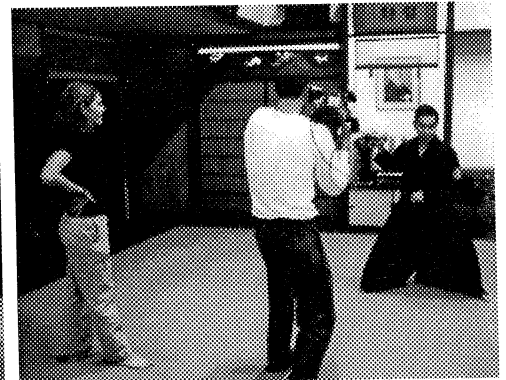
Sensei's *KODO: Ancient Ways* and the video tape series, *The Art of Aikido*, makes a very nice Christmas gift and, at the same time, helps to support the Dojo. Help support your Dojo during the Holiday season.

PBS Discovery Channel Videos Kenshinkai Iaido Dept. Oct. 4.



Members of the Kenshinkai Iaido Department & Discovery Chanel crew.

The Discovery Channel spent one extra day filming our Iaido Department and interviewing several of the students. They documented our practice, several techniques of Shoden and Chuden and the application of Ryuto.



Kenny Furuya demonstrating Ryuto.

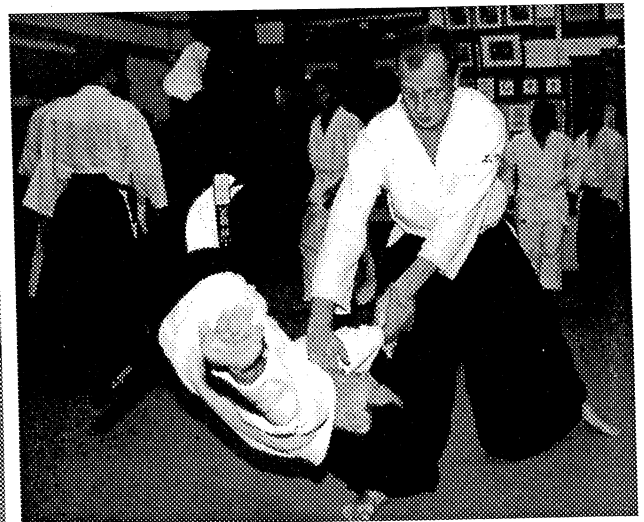
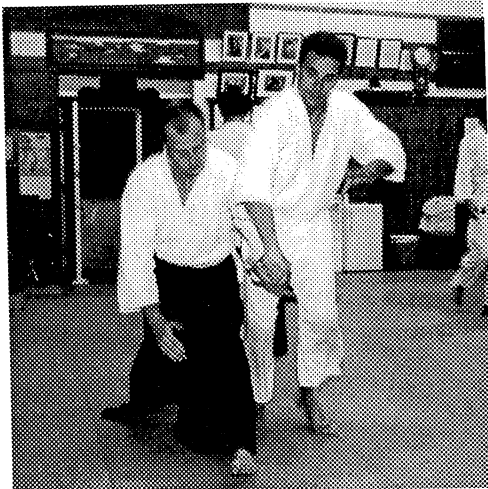
Echardt Hemkemeier, 3rd Dan, From Hamburg, Germany, Oct. 19-21.

Echardt Hemkemeier, Chief Instructor of the Seishinkan Aikido Dojo in Hamburg, Germany, visited the dojo for training for three days while in Los Angeles. He heard about our Dojo through the internet and our book, KODO. Echardt toured Los Angeles as a musician with the NDR Symphony Orchestra Hamburg, considered one of the most important orchestras in Northern Germany under the directorship of Christoph Eschenbach. They performed at the Dorothy Chandler Pavilion and the Orange County Performing Arts Center with different programs. Guest violinist was Midori at these concerts.

Echardt told the students that he enjoyed practice very much and hopes to return to our Dojo again soon. He has been practicing Aikido for about 17 years and is a 3rd Dan. He has a dojo in Hamburg, Germany. Performing in concerts, he has the opportunity to travel all over the world. He said that we have one of the best dojos he has ever visited in all of his travels. Thank you! and thanks for coming.



Echardt Hemkemeier and members of the Dojo.



Kodokai Celebrates 3rd Anniversary & Suffers Small Fire. October 19.

After celebrating their 3rd Anniversary, Santiago and his students went to dinner and suddenly received a call that there was a fire in the Dojo. Some of the office burned probably due to faulty computer wiring according to the fire department. They are re-building the dojo now. We are collecting donations from everyone to help them out. Please help, any amount will help! Thank you.

Right: Dojo members at 3rd Anniversary.



Hacienda La Puente Aikikai Celebrates 5th Anniversary November 11.

On November 11, Tom Williams celebrated the 5th Anniversary of his dojo at the Pizza Hut in Hacienda Heights with a few of his students. Sensei also attended with Mike Van Ruth. Everyone had a good time. Sensei presented Tom with a automatic, 21-jewel Seiko watch in celebration of the event.

Sensei's Message:

The Meaning of "Dojo:"

The Dojo is not a school. At least, not a school as most of us define it and have experienced, growing up in this country. I think this is where many students without realizing that there are such tremendous dissimilarities, make many assumptions about how Aikido is taught and learned and find so many "discrepancies" in method and form. These are not failures on the part of the teacher or Aikido, in the traditional method, to be able to communicate the art. We are discussing about essentially two different animals.

One study on learning in Japan describes "culturally specific methods of learning" and relates an episode regarding Eugene Herrigel, the author of "Zen in the Art of Archery." A German professor of philosophy residing in Japan, it was his desire to learn more about Japanese mysticism and when making inquiries, he was told "that it was quite hopeless for a European to attempt to penetrate into this realm of spiritual life . . . unless he began by learning one of the Japanese arts associated with Zen." His book "describes his years of often frustrating experience with an archery master. Herrigel came to realize the importance attached to mastering highly precise practice exercise forms (technique), such as the way in which one would draw the bow, practiced without even releasing an arrow." ". . . It is this mastery of form that the Japanese method of instruction seeks to inculcate. Practice, repetition, and repetition of the repeated with ever increasing intensity are its distinctive features for long stretches

of the way." "Herrigel finally experiences a 'direct transference of the spirit' from the master to the student. Character development of the learner was an unstated, but pervasive, goal of training in the art. . . "

We go to school, put in our time, take a few tests and graduate and once in graduate we are more or less on our own. We go out and we are determined to be successful by how much money we make and/or how popular we become. How we do this may have nothing to do with what we acquired in school. If you are very successful and make a great deal of money over many years, you are called a "master."

In the traditional Japanese arts, there is no end to learning and one must continue to develop and perfect his art throughout his entire life. According to the Omoto Kyo teachings, our spiritual life is determined by our practice of the art. I think, in our own culture, we see an end to learning once we "graduate," so many feel that there is no problem to teaching Aikido or becoming an Aikido master after only a few years of training. I am in high school for four years, college only takes four years, why should mastering Aikido take any longer? I think many feel this way. "Why should learning Aikido be any harder than graduating from college or a university?" we are thinking.

We are talking about two different processes here. As Herrigel realized in trying to master Japanese archery, it was not only the repetitive training which led to the goal of spiritual transmission but there was also an inner sense of the continued development of one's character.

Today, as we try to re-interpret Aikido into our own thinking or parameters or fit it into the mode of our own educational standards, we are in danger of losing something very important and essential to the art. In our own educational system, the emphasis is not on a profound spiritual transformation within the individual, nor is there concern for the transmission of a higher wisdom beyond technical expertise or pedagogic information. And finally, Aikido implies a specific code of behavior which identifies the Aikidoist in his manner and outlook on the world and a particular moral code or ethical conduct, such as a concept of harmony, self-enlightenment, the oneness of man and world peace, which is not permitted in our own educational system.

Fund Raiser for the Salamanca Kodokai.

Sensei	\$100.00
Ken Watanabe	20.00
James Takata	10.00
Paulina Kawasaki	20.00
Lisa Ito	20.00
Shelley Santo	25.00
James Doi	100.00
Cheryl Lew	100.00
Jeff Johnson	20.00
Kathleen Takata	50.00
Mark Ty	100.00
Carol Tanita	50.00
Kenny Furuya	40.00
Jonathan Tien	20.00
Nic Nickolic	30.00
Larry Armstrong	100.00
Kay Sera	100.00
Jim MacDonald	25.00
Total:	\$930.00

A grand total of \$1,000.00 was sent to help out our friends in Salamanca, Spain. Best Wishes and Good Luck from all the members of the Aikido Center of Los Angeles.

Hacienda La Puente Aikikai Donates to Kodokai Fire Re-Building Fund.

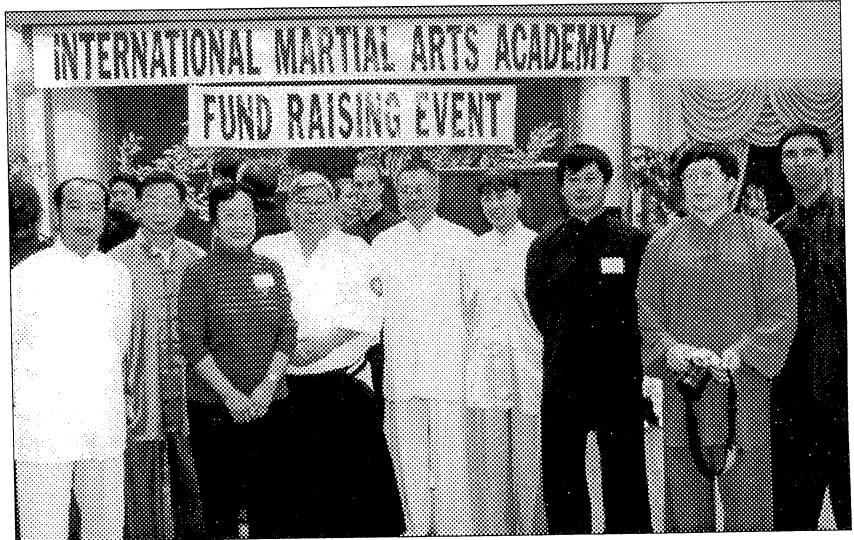
The Hacienda La Puente Aikikai under the direction of Tom Williams, 3rd Dan, generously donated \$150.00 to the Salamanca Kodokai Building Fund. Tom Williams, Jose Espinoza, Allan Francisco, Randy Rich, Cesar Falconett, Jorge Corona, Tim Tucker, Steven Chang, David Luu, Jason Lee. Best Wishes from the Hacienda La Puente Aikikai!

Annual Membership Dues

Please remember that your Annual Membership Dues must be paid at the beginning of the year. The Dojo greatly appreciates your support.

Annual subscription to our Newsletter is \$36.00 a year which just covers printing and postage. A nice gift for a distant friend or family relative. Many thanks for your support.

International Martial Arts Academy Debut Dinner. Nov. 18.



Sensei with many Taiji masters at the debut Fund Raising Dinner. To the left of Sensei is Sifu Yu Wen Mei, to the right, Sifu Marvin Quon.

Upcoming Important Dates For the New Year 2001:

January 6. Late Ueshiba Kisshomaru Doshu's (2nd) Sankai-ki Memorial Service.

From 11:30am, we will be observing the late Ueshiba Kisshomaru Doshu's 3rd Anniversary Memorial Service of his passing in the Dojo. This Sensei's most beloved and respected teacher. Please attend this very important observance. Suit and tie and appropriate dress is requested. Reception follows.

January 27. Joint Practice with James Nakayama Sensei, 5th Dan.

10:00-11:00am Nakayama Sensei. 11:00-12:00noon Furuya Sensei.
12:30pm Luncheon in Chinatown.

February. Chinese New Year's. Master Adam Hsu Visits Los Angeles.

February 10. Late Bishop Kenko Yamashita's Memorial Service

At 11:30am in the Dojo. Luncheon Reception will follow.. (Actual Anniversary of his passing is February 4th.)

April. Discovery Special.

Airing of Discovery Channel - On the Inside: Japanese Martial Arts featuring Sensei and the Dojo.

April 26. Founder of Aikido O'Sensei's Memorial 33rd Service.

Our Year 2000 In Review

- January 3.** First Practice of the Year.
- January 2.** First Anniversary Memorial Service of 2nd Doshu's Passing.
- January 10-13.** Master Adam Hsu Visits From Taipei.
- January 15.** Demonstration & Lecture at the Little Tokyo Public Library.
- January 18.** Prof. Thomas M. Harrell Visits from Brazil.
- January 19.** Sensei Attends New Year's Reception at Consulate General of Japan.
- February 1.** Dojo Featured on UPN Channel 13 News.
- February 10.** Gary Myers Celebrates 14th Year in Iaido Party.
- February 2.** Memorial Service for the late Bishop Kenko Yamashita.
- February 3.** Sensei Interviewed by Fox Sports International Television News.
- February 13-14.** M. Munakata Visits from Shinjuku Sports Center Aikido Dojo
- February 27.** Sensei Presents Japanese Sword Tsuba Lecture at Yoshino's.
- March 2.** Visit by Masatake Fujita of Aikikai Hombu Dojo, Tokyo, Japan.
- March 4.** Demonstration at the Japanese American National Museum, Debut of Japanese American Sports Exhibition.
- March 4.** Wyoming Aikikai Branch Dojo Opens.
- March 7.** Sensei Attends Okinawa Summit Dance Concert Reception at the Consulate General of Japan.
- March 12.** Sensei Interviewed by Radio Japan Broadcasting Station.
- March 26.** Dojo Hosts Japanese Sword Lecture at the New Otani Hotel by Suzuki Kajo Sensei, Executive Director of the Japan Sword Museum and Society for the Preservation of Japanese Art Swords.
- April 15-16.** Demonstration at the Cherry Blossom Festival, Monterey Park.
- April 26.** Founder of Aikido, Morihei Ueshiba 31st Memorial Service.
- May 27.** Sensei Presents Japanese Sword Lecture at the Little Tokyo Public Library, Little Tokyo.
- June 17.** Sensei Honored at Author's Recognition Luncheon Presented by the Little Tokyo Public Library, Centenary.
- June 24.** Dojo Participates in 1st Downtown Artists District Open Studio Tours. 350 attend.
- July 9.** Lotus Festival Aikido & Iaido

Demonstration in Echo Park.

August 6. Annual Nisei Week Aikido & Iaido Demonstration in the Dojo.

August 8. Master Adam Hsu Presents Chen Style Taiji Seminar.

August 20. Annual Nisei Week Japanese Sword Lecture in the Dojo.

September 23. Bahama Aikikai Branch Dojo Established.

October 4. Discovery Channel filming of Iaido Department.

October 19-21. Guest from Hamburg, Germany, for training.

November 11. 5th Anniversary of the Hacienda La Puente Aikikai Branch Dojo.

November 18. Opening celebration of the International Martial Arts Academy in Arcadia. Sensei installed on faculty.

November 25. Year End Dojo Clean-up.

Upcoming:

December 6. Dojo Christmas Party.

December 30-13. Year End Practice.

January 2. New Practice begins.

January 6. Late Kisshomaru Ueshiba's Sankaiki Memorial Service in the Dojo.

International Martial Arts Academy Dinner.



Sifu Yu Wen Mei, "King of the Kata" Eric Lee and Sensei. Sensei and Eric are friends going back 30 years.



About 350 guests attended the very successful event in Chinatown.

It was a very nice Saturday evening on November 18 when Sensei and about 13 students attended the Fund Raiser Dinner of the International Martial Arts Academy at the Grand Harbor Restaurant in Chinatown. About 350 guests attended and about 20 masters and guests instructors demonstrated their taiji and kungfu during dinner. The coordinators are Sifu Marvin Quon and Sifu Yu Wen Mai. Sensei, the non Chinese, demonstrated Aikido as a faculty member. He was assisted by Ken Watanabe, James Doi, Mark Ty, and Mike Van Ruth. Other attendees were Cheryl Lew, Larry Armstrong, Carol Tanita, Mike Krokowski, Mrs. James Doi, Norman Lew and Helen Hsu, Master Adam Hsu's daughter. There was plenty of food and many demonstrations. Everyone had a good time. Sensei also met many old friends including Eric Lee, well known martial artist and actor also known as "King of the Kata."

Recent Review of Our "The Art of Aikido" Video Series

Company: Unique Videos

Tape Name: The Art of Aikido Volume 1

Tape Cost: \$39.95

Length of Tape/Time: 58 minutes

Number of Moves/Techniques: About 30

Return Policy: Refund on damaged or defective tapes only

Experiences in dealing with this company: Good

The Instructor: Kensho Furuya

Company's Address: 4201 W. Vanowen Place, Burbank, CA., 91505

Company's Phone Number: 1-800-332-3330

Web Page:

E-Mail:

Primary Grading Criteria:

1. Production/Tape Quality: 10
 2. Instructors demonstrated skill level: 10
 3. Comprehension Score/Immediate Understanding: 10
 4. Degree to which this will make someone a better Martial Artist: 9
 5. Score on delivery vs hype: 9
 6. Degree to which we would recommend this product: 10
 7. Wasted Time (The higher the number, the less " fluff" /repetition): 9
 8. Playback Score/Watching if over-and-over again: 9
 9. Would I purchase more of this company's products: 9
 10. Overall grade based on cost vs. Value: 9
- Grand Total: 94 %

Secondary Grading Criteria:

1. Beginners benefit: Good
2. Intermediate benefit: Good
3. Advanced benefit: Good
4. Time to benefit: Immediate for most of the material
5. The need to buy additional tapes to understand this one: None

Written Summary:

First off, I'm not an Aikido expert, and I apologize to those Aikido enthusiasts who read this, and find any errors in the description of this art, or it's techniques. However, being that much of this art came from jujitsu and the aiki arts, which I have studied, I put on my "beginners" cap and tried to view and grade this video from a beginners point of view.

This Aikido tape series, appears to be one of the most promising we've reviewed so far. This, the first of nine videos by Kensho Furuya, hits the mark, IMHO, and had the most profound impact on me, as far as introducing me to Aikido. Unlike another series we've seen, in which you can easily get lost, due to a lack of explanation, and poor production, I felt Mr. Furuya was extremely thorough, and not only explained things in superb detail, but also showed a lot of the common mistakes

you might make, and how to avoid them. He teaches in what appears to be a very practical way. Mr. Furuya slowly builds and adds on to the various techniques shown on this tape, in a way that made alot of sense, and didn't confuse or lose me as a viewer.

Mr. Furuya starts the video out by going right into various techniques, instead of starting with some lengthy history of the art, which isn't why most of us buy videos. I wish tape companies would figure out that we can go to the library, for free, and get books that explain in extreme detail, the history of various martial arts. Tapes are typically fairly short, the cost is high, and why haven't most tape companies figured out that what consumers wants is **TECHNIQUES AND INSTRUCTION FOR THEIR HARD EARNED DOLLAR**. Don't try and eat up time on the tape by showing the same technique a dozen times, we all have rewind buttons for that, and don't allow someone to use up half the tape going into a 30 minute history of their art. Mr. Furuya's tape had a short, 5 minute history of Aikido, and to me, that's OK. And in some instances, a slightly longer history might be OK, especially in a multi tape series like this one.

Anyway, I know that sometimes I use these reviews as a forum to express my thoughts about what's wrong with the way many tapes are produced. Some costly tapes that we've reviewed have been only 20 minutes long, and to me, some of these afterwards leave me with a feeling that I've been overcharged for the instuctional value it gives me. Folks, on a 20 minute tape, I can guarantee you that I'm going to be alot more critical grading it, than I am a one or two hour tape. I try to review these tapes as if I just spent my money, and afterwards, how do I feel about spending that amount of money on this tape. In 20 minutes, for my money, I want to see **ALOT** of technique, and I don't want to see each technique repeated a dozen times, nor alot of babbling!

OK, enough rambling, back to this tape. Mr. Furuya does an excellent job by going right into some forward sliding techniques, he shows throws from these, and then builds on them by showing how one can add a turn to the slide, from which a whole different series of throws can be done. I believe he called some of these techniques Tenkan Kokyu Ho. Mr. Furuya has his arm out, allowing his uki to grab his wrist, as he does, he takes a step forward, to where he's beside his opponents lead leg (on the outside), then he turns, facing the same way as opponent. From this we are shown several different throws. Mr. Furuya, while showing these throws, goes into a clear detailed explanation about the particulars that make them work, and covers the common mistakes some make, and how to avoid them. I believe the other term he used to describe the forward entry to the side of ones opponent was Irimi. Along the way, Mr. Furuya shows some strikes that he says will help distract the opponent, while your applying these various techniques. This is a beautiful art and Mr. Furuya makes it look much simpler than it is.

Following this, we are given a brief 5 minute origin and history of Aikido. Then it's on to learning Irimi with a circular

Aikido Center of Los Angeles
NEWSLETTER

throw. I believe the term used to describe the next set of techniques was Kaiten-Nage. We are shown basically the same type of entry, but with some inner and outer turning, with several different throws and controls.

After this, principles of Aikido are explained, along with, the breaking of timing, power, and balance. And all through this tape, Mr. Furuya explains and demonstrates how one should keep oneself in a defensive position at all times. The techniques demonstrated, mainly the forward entry to the side of an opponent, Mr. Furuya explains and shows that if done properly, will leave you almost behind the opponent, where he's less likely to do you much harm.

In closing, there is a somewhat long, 20 minute exercise routine, that shows some unique warm up exercises I'd never seen, that one should do before beginning their Aikido workout. An interesting point made was that there's no counting during the exercises, and the explanation for that I found very interesting and made sense (you'll have to get the tape for the answer). On a shorter tape series, this long of an exercise section would've probably been viewed as a time waster, since it ate up almost half the tape. However, because this is a 9 tape series, if shown only on this tape, which we hope is the case, seemed important and wasn't looked at as a time waster.

If you purchased a couple of other Aikido tapes, and want a more indepth look at this art, and its techniques, you might want to give this tape series a try. I know it made me want to see what Volume 2 has to offer, and that's something another series didn't do.

Member of Martial-Arts HyperBanner

Thanks for visiting our "Reviews"! If you liked our site, please let others know about us! Also, if you buy a tape, because of our reviews, please tell the manufacturer. This is VERY IMPORTANT and it's the best thing you can do to help us. Check back soon, we update often!

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Editor's Note: *Reproduced from the internet website Martial Arts Video Reviews on November 2, 2000.*

All in all, I think our video series still fares very well in the huge market of Aikido video tapes on the market today. In addition, our tapes are several years old and many new Aikido tapes have come out on the market since the introduction of ours. I still receive a great deal of mail about our tapes from all over the world. Generally, it is said that tapes "go stale" after several years because of "newer, better" coming out on the market all the time. We have managed to survive this and that is not too bad, I believe. I think all beginning students should view our tapes and have a copy for themselves. It would certainly speed up their progress in regular training.

Thanks From Santiago:

11-10-00

Dear Sensei:

At last, now I can write and read my e-mail. This is the first article and it's about our 3rd Anniversary and the days before. Sorry for my English, but there are many words that I don't know in English.

On October 19th, the Salamanca Kodokai celebrated our 3rd Anniversary. This day was one of the best days for the Dojo because we did a beautiful demo and many people come to see it and the Salamanca Television come to record this event. Afterwards we had nice dinner with the students. But, on the same day at 5.30 at morning, the Dojo caught on fire.

I was in bed around 8.30 when my brother call to tell me that the Dojo was on fire. I can't believe it and I had to ask him to repeat it again two more times. While we drove to the Dojo, I was thinking about how the fire could have started or if somebody was injured by the smoke or fire. When we arrived to the Dojo and walked into the Dojo, two Policemen were waiting for me to explain what had happened. I remeber that while the police were talking to me, I was looking at the blackened walls, the blackened floor, blackened mats, everything. With the smell of everything burning, I couldn't hear anything they are talking about. I went into my own personal office and it was the worst of all. The computer, books, videos, personals things, pictures, etc. - almost everything was gone.

After a couple of minutes trying to understand this incident, we started to call all the students and began to clean-up the big mess. Many, many things were destroyed and useless. On this day, Friday, we work over 15 hours non-stop, only to throw out all the rubbish.

The students worked a lot and helped me with everything. As for me, everytime we put something on the rubbish dump, I felt worse and worse. But it's not only about the money, of course; many things that I lost have no price, like my Aikido certificates, my first certificate in Judo when I was only four years old and many old pictures with my teachers, friends, and, last but not least, my katana.

But on the other side, things which were saved was the incense that Furuya Sensei give from his temple, and his scroll, too (I can't believe it!). The incense was in the same room as the katana but it was saved, but the katana was completely destroyed. So many times, I think that I was lucky, or maybe the gods want to give me advice, because it could be much worse

On the days after the fire, we worked a lot too, cleaning, painting the walls, varnishing the wood, dogfish the wood, washing all the plates, clothes, books, etc... We worked 14 days, 12 hrs

Aikido Center of Los Angeles
NEWSLETTER

Santiago continued:

a day, until we finished the practice area. The last three days were the hardest, but with the help of many friends and students and the many telephone calls from Fururya Sensei to ask how everything was going, gave courage and we finished the entire dojo in only two weeks.

On the 6th of November, we re-inagurated the Dojo and we can practice now. And although we still have many thing to do, I fee incredibly fortunate because of my students, my friends and especially Furuya Sensei who gave me his help, courage, during these very difficult days so hard for me. **THANK YOU VERY MUCH !.**

My special thanks to Sensei and all the students of the Aikido Center of Los Angeles for the \$500.00 donation to the Dojo, Thank you.

Santiago García Almaraz
Asociación Cultural Kodokai
C/Fernando de Rojas, 52, Bajo
37008 Salamanca (Spain)

Editor's Note: We, here in Los Angeles, are so happy that everything has turned out fine for Santiago and his dojo. Another donation of \$500.00 was sent to the Salamanca Dojo on November 13th, totalling \$1,000.00 to help our friends and rebuild our branch dojo. Good luck, best wishes always and congratulations on your newly rebuilt dojo!

Visit Our Website Often!

Be sure to visit our website often for the latest Dojo news and upcoming events. Also see Sensei's Forum for letters and correspondence from all over the world to our Dojo. Also, a special feature is Sensei's Message. Tell your family and friends!

www.aikidocenterla.com

New Dues Policy

Monthly dues are due at the first of the month. If you cannot be in the Dojo by the 1st, please mail in your dues directly to the Dojo.

Monthly Dues: 1st of the Month.

Late Fees:

If not paid by the 5th: \$20.00

If one month dues are missed:

First & Last Month's Dues required to rejoin Dojo.

Leave of Absence:

Leave of Absence notice is required for absences more than one week. This is strictly required for Black Belts. For Black Belts: Months counted as late will NOT be counted as attendance towards their Dan promotion. No exceptions. Attendance at monthly seminars, meetings, events and Budo Study Classes will also be counted towards your promotion.

Dojo News

Jim MacDonald spent two weeks in October filming a episode of "Nash Bridges" in the San Francisco area.

Congratulations also goes to James Takata on the completion of his first documentary short on Japanese Americans in Los Angeles at the out-break of WWII.

Starting New Dojo: Cal State Long Beach Aikikai

Mike Van Ruth, 2nd Dan, is looking into opening a new branch at Cal State Long Beach sometime at the beginning of next year. Mike graduated last year and is now employed by the college. Please let your friends know about our dojo.

Happy Birthday!

Birthday Greetings to Santiago Garcia Almaraz, December 9th, of our Salamanca Branch in Spain.

LA Downtown Art Studios Tour Scheduled June, 2001

We will be scheduling our Aikido & Iaido Demonstration, including Dojo Open House, Sale and Display by Yoshino Japanese Antiques and a ceramics sale by Mike Van Ruth. Next year, they are including a "Critics Choice" bus tour so we will expect many people. This year, we had over 350 guests and it was a big success.

New! Dojo Email Express:

Join our new Dojo Email Express and get all the latest news in the Dojo. Just email to Sensei at aclafuruya@earthlink.net. Daily News!

Affiliated Branch Dojos

Kodokai Salamanca

Santiago Garcia Almaraz, 2nd Dan

Hacienda La Puente Aikikai

Tom Williams, 3rd Dan

Wyoming Aikikai

Tom McIntrye, 2nd Dan

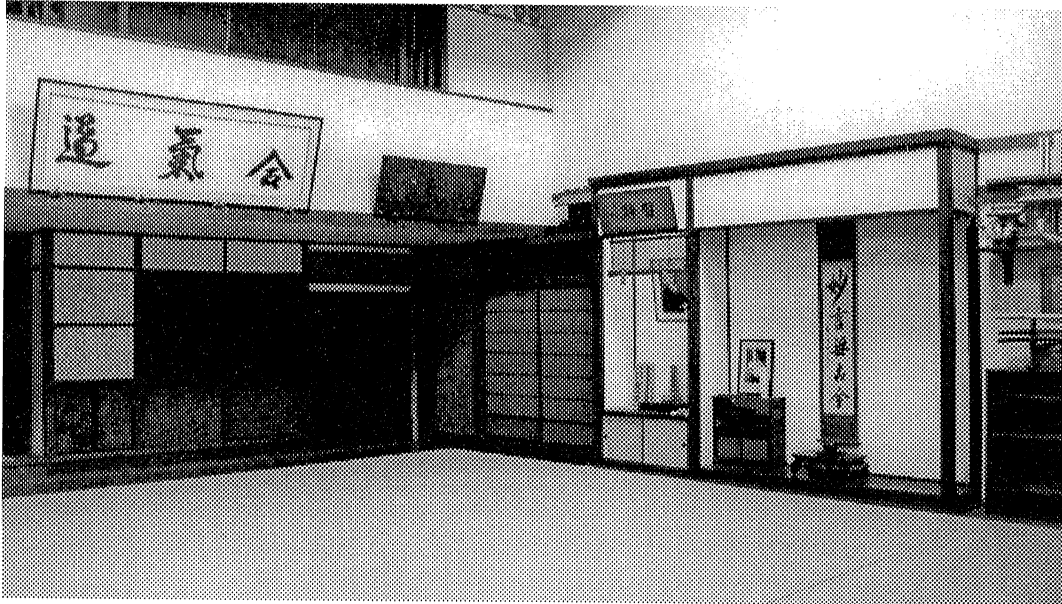
Bahamas Aikikai

Seymour Clay

International Martial Arts Academy
(Upcoming) Cal State Long Beach Aikikai

Aikido Center of Los Angeles
NEWSLETTER

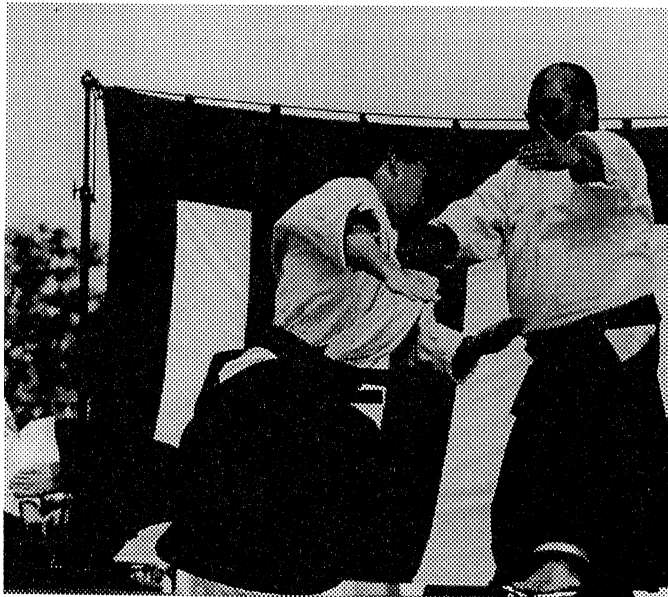
Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

This Year Is
Our Dojo's
25th Year
Anniversary
1974-1999.

Our Website:
www.aikido-centerla.com.
Come see us!



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

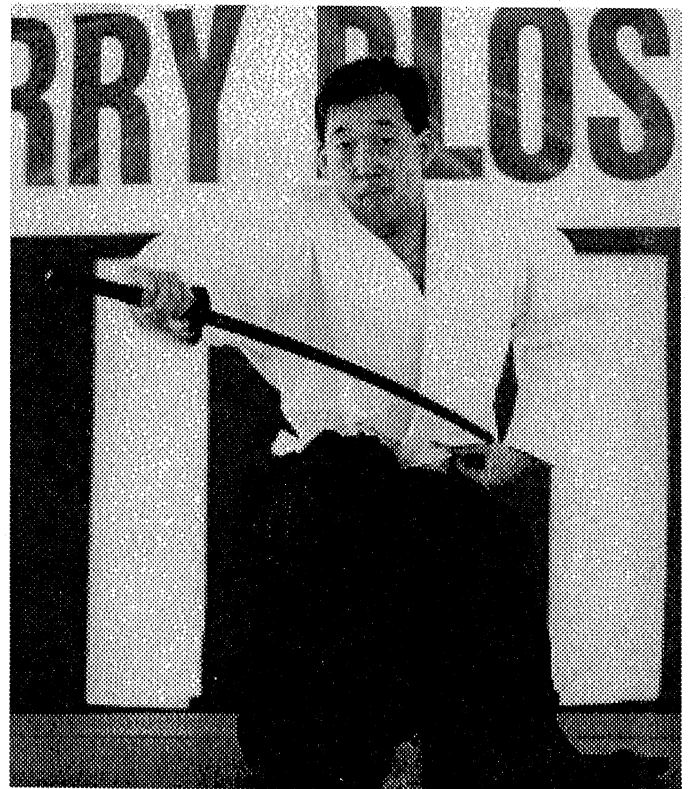
Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords: Purchase, Appraisal & Restoration

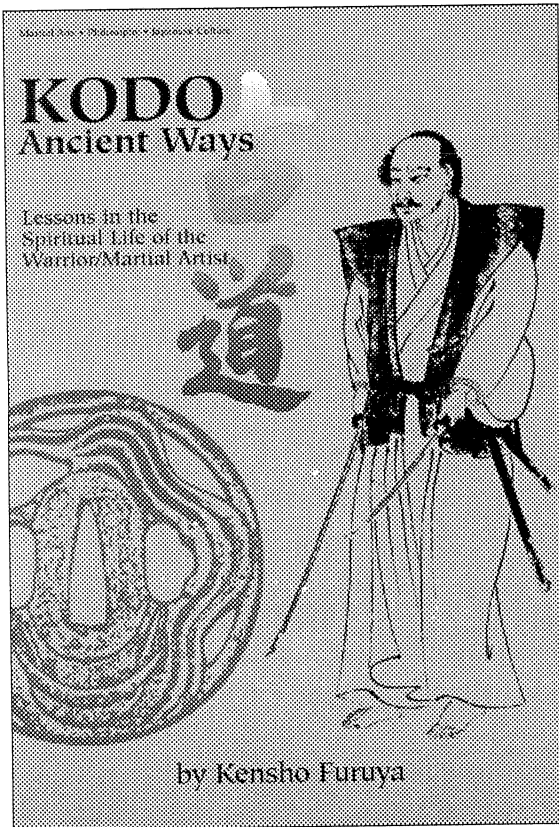
Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

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



Japanese Swordsmanship Muso Shinden Ryu Iaido

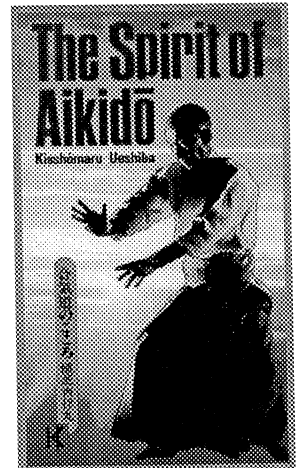
We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.



KIHAN AIKIDO

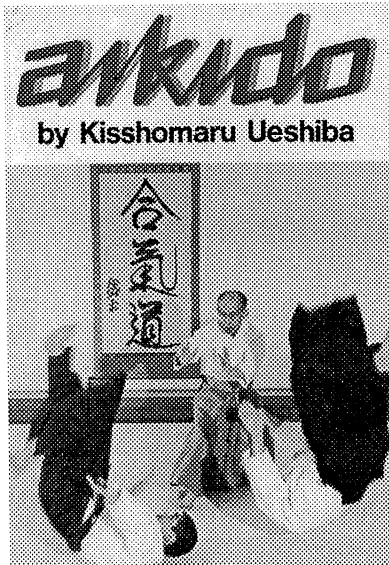
Fundamental of Aikido

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."



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*. Difficult but an important source on Hombu Aikido.



**Highly Recommended Reading:
AIKIDO**

By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.



**ACLA DOJO
NEWSLETTER**

Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students.

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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

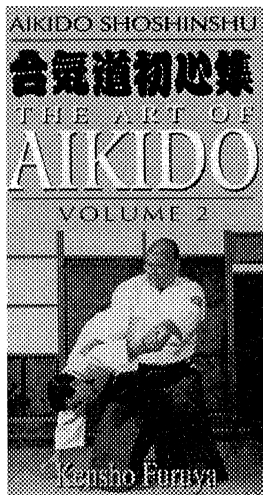
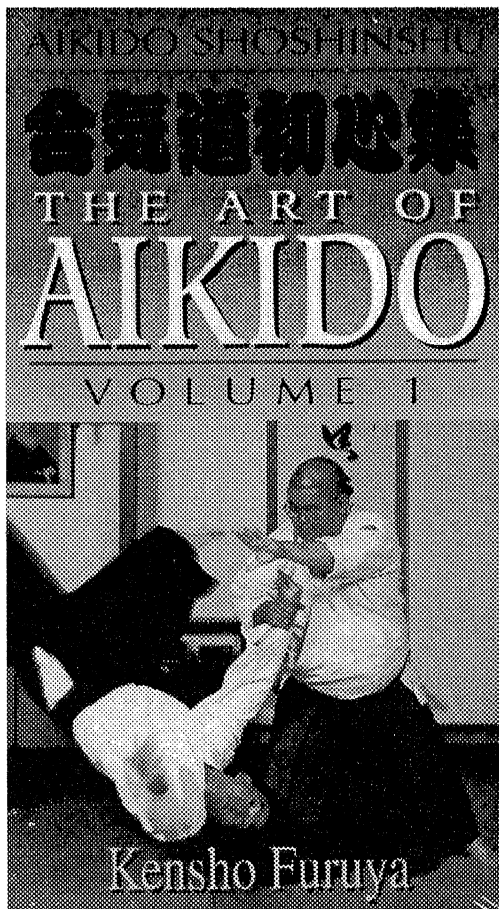
\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H

Copies signed by the author on request.

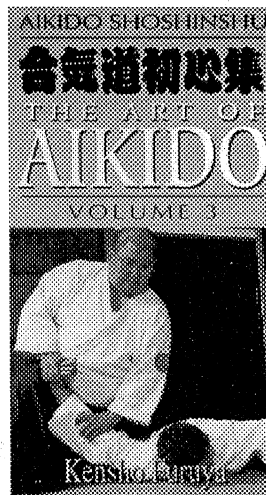
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

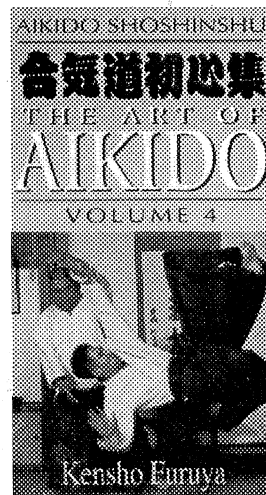
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



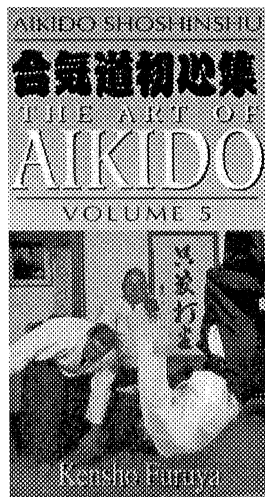
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



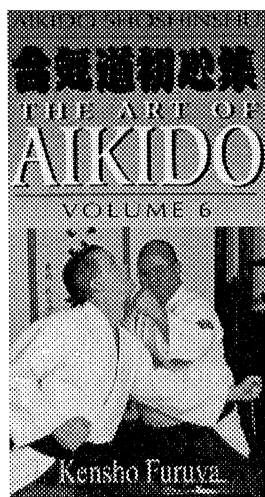
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



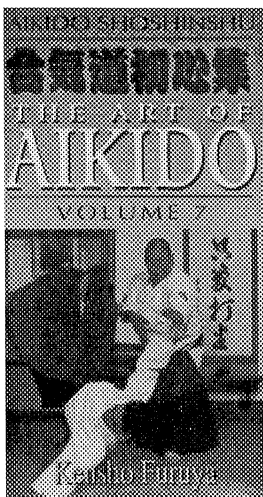
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



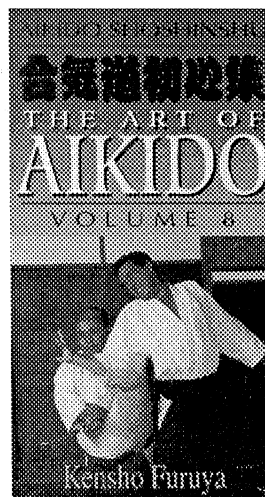
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



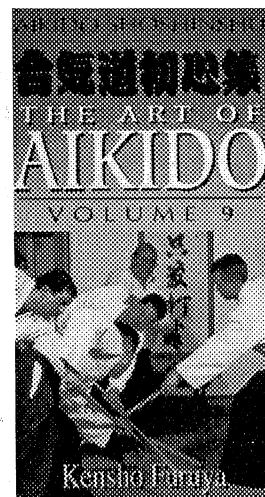
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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

Adult

BEGINNING & OPEN

Monday thru Friday Evenings

6:30pm-7:30pm

Thursdays: 12noon-1:00pm

Saturday & Sunday Mornings

10:15am-11:30am

CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings:

9:00am-10:00am

AIKIDO & BUDO

DISCUSSION GROUP

Every 1st Wednesday of the month.

7:45pm-9:00pm

Group Study & Discussion

Aikido philosophy, Japanese art & culture, martial arts, & Japanese sword appreciation. Everyone is welcome.

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 Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,

Los Angeles, CA 90012

Tel: (213) 687-3673

www.aikidocenterla.com

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO

SWORDSMANSHIP

Saturday Mornings

8:00am-9:15am

Sunday Mornings

7:45am-8:45am

2nd, 3rd, & 4th Wednesdays

7:45pm-8:45pm

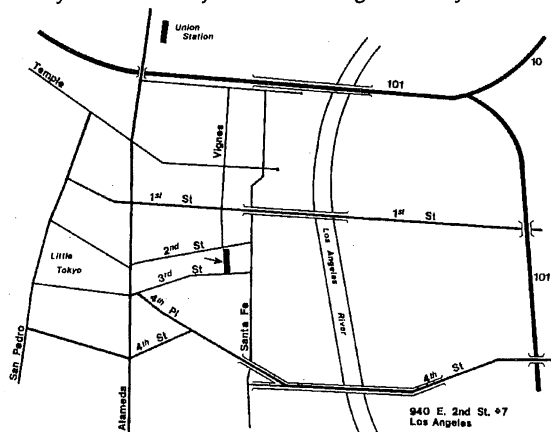
IAIDO INTENSIVE SEMINAR

Every 2nd Saturday of the month.

6:30am-8:30am

About 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.