

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

# The Aikido Center of Los Angeles LLC

## 忘れられた心を探す合気道

# 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

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## Merry Christmas & Season's Greetings

### Sensei's Christmas Message:

On behalf of my students and myself, I would like to offer my warmest greetings for a Merry Christmas and the best of the Holiday Season. I would also like to express my deepest gratitude to all my students and friends and especially to my senior students who have done so much to support the Dojo and myself throughout the year. The coming year offers many new surprises for everyone. First of all, this special Christmas Issue introduces our first color issue, something that I have long for for many years now. All of this is possible through the efforts and generosity of you, my students. Next year, we celebrate the 30th Anniversary of our Dojo and my 45th year in Aikido. I hope that we will continue to growth and my students will continue their training and develop themselves in the true teachings of Aikido and O'Sensei.

In the coming years, please continue to train hard and work together in harmony as you have been doing and set a good example for new students and the Aikido community.

A word of special thanks to Ken Watanabe and Cheryl Lew who have assisted in tremendous ways to keep our Dojo and me going here. Also, to all my senior assistant instructors and all of the members of our branch dojos all over the world. I am also grateful for all of the support we have received from both the Little Tokyo, Japanese American, and the Artists' District neighborhoods. Again, my deepest thanks and appreciation and please enjoy the very best of the spirit and joy of the Holiday Season. Always,

Aikido Center of Los Angeles  
Kensho Furuya Foundation  
Rev. Kensho Furuya, Chief Instructor



### True Aikido Reality Training:

On the internet and everywhere, we still like to talk endlessly about who is #1, which is the best martial art, how can I beat up this guy or that system, who is the most powerful, who knows the true way and on and on. We call this "reality" training to talk and talk about the "best" way of this and that. I don't call this "reality" training at all, it is more like "fantasy" training to me. Why do you want to beat up someone like a Karate man or boxer? Why do you think someone will leap out at you at any minute and you need to be able to destroy three attacker's so brutally? Why is it always a competition of strength and speed. This is not reality at all, it is like "playing" at Life as if it is a big game or sport. How can this be reality? No way, as far as I am concerned.

In another age, we needed to know how to fight in order to survive. But, today, you do not need to learn such skills, just buy a gun and learn how to make a bomb, or simply poison your opponent's water supply and kill his whole neighborhood off. Too easy, these

I am just kidding here, but I want to point out that killing the other person today is very easy and horrible! We are in another age today. Nowadays, we need to understand Peace, not warfare, in order to survive. Fighting has gone far beyond what we can do in martial arts today. However, martial arts can still teach about reality if it can teach us how to be happy in our lives, regardless of how little money we make, how bad our circumstances are and how bleak the future may look for us. To fight another person is too easy and simplistic and not the way to live today. We must understand, very seriously, what is this Peace, or not only ourselves, but our entire species may have to pay dire consequences and there may be no future for anyone.

## Seasons's Greetings



## Peace On Earth

*Aikido Center of Los Angeles  
Kensho Furuya Foundation  
Nihon Iaido Kenshinkai  
ACLA Yudansha Black Belt Association  
All Affiliated Dojos*

*Rev. Kensho Furuya, Chief Instructor*

### Annual Dojo Christmas Party

December 7, 2003, Sunday, 6:30pm  
The Smoke House, in Burbank  
Everyone is invited!

### Holiday Schedule

*Dojo will be closed:  
December 25-26 & January 1-2  
Happy Holidays*

The Aikido Center of Los Angeles

## 30th Anniversary Celebration

**Date: April 28, 2004.  
From 6:00pm**

**Place: Hotel New Otani  
120 S. Los Angeles St.  
Los Angeles, CA. 90012**

*(1st & Los Angeles Sts. in Little Tokyo)*

*All are cordially invited to attend our 30th Anniversary Celebration of our Dojo and Furuya Sensei's 45th Anniversary in Aikido. Please email in your reservation at [aclafuruya@earthlink.com](mailto:aclafuruya@earthlink.com).*

*All branch dojo and friends, old students and new, are all invited to join our celebration.*

### Important Dates:

December 4. Monthly General Meeting.  
7:00-7:30pm.

December 7. Christmas Party at the Smoke House in Burbank. Everyone invited! Please come.

December 13. Monthly Iaido Intensive.  
6:30-8:00am.

December 20. Monthly Aikido Intensive.  
6:30-8:00am.

December 25-26. Christmas Holiday. Happy Holidays!

### 30th Ann. Special Guest Performers: Johnny Mori & Jake LaBotz

We are very honored to have special guest performers on our 30th Anniversary Celebration at the New Otani Hotel. It is our great pleasure to have Johnny Mori, veteran performer, musician, and master of the Japanese taiko, as one of our honored guests and who has also consented to perform at our event. Jake LaBotz, country blues singer, composer and actor will perform his great original music for us. Please make your reservation early at [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net).



Dinner of our 5 anniversary celebration, some students of Aikikai Salamanca, Kodokai Dojo.

## Kodokai's 5th Anniversary

Five years since we open our Dojo "Kodokai" in October 1998, and still we are here, and we are here because all yours, but specially for the people work with my since the first day, because you believe in my and what we do, and what I want for this Dojo, and day by day all of yours, with you work and sacrifice, are now a very important piece of this Dojo. Thank you very much.

Thanks to Sensei Furuya, and the ACLA too, because always he trust in me since the first day I meet him in 1997, and never ask me for anything, just practice and work hard in Aikido. He give a big support when our dojo need help after the fire, and he always have some advance or a kind words to my students and I, and all of this give me a big courage to work day by day here and not to be disillusioned when the things didn't go well.

In this time we learned and we grow very slowly. We start in '98 with only three Aikido Class in a week (Monday, Wednesday and Friday), and today we have twelve class in a week and we teach Aikido in the University of Salamanca, and others school in this city. We did many demos, and many seminar to introduce Aikido, here Mark And Kenny come to this Dojo for a Seminar in September 2001, and this year we start our little news letter, and still I have many many things in my mind to do.

But the most important thing that I get, in this five years, is a very good friends and students.

But all this make me think that In one side we did many things those year, but on the other side I look, that this year Sensei Furuya celebrate the 30 Anniversary so I think that this Dojo are in the first steps.

I would like to write much better in English that I can, because there are many things that I can't express in this language, sorry.  
Santiago Garcia Almaraz, Aikido Kodokai, Salamanca, Spain

## Reports From Kodokai:

10-01-03: Sensei, How were the activities for children? Very hard, but is Ok. Yes still I'm working in the newsletter, and I had sent you the September and October numbers.

I received some days ago two young people from Holland, they want to learn Iaido but they only will be two or three week in my city so I told him that It's very difficult (impossible) to teach Iaido and learn something in two weeks so they watched a class and they like so much, they ask me for me teacher and ask me about your web page to know more about your Dojo, so probably they write you in this week.

The Dojo this days grow a little bit with some new students (because the other aikido school probably closed), and I have 12 hours of Aikido a week, so this year will be hard, because many people is interesting in Iaido so probably we will have 3 to 4 Iaido class a week, very good to practice. Every day I miss go to your Dojo for practice and talk to you Sensei, Always, Santiago

10-06-03: Sensei, How are you? I hope fine. And the Dojo? . I'm fine, and Susana is Ok too, a lot of work this days in the Dojo but I like it. Some foreign people, from France, Argentina, and Belgium so this year is very international Aikido.

I have some new students in Iaido maybe because there is a new samurai move on the theatre....

This October as I told you we celebrate our 5th Anniversary 1998-2003, so we prepare some events to celebrate it. I think that some Spanish student could translate some article from our Newsletter. And you could know I little bit more about our activities. I hope that you, still have your days to rest, and soon, could you come to visit us some day. Always, Santiago

Sensei's Reply: Santiago, please keep up the good work, I know how busy you are. Best wishes always, Sensei

## Verb: Children's Event Harvest Moon Festival Demo September 21.



Sensei, Ken Watanabe and Mark Ty participated in the City of Arcadia's Harvest Moon Festival and Verb Project, a federally funded, non-profit organization who's goal is to introduce a broad range of physical activities to children and encourage their interest. The event took all day and Sensei signed about 2,000 activity cards for the day's participants.

We would also like to thank our junior participants, Justine Enkaku, Judy May, Matthew and Angela Chen, Trevor Hatfield and his father Michael Hatfield. Many thanks!

## LA Downtown Artists' District Neighborhood Watch Self-Defense Seminar. October 7.



The Dojo held a basic self-defense seminar for members of the newly formed LA Artists' District Neighborhood Watch Team which patrols our neighborhood every Tuesday evenings. Many of the participants are long time residents and activists focused on the development of our downtown community. Sensei has also conducted several self-defense seminars for the Greater Little Tokyo Safety Patrol as well as the Los Angeles Police Department. The Seminar was our free



contribution to the project. Far left: Tom Bloom of Bloom's Store in Downtown Los Angeles and organizer of the seminar.

## Samurai Special Program On History December 8. Another on A&E:

There is a scheduled 2-hour special on the Samurai to air on December 8 on the History Channel. Please check your local listings for the exact times. Sensei is interviewed briefly on this program.

Another program on the Samurai will air later in the month on A&E, also on the Samurai and also featuring an interview with Sensei.

## Sushi & Tofu Special Martial Arts Issue In February:

A special martial arts issue will feature the Aikido Center of Los Angeles in the February 2004 edition of Sushi & Tofu, a popular Japanese cuisine and culture magazine featuring local events. The magazine is circulated free throughout Little Tokyo.

## Our Special December Issue:

This Issue marks our first edition published in house at the Dojo. We would like to thank Bill Allen for helping us obtain our new color laser printer for this project. Our Newsletter will be the first of many projects planned now that we have this great piece of equipment.

## Our Deepest Condolences: Sadateru Arikawa Sensei, Passes Away October 11, 2003

### **Remembering Arikawa Sensei:**

I didn't know Arikawa Sensei very well but I knew him as a student and his kindnesses to me during my training are burned strongly in my memory and, in my later years now, I think about them each day. I heard that when Arikawa Sensei was in training, he trained every minute of the day. Even while riding the train, he would use the rings to exercise his arms, not wasting even one minute to develop himself. I tried to do the same exercise myself in the train and couldn't last but only a few minutes!

To me, I remember that he always emphasized maximum flexibility in the arms and shoulders to be able to withstand a strong shiho-nage and kotegaeshi. Good ukemi was always emphasized for safety and self-protection in very strong practice. This is what he emphasized to us every day and always tossed us around so easily in class.

I heard that Arikawa Sensei used to be the editor in a large newspaper before he gave it up to exclusively teach Aikido at Hombu Dojo and so he was extremely well educated. Many years ago, a newspaper published some fictionalized story which was not respectful of O'Sensei and Arikawa Sensei personally went to the newspaper to complain. I heard he slammed his hand on the editor's desk so hard and broke it and so was "impressive," that a big apology was in the newspaper on the very next day.

When I was at Hombu, Arikawa Sensei was in charge of the Aiki Newsletter. I remember in one issue, there was a mistake in the promotion section and one name for 1st dan was mistakenly published and was not supposed to be there. The majority discussion in the office and with Doshu was that it was not a big problem and to just let it go and make the correction notice in the following issue. But Arikawa Sensei said that it was his responsibility to let it slip in and so that he would take responsibility and correct it no matter how small and insignificant the error was. No one knew what he meant at that moment.

About a half hour later, Arikawa Sensei asked me to come with him to the Shihan's Room and he handed out black markers to three of his top students and myself and we all sat down and "x"ed out the incorrect name.

After he showed us what to do and exactly how he wanted the name marked out, he left the room. He was so specific and we had to do it exactly as he wanted it - not just "x"ing it out any old way we liked, but making a neat block with the marker as if it looked like the name was printed out with a printing machine. We had to do it very carefully and make a long, rectangular box to cover the name completely. The pages had to be flipped open to get to the error but he also cautioned us to handle each issue neatly so everyone will receive a nice new issue.

We were all upset because there were about 5,000 issues then as I

I remember, and this was going to take all night. Arikawa Sensei wanted it done just so and very neatly for each and every issue. I was rather honored and excited that he also asked me to help him but his young students were all grumbling at this impossible task when suddenly Arikawa Sensei reappeared into the room bringing us tea and Japanese sweets. Quietly, he sat down and began to mark out the offending name himself along with us.

We were all so impressed with his kind consideration that we all begged him to stop and that we would do it all ourselves and he doesn't have to trouble himself. But he simply told us that it was all his responsibility and we were only here to help him out, it was not really our job at all and he apologized to us for taking our time. We were all so ashamed with ourselves for grumbling but we, at the same time, were all so deeply awed with him. It was at this moment, I realized what it takes to be a truly great Aikido teacher.

This is one of many memories I treasure about Arikawa Sensei and I will never forget him. . . . I am so, so deeply saddened to hear of his passing. . . . .

10-14-03: Hi Sensei, I hope things are going well for you. I happened to read your article on Arikawa Sensei. I'm glad you shared those stories with everyone. I think it showed what a truly great human being he was. . . . As always, James Nakayama Sensei, Chushinkan Dojo

## **Sensei's Poems**

### **The Tree of Life**

*Aikido is the Wonderful Tree,  
With roots growing so strong and free,  
Soft and hard is not the key,  
Strong or weak is never me,  
Seek the One, not two, not three,  
Don't show yourself to all but me,  
Not him, nor I, but only thee.  
In thee, the Greater One to see.  
Practice like the far, far sea,  
Its Form to grasp forever be.*

### **Single Path**

*From streams to rivers, to oceans, flow,  
From many places, we come and go,  
To come together on a single mat,  
And practice with a single heart,  
We struggle daily with this mysterious art,  
Our love and practice flow as one,  
All embracing like the morning sun,  
Like two wheels of a single cart.  
This Single Path from where we start.*

### **Kyu & Dan**

*Kyu or Dan, it is all the same,  
It is all the same from where we came,  
It is all the same to where we go,  
True happiness, in this to know!*

## Doubts

*Doubts and fears that don't exist,  
Seem like enemies who persist.  
Cut them here, cut them there,  
They seem lurking everywhere,  
But look more closely, my dear friend,  
There is nothing there to Hell to send.  
Only shadows of a wavering mind,  
Which feel like ropes which seem to bind.  
Just be free and freedom comes,  
Have no doubts and doubts will go,  
Have no fears, just let them flow,  
Look ahead and don't look back,  
The fear you fear is no attack!  
The Path you tread is Aikido,  
It's not pure white like fallen snow.  
Choose goodness and goodness be,  
Let's be friends, just you and me,  
And in this friendship you will see,  
No doubts, no fears, just open sea.*

## Old Pine Tree

*It is easy to throw down the opponent by strength,  
How can you throw him without force at all?  
Only as the Mysterious Principles of Aikido work,  
All things are accomplished without effort at least.  
Don't see your enemy as one to destroy,  
Only see Harmony which must be preserved.  
Only in True Peace can true strength be realized,  
As long as we fight, can only defeat be achieved.  
The gentle breeze rustles through the old pine tree standing alone,  
No fight, no struggle, just a beautiful melody!*

## Hidden Under the Leaves. . . .

*Who walks in the steps of the old masters?  
Barely can you see their traces . . . .  
Now worn by the sun in summer,  
Now covered by the snow in winter,  
Now covered by the leaves in autumn,  
Rediscover that Path quickly now,  
Before the coming spring breeze blows them all away. . . .*

## Q&A

*We always search for the right answers,  
And all we become is fancy word dancers.  
In the question, the answer be,  
Seek the right question and be free.  
Forget the answer that comes too easy,  
Never, in this world, is there a freebie.  
Polish yourself and practice well,  
All will be known before you can tell.  
Finally, my friend, there no question be,  
Answer and question is not what you see,  
Look deeper, my friend, and you can tell,  
All answers and questions lead to hell.  
Practice with reason, practice with faith,  
Old great masters left no trace.  
Find the right path by your own great will.  
Then the Great Energy, your Life will fill.*

## Our Friends: The Aikido Friendship Foundation, Garden Grove, CA.



10-15-03: Dear Sensei: First of all, I would like to wish you with best wishes of good health on your Aikido Journey and your dedication to valuable teachings that you have offered to the world and all of us. We don't know how to express our thanks for your teachings, it is very important and valuable to us during our Aikido journey and the journey of Life as well.

. . . our dojo is very small and not commercially attractive, this is a struggle of a group of Aikidoka. After all hardships and struggling to preserve Aikido back in Viet Nam (as you know, we were not allowed to bow to O'Sensei's portrait but we had to bow to the dictator's portrait back in Viet Nam). We came to the US and once again we need to continue the journey with all struggling to keep Aikido in the new culture. After 8 years we practiced Aikido in our little "garage dojo," we came to a decision to rent a place and establish a dojo in our community with one purpose and the only one that is to "preserve and practice Aikido." Just as you said, "Aikido is a gift from O'Sensei, how can I ask for money?" We keep this as our motto and we bow in respect before this. Please teach us. Please accept our appreciation for all your dedication and teachings. Respectfully Yours, Nhan Ly.



Sensei's Reply: Thank you for your kind letter and photos and please know that we are always here to help and guide you in Aikido and for whatever you need to continue your efforts in building your dojo. We are also a small group and understand full well your terrific struggles to keep your practice growing. Please do not lose hope but continue your efforts and better days will soon appear before you know it.

## **Busy Bee, But Don't Be Busy!**

All my life, I have been busy - there were so many things to do and some many dreams to fulfill and so much to accomplish. . . . Even today, when I would rather take it more easy and get more rest, there is simply too much to do as much as I try to narrow down my activities and projects. Although I live a very, very quiet, very secluded life here in the Dojo, I and my senior students are always amazed at how much comes my way and how much there is to do from day to day. Not my choice however, but there it is.

Today, I always see my students come and go. Here today, gone for a while and then they re-appear again - always, it is the same reason, "Busy, busy, busy!"

My Zen master used to say, "We really do not have any control of our lives at all as much as we as talk about freedom and personal will, we are just pulled back and forth by all the forces and people around us." How true this is!

We are busy at work and cannot do what we like. We are busy with our families and cannot practice. We are this and we are that. We have no time for Aikido! Something so important as this? How can it be? Of course much of this is good and all is just a part of Life in this modern society today. It is "normal" today to run around like chickens with their heads cut off! It seems that if you are not caught up in the turmoil and chaos of this modern world - something must be wrong! Haha!

Fukuoka Masanobu, often called the father of "natural farming" and the natural way to live, often said that we, humans, are not made to work 8-10 hours a day. We should only work 3-4 hours a day to provide enough food to nourish ourselves and the rest of the day should be devoted to the arts, to relax, think about our souls, play music or write poetry and refine our spirits. . . . Really - quite impossible for most of us today. We are too busy making lots of money to pay for the eventual medical and hospital bills coming later when we are sick and broken from too much stress, worry and over-work!

My father was a very poor man but very busy in his life. He had a job during the day and worked at another at night as well and in addition to this attended so many meetings for the community. When we had a water draught, we protested against not being able to use water to wash down the sidewalks to clean up the houses when gardening. Later, when they were forced to use "leaf blowers," he protested that

### **Furuya's Law:**

***Study Aikido like you would study the wind,  
which can only be seen when it is moving.***

Studying Aikido from a static position is like asking the little birdie to stop flapping its wings in flight so you can take its picture. . . . This sounds a little silly but, more often than not, it is true in our normal training. I think we always have to keep this in mind. . . .

It is easy to get distracted from the real purpose of our training. It is important always to maintain a Singular Purpose of mind and spirit and only stick to the fundamental principles. Eventually the true meaning will appear before you.

they were inefficient and expensive and caused too much noise. As well, as noisy, they didn't wash the dust away but sent it all into the air. When the City of Pasadena did not have enough money to take care of the 3,500 roses around the Rose Bowl, he organized hundreds of Japanese-American gardeners to devote one Sunday of the month to voluntarily take care of them. And on and on and on. . . . If he wasn't working at both jobs, he was always at one meeting or another. Eventually, he became very sick and after almost two years in a comatose state, he passed away.

Sometime after he had gone, I visited my old home and went into my old bedroom which he had converted into his office. This huge office desk where I used to study became his desk to do his work and I noticed beside this desk were one dozen brief cases all lined up very neatly. . . .

I was very curious because many of these briefcases were mine which I used to use in school to carry my books and papers. He had dug them up and was using them himself. Each briefcase contained papers of each of the committees or organizations he belonged to and was working for. One dozen of them! As I begin to look through all of these papers, I suddenly realized that now that he is gone - all these papers are worthless and have no meaning! Such is the reality of life, I suppose. . . .

Everything is so important to us in our lives as it should be and we should take care of everything with awareness and sensitivity. At the same time, as the Buddha said, everything is impermanent and never lasts. . . . Be a busy-bee, indeed, but don't be busy. . . ! Always make time for your Aikido. - This can never be replaced! In all my life, I have never neglected my Aikido and this is the one thing that I have never, ever regretted. . . .

## **Aikido Friendship Foundation con't:**

10-02-03: Dear Sensei, I hope this letter will find you in good health. I am writing to you just to express our appreciations for your dedication and teachings once again . We still keep on practicing Aikido on 4 days a week after i get out from my work and drive straight to the Dojo and after the keiko everyone and myself drag ourselves home and we all look like we just walked under the rain ....but we are very happy and our spirits are up ... i am planning to open another class on Sunday morning or afternoon in the near future , probably i will be the only one come to practice in the first 6 months or so since you know... everybody is so busy and always have excuses !!!

For your information , last weekend i stopped by Borders bookstore and now i got your Kodo . Please accept my gratitude once again for your teaching , the book is really important to myself in many ways . I don't know how to say but i keep reading Kodo and check your Daily Message every morning , and your teaching is changing my personal life day by day .....it is strange to say this relation but i found myself become more religious , i don't know why but your teachings brought me down on my knees at night by my bed and pray a little before i go to sleep , it has been a long long time i don't do this since i was a kid and now i found myself on my knees again . . . . .

Please continue to teach us .

Oceans of thanks for everything , Sensei ! Best regards Nhan Ly ,  
Aikido Friendship Foundation

## Where There's Smoke:

Some lessons take time before we understand them, sometimes it can take years - I know this from my own personal experiences. My Zen teacher used to say, "You can only understand it, when you understand it." I had a lot of trouble with this and although I kind of know what he means, I occasionally have to fight with these words in my own head. How can you understand it until someone explains it to you? He says, "No." One will understand it when it understands it. . . . It is true in many ways. As clearly as I try to explain the technique in class and give my students the opportunity to practice it over and over and over. They do finally begin to understand when the light goes on in their own heads in their own time - not by whatever I say or do!

During my younger days at Hombu, Doshu was very strict about practice. I am sure that he must have been much stricter towards previous generations of students, but he was still very strict. Many times, when I was reprimanded or scolded, I had no idea what it was all about. I just had to stand there with my mouth shut. Sometimes I understood, many times, I did not. Many, many years later, it became much clearer to me. I realize now that in matters regarding protocol, etiquette and mental awareness and being in the moment - Doshu was very strict. I was always corrected if I used the wrong or inappropriate word in my Japanese or my manners were not absolutely correct. I remember just to go next door to Doshu's private residence, even to deliver a short message, I would always have to put on a suit and tie - even if the chore took only one minute. If I was not awake in class and not paying attention, I would always get a whack or strong word or two. At the time, it seemed like I was getting corrected for every tiny, little thing I did!

After the long days of practice, it was often very hard to sleep well, everything in my body seemed to be aching badly from head to foot. I slept in the corner of the mat on the 2nd floor at that time. Later, I moved into the Instructor's Room. During the summer, it is common to burn "katori senko," a kind of incense which keeps away the mosquitoes at night. It comes in a round coil and burns for an entire evening. I used to burn this incense in a "donburi" rice bowl by my head. One early morning, I woke up to the smell of something burning and I looked and to my great shock, this donburi rice bowl was flipped upside down and several trails of smoke were streaming out from underneath. My hand must have bumped it in the night when I was asleep. What a shock! I immediately turned over the bowl and saw an big round black, smokey hole in the mat. I knew that this was my end at Hombu! - such a terrible thing to do and I started to cry! Suddenly I got a great idea and took out the mat and rushed up several flights of stairs to a small room on the roof where they kept some uniforms - this floor was lined with the same tatami. I grabbed a good one and raced downstairs to replace the offending mat and conceal my crime. Gads! The mat didn't quite fit! All of this mats are slightly irregular in size - one inch too long, two inches too narrow, etc. I grabbed this mat and raced up the stairs again to get another mat. Raced down but this one didn't fit either. Back up again and down again in a frantic race over and over - I still had to sweep the front of the dojo before the 6:30am class. Suddenly, Doshu opened the door and said, "What's all this racket so early in the morning?" And I had to show him the big black hole in the mat and mentally preparing myself to do "seppuku." He looked at it a second and said very calmly, "We will have it repaired when the tatami man comes again to fix all the other damaged mats, don't worry about it and don't be late for class." and he walked away. . . I was so shocked that it hardly both-

erred him at all. I now realize and think that real accidents and material things did not seem to bother him, not as much as being inattentive in class or not being in the moment. . . . Over the years, I never try to punish the crime, just a student's mental attitude if it is due to sloth or mental laziness, like Doshu - often this is not clear to the student. . . . just as it was not clear to me really at the time.

Some lessons take a lifetime to finally understand. . . . My Zen master also used to say, "Teaching a student is like shooting two arrows up into the sky and hoping that they will hit each other!" It takes time to understand some lessons, a lot of time!

## Greetings From Tom Williams Hacienda La Puente Aikikai



We at Hacienda La Puente Aikikai would like to extend our greetings to Sensei Furuya, the students at Aikido Center of Los Angeles, all of the students and teachers of our affiliated dojos and our friends and relatives around world. We hope that you have enjoyable holidays and a prosperous New Year.

This has been an excellent year for us.

We have many new students practicing in our dojo. We had the opportunity to meet with affiliated dojos in Mexico this past summer and establish good relationships with them. A group of four dedicated, long time students have reached the level of black belt candidate, our first group of entirely homegrown potential shodan.

We look forward to more practice to improve our Aikido, more growth to help spread Aikido and to meeting more of you in our ever growing association of Aikido dojos. You are all welcome to come visit and train with us at any time! Best wishes for the Winter Solstice holiday period and the upcoming New Year.



## Life of Musashi Kaoru Tamura, 1st Dan

In January I'm beginning my fourth year back in aikido and I'm really happy to be able to study aikido at this dojo. The learning environment is supportive, the people are polite, and going to the dojo after a bad day at work has the effect of restoring my internal balance.

One of the things I enjoy about studying aikido is to be introduced to Japanese thought and culture. One figure who is often talked about at the dojo is Miyamoto Musashi, and for me it was the first time I had learned about Musashi as a historic person, since I had always grown up thinking of Musashi as a swash-buckling hero somewhat like Robin Hood, Zorro or even John Wayne. In 2003, the NHK broadcasted a new year-long TV series about Musashi, and though the production itself was a disappointment, the silver lining was that, thanks to all the media hype, this year saw a proliferation of books published about Musashi. Bookstore shelves were stacked with re-publications of Yoshikawa Eiji's novel about Musashi's life, as well as myriads of editions and commentaries on Musashi's own writings. Con't.



## Letters & Questions:

### From Portugal:

09-28-03: My name is Nuno Tenazinha and I'm from Portugal where I study Aikido under the guidance of Hanshi Georges Stobbarts (Dai Nippon Butoku Kai). I've just read your post about "ki" in the forum and i really enjoyed it :) I'm running a site named Yin Yang Online (www.Yin Yang Online.cjb.net) (in portuguese) in which i'm trying to expose the origins of Budo amidst the evolution of eastern society/culture. I would like to have some texts from experienced people and when i read your text i wondered if you would like to write a small text on the theme "Ki - From East to West" . I would then translate it to portuguese in order to submit it in my site. Best Regards, Nuno M. Tenazinha

09-28-03: Hello again! As I have already said i'm an Aikidoist in Portugal under the guidance of Hanshi Stobbaerts. I always felt attracted to the eastern philosophy and to the martial arts world. Five years ago I entered the Ten Chi Ryu (Ten Chi International) and I was showed the beauty of Budo - since then I have been developing my studies in the arts of Budo (Aikido, Jujutsu), Ten Chi Tessen and the eastern philosophy. Some time ago I felt a urge to learn something more about the evolution of Zen since it first appearance in India till it entered Japan. And this is an issue i am really loving :)

Three years ago i developed a site in the internet with a friend of mine - Firstly it was just the strong will to share my experiences with the portuguese aikido community. This year i decided to change the philosophy inherent to it: i wanted it to become a bridge where people could find a link between the East and the West. It is not ment to be a "source" of aikido information but a place where people can share experiences in order to reveal their inner consciousness - I have some articles, interviews, opinions from people who want to express their feelings towards the "Way". There is also some biographical articles regarding the Ueshiba family and Hanshi Stobbaerts and a section named "Japones" (portuguese translation of "nihongo") where I write about cultural and traditional issues in japanese history: Literature, Ikebana, Arts like Kabuki and Noh, music, etc...

The article i asked you is meant to be shown in the "Budo" section. I believe that in West there is still that mystical side of "Ki"(or "Chi") and there are many misunderstandings about what it really means into only in Budo but in eastern life style. That's the reason why i suggested that title.

If you want to learn more about the Ten Chi Ryu please visit <http://www.Ten-Chi-international.com> (there is an english section) - just in case: even though i am linked to this school, the site is completely independent from it - it's my small contribution to the aikido community (especially the portuguese one) and everything published is my responsibility. Hope you enjoy the idea :) Best regards  
Nuno Tenazinha

09-29-03: Dear Sensei, I was just catching up on the last few days of your message board. I really enjoyed your discussion of the Yagyutsuba. I will be digesting your discussion on noticing what is absent for some time. Warmest regards, -NDC

09-29-03: Dear Reverend, Yesterday, one of our Sensei wrote on the blackboard descriptions of categories of character which typify martialist. She separated them into mental, emotional and physical types

and went on to lecture as to the best way to train in order to develop a balance of desirable characteristics.

It despairs me when our Sensei do this. The time spent focused on intellectualization seems a distraction from learning the art with the limited time spent training in the dojo. And yet, out of respect for their sincerity, I remain mute. In the past, I understand that it was more typical for less to be said. Sometimes Sensei would simply train, sometimes standing aside they might whisper into your ear. But, I could be wrong, how can one know?

I downloaded Friday's page to view the tsuba. It always delights me to see artistic effort derived from utilitarian functions. Is the texture of the guard original or the condition of its age? It must stand out in sharp contrast to the sheen of the sword's scabbard. What does the other side look like? Sincerely, Wesley

09-29-03: Hi, master Kensho Furuya, my name is Aldo, i live in Mexico, and know from you for several tv specials that I saw. I admire your resume, i also like very much martial arts, i studied American Kenpo with a student of the grand master Larry Tatum, but i'm very interested in Aikido I think that its a beautiful art. Well, my question is what are the obligations of a full time student, because I'm considering the possibility of going to L.A. and study in your dojo, well i guess that's all. Thank you. sorry about my writing, i don't master the language. Aldo Flores, Mexico

### From Israel:

09-30-03: Dear Sensei, I hope you are fine. Your memories about Arikawa sensei was most inspiring. Thank you.

I wish to know if a parcel with some shodo and a couple of magazines and a letter for you has arrived. I sent it by air mail some 10 days ago. Take care, Ze'ev Erlich. Israel.

### From England:

10-01-03: Hello Sensei! The book has arrived safe and sound. Thank you very much for the newsletters as well. I have found the book very interesting reading already. It is wonderful to see the photos of you with Doshu and Saito Sensei.

I am also finding it very interesting piecing together your life in Aikido and how you have travelled along the Path. I wonder whether acquiring a piece of land and farming is still an aspiration you hold?

Have you ever considered writing an autobiography? Your life so far has been fascinating and immensely inspirational - and I am sure there are many many years still to come. Your achievement with the Dojo alone would be worthy of a book. Thank you Sensei. All the very best, Ambrose

### Meaning of Shugyo:

10-03-03: Dear Sensei Furuya, First of all, please accept my gratitude for sharing your knowledge to all of us who read your daily messages. Your explanations always seem to penetrate deeply beyond just a superficial answer. Always greatly appreciated!!

I have a request, and am hoping when you have the time, to write about your understanding of the word "shugyo". I have seen it used by many people and have heard definitions that leave me still con-

fused. I have heard this defined as austere training. I am not sure what separates it from everyday training. I would love to hear what this word means to you. Yours, J. Hartman *(Please refer to our Daily Messages on our website for reply.)*

10-04-03: Furuya Sensei, As always I hope this finds you well and in good spirits. Your message today was a thought similar to one I have had these last few weeks. We have a professor at the University I attend who has devoted nearly fifty four years of her life to the school. She is a pillar of the physical education department and recently donated five hundred thousand of her own dollars to help build a new sports complex that the university has needed. She is nearly eighty years old and I see her walking each day for her exercise. I once took a dance class with her and when she used me as partner to teach a dance technique, she nearly threw me across the gymnasium floor! I admire her spirit and tenacity to never lose site of being young and vibrant. She has influenced so many students and I can only hope that the university will name this new building in her honor. You once said that water comes to us in many forms to consume and taste. Yet, there is nothing so clean and refreshing as pure untainted water. I think our older generations have that to offer. Youth provides new ideas and technologies, yet the old ways in the end are always best! Just some rambling thoughts from to you! Domo Arigato Furuya Sensei! Always, Michael C.

### **From Texas:**

10-06-03: Sensei, I am a student in Texas and have studied Aikido for almost a year and one half. When I am not on the mat, I try to learn more about the background and history of Aikido: O'Sensei, Doshu, Hombu and students of Hombu and the founder.

I have greatly enjoyed reading your posts on the Aiki-web section : "Voices of Experience" and would very much like to hear more from you and your experiences. Through training, those who persist and study for years come across interesting stories and 'bits of wisdom' that may seem like common sense at the time, but when relayed in story... it comes across as revelation.

It would be an my pleasure and honor if you would continue to post such stories you may have on that section. As I said, I've enjoyed what you have posted so far and believe you have more to say... if you have the time or desire.

Anyhow, I look forward to reading more of your posts. Train well and I hope one day to meet you, should I be so lucky as to pursue Aikido across America and perhaps further. Domo Arigato, John Boswell Midland, TX

10-06-03: Sensei, I'm glad that my e-mail was so well received. I wanted to add to you that... though I do enjoy and take a lot from your stories, I can not respond to them in that forum. Only those people that have registered with Jun, as you have, are able to post and reply to those threads. Jun has given you and others like yourself a very special place to post such stories and not have them tampered with by those who are NOT veterans of Aikido with 20 years or more in their history. In the future, I may try to re-read your stories, quote you with those stories on another board (General, Philosophy, Spiritual, etc.) and engage in comment and discussion like you look for, somewhere where we can all post and answer in return.

But, I believe your stories are beneficial. I just read the one about the

coke machine and how someone would use "slugs" to cheat the machine out of a soda and Doshu's reaction to you. See? It's stories like that that help us to understand more about Doshu and mentors and the lesson's gained from them off the mat as well as on. I really liked that story. How else would I have ever heard of such a story unless I came to Los Angeles to meet you? I'm thankful for Jun and this website. I'm even more thankful to you and others such as yourselves that spend the time coming here to relay what you have learned. Every little bit is good. :) Take care, John Boswell

10-09-03: Knowledge and Experience: Greetings Furuya Sensei, On this crisp fall day, I am hoping this finds you well and at peace. My question to you is a bit personal and do hope not to offend. I have spent these past few weeks reading your past message posts and have delighted in soaking up your wisdom and passion regarding the art of Aikido that you dearly love so much. My question is, what do you know now about yourself through Aikido now, versus what you knew say, ten or twenty years ago? Has your Aikido changed since then and if so, how? Do take care Sensei, if my question was too personal I ask that you pardon me for my bad banners. Domo Arigato, Michael C. *(Please refer to our Daily Message.)*

10-10-03: Hello Sensei I have been reading the Voices of Experience forum and I do hope that it thrives. It is a wonderful resource and (should!) be blissfully free of the nonsense and disrespectful messages that the open forums are plagued by.

I also visit the Aikido Journal forums and it is plagued by 'Daito-ryu vs Aikido' battles, 'Aikido is ineffective' battles, regular lengthy and utterly pointless discussions on Steven Segal etc.

It always amazes me (and I am pleased to say it appears many others also) that an Aikido forum can hold so many messages and discussions that seem to be completely at odds to what Aikido stands for. It does appear that a very small percentage are regularly responsible for the majority of the unpleasant messages. So I very much look forward to reading the discussions on the 'Voices of Experience' forum! All the very best, Ambrose, UK

10-10-03: Dear Reverend, I read Kodo about two years ago and have been reading your daily messages for quite awhile. So it was a nice surprise that it was you who responded to my question on AikiWeb.

I have already gotten some Japanese info regarding Kumano, but am having a harder time with O Sensei. Online I found some Ueshiba related things, and I suppose the local tourist board will have more. It is safe to assume that he visited a lot of the more spiritually charged places around the area. My plan is visit and train in Tanabe, walk the Kumano Kodo for five/six days until Shingu, then train with Hikitsuchi Sensei. I visited the area eight years ago, but despite coming from a Zen background, have recently developed an interest in Tantric Buddhism, be it Japanese or Tibetan. On Wednesday, I will actually begin to walk the Kumano mandala.

I actually have been wanting to write you for awhile regarding your name. This Tuesday will be the first anniversary of my 3 year old's death. The following day I begin my pilgrimage, in part to help clear my head. Anyway, my son's name was Kenshirou? but after his death part of his name became Kenshou. Thanks again for your time. Gassho, Ted, Japan

Sensei's Reply: Many thanks!

Letters con't.

## Limits Of Knowing: Steven Shaw II

"When you graduate from high school, you think you know everything. When you graduate college, you realize you know nothing. When you get your Master's Degree you realize you know very little about one thing, and when you get your PhD, you realize your teachers don't know anything." The words of a key-note speaker at a friend's graduation have made themselves apropos several times since. Most recently the second sentence of this quote resonated in my mind one early morning in the dojo.

Early morning practices are the best. I love getting up a 4-4:30am. It's nice because the rest of the area in which I live is resting and sleeping. I actually can hear myself, and at times possibly something greater. O-Sensei's reference was to the energy of the Earth being stronger in the morning, and that is definitely a factor, but also my mind is clearer and free from all the imprints of the day's activities. Instead of the training going through the filter of work, wife, family, and the responsibilities each imparts, it comes direct. After early morning practice, the rest of my life goes through the filter of Aikido, or Iaido.

One early morning in the middle of class as Sensei demonstrated a technique everything I had known about Aikido was transformed. Before that moment, I had perceived Aikido, and the path of training, as a mountain one climbed at their own pace dealing with various obstacles in the form of rocks(stiffness and rigidity), trees(lack of dynamic movement), fallen branches(false ideas), a stream(having no form), as they presented themselves. But as I sat there, admiring the "mountain" of Aikido that I had climbed, after all I was a black belt (ha-ha), and I realized I had only been looking at the surface. This mountain that I had spent so much time hiking was really an iceberg. I had only been above the surface of the water. I had once again been reminded that I knew nothing.

Two-thirds of this amazing journey lay undiscovered, and like all young minds, I gave way to the awe of the discovery. The next few weeks were spent contemplating this realization. I began to think this iceberg was really my ego and my own self-construct. I felt the point in training was to melt the iceberg and dissolve the ego through training and join the flow of life, something that will more than likely take the rest of my life...the rest of my life...I remained daunted by the enormity of the task.

I am not alone. I am surrounded by people who help, and Sensei is there to make sure the dojo maintains its level of training and expectations. I am eternally grateful to all.

The struggles I face now are conditioning and finding the balance between the martial and harmonic applications. It doesn't seem very harmonious to slam my partner to the mat or throw them across the room, nor does it seem very martial to gently assist them with their stretch to a comfortable touch easing their transition from erect to prone positions. I am so afraid of hurting my partners. I know it is their training as uke to prevent themselves from being hurt, but it seems as though the two objectives of martial and harmony are in conflict. The definition of martial according to the American Heritage College Dictionary is: "1. Of, relating to, or suggestive of war. 2. Relating to or connected with the armed forces or the possession. 3.

of arms. 3. Characteristic of or befitting a warrior." War is conflict. Conflict and harmony are antonyms.

Aikido is revolutionary as a martial art because of this paradox. O'Sensei's development of this art is truly remarkable as it goes against the very principle of its application. Blending, turning, entering, joining, merging, all are actions which imply harmony. Is it the true master of Aikido who can apply these actions to defuse a volatile situation and turn it into a peaceful resolution with no harm done to any participant of any situation willing or not? Perhaps world leaders would benefit from a little time in the dojo. . . . .

## Letters con't:

10-03-03 **From Puerto Vallarta:** Dear Sensei, I hope all is well with You. Thank You very much for sending me the Aug./Sept. issue of ACLA Newsletter. I am glad that Mr. and Mrs. Williams enjoyed their vacation in Mexico. Here we have had a few tropical storms but the weather is calmer now. I wish You and everyone at ACLA life's blessings. With gratitude always, Raffi Badalian

10-20-03: **From Israel:** Dear Sensei, For some reason, I feel close to you and free to write you this mail. I know it's going to be a long one and I apologize in advance...My name is Efrat and I'm from Israel, I posed on the "silly poems" thread and I would like you to hear my story:

A year ago there was massive layoffs at my company and I found myself out of job. Couldn't resist the urge - so two weeks later I landed at Chile. This was the first time for me in a foreign Dojo. I didn't know a word in Spanish, but behold! a magic! - we all understood Japanese (at least the techniques names... :) I was 4th Kyu then, only a child, "Aikido speaking". I continued to Argentina, where I kept looking for Dojos wherever I had the chance. One time, I arrived to a small town near the ocean, not much hope for a Dojo there, still I looked for it on the internet. Found nothing (as expected), suddenly the guy who worked there told me he saw me looking at Aikido sites and that he himself practice there. He gave me the address and the training timetable. I didn't have much time at this town, I was suppose to leave the day after. But then - there was a storm at sea and we couldn't sail to watch the whales, so we decided to stay another day. Though I knew it wasn't practice time - I went and look for the Dojo. I told my friends I need to see a mat, to feel a mat... I think you can understand me, right? Took me some time to locate the Dojo, but to my great surprise - the place was packed! It turned out that once a year the "big" Sensei from Buenos-Aires come and test the students and afterwards give a seminar. His name was Kenzo Miyazawa Sensei, 7th Dan. I write it with a sigh. Fifteen minutes later I found myself with a Gi on the mat, watching the exams and joining the Seminar. My smile (as you can see in the photos) was wide as an ocean. I spent these two days in a dream - Sensei was taking such a good care of me: he made sure to drive me to my hotel at night, to have a Gi ready for me and when I needed to go to the bus and leave this town - he stopped the Seminar, let me thank them in front of all and have a 10 minutes break while someone drove me to the bus station. I, only a baby-Aikidoka, got the care of kings. When I came to Buenos-Aires three weeks later, I called him and because both of us are not Christians - we decided to spend Christmas day together. This is the day I was referring to in my poem. A day to remember. There was nothing special about it - he made us lunch, we saw Aikido movies together, played with his black kitten and water his garden. I wish I could remember everything he said that day, it was the first time I really understood what the word 'Sensei' means. He also told me about his Uchi-Deshi from Argentina who went to live in Israel and couldn't take with him the sword that Miyazawa Sensei made for him. I had a strong sensation then: a katana shouldn't be apart from its owner, so I suggested to Sensei that if he is willing to take with me the chance - I will carry it to his student as a surprise. And that what I did. When I came to take the sword and practice one more time - It was the last time I saw Sensei. After three weeks at the US, I came back home and two days later I met his Deshi. We both cried when I gave it to him. He kept saying "I can't believe it! My Katana is here!" I think he couldn't have made me happier in any other way. From time to time I was calling and writing Emails to Sensei - he was suppose to visit Europe at October and I planned to meet him there. I had a broken thumb at the time, but I said I'll go anyway. Aikido was not the soul reason why I longed to see him again. His Deshi was telling me Sensei had something in his stomach and that he lost some weight. I was sure he just didn't take care of himself and that he will be alright. I was naive. Then I got a phone call from Argentina two months ago - his Deshi went back there because Sensei was very sick and though Sensei didn't want to tell anybody - his Deshi felt I needed to know. Con't.

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## Holiday Greetings & Merry Christmas To All



### Teachings of Musashi continued:

such as the Gorin-no-Sho (Book of Five Rings). From looking at all these arrays of Musashi books on the bookstore shelves, it seems that even in Japan there is a resurgence of interest in finding out about the historic, "real Musashi," such as in Shiba Ryotaro's history essays. (On the internet, there are even advertisements for holiday tours around the places where Musashi lived!)

Since there is already endless information available about Musashi, here I have excerpted two short, readable selections from Musashi's writings which are lists of his personal maxims. The "Dokkodo" in particular seem very ascetic in nature and sound more like house rules for some Cistercian monastery or a Carmelite convent than the maxims of a swordsman. They hardly seem imitable for people living in the world, so it was a wonder when a colleague at work looked at a copy of Musashi's "Book of Five Rings" and said, "Oh, isn't he the guy who wrote a book for MBAs?" Well... I hope Musashi doesn't mind if MBAs' (and ordinary people like you and me) were reading his works for inspiration!

(1) The proper attitude for training according to Musashi. In the conclusion of the \_Book of the Earth\_ chapter in the Book of the Five Rings, Musashi records the following maxims for his disciples who were training in the Niten-Ichi-ryu School. Although Musashi wrote these nine maxims as the proper attitude for those in martial training, they can also be taken as principles for life in general. Perhaps the reason why \_the Book of Five Rings\_ is read even in modern times after several hundred years is because of the relevance these lessons can have in all aspects of people's lives.

1. *Yokoshima ni naku koto wo omou koto*  
To think in ways that are not devious
2. *Michi no tanren suru tokoro*  
To train arduously in one's own art (Way)
3. *Shogei ni sawaru tokoro*  
To be acquainted with a broad range of arts
4. *Shoshoku no michi wo shiru koto*  
To know about the ways of various professions
5. *Monogoto no sontoku wo wakimayuru koto*  
To understand the benefits and demerits of things
6. *Shogoto mekiki wo oboiyuru koto*  
To nurture the ability to properly judge things.
7. *Me ni mienu tokoro wo satotte shiru koto*  
To discern and know things which are not apparent or obvious
8. *Wazukanaru koto nimo ki wo tsukuru koto*  
To pay attention even to minute details

9. *Yaku ni tatanu koto wo sezaruru koto*  
To avoid useless things

(2) Dokko-do (Way of the Solitary Path) On May 12, 1645, a week before his death, Musashi wrote out his will as if he knew that his life was coming to a close. After he finished his will, Musashi began to write the \_Dokko-do\_ which would become his very last work. These 21 maxims came to be ranked alongside the Book of Five Rings and the 35 Principles of the Way of War; but as short as they are, the "Dokko-do" summarizes Musashi's ascetic, guiding principles. Once he finished writing the \_Dokko-do\_ Musashi died on May 19th in the 2nd year of Shoho as if he had completed his life's work. The "Dokko-do" came to be Musashi's final testament, but it could be viewed as the condensation of Musashi's thoughts through which he had lived out the whole of his life.

1. *Yoyo no michi wo somuku koto nashi*  
To not turn one's back on the ways of the world
2. *Mi ni tanoshimi wo takumazu*  
To not set one's thoughts on pleasures for the body
3. *Yorozu ni eko no kokoro nashi*  
To not be dependent on anything
4. *Mi wo asaku omoi yo wo fukaku omou*  
To think little of oneself, and to think much of others
5. *Isshou no aida yokushin omowazu*  
To not have thoughts of greed through one's life

6. *Waregoto ni oite koukai wo sezu*  
To not regret things about one's life

7. *Zenaku ni hoka wo netamu kokoro nashi*  
To not envy others either in good or evil

8. *Izure no michi ni mo wakare wo kanashimazu*  
To not be saddened by parting in whatever paths

9. *Jita tomo ni uramikakotsu kokoro nashi*  
To not complain about or harbor a grudge toward either oneself or others

10. *Renbo no michi omoiayuru kokoro nashi*  
To not long for romantic relationships

11. *Monogoto ni suki konomu koto nashi*  
To not have a particular liking for this or that.

12. *Shitaku ni oite nozomu kokoro nashi*  
To not have high hopes about one's own house

13. *Mi hitotsu ni bishoku wo konomazu*  
To have simple tastes and not be fond of gourmet food

14. *Suezue shiromono naru furuki dougu shoji sezu*  
To not possess antiques that will be heirlooms to be handed down to later generation

15. *Wagami ni itari mono imisuru koto nashi*  
To avoid fasting and practices to a degree that may harm one's health

16. *Heigu wa kakubetsu yo no dogu tashinamazu*  
To not have a preference for a special or favorite weapon

17. *Michi ni oite wa shi wo itowazu omou*  
To not fear death as concerns the Way

18. *Roshin ni zaiho shoryo mochiyuru kokoro nashi*  
To not want to possess or accumulate wealth and possessions in old age

19. *Busshin wa totooshi busshin wo tanomazu*  
To honor God, but not be dependent on God

20. *Mi wo sutemo meiri wa sutezu*  
To not abandon one's honor, even if one loses the body

21. *Tsune ni heiho no michi wo hanarezu*  
To never depart from the way of the warrior

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**From Israel con't.**

I cried for two days, feeling miserable, cheated. I felt I needed to do something, so I've done the first thing I thought about - I sent Sensei my first white belt in which I started training with (I brought a new one when I was at Argentina). I wrote to him that meeting him felt the same as my first steps in Aikido - he showed me Aikido in a different light and I felt like a beginner again. I know it was silly, but I think he understood. I talked to him on the phone several times, never mentioning his illness, we played the game together. He died on my Hebrew Birthday, three weeks ago. I loved him. I still cry when I write that. Emotional me?

Thanks for reading it, like hot steam - I needed to release a little pressure. I hope it wasn't too much of a burden to read all this.  
I wish to meet you some day, Yours - Efrat.

For what do I cry at night?  
For a brief goodbye,  
For time wasted,  
For a missed lesson to learn,  
For a lonely heart.  
For who do I cry at night?  
I cry for me, a selfish soul, who got a taste and wanted more...

10-20-03: Dear Sensei, I must admit I felt enjoyment and great relief when I read your answer. I felt I've entered your door without first knocking and grateful you've reached your hand in peace.

I met Ze'ev Erlich, the Sensei at Rechovot (Aikikan) on several seminars. I'm not sure if he will remember me by name, though. I will keep in mind to visit his Dojo soon. I have much to learn from who ever is willing to teach me, including myself. I believe fate will make sure we will meet, fate owes me one... (sorry for being cynical). I wrote this poem today, I would have posted it—but it gives me too much discomfort to open myself this way on web, so it's for you:

We are born close to the ground,  
Crawling on our hands an feet,  
In constant link with the source.  
Then we stand,  
Occasionally stumble harmlessly to the floor,  
And an unsteady step separates us from safe.  
From that point we grow high, grow away.  
Learn to be frightened from the fall.  
Fearing the harsh meeting.  
Finally, we first step on the mat,  
And the Sensei says "roll!".  
The ground is so far and we need to re-learn  
To become more relaxed,  
To welcome the meeting,  
To flex the soul.

We no longer are enemies, we are united once more With greatest gratitude and honor—I promise to keep in touch (you'll long for your silent days....) Efrat Nir, Israel

10-22-03: Dear Mr. Furuya, I just wanted to thank you for the many interesting stories you have posted online (on your website and @ Aikiweb) about Aikido and its instructors, especially those dealing with the Hombu Dojo period of the 2nd Doshu. It is very interesting for someone who has not had direct contact with the great, legendary teachers of Aikido to read such authentic accounts and I hope you can write more in the future. Perhaps you could elaborate a bit on your experience with Saito-shihan, whose name is legendary yet about which I have not seen much written anywhere online? Or perhaps you have stories to share about Gozo Shioda-shihan? I very much appreciate the time you take from your teaching to let all of us who are fairly new to Aikido to have a glimpse of the masters and attitudes of yesteryear - the reading is fascinating. Thanks again, Toms Kricbergs

Ps. I am an international student in the US, currently training in Portland OR. I started my training in Latvia only two years ago, under Alexander Osnach-sensei, a student of Yasunari Kitauro-shihan. If I happen to be in LA one day and if I am welcome, I would very much like to come train for a class or two at your dojo - your mention of a more traditional, older style than practiced elsewhere of Aikido interests me.

10-28-03: Sensei Furuya: I write to you from Cancun Mexico, requesting your assistance in the matter of a research I am doing regarding the viciulation of the Samurai and the 3 day moon or crescent moon. I had the opportunity to listen to Kurita shihan in seminar in Mexico city, and he said that some samurai wear and ornament in the helmet resembling the crescent moon because the energy provide by the crescent moon enhanced the samurai ki, but I have been unable to find more in this subject. therefore I respectfully request your assistance if you have the time in directing me in this matter

Sensei's Reply: I have never heard of such thing. I think it must be a misunderstanding. the ornament on the front of the helmet is called "maedate" and is purely decorative and used to easily identify the particular wearer on the battlefield

10-28-03: Dear Sensei, As I am almost reaching 40 years of age, I've been trying to examine my life to see what I stand for and how I'd like to live my life. How did you develop your life values? I know that some came from your parents and some from the teachers and masters with whom you have had contact or studied. Does one meditate to see things such as this more clearly? Did your teachers offer any suggestions? With my own "list" I try to keep it simple, with such values as courage, humility, compassion, and selflessness. I try to review them everyday and try my best to keep them in mind. Even though my list has only a few items, I feel that I fail very often.  
Sincerely, Stephen Cooper, Altadena, CA

10-30-03: **From Aikido Friendship Association. The Old and News**  
Dear Sensei, I wish this letter will find you in good health and your work is still fruitful in many ways for those who are walking on the Path. On this cloudy morning, I am sitting here and try to review my Aikido in the last several years since I started to establish the Dojo .....and somehow I feel kind of depressed and not so hopeful when I look far in the future.

As you know, we all aim to cultivate Aikido and the old cultural values for our next generations to look up and more or less they can live by. But so often, we feel like our work is treated badly and sadly somehow by the students these days. I often see students come and go as they please, dash in the Dojo and dash out just like a McDonald. It is so different between now and my old days when even rain or shine, dawn or dark I put my gi on my little bike and rode to dojo and there I saw a lot of Aikido friends practicing on half of the mat since the other half was filled with rain water (the roof of the dojo had plenty of holes on it).

At night, we had to sew holes on our old gi since we were so poor and the gi is too old and usually got torn up during practice and we could not afford the new one or ask parents to buy for us since that request would be a burden for family's finance. It is so different today, when everything is there and ready to grasp .....but no hand reach out .....students are treated much better today with all of the democracy and courtesy from teachers, students are more well-built than we were before with all the nutrition, students can dress better with Aikido gi in good condition, they can buy almost any books about Aikido to read to enhance their knowledge, students can practice in a decent dojo with lights and at least there is no holes on the roof that the rain water can fall through .....but there is something else that most of them don't have .....how could I say this? Spirits? Aspirations? Something that they could make their practice alive in every thoughts and breaths. Something that could make them come to practice days or nights, rain or shine.

I have some students that have good potential, well behavior, and they absorb Aikido pretty good, after all our efforts to teach and correct their techniques and etiquette every details at our best knowledge. Suddenly the parents pulled them home with reasons such as: My son is so busy at school now, my son has to play piano twice a week .....and they simply left Dojo no matter how hard we try to explain or try to work out a schedule for them, or reduce their tuition. They just left, sometimes those things make me hate teaching so much, sometimes I just want to retire and ride a bike with my gi on it to a certain dojo and there I will be a lowly student under a Sensei like the old days, what I learn, what I value, what I appreciate will always be mine and I will keep them to my heart and soul until I bring them down to dirt. Or even somehow I just want to teach with an attitude "Ignore them, who wants something, try to get it" but as you know, we are human and we have to struggle to do our best when we learn or we teach .....I thought the way of Aikido should be calmness in our minds and bring peace to our souls but sometimes walking on this Path our minds are full of struggling and our souls is an ocean in angers !!!

Today I am a big mouth with too much whining .....but I share these thoughts with you just like we all can rely on your wisdom and I admit my weakness, who should I talk to whenever I need encouragements or advice? Thank you for hearing me today, Sensei. And best wishes to you and your students as always. Best regards, Nhan Ly  
Aikido Friendship Foundation, Garden Grove.

11-03-03: Hello Sensei! I hope this finds you well and enjoying your new printer! I have been away for some time with my studies but have come back to get caught up on your messages. I have not had much exposure to Eastern thinking and philosophy, what I have had has always been wonderful. I am learning with your writings, the benefit of harmony. My brother is going through a very bitter divorce and as bad as the circumstance is, it has somehow brought us together in a closeness either of us never imagined. I am so amazed at how someone can go through such a negative and hurtful experience, but come out with other gifts to understand and cherish. While he has lost a wife, I, have gained a brother. Maybe this is not harmony, but it certainly shows how negatives can bring about positives. Many thanks Sensei, I hope all is well and warm at the dojo.. Michael C.

11-05-03: Somewhat your stories always cheer me up. There's always something kind about them. Keep posting. Yans Golanski

## Report From Vera Cruz:



### 11-08-03: VII seminar Annual of the Latin-American Federation of Aikido

Estimated sensei above all I ask it excuses by not there to be writing before. Immediately I want to share with you. The experience of participating in the VII seminar Annual of the Latin-American Federation of Aikido which was carried out in the city of Mexico, DF the days 17, 18 and 19 of October. This seminar was given for Sensei Yoshimitsu Yamada and Yukio Kawahara counting on the aid of teachers and students of the different countries affiliated to this federation that subsequently I enumerate.

ARGENTINA.- Masafumi Sakanashi; Juán Tolone BRAZIL.- Wagner Bull; . CHILE.- Elson Olea; and Hugo Véliz. COLOMBIA.- Luis Fernando Aldana; and Gustavo Sanin. EL SALVADOR Armando de la Rosa. SPAIN.- Manuel García Sáenz; Joseph A. Freyre; and Michelle Feilén. GUATEMALA. -Tim Antrim MEXICO.- Carlos Cordero; and Marta Fernández. PERU. -Miguel Morales Bermúdez .VENEZUELA.- Nelson Requena; Luis Ramón González Trujillo; and Jesús Alberto González.

Together with me attended our student and friend Jimi Campos and the two we had the opportunity of enlarging our technical knowledge of this beautiful art, but perhaps it more important went the opportunity of knowing and to live together with people of other countries an environment of cordiality and harmony doing to a side political filiation having like common end practices it of the aikido, complying with the desire of O' Sensei of doing an art martial universal for the peace. Personally I had the honor that Yamada Sensei took me of Uke for the demonstration of Kokyu Nage. Upon sharing this experience I do it with the desire that some day we can carried out this type of contact here in Mexico doing to a side the grudges that exist among the different associations and to feel that really we are practicing aikido. As someone or some have to give the first step probably we gather all the students of aikido of the state of Veracruz with the only purpose of living together in harmony at the beginning of the next year. Without but that to write him and thanking its attention I say goodbye, Attentively, Alvaro, Veracruz Aikikai

11-11-03: Dear Sensei, I have read your book, KODO, many times. It sits, dust free from use, proudly in my library. I thank you for providing such a good read. Thank you....Larry Murray

11-11-03: Sensei, I thought, hopefully correctly, that you may enjoy this little story. I live on Cape Cod.... I have been on the path of AIKI since 1986. A few years back my Sensei of many years passed. But before he left us, he said, "Larry teach not what you know, rather teach what you feel".

I have a small gathering in Hyannis Massachusetts that I call SHOSHIN Aikido. I know...

not original, but in Bill Gleason Sensei's book, The Spiritual Foundations of Aikido, he speaks of Shoshin. I begin each day with a beginner's mind. For I always wish to learn.

I had been trying to pass on the idea that power in Aikido does not begin with strength and muscle, but rather with smoothness and gentleness. While I participated in a 3-day golf tournament in Vermont, I was going to the Shobu-Aikido Vermont dojo for an evening of practice, and passed the waterfall you see in the picture. I was struck first by the noise made by the water falling over the edge. It was so loud. And this river also passes the golf course I played. I know because I deposited more than one ball into it as payment to the golf god's. You will notice I did not show the proper respect given to most gods with capitalization.....the golf gods are not kind gods..... But I digress...

As I played golf and walked along the rivers edge, the water flowed past smoothly and silently. Most times, the only sound made on the river was a fish leaping for food, or a few ducks landing.

Back on the bridge that crossed over the falls, the sound of the water so loud got me to thinking about the power of the water going over the falls. And I thought also of the calmness and softness of the water as it passed quickly and quietly by me earlier in the day.

I took a few pictures and went on to class...thinking about how something that looks so soft could be so powerful. When I got the pictures back, I looked at how the water above the falls looked as if it were still, quiet calm. Almost no movement. But as soon as it hit the edge, gravity and gravity alone gave the once soft quiet water a force that will break stone.

I had the picture enlarged....brought it to class....passed it around and took half of a class just to explain that power comes from calmness. While the class understood the concept I was explaining....some practiced that way...the rest "TRIED" to practice that way...but we all had fun!!! The second picture you see is a rock in the falls. Please notice the tree growing out of the rock. Bonsai is also one of my great loves. I took a photo of the tree in the summer in full leaf, but do not have in media mode to send....but Sensei....that little tree has small roots, but a deep strong heart to live on that rock.. Thank you for the time you take to read this. Larry Murray, Putnam Investments, Tech Services

11-13-03: Dear Sensei: My years as a student on the Path of Aiki have taught me many very important life lessons. Love, honor and respect are high on the list of very valuable lessons. But one trait that I have found in those that study Aikido for the pure pleasure of learning, rather than obtaining a dark piece of cloth to keep their dogi top closed during practice, is their desire to share. We, students of Aikido, must share honestly. When you consider that we willingly allow ourselves, as uke, to be tossed and twisted and pinned and usually with a smile on our faces, sharing is a life lesson we must have. A student of Aikido that lacks the ability to share is quickly a student of a different martial art. Please excuse me, not a student, but perhaps a short time participant.

I have been learning since 1986. My Sensei opened his heart and mind to me very wide on my seventh visit to his dojo. I will assume that he thought I would be a student willing to accept his direction. He thought this because the first six, two and a half hour classes he had me do forward and backward rolls non-stop. Some classes, this was a most difficult task because my wife is quite a wonderful cook. But I, being not totally without some mental capabilities!!!, soon learned that before class....."eat right...roll light!!"

As I rolled, I also learned to be very aware of what was going on around me. I did not wish to cause a collision with the practicing students. This awareness helped me see the sharing that went on in the class. I was also able to see those few that came to class to learn how to hurt another. My Sensei, God rest his soul, was also a man of great awareness. He could see those that came to class to join and give...and those that came to class to take. Those that took, soon took leave of the dojo..... I do think of him every day. As I was re-reading your book KODO, I saw in more than a few places, How long till I get a black belt? When I began Aikido, I never once asked, because I never once cared. I saw Aikido as a chance to learn. Shortly before he passed, after training me from 1986 till 1998, he handed me a copy of a letter he sent to Koichi Kashiwaya Sensei in the Seattle Ki Society. It was a letter of recommendation for me to test for black belt. Imagine my great surprise. I was his first student to test for black belt. I did pass. He died shortly after that. But his wife told me that he was most proud. What I was most proud of was the fact that I validated to him that his teaching me was not in vain. Anyway...this was a very long winded way to say, if you choose to share something I have written, then it is I who thank you. Wishing you a day of peace...Larry.

11-13-03: hi, my name is daniel. i've been practicing aikido for a few years and i'm part of a tibetan buddhism sangha. when seen sensei on a cable show of the 10 most in martial arts and knowing he was a zen reverend it was quite surprising. lucky i've seen your site and couldn't miss the chance to ask some questions. i hope i'm not being rude in asking those questions. i was wondering, what are the main differences between a reverend and a monk?does one need to be a monk to become a reverend? does the reverend duties get into the way of the duties of an aikido teacher? what are the duties or activities furuya sensei as a reverend on his daily basis. how did sensei received such a position (long term practice, he asked his zen master to become one....)?

Con't.

i was thinking to dedicate my life to being a lama, but in tibetan buddhism it involves the real grasp and realization on the teachings so one can be honored to become a lama; i wonder if in zen the same thing happens. by the way, i'm very impressed by furuya sensei's skill, his pretty sharp in his techniques. his students are very lucky. from now i thank you yours in aikido, daniel

11-20-03: Hello again, i practice aikido in seishin aikidojo, in brazil, with Ranichi sensei. i felt very attracted to the dharma teachings from the first moment i received live teachings from my vajrayana master, it was intense that i took refuge in three jewels at the same day! as much as i read, hear and contemplate about the dharma, i get more attracted to it. in the beginning at wanted to became a priest at once, but then i started to think with more care about it. maybe it was my attachment to the easy life i have. that's why i decided to ask a more expedient person about this subject, given it's a great step one makes when starting into priesthood. in tibetan buddhism, one can become a lama (priest) without the need of becoming a monk, but i did not knew if this could happen in other lineages, so i was afraid that i needed to become a monk and i was not ready to it! daniel

### Life-Giving

*The Sword of Life, the Sword of Death,  
Not the mind of the Sword itself,  
But only the Life we give to it.  
Aikido of Peace, Aikido of War,  
Not of Aikido itself,  
But only the spirit we give to it.  
Our Life of Sadness, our Life of Happiness,  
Not of Life itself,  
But only the love we give to it.*

### All Black Belt Candidates & Senior Students Recommendations:

1. Please attend all intermediate & advanced classes. Maintain regular, consistent training schedule. Attendance is most important.
2. Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's Memory and is required for all Black Belts..
3. Please attend and assist Sunday morning Children's Class. This is the best training to become a good Aikido instructor.
4. Please help with the opening and closing chores and keeping the dojo immaculate - clean, neat and in good order.
5. Please be a good role model for junior students. Be helpful and friendly but modest and humble. Demonstrate by your actions, not words and idle chit-chat. Be a good example both on and off the mat.
6. You must develop good, strong, correct technique. Concentrate and master the fundamentals inside and out.
7. Please always keep in mind that Aikido is not competition in any form, in strength, rank, power, prestige, position, or social status. Practice correctness over strength.
8. Beyond physical technique, Aikido means goodness. Good technique does not come without good character. Practice benevolence in all aspects of training.

### The Furuya Foundation:

Mr. Ken Watanabe - President  
Mr. Gary Myers - Secretary  
Mr. Mark Ty - Treasurer  
Dr. Cheryl Lew - Senior Counsel  
Mr. Jonathan Altman - Legal Counsel

The Furuya Foundation is dedicated to preserving the Dojo and its continued operation maintaining the highest standards of practice and the work of Furuya Sensei in research and education in Aikido, the traditional Japanese sword & related arts and their history, culture and traditions. Your donations & contributions are welcome.

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**NEW:  
Aikido Tanto-  
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Knife  
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Techniques**

By Kenneth Furuya and Santiago G. Almaraz. Salamanca, Spain. Extensive coverage of basic Aikido knife techniques and self defense strategies. 60 minutes. \$50.00 each.

**The Art of Aikido Video Series  
Now in DVD**

Unique Publications has just announced the Sensei's The Art of Aikido video series is one of the first to be converted into their new DVD series. The new DVD's will be ready and available sometime in November. The new format will keep the original format in nine dvd's. They can be ordered through the Dojo.

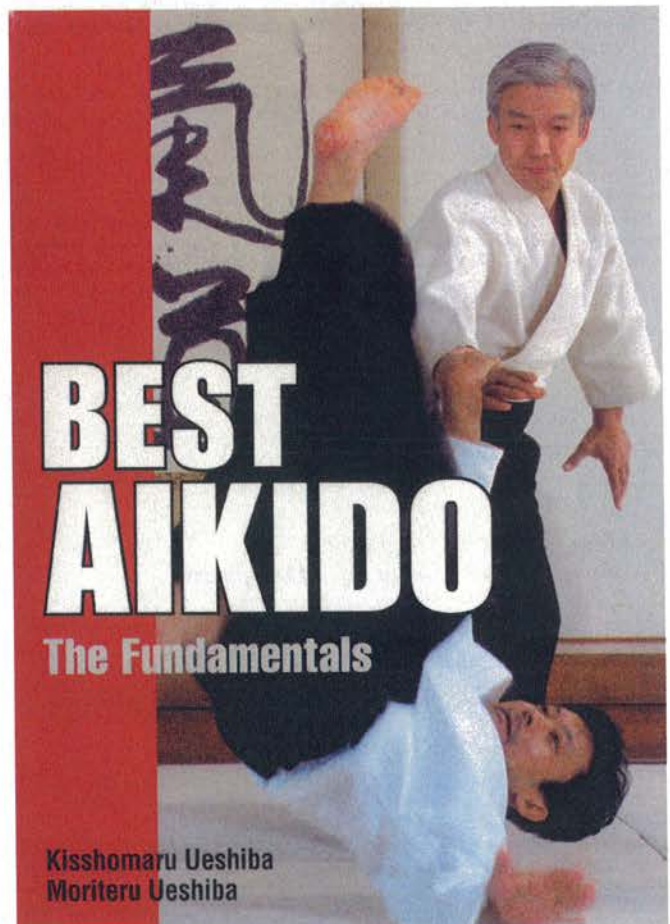
**Help Build Up Our Dojo Membership**

Students should make an sincere and concerted effort to help build up our membership. This is always an ongoing, very necessary and often neglected duty of all of the membership. Students come and go so there is always a natural attrition rate of the student body. Expenses, as you know, are always increasing year by year. It is not necessary to hard sell or drag them in by force but an enthusiastic awareness and good spirit in each student is important in talking with friends and family members to encourage them to begin Aikido practice. An encouraging energy to always help and build up our Dojo is important and part of our practice and being a good member of the Dojo. Please increase your efforts to support the fine practice here. Thank you.

**Our Dojo's Mission:**

*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 every way you can. This is greatly, very greatly appreciated, Always,  
Aikido Center of Los Angeles, Rev. Kensho Furuya*

**3rd Doshu's Aikido**



Highly recommended reading by Sensei as today's best reference on Hombu Aikido. Available online or at your local bookstore. Please try Barnes & Noble, Kinokuniya and Amazon on line. The 2nd Volume is on available. Please use this as a reference for your training.

**International Aikido Kodo-Kai.  
Affiliations Welcome.**

We do accept all Branch Dojo affiliations with any dojo who practices and follows the Aiki Kai Hombu Dojo training, rules and standards. This also includes commitment to 3rd Doshu and the Ueshiba Family as the founding family and originator of our art.

You are welcome to make inquires by email or letter. Our purpose in this is to help and aid others in the correct practice of Hombu Aikido and to spread the correct interpretation of O'Sensei's teachings to the best of our abilities.

**Requirements for Affiliation:**

1. Practice correct Hombu Aikido with good spirit and energy.
2. Do not dabble in politics or intrigues and get along with each other in the dojo and other dojos in a friendly way.
3. Follow O'Sensei's and Successors Aikido with honesty and commitment, pursuing your training with a Beginner's Mind.
4. No competition. No unsuitable commercialism.
5. No drugs. No abuse. No inappropriate behavior.



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](http://www.aikidocenterla.com).



Reverend Kensho Furuya, 6th Dan

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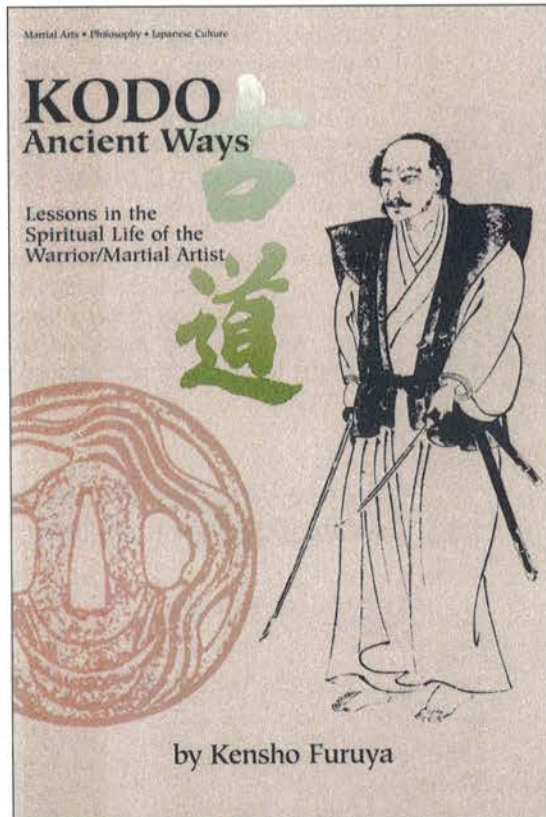
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## KODO Ancient Ways: Lessons In The Spiritual Life of the Warrior-Martial Artist



# KODO

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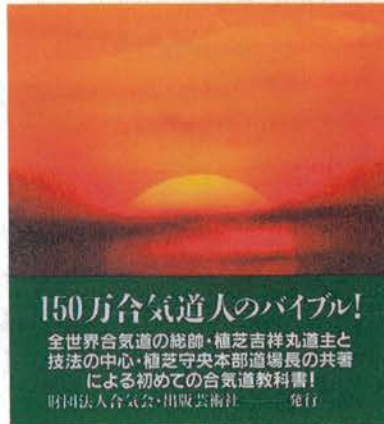
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## Recommended Readings:

### 規範 合気道 基本編



### 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.

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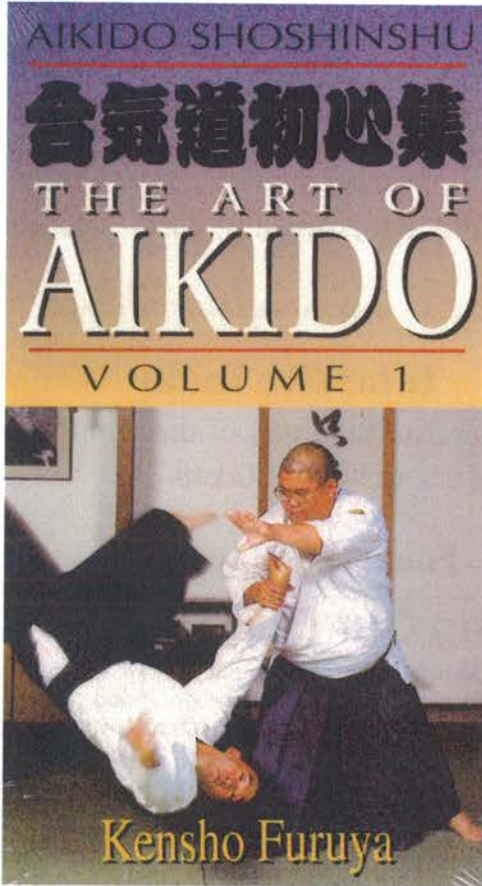
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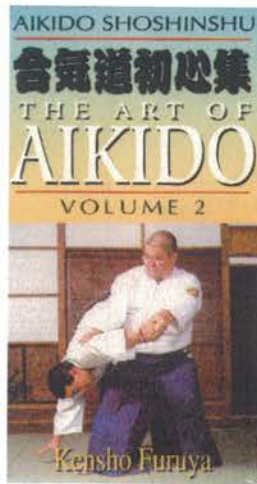
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

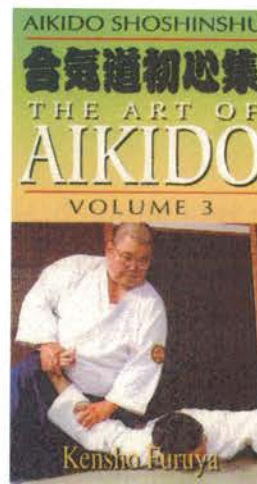
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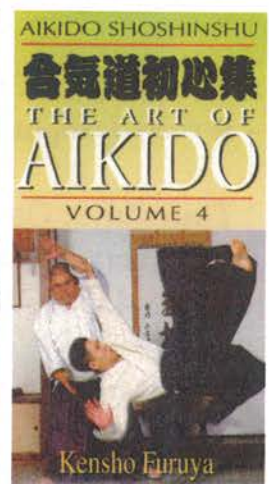
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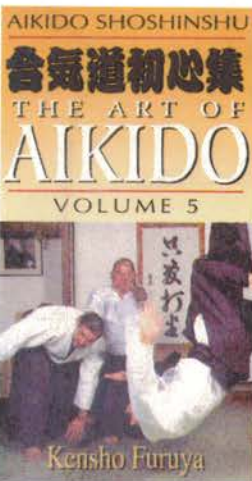
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Throwing & Joint Techniques  
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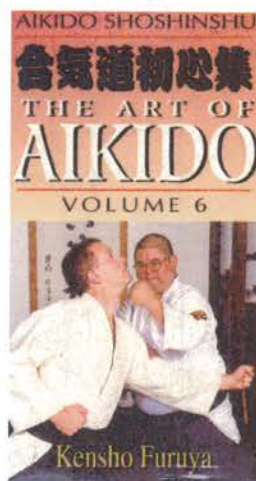
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
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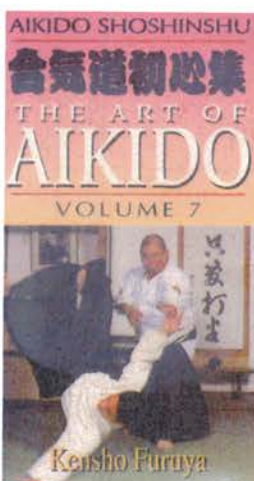
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



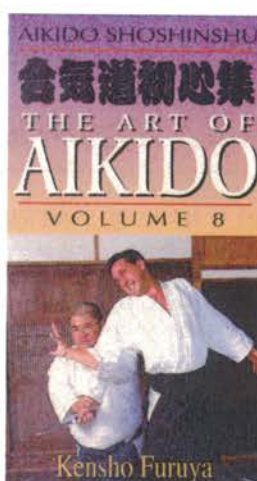
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



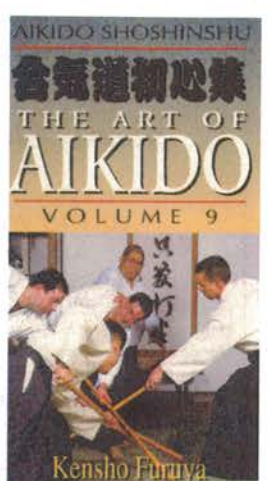
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



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  
Intermediate 4th & Up: 6:30-7:30pm.

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

**Thursdays:** Open Beginning: 6:30-7:30pm  
Beginning Weapons, Bring Bokken & Jo:  
7:45-8:45pm, 4th Kyu & up.

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

**Saturdays:** Open Beginning: 9:30-10:30am.  
Open Beginning: 10:30-11:30pm.  
Every 4th Saturday: Open Intensive Aikido:  
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.*

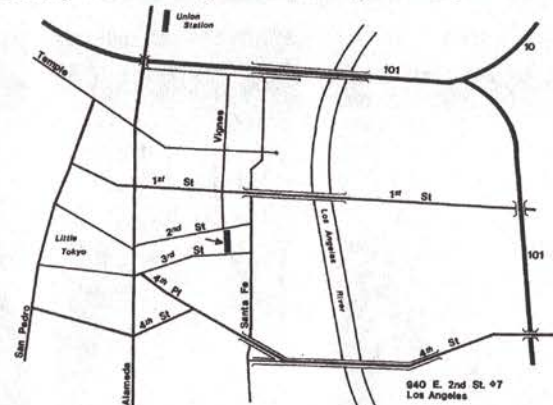
## Intensive Iaido

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.