

# Aikido Center of Los Angeles

## Aiki Dojo

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673

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

Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters

Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.

Member Los Angeles Police Department Martial Artist Advisory Panel

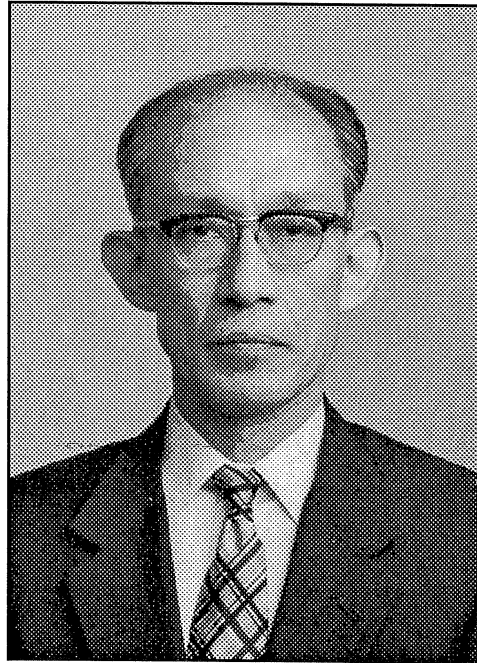
\$2.95  
Donation

February 1, 2000

Volume XVIII. Number 2.

### Doshu's Isshuki: 1st Anniversary Memorial Service For 2nd Doshu.

On January 6, we commemorated Ueshiba Kisshomaru Doshu's 1st Anniversary of his Passing on January 4, 1999 with a Memorial Service conducted by Rev. Shumyo Kojima of the Zenshuji Soto Mission. Students attended and offered incense to the late 2nd Doshu in his memory.

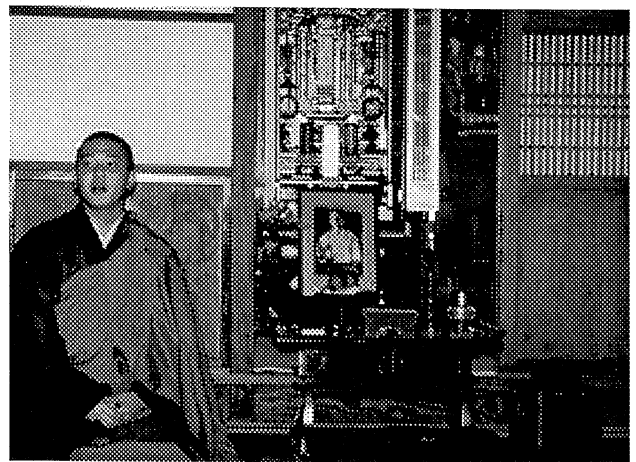


### Japanese Sword Museum Director: Suzuki Kajo Sensei Visits March 26.

Suzuki Kajyo Sensei, 75, the Executive Director and Executive Secretary of the Japanese Sword Museum and the Society for the Preservation of Japanese Art Swords will visit us and present a Lecture on swords at the Hotel New Otani on March 26. This important event is co-sponsored by the Consulate General of Japan and our Dojo. Everyone is invited to



Sensei meets Consulate General of Japan and Mrs. Keiko Nishida At New Year's Reception at Consulate General's Private Residence. January 19.



Rev. Shumyo Kojima Officiates Doshu's Memorial Service.

**How Sweet It Is!**  
**Our Dojo Lease Renewed**  
**Another 14 Years To 2014.**

Aikido Center of Los Angeles  
NEWSLETTER

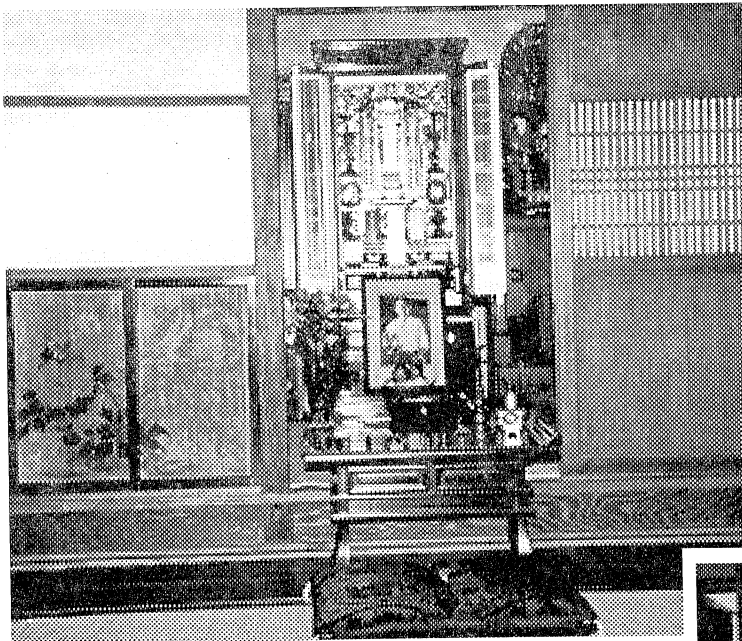


*Many thanks for everyone who took off from their busy schedule to attend Doshu's 1st Anniversary Service.*

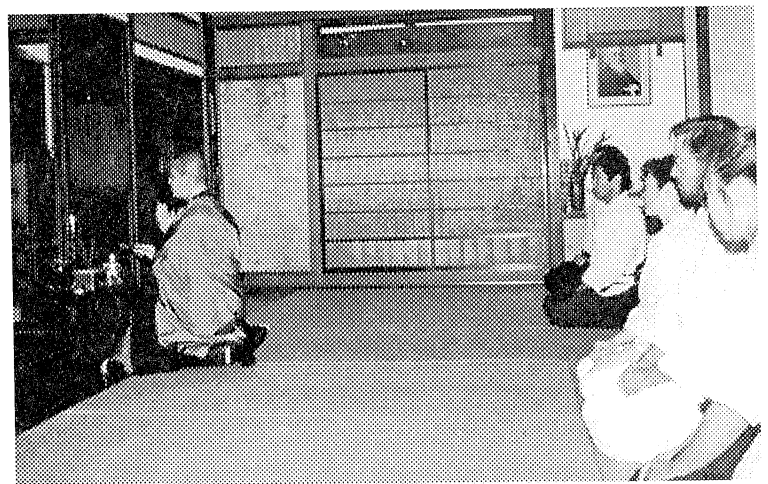
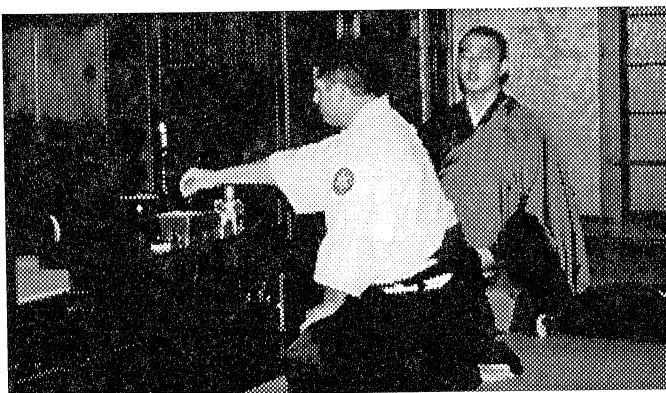
***Bishop Kenko Yamashita's 2nd Memorial Service Feb. 2 7:00pm-7:30pm No Class.***

***Founder of Aikido Ueshiba Morihei O'Sensei's 31st Memorial Service April 26.***

Many members attended Doshu's Service held in the dojo on January 6.



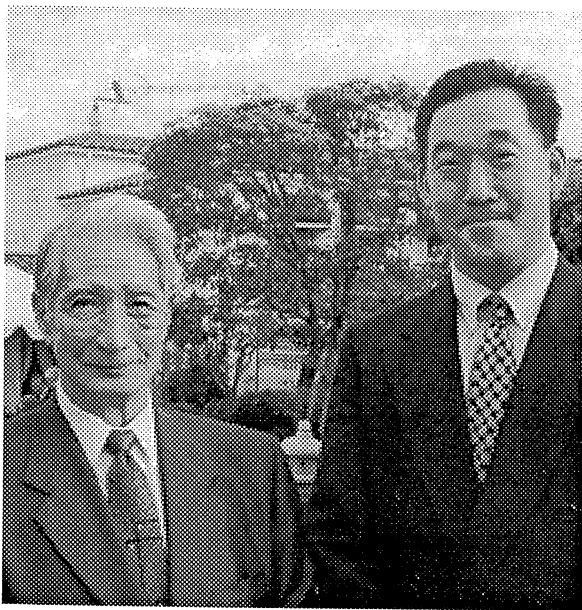
Dojo members offered incense to Doshu's memory at Service.



## Sensei Attends Consulate General of Japan's New Year's Reception. Jan. 19.



Sensei with the Consulate General of Japan and Mrs. Keiko Nishida.



Hidetaka Nishiyama Sensei with Ken Watanabe.

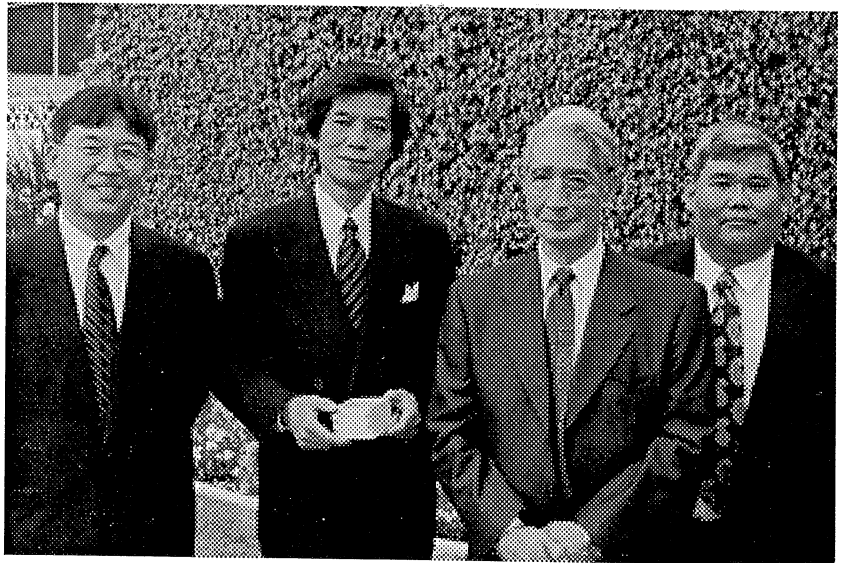
Sensei was invited to attend the New Year's Reception at the private residence of the Consulate General of Japan on a beautiful Wednesday afternoon, January 19th. Accompanied by Ken Watanabe, it was a very enjoyable and memorable experience for everyone. Sensei was very gratified and especially pleased that the Dojo and Aikido is being recognized in such a way as a traditional Japanese art of importance. Sensei considered it a very great and precious honor.

Sensei also met with Mr. Suzuka who is doing much to coordinate Mr. Kajyo Suzuki's Lecture on March 26th. Sensei was also very delighted to meet Hidetaka Nishiyama Sensei, one of the great pioneers of Shotokan Karate in the world. It was a reunion of several decades.

The residence is located in Hancock Park, a very spacious and beautiful house designed especially for entertaining large gatherings and parties. Although one cannot recognize too much for the street, the house is extremely well designed with that old-world charm of former Los Angeles, missing in much of our architecture today. The Consulate also went to great pains on the wonderful buffet and New Year's traditional cuisine, *o'sechi-ryori* (See Watanabe for details).

Sensei thanks the Consulate for the invitation and a most memorable experience. Sensei feels that this is one more step to add to the prestige of Aikido and the Dojo's place in the community.

The Consulate General arrived to Los Angeles recently to Los Angeles and Sensei first met him at the 50th



Left to right: Mr. Suzuka, coordinator for Suzuki Sensei's Sword Lecture; the Consulate General of Japan; Hidetaka Nishiyama Sensei, veteran teacher of Shotokan Karate in America, and Sensei.

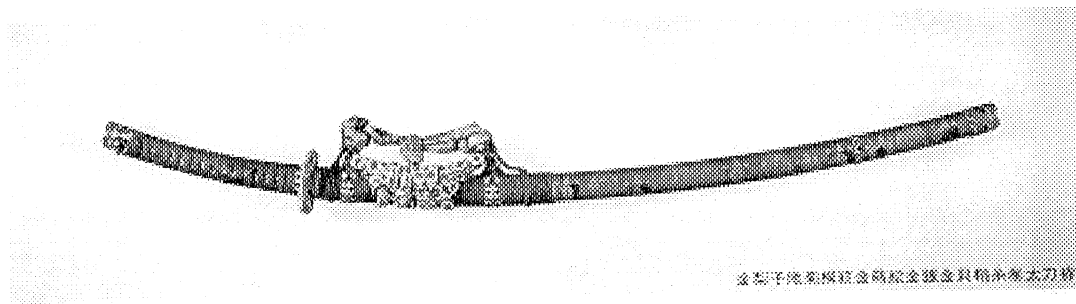
Anniversary Celebration of the Japanese Chamber of Commerce at the Hyatt Regency Hotel in Downtown Los Angeles late last year.

We are grateful and honored for the opportunity to work with the offices of the Consulate General and hope that there will be many more opportunities to contribute to the community in the future following the important Sword Lecture on March 26th at the New Otani Hotel in Little Tokyo.

Aikido Center of Los Angeles  
NEWSLETTER

Presented by Rev. Kensho Furuya  
Los Angeles Sword & Swordsmanship Society & Aikido Center of Los Angeles

Consulate General of Japan



# Japanese Sword Lecture Changes In Shapes of the Japanese Sword



By Kajyo Suzuki Sensei

Executive Director & Executive Secretary

The Society of Preservation of Japanese Art Swords & Japanese Sword Museum  
Nippon Bijutsu Token Hozon Kyokai & Token Hakubutsukan  
Tokyo, Japan

**Place:** New Otani Hotel, 120 S. Los Angeles St., Little Tokyo  
**Date:** March 26, 2000. **Time:** 4:00pm-5:30pm  
**Cocktail Reception:** 5:30pm-6:30pm

*This is an important lecture on Japanese Art Swords  
by one of the top experts and connoisseurs on Japanese swords in the world, discussing the history of the Japanese sword.*

**General Public is welcome. Admission free.**

*There will be no appraisals, auctions, or buying & selling.  
Please do not bring swords or conduct business at this lecture.  
Attire: Business suit.*

## Dojo Events Schedule

Feb. 4th. Bishop Kenko Yamasahita's  
2nd Memorial Service.

February 11th. Iaido Intensive Seminar  
6:30-8:30am. Meeting follows.

February 10-13th. Karita Naoji Sensei  
Visits Los Angeles.

Feb. 25th. Black Belt Intensive  
6:30-8:30am Meeting Follows.

March 26th. Suzuki Kajyo Sensei Sword  
Lecture. New Otani Hotel.

April ( ) Cherry Blossom Festival

April 26th. O'Sensei's 31st Memorial  
Service.

May 27th. Sword Lecture by Sensei  
Little Tokyo Branch Public Library.

## In Gratitude

*We would like to express our deepest  
thanks to:*

**Madam Fujima Kansuma  
Kansuma Kai Classical Dance**

**Mrs. Teru Ikeda  
Hombu Dojo**

We greatly appreciate their kind support and encouragement of our Dojo and our practice. We are strong because of such wonderful and devoted friends.

## Dojo Donors List Life Members

Katsumi Kunitsugu

Madam S. Kansuma

Shrfu Adam Hsu

Mark Ty \$1,300.00

Hon. Peter Lichman \$1,000.00

James Doi, PhD. \$1,000.00

Dr. Cheryl Lew \$1,000.00

William D'Angelo \$500.00

Larry Armstrong

Rev. Tetsuo Unno

Dr. Taitetsu Unno

Norman Lew

Teru Ikeda

## Honored Members & Friends

Dr. George Nakashima

Jim MacDonald

David Ito

Peter Kirsch-Korff

Ken Watanabe

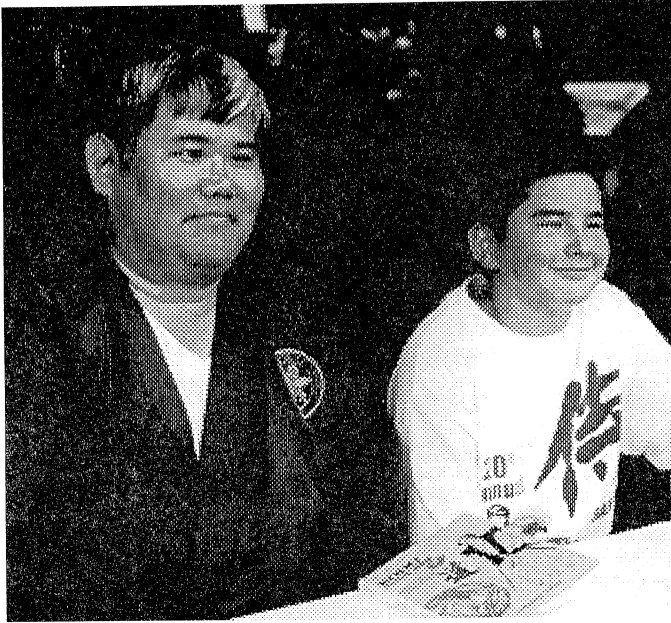
Tom McIntyre

Mari Masumori

Paulina Kawasaki

Tom Williams

Lisa Ito



Sensei with young fan at last year's Nisei Week Kodo Ancient Ways Book Signing at the JACCC.

## Looking To Our Dojo's Future:

### Renewing Our Lease & Renewing Our Hope For The Future. In Sickness and In Health. Finding What Is Most Important & Good for Our Practice.?

My greatest news for everyone is that, through everyone's support and generosity, we have saved the Dojo and renewed our lease for another 14 years. Our Dojo is safe and I can continue to teach here until I am 65 years old. Hopefully, with the new owners, we can renew our lease for another 15 years and I can teach until I am 80, if I last that long. It gave me great strength to see the support of my students and my friends and those of the community. It saddened me to see some students who, who have been with me a long time, still do not understand the importance of the work of our Dojo. We a great deal of support from new students. Perhaps, we are creating a new generation of leaders in the Dojo.

After months of trial and worry, the lease was finally signed. Rather than celebrate, especially for the New Millennium, as well, I collapse and entered the hospital. My own weakness to too much worry and stress. It took over me more than I had expected. The hospital gave me further opportunity to think about my life and my work.

It may be wise for me not to worry about my students so much. Or perhaps, I should only worry about those who appreciate my energy. There is an old policy, which I have never liked - "they come they come, they go, they go." Much too detached and non-committed for me - but safe and sane. No, teaching

## Prof. Thomaz M. Harrell Visits From Brazil. Jan. 18.



Prof. Thomaz Harrell, a green belt student in Aikido of about 2 1/2 years visited our Dojo on January 18 for training. He is very interested in communicating with our Dojo after his return and plans to purchase our Art of Aikido Video Series. His e-mail: harrel@ufu.br. Thomaz and his friends are always welcome to our Dojo.

needs a great deal of commitment, time and energy in order to teach the student. We cannot be detached, we cannot be so self-absorbed. There must always be a sense of gratitude, obligation, loyalty and honesty in any relationship - even more so between the student and teacher.

We should constantly ask ourselves what is important in our practice. Just to be strong, just to be tough is not enough. I hope everyone understands this much, at least. We see strength in the wrong sense. True strength is to be strong - typically - we just want to be "stronger" than the others. This is not strength, this is greed. Why be strong? Of course, to survive. But this is its lowest motivation. We should be strong to do good for others, not just ourselves. "To do good" and "for others" is the secret here. Here in lies the mystery of Aikido.

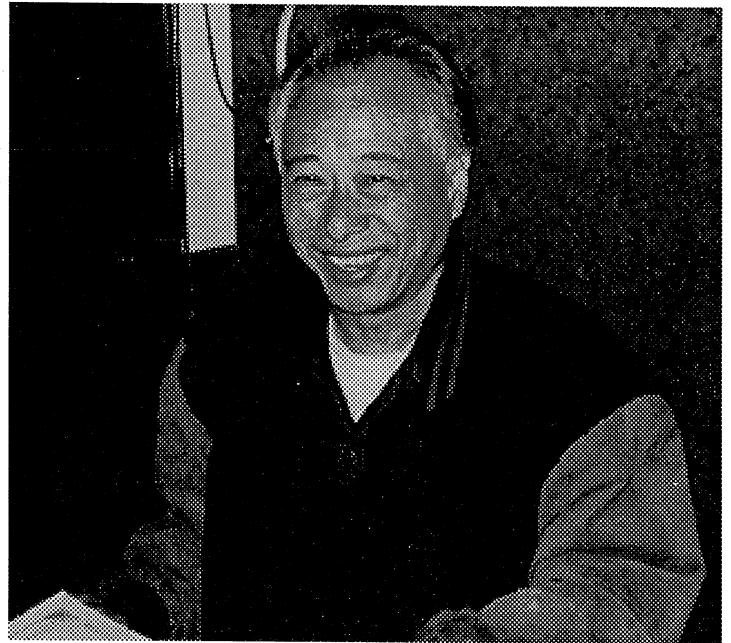
To be strong, we must bow our heads, show humility, be modest, let the other go first, take a step back, respect the other more than ourselves. Easy to say but hard to do. It requires more purity of heart than an overdeveloped bicep or the ability to push someone to the ground.

I am so happy I can continue to devote my life to teaching here. I won't get rich or famous. I don't have a big and rich organization. Just a few students is enough. Let's continue to practice together and work together in harmony. There is no greater reward than to see my students grow, mature and become fine and good human beings. Please continue to practice hard, correctly and devotedly.

*Sensei.*

## Master Adam Hsu Visits Los Angeles Jan. 10-13th.

Master Adam Hsu, founder of the Traditional Wushu Association and one of the most prominent masters of traditional Chinese martial arts visited Sensei for three days recently. This is his first visit in several years after he moved to Taipei, Taiwan, having resided in the Bay Area teaching Kung fu for about 20 years. Sensei met him at the International Martial Arts Exhibition in Oakland, California, in 1979, where both participated in the event. Master Hsu has taught 7 seminars in Kung Fu in the Dojo. Sensei visit him regularly in San Francisco when he visits the area to teach his students. He has schools in Palo Alto and in San Francisco. He recently has conducted seminars in Spain and Germany and has a good following in Tokyo, Japan. Master Hsu came to Los Angeles to meet Sensei and get some rest and relaxation from his busy teaching schedule. As is the custom, Master Hsu shared some of

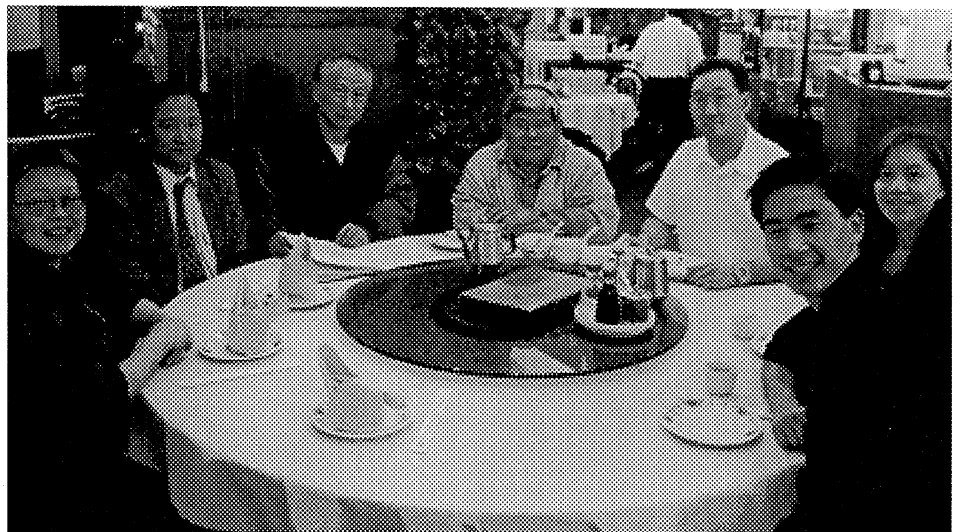


the secrets of Chinese cuisine, visiting several well known Chinese restaurants in Los Angeles. Master Hsu has written many articles and books in Chinese and English. He is negotiating a record contract for 12 books on Kung Fu in Japanese, a monumental project. He has also written a book on the art of drinking coffee! A great martial artist as well as scholar and gentleman, Sensei has deeply respected him and greatly learned from Master Hsu over many years of acquaintance.

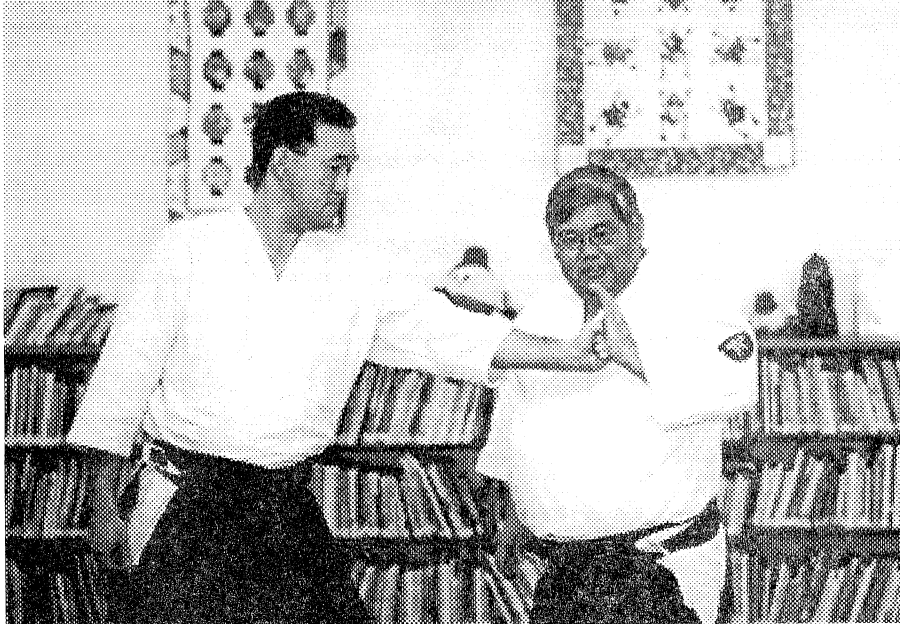
Hopefully, Master Hsu will come again next year in the summer. Master Hsu was relating a story about how everyone is "too

With Master Hsu at Ma Jya Chang Restaurant in Rosemead. Below at Tun Lai Shun with Dr. Jou Pei and Geneveve Ty, Mark's sister.

smart" nowadays. Rather than persevering and learning the correct way, we very "cleverly" find different ways to get around this. It's always wrong but we don't have the patience to train until we can do it right. Sensei finds this true with all martial arts. Students want it "fast" and "right now." Martial arts takes time - we must continue to train and perfect our selves and our technique. Training correctly is the main point. Always in a killing schedule, Master Hsu departed Los Angeles to return to San Francisco where he will visit Tokyo before returning to Taipei. An impossible killing schedule for most people, typical for the ever energetic, on the go, Master Hsu.



## Little Tokyo Branch Public Library Demonstration & Book Signing. Jan. 15.



On a very nice Saturday afternoon, Sensei presented his 2nd demonstration and book signing for the Little Tokyo Branch of the Los Angeles Public Library system here in Little Tokyo, nearby the Dojo at 3rd and Alameda Streets. He was assisted by Ken Watanabe, James Doi and Mark Ty, aided greatly by the every helpful Cheryl Lew and Larry Armstrong. Although a very small crowd, the demonstration was very well received.

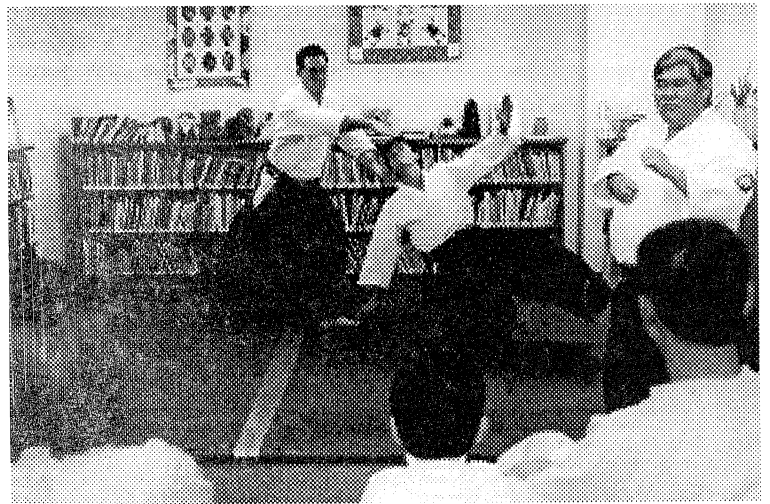
A second lecture on Japanese swords for May 27th was immediately planned for after the demonstration by the library's new head librarian.



Participants were Sensei, James Doi, Ken Watanabe, Mark Ty, Cheryl Lew and Larry Armstrong.

## Kenshinkai Sword Study Feb. 9th 7:45pm

We beginning our Sword Study Group again, on the 2nd Wednesday of the month, followed by our Iaido Class. from 8:15pm. Everyone interested in Sword Study are invited to attend. We will start off with the study of the Shitahara School of sword-making. Please bring notebook and pen. Also, preparation for upcoming Suzuki lecture is scheduled to be discussed.





## Santiago Meets Hiroshi Tada Sensei In Spain Seminar



Santiago at recent seminar with Tada Hiroshi Sensei, Hombu Dojo, and Yoji Fujimoto Sensei from Italy. Santiago de Caupostela, Spain.

## Our Popular Dojo Website

According to the counter, we have received over 1400 hits in the two months since our website has been installed. It seems to be very popular.

## Mr. James Kirby Interviews Sensei

Young high school student, James Kirby from Bel Aire, visited Sensei several times in the Dojo recently to do a report on Japanese swords for his Japanese language class. He got a A- after writing all the answers by himself in Japanese. Several years ago, another student named Doug asked for help in his college Buddhist Studies class and got an A+ on his final. Good Luck!

## Belated Christmas & 2000's Thank You's

Sensei would like to make a belated thank you to all the students who sent Christmas cards and presents to Sensei. Sensei apologies for not returning mail due to his recent illness. Also, Sensei did not send out Christmas or New Year's cards this year while in mourning for 2nd Doshu. Many, many thanks.

## Cheryl Lew Has Close Call In Burning Car

On returning home from the Dojo on January 15th, Cheryl's car suddenly caught on fire and was completely totalled. Luckily no one was injured and it was just as she entered her own driveway and not on the freeway or some dangerous place. She called Sensei immediately to report that there was no injury to her sword! Very Good Attitude! PS: Her car had 180,000 miles anyways.

# To Become A Good Instructor

1. Three basic requirements to become a good Aikido instructor:
  - a. Excellent skill in technique and understanding of Aikido principles.
  - b. Good character and emotional level with ability to work with others strengthened by a caring and giving spirit.
  - c. A strong commitment to Aikido, loyalty to the Dojo and a deep sense of respect and modesty towards students and teacher.
  
2. One should strive to become a leader. This is not done by simply showing your strength or seniority to others, especially your juniors. One can only gain respect as they contribute to the growth of Aikido, the Dojo and the membership.
  
3. Those who aspire to become instructors do more than others. They practice twice as hard, come to practice twice as much, and work twice as hard in maintaining a smooth running Dojo.
  
4. The Three Don't's
  - a. Don't be arrogant. Don't compete with others. Don't be jealous of others.
  - b. Don't be rude. Being rude and inconsiderate to fellow students and to the Dojo, is an insult to Aikido, to O'Sensei and to all of his successors.
  - c. Don't be lazy. Don't be negligent. Don't be sloppy.
  
5. A good aspiring instructor expresses his gratitude and appreciation. To Aikido and the Founder. To his Dojo and fellow students and teacher. Finally, at the highest level, to everything around him in Nature.
  
6. A good, aspiring instructor is helpful to his teacher. This doesn't mean to brown-nose and be fawning and excessively complimentary, but to be helpful in a positive and constructive sense to enhance and contribute to the growth and smooth operation of the Dojo.
  
7. A good aspiring instructor strictly adheres to all rules of etiquette and propriety. The purpose of this etiquette is not to manipulate or insinuate one's self to the good side of the teacher, but to create a positive, creative and harmonious spirit in the dojo. The etiquette is designed to promote harmony and order among all students to ultimately create the best learning environment for learning and training.
  
8. Become a good person, mentally, physically & spiritually.

## **Thank you:**

We appreciate Bill D'Angelo's efforts to negotiate our New Lease with the landlords, a very difficult and timeconsuming process. He is now working on the Dojo's non-profit status & accounting system. Thanks for all of your work!

## **For Extended Leave of Absences:**

For any extended leave of absence, our Leave of Absence Form must be filled out and submitted to Sensei. Without this, you may allow your membership to lapse which will require New Registration and new registration fees. Please extend us the courtesy of letting us know when you will be away from the dojo for vacation, illness or business. Thank you for your cooperation and attention in this matter.

## **Monthly Dues Policy**

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

### **Monthly Dues: 1st of the Month Late Fees:**

If not paid by the 5th: \$20.00  
If not paid by the 15th: \$35.00

If one month dues are missed:  
First & Last Month's Dues required  
to rejoin Dojo.

If more than one month delinquent:  
First & Last Month's Dues  
& Membership Fee required  
With Sensei's approval.

### **Leave of Absence:**

Leave of Absence notice is required for absences more than one week. This is strictly required for Black Belts.

For Black Belts: Months counted as late will NOT be counted as attendance towards their Dan promotion. No exceptions. Attendance at monthly seminars, meetings, events and Budo Study Classes will also be counted towards your promotion.  
ACLA

## **Wednesday Schedule Budo Study-General Meeting Schedule Change:**

We will reschedule our Budo Study to the first Wednesday of the month and combine it with our General Meeting. All students, especially senior students and black belts, are urged to attend. Attendance also counts to your promotion. This is the opportunity to ask questions and participate in the Dojo. *You should be interested and involved.*

**1st Wednesday:  
7:45pm-8:45pm Aikido Discussion  
Group**

**2nd Wednesday: 7:45-8:45pm Iaido &  
Kenshinkai Sword Study Group**

**3rd Wednesday: 7:45-8:45pm Iaido**

**4th Wednesday: 7:45-8:45pm Iaido**

**1st Saturday  
8:00-9:30am Iaido  
10:15-11:30am Aikido**

**2nd Saturday  
8:00-9:30am Iaido  
10:15-11:30am Aikido**

**3rd Saturday  
8:00-9:30am Iaido  
10:15-11:30am Aikido**

**4th (or last) Saturday  
No Iaido  
10:15-11:30am Aikido**

Always check with Assistant Instructors for current schedule changes due to Holidays and Special events. Everyone is invited to our Aikido Discussion and Sword Study Groups.

Aikido Center of Los Angeles  
NEWSLETTER

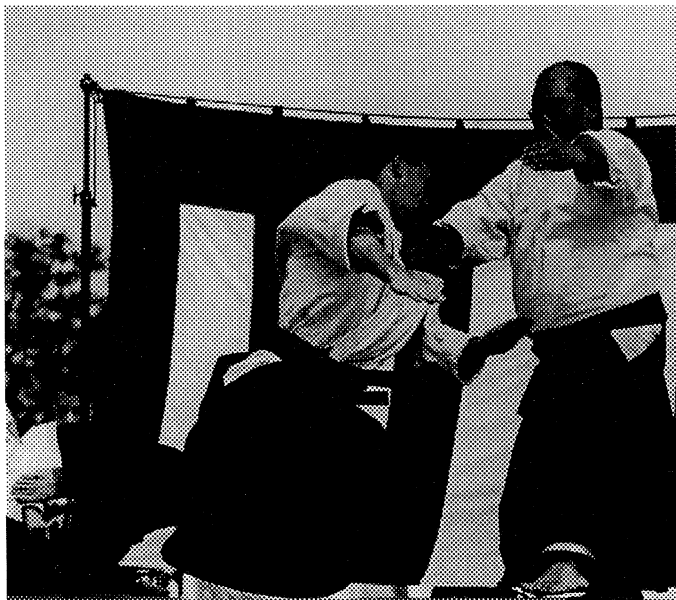
## Welcome To The Aikido Center of Los Angeles



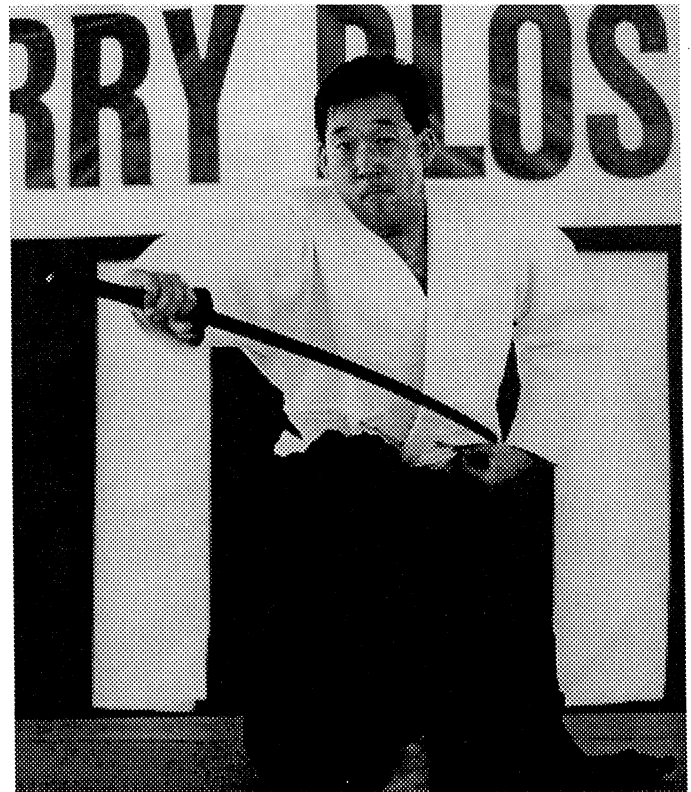
Aikido Center of Los Angeles

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

Our Website:  
[www.aikido-centerla.com](http://www.aikido-centerla.com).  
Come see us!



Reverend Kensho Furuya, 6th Dan



## Japanese Swordsmanship Muso Shinden Ryu Iaido

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

### Dojo Supplies

#### Official Dojo Jackets

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

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

### Japanese Swords: Purchase, Appraisal & Restoration

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

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


Aikido Center of Los Angeles  
NEWSLETTER

Martial Arts • Philosophy • Expresso Edition

# KODO

## Ancient Ways

Lessons in the  
Spiritual Life of the  
Warrior/Martial Artist



by Kensho Furuya

# KODO

## Ancient Ways:

### Lessons in the Spiritual Life of the Warrior-Martial Artist

Rev. Kensho Furuya

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

*Copies signed by the author on request.*

# AIKIDO

by Kisshomaru Ueshiba



Highly Recommended Reading:  
**AIKIDO**

By Doshu Kisshomaru Ueshiba

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

羅府合気道学院古屋道場

AIKIDO CENTER OF LOS ANGELES

## NEWSLETTER

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-2813  
Member: The Aikido World Federation, I.F.A. International, The Japanese Aikido Association, Tokyo, Japan  
United States Aikido Federation, United States Aikido Association, Los Angeles, CA  
Aikido World Federation, Los Angeles, CA  
Office of the President: Masako Yamamoto, 1000 Van Ness Blvd., San Francisco, CA 94109

April 1, 1997 Volume XV, Number 4

**In This Issue:**  
San Francisco News April 1997  
Visiting the New San Francisco Aikikai  
Check Out the Latest Aikido News  
More on Fuji  
New San Francisco Aikikai  
During Sensei's visit with Master Hsu, he was able to visit the new San Francisco Aikikai. Sunday 1997. In fact, he returned back to Los Angeles, CA.

**Dojo Treasure Arrives From Japan**  
On their last visit to our Dojo, two members of the Chusei Dojo, Mr. Yukio Sakai, Mr. Takemichi Amano, Mr. Tetsuo Sakurai and Mr. Tetsuo Sakurai presented Sensei with a beautiful white fan. It was very special for the fan would be greatly enhanced if it had Doshu's writing.

**Visiting Master Adam Hsu:**  
Master Hsu returned to Cupertino from Japan for a month visit to finish personal business and instruct his students and assistants throughout the San Francisco Bay area. Master Hsu is also working on his new book. Due to a personal call, Sensei cannot Master Hsu's kind invitation to celebrate the Chinese New Year's with him and his school on Feb. 15th. It is an able to arrange a trip from Feb. 21st through the 23rd to meet with the book club from Tulle who was scheduled to meet with Master Hsu.

The group took to the fan back to Hironaka Sensei who presented it to Doshu with the request for his writing. Doshu is extremely busy and has many more projects for his writing since people are reading it. Recently, Doshu finished the writing and returned to Hironaka Sensei. Mr. Yukio Sakai, Sensei of the Chusei Dojo who recently moved to Los Angeles, had carried it from Japan on February 21st. Please see well soon for seeing our practice session as the scrolls down with the gift in January.

## ACLA DOJO NEWSLETTER

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

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

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## 規範 合気道 基本編

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著者 植芝守央

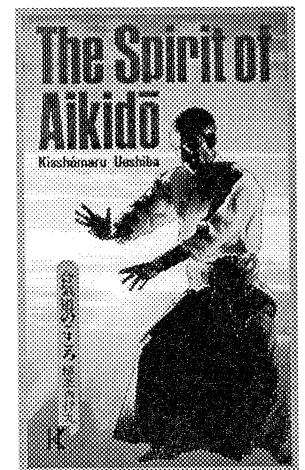


150万合気道人のバイブル!  
全世界合気道の総帥・植芝吉洋九道主と  
技法の中心・植芝守央本道場長の共著  
による初めての合気道教科書!  
財団法人合気会・川島英祐社——発行

## KIHAN AIKIDO

Fundamental of Aikido

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



## THE SPIRIT OF AIKIDO

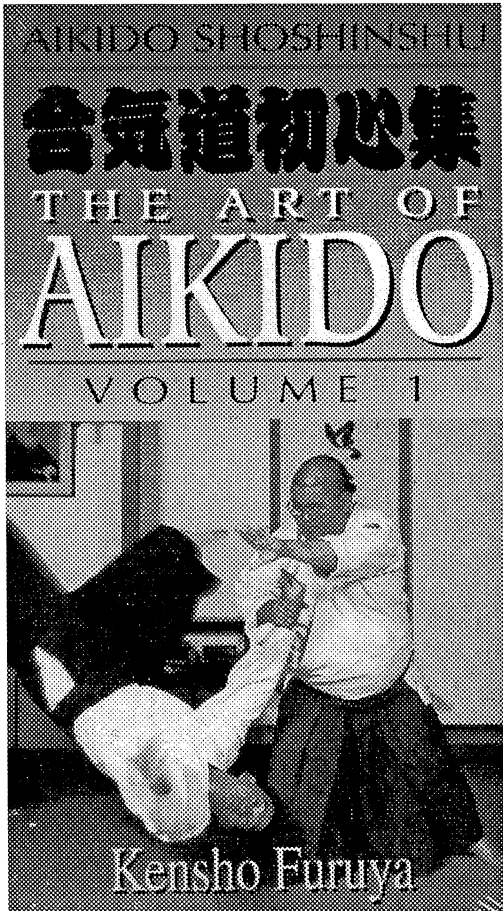
By Doshu Kisshomaru Ueshiba

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

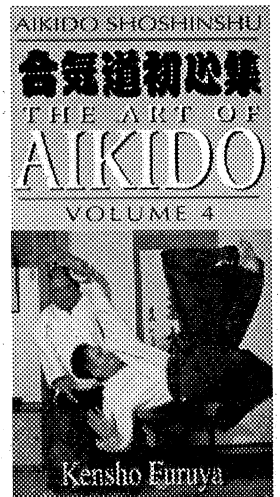
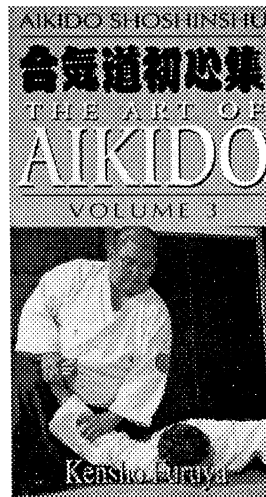
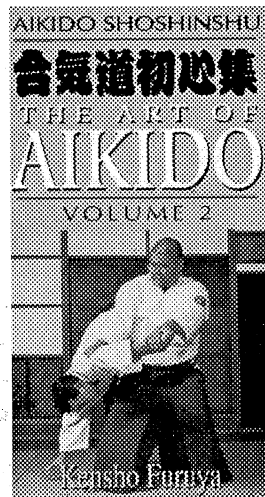
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

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



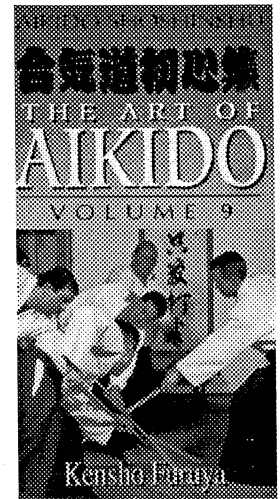
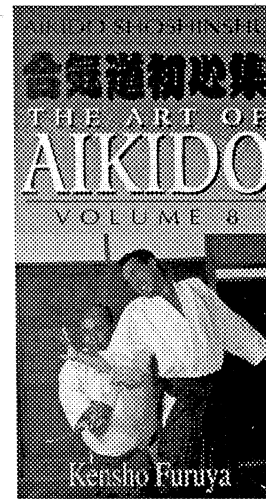
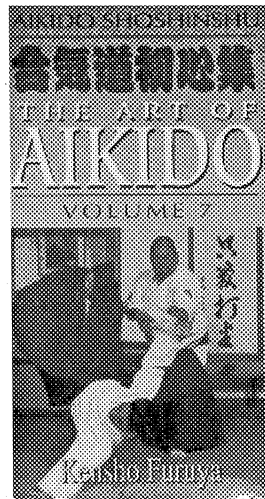
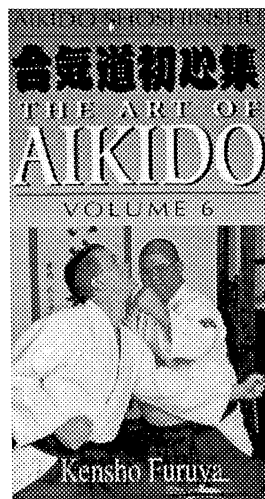
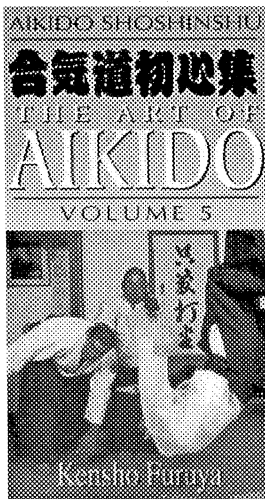
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



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

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

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



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

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

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

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

Jo: Basic long staff  
Fundamentals.

Complete 1st Degree  
Black Belt Examination

# Aikido

## TRAINING SCHEDULE

### Adult

### BEGINNING & OPEN

Monday thru Friday Evenings  
6:30pm-7:30pm

Monday, Tuesday &  
Thursday Evenings  
7:45pm-8:45pm

Saturday & Sunday Mornings  
10:15am-11:15am

Saturday Mornings  
9:00am-10:00am

## CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings: 9:00am-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 Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai.

### ATTENTION:

Please be cautious of people misusing Rev. Kensho Furuya's name and the name of the Aikido Center of Los Angeles to promote themselves and their schools but have no connection with us. We apologize for this inconvenience. *Aikido Center of Los Angeles.*

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

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

### IAIDO INTENSIVE SEMINAR

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

## AIKIDO & BUDO DISCUSSION GROUP

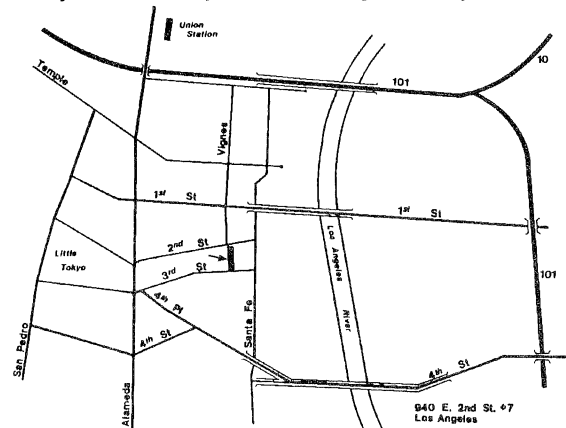
Every 2nd Wednesday of the month.  
7:45pm-9:00pm

Group Study & Discussion

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

## About the 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.