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# Aikido Center of Los Angeles

## The Aiki Dojo

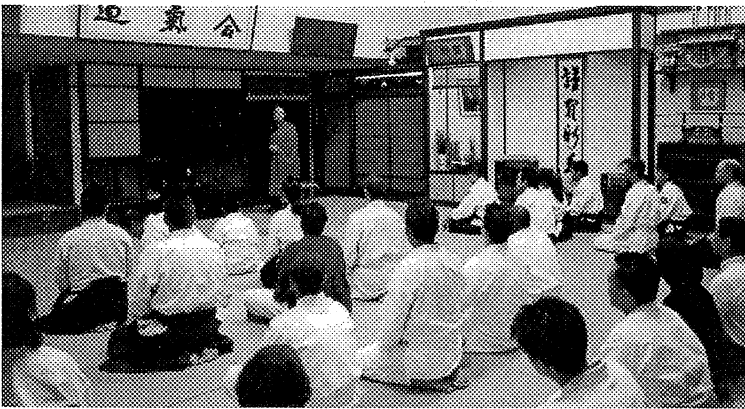
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters  
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.  
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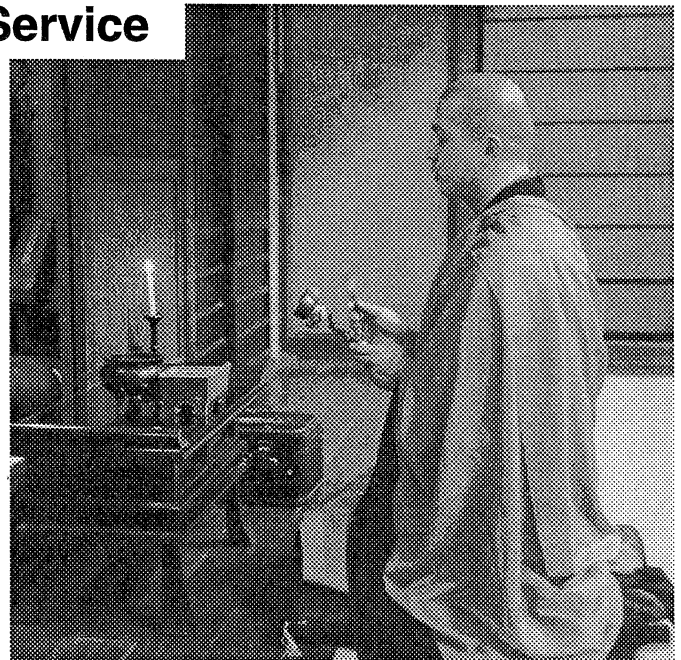
February 1, 2001

Volume XIX. Volume 2.

### 2nd Doshu's Sankaiki Memorial Service



3rd Anniversary Memorial Service for 2nd Doshu. January 6.



Rev. Shumyo Kojima offering sutras.

### Special Year-End Practice



On January 6, students gathered together after practice to observe the 3rd Memorial Service of the late Doshu Kisshomaru Ueshiba Sensei. The service was conducted by Rev. Shumyo Kojima. Over 30 students offered incense. Right: On December 30, we celebrated the end of the old and beginning of the New Year with a special practice from 6:30-8:30am in the morning.



Year end practice on December 30th, 6:30am training.

**Special Students' Essay Issue**

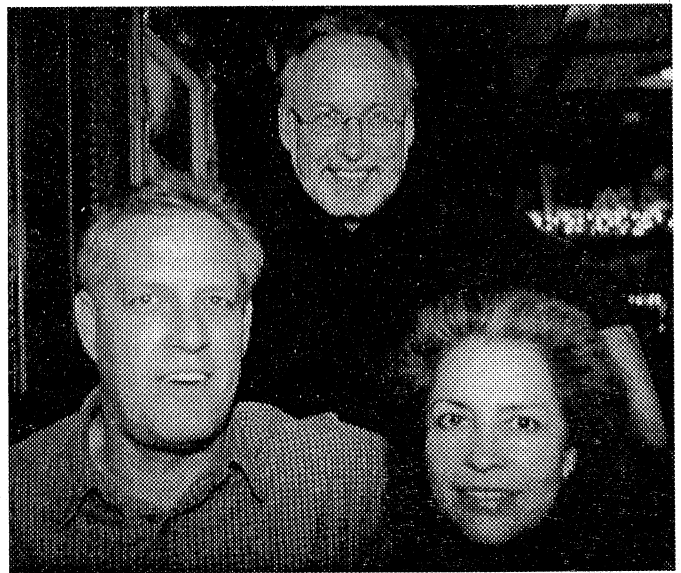
## Dojo Christmas Party Dec. 6



On December 6, the Dojo celebrated another wonderful Christmas Party. This time, at the Smoke House in Burbank. Everyone enjoyed a sumptuous dinner of prime rib or the BBQ ribs & chicken combination, and everyone wolfed down their famous cheese-garlic bread. Over 30 members attended and it was a very pleasant, quiet affair and but everyone had a great time. Because we have so few social events in the Dojo throughout the year, our Christmas party is very important. The Smoke House is well-known, well-established restaurant for all the movie industry people in the area. Each guest introduced themselves at the end of the party and Sensei received a wonderful Christmas present from all of the students. Our parties are great because there are no long speeches. Many thanks goes to Cheryl Lew and Carol Tanita who organized the event this year. Everyone had a good time!

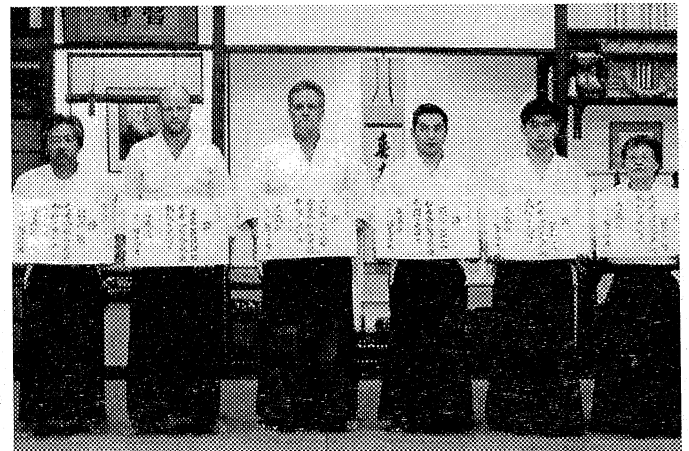


Our young Nicholas Tanita makes his Christmas greetings.

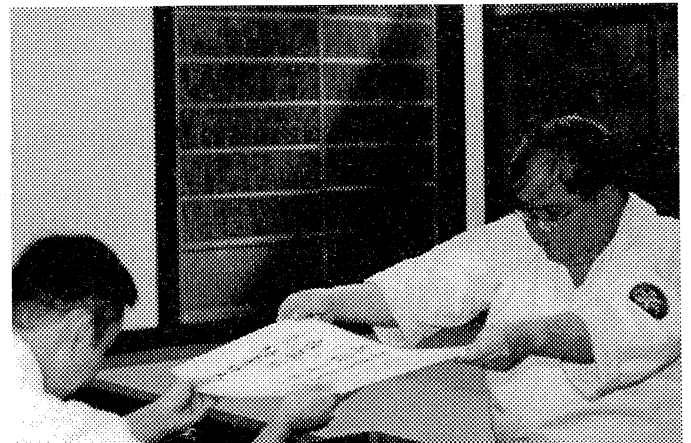


Mr. & Mrs. Tom Williams and a rare photo of our Larry Armstrong who usually takes the photos, enjoying a Merry Christmas party.

## Dan & Kyu Presentations Ceremony. Dec. 20.



Left to right: Norman Lew-3rd Dan, James MacDonald-1st Dan, Tom Williams-3rd Dan, Kenny Furuya-3rd Dan, Mark Ty-2nd Dan & Cheryl Lew-3rd Dan.



Dan Certificate from Hombu Dojo presented to Kenny Furuya.

**Aikido Center of Los Angeles  
NEWSLETTER**



Special Christmas Practice on Dec. 20.

**New Classes  
2001**

**Tuesdays 5:00-6:00pm  
Open-Beginning**

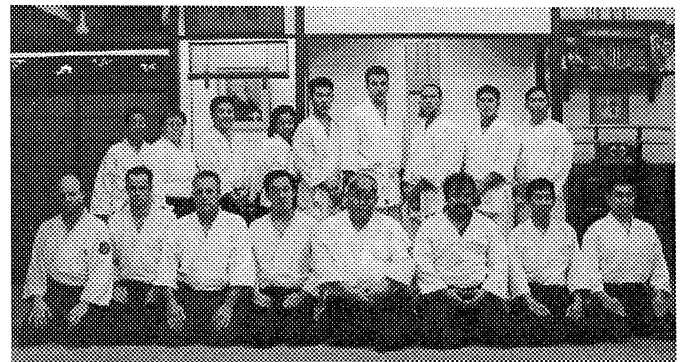
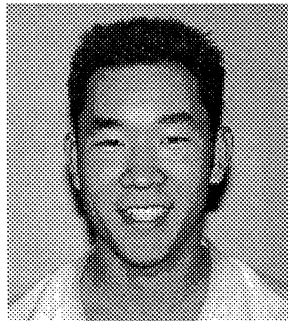
**Thursdays 12noon-1:00pm  
Open Beginning**

**Fridays 5:00-6:00pm  
Open-Beginning  
6:30-7:30pm  
Beginning Weapons**

**Saturdays 9:30-10:10am  
Beginning Weapons.**

**World Premiere Screening  
James Takata's Debut Film  
January 21.**

About 200 guests attended our World Premiere Screening of James Takata's "Remember Pearl Harbor" hosted by the director himself with many of the original cast in attendance. With three screenings and lotsa food, it was a great day and a very enjoyable and memorable event for everyone.



Luis Fernando Villa visits our Dojo on December 27 from Mexico, Federacion Mexicana de Aikido, Asociacion de Mexico de Chihuahua. Sensei presented him with our video & a signed KODO.



Many thanks to everyone who helped out with the Premiere, brought delicious appetizers and cleaned up the Dojo. It was a long but fun day in the Dojo.

**Top Training Hours 2000**

- |                             |                  |
|-----------------------------|------------------|
| <b>1. Mark Ty, 2nd Dan:</b> | <b>381 Hours</b> |
| 2. Cheryl Lew, 3rd Dan      | 229 "            |
| 3. James Doi, 4th Dan       | 223 "            |
| 4. Ken Watanabe, 4th Dan    | 221 "            |
| 5. Jim MacDonald, 1st Dan   | 209 "            |
| 6. Larry Armstrong, 2nd Dan | 198 "            |
| 7. Nic Nikolic, 2nd Kyu     | 193 "            |
| 8. Tom Williams, 3rd Dan    | 176 "            |
| 9. James Takata, 2nd Kyu    | 156 "            |
| 10. Mike Van Ruth, 2nd Dan  | 147 "            |

Special commendation goes to Mark Ty, a 21 years old student at USC, for number of hours of training throughout 2000. Plus Mark is also a full time Iaido student as well, also taking private lessons in Iaido, so his numbers are actually much higher for total number of hours of training.

Sensei's Message:

## **Visions For 2001: Life - A Continuous Work In Progress**

If I can be accused of anything it is that my ambitions grow smaller with every year. Perhaps some kind soul may say that I have become wiser and less attached to the material world - how wonderful that would be! But alas! I am not such a great and deserving person to achieve such enlightenment so soon; still, I believe (quite certain, to be exact), it is sadly many gazillion years away at my most sympathetic and optimistic estimate.

I fear my lack of ambition is the result of the usual, commonplace condition of sloth, laziness and ineptitude - horrible sins whether I desire to escape to a Christian or to a Buddhist world, whether I view it from either a Western or Eastern perspective. I argue that I am an old man yet, my friends and comrades argue to the contrary. I find such encouragement and friendship so cold and uncaring on such a body and soul ravaged by time and trials of trying to achieve very simply the simple life of a simple person.

As I view past deeds or misdeeds, if you prefer, I have no one to blame but myself - must it always be this way? How wonderful it would be if we all could say with total and irrefutable proof, "It is all your fault!" But we know that this is never so - especially for the life we choose to lead, in the Dojo struggling at our practice.

Life is Art. A continuous work in progress, we can say. The struggle will never end because it is such an essential element to our growth. Perhaps, it is more uplifting to say that we really don't struggle with life itself but we struggle with our lopsided, misguided, short-sighted view of life.

We take a clean canvas, perfect in its purity and, like a tagger in the night, begin to mar its surface with black lines or the outlines of our life. Lines which have some vague meaning to ourselves but to any other person, like most graffiti, only appears meaningless and incoherent and, at best, annoying in appearance.

When we are somewhat satisfied with this intrusion upon the purity of the canvas (and our lives as such), we begin to add color - our attempt to enhance and beautify the damage we have already committed. And in our attempts to achieve this elusive thing calling itself art, we only realize that all mistakes can never be propitiously preceded by the realization of the mistake itself and thus, more than materializing our sketch of life, we only add, change, cover-up, wipe-out or destroy the mistakes we have already made. But life is not so bleak as this, with more color, more mistakes, more changes, more compromises, more effort and somehow from the base destruction of the original purity of the canvas, something new and wonderful begins to emerge - this is our life. No sign left of our original purity but something else completely different and new - yes, this is our life and it is something very good.

The other day I was watching a science documentary on the transformation of a green, furry caterpillar into a beautiful butterfly, known as the Emperor's Purple in Japan because of the magnificent purple color of its wings. The transformation itself, in all honesty, emerging from its old bug-shaped self into this winged miracle of Nature was quite, I am sorry to say, disturbing, disgusting and immediately put me off my nighttime cookies and milk. Perhaps, our lives are like this. Somehow, pretty revolting at one point, but somehow and finally quite beautiful in the end.

But unlike this butterfly, we don't fly off and spend the rest of our lives sucking out the sap out of some tree in the mountains but we undergo further transformations and further growth, and all this is even more beautiful and incredible - indeed, this continuous work of art continues to amaze us - as it should amaze us, indeed - because it is the process of life at a personal scale which we call "self" and a process of life at the infinite scale, called "Nature" at its grandest scale, all in one ball of wax, as it were.

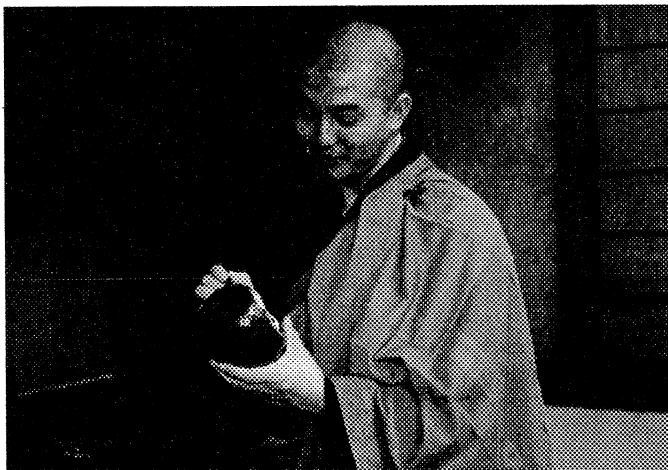
All of us experience this and we call this life but it is like the artist who can do his best work in his studio with everything at hand in familiar territory and a kind environment of custom, and like the scientist in his laboratory where everything can be controlled and measured and weighed and where we can clearly see "what's what," we have our Dojo, where, mixed along with the blood, sweat and tears, we have the perfect "artist's studio, the perfect scientist's lab, where we can perfect our life in a kind and friendly environment, where we can devote ourselves to our work of training with total concentration and commitment.

No one enters or disturbs the artist at work, no one enters the lab, while the experiment is in progress, and no one disturbs us while we are training to undergo more transformations, both of mind and body, of the spirit, of God, or Buddha. This is all a part of the canvas of life, all is a work in progress to something so beautiful and wonderful to make the most confident of any well-endowed butterfly cringe in envy and shake in disbelief.

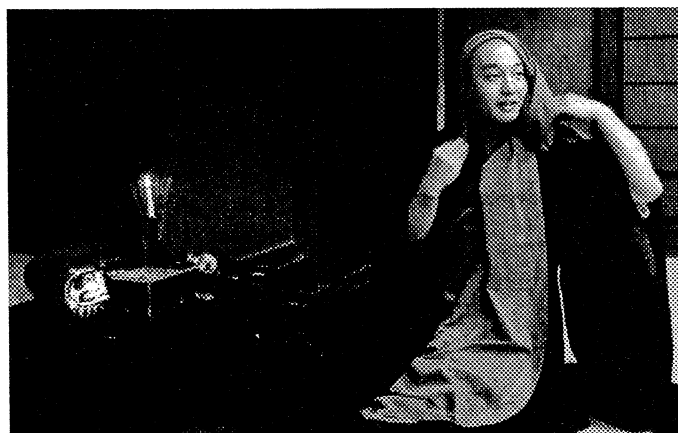
In a world where we esteem "choice" and "freedom," I rarely see anyone who has realized this. What I see is most people pulled in one direction and dragged away in another by known and unknown forces totally out of our control. We think we are making choices but we are not. We think we are enjoying freedom but we are not. We enjoy a vague, vacuous, profoundly visionary view of freedom and choice. What we fail to catch, I believe, is that freedom can only exist in order - an order born out of harmony, not power, not politics, and certainly not out of our own willfulness and ignorance. Order is only a refinement of disorder and materializes itself only in the spiritual and can be practiced only in enlightenment. Refinement itself, again, is only a part of this work in progress.

We cannot realize perfect freedom, so forget about it. Perfect freedom means that you must give up everything in the world. Perfectly free, what a sorry sight you will be parading your naked backside around everyone, so forget about it! This is what I mean by spiritual process. Besides, your enemies will never permit you to be free, the telephone company, the utilities company and rivals will never permit you to be free. Forget it!

## 2nd Doshu's Sankaiki:



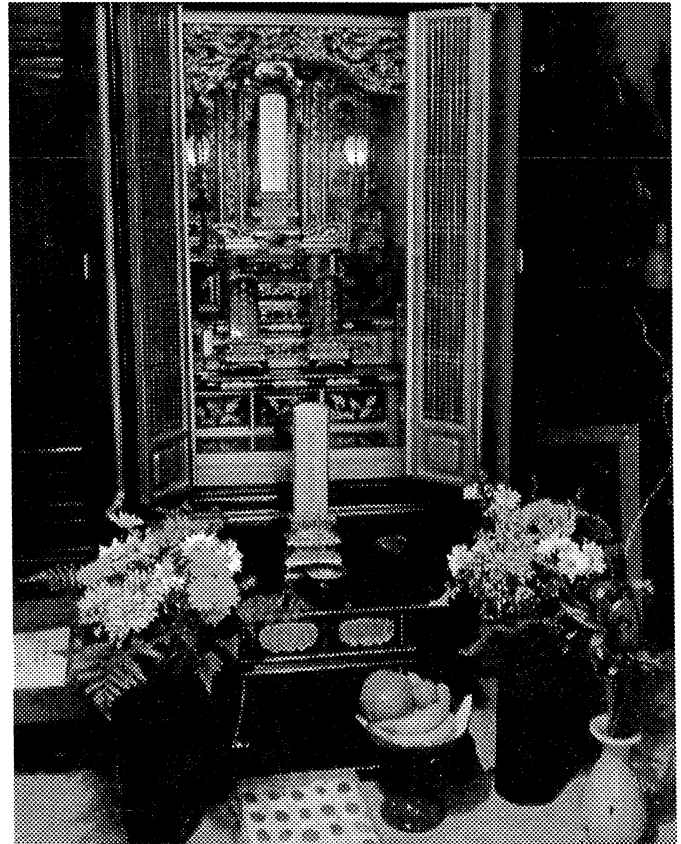
Kojima Sensei putting one eye for the Daruma-san for the prosperity of the Dojo and success of our upcoming seminar in May.



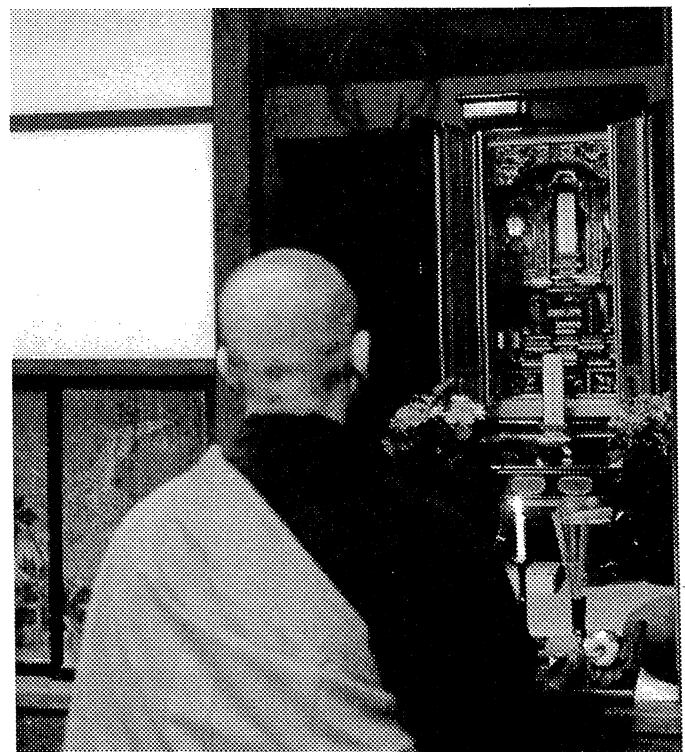
Explaining who is Daruma-san. Kojima Sensei giving sermon.

### Sensei's Message Continued:

Find freedom in another way. Find freedom in the only place it can truly exist - inside your heart, inside your soul and inside your mind. If you can realize your freedom here, you will find that you have, at the very same time, realized freedom in your entire world.



The Dojo Butsudo and Zendo, meditation room.



Rev. Shumyo Kojima conducted the Sankaiki Service for the late 2nd Doshu Kisshomaru Ueshiba Sensei and presented a sermon also explaining the meaning of the Japanese New Year's *shochikubai* or pine, bamboo and plum blossom. January 6.

## Jackie Chan Visits Dojo Over Holidays



Well known Kung fu movie star and director, Jackie Chan with Sensei.

### A Thank You Letter:

01-22-01. Dear Reverend Furuya, I wanted to write and thank you for your selfless generosity in sharing your thoughts and words as you walk the path in this world as a spiritual martial artist. Your book is a much read and loved part of our library, as are your daily thoughts posted on your web site. I was inspired to write after I read back over January and discovered your new year's day entry. Though I am not your student, my prayers and thanks went to you at the new year because of how hard I know teachers of your caliber work all year long. Also because of the special role reading your book played in my at home study over the course of the past year.

My own teacher's lessons are so filled with the universal truth that you speak of and relay in your writing that it makes me feel less homesick for my dojo and class to read your book when my classes are not in session or I am unable to attend. This made the discovery of your book last year particularly poignant for me because when I read your book the first time I was eight months pregnant with my son, and first child. Obviously, my training was significantly changed to accommodate the needs of a expectant mother and I was removed from my regular class to take part in a special class combining all the things I would need for my Martial Art pregnancy.

As an advanced student on the verge of my black sash, there were many mental and spiritual challenges to suddenly dropping out of the intensity of regular training. Although I had fellow students who kept me abreast of the in-class lectures I was missing, no one can paraphrase the magnitude or the 'Ki' of a spontaneous training lecture. I fully and gratefully accepted that it was not meant to be for me to be in that part of class, and that my 'class' had become my daily sparring with myself, redirecting the energy of the countless fears and emotions that go along with becoming a mother. But it took time and guidance from my teachers to do it with any semblance of spiritual grace. You see, our school trains in all seasons, indoors and outdoors. In the summer as I was becoming bigger and slower, my classmates were training in the river water and mud of spring, and the radiant sunshine and pinefragrant air of our Maine landscape. I missed going to class

terribly, but came to understand that there were some wonderful surprises involved with being a martial art mom to be. Due to my efforts in the class style assigned to me through stretching, meditation, and chi gung, I did not experience the back aches or the swollen ankles that most women receive during their pregnancy. Also, my mood swings were very mild and dealt with in a martial art way utilizing breathing and meditation. But the true indication of the positive effects of my special training during my pregnancy is my son himself.

I chose not to take a birthing class like La Mazz because I planned to do the breathing I had been training for years instead, and to deal with the pain of birth using all the skills I had been training as a spiritual martial artist. My labor lasted for 30 hours before the doctors decided to do a caesarean section. I didn't allow pain medication until the 24th hour and then only the mildest form. Two of my ers were with my mother and husband in the labor room. The rest of my friends, teachers and my Sifu came to wait in the waiting room. I was humbled and honored that they waited through the whole marathon to finally meet the newest and youngest student at the dojo.

He was born 5 minutes before midnight and he had the unusual strength to hold his head up to look around at the new faces he was seeing for the first time. Though I had a section delivery, I was never 'put to sleep' and was awake for the whole process, the first part of my son that I saw was a little fist striking straight up to the sky. I thought it was a fitting introduction for such a young future student.

Twenty minutes after the birth, I was rolled out of the operation room to join everyone waiting with the baby, (whose father had whisked away while they finished my stitches). After a few moments, my Sifu stepped forward and presented to me my black sash. Though I tried to remain calm on the outside, evidently the monitors still attached to me gave me away because a nurse came dashing in to see what happened because I'd set a heart rate alarm off on the monitor outside! I was overwhelmed with humbleness, gratitude and awe! What a full day! The gift of the birth of my son forever entwined with the beginning of my life as a black sash!

Five months later my son is still unusually strong, also deciding at six weeks of age that standing up was preferred over being cradled. At five months he is trying to take steps, (with a spotter attached, of course) and his grip, especially on hair and mustaches, is astounding. He rarely cries, and has a smile that gladdens the weariest soul. Your book Kodo continues to play an important part in my training since it continues to be part of my regular reading. It has been a tremendous help in continuing to ease the homesickness of class since I have a long way to go before I am physically back to speed or left with uninterrupted training time to spare away from the full time care of an infant. He will only be this little once, and it is a pure and magical experience. Which leads me to the reason I have given such a long and detailed introduction before making my humble request. As I look forward to reading Kodo to my son, I am wondering if I mailed to you our copy of the book if you would be interested in signing it for him? Well, for our whole family really, my husband and I have long admired your work, your skill, and your knowledge of this beautiful living art of peace, but most of all you are to be known to our son as one of the modern heroes of our time as a teacher who has worked so hard to share the heart and spirit of the art of ai-ki-do with so many, and continue to do so.

My husband has emailed you before, so you may recognize the address, thank you for taking the time to read our family story and consider my humble request. May I also respectfully ask that my story not be placed on the web page due to its personal nature. Gratefully and Sincerely, Katherine G. Editor's Note: Thank you so much.

## A Thankful Heart

**Jonathan Tien, 2nd Kyu**

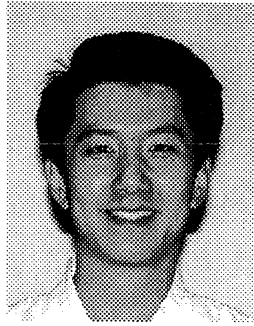
After a Saturday morning practice not so long ago, I knelt next to Sensei, as he sat on the stacked mats with his arms crossed, and made casual conversation with the students. Suddenly, he turned to me and, in his usual gentle and tranquil manner, said, "Jonathan, why don't you write an article for the dojo's February newsletter." Faced with such unexpected honor, I immediately replied "Hai (yes), Sensei." For a split second, Sensei appeared to be content about his decision and command. But the next few words out of my mouth dramatically changed, if not completely reversed, his mood. Being the dim-witted man that I am, I asked, "Sensei, what do you want me to write about?" (The question seemed appropriate and harmless when it was still in my head!) Almost dumbfounded by this question, Sensei looked at me sternly and replied "Of course, about Aikido. What else do you think I would ask you to write about?"

His face frowned. His shoulders humped. He adjusted the way he sat. He was visibly irritated. Sensei was probably thinking, "Instead of asking this idiot student of mine to write an article, I should ban him from the dojo for a year!" Despite the miserable predicament I created for myself, surrounding students made little effort to conceal their laughter. I didn't know if I deserved to be punished for such a stupid question or complimented for my unique ability to upset a Zen priest. Of course, comments from a couple of sarcastic black belts that followed did not help my case at all. One stated (I won't mention any names), "Jonathan, did you think Sensei wanted you to write about the Kama Sutra?" That, of course, triggered even more laughter. Trying to ease my embarrassment, I attempted humor and replied, "If Sensei wanted me to write about the Kama Sutra, I would need more than just a couple of pages."

I guess I asked the question because, first, I just wanted to clarify my task. Second, I simply did not think that Sensei would ask me, a complete beginner, to write about Aikido. While driving out of the parking lot behind the dojo, and contemplating this seemingly infinitely difficult task, I said to myself, "What do I know about Aikido?!"

Nonetheless, this martial art that I know very little about is now an important part of my life, and something that I have learned to love. One reason I enjoy training so much is because it teaches me humility. Practice can become frustrating for me sometimes due to my own incompetence. However, I find this humbling experience necessary for growth and improvement, not just for my Aikido skills, but my character as well. Therefore, I treat my challenges outside the dojo with the same patience and open-mindedness. With enough time and undeterred effort, anything is possible.

In addition, training also helps me to relax and focus. I don't know how to explain it, but walking into the dojo does something to me. This feeling was especially evident the first time I entered the dojo. As I negotiated my way up the tiny steps and through the narrow passageway, no one seemed to be inside because the dojo was so quiet. But very quickly, I realized there were plenty of students on the mat. There was no sound only because they were concentrating and preparing themselves for the class that was soon to commence. Along with



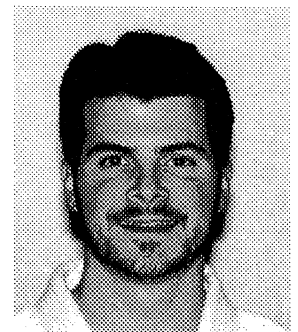
all the words of wisdom and encouragement displayed on the walls, I knew there and then that this is the ideal place to train. So for every practice, I bow in, forget about my troubles, and learn. Consequently, the dojo has become almost a sanctuary for me. I often feel out of place in this modern world. All the values such as honor, selflessness, moral courage, and loyalty that I wish to preserve and practice seem so irrelevant in an increasingly superficial and materialistic society. But in our small dojo in the remote corner of downtown LA, the anachronism of traditional values is the only thing that matters. With every bow rendered, every ukemi taken, and every technique exchanged, a priceless art form and way of life is continued.

The short certificate ceremony we had recently became a memorable experience for me. I was, of course, ecstatic about being promoted, even though, I wondered if I deserved such a promotion. But, what impressed me most was watching the black belts receive their certifications. I think, unless a person trains at our dojo, he or she could not understand the significance of this accomplishment. Despite what I would consider as a great honor to receive "Dan" (black belt degrees) promotions from Sensei, all black belts appeared to accept their certifications with just a sense of quiet satisfaction, no brash bravado or overt celebration. I suppose their judgment of self-worth as an Aikido practitioner comes, not from a piece of paper, but years of dedication and hard work that shall continue well into the future.

In the end, I would just like to say that I am very thankful to have the opportunity to train at our dojo. More and more, I recognize Aikido and, especially, Sensei's teachings as rare gifts. Moreover, I also want to thank everyone for tolerating my clumsiness.

## Frequent Failure

**Steven Shaw, Mu- Kyu**



Aikido is like Baraka, an ancient Sufi word which translates as a blessing, or as the breath or essence of life from which the evolutionary process unfolds. As humans we are constantly evolving. Change, after all, is the only constant in life. Sometimes in the middle of a training session, I am alert enough to catch a glimpse of the depth and magnitude of the balletic violence of this most encompassing art. This glimpse propels me to embrace harmony, peace, and understanding, but most of the time I reside in my head trying to break away from the many stages of my self. From, "What was that?", when seeing a technique for the first time, to "OK," to "No, that's not it," to, "I think I've got it," to, "Aw, man!", all these internal ups and downs that prevent me from grasping the technique, not to mention, at times, my opponents arm.

When I am able to just be, I see, and then I am in so much awe mixed with the excitement of new discovery. "One small step for man..." and I want to run over and hug my teacher and thank him for what he's shown me. But that wouldn't be proper, so I don't. Those are the times when I feel so fortunate for life with which I can train, and an amazing teacher to show me the way. Then there's the antithesis. I am so stuck in my head that no amount of my body

Continued.

### **Frequent Failure continued:**

slamming the mat, or wrist wrenching or anything can release my stubborn attachments. That's when I'm thankful and grateful for the patience of my teacher and his students. I feel unworthy of the greatness that surrounds me, but grateful for the opportunity to feel all aspects of my humanity. As a white belt, a very white belt, Aikido is life. Full of mystery, joy, disappointment, excitement, pain, smiles, frowns, tears, warmth, and cold. It is a path to reach enlightenment, and one I excite to walk with all of you. I make many mistakes, but that's how I learn. I must allow myself to fail in order to succeed. The goal is to learn from mistakes and not continually do the same wrong thing, remaining stagnant. Stagnation is death, the opposite of life, and Aikido. I want to grow and flow. But, I am a silly man pontificating about a subject of which I have such finite understandings. I am just struggling to understand. That's Aikido, too. Struggle with myself, my body, my mind, my life, I just want to be better. I want to be a better student, a better teacher, a better husband, a better son, a better friend, and a better person. That is ultimately why I study everything that I do, to be a better person.

## **Poetry In Practice**

**Shelley Santo, 6th Kyu**



Shortly after I began my Aikido training at the Dojo, my grandfather passed away. He was a small framed man with silver-rimmed glasses and a white fishing cap to hide his ever-receding hairline. At the age of 86, he walked with a slight limp from years of hard labor, and would often weeze while speaking from even more years of smoking. A contractor by trait, but a poet by heart, grandfather always had an opinion on something. He was ceaseless in his persistence to improve himself and would ask no less from the rest of us. Every morning as a kid, my grandfather would wake at the crack of dawn, gather my sister and I, and head out for his morning ritual swim in the pacific. He seemed to swim for hours into the horizon and return just before the tide change. In those days, the pollution from neighboring islands and our own island run-off would stain the Oahu shoreline by mid-morning. It was a ritual we often disliked since we were too small to keep up with him, but adored for a chance to spend time together. He spoke few words and often confused my sister and I, but the words he departed still ring true today. He found the practicing of an art, any art, to be the true enjoyment of mastering it. Whether it be swimming, building, or martial arts, the poetics of practice is the source of inspiration for any student. He felt it was impossible to ever reach a point where one could consider themselves a master if one was continually practicing. For him, a master was a position you strived towards but could never reach. It is in the struggle for this title which lies the true nature of a master artisan.

While I have struggled with my on rituals of practice, I realize my grandfather's wisdom still influence my daily life. It is still difficult to remain consistent with my aikido training, but anything worth mastering requires certain sacrifices. The daily routine of work and social obligations may interfere with my training, but it is the struggle to try and balance these multiple agendas which is the true reward for me. Through aikido, I have come to understand my grandfather's words and teachings. As my family approaches the one year anniversary of his passing, it is a time to reflect on the events of the year and

what we have accomplished to honor his memory. I have remained with aikido and continue to struggle with sensei's teachings and techniques. It is a constant battle to train and grow, but it is a battle worth enduring. The poetics of practice and my grandfather's beliefs remain my constant inspiration.

## **Year One Of Aikido Or What Am I Doing In This Dojo?**

**by Kathleen Takata, 6th Kyu**



At the end of this month I will observe my first year anniversary practicing aikido. I'm not sure why I decided to practice aikido or what exactly brought me to this dojo to learn aikido but one year ago I found myself attending practice. Since that moment the question has often formed in my mind, What am I doing in this dojo?

Learning to practice aikido has been very difficult for me. Despite my Asian appearance, my mindset and 99% of my cultural frame of reference is Western European. I speak a little Italian, can read enough French to travel and eat but am non-functioning with the Japanese language. (My ancestors arrived in California from Japan in the 1880,s or thereabouts.) Add to this my own learning idiosyncrasies. I am a visual and cerebral person unused to physical enterprise. Until aikido almost everything I learned was read from a book. When I took ballet lessons I was fine at the barre but miserably inept on the floor. With this information perhaps you can begin to understand my confusion when I attended my first practice.

It was such a struggle to absorb what I was seeing and then to try to replicate that action. Watching the instructor perform a movement with a senior student I felt visually overwhelmed. I no longer could tell right from left or backward and forward when it was time to repeat this movement with another student. I felt like the dunce of the class and each and every class I attended for months after that. Many times I felt total mental meltdown along with the visual confusion. What I am doing in this dojo? I struggled to figure out what I was seeing. No matter how hard I watched I just didn,t understand what I was seeing. There was so much to comprehend and I felt so uncomprehending. I thought that I needed to read a description of the moves. I needed a diagram to explain to me what as happening. So I bought several books and I read. I watched some of Sensei's excellent videos. Still no comprehension magically appeared.

I attended class as regularly as possible but the demands of life outside of the dojo are many and they all compete for the limited number of hours in a day. There were periods of weeks at a time when I was not able to attend practice. But each time I returned and I continued to struggle. I often became discouraged. I even had difficulty learning how to fold my hakama correctly! But gradually I began to see, to understand what I was seeing. My eyes began to feel reconnected to my brain, though my arms and legs were much slower to respond. In writing down my thoughts for this article, I realize that now I can do some of the movements without "thinking" about them. I can often see what is being demonstrated. Continued.



## When Later Becomes Now

**Mike Krokowski, 6th Kyu**



I am not sure if I have anything to offer anyone who reads this article, but I can share with you a transformation that has been taking place in me since my move to Los Angeles five months ago. It was a very spontaneous decision for me to move from New York to LA but definitely one that felt right. I found the Aikido Center of Los Angeles on the world wide web when I was excitedly poking around for things to do in LA--namely new martial arts schools! A chance to start over. I was somewhat hesitant about becoming an Aikido student because I have been interested in taking Aikido for many years but never really felt worthy of it. Aikido seemed so advanced. Something that I would study later in life, when I was more mature. By "chance" I ended up moving very close to this very dojo and took it as a sign that I was to join, doing so only one day after arriving in LA. All the positive things that have happened to me since that day, I can be fairly sure, are due to training under Sensei and not simply a move to a new place (I have moved to six different cities after graduating college and have yet to experience such a noticeable change inside of me as I have felt here).

Since I was very young I have had an extremely short attention span. This would cause much trouble for me in school over the years. Martial arts helped me to focus my frustrations and energy into something more "constructive". What I didn't realize at the time was that most of my instructors were basically gym teachers with violent tendencies. I was learning respect, yes, but I was also learning how to hurt people. I have dabbled in a few different martial arts since I was a boy (I even have a black belt in Tae Kwon Do hiding in my past somewhere). I was chasing trophies, rank advancement, and outer victories. I do not remember being taught anything concerning philosophy, energy-flow, and certainly not love! I was being taught complex systems of "self-defense". Feints and counter attacks. How to hide my weaknesses from my opponent and how to find his. Never a perfect arc or circle. Never really making sense. In Escrima one always uses the closest hand, stick or knife to attack, trying to be efficient. Always aggressive attacking. Never any Philosophy, just attack. Maybe there was more being taught that I could not see. I just saw flashy, sometimes fun, empty, dead, attacking. I longed for a deeper meaning.

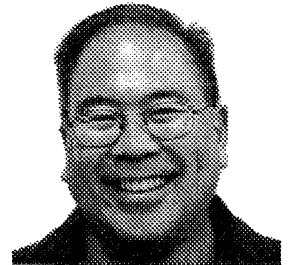
Through the years I guess I gave up on the, "where did we come from, why are we here, and where are we going?" line of questioning and replaced it with, "what is important in life?". This new way of thinking has led me to more stress instead of less stress! A strong desire to change the things I don't believe in (to make the world a "better" place) began to slow my progress in life and at work. It felt so hopeless to try and change the world! Then I read something that Sensei wrote to me that simply said that I should worry about me, instead of every one else. Sensei writes: "In training, it is not necessary to judge others, just correct your own actions. I cannot change the world, hopefully, those who read the daily messages and come to my dojo for training under me will get something to benefit their lives. By correcting and developing yourself you will positively influence others. Otherwise, we must go to the Mid-East and solve their problems, we

must go to 3rd world countries and solve their hunger, etc. I don't know how to do this, but I can teach those who come to me."

An incredible weight was lifted from my shoulders when I read this. Things around me began to simplify before my eyes. I became less worried about my career and my place in society only to realize it was me, all along, that needed the changing. Less worry about the things around me that I have no control of has lead me to more understanding within me. Aikido has helped me to slow down, to take a look around and inside and not to rush through the process of learning. In my novice opinion, Aikido seems to be a slow process. Ever-humbling. Never once have I left the dojo feeling good about myself. Never feeling as if I have made any progress. How can I be learning anything if I can barely remember anything between classes? What is seeping into my impatient skull, however, is an overwhelming feeling of peace. Peace of mind and a stillness of self that I have felt at no other time in my short life. Thanks to Aikido, I am less worried about where I "should" be in life, paying more attention to where I am in the process of my life and my career. Learning to carefully observe, take small steps and to concentrate on what I am doing is slowly bringing me to a new way of looking at life. Thank you Sensei, black belts and fellow students for your caring support in the form of whispered instruction and good example.

## Aikido #101

**John Katagi, 6th Kyu**



My introduction to Aikido began, not in the summer of 2000, but long before. As a fifth-grader growing up in south-central Los Angeles, my parents were a little concerned for my safety and well-being. Not having the financial resources to enroll me in a martial arts program, my father came home one day with a paperback entitled "The Secret of Aikido." I am not exactly sure of the name of the book, but it had been written by an "Ueshiba Sensei" and translated into English. The front cover pictured a elderly bearded man throwing someone to the ground.

I remember reading the book and trying to understand the technique, but I had no one to demonstrate what I was supposed to do. And having the perseverance and attention span of most ten year olds, I soon put the book away and figured that I would take my chances with my rough-and-tumble neighborhood. The book was soon forgotten as I turned to other things.

How interesting to be able to return to that childhood introduction thirty-eight years later! Of course I have come to discover that I am no longer that young, energetic child of ten. Simple math should easily give away my age. After a few weeks of practice at the dojo, I began to wonder if I hadn't overextended myself. But thanks to the encouragement of some of the other "senior" students like Larry, Cheryl and Tom, who pointed out that age didn't have to be a factor; the genuine enthusiasm of Ken, Mark, Jim and Mike, together with some patient words for me from Sensei, I have determined not to "put away" Aikido like I did as a child.

That's not always easy with work and family commitments, vacations and business trips. I have sat in meetings at the Museum at 6:30pm

thinking about the warm up exercises or on a plane at 7:25pm thinking about how I better my kokyu-dosa. Sometimes, like Sensei says on the website, I just get lazy and decide to take it easy at home after a 60 hour week. Of course those days away from the dojo put me way back in terms of my progress and I find that I have to work all the harder to come back into shape and technique! Has it gotten easier? Hmm. Probably not. I still get winded and it appears that if there was a black belt given for sweating, I would have already earned it. <grin> But little by little, the stamina seems to be building and I find myself enjoying my time in the dojo. This last year and a half have been full of major changes in my life: relationships, career, residence. It's been a struggle at times. But if you were to ask me what the most positive change has been, I would have to tell you: It's been Aikido. Thank you to all the dojo members who have encouraged me in these last seven months!

## My Son & Aikido

Carol Tanita, Aikido 5th Kyu

My son Nicholas is the reason I became interested in Aikido. He was first introduced to it from the Buddhist Day Camp at Nishi Honganji. The Day Camp went to visit the Dojo and saw a demonstration given by Sensei and some of the black belts. It must have made an impression on Nicholas, because he actually talked about it and seemed to be interested in it. I had been trying to get him into some type of sports, and team sports was out of the question. I tried to have him play basketball and other sports, but it was very difficult for him. I say this because a year earlier, Nicholas was diagnosed as high-functioning autistic. Nicholas' particular type of autism sometimes hinders his understanding of everyday social situations. Abstract concepts tend to be very difficult. With Aikido, I think his center of focus will improve, as well as his self confidence. If Nicholas' self confidence improves, then I feel that his desire to practice and develop his skills will grow as well. Since Aikido was something HE seemed interested in, rather than his mother pushing him into it, I hoped that Aikido would become an everyday part of his life, and that he would want to further his training in the art. He has been practicing in the children's class now for over two years, and now attends some of the adult beginner's classes. It means a lot to me because it seems to be part of his "routine" now, and I very rarely have to remind him that it's time for practice. This is a big milestone for Nicholas, because there has been nothing else he has tried that has lasted this long for Nicholas. My heart melts when I see him laughing with some of the black belts and older students because I see a personal growth in him that wasn't there a few months ago. To see him laugh and actually enjoying the practices is the best reward anyone could give. I find that coming to practice with Nicholas has helped our relationship and give us time to do something together. I myself look forward to coming to practice.

I find the Dojo very calming and peaceful. I enjoy the beautiful Japanese artifacts and the feeling of being in a traditional dojo. It's like being in another world, away from the noisy downtown craziness I face everyday. I have such a long way to go in Aikido, having just started last August, but were it not for Sensei and Ken and all of the very patient and helpful black belts and senior students, I don't think I would be here still. Sometimes, I feel I'm too old or too busy to prac-



tice Aikido, but I have started to want to change my lifestyle around so that I can incorporate Aikido into my life. I also would not be setting a good example for Nicholas if I made excuses, too. So I guess it goes both ways. Were it not for that one demonstration two years ago, Nicholas and I would never have started Aikido. I hope that you continue to perpetuate the art of Aikido through your demonstrations. It made a difference in our lives. It could make a difference in others as well. From a mother's heart, thank you Sensei and everyone in the Dojo for your guidance and patience as Nicholas and I make our way in Aikido.

## Black & White

Rev. Kensho Furuya

I thought for a special New Year's Issue for the New Millennium, I would ask the black belts to write articles about Aikido and their training and what I received was beyond my wildest expectations. There were many excellent articles for a very nice, I thought, January issue. For this reason, I decided to request articles from our white belts, for this February issue, and, as you can see, we have many excellent articles for this issue as well.

As entertaining and instructive as these articles are for you, I hope, they have been extremely enlightening for me and I think I have gotten to know my students a little better, at least, a few students have revealed a side to me that I have never noticed before. I have also realized that we have many great writers in the Dojo despite their protests and denials.

I have read these articles over and over many times to study the different points of view and how each student interprets or understands their practice. I am also trying to understand how people comprehend what I am trying to teach and how I am able or unable, as the case may be, to communicate to each and every one of my students.

What has been the greatest reward for me to read these articles is to see a very real progression of training and a real maturity in each students' thinking. As I give myself a pat on the back, I really must congratulate my students on their efforts in their training and perhaps, more than anything else, for their extraordinary patience and "purple heart" tolerance with their teacher.

I see my black belts exhibit good focus on their training, a practical knowledge of how to train and use Aikido as a positive life tool and strong sense of defining their lives with clarity and direction. I am happy to see that Aikido is more than a martial art but a "life" art as well.

In my white belts, I see great confusion, anxiety and misdirection. I see a desire to understand and struggle to find a light at the end of the tunnel. I see a perception of something good but what that is they are not quite sure yet. This is great! I couldn't ask for anything more! All aspiration to learn brings great doubt and confusion. Doubt and confusion is the first great step towards understanding. It is the beginning students who come into the Dojo thinking, "I know all this," "this is easy," or "where's my black belt," that worry me greatly.

Learning is always a struggle and sometimes the struggle is the greater beneficial process than the eventual understanding. When I first became a priest, I was so confused about everything. The rule was, I found out later, that you are only told 70%. The rest you must

**Black & White continued:**

find out for yourself in your practice. "Finding out for yourself" is where you get the strength to really learn. While thinking about these articles, I happened to watch a program on the merging butterfly from the cocoon, done with a modern filming technique which documented the entire process, second by split-second. I realized the struggle to emerge was as important as the final spreading of the wings. The logical step to cut the confining cocoon to help the butterfly out would only kill it. Indeed, human life in the transformation and the struggle to emerge is truly a wonderful process of Nature. Beginning students struggle to understand and as we advance, we continue to refine our understanding. Thank you for all of your articles.

## Greetings From Juarez, Mexico. Jan. 12.

Dear Sensei: Apologies on not writing you faster, family, work and dojo (of course!) kept me busy for the last two weeks, (also I got the flu and things and things got slower). I wish to thank you on allowing me to practice in your Dojo, for me it was the beginning of an endeavor of trying to meet you and the first step I hope, for us to get better acquainted, please say hello to everyone and Thank them for their kindness and practice, "special hello and thank you" to Mr. Tom Williams who was kind enough to see that I got to the correct Bus stop and made sure I was ok, please tell him: "Muchas gracias de su Amigo en México".

I was very impressed on traditional protocol and style of your dojo, I follow it, and Moreno Sensei follows it in Mexico city, however this is something I'm seeing lost more and more every day, I'm also trying to "discover" myself in Aikido, this is my third martial Art with it being my last, I started at 14 with Goju ryu karate reaching nidan, passing via kenpo reaching I-tuan (black belt 1st), but my "awakening" was done in Aikido and the study of Budo, some questions (not all listed) arose with this I hope you can help me:

- 1).- What is the difference in an Aikidoka and an Aikidoist or is it the same?
- 2).- Should Aikido practice be "more martial" or tending eventually to be "less martial", as I told you, I started in Yoshinkan before changing to aikikai and have had my share of practicing with Shin Shin toitsu, tomiky also with Dayto ryu stylist and every sensei has got not necessary an opinion but different attitudes
- 3).- I want humbly to get started in Iaido and/or Kendo, but as you know I want to be very careful in choosing a Dojo and a Sensei may I request training under you and if so, what should I do to start?.
- 4).- Do you have any text or video on Iaido?
- 5).- Training in Budo, I'm trying to follow Japanese culture to the best of my ability and knowledge, is this correct or could it be viewed not appropriate to be in Budo "more Japanese" than the Japanese?
- 6).- Moreno Sensei gave the responsibility (and honor) of spreading Aikido in the North of Mexico (Chihuahua), this has started but it has slowed my development towards my Dojo and my self, any thoughts based on your first experiences in USC? For your time spent reading my letter and for your help thousand thanks you or anyone can also say hello in aikiach@yahoo.com .

**Sensei's Reply:**

Thank you for your email. If you are interested in increasing your practice, you should come to visit us often You are always welcome.

1. Aikidoka (Japanese) and Aikidoist (English) mean the same thing.
2. O'Sensei achieved the "true martial art" so that we should always

look at Aikido from the standpoint of a martial art. It doesn't mean to be harsh or militaristic, it does mean that the techniques be executed correctly and effectively. If we lose the sense of a martial art, the techniques will become meaningless forms or exercises - we will then lose the meaning of Aikido itself. It is like buying a car. No matter how pretty and clean it looks from the well. from the outside, it is important that the engine and all the insides work very well. The smooth running of the car is more important than the outside paint job. Aikido which has lost its martial arts value is like a beautiful car but does run because the engine is broken.

3. You are most welcome to start training with me. You need to train in some classes to be introduced into the basics. Perhaps, sometime, one of my instructors can visit you, who can teach both Aikido and Iaido, if you can't come here often. It is important to get a strong mastery of the fundamentals first.

4. Not yet. Sometime this year.

5. Japanese society is changing very rapidly over the last several decades, even Japanese are complaining about this as Japanese becomes more Westernized and modernized. The important part of Japanese culture that you want to emphasize as far as Japanese etiquette goes in the martial arts, is its deep humanity and philosophy of self-development and self-realization. We should try to preserve the etiquette in Aikido because it teaches us mutual respect and it is an expression of our discipline and training.

6. As an instructor, I can only say that you must always try to fair, honest and open. In order to develop good Aikido, you must become a good Aikidoist first. In order to develop good people, you must always try to be a good person. Finally, my own personal viewpoint is: "always put your students first before anything, honor and respect Aikido, always show your gratitude to O'Sensei."

### Year One of Aikido Or What Am I Doing In This Dojo? By Kathleen Takata

The challenge one year ago seemed enormous. The challenge ten months, eight months ago seemed insurmountable. Today the challenge is still daunting. But now it is exciting as well, though still frustrating at times. There continue to be practices where I feel that I am the dunce of the class. However, there are also times when I feel that I am connecting with the spirit of aikido, that I am progressing and learning.

Now when I ask myself the question, What I am doing in this dojo? I cansay that I am learning the movements of aikido. But on another level I am also learning about how to move through life with greater understanding. The metaphors for living with a greater focus and awareness are many. I am learning to be more patient, more accepting, to give way rather than resisting in some situations. I am learning that the tremendous discipline it takes to practice aikido has rewards. I am learning that practicing aikido is a humbling experience. I am also learning that there is a sense of community in this dojo. I have enormous admiration for my fellow students who advance in rank through their dedication and hard work. I have tremendous empathy for those like me who struggle to learn. I am learning that each student has cometo this dojo for his or her own reasons but that there is a unity of purpose among all of us.

So. What am I doing in this dojo? I am participating in a journey, a life long learning process. I am learning to learn, learning to see and learning to understand and I am still trying to fold my hakama correctly! I am connecting with the spirit of aikido, that I am progressing and learning.

**Aikido Center of Los Angeles**  
**NEWSLETTER**

01-10-01

**Wanting To Train From Venezuela**

DEAR SENSEI: THANK YOU FOR ANSWER MY E-MAIL, THAT MEANS TOO MUCH FOR ME, BECAUSE YOU ARE TRYING TO HELP ME SO THANK YOU AGAIN.

I WILL TRY TO ANSWER ALL THE QUESTIONS YOU GAVE ME IN YOUR LAST E-MAIL. I HAVE 26 YEARS OLD RIGHT NOW, I WAS BORN IN DECEMBER 9 OF 1974, I PRACTICE IN PEDAGOGIC UNIVERSITY OF MARACAY, WHERE THE DOJO IS LOCATED. MY SENSEI IS RAFAEL PACHECO AND HE IS A NIDAN, AND HE IS A COMPUTER PROFESSOR IN THIS UNIVERSITY, WHICH IS HIS MAIN JOB. WE ARE AROUND 30 PERSONS IN THE DOJO AND I AM THE SEMPAI, BECAUSE I GOT THE SUPERIOR GRADE BETWEEN MY FRIENDS AND I HAVE MORE TIME IN PRACTICE. 6:30 PM TO 8:30PM FROM MONDAY TO FRIDAY. SOMETIMES I GIVE THE CLASS BECAUSE MY SENSEI CAN NOT DO IT; I KNOW THAT MY LEVEL IS LOW BUT I ALWAYS TRY TO GIVE THE BEST POSSIBLE I CAN TO MY FRIENDS. MY SENSEI IS A GOOD, HONEST DECENT MAN, BUT HE FEELS LIKE ME, WE NEED TO GO DEEP ABOUT THE PRACTICE AND SPIRITUAL SIDE OF AIKIDO; ALTHOUGH HERE IN VENEZUELA IS VERY DIFFICULT BECAUSE THE MOST OF PEOPLE WHO PRACTICE AIKIDO, THINK THIS IS THE MARTIAL ART WHICH IS "IN VOGUE", AND THEY SEE LIKE FASHION AND NOT LIKE MARTIAL ART, A WAY OF WARRIOR LIKE AIKIDO IS.

THESE IS A PROBLEM, MOST OF ALL, WHEN THERE IS ANY STAGES AND SEMINARS AND THOSE LOOK LIKE SOCIAL MEETINGS AND NOT LIKE OPORTUNITIES TO LEARN FROM SENSEIS WHOM HAS HIGH LEVELS IN THE PRACTICE OF THE ART. ALSO OUR PRACTICE WITH WEAPONS IS VERY OCCASSIONAL BECAUSE WE DON'T HAVE MUCH MATERIAL ABOUT THAT, AND JUST WE CAN LEARN A LITTLE BIT ON VIDEOS. I WORK LIKE SUSTITUTE ENGLISH TEACHER IN TWO HIGH SCHOOLS, BUT I AM NOT A GRADUATED TEACHER, I AM STUDYING TO BE A TEACHER IN THE UNIVERSITY, WE PRACTICE AND THIS IS MY SECOND YEAR. WEDONT HAVE ANY SUPPORT FROM THE UNIVERSITY, BECAUSE AIKIDO IS NOT A COMPETITION SPORT, AND THEY PREFER TO SUPPORT OTHERS ARTS ORIENTED ON COMPETITION LIKE JUDO, KARATE, KEMPO AND BRAZILIAN JIU-JITSU.

WELL, I WAIT NOT BOTHER YOU WITH MY LONG EXPLANATION ABOUT OUR SITUATION BUT THIS IS THE REAL THING. FOR ALL THOSE REASONS, AND BECAUSE I SAW ONE OF YOUR VIDEOS, WHERE YOU TALK ABOUT THE COMPROMISE WITH THE AIKIDO ALSO OF YOUR HIGH LEVEL IN THE PRACTICE AND SPIRITUAL SIDE, I WANT TO TRAVEL TO LOS ANGELES AND PRACTICE WITH YOU, BECAUSE I AM COMPLETELY IDENTIFIED WITH THE VISION YOU HAVE ABOUT THE ART OF AIKIDO. I FELL IN NEED TO GO DEEP ABOUT THE PRACTICE, BECAUSE I WANT TO DEDICATE MY LIFE ON THE PRACTICE, AND PROGRESS SPIRITUALLY.

I WOULD LIKE TO LIVE NEAR OF THE DOJO IF IS POSSIBLE AND ABOUT THE FOOD THERE IS NO PROBLEM WITH IT I CAN ADDAPT TO EVERYTHING. I WOULD LIKE TO TRAIN I

EVERYDAY, IF I CAN BECAUSE I WANT TO TRAIN VERY HARD; OF COURSE I HAVE TO WORK EITHER BECAUSE I HAVE TO PAY RENT AND DUES AND EVERYTHING ELSE.

BUT SENSEI THERE IS A PROBLEM, I WILL BE HONEST WITH YOU, I JUST HAVE THE NO-INMIGRANT VISA AND I KNOW I CAN NOT WORK WITH IT. DO YOU KNOW ANY WAY TO GET THE INMIGRANT VISA? BECAUSE I ASKED IN THE AMERICAN EMBASSY, AND THEY TOLD ME THAT, ONLY, IF I CAN DEMONSTRATE I WILL STUDY WITH YOU, AND YOU SEND A SOLICITATION FOR ME, THEY CAN GIVE ME A STUDENT OR A INMIGRATION VISA. IN OTHER SIDE I CAN TRAVEL TO U.S.A WITH MY NO-INMIGRATION VISA (JUST FOR TOURIST) BUT I WOULD RUN THE RISK TO BE AN ILEGAL PERSON AFTER SIX MONTHS, AND I WOULD HAVE TO WORK ILEGALLY. LIKE I TOLD YOU BEFORE, I AM HONEST WITH YOU AND I REALLY WANT TO GO AND STUDY UNDER YOUR TEACHING. SO, WHAT DO YOU ADVISE ME IN THIS SITUATION? WHAT CAN I DO? IS NOT MY INTENTION TO BOTHER YOU, NO WAY!!! BUT THAT WAS THE SOLUTION THAT THE AMERICAN EMBASSY GAVE ME, AND THE OTHER SOLUTION IS THAT I TOLD YOU SO, WHAT DO YOU THINK I HAVE TO DO? ALSO YOU TOLD ME THAT YOU DONT WANT ANY STUDENT WHO HAS ANY TROUBLE WITH LAW, THAT IS WHY I TELL YOU ALL THESE.

LOOK, THIS IS NOT A TRICK FROM SOMBODY, WHO WANTS TO GET AN AMERICAN VISA, ANY WAY YOU CAN TALK BY PHONE OR SEND AN E-MAIL TO MY SENSEI RAFAEL TO PROVE THE REALITY OF MY INTENTIONS, LIKE IS TO BE GOOD AIKIDO STUDENT AND PRACTICIONER.

SORRY SENSEI FURUYA FOR MY LONG EXPLANATION, (MY FINGERS HURTS ME, HA HA) BUT I JUST WANTED THAT YOU COULD KNOW A LITTLE BIT ABOUT MY PERSON, MY SENSEI, MY DOJO, AND THE FEELINGS THAT MOVE ME TO MAKE THIS PETITION TO YOU. MY SENSEI FAX NUMBER IS :005843420037 AND THE E MAIL IS: RAFAPACHECO@HOT-MAIL.COM THANK YOU AGAIN SENSEI FURUYA. ATTE ALEXANDER NIETO

01-10-01

**James Takata's World Premiere Screening**

Dear Sensei, I will give some more invitations to my mom to bring tomorrow. I have sent out about 90, handed out at least 30 more, and others are bringing their guests - so we could possibly have a very large crowd. This is good right? I will let you know how many RSVPs I get. Second, I probably won't be coming to practice M-F for the next few weeks because I am working as a production assistant on Michael Mann's new film "Ali" (starring Will Smith as Muhammad Ali). Finally, thank you so much for opening the dojo for the screening! It is really an ideal place to have it. In fact, it's quite beautiful to have these two things I love dearly, film and aikido, come together like this. I am ever so grateful for your generosity and interest. See you this weekend, James Takata

01-08-01

**Greetings Our Bahamas Branch, Bahamas Aikikai**

Seymour Clay and Lockner of our Bahamas Aikikai sends their New Year's Greetings from Grand Freeport, Bahamas.

Editor's note: Keep in touch!

## Aikido Center of Los Angeles NEWSLETTER

12-27-00

### Challenging the Challenged

Sensei's Message to Black Belts Regarding Advanced Practice:

Our Advanced Class on Tuesday (Dec. 26.) last night was very disappointing to me. I suppose it is my fault since I should expect you to be "below standard" in your practice because it is the day after the Christmas Holiday. Also, some of you, I found out later were suffering from colds. So, being lazy from the Holidays and having colds, of course, we should just take it easy.

On the other hand, the Tuesday Class, if you haven't guessed by now, is an extremely intensive class for advanced students and does require you to put out 100%. You should come to this class well prepared for this and coming to this class expecting you can glide through - I think you greatly underestimate your teacher.

All injuries and illnesses must be reported to me immediately - If I know there is something wrong, I will make always adjustments in your training. If you don't report it to me, I will expect you to practice at your level. Not communicating this information to me will put you at risk in training. And your inability to communicate this information to me puts the whole class at risk and therefore you are not qualified to participate in this intensive class in particular where injury is a special care.

You should also be aware and know very well that in such an intense class as this, all of your faults and shortcomings in training will become clearly visible. Also, you may see where you are lacking in the fundamentals. Indeed, this is very the purpose of this type of training. You let this discourage you because you are too focused on your own pride. It is a great opportunity to see your own faults and have a chance to work on them and correct them. This is the very purpose of Advanced Training - it is not simply a aerobic marathon. You are attempting to refine your training at a much higher level. You really need to mature your thinking and your attitude towards your training.

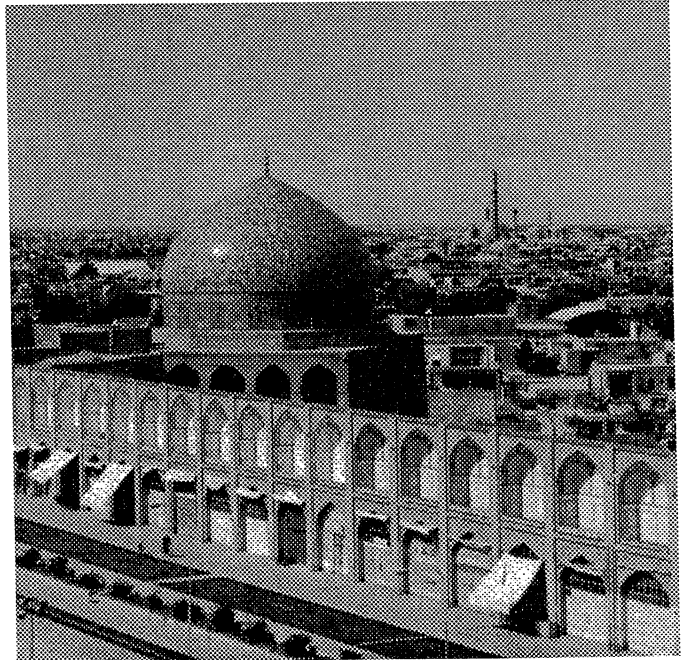
### Rebuttal:

12-27-00

Dear Sensei, I hope that you would reconsider, and not end the Tuesday night 'Advanced' class. I personally enjoy it. We need to push ourselves harder. To be a strong dojo, the black belts need to be strong and have increased stamina. One Saturday a month isn't going to do that. I hope that you will keep the class going. Your student,

**Sensei's Reply:** Please read my e-mail again more carefully. Physical stamina is fine but it is nothing without proper mental focus and concentration. Finally, there must be a greater desire to master the basics. There is not much opportunity to understand the fundamentals and all the black belts are losing this slim chance. Finally, you must begin to appreciate that Aikido is a refined and sophisticated art that demands exacting and precision technique - it is not simply a play-time free-for-all in the kindergarten sandbox during recess.

Thanks for your concern. You must finally begin to understand that you are on your way to training in Aikido as real martial art, towards becoming a real teacher - fun and games are over for you if you want to realize your aspirations in Aikido as a leader. I want to give you something worthwhile in your life through Aikido. After all, this is the job and duty of the Aikido teacher. I hope you will begin to understand what this means in your training from here on. Sensei



Furuya Sensei: I hope you are well in the warm sun of Los Angeles. I can see the snow covered mountains from my apartment in Tehran. The people here are extremely nice and there is nothing that I am without. However, I do miss Los Angeles. Regards, Mitsuji Suzuka, Consulate General of Japan, Iran.

12-20-00

### Questions From Taipei:

DEAR SENSEI: THIS IS A LETTER FROM TAIPEI TAIWAN. I AM CURRENTLY A FULL-TIME WORKER IN THE BUSINESS OF COMPUTING SCIENCE. AND I STARTED MY AIKIDO ABOUT ONE YEAR AGO. NOW I AM JUST A LITTLE PUZZLE BECAUSE I ATTENDED CLASSES VERY FREQUENT AND I DO LEARNED A LOT. BUT THE PURPOSE OF LEARNING AIKIDO FOR ME IS TRYING TO BE AN AIKIDO TEACHER AND TEACHING. I REALLY WANNA KNOW WHAT THE QUALIFICATIONS TO BE AN INSTRUCTOR OF AIKIDO TEACHING? AND HOW LONG? THANKS FOR SPARED YOUR TIME.  
TONY FEI FROM TAIPEI

01-15-01

Dear Furuya Sensei, I not sure if you remember the two students of mine that visited last summer. They trained with you for one evening and were honored with a dinner with you and your students. I was very impressed by your generosity and hospitality. Thank you again. The main reason for contacting you is concerning an initial contact to see if it would be possible for us to invite you to teach a seminar at our dojo in Fresno. We have a shodan test scheduled for the end of March and I usually invite a sempai from our organization, the AANC. But this time I felt inspired to contact you in the hopes of making a connection between our dojos and between you and I. I apologize for the late notice and realize that your schedule is very busy but if you could let me know the logistics and requirements needed for inviting you to Fresno, I would be very appreciative.

I look forward to getting the chance to speak with you in person.  
Sincerely, Patrick Cassidy (Sensei)  
Aikido of Fresno

**Aikido Center of Los Angeles**  
**NEWSLETTER**

12-24-00

**Letters From the Netherlands:**

Dear Reverend Kensho Furuya, It has been several months ago that I contacted you following a journalistic research I was working on. It concerned a certain Nguyen Trong Hung/Hung Bauer who is (still) working as aikido teacher here in The Netherlands, who claims to be a student of you and says to have the rank of Shihan as well as teacher at Hombu Dojo. During the past months I got a bit stuck in the research because either people weren't willing to talk about him or didn't know him. And I wanted to wait with contacting him personally until I had gathered more information. However he seems to, consciously, hide himself in a mist of secrecy. One may question what the exact reason for that is, of course !

Around July you had put a message on your site about him, telling that you were looking for more information on him, soon after that you informed me that so far either nobody had replied or people didn't know him. I was wondering whether since then you had managed to get information, or maybe even Nguyen Trong Hung/Hung Bauer had contacted you personally following the call on your site ?

On his own website ([www.angelfire.com/zine/marubashi](http://www.angelfire.com/zine/marubashi)) of his (so called ?) Marubashi Dojo, it's mentioned that he has (several) dojos in Los Angeles which, during his absence, are supervised by somebody who via email is to be contacted under the name Nakayama S. Now recently I checked your own site again and noticed an announcement for a special gathering by you and somebody called Nakayama James Sensei ! As you might understand I immediately wondered whether this is the same person as the Nakayama S. (Sensei ?) on the Marubashi site, or that Nakayama J. Sensei knows this Nakayama S. (assuming that this dojo really exists or at least this Nakayama S. really exists!) ! I hope that you can inform me if Nakayama J. Sensei indeed (personally) knows Nguyen Trong Hung/Hung Bauer, or if he can give more information on him.

As I wrote above, Nguyen Trong Hung/Hung Bauer is still active in The Netherlands, frequently teaching in two dojos. One of these dojos has recently updated their information on him on their website, not calling him Shihan anymore but only Sensei (but this change can be meaningless) and they maintained his biography as well mentioning that he started with aikido at the age of 7 in the Aikido Center of LA under your care. Next to that Nguyen Trong Hung/Hung Bauer has opened a new website called [www.hombu.com](http://www.hombu.com) which, according to his information is about aikido in Europe (the site name is a bit misleading because it creates the impression to be directly related to or sanctioned by Hombu Dojo). An interesting detail is that Nguyen Trong Hung/Hung Bauer himself uses the email address [shihan@hombu.com](mailto:shihan@hombu.com), not in combination with one of his two names but with Aikikai. So the full email address including writer's name becomes: "Aikikai" [shihan@hombu.com](mailto:shihan@hombu.com) (instead of for example "Nguyen Trong Hung" [shihan@hombu.com](mailto:shihan@hombu.com)) This definitely supports the impression that he "is" a shihan and associated with the Aikikai So Hombu!

Anyway, it remains an interesting case and I'll keep on working on it. I recently found an email address of Hombu Dojo ([aikido@aikikai.or.jp](mailto:aikido@aikikai.or.jp)) so I'll contact them again about the new developments, and to check again whether Nguyen Trong Hung/Hung Bauer really studied and/or works there (he keeps on mentioning several names of Hombu Sensei as his teachers, like Endo Sensei). In case you happen to really contact Nguyen Trong Hung/Hung Bauer

I would request you to treat this information with utmost discretion, not mentioning my name and background. I rely on your cooperation in this.

Last but not least I'd like to wish you Happy Holidays (in case you do celebrate them in some way), and a happy, healthy and spiritual New Year. Looking forward to your reply I remain, With regards, yours sincerely. J.

**Response to same day reply:**

12-24-00

Dear Reverend Kensho Furuya, Thank you very much for your very quick reply today ! Actually you didn't tell me before that you had personally contacted Hombu Dojo about the person in question, but I'm glad that you inform me about this right now. I only contacted Hombu Dojo once earlier this year, long before I first emailed you. Mrs. Ikeda of the International Department then told me that they didn't know him as a student or teacher, but that didn't rule out (in my opinion) the possibility of this person being a private student of any Hombu (or other) teachers in their own dojos, he mentions in his biography. With this information that you checked Hombu Dojo I know enough indeed ! I only contacted you because of this coincidence with Nakayama names, and to update you about this new site ([www.hombu.com](http://www.hombu.com)). Of course I will stay in touch with you if I gather any new information on him. My approach so far, and which will continue, is to check in detail his (fake) curriculum vitae, what is true and what is untrue. This was another reason to contact you again, I have to rule out any vagueness and question. Then in the end the demasking will be definite and confronting, he can't escape because everything is checked. This sounds tough, but that is how research journalism functions. Anyway, I hope I didn't bother you too much with this today ! At least we're another little step closer to the final revelation ! Thanks again for your attention and help ! With regards,

01-08-01

Hi! Sensei Furuya, I hope you are really good, I am very happy because I am going to travel to United States in September, so I will can go to your dojo and practice, but I need the exact location of your dojo, the rates I have to pay and everything else that I need to go to your dojo.

I will promise I am going to train very hard, because I feel that Aikido is my definitely way of life... Oh, I forgot... happy new year, Sensei... see you soon.. alexander nieto

01-09-01

Dear Rev. Furuya,  
Greetings from Bermuda and Bermuda Aikikai, Sensei Collins sends his best regards. I am interested in visiting your dojo with your permission at some point this year and would like any information that may be available. I would like to train for at least week, maybe two if this is possible.

I have been training on and off since 1992, however have only really made the commitment to Aikido early last year after a rough period.

My visit will probably be as much a spiritual one, as one for physical training as I have come to realize the dojo is the one constant in my life where I find my peace. Thanking you in advance, Best regards  
Peter L. A., student, Bermuda Aikikai

# Aikido Center of Los Angeles

## NEWSLETTER

12-12-00

Thank you very much Sensei. And keep up the wonderful work you are doing by posting your daily message. Some of us (students) are indeed listening. Domo arigato gozai mashita. Wendell

12-17-00

Hi, my name is Audel Galindo I'm from Mexico, but I'm living in Maywood, Cal. I saw your web site and it's very interesting, I like the aikido so much, in my country we don't have this kind of martial art, only tae kwon do. I have two years and four months living here, I'm very interesting to study this martial art, but I have one problem I am not perfect to speak english fluently I can understand a lot of words about 50% and I need to know if I can take the classes, I hope to find somebody for help me to translate to me about the class. and I'll wait the answer about this problem, thanks for your attention.

12-18-00

Dear Friends, I'm not a friend of writing Christmas Greetings, so I like to do by mail. It was a pleasant year, full of new experiences, nice days with you, and a great holiday in Ire and England. I did alot of travels, America, two times to Japan, Poland, Austria and France. In some areas I didn't feel as Comfortable as in your company. Soon, on 25. Dec. I'm going to mexico with my two loves, Gaelle and my daughter. I'm holding a Aikido-seminar for one week, and one week for relaxing at Acapulco. This year passed faster than all the others. I'm 41 years old now, and I waited to become wise....but nothing happend.....maybe next year. I thank you very, very much for your greetings and all the good wishes..... I like to say the same to you. Good luck, healthness, love and peace, what is rare I think, and the most important thing for me, Friendneship, what I've got from you. Take care keep in touch, please. We are thinking of you. Always yours, Eckhardt, Gaelle.

12-24-00

### **A Nice Christmas Tale: Christmas 2000**

Dear Friends, The year has been a challenging one, but one filled with surprises and times of joy. On the career front, I just passed my one-year anniversary at the Japanese American National Museum in October. I serve on the executive staff as the Director of Volunteer Services overseeing a volunteer corps of over 300.

Some of the privileges I've enjoyed as a result of working at the Museum are travel to the opening of an exhibition in San Francisco in April, as well as attendance at an international museum conference in Baltimore, MD in May. That trip back east included a reception in Washington DC where I was able to congratulate Senator Daniel Inouye (D-HI) on the awarding of his Congressional Medal of Honor. What a privilege to meet such a distinguished and gracious man.

May also brought a sense of pride and joy as my daughter, Tracey celebrated her graduation from Covina High School. She's pictured here (left) with two of her good friends after the graduation ceremony. She is in her first year at Stanford. I've visited her a couple of times in October and November bearing gifts of clothes for the colder northern California climate.

This summer was one of transition as Tracey took a step toward adulthood (she turned 18 on August 3. Time flies!) To celebrate, my son Brandon, Tracey and I were able to travel to Hawa`i and spend a week together in Oahu. Their first time. We couldn't decide on anywhere in California, and since this would be Tracey's last summer as a "kid,"

we opted for the chance to make it a special vacation together. They're pictured overlooking the blue Pacific just under the shadow of Diamond Head. Brandon looks tall, doesn't he? He's 5'10" now and just told me that he's made the varsity basketball team at Covina High School. We haven't played basketball together in a lo-o-o-ng time because he stuffs me like I did when he was eight. He's also outpaced me in the eating department where he'll put away the Outback special in a little under 10 minutes and wait another 15 minutes for me to eat mine! He's also hit the big milestone as we went together to do his driver's test. He passed!! Tracey, Brandon and I have spent the year getting closer with dinners out, trips to the shopping mall and . . . mostly that! I'm not a camper or fisherman. They're gonna remember their dad as the guy who took them out to eat and shop. But that's an okay legacy, I think. We've gotten together with my mom. Mom continues to do well and enjoys the chance to see the grandkids (and me too).

A couple of new discoveries this year have been 1) Napster and the joy of telling friends that I've been able to download everything by Keali'i Reichel, including his entire recent album; and 2) enjoying the discipline of Aikido at a wonderful dojo in Little Tokyo. A good friend asked if I'm still drinking milk. Why?, I asked. "Because your bones are a lot older now and I don't want you breaking anything!" ha ha! With that story, let me wish you a Merry Christmas and best wishes for a Happy New Year! John Katagi

12-26-00

### **Video Fan From El Salvador**

Receiving a warm greeting from El Salvador hoping is well of health we have been reviewing its tecnicas of video 1 and to all those of my gymnasium liked it. I hope to be always in contact because even but I am interested in the AIKIDO. Merry Christmas for you and happy new year. Heraldo Yuvini Pablo

12-31-00

### **Sharing Knowledge**

Rev. Furuya, Thank you so much for taking the time to answer my questions. I seek knowledge not as a collector but as a student of swordsmanship who wants to be the best teacher I can be. The more I know about all aspects of the sword the more I'll have to share with my students. I can't express how much I appreciate someone of your stature sharing your extensive knowledge with a total stranger. As we at our dojo prepare to welcome the coming of the new year on our knees in meditation again this year let me just extend to you my wish for a year of Peace, Respectfully, Mark Gerardi

12-27-00

I would very much like to come to your dojo and observe a class. I am student of zen and have a growing interest in the art of aikido. i don't know what your policy is toward non members attending a class or if there is a fee involved to come and find out more. At this point i am trying to educate myself on aikido and, more specifically, the Aikido Center of L.A. for the purpose of making an informed decision about whether or not it's right for me. i would greatly appreciate our guidance in this matter. thank you, benjamin mckay

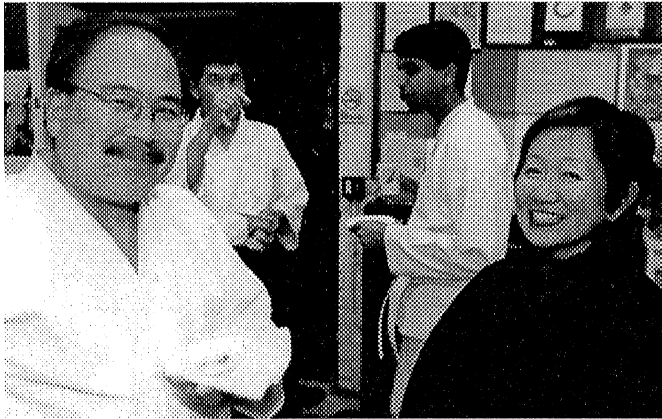
12-31-00

### **What does it mean to be a "Zen Priest?"**

Alok K. Gupta

Reply: A life devoted to others. (This is my own personal view and goal of training as a priest.)

**Aikido Center of Los Angeles  
NEWSLETTER**



John Katagi & Kathleen Takata enjoying party after Christmas Practice. Background Nigel Baksh and James Doi.



Dim sum breakfast in Chinatown celebrating our last Intensive Iaido Practice of 2000 on Dec. 9. Left to right: James Doi, Cheryl Lew, Peter Lichtman, Ken Watanabe, Sensei, Gary Myers, Mark Ty, and Mike Van Ruth.

## Visit Our Website Often!

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

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

## New Dues Policy

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

**Monthly Dues: 1st of the Month.**

**Late Fees:**

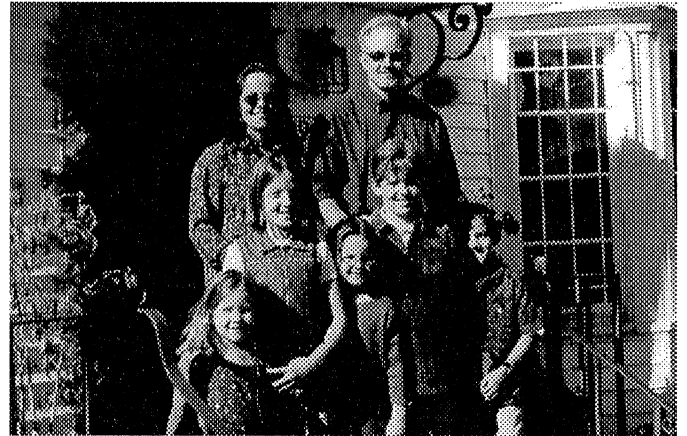
If not paid by the 5th: \$20.00

If one month dues are missed:

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

### Leave of Absence:

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



Dr. Jeff Johnson is a 3rd Dan in the Dojo and a pediatrician at the USC Children's Hospital in downtown Los Angeles.



Greetings from the Toshiro Nishida Family, Fukuoka, Japan. Member of the Shoheijuku Dojo under Morito Suganuma Sensei.

## LA Downtown Art Studios Tour Scheduled June, 2001

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

## New! Dojo Email Express:

Join our new Dojo Email Express and get all the latest news in the Dojo. Just email to Sensei at [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net).

## Affiliated Branch Dojos

**Kodokai Salamanca**

*Santiago Garcia Almaraz, 2nd Dan*

**Hacienda La Puente Aikikai**

*Tom Williams, 3rd Dan*

**Wyoming Aikikai**

*Tom McIntrye, 2nd Dan*

**Bahamas Aikikai**

*Seymour Clay*

**International Martial Arts Academy**



Aikido Center of Los Angeles  
NEWSLETTER

## Welcome To The Aikido Center of Los Angeles



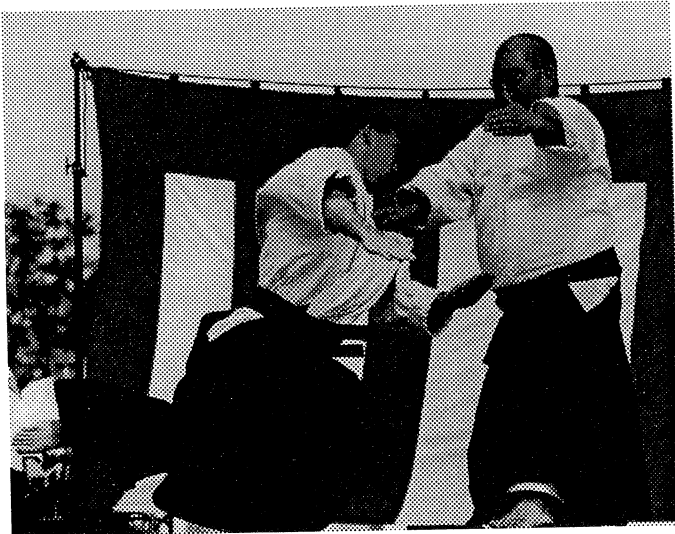
Aikido Center of Los Angeles

## Our Dojo's 27th Year, 1974-2001.

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

### Dojo Supplies

#### Official Dojo Jackets

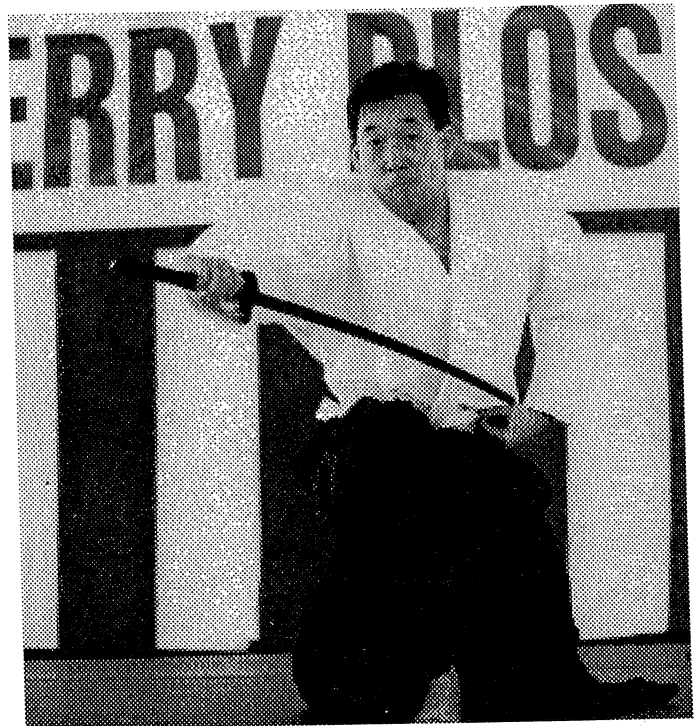
Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

### Japanese Swords: Purchase, Appraisal & Restoration

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

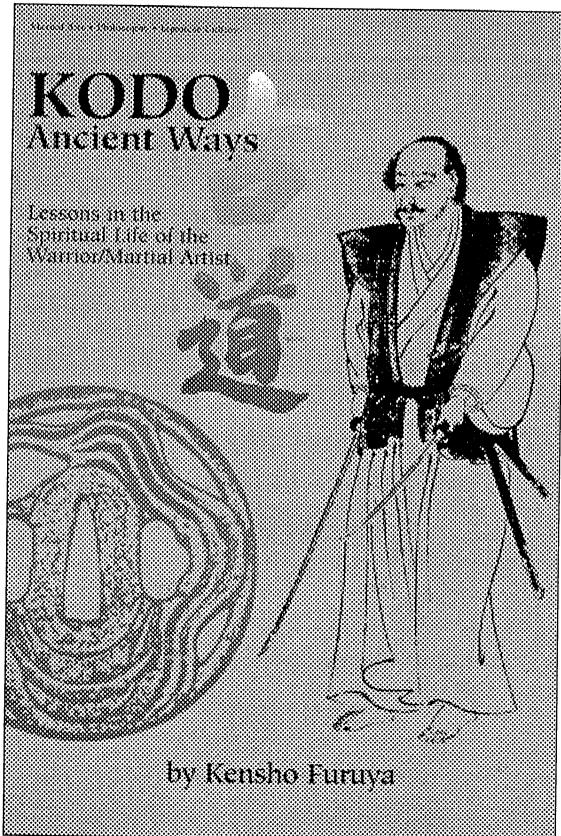
**JAPANESE SWORDS & BOUGHT & SOLD**  
*By appointment only.*



## Japanese Swordsmanship Muso Shinden Ryu Iaido

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

*Furuya Sensei's Bestseller*  
*Highly Recommended For All Dojo*  
*Students & Friends:*



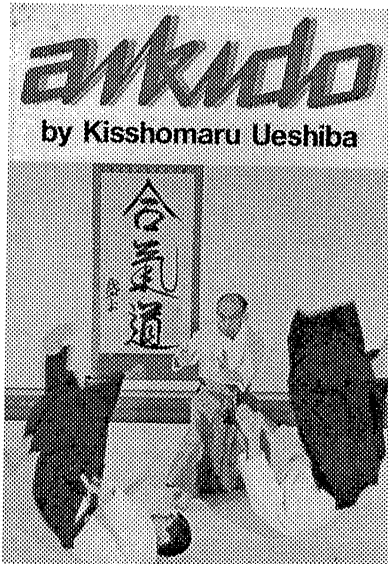
**KODO**  
Ancient Ways:  
Lessons in the Spiritual Life  
of the Warrior-Martial Artist

Rev. Kensho Furuya

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

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

## Recommended Studies:



Highly Recommended Reading:

### AIKIDO

By Doshu Kisshomaru Ueshiba

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



### KIHAN AIKIDO

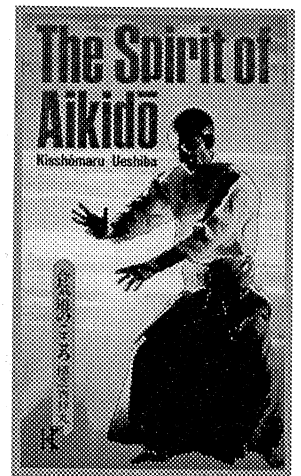
Fundamental of Aikido

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."



**ACLADOJO 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.



### 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*.

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Published by Rev. Kensho Furuya  
The Aikido Center of Los Angeles  
940 E. 2nd Street #7, Los Angeles, CA 90012  
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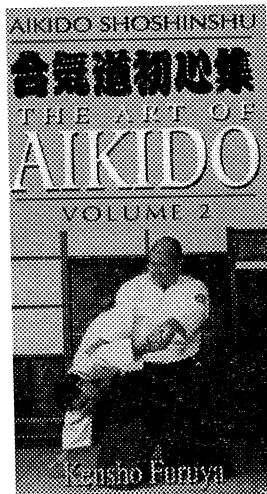
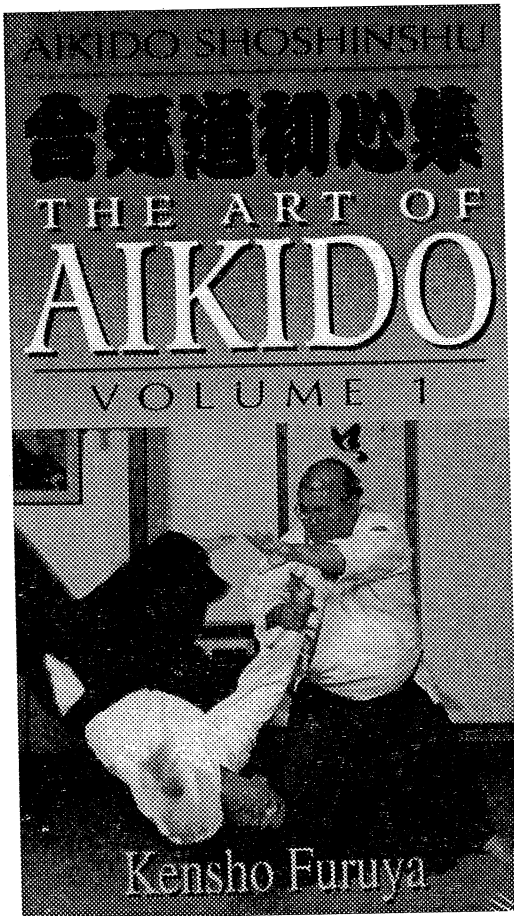
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# The Art of AIKIDO

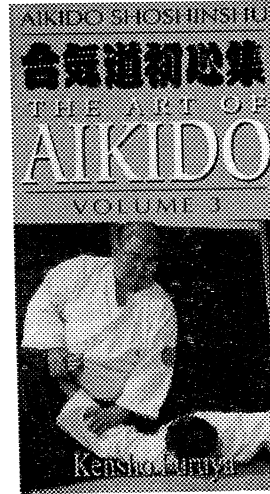
## Aikido Instructional Video Series in Nine Volumes

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

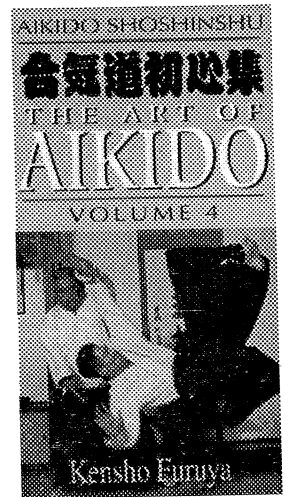
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his 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.



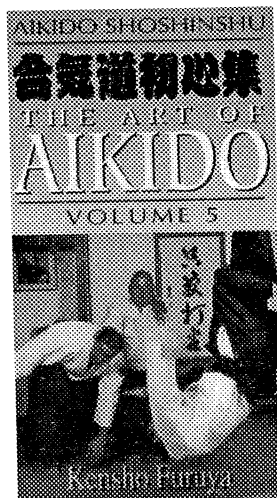
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



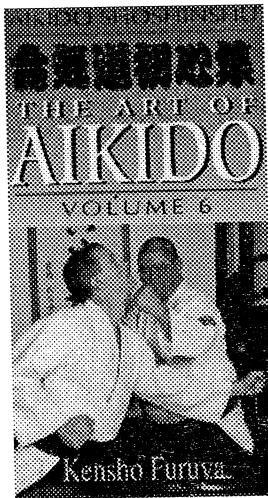
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



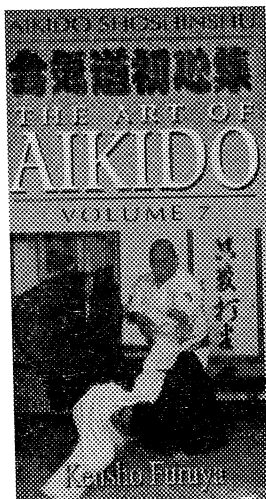
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



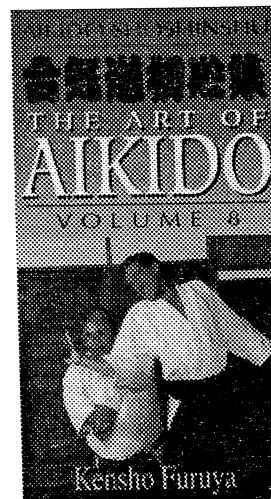
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



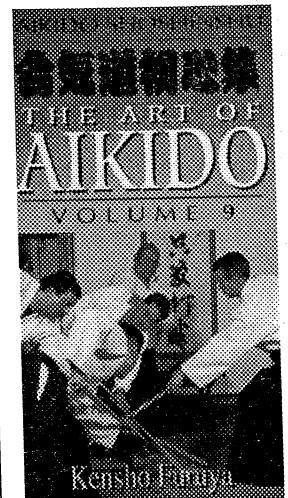
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



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

Thursdays: 12noon-1:00pm

Saturday & Sunday Mornings

10:15am-11:30am

## CHILDREN'S CLASSES

*5 - 16 yrs old*

*Sunday Mornings:*

*9:00am-10:00am*

## AIKIDO & BUDO DISCUSSION GROUP

Every 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.

*Affiliation*

### AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho

Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai.

### Aikido Center of Los Angeles

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

Los Angeles, CA 90012

Tel: (213) 687-3673

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

# Iaido

## TRAINING SCHEDULE

**TRADITIONAL JAPANESE IAIDO**

**SWORDSMANSHIP**

**Saturday Mornings**

**8:00am-9:15am**

**Sunday Mornings**

**7:45am-8:45am**

**2nd, 3rd, & 4th Wednesdays**

**7:45pm-8:45pm**

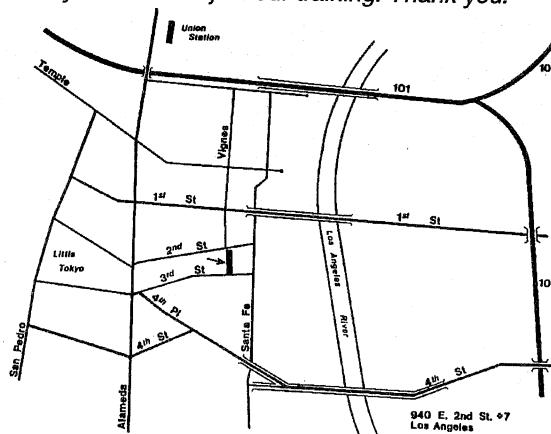
## IAIDO INTENSIVE SEMINAR

Every 2nd Saturday of the month.

6:30am-8:30am

## About Our Dojo:

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



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