

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

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

Aikido Center of Los Angeles

The Aiki Dojo

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

\$2.95
Donation

January 1, 2001

Volume XIX. Volume 1.

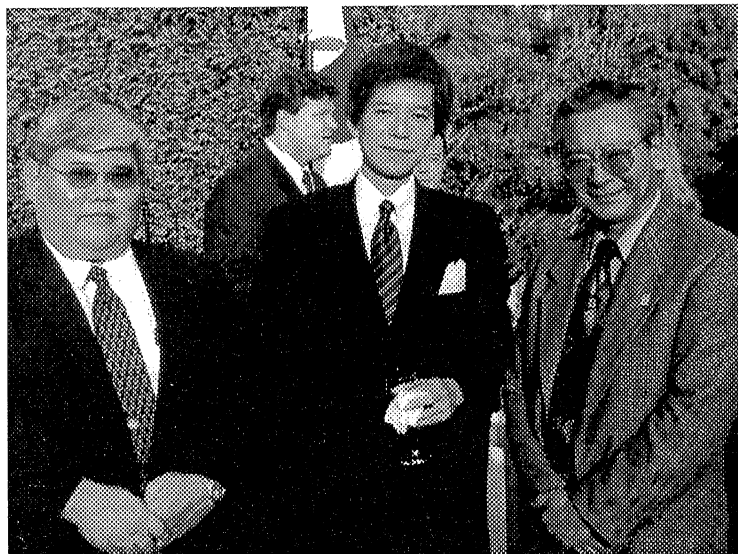
Happy New Year 2001

Our Warmest Greetings to all of our friends for the New Year.

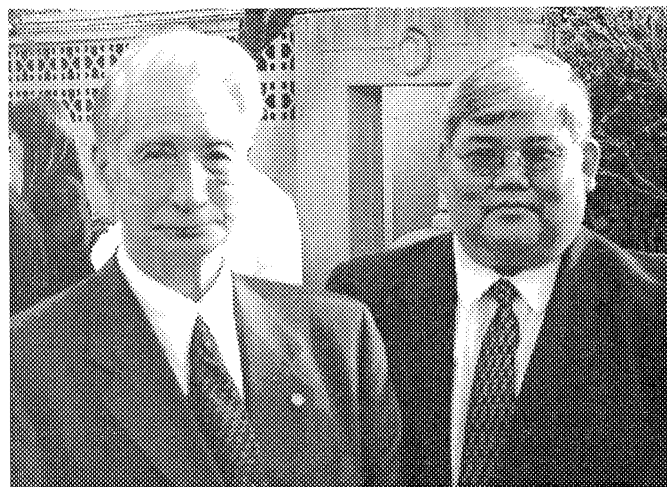


Special New Year's Issue: Collected Essays by Yudansha-kai Black Belts

Sensei Attends Emperor's Birthday Reception. Dec. 5.



Sensei with the Honorable Consulate General of Japan and Bill Watanabe of Casa Heiwa and the Little Tokyo Services Center.



With Hidetaka Nishiyama Sensei of Shotokan Karate.

Sensei was honored to be invited to a reception at the private residence of the Honorable Consulate General of Japan to celebrate the birthday of the Emperor of Japan on December 5, 2000. (The Emperor's birthday is December 23rd.). Many dignitaries attended, Sensei went with James Takata, probably the youngest and, most surprisingly to all the other guests, the only 5th-generation Japanese American to attend.

Sensei is able to meet Hidetaka Nishiyama Sensei, one of the pioneers of Karate in this country. We are the only martial arts teachers there so we stick together. We spoke together a little of the changing attitudes towards martial arts today and how it is changing in Japan as well. We are seeing martial arts becoming a popular exercise form and spectator sports, something almost unthinkable several decades ago. It was a wonderful experience and Sensei is always impressed at all of the strict protocol and order involved at this type of function. It was a great experience for James. A beautiful day for such an event.

Sensei's Message:

New Year's Greetings 2001

I would like to wish everyone a very Happy New Year with the Best of Good Health and Happiness that Life offers. I would like to thank many students who have gone beyond the call of duty to support and help out the Dojo. I would also like to express my thanks to all of our fine friends who have generously supported the Dojo throughout the year.

Again, I urge my students to pursue their training and, this year, try to penetrate a deeper level of their training. Not simply to be content with what you always do in the Dojo which can easily become mechanical and unthinking, but to regain the "beginner's mind" again and pursue your practice with renewed energy and with a renewed, or rather "completely new," outlook and perspective.

This year, I have a new request of my students. I wish my students would make an effort to understand me more and understand the work I am doing in the Dojo with more understanding and more passion. As I have mentioned so many times before, it is getting more and more difficult to maintain the old traditions. Indeed, most people feel that they should be done away with - not an uncommon sentiment and not very difficult to understand, especially in this day and age.

Yet, these traditions, as old and outdated as they may seem to you, link us with our heritage and our culture. At the same time, it is a way to preserve and pass down the wisdom of our ancestors and teachers. As for Aikido, we must keep it as a martial art and avoid turning into a mere exercise or sport. Aikido is not a fad, it is an art and it contains essential elements of culture and wisdom which will refine us through its practice. It teaches us wisdom and patience, it refines our senses, it sharpens our instincts and opens the doors to great enlightenment. It is a way to connect with many great warriors of the past in its thousand year tradition.

Don't wait for it to be handed over to you. Take it. Steal the art from the teacher. Sharpen your instincts and your senses to catch every movement however fine and small. Don't let anything go unnoticed. This is the way to learn. Cultivate the energy to satisfy every curiosity. Never be satisfied. Know that you can accomplish anything you set out to do. Finally, don't be afraid to see and realize your greater self.

Please help me to keep and preserve the Dojo, help me to develop it and help me to continue my work as a teacher to develop decent Aikido in our community.

Become a good person, helpful and compassionate to others, with a passion to do some good in this world and somehow fulfill your own dreams and goals in this life without treading on others. The greater your understanding and the greater your sensitivity, the greater your pain and suffering at seeing the condition of this world. This pain is not the pain of misery but the pain of knowledge of what we must do. Ultimately, the truth is that nothing is for ourselves in a world contained within our own individual universe. Happy New Year. Always,
Sensei

**Special Year End
Early Morning Practice
December 30.
6:30am-8:30am
9:00am Breakfast Together**

2nd Doshu's Sankai-Ki Memorial Service Jan. 6.

Please attend 2nd Doshu's, the late Kisshomaru Ueshiba, 3rd Memorial Service in the Dojo from 11:30am. This is a very important event and the attendance of all students is requested. Business attire, suit & tie, is required. The service is followed by a luncheon reception. Black Belts attendance is required.

James Takata Completes Documentary Film Short

We are scheduling a private showing of James Takata's documentary short, just completed after months of hard work. We hope to have it in January and again during the Nisei Week Festival if it doesn't interfere with other scheduled premieres. The short is 12 minutes long and portrays Japanese Americans in Los Angeles at the outbreak of the WWII. James is an aspiring young film director.

Jim MacDonald Stars On TV's "Nash Bridges"

Jim appeared on an episode of Nash Bridges on Dec. 8. and is also scheduled to shoot another movie with the same director of Tigerland which is still showing in Los Angeles. He plays another "bad guy." By the way, Tigerland will have a special screening to be considered for an Oscar Nomination. Go see it now!

New Year's Greetings

*Salamanca Kodokai, Salamanca, Spain
Santiago Garcia Almaraz*

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

*Wyoming Aikikai, Sheridan, Wyoming
Tom McIntyre*

*Bahamas Aikikai, Freeport, Bahamas,
Seymour Clay*

*International Martial Arts Academy
Arcadia Aikikai*

Upcoming Important Dates For the New Year 2001:

January 2. New Year practice begins.

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

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

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

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

January 28. James' Premiere (Tentative date.)

Debut presentation of James Takata's "Remember Pearl Harbor," a film documentary short about Japanese Americans in Los Angeles at the outbreak of WWII.

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

February 10. Late Bishop Kenko Yamashita's Memorial Service

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

April. PBS Discovery Special Aairs.

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

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

June: Los Angeles Artists' District Open Studios Tour. Dojo Open House & Demo.

July: Higashi Obon, Pasadena Buddhist Church Obon, Lotus Festival Demos.

August 5. Nisei Week Aikido & Iaido Demonstration & Nisei Week Sword Arts Lecture.

Thank you

Many thanks for the many wonderful gifts and cards and thank you for your continued support of the Dojo. Sensei.

When Good Enough Isn't

Gary Myers, Iaido 5th Dan



Nowadays with the frenetic pace and complexity of the world it's tempting to sit back and coast along every once in a while. I guess that's why TV is such a hypnotic medium, it asks nothing more of you than to turn it on, which is made even easier with a remote control. We have lots of these time and labor saving devices to make our lives easier. But maybe they're not such a good thing; in trying to make our lives easier perhaps we are also making them a little less satisfying.

We all face opposition from time to time that seems insurmountable, but through perseverance we find a way to overcome it and achieve what we set out to do. The more we challenge ourselves the more opposition we face. Many times the amount of satisfaction in reaching a goal is directly proportional to the difficulty of the tasks necessary to achieve it. Inversely, the easier it is to get something, the less you appreciate it. So having it easy is not always a good thing.

All too often we find people looking for the easy way, the shortcut, again it may be a by-product of our fast paced society. But rarely do the things we obtain from these shortcuts have as much meaning as those we strive so hard for. Yet some people give up, if there is the least little bit of hardship or resistance to their efforts. They give up trying because they are not instantly gratified. This giving up takes several forms. The first form is the most obvious and that is quitting the activity entirely and going on to something else. Another form of quitting is underachieving, continuing to do the activity but doing it at a level far below that which they are capable. They have resigned themselves that this is the best they are ever going to get, so why try harder. They are doing OK, isn't that enough? In Iaido the answer to that question is NO, OK or just good is not good enough!!!

We all know that Iaido is a very precise art. It requires a level of concentration that we don't normally exhibit in our day to day activities, (unless you're a surgeon). It is something that is not easy to do correctly all the time. It takes time to learn and it takes even longer to achieve some level of proficiency. It is the antithesis of instant gratification.

I think if you are goal oriented, Iaido can be puzzling to you, especially if your only goal is promotion. Although you think you have achieved your goal through dan promotion, what you soon discover is that only one layer of the onion has been peeled, before you is another and another and another after that. The goal is not dan promotion, the goal is to continue to improve everytime you do Iaido.

Sorry for another golf analogy, but I was listening to an interview with Tiger Woods the other day. The interviewer was going on about all the money he has won the past year. Woods responded that he doesn't think about the money; he just thinks about how he can improve his technique. The money, he said, is a by-product of playing well. This is the same attitude that should be developed for Iaido.

Many people may think that going through the process of refining a

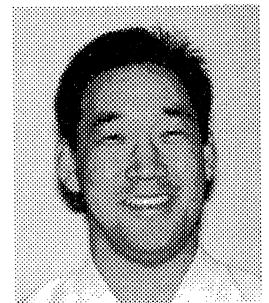
precise movement is futile. What's the point, they might ask. It's precisely this refinement that makes Iaido what it is. It is this refinement that will have a more profound impact on your life than you can imagine. It is this refinement that may change the way you do things in life. If you are doing Iaido properly, Iaido will change it for the better. If you are not doing it properly, it has the opposite effect as well, as some of you have experienced recently.

Iaido reveals your true nature. Sensei can tell whether you're mentally alert, feeling well, and what your energy level is at that moment, just by watching you do a single technique. Now it's true that we can't always be 100 percent, 100 percent of the time. But what we can do, is the best we can do, at that moment in time.

As we go into the New Year I hope that each of you renew your dedication to practicing Iaido. Some of you, without naming names, need to develop a more consistent practice schedule. Some of us have developed some bad habits that need to be corrected. Each of us should resolve that these are areas of improvement for 2001. I want to thank Sensei for his instruction and guidance this past year and I wish all of Kenshukai a happy, healthy and prosperous New Year.

Practice Makes A Perfect Dojo

**Ken Watanabe, Aikido 4th Dan
Iaido 4th Dan**



Happy New Year, everybody! Welcome to another busy year of Aikido practice. As we begin the New Year, we should all make a renewed effort to continue polishing our technique and our skill in ukemi. Although I've been practicing for over twelve years, I've yet to master everything. Sensei has to teach. Under Sensei's teaching, everybody who practices in the Dojo has a chance to become very good in martial arts. But the fact is, none of us really reaches that kind of level as quick as we'd like to, taking on multiple opponents and throwing them down as if they were rag dolls.

As we practice the techniques over and over, it seems that we never get any better than when we first joined the Dojo, months or even years ago. In fact, sometimes we feel we're getting WORSE! We all wonder if some of these techniques even "work" and some techniques even seem kind of odd to us. Furthermore, they're kind of hard to do, and don't seem very useful from a "martial arts" standpoint. Even the ukemi training seems kind of pointless. Everyone, including myself, probably thought like that while training. "Why do we have to train like that? Why do we do THAT technique?" We all want to be really strong, throwing our opponent down really hard and making the technique "work", and likewise, we resist our partner do it's hard for them to throw us down. But, are we really getting any skill from that kind of practice?

We all have to realize Sensei's teaching is what makes our Dojo a good dojo. We may or may not have natural talent for martial arts, but whether we have talent or not, it's because of our teacher's knowledge that we can become good. To the best of Sensei's ability, every one of us receives the proper training, learns the correct execution of the technique and is taught the proper way to take ukemi. Yet, Con't.

The Bridge Between Technique and Art

Cheryl Lew, Aikido 3rd Dan
Iaido 3rd Dan



In the course of my life, I've had the opportunity to study three arts: music, medicine and now Aikido and Iaido. On the surface, these would seem to be entirely diverse and unrelated activities. One might even wonder how or why an individual would be drawn to these practices. However, I've grown to appreciate that all three arts have much in common and really represent different aspects of the same practice, i.e. perfection of mindfulness and intense focus as a bridge from technique to art.

What could possibly be the common elements? The emphasis on form and basics allows development of a strong foundation of technique, physical, emotional and intellectual reserve.

For the musician, this means endless scales, exercises and close attention to timing and rhythm which shape the musical phrase. Once these basic lessons are mastered (always a lifelong endeavor for the musician), then imagination can be fully expressed.

For the physician, this means intense study of the basic and physiological sciences with close attention to application of this understanding to the management and support of sick human beings. The timing and pace of medical intervention is critical to the best possible outcome and requires cultivation of sensitivity to the energy and power of the patient so as to provide support rather than intrusion, nurturing of health reserves rather than draining of vital forces. Again, once these basic skills are acquired (also over the course of a lifetime), then the true art of discerning subliminal derangements and diverting the full force of illness before the illness is apparent, or true healing can emerge. The same creativity and imagination unleashed in my musical training can be brought to bear on difficult and complex clinical problems.

What has certainly impressed me (even when I can apply these principles only poorly) is that the practice of Aikido and Iaido involves the same emphasis on form and basic technique; that there is a demand for development of power, flexibility and endurance which evolves over time—hours, days, years of painful practice. Timing and pacing are central to each technique. We hear Sensei speak and show often how important timing and pacing are; how these factors shape and define each technique. For me personally, sometimes the timing and pacing also meant a lot of out of class effort to support my body's responses to training after more than four decades of sedentary existence. And it meant literally scheduling my practice to ensure regular training and allowing enough recovery time in between. It's sort of amazing that after a few years of aching and being hardly able to move between classes, I could actually practice every day and sometimes do even a couple of classes in a row! I'm sure that my practice was and still is much more painful to Sensei than to me. Of course, if it were easy, how could one be truly committed.

There is no doubt that the practice of Aikido and Iaido have been transforming for me and has given me fresh insight into all aspects of

my life and my profession. By the same token, my past and continuing life as a musician and a physician have also influenced how I have integrated Aikido and Iaido into my life as a whole. I can no longer separate these activities. I've found that these arts represent a continuum: Focus, being continuously present during a piece of music, at the bedside of a patient, doing Noto—it's all the same. My deepest thanks to Furuya Sensei, for helping me to see this. Cheryl Lew

Practice Makes The Perfect Dojo Continued: Ken Watanabe.

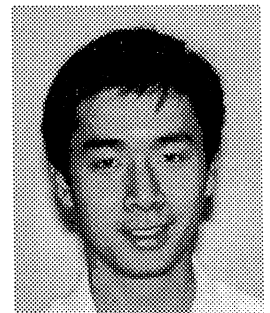
just hearing the correct teaching being spoken to us isn't a guarantee to magically getting better in Aikido. Whether or not we're talented, it's what we do with Sensei's advice that counts. In our Aikido practice, we should try to use Sensei's teachings in a proactive, positive way. Yet, we all have to realize that the correct method to executing the technique will not be the easiest way to do the technique. All the Aikido techniques have several points which they all have in common, yet each technique has a particular point or teaching to it that needs to be mastered in order to safely and successfully complete it. Furthermore, when you first start learning the technique, it'll probably feel like it doesn't work at all. Even when you're trying to do it as correctly as you can, it will feel awkward. That's why even the most talented have to practice and practice, and after practicing and practicing the technique correctly, it will become the most natural and easiest way. The technique will work on its own. This is where we all have to put faith in the Aikido technique. When done correctly, as taught, the technique will work beautifully and will be easy to execute.

From the highest-ranking black belt to the complete beginner, we should all know the importance of closely following the correct method of practicing Aikido and the proper execution of the technique. This in turn will give you a stable foundation from which you will naturally become stronger and also, it will open up the door to advance to the next level in your practice. This New Year is a good time as any to be thankful for Sensei teaching us. The way to the mastery of the technique is right in front of us whenever Sensei teaches class. At the same time, we should try to practice smarter, more efficiently, and really try to catch on to the techniques that Sensei shares with us.

Teaching Is Also Learning

Mark Ty, Aikido 2nd Dan

This article being my first for the newsletter, I didn't know what topic I should write about. I don't think I could or should write anything involving instruction yet, so instead I'll just share some of my experiences and observations over the past year, which is fitting since this is the New Year's Issue.



One new experience I had was teaching class. A little over a year ago, Sensei told me one day to teach class that Friday. Needless to say, I was extremely nervous. I felt like I was in over my head and wasn't sure what I was supposed to do. What techniques should I show? What do I say? Since then, I've had a little more practice, and while there's still a lot more room for improvement, I'm getting Con't.

Teaching Is Learning continued.

Mark Ty

a little bit more comfortable doing it. So now, I ask different myself different questions, like "What is this person doing wrong?" and "How do I get him/her to understand this point?" I've realized that teaching is a skill that must also be learned. It's one thing to know something, it's another thing to be able to teach it. In fact, this is one of the aspects of teaching that I find difficult. I noticed that when I first started teaching, I tended to use a lot of shop talk that some beginners couldn't understand. For example, it's perfectly clear to me that "slide forward" means moving my front foot forward and "stepping forward" means moving my back foot forward. So, I used to describe the techniques in this way to beginners. I've since learned to try to think of it from the other person's point of view when describing the technique. Thanks to this experience, I've come to appreciate what Sensei does a little more. Not only does he have to figure out what corrections each individual student needs, but also how to communicate them in a way that we can understand them, even if it's one we won't like.

Starting Iaido was another important experience last year. For some reason, even though I had seen the Iaido portion of our demos in the past, I was never really interested until last year's (1999) Nisei Week demo. Even though I was interested, I didn't start right away because I had concerns that I wouldn't have enough time to maintain a steady training schedule. When I did start, however, I decided that I'd come to every class and organize my schedule around that assumption. Since then, I've realized that I have more than enough time. Coming to class doesn't really take away time to do other things; it just forces me to be more efficient with my time.

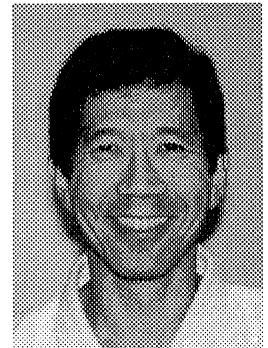
As far as practice itself, I find Iaido to be one of the most difficult things I have ever done. In some ways, it's harder than Aikido because there is just so much going on in the techniques. At any given moment, there are several things I have to keep track of. If I get corrected for something, I have to really concentrate on that one point in order to fix it, but I still need to keep the other parts of the technique in mind to prevent it from getting sloppy. It can also be very frustrating because there are times when it seems like no matter how hard I try, I can't seem to make any improvement. Or when I watch Gary (Myers) or Ken (Watanabe), it looks so easy; yet, when I try to do the same thing, something always seems to go wrong. Talking with some of the newer students (in Aikido too, not just Iaido), I know some of you share the same frustrations. The only thing I can suggest is to keep coming to practice. Even though you may not develop at the pace you'd like to, you are improving nonetheless. No one learns as fast as they think they should. I don't know whether I've been picking up Iaido quickly or slowly, but even if I were learning faster than anyone at the dojo, I still wish I could have learned in half the time. And if I had been able to do that, I probably still would have wanted to learn twice as fast as that. I realize now that during those times when I feel that I'm not improving at all, I actually still am. I'm just not aware of it because I'm taking small steps, not giant leaps. Over the past year, I've attended almost all the Iaido classes, yet only rarely have I ever felt that I've made a major breakthrough. But when I look back at where I started and where I am now, I can see that I have in fact made significant progress (although I know I'm still much closer to the beginning than to the end).

Sensei's Definition of Genius:

All of your natural talent you were born with but didn't throw away, destroy or pollute but mustered up and refined in your life.

My Aikido: 1969-2001

James Doi, Aikido 4th Dan.



When I was in college during the 70's, the years 1984 and 2001 were of cultural significance because of vivid literary predictions. The year 1984 was significant because George Orwell's novel predicted a fascist state in that year. The year 2001 was significant because of Stanley Kubrick's film, 2001: A Space Odyssey which portrayed a future technological society and a turning point in human history.

Recently a local TV station had a feature about the Kubrick movie. The feature pointed out that the movie predicted many technological advances which turned out to be correct. Other predictions were wrong. And of course many things which are a part of everyday life now, were not even imagined.

In 1969, about the time that 2001: A Space Odyssey was released, I started Aikido with Sensei at USC. So the year 2001 is a natural time to reflect on my Aikido. After that first year introduction from Sensei, I practised with many other teachers until I came back to Los Angeles in 1988. Since most of the students at the ACLA have only practised with Sensei, I don't think they really believe or understand Sensei when he talks about other dojos and the general state of Aikido in America.

Like the predictions of the Kubrick movie, my expectations and understanding of Aikido were such that some were correct, some were wrong, but most of what I now know was unimagined and unpredicted. The reality of Aikido that Sensei has taught has turned out to be far richer and deeper than what I could have possibly imagined in 1969. Perhaps this course of events was luck, perhaps it was fate.

As many pointed out last year, the year 2001 is the actual beginning of the new millennium. In the Kubrick movie, the year 2001 was predicted as a turning point for mankind. I hope that augurs well for the real future.



Annual Year End Tatami cleaning after practice, getting ready for the New Year. Complete cleaning of the mats is twice a year in the Dojo.

Year End Reflections On The Study Of Iaido

Honorable Peter D. Lichtman,
Iaido 1st Dan.



It has not been that long ago that I can still remember observing my first Iaido session. I start with this reflection since it focuses all events into one main perspective. Initially, the observation of Iaido practice and instruction appeared to be repetitive, simplistic and above all deafening in its silence. As I observed the practice sessions (prior to joining the group) I recall thinking to myself that this particular martial art was just what I needed to effectuate a successful escape from the pressures of a hectic work schedule and the overall realities of life. It seemed to be contemplative and routine such that once basic movements were understood and mastered the rest of the techniques would follow, thereby insuring a greater enjoyment of the art itself without much effort.

Suffice it to say that this initial impression was completely, totally and unequivocally flawed (in short, just plain wrong). Within the first 90 seconds of my first practice I realized that I had severely underestimated the intricacies of the art itself. Additionally, I had failed to account for the difference in teaching philosophies between east and west. Rather than being told what to do and mindlessly how to do it; I learned that a great premium is placed upon observation and focused awareness of one's actions and surroundings at all times. I further ascertained that the time needed to learn this art was going to be nothing short of a lifetime and that I had already started about 40 years too late. In other words, what started out as a nice contemplative and meditative martial art now encompassed the mastery of millions of intricacies and nuances that are barely perceptible and achieved only in very small increments.

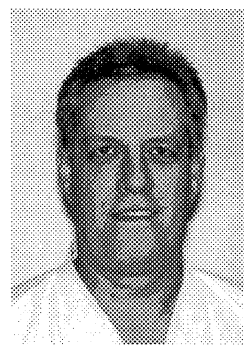
Notwithstanding the above, I can safely say that I do not regret my decision to study Iaido in the least. It has been incredibly rewarding and self-fulfilling. The Japanese Sword is a weapon that can only be mastered with precision. The sword does not lie and there is no (I repeat) no cheating in Iaido. It is an unforgiving art. Each mistake is revealed immediately and will surely be detected by the end of the Kata. However, by the same token, if the Kata is done well there is a tremendous sense of accomplishment and satisfaction that accompanies each practice session.

In looking upon the year's end I am satisfied with not only my decision to pursue the study but also with the degree of understanding that I now have with respect to the art itself. Naturally, I wish to thank Sensei and Gary for their time and patience in imparting their knowledge of this ancient but hopefully not lost art. Best Wishes to everyone and a Happy Holiday Season.

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

Happy New Year!

Tom Williams, Aikido 3rd Dan



I hope everyone has had an enjoyable holiday season. I have had a chance to relax and spend some time with family. I look forward to the New Year with expectations for continued growth and prosperity for all of us.

This past year was a very busy and successful one for the Dojo. We shared Aikido with people throughout Southern California in a number of demonstrations, open houses and other community based events. We also participated in filming several documentaries. We have added new students to our ranks and have made continued improvement in our practice.

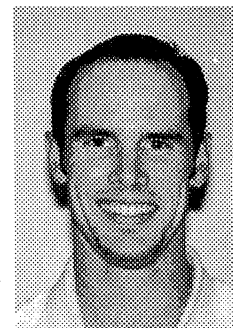
The Dojo is becoming very strong. In part, this is because of the sincere attitude we have towards our training. I look forward to many more days of good training with everyone in the upcoming year.

Thanks for your help and support during class. It's great that we all give each other assistance to our mutual growth and development. If there is anything I can do for you to help with your training, please ask. I'm usually always interested in more training before and after class.

Thanks finally to Sensei for his ceaseless efforts and concern for our continued progress. I appreciate his instruction and feel fortunate to be part of the Aikido Center of Los Angeles.

How Aikido Helps Develop My Skills In Ceramics

Mike Van Ruth, Aikido 3rd Dan.



Many times students at the university comment about my throwing clay on the wheel. They say I make it look so easy and then ask me my secret. It isn't a big secret.....practice. But there is to it more, knowing how to observe and learn.

In our Aikido practice, Sensei often discusses the fact that we need to observe closely what he is doing and imitate it exactly. We do this by watching and then practicing what he has shown. When there is a question in the technique, we watch that specific area the next time Sensei demonstrates the technique again. Then we can go back and make adjustments in our technique.

This is the same method I use in ceramics. When I first started, it was very difficult. I would watch and try to do exactly what the instructor was doing. Of course, I didn't have the skills and the experience of the instructor. I had to practice very hard. When I surpassed my peers in the class, they would say I have a talent for it. The fact was that I was in practicing four times as much as they were. When the Con't.

The Spiritual Exercises of St. Ignatius Loyola: A Personal Account

Jeffrey L Johnson MD, 3rd Dan.

The archetype of the warrior priest is found in many cultural traditions, both eastern and western. One historical example from the western Christian tradition is found in the life St. Ignatius of Loyola. He was born in 16th century Spain and sent to Barcelona as a child to be raised as the ward of a noble family. His goals as a young man were centered around his upbringing as a gentleman and a soldier. He desired nothing more than to distinguish himself in battle and be recognized as a gallant, dashing figure among the courtiers of Spain. At the age of 30, while fighting the French in the siege of Pamplona, a cannon ball struck him in the legs and confined him to bed for months. While recuperating he asked for chivalrous romance novels to pass the time. His household, however, had only books on the lives of Christ and the saints. As Ignatius tells in his autobiography, it was time of unexpected spiritual awakening. His imagination, previously taken with stories of chivalry, was captured by the heroism of the saints and the mysteries of the life of Jesus Christ. It formed the beginnings of a spiritual conversion that continued for the remainder of his life.

As his health improved, Ignatius abandoned the ways of the nobleman, retreated to a cave in Monserrat, lived as a hermit and prayed for a plan for his life. This experience, rich in mysticism, grace and inspiration, formed the basis of what became known as his Book of Spiritual Exercises. Ignatius taught these exercises to a group of his companions. Later when these men founded an order of priests (The Society of Jesus, also known as Jesuits) it became a cornerstone of their spiritual formation. Ignatius eventually formalized the exercises into a 30-day silent retreat. These long retreats are made only once or twice in a lifetime but shorter versions lasting a week to 10 days are mandated annually for several orders of Catholic priests today and even shorter forms of the retreat are encouraged in the laity.

I had the good fortune to participate recently in a 3-day version of the Ignatian Exercises. The silent retreat took place at the Prince of Peace Benedictine Monastery in Oceanside, California. The monks in residence, who live a traditional and austere lifestyle, built the monastery by hand. They also maintain the living and retreat areas and provide simple meals for the retreatants. The retreat itself was lead by priests of the Legionaries of Christ, a relatively new order whose founder, Fr. Marcel Maciel, was also influenced by the legacy of St. Ignatius.

The retreat can be difficult for those not accustomed to the discipline of silence that is required. It is designed to strip away facades and self delusion. It is not designed to be light hearted or self-congratulatory nor meant to be a vacation. It demands primarily a willingness to go in openly and honestly. The process is organized to balance periods of solitary prayer and meditation with group prayer and the celebration of the Eucharist (Mass). Prayer periods are interspersed with talks developed by the retreat master and individual time spent with one's personal director. The overall purpose is to remove unnecessary distraction so that the retreatant is open to the workings of God in one's life. Someone once told me that a retreat is sort of like going to the dentist. The first difficulty is admitting that one needs to go. The next

difficulty is that no matter how good one has been with the tooth brush it still seems to hurt a little bit. Not surprisingly, the more this process is put off the more it will hurt in the end. The analogy culminates with the mental image of spiritual plaque all over one's soul. Catholics are obligated and encouraged to make frequent use of the Sacraments of Communion and Reconciliation (confession) and to participate regularly in guided retreats. These are the tools we have been given to help preserve our spiritual health.

The Spiritual Exercises are broken into 4 weeks' based on the month long retreat. For those like me on a shorter version each week is broken down to a day or even a part of a day. The structure of the exercises has the stated purpose of leading a person to true spiritual freedom. This goal is attained gradually by bringing an order of values into our lives so that we can make choices or decisions free of the undue influence of disordered attachments. The analysis of disordered attachments is critical to the process. These can be best described as spiritual, psychological or physical impediments to a true relationship with God. The attainment of a proper detachment is difficult and never ending. It is most often not even a simple turning away from overt evil, although this is of course necessary. It is rather more difficult to evaluate those things in one's life that are spiritually neutral in and of them selves but attain significance by our relationship to them. As an example the study of Aikido itself could be used. Even excluding the more obvious case where one uses Aikido to harm an innocent person, it is still possible to conceive that Aikido could become an obstacle to spiritual growth if it preoccupied time and energy to the point that relationships failed, work suffered and other obligations went ignored. In contrast one might forget the training demanded for the proper study of Aikido because of inappropriate attachments elsewhere (i.e. comfort seeking, laziness etc). In neither case is there a problem with Aikido. The problems lie with the student's attachment to the art. One can recognize a proper attachment to Aikido by the fruit it bears, i.e. improved interpersonal relationships, improved concentration and balance, increased awareness of obligations, in addition to the physical benefits that accompany training. Although aikido may be much less likely to lead to a disordered attachment than other pursuits given it's inherent emphasis on balance and harmony, the point is that anything can be corrupted without a clear understanding of it's place in one's spiritual life. This type of analysis needs to be directed at all areas of one's life.

The division of the time into "weeks" follows the Ignatian plan for a 28 day retreat but as mentioned above, the process can be studied in the context of a much shorter period of time. The first week is centered around a renewed understanding of our human nature. To put it succinctly, for the Christian there is no meaning without God. It is an understanding of our creaturehood that is the foundation of the humility appropriate to all of us. Our authenticity as persons comes from our rootedness in this essential belief. Thus, dialogue with God our Father in the form of prayer and meditation are the keys to Christian life. We must especially examine those areas of our life that we would wish to shield from God if such a thing were possible. It is our most cherished sins that are the basis of disordered attachments. St. Augustine, one of the great doctors of the Church once wrote of this difficulty in letting go of a particular sin in describing a prayer of his youth: "Lord give me chastity, but not yet". The first part of the retreat is designed to help one recognize these areas of our lives that we know we should change but have not. This part of the retreat can be very disconcerting as one faces the brevity and potential inconsequentiality of one's life.

Con't.

Thank you's

Our deepest appreciation to the following people and organizations for all of their support, encouragement and friendship in 2000

*Hon. Consulate General of Japan
Dr. Kajo Suzuki, Society for the Preservation
of Japanese Art Swords, Tokyo, Japan
Masatake Fujita Shihan, Aikikai Hombu
Teru Ikeda Sensei, Aikikai Hombu
New Otani Hotel
Madam S. Kansuma, Kansuma Kai
Madam S. Matsumoto, Konnichian
Mrs. Fumiko Kanai, Zenshuji Sadobu
Japanese American National Museum
Los Angeles Police Department Arrest &
Control Unit
Kenjinkai Kyogikai Prefectural Organization
Members Nanka Yamanashi Kenjinkai
Little Tokyo Public Safety Association
Little Tokyo Koban
Little Tokyo Services Center*

How Aikido Helps Develop My Skills In Ceramics continued:

Mike Van Ruth

instructor would demonstrate again, most students would not watch and continue to hack away at the wheel.

As time went by, my skills improved. My attention to detail had to also increase. As the instructor would demonstrate, I would have to pick up on the finer and finer details. And then get right back to practicing again.

Even now, if I know a particular instructor at the university is doing a throwing demonstration on the wheel, I will go and attend. It isn't required of me, but I always see something I missed before or have forgotten about. I can also watch the students in the class and see if they are really watching. Most of the time they are not paying attention and it shows in their work. These are some of the same people who ask me how I make it look so easy.

Next Issue:

**Annual Dojo Christmas Party.
Special Year End Practice.
Sensei's Message: New Millennium 2001.
Kyu & Dan Promotion Presentation Ceremony.**

The Spiritual Exercises of St. Ignatius continued: Jeffrey L. Johnson, MD.

The second week emphasizes the life of Jesus Christ and his teaching about the kingdom of God. The message of Christianity is one of love and peace. But it is not a message of complacency. It is a challenge to fight the good fight. Make no mistake that a certain militancy is demanded of the Christian. Sensei has occasionally spoken in class of the warrior who exhorts that one must live as if one's hair were on fire. This same concept is extolled by many saints. We must make use of our talents and abilities fully and at all times. We can not have a luke-warm existence. We should live like the warrior in battle prepared to die at any moment. The weapons of Christianity are faith, hope and charity. These weapons sound benign but can be honed to sharpness by prayer and action. Mother Theresa of Calcutta is a modern example of this type of warrior. She fought not to injure but to heal. Her most recognizable trait was the love she demonstrated for her fellow man.

The "third week" emphasizes meditation upon the suffering and death of Jesus. Christians recognize the Cross as the greatest paradox in history; salvation of all men under the guise of a brutal execution. The complex issues of human pain and suffering find their explanation in an understanding of the Crucifixion. Given my work with critically ill children, I find this to be a fruitful area for meditation and prayer. I have also considered that the paradoxical yet widely known idea that Martial training leads not to conflict but to harmony fits well in the shadow of the Cross.

In the "fourth week" the resurrection of Jesus is contemplated. The resurrection is the central tenet of Christian belief. We are told that the victory over death has already been assured, the Enemy utterly defeated. We only have to choose to be on the winning team. How easy it should be and yet how difficult it remains. The understanding and acceptance of this idea is critically important.

Clearly this retreat process is Christian in orientation and an attempt to make it more ecumenical is not my desire. However even a society as pluralistic as ours can find some common ground in the works of this saint. First, humans have a spiritual nature; our place in the cosmos must be understood. Second, the obligations attendant to one's place must be made clear. This comes from the habitual training of oneself to do the right thing. Third is an understanding that life is brief and death is inescapable. The disposition of the warrior and the saint are alike in that a balanced life is detached from inappropriate entanglements. Fourth is that victory in whatever form is assured by steadfastness. And lastly, although human beings are often viewed as a dichotomy of the spiritual and the physical, one's goal should be to live life in the most seamless manner possible, realizing that prayer or training should not be separated from our other mundane duties. As Sensei has often said, everything one does can be prayer or training for the truly centered person.

It has been widely recognized among saints and sages that truth can be known by the love which flows from it. We are fortunate in the dojo to have a teacher like Sensei who desires that we become better people not just better technicians.

"True budo is a function of love. It is not for killing or fighting but to foster all things and bring them to fruition. Love protects and nourishes life. Without love nothing can be accomplished" - Morihei Ueshiba

No Expectations, No Results

Jim MacDonald, 1st Dan



I started Aikido in NY a few years ago. I made it about a month before I decided that it was too hard, I was too old--I think I was all of 25 at the time--and that I had no real talent for martial arts anyway. The years passed and I eventually ended up in LA. I'm not sure what triggered it, but all of a sudden I was thinking about Aikido again. "Naww," I'd say to myself, "you tried that already, remember?" But the thought just wouldn't go away. Then, in March of 1998, my wife Karen was about a month away from giving birth to our son, Drake. I threw out the idea of my attempting Aikido to her. I thought I'd hear something like, "What? I thought you did that once." Instead I got, "Go for it." My son was born on April 17th 1998, about two weeks after I joined the Dojo. The symbolism didn't escape me. When the world changes, it changes big, and I can't think of two bigger changes in my life than Drake and Aikido. But this time, I knew if I was going to make Aikido a part of my life I would have to approach it differently than I had before. I have been studying Buddhism for several years, and something one of my teachers once said really struck me. It was "No expectations, no results." When I first heard it I thought that it was an impossible feat. My whole life had been about having expectations. Maybe that was the problem. Little by little I started to look at all my frustrations, anger and disappointments. Would it be possible to live a life without expectations and results? Would it be possible to function in such an open space in this modern cutthroat world? How will I work, I thought? If I don't want something, how will I get it? Isn't life about achieving, gaining, becoming? To really take this Buddhist teaching to heart seemed radical and overwhelming, but I wanted to see if I could, somehow, in some small way, attempt it. And that's where Aikido came in. I was going to do with Aikido what I had never done with any part of my life. I was going to approach it with no expectations and no results. I found out soon, this wasn't easy. I was so used to judging myself and others that I constantly had to remind myself on the drive home to just drive, to stop going over everything that had happened on the mat. Not that I wouldn't review the techniques in my mind--that's different than the monkey-mind running around trying to latch onto something to make me feel good about that night's practice at the Dojo. As I continued to train with this new awareness, I realized that I was being forced to be 'in the moment.'

If I don't have expectations, then there is no future. If I'm not judging and comparing my results, there is no past. And isn't that where we truly want to be in Aikido, and, for that matter, anywhere in life--one with the attack and nowhere else, one with our experience and nowhere else? I think this approach has also helped me to be less frustrated and more able to 'be' with whatever is going on. And if one can truly 'be' with what's going on, one can greatly increase one's learning curve. A difficult concept to put into practice, but, little by little, I was able to just drive home and leave what happened on the mat behind. Why worry? I get to come back tomorrow and start all over again.

I think the first year in Aikido is the toughest. So much to learn. Really, a new language, a language spoken with the body. But a won-

derful thing has happened for me. No matter how crazy my life is, there is always the Dojo--to bow to O-Sensei and think to myself "No expectations, no results." The Dojo had become a true refuge for me. For an hour and a half I worry about nothing but Aikido. Even better, I don't worry about Aikido. I just need to be there. Aikido will do the rest. I still have many days when my mind is racing. "Pay attention to me!" it screams. "You have lots of worries! You can't just let go, strike, roll and throw!" But I do. I do. I let go. And soon my breath is heavy, and my body warm. Soon I am happy and not quite sure why. We clean the the Dojo. I change into my street clothes and walk out into the alley. I feel larger in some way, in awe of this big, beautiful world. Or maybe I feel smaller somehow, swallowed up into the cool, peaceful night. Maybe that's it. Aikido feels so immense and full that, finally, it's okay that I'm not really that important. Aikido let's me happily just be part of it all.

Beginning Aikido Again In Wyoming Tom McIntyre, 2nd Dan

After I moved (from Los Angeles to Sheridan, Wyoming) here I found myself thinking about it all the time. "Here" is north-central Wyoming, on the east slope of the Bighorn Mountains and at the broken western rim of the High Plains. Town is seven miles away, and moose and bear have been known to ramble through it. Out our way, mule deer, sharptail grouse, and ring-necked pheasant come right up to the house and sometimes perch on it (birds, not deer), giving our cat delusions of grandeur. I definitely don't think we're in L.A.

That is, for my family and me at least, the good part. The not-so-good part is that the nearest Aikido of any sort is 150 miles away, and even if you get there, there's no telling what you'll find. So that's what I would think about, seeing techniques in my head, sometimes moving alone through them like a shadow boxer, studying Sensei's tapes, trying not to forget what he had taught me. It wasn't practice, though.

Last March a few of the martial-arts students in town asked me if I would be willing to teach, as best I could, an Aikido class. They offered a space in the local martial-arts studio (a converted concrete-block garage or warehouse--hard to say which--with old high-school wrestling mats on the floor, freezing in winter and sweltering in summer) and some open hours during the week. I was uneasy about this. I wanted to find a way of living here and getting back into practicing Aikido, but I also did not want to be responsible for teaching it poorly. This was the only chance, though, of having Aikido here on the range. Finally, with Sensei's very generous agreement, the Wyoming Aikikai was begun.

The Wyoming Aikikai is still a work-in-progress. I have learned that there is much, much I have to learn. I understand the real necessity of my returning regularly to the dojo to review, improve, and ultimately evaluate my own technique. I realize that the important thing is the quality of the training that is done: Only half-good is worse than none at all. In many ways life was easier when all I had to do was think about Aikido. Easier, but not better.

Nisei Week 2001 is from August 4 - 15th. This year's Nisei Week Aikido & Iaido Demonstration is scheduled for August 5th. We will schedule two demonstrations throughout the day to accomodate all of our guests. The Nisei Week Sword Lecture schedule is still pending. Mark your calendars.

From Salamanca: Keeping the Tradition for 2001

Santiago G. Almaraz, 2nd Dan

Many students that to begin to practise Aikido, and talk to me, are very surprised to find strange, about the many and different changes, (and not only in technical things, of course). They thinking of other changes, the things that happen during, after and before (class).

The most of them, ask to himself: "why so many salute, reverence, order, silence, rules?" I suppose that, for all of them, it is very hard at the beginning, this change in their attitude. Because many of them come from other martial systems, or fighting systems or gyms, and the most of this has been suppressed, this kind of attitude in this place of practise.

These many questions are very common for the people who begin to practise Aikido. But this question happens even for the advanced students. I know some students who still don't understand this conduct to practise Aikido.

I think that they should understand that they are learning a real Martial Art, and this means that you aren't only practising a number of techniques to protect yourself. With many years of age, you are working your sensibility, your flexibility, coordination, and your reflexes. But there are many, many things that you do before, during and after an Aikido class that is part of Aikido too.

When you come to the Dojo and come on time to the class, helps you to be punctual. When you come and practice in silence and relaxed makes you a quiet and educated person. When you wait in seiza after, before and while Sensei explains a technique with you, and your keikogi being well dressed, makes you a respectful and careful person. Everytime you salute to your companion at the practise, makes you educated and polite. When you keep the dressing room clean and quiet or help to clean the Dojo, makes you a generous and attentive person and respectful of the things that you use. I think that I could write many pages more, but as in Aikido the techniques, everyone have to find the questions with the daily practise.

I saw many schools, gyms or even dojo in my city that in a couple a years they are little by little put aside many attitude in his daily class, the salute, cleaning, silence in practice place, and they do this because they instructor wants to teach the martial arts more easily, more informally, free and in a easy manner, without many things that the students doesn't like, or are not so important, and they teach his art in the way that the students want, and not in the way that it should be. And the consequence is that they, day by day, will lose the students and the will lose the tradition of the arts.

Today every thing changes quickly, now the people need something new every day. If you open a martial arts magazine you can find every month two or three new systems.

Many teachers have to change his way to teach because in the traditional way it's not commercial, so they try to change the color of the gi, change the name of the art, the salute. They change every year something to look something new and make the art more easy or attractive for the students.



During 3rd Anniversary of the Kodokai Dojo in October, 2000.

Maybe they don't know that they are teaching a martial art with many, many years of antique, and the beauty is in that. They worry only about what thing should change today, instead of to think how keep this tradition strong.

I think that all the people that practice, teach or are related with Aikido have a great responsibility in this part of the practice, to keep the tradition, the customs in our daily practice, help us to have a strong roots, and a clear reference about what we are doing or what we are teaching. Because in other ways, if we lose the tradition in our practise we will lose our Aikido. Merry Christmas and Happy 2001!



Demonstration during 3rd Anniversary Celebration in the dojo.

Special New Year's Issue

Many thanks to all of the Black Belts who contributed their essays for this very Special New Year's Issue. I learned a lot about my students and I think you will enjoy their writings over the Holidays. In fact, for our February Issue, I would like to request essays on Aikido or your practice from the general membership. Please email your articles to Sensei. Articles will be edited for grammar and space. Everyone is welcome to participate. Thanks and enjoy!

Aikido Center of Los Angeles
NEWSLETTER

Our Dojo In 2000:

January 3. First Practice of the Year.

January 2. First Anniversary Memorial Service of 2nd Doshu's Passing.

January 10-13. Master Adam Hsu Visits From Taipei.

January 15. Demonstration & Lecture at the Little Tokyo Public Library.

January 18. Prof. Thomas M. Harrell Visits from Brazil.

January 19. Sensei Attends New Year's Reception at Consulate General of Japan.

February 1. Dojo Featured on UPN Channel 13 News.

February 10. Gary Myers Celebrates 14th Year in Iaido Party.

February 2. Memorial Service for the late Bishop Kenko Yamashita.

February 3. Sensei Interviewed by Fox Sports International Television News.

February 13-14. M. Munakata Visits from Shinjuku Sports Center Aikido Dojo

February 27. Sensei Presents Japanese Sword Tsuba Lecture at Yoshino's Japanese Antiques.

March 2. Visit by Masatake Fujita of Aikikai Hombu Dojo, Tokyo, Japan.

March 4. Demonstration at the Japanese American National Museum, Debut of Japanese American Sports Exhibition.

March 4. Wyoming Aikikai Branch Dojo Opens.

March 7. Sensei Attends Okinawa Summit Dance Concert Reception at the Consulate General of Japan.

March 12. Sensei Interviewed by Radio Japan Broadcasting Station.

March 26. Dojo Hosts Japanese Sword Lecture at the New Otani Hotel by Suzuki Kajo Sensei, Executive Director of the Japan Sword Museum and Society for the Preservation of Japanese Art Swords.

April 15-16. Demonstration at the Cherry Blossom Festival.

April 26. Founder of Aikido, Morihei Ueshiba 31st Memorial Service.

May 27. Sensei presents Japanese Sword Lecture at the Little Tokyo Public Library, Little Tokyo.

June 17. Sensei Honored at Author's Recognition Luncheon Presented by the Little Tokyo Public Library, Centenary.

June 24. Dojo participates in 1st Downtown Artists District Open Studio Tours. 350 attend.

July 9. Lotus Festival Aikido & Iaido Demonstration in Echo Park.

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

August 8. Master Adam Hsu presents Chen Style Taiji and Internal Kung Fu, Nei-gung, Seminar.

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

September 23. Bahama Aikikai Branch Dojo Established.

October 4. Discovery Channel filming of Iaido Department.

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

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

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

November 25. Year End Dojo Clean-up.

December 2. Year End Dojo Tatami Cleaning.

December 5. Reception for the Emperor of Japan's Birthday Celebration at the private residence of the Consulate General of Japan.

December 6. Dojo Christmas Party at the Smoke House in Burbank.

December 20. Presentation of Kyu Grade and Dan Promotions.

December 30. Special Early Morning Year End Practice.

January 1. New Year's Holiday.

January 2. First Practice of the New Year.

Aikido Center of Los Angeles
NEWSLETTER

Correspondence:

11-25-00

Sir: I first want to complement you on your book "Kodo Ancient Ways". Since it was published back in 1996 I am sure that I am very late with these accolades, however I am just now reading it and have enjoyed it greatly. As a 20 year practitioner of Martial Arts, it truly speaks to many of the traditional values that have gone by the way side in today's dojo. I have studied numerous styles over the years, from very traditional Okinawan to modern American Fighting Arts (modified Tae Kwon Do). I must say that I miss the traditional teachings. Thank you very much for publishing this book. Thanks you for your time. Rod Stallings

Regarding Iaido Practice:

11-27-00

Sensei:

. . . . I would like that you , if it's possible write me or send me something information about the school of Iaido Muso Shindo Ryu, because some students ask me about it, and I have not much information.

I have a little group of Iaido (7) , and they began to practice in October, 1999, we practice until form number 5 and this year we practice again this 5 forms, and I will teach the first kumi tachi. Do you think that it's too much for 1 year to practice? We practice only two hours in a week. I would like to know your opinion about that. Your student, Santiago

From Sensei to Santiago:

. . . . In Iaido practice, you should do alot of *suburi* and *noto*, drawing the blade cutting and returning the blade to the scabbard. If you can do 500 to 1,000 suburi and 50-100 *noto* each class is very good. Some ambitious students should do 1,000 to 5,000 everyday to get good. Do one to five of *shoden* but do mostly the first one, *shohatto*. *Shohatto* is the most important. of all the Iaido techniques. concentrate on making each movement clear and correct.

Iaido was developed around the 1550's in Japan by Hayashizaki Jinsuke. It comes at a time in Japanese history when there were many battles fought at close range, in castles and in the cities - not in open battlefields as before. Our main teacher in Nakayama Hakudo Sensei who is a contemporary of O'Sensei. Nakayama Sensei was one of the teachers who helped to create modern Kendo and modern Iaido today, just like O'Sensei did for Aikido. I am the 3rd generation from Nakayama Sensei. I hope this helps, Sensei

Concerns About Aikido Practice:

11-27-00

Sensei, I have had some concerns on my mind about practice. It is nothing about times and such but about the way of practicing. While practicing, I have recieved a comment serveral times about my behavior that I do not understand. I have been told a few times to 'relax'. As I think about this observation that has been made upon me, I am wondering if I am simply trying too hard during practice and being too uptight. I take my practice very seriously and therefore I put a lot of concentration to learn the moves that are taught. Also, in learning for the sake of self-defense, I have taken the liberty of trying to perform moves as if I were actually in a real situation. For example, if I were to grab someone's wrist, I would grab firmly and offer resistance to their motions. If I were performing the moves myself, I would not

end my arms limp as they are falling. Also, another reason I don't perform motions slow is that for me it seems a lot more difficult to maintain my center of balance, and therefore I cannot slide my foot as easily across the mat. Of course for the more tender classmates, I adjust as to not hurt them, but for the more fit of classmates, I tend towards strong motions and movements. I also welcome practice partners to go strong on me so I get used to being tossed around as this will help me to keep my head if it really happens outside of the dojo.

I suppose the point of this email is to ask if there is a specific way that I should practice. Should I not concentrate so hard during practice and just let muscle memory eventually work the way that it is taught? or should I intently concentrate and work on my timing and smoothness of my steps? I guess the basic question comes down to if i should look at practice as more of a sparring session, or just as practicing with a wooden dummy so to speak. I am confused and I seek guidance so I may practice in the most beneficial way. Thank you for your time.

Sensei's reply:

"Relax" does mean to relax. But this point is one of the most difficult to understand in training and not even understood well by many advanced students and instructors. In the execution of the techniques, "relaxed" means to apply just sufficient power to do the job. This is difficult to judge at the beginning but becomes more clear as you develop in your training. This does not mean one extreme of being "limp" with no energy or power. It means to be focused and concentrated but not too tight. More than being too tight or too stressed in the movement it is better to be "relaxed" meaning "more centered" or "more balanced." Not easy to understand in the actual movement until you have trained a little more. When you are too tight or try to use too much power, it actually slows you down, throws you off balance and disturbs your range of movement of legs and arms. Of course, being limp, without energy or focus, is totally wrong as well. Sometimes, in the little time we have to practice, it is easy just to say, "relax more." One obvious point you can watch out for in your practice at this point, is to watch your shoulders. When yo move, do you have them shoved up against your neck or are they settled in a "relaxed" normal position. This directly affects your speed of movement, your balance and your range of movement.

It is like holding a pencil. If you hold it abnormally tight, your hand will tire and you actually can't control the pencil well. Of course, on the other hand, if you hold it very loosely without energy, you can't write well either. You hold your pencil, when you write, with just enough strength to move it along well, write and continue to write almost "without effort" or "conscious effort" - that means "to be relaxed." It is that same balance of power you need throughout your whole body in executing the technique - to have your body in a perfectly "relaxed" normal yet concentrated and focused state is what you are trying to achieve in your Aikido - in all other arts for that matter.

In attacking or being thrown, the same applies, however, in this case, is simply a safety feature. When you develop good skill in ukemi and you can fall safely no matter how hard you are thrown, then you can attack more strongly and enjoy the full benefits of practice. However, at the beginning, when we are still inexperienced, it is better to go slowly so you don't receive any injury. At the same time, as you

Continued:

Aikido Center of Los Angeles
NEWSLETTER

A Question in KODO:

11-29-00

Reverend Furuya, Let me begin saying that I have read your book Kodo several times and as a martial arts instructor and teacher of swordsmanship I often share stories from it with my students. It is truly a gift, Thank you.

I do however have a question: I enjoyed the story of the student who asks his teacher how long it will take to master his art. I have heard a few different versions of this story over the years and have always enjoyed it. My question is this. You make reference to it being attributed to Matajura (sic) Yagyu and Tsukahara Bokuden. For my own knowledge I have been trying to place this in a historical context. Is Matajura (sic) a son of Muneyoshi Yagyu's or another of his names? His son Muneyori would be too young to have studied with Bokuden. Any help you could provide on this matter would be greatly appreciated. Thankyou for your time, Mark Gerardi

Sensei's Reply:

Hello! I am glad you enjoyed my book. The story is very popular and there are many versions of it using many different swordsmen. I think, in this case, it is the story that has been passed down with little concern of who really said it first. I think, like many Zen stories, it was told to teach a lesson more than to relate an accurate historical episode. I related the story in KODO as I heard it from one of my teachers. In other versions, Matajuro is often the subject although the so-called teacher's name often changes. I don't think, myself, that Matajuro ever met Bokuden. In the Edo Period, in many stories, plays such as kabuki etc., the historical facts were often changed and historical events were distorted to satisfy very strict government censors. Also, in relating a story, it was a common practice to use names that were familiar to the audience who were more interested in the entertaining value of the story more than its accuracy. Bokuden is often used in stories regarding swordsmen because his name was and is so well known.

Matajuro is the childhood name of Yagyu Hida no Kami Munefuyu who was the son of Munenori and fencing instructor to Tokugawa Ietsuna. I hope this helps. Best regards, Rev. Kensho Furuya

11-30-00

Dear Furuya Sensei:

As always, thanks for your wonderful words of inspiration. Your words serve as constant reminders of the real way of living. I'm not sure but seem to remember that a while ago signed copies of your wonderful book KODO were being offered at the web site. I looked all around your page but couldn't find any reference to it. Did that ever happened? The reason I'm asking is that I'd like to find a very special gift for my Sensei, Adalberto Rosario. A signed copy of your book would be perfect. I'm sure that your time is pretty tied up but if this is a possibility please let me know. Respectfully,
Wendell Ocasio

Sensei's Reply:

Signed copies of KODO are always available to all my friends.

International Martial Arts Academy Dinner A Big Success!

11-30-00

It was a great success on the demo night of Nov 18 for IMAA, more than 350 people show up and all the demo is just breath taking. Thank you for all the participated Sifu, my deepest appreciation for your support. Please go to www.imaanet.com to see some of the picture that is already up, there will be more coming. Marvin Quon

From Salamanca, Spain:

12-04-00

Sensei: The second donation was arrived yesterday. Thanks very much. I try to use it for a better Aikido. These week I'm very busy because my exam is very close (I don't know what is the date yet.) I will celebrate my birthday Saturd, (December the 9th) Thanks you are the first person that wish me a happy birthday. The information that you send me about Iaido, helps me a lot. I hope thet everybody is fine, and here my students and I want to say thanks to the people that helps my Dojo. Thanks, Sensei. Your student, Santiago.

Cinturon Negro Reader From Venezuela:

DEAR SENSEI FURUYA: HI SENSEI, MY NAME IS ALEXANDER NIETO, I HAVE 25 YEARS OLD AND I HAVE PRACTICED AIKIDO SINCE FOUR YEARS AGO. HERE IN VENEZUELA AIKIDO IS NOT A VERY POPULAR MARTIAL ART, HOWEVER, FOR ME IS THE REASON FOR MY LIFE...

I WANT TO DEDICATE MY ENTIRE LIFE TO THE PRACTICE OF AIKIDO BUT HERE IN VENEZUELA, THAT THING IS NOT POSSIBLE, BECAUSE I DONT HAVE ANY SUPPORT FROM MY SENSEIS TO MAKE THAT DREAM POSSIBLE.... THAT IS THE REASON FOR THESE E-MAIL; I READ AN INTERVIEW OF YOU IN A MAGAZINE CALLED CINTURON NEGRO (IN ENGLISH BLACK BELT), AND REALLY AMAZED ME THE VISION OF AIKIDO YOU HAVE AND THE DEDICATION TO THIS ART IN 40 YEARS OF PRACTICE, ALSO I COULD SEE ONE'S OF YOUR VIDEOS AND FOR ME WAS REALLY AMAZING, IN A PART OF THE INTERVIEW YOU SAID, THAT YOU TRAVELED TO JAPAN TO PRACTICE AIKIDO WITH KISHOMMARU UESHIBA SENSEI AFTER HIS DEATH FATHER, AND YOU FOUND AN EXCELLENT TEACHER AND GOOD LEARNINGS, AND I DREAM TO DO THE SAME THING WITH MY LIFE LEARNING GOOD AIKIDO AND FOLLOW THE TEACHINGS OF THE GREAT O-SENSEI... SO I WANT TO KNOW IF IS POSSIBLE FOR YOU TO ACCEPT ME LIKE YOUR STUDENT IN YOUR DOJO IN LOS ANGELES, I CAN WORK FOR YOU IN ANY TASK YOU ENCOMEND ME, PLEASE IT IS WILL BE THE BEST THING TO ME... IT DOES NOT MATTER ABOUT TO PAY THE DOJO, I CAN WORKIN ANY PLACE AND PAY THE DOJO, BUT I WANT REALLY PRACTICE WITH YOU, PLEASE CONSIDER MY PETITION IT IS WILL BE A GREAT HONOR FOR ME...
ATTE ALEXANDER NIETO

Sensei's Reply: Thank you for your email. You are always welcome to come to train at my Dojo in Los Angeles. I am a priest and live alone and I maintain no living accomodations for students here in the Dojo. You will need to find a place to live and get a job to support yourself. My classes are everyday, weekdays in the evening and weekends in the mornings so it is possible to find a simple job here. At the beginning you must pay dues. I only accept students of rare and outstanding talent as my apprentice-students after a period of time they spend training under me. My school is very strict and you are required to be disciplined and not get into trouble of any kind, inside or outside of the Dojo. If you demonstrate very good talent and skill, you will also have an opportunity to teach classes in my school and receive training as an instructor. Your character and spiritual growth as equally important as showing excellent skill and knowledge of the art. You will learn this in the traditional Japanese method. I make no guarantees on how well you will do, I will provide the best environment and opportunity I possibly can for you to learn Aikido. The rest is up to you. Thank you, Rev. Kensho Furuya

Aikido Center of Los Angeles
NEWSLETTER

Concerns About Aikido Practice continued:

mentioned, practicing with other inexperienced beginners, we have to exert care and caution so they are not injured as well. As you develop and progress, you will be the perfect candidate for my advanced classes.

Most people come to practice too tense and not very flexible at all. It is better to develop softness, speed and balance first. You will find that power will come to you naturally. Most students, at the beginning, when they try to be strong are not being strong at all, just tense or over-exerting themselves too much, or mis-using their power - this is not true strength.

True strength in the martial arts like Aikido, is to be naturally balanced, "relaxed," focused, understanding how to move one's body as a single integrated, yet concentrated unit.

People who are too tense and over-wrought are generally off balance - which means loss of power, and easy to throw down and defeat. Also, people who over-use their strength - meaning they do not know how to correctly use their strength are generally weak and cannot move well.

So regrettably, I have to say, at the beginning, move in a "relaxed" manner and work for flexibility and softness. Speed and strength will naturally develop.

Also, you may mistake the general difference between "sports and exercise" with "martial arts." Martial arts follows the principle of "minimum effort with maximum work produced." Exercise is this opposite of maximum effort with minimum work produced - that is how you make muscles and abs. Martial arts is not a sport.

Visit Our Website Often!

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

www.aikidocenterla.com

New Dues Policy

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

Monthly Dues: 1st of the Month.

Late Fees:

If not paid by the 5th: \$20.00

If one month dues are missed:

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

Leave of Absence:

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

If this brief explanation doesn't help, ask more. You are in the same boat as many, many others who do not understand the principle of "relaxation." I tell this to everyone but few understand. Just "relaxing" is not the end, eventually, you will want to ask me about "ki" power, but this comes a little later. Sensei

#2 Letter From Venezuela:

12-06-00

DEAR SENSEI: THANK YOU SENSEI FURUYA FOR ANSWER MY E-MAIL,I WAS VERY SURPRISED WHEN I READ IT,AND I AM GOING TO DO EVERYTHING IS POSSIBLE TO ME TO GO TO THE UNITEDSTATES AND TRAIN WHITH YOU.

NOW, MAYBE I COULD WRITE IN A BAD WAY ABOUT MY SENSEI,AND I SUPOSSE THERE IS A LITTLE MISUNDERSTOOD; MY SENSEI IS A REALLY GOOD PERSON,HE IS A NIDAN CERTIFICATED . . . HE CAN NOT TRAIN EVERY DAY, AND AS HARDEST AS HE WOULD WANT TO DO IT, ALSO, HE IS IN A SITUATION VERY SIMILAR THAT I AM BECAUSE HE WANT TO GO OUTSIDE OF VENEZUELA (MAYBE USA I DO NOT REALLY KNOW) AND GET A TRAINING FROM PEOPLE WHICH IS DEDICATED ENTIRELY TO TRAIN AIKIDO. THE OTHER THING IS THAT IN VENEZUELA MOST OF THE PEOPLE TRAIN IN AIKIDO LIKEHOBBY,IS LIKE FASHION YOU KNOW!! AND THAT IS NOT THE OBJECTIVES WE HAVE RESPECT ABOUT THE ART,SO THAT IS THE REASON THAT MOVE US TO TRY TO LEARN WHITH PEOPLE WHO IS SERIOUS ABOUT AIKIDO TRAINIG LIKE YOU . BUT MY SENSEI IS A REALLY GOOD PERSON, ANYWAY SENSEI FURUYA THANK YOU FOR ANSWER THE E-MAIL AND MAYBE I WILL BE THERE THE NEXT YEAR I HOPE SO!!! ALEXANDER N.

**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. Daily News!

Affiliated Branch Dojos

Kodokai Salamanca

Santiago Garcia Almaraz, 2nd Dan

Hacienda La Puente Aikikai

Tom Williams, 3rd Dan

Wyoming Aikikai

Tom McIntrye, 2nd Dan

Bahamas Aikikai

Seymour Clay

International Martial Arts Academy

Aikido Center of Los Angeles NEWSLETTER

From Hamburg, Germany:

12-07-00

Dear Furuya Sensei, Just received your newspaper. I'm very proud to see me in your Dojo in your newspaper. I think I will put it in the internet site of us. I've read about your support for the Dojo in Spain. That's a brilliant idea. I think, if all aikidoka would help another in some way.....? I send some pictures of our kagamibiraki, what we will have in 14. January. May I send some money to take part for the costs of sending the newspapers? I could do it in a normal letter or so. Further we will do a link to your Dojo on the web.

How it is going with the Dojo? I would like to kontakt Bill again, but his email-adress doesn't work. This weekend I'm going to a big seminar in Netherland, and next year I have to lead there and in Germany some nice seminars. That's Aikido, different people, but mostly very close to another. We have departements in Belgium, Netherland, France, Serbia, Slovenia, America and Mexico, where I will lead a big seminar over new year for the second time. So please send everybody my very best regards, and if we do not contact before Christmas, I wish everybody of your Dojo merry christmas, and a happy new year. The beginning of a new century, hopefully with peace and freedom. Sincerely yours, Eckhardt

From Terumitsu Iizuka, Himeji, Japan:

12-10-00

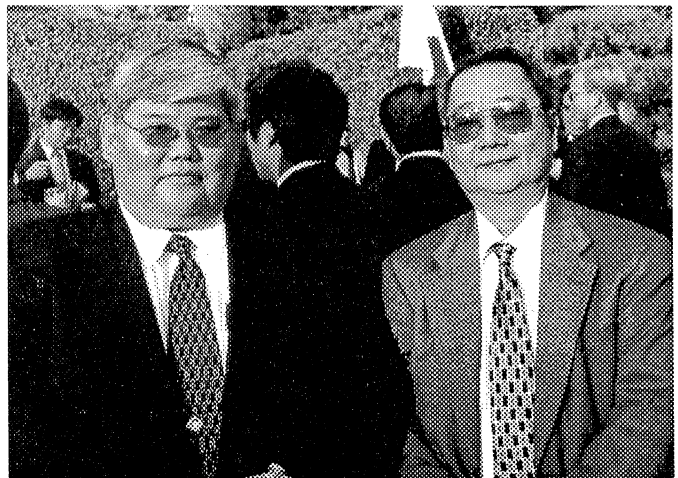
Furuya Sensei, How have you been? I hope your students have been practicing aikido as hard as I knew last summer. Our dojos in Himeji had the demonstration in November. On December 3, all martial arts federations in Himeji got together, and showed each demonstration at the Martial Arts Festival. I participated in both. I sent you two copies of the booklets of each demonstration. Unfortunately, they are written in Japanese. The video tape of the November demonstration is also included. I showed katate-dori techniques. (Please find where I am.) The last person of the demonstration in the video is our shihan, Mr Nakamura who practiced at Hombu Dojo with Mr Kanai teaching aikido in Boston now, living in Yamaguchi Prefecture. The second person from the last is our direct main instructor, Mr Yamada. I will be happy if you would kindly give me your comment on our aikido. Christmas Card is already sent to you separately, also. I hope you will enjoy the last Christmas of the 20th century and open the door of the New Century peacefully. Please give my best regards to all of your students. T. Iizuka, Himeji, Japan



Members of the Kenshinkai Iaido enjoying breakfast together after the last Intensive Iaido Seminar of the year, ABC's in Chinatown. Left to right: James Doi, Cheryl Lew, Peter Lichtman, Ken Watanabe, Sensei, Gary Myers, Mark Ty and Mike Van Ruth.



With friends, Mrs. Kanai-Zenshuji Sadobu, Mrs. Yamaguchi-Zenshuji Fujinkai, Madam Sosei Matsumoto-Urasenke Konnichian, and Mrs. Numano-Urasenke, at the Consulate's private residence for the Emperor's Birthday Celebration.



With old friend, Jeff Matsui, Director of the California Trade and Commerce Agency, Sacramento.

Daily Message Reader from Puerto Rico

12-04-00

My name is Wendell Ocasio and I'm a student of Seibukan Jujutsu and Shorinji-ryu Renshinkan Karate. Seibukan is a style that is very close to Aikido in its beliefs and philosophy. It is my main interest in the study of martial arts. I've emailed you a few times with questions and your replies have always helped me a lot. Typically, I begin my day by reading your daily message to put my mind and spirit in the right perspective.

This time though I'm writing to order a copy of KODO Ancient Ways. It will be a holiday gift for my teacher Adalberto Rosario Shihan. I will be honored if you could sign the book for me. . . .

Again, thank you very much for your daily words. They do make a difference,

Wendell Ocasio

Sensei: Thank you so much for your encouraging words.

Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



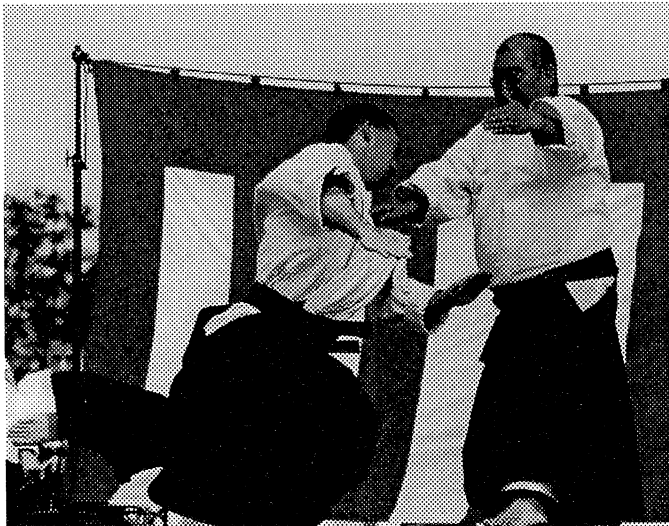
Aikido Center of Los Angeles

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 Aikidoinists are welcome to train with us or observe our training.

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

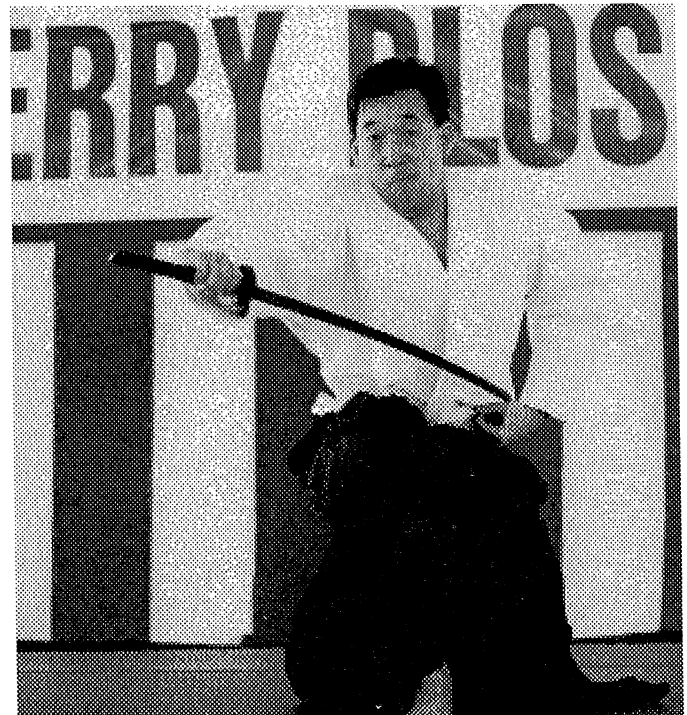
Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords: Purchase, Appraisal & Restoration

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

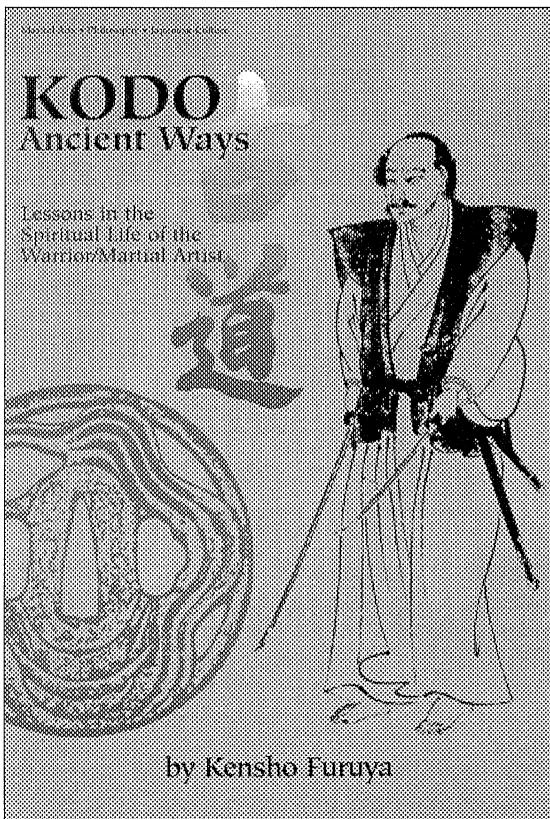
JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.



Japanese Swordsmanship Musō Shinden Ryū 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.

**Aikido Center of Los Angeles
NEWSLETTER**



KODO

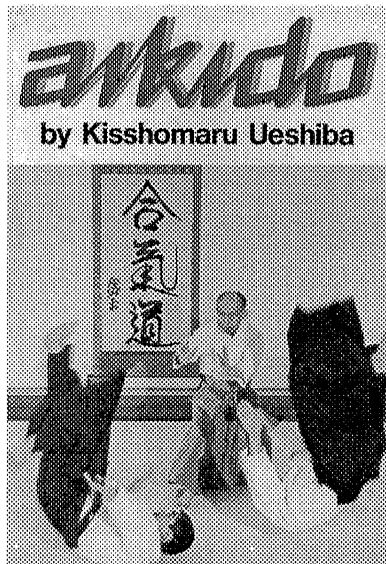
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

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

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

Copies signed by the author on request.



Highly Recommended Reading:
AIKIDO

By Doshu Kisshomaru Ueshiba

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



ACLA DOJO NEWSLETTER

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

Copyrighted © & All Rights Reserved.

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

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

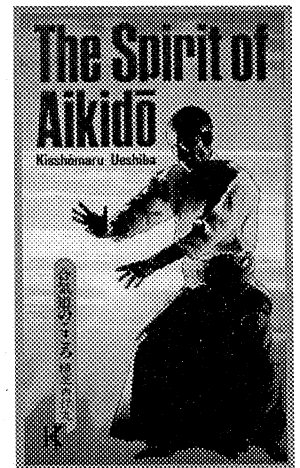


KIHAN AIKIDO

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

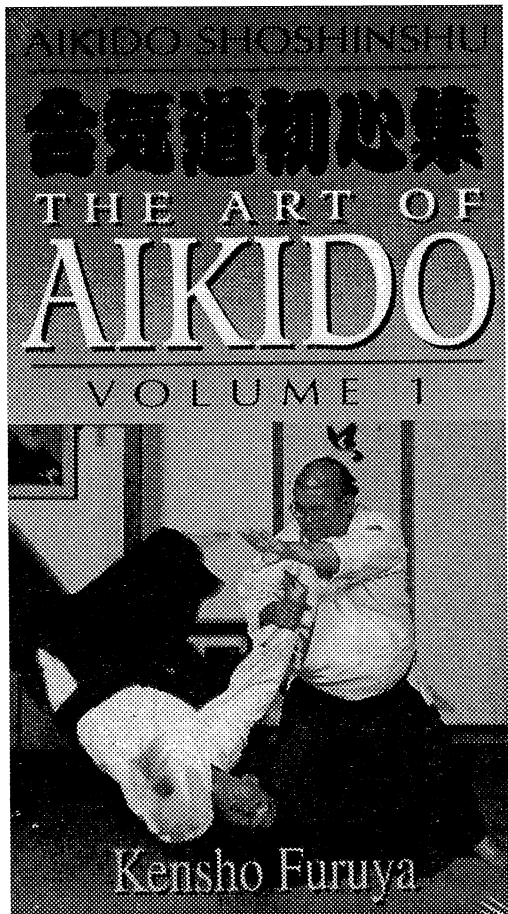
By Doshu Kisshomaru Ueshiba

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.

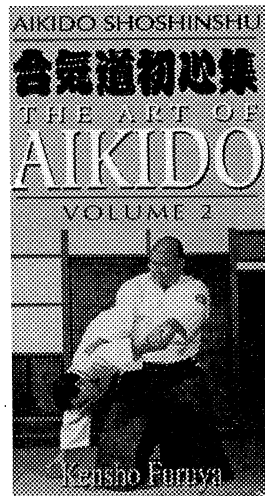
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

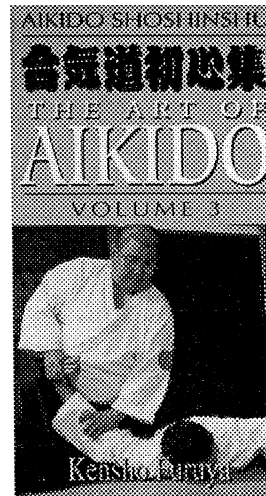
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



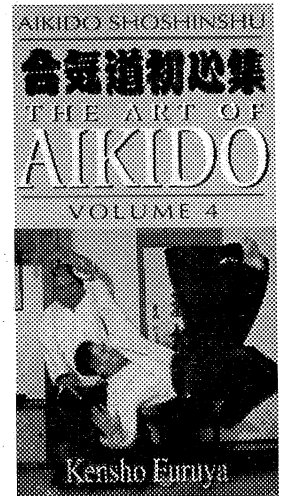
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



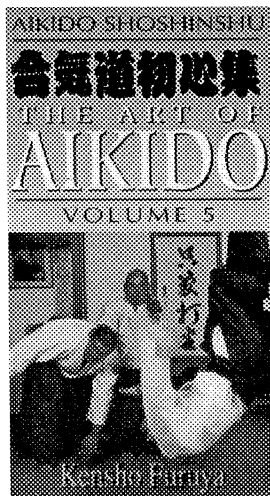
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



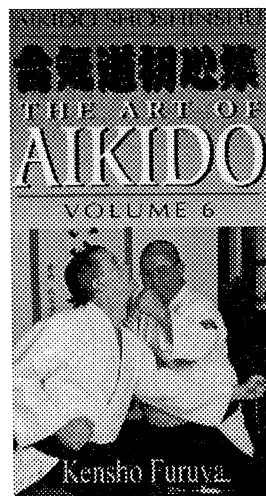
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



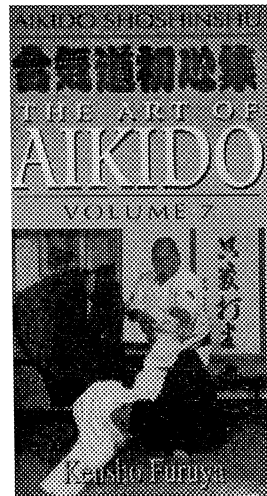
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



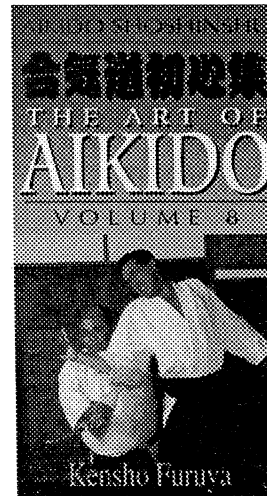
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



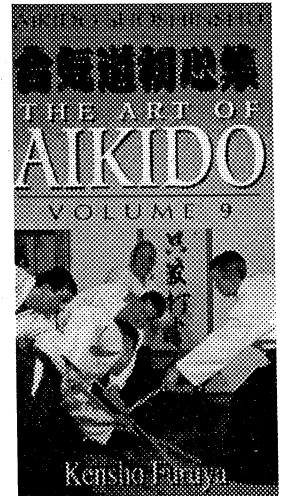
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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

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

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

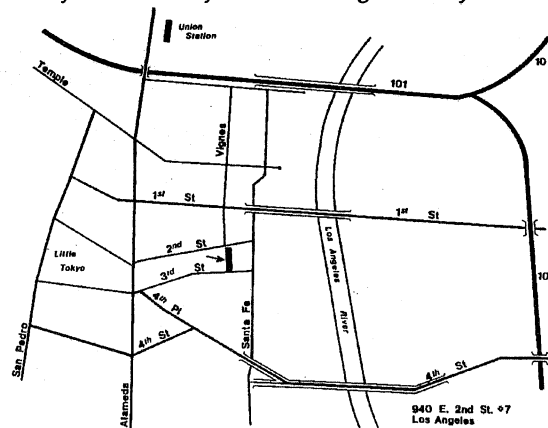
IAIDO INTENSIVE SEMINAR

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.