

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

The Aikido Center of Los Angeles LLC

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

July 1, 2003

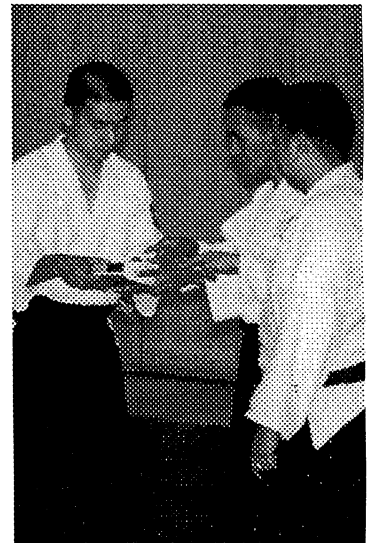
Volume XXII. Volume 7.

Fourth Of July Summer Issue

Mark Ty Visits The Philippines

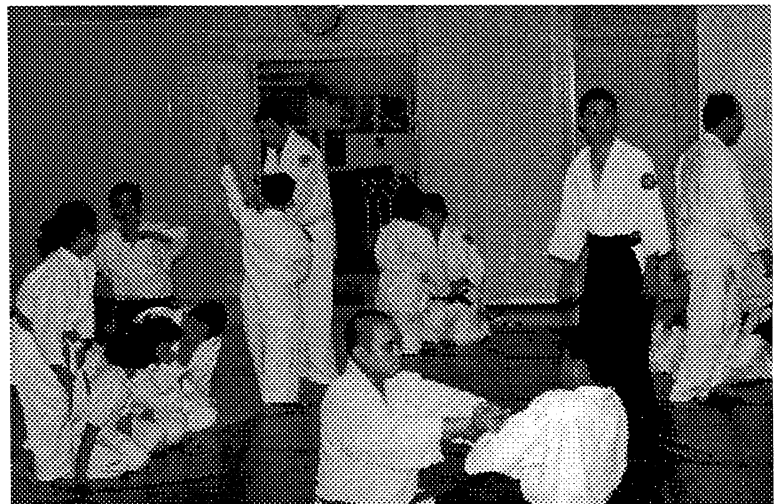


Mark at the Heart Center Dojo, Quezon City, Philippines. With Crispin Buenasedo Sensei to his right.



The last time I visited the Philippines was eight years ago. At that time, since I was only 1st kyu and didn't stay very long, I didn't get a chance to practice Aikido there. So, when I decided to take a vacation and visit my family, I wanted to make sure I got a chance to see what Philippine Aikido was like. Sensei helped me get in touch with a few dojos before I left so that I would have a place to practice once I got over there. I arrived in Manila on a Tuesday, June 3rd, and stayed for almost two weeks, until Sunday, the 15th. I ended up practicing at two different dojos: the Makati Aikido Club and the Heart Center Dojo.

The Makati Aikido Club is located in the YMCA at San Antonio Village in Makati City. The practice area was next to the weights and was a little bit smaller than our mat space. Not wanting to be late and overestimating traffic, I arrived at the YMCA too early, at around 5:15 PM. Since no one was there yet and class didn't start for another hour and fifteen minutes, I left and came back a little before 6:30. By this time, a few students had already arrived. Among them, I met Eymart, one of Reyes Sensei's assistant instructors. Reyes Sensei arrived shortly after, and I had a chance to talk briefly with him before class. As Wednesday's were usually Eymart's class, he would teach the first half of class, and they asked me to teach the other half.



For the first half, we did some stretches and mostly pinning techniques (ikkyo, nikyo, and sankyo). Not having seen before what kind of Aikido they practiced there in the Philippines, I was relieved to see that they emphasized the basics a lot, and didn't try to do anything strange or unusual. It was very clearly Hombu Aikido. I also had the opportunity to prac-

SUMMER SCHEDULE:

July 12-13. Lotus Festival
Echo Park, Hollywood.

July 19. Pasadena Buddhist Church
Obon Festival Demonstration.

August 3. Nisei Week. Miyamoto Musashi,
The Swordsman, Lecture Series.
12noon-1:30pm. In the Dojo.

August 10. Nisei Week Aikido & Iaido
Demonstration.
12noon-1:30pm. In the Dojo.

August 17. Nisei Week. The Art & Mystery
of Yagyu Sword Guards Lecture.
12noon-1:30pm. In the Dojo.

ttice with Reyes Sensei a few times.

Since we had already done a lot of pinning techniques for the first portion of class, I did basic throwing techniques (tenkan kokyuho, kaiten nage, shomenuchi irimi nage, etc.) in my half of class. Since they were basic techniques, I think most of the people didn't have too much trouble catching on to the points I tried to make. They seemed to have pretty good fundamentals; for example, they all tried to actually do irimi and move in first instead of trying to throw from in front of the person. My only suggestions for practice would be that they need to move in even more deeply and to try to maintain good posture throughout the technique. Also, I think the transitions at certain points of the techniques could be made stronger. For example, in sankyo, the technique would be safer to execute if the opponent's arm was brought over their head before changing your grip and bringing him down onto the mat. Without first breaking his balance this way, you give your opponent a small window of opportunity to stand up and get away. It also makes it possible to do the grip change while maintaining your posture. This way, you keep your weight above his, preventing him from standing back up. But I was encouraged by the energy they put into practice and their overall level; they seem to be well trained.

Coincidentally, I had the good fortune to be vacationing in the Philippines the same time that Fujimaki Sensei of Hombu Dojo was coming over to teach a seminar. Unfortunately, because of prior commitments, I was only able to attend the Friday session. Even though Fujimaki Sensei regularly visits the Philippines, everyone seemed to be excited about the seminar. After practice at the Makati Aikido Club, several of the students were talking about and looking forward to it. Even at my father's office, I found out that one of his employees used to practice Aikido but still knew about the seminar. They even mentioned it on the radio!

Before class on Friday, I met with the head of Aikido Philippines,

The Aikido Center of Los Angeles 30th Anniversary Celebration

Date: April 28, 2004. 7:00pm

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

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

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

Xavier Baylon Sensei, and some other members of his group. We talked a bit about the state of Aikido in the Philippines, and they invited me to teach a class for their group at the Heart Center Dojo in Quezon City on Wednesday (the 11th). At around 6:30, we all went over to the Rizal Sports Building where the seminar was being held. There were probably a little over a hundred people in attendance for that day's session.

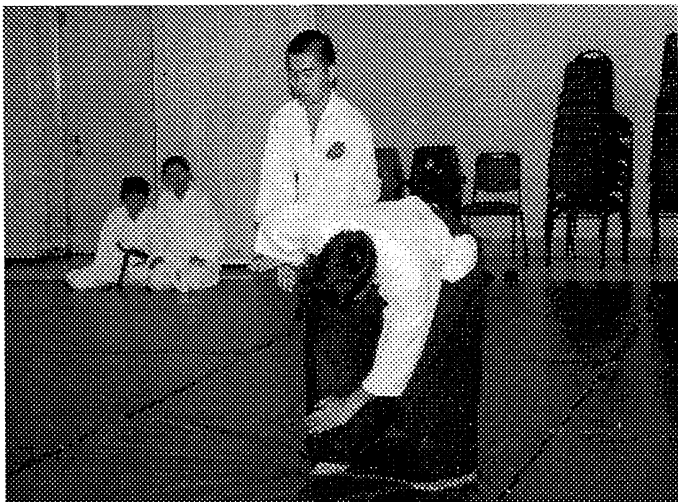
The structure of Fujimaki Sensei's class was similar to that of the Makati Aikido Club. We started off with some stretches and proceeded into a lot of shomenuchi ikkyo through yonkyo. We then moved on to some throws from shomenuchi. A little over an hour into class (by my estimate), a lot of people were getting tired and practice was slowing down a little. So, Fujimaki Sensei had us do line practice in groups of six for a couple of techniques. We then went back to practicing in pairs for shomenuchi irimi nage and finished with kokyu dosa. Although it was extremely hot, I really enjoyed the seminar. Not having been to Japan before, it was good to see what they're doing (more specifically, which techniques they're emphasizing) at Hombu Dojo.

After Fujimaki Sensei's class, I didn't practice Aikido for almost a full week, until Wednesday when I went over to the Heart Center Dojo in Quezon City where I had been invited to teach. Despite being approximately just 10 miles away, it took about an hour to get there in Manila traffic! By contrast, it only takes me 15 minutes to get from home to the dojo (about the same distance) over here. I got to the Heart Center at 6:30, half an hour before class.

For those who don't know, the Heart Center is actually a hospital. The dojo is in one of the rooms on the ground floor, just a short distance away from the lobby. The dojo got started after Aikido Philippines gave a demonstration there; the doctors liked it so much that they asked them to stay and teach regularly.

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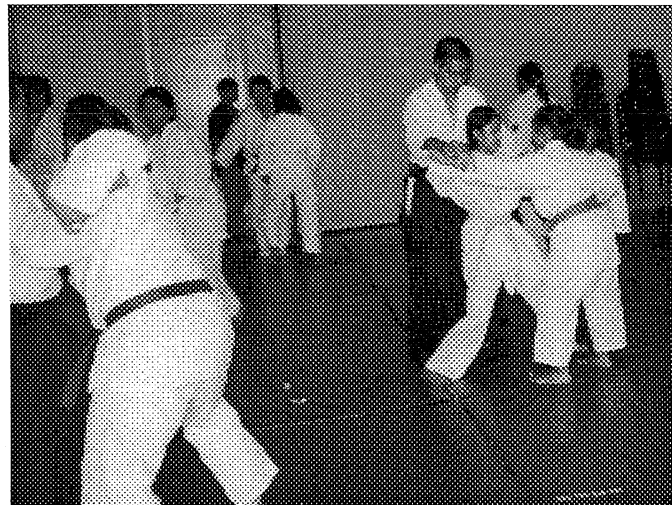
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I started off with a few basic techniques, and then moved on to some more advanced throws from katatetori-menuchi. I think everyone did well, although they did have some problems with some of the techniques. This is understandable, though, as katatetori-menuchi is a little more advanced and not practiced as much. One thing I did find out of the ordinary was that they had children practicing along with the adults. This felt a bit unusual as I'm used to having kids' class separate from the adults back here in Los Angeles. It wasn't a problem, however, as the kids didn't play around and were actually serious about practice. As with the Makati Aikido Club, I think everyone here would benefit from practicing to move in extremely deep and correcting their posture. It's something I can't stress enough, as I feel that both are necessary in the proper execution of any Aikido technique. Even at our dojo, it's something that Sensei or any one of the assistant instructors will be sure to make a point of whenever they teach class.

Overall, I came away with a very good impression of Aikido in the Philippines. Everyone over there seems to be enthusiastic and sincere about their training. One reservation I about practicing over there was when I found out that classes were an hour and a half long, is that it would only be an actual one hour of class stretched out by too much talking/explanation. Even though the pace wasn't as fast as back home, I was relieved and pleased to see that it really is one and half hours of practice. And despite the heat, everyone continued to practice hard. Also, it's nice to see that they don't take the basics for granted and just gloss over them. They don't forsake basic practice in order to experiment with exotic or unusual techniques. Because it's not too easy to get top-level instructors to come over there, they really value the instruction that they are able to get over there. For example, when I practiced at the Makati Aikido Club, the first half of the class was taught almost exactly like the way Fujimaki Sensei taught at his seminar. They do the same exact techniques that he did. That's the reason why it looks like everyone catches on to everything he teaches.

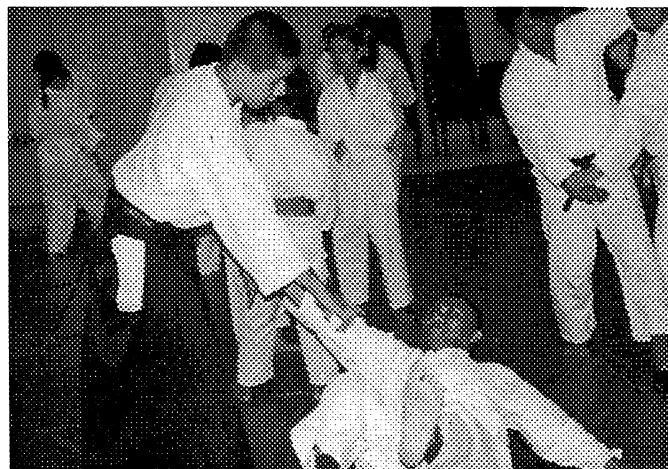
My only regret about my trip was that I had so many family obligations. Having so many relatives over there and having been away for so long, I didn't have as much free time as I would have liked. Although I got a chance to talk with Baylon Sensei quite a bit, I wasn't able to do the same with Reyes Sensei and Fujimaki Sensei because I had to rush off after practice. Likewise, there were a couple of other dojos that wanted me to come over, but that I couldn't go



to. I am really grateful to Reyes Sensei, Baylon Sensei, and all the members of both dojos for giving me the opportunity to teach there and making me feel welcome. Hopefully, I'll be able to go back again sometime soon and have more time for Aikido.

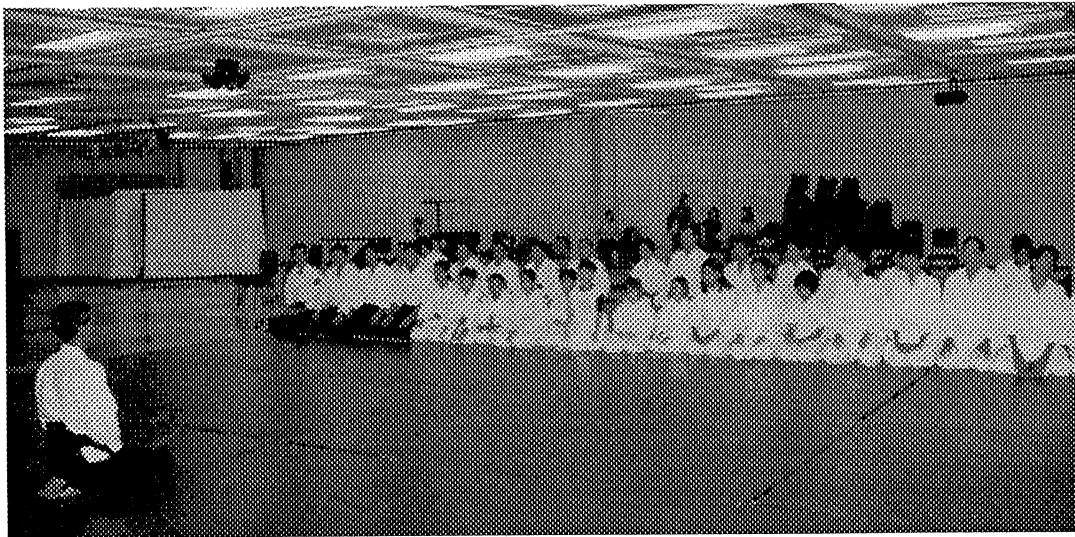
Here's the addresses of instructors of the dojos I went to:

Royce Reyes
11 Tolentino Street, San Lorenzo
Village, Makati City, Philippines



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Mark Ty was invited to conduct practice at the Heart Center Dojo. June 11, 2003.

Continued:

Xavier Baylon
403 Rajah Sulayman Bldg.
Benavidez Street, Makati City,
Philippines

Many Thanks:

We would like to express our deepest thanks to the members of Filipino Aikido for hosting Mark Ty during his recent visit to the Philippines. He has reported that he thoroughly enjoyed practice and was impressed with the level of training in his homeland. He also expressed a desire to visit once again to practice further on another occasion. Many thanks and Best Wishes.

Aikido Center of Los Angeles

Sensei's Message:

Center of Life:

I suppose if I were to ask, "what is the center of your life?" I think most people would say, "me!" No, I don't mean that. Most people have their family or work as their center. For some people, it is a hobby like fishing or bowling and for some it is a cause, like volunteer work in a hospital or community work in a church or community center. For Aikido people, it is usually the Dojo.

In the early days of the immigration of Japanese Americans into this country, there were not many places for people to go where they could be and feel comfortable and safe. It was during these days that the neighborhood temple became the center of all social activities of these early pioneers. There was one other place - of course, the dojo. In my early days of training, everyone was at the Kendo dojo on Friday nights. The evening started after practice. To this day, the Dojo can be the center of one's life - a place of peace and order where we can meet and share with friends. This is all done in the spirit of O'Sensei's teachings and the time and energy we share on the mats in practice. We are so distracted today, there are so many things to do. Do not lose this beautiful and precious tradition of the Dojo. Our dojo is fairly subdued and quiet, it still can be full of vital energy and friendship. Create a good Center of Life through your practice here. Thank you.

New Friend From Argentina:

06-24-03: Sensei: A few months ago, I started to teach Aikido. I've always believed that when we get a Shodan that's the beginning of a practice for life so, I never thought myself as a teacher. After Sensei asked me to teach a group of new students I started to wonder what is teaching what is the best form to pass a tradition. How express O'Sensei's message and how much I understand the essence of Aikido. This is a new challenge for me. I must imitate the way that Sensei teaches me. I should follow his example and, the most important, I must remember to understand. Now, I've discovered your thoughts about the way of teaching Aikido. You are a great inspiration for me. Thank you Sensei Christian Leyes City of Rosario, Argentina

Sensei's Reply: Good luck on your New Journey. The best advice I

can give you is what I think about everyday myself: To be a good teacher, you must be a good student. Always ask yourself, what do I need to do to be a good student and I do not think that you can go far wrong. Secondly, always keep in mind the "Beginner's Mind." This means to never lose the enthusiasm and energy you have when you first started Aikido practice and you were so excited and full of wonder. Finally, always be fair and true to yourself and as you are true to yourself, be true to others. As an instructor, you have one more responsibility and that is to be true to Aikido too.

Tom Williams' Mexico Trip & Training Itinerary:

Sensei, I have finalized my itinerary and made flight reservations for the Mexico trip. I leave on Tuesday, July 8th for Mexico City. I'll be there for about a week. I hope to train somewhere. I've asked Raul for recommendations, but haven't heard back yet. I know that there are lots of dojos in the city.

Monday the 14th I will arrive in Veracruz at 11AM. I will spend the week training with Dr. Magallanes and his dojo as well as some other schools that he has periodic training with (they are about 1-2 hours away). I leave there Friday the 18th for Guadalajara.

I arrive in Guadalajara around 1 PM Friday afternoon. I will train with Raul Friday night, Saturday AM, Mon, Tues and Weds evenings. Erik Saracho said he'd try to make it, but it's kind of far (3-4 hours). I don't know if anyone from Pto. Vallarta will come. I invited them through Jesus Arizmendi, who is apparently in charge of the dojo according to Erik.

I leave Guadalajara Thursday the 24th for LA. I plan to teach at Hacienda La Puente that night. By the weekend I'll be back at ACLA for training and to give you an update.

Tom Williams, 4th Dan.

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Aikikan Israel Dojo:

Here is some information about Aikikan Dojo in Israel.

It is located in the city of Rehovot - near Tel Aviv.

Aikikan is affiliated with:

Aikikai Foundation.

Kyoto Aikikai.

Israel Aikikai.

Aikido Center of Los Angeles LLC.

I established Aikikan in March 1999 as soon as I returned from Japan after staying there for 7 years and dedicating myself to Aikido training under the instruction of one sensei - Koyama Teruo sensei (7th Dan) the head of Kyoto Aikikai. Daily Aikido and Iaido training there also included voluntary work with handicapped people. Koyama sensei established in Kyoto a special Aikido training way which he calls : "Rehabily Aikido". It is recognized by Aikikai and the first Aikikai Shogaisha Shodan certificate ever was given to one of the participants there - Doi san. I am in touch with Koyama sensei and I go to Kyoto every year for training and grading. Next year I will be examined for 4 dan. (wish me luck).

When I established my dojo here in Israel, two people joined. (Uri and Timur). They are both practicing very hard even today. this November they and four more students will join me on my trip to Japan and they will be graded to Shodan. They will be the first yudansha in my dojo and everybody here is very excited about it.

Little by little people joined the dojo and now about 50 adults and 50 children train here. The name "Aikikan" means : A place in which harmony prevails. We try as possible to always keep positive spirit and train together and not one against another.

Everyone is very supportive and we always accept visitors and new students with a warm heat and a smile.

We emphasize serious and honest training, and here is the order of priorities at Aikikan:

- 1) Safety.
- 2) Ettiquete. (reigi)
- 3) Attitude. (correct Kokoro)
- 4) Philosophy and theory of Aikido.
- 5) Technique.

Training is 6 days a week. Most students come twice a week. Training starts with Shinji and meditation. (funatori, chinkon, ritsuzen) Then we do some Aiki Taiso and Junbi Undo. Then we Always practice Tenkan or Tai No Henka. Then we move to Kihon Waza, Oyo Waza, and Often Kokyu Waza. Each class ends with Suwari Kokyu Dosa, and then Nanso meditation. after that we do Shumatsu Dosa (Se No Undo). After all are seated in one line, I ask if anyone has a question. Then usually explain some important points for about 10 minuets.

At the tokonoma, there is a monthly Kanji. This month the Kanji is : ëz (SO). It means a conception.

The word "meditation" in the west means "To reflect on...", but in the east, the word meditation (Meisou) is made of two Kanji means to shut. "ëz" means conception. Is means to shut yourself to any conceptions. I think we should understand this and try to realize it in our training and meditation.

Israel continued:

Our dojo's activities are:

Daily training.

Seasonal special classes. One for each season (4 a year).

Weekly Aikido classes for the handicapped, supported by Aikikan's volunteers.

Special memorial class for O-Sensei.

Once a year Aikido masters video tape evening (big screen).

Once a year picnic for all Aikikan members and families.

I hope that Kensho Furuya Sensei will visit us some day with his students. We are thinking of a way to invite you here. We learn a lot from your web site, the book Kodo, and also from your newsletter. Thank you so much for all that. If you have any questions please send them to me. Yours, Ze'ev Erlich

Aikido Kodokai. Salamanca, Spain

Santiago and Susanna have reported that they will be expecting their first child in the early part of next year. Many congratulations and best wishes. Santiago is also thinking of changing his career due to the long wait for scant openings in the position of fireman which he has worked long and hard to qualify for. Best of luck always,



Susanna & Santiago in April, 2002.

The Furuya Foundation:

Mr. Ken Watanabe - President

Mr. Gary Myers - Secretary

Mr. Mark Ty - Treasurer

Dr. Cheryl Lew - Counsel

Mr. Jonathan Altman - Legal Counsel

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

Kodokai continued:

06-20-03: Dear Sensei, I'm glad that you take a little time for you to rest, after many years of spend it on everybody to help us. Also I'm glad that like you the tapes, in Spain it cost about 40 Euros so in Dollar it's almost the same. But in Spain I think that all the tapes are cheap that in America. And about the video mistake's as you know, it's very difficult that the magazine that make the tape do everything exactly as you wont, so some the names of the techniques names, or others things did as his own way.

I have some good news, because Susana and me in February will have a baby so is a very excite new in my life as you supposed. This month I will do the first magazine of my Dojo, will be a couple of page and I hope that bit by bit grow and the students help me to do it. I will send you a copy, will be in Spanish but I hope you like it. . . .

My work is so so, because I did my test to fireman to my city and they need only four persons (vacant), so they do a fiscal test and technical test to 200 people and, I this is fanny I did the number five so I can't get this job. So now I work at the Dojo and I will open a small shop close to the dojo, my first idea it's sell Japanese things, as Kanji's, incense, or things to decorate, (It's very difficult find things here in my city so I hope that this and this year probably (I'm not sure), I begin in the University a Oriental Culture, is a new career and probably I will write you to make you many questions, because this is about Buddhist culture Hinduism, and Chine, and Japanese culture and traditions. Thanks for your emails and Hope see you soon. Your student, Santiago.

Veracruz Dojo, Mexico:

05-21-03: Subject: Affiliation

Dear Sensei: Permit me to present me. I am the Dr. Alvaro R. Hernández Meza, I practice aikido since 8 years ago and as the Dr. Roberto Magallanes I am Shodan at present affiliated to Aiki Calli and the same as the Dr. Magallanes is my desire to affiliate me to its association by the same reasons, our intention is to follow practicing Aikido in harmony with all the students of other schools independently its affiliation politics, we want to do of our Dojo a Place where can go all those that they desire it without envies neither grudges that is to say in total harmony. I thank it all their attentions that has had with our Dojo and I expect me of the opportunity of being one of their students, Sincerely yours, Dr. Alvaro R. Hdez. Meza

From Hamburg, Germany:

06-20-03: Dear Furuya Sensei, For a long time I didn't write. Here happend many things, nice and sad, how live is. Two people in our surroundin threw their lives away, for us without reason, if there can a reason exist. Live for me is untouchable since natural death will come. We had a nice after wedding party, where all family and friends came from Germany, France and some other countries.

My student is very interested and maybe want start to practis with it, but I warned him highly, because it is sharp and he has no experience.

I hope all this finds you very well, as I see in the Dojonepaper, you send me monthly. I'm very happy to read about you and the Dojo from time to time. With the best wishes and regards, Eckhardt, Hamburg, Germany



Jin Do Riki (Power of the Divine)
Calligraphy by Gizan Murasakino, 510th Head Priest,
Daitokuji Temple, Kyoto. Rinzai Sect.

These are unusual words for a Buddhist priest. Jin Do also can be read as "Shinto" or Way of the Gods. Here, I think it means faith as in the power of faith. In this modern world today, we rely on our powers of intellect and reason but much in Life cannot be explained in such neat terms nor put into such distinct categories. Sometimes, it is all a matter of faith and faith can be the most powerful force in our lives which compells to go very deeply within ourselves. In our practice and in everything we do, we should be motivated by our faith in ourselves and in Aikido teachings and in the world around us.

Letters & Questions:

05-27-03: Dear Sensei, Thank you again for your training when I was in town recently. In reference to your discussion in today's words. I don't watch very much television, but I have developed a fondness for a show called "Everwood". In the episode I saw last week, one doctor was explaining to another that if you don't keep practicing something, the neural connections weaken. Thus, even when mastery is achieved, practice must be continued in order for the skill level to be maintained.

Sometimes when I meet people and they ask me about my rank and years of training, they ask, "When will you be done?" or "What is your goal?" People view martial arts skills as something that one can acquire, put in a box, and take out as needed. That is how it is portrayed in the popular media. We never see Jackie Chan or Steven Seagal, or even the teacher in Karate Kid practicing their art. They just acquired it and now always have it, like a hammer in the garage. Sometimes I wish it was like that, that I could just leave it in the garage, then go out and study and improve my hammer, then put it back in the toolbox. But, what I wish is irrelevant. And perhaps it is better this way. My need for training, and the decay in my technique that I see from a short absence humbles me. And the practice itself, I believe, works on levels far beyond the "hammer in my box." What are your thoughts? Warmest regards, NDC

Sensei's Reply: Sensei's Reply: Yes, it would be nice if there was an end to practice, wouldn't it? It is like saying that after a certain age, we no longer need to breathe or brush our teeth. Some activities in Life are limited or have their season. . . . which is dictated by Nature. There is some logic or reason why we can't reproduce and have babies when we are too young or too elderly. And of course, after a certain age, it is harder to do more active sports or hard labor. The body has physical limits. It is only natural that the muscles grow a little weaker, the bones more brittle, the eyesight a little less clear, the hearing a little less acute and we even begin to lose our appetites. . . . Yet the mind can be forever active and continue to grow.

Recently, it has been found that more and more so-called "senior citizens" are going back to school to finish their education or even work for higher degrees. It is found that elderly people who continue to be mentally active also continue to "stay younger." My Zen teacher passed away in his nineties but he was perfectly clear, lucid and wickedly bright to his last days. . . .

We see a concert pianist perform and it looks like magic and natural genius but much of it is just pure hard work. Who was it who said that "genius is 1% inspiration and 99% perspiration!" (I think Benjamin Franklin. . . .?) Mentioning Jackie Chan, my friend tells me that he practices 3 hours a day in the mornings just to warm up. Recently, he confessed, "in my younger days, I could easily jump off the fourth floor of a building, but today, I think I can only manage 2 1/2 floors." Even Jackie Chan faces the inevitable aging process and must limit his activities. I heard for all somersaults over 360 degrees, he now uses a stunt double. I remember in one of his filmings, he missed a tree in a stunt and fell 60 feet cracking open his skull. On location, he wasn't able to reach the hospital for many hours. He was back to work directing his film within two weeks. In his Rumble In the Bronx, you might notice that one of his shoes is slightly larger than the other. It is a fake shoe to hide a cast on his foot broken early on in the filming. No more of this for Jackie, I am sure.

Today, we look at modern schooling in terms of courses and semesters, four years to graduate, three years of this degree or that. This type of education is much different from the traditional style of "ongoing education" in the dojo. In our modern schools today, we learn skills and get degrees. In martial arts, there is a basic concept that beyond learning skills and techniques, there is also a development of the individual character which must accompany all education and is proof of degree of advancement in any skill. There is another concept that all technical skills must eventually be "mastered" by transcending such skills into an art, an art which also infers personal enlightenment or perfection of one's character. In this light, education or learning in the sense of our traditional arts such as Aikido, is looked upon as a life-long study.

In Zen, art is looked upon as all daily activity brought to a level of spiritual content and fulfillment. Or, in other words, all daily activities and thoughts must be refined at every moment until it expresses the development or perfection of one's character. I.e. enlightenment. In this sense, practice has no conclusion or goal, it is the daily process and activity of life itself. This is expressed in the words, "practice is enlightenment itself." or mastery is expressed in the actual practice, it is not an accumulation of hours and ranks or even a quantitative measure of muscles and stamina. In this, they look to the Buddha at the moment of enlightenment. It was not an accumulative process as we like to think, the Buddha in meditation is enlightenment itself at that moment.

Your "hammer" in the garage reminds me of the "tree falling in the forest," does it make a sound if no one hears it? Haha! A hammer gets old and gets used and abused, but it never changes its nature as a hammer. In the same respect, whether you are old or young, strong or weak, sick or well, you will always be "you." And isn't being "you" (yourself), the most important consideration of all in your life?

Surely, you will become weaker in Aikido as you grow older. However, in age and weakness, there is another kind of strength to discover in practice. When we talk about this, Ohsawa Sensei at Hombu always comes to mind practicing with the younger black belts. . . . so amazing! How does he do it? And btw, you are still quite young and energetic, I don't think you have to worry about age, until you become like me! Then you have something to worry about! Haha!

Don't think that the power of Aikido only comes from physical strength although this is the most obvious manifestation of its power. There are many sources of power from which we have to draw upon, we only need to discover them from within ourselves. I can't help but remember the interview of Gloria Weisserman in the documentary, Holocaust. Just a young teen-aged Polish girl who was suddenly separated from her parents and thrown into a concentration camp during the war. It is truly amazing how such a young, naive kid can endure so much and survive in a condition where thousands perished. . . . What is this power she was able to manifest within herself in order to survive? This is something I would like to discover in my own practice. . . . Good luck in your training. . . .

05-30-03: Sensei Thank you for the 'advance' on the bokken last night. When Mark handed it to me I was overcome with a sense of responsibility. I suppose there are many years to understanding exactly what that means. Thank you for all of the forms of the teaching. Respectfully, Jim

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06-03-03: Dear Reverend, Thank you for the excellent lesson on timing and intent. Thinking about the many issues regarding training which you have discussed from time to time I share the following.

In the dojo where I practice, there are occasionally students who as beginners, despite repeated attempts to be corrected, continue to execute their form badly. In a reasonable time however, despite this drawback they improved. Eventually, for those that persisted, even these errors are amended and they get their timing.

Perhaps this phenomena can be understood in the following way. Of the numerous attributes which must be mastered, these students took "the path least traveled". By virtue of their uniqueness, they were unable to follow a orthodox lesson. Initially mastering less visible attributes of the technique, they progressed until even the unassailable errors are mastered.

In these circumstances, the teacher does not teach by kata. Perhaps he can only provide example and encourage the advancement whose details he can not see. Herein the most important attribute is that the student continues to study, is provided example, opportunity, encouragement and a place to do so. Please finish Sundays page before it is to late. Sincerely, Wesley Yoshikawa

06-11-03: Dear Reverend, Thank you for your message of 6/11. Practice is like rain drops carving out canyons, one grain of sand at a time. Experience has taught me that one can initially learn from others only a small percentage of what is involved in mastery. Even with the best intentions, it is the nature of humans to bring preconceptions to the table, filtering out what is presented, limiting what we learn.

Having accomplished a measure of the basics, it is our feelings which sway us to the way. Once the threshold is crossed, mastery is sort out through consistant practice, self awareness, and more guidance. The distractions continue and we must be constantly mindful of our initial goal. Sincerely, Wesley Yoshikawa

Daily Message of June 11th. Stolen Ashes: In the early days of working in the temple, I had many terrible experiences. One day, before a service, I went to check on the altar and inspecting the incense burner, I noticed that someone had taken or discarded all of the ashes inside! I immediately went to ask one of the senior monks and he looked at me in a puzzled way for a moment and started to laugh at me out loud!

We went back and sure enough, no one had taken the ashes at all. One priest had cleaned the ashes of the remains of incense sticks and had smoothed down the ashes so nicely and neatly, that it actually looked like the bottom of the incense burner. . . . It was so perfectly done that it appeared as if there were no ashes in the incense burner at all.

I tried to do this myself and what a painstaking, nerve racking job. However carefully you press down or even out the ashes, it is so easy to make a little mark here and there and it is not so easy at all to smooth these ashes down so perfectly. It takes a great deal of patience and a steady hand. I realized that novice monks are assigned this job - but it is not only a fact of cleaning and making things neat, it certainly is a devastatingly effective mental challenge as well!

It is also a no-merit job. You may painstakingly make the ashes perfect smooth but in a few minutes it is all for not as the incense burner

is used.

Over the years, I continue to practice this job in the Dojo, but it is so hard to get it just right - there is no way here for a short-cut here or some how do it very quickly or easily. You just have to clean the ashes very carefully and thoroughly and with a little ladle, begin smoothing out the ashes until it is perfectly even. One time, I tried to cheat and did not take out all of the unused incense sticks, shifting and shifting through the old ashes. As I began to smooth it down, some of the remaining incense stick ends began to poke themselves up and I had to start all over again. . . . There is no way to cheat at this job at all!

It is not something you can do without focus. If you are distracted, it is absolutely impossible. I usually wait until there is no one in the Dojo and I am in a good mood, then I can go downstairs and sit there until I get it right. . . . We are so busy and distracted, this easy job is not easy at all. . . .

I love (and hate) this job - as simple and as hard as it is. It often reminds me of Aikido. Some jobs have no short cut or easy way to do it, it just requires patience, perserverence and time if you want to do it right.

Sometimes when I recall cleaning the ashes in the temple incense burner - I realize some jobs are like this and there is no way around it. For students, Aikido must seem like cleaning ashes too.

06-12-03: Greetings Furuya Sensei, Many thanks for the email reply and card i received from you. I am mostly well but have taken on far more than i can handle at the moment but I'm sure things will improve soon. Australia is good but is very cold at the moment with Winter weather approaching.

A visit from you to our country would be fantastic. Where i live in Melbourne is one of the most beautiful places i have seen in the world. We can happily supply accommodation for you and certainly take you to all the great spots our country has to offer. If you were also interested seminars can be easily organised as myself and three friends have just started a promotions business for martial arts events and have had success with all recent events. But i also understand that it is good to just relax and enjoy vacations every now and then.

I have been reading your daily messages very intensely lately as i am having a few major dramas in my life. They are helping me greatly and giving me the direction i have needed to deal with these matters and have confirmed with me my own thought patterns. I seem to have the thoughts and feelings of men of old, although i am not really classically trained and am also young in age at 26. I have several frustrations with the new breed of students and their mentality. They all think they own a piece of me with their monthly tuition fee and i think unfortunately i have allowed them to do so by letting them get too close to me. This is something i am changing immediately. Thank you again for your words, please know they touch me on a very deep level which is strange because i have always found it hard to retain from reading, usually it needs to be told to me but then again maybe i have never read anything else that interests me like your words do. I am also in the process of tracking down a copy of a CD i would like

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Lindsay continued: to send you from an Australian guitarist by the name of Tommy Emanuel. The man is the most passionate and greatest master of his instrument that I have ever seen. You can actually feel his music. I have had the good fortune to meet him several times and play in front of him once as a young teenager. If you visit here I will have to take you to a show. Again thank you for your words and friendship. It has made a great impact on my life. Best wishes,
Lindsay Hart, Australia

06-12-03: when I was in junior high I was kicked out of every school I went to by the time I was in the 7th grade I had been expelled from three schools. One day I started to read up on the traditional ways of the samurai. then I started to base every thing I do on these ways. mind is set for the real training that you can provide for me I am not one of those little excited boys that think its cool to carry a sword so there trying to take your class. I come to you as a man. and ask to be a student. I have to much honor to tell you anything different. I will have 270 dollars on the second of July but, with your promise I wish to view one of your iaido classes. thank you for time. I will await your response. Ps. I hope I haven't been a bather.

06-12-03: Dear Reverend, In the letter to Yagyu Munenori, Takuan Soho made reference to, and offers an explanation of Fudo Myoo which crossed my mind while reading your pages that day. Your words caused me to think about tending the ashes as a way of reaching "the unmoving mind and unvacillating body, which is not stopping on any point, not detained by anything". I went on to think about how ironic it is that in order a student comes to class with an "empty teacup", they must be in possession of "no mind", the very attribute for which they study., Sincerely, Wesley Yoshikawa

06-12-03: Reading the entry for June 12 reminded me of my grandfather. I wish I could be there to do everything I can for him, to pour his tea so to speak. I hope he is not pouring his own tea, I hope my family is taking good care of him. He is the reason why I'm here today. Many years ago he left New Mexico and traveled to California to start a new life/family. There was no work and he was very poor growing up in New Mexico. He found work in California got married and purchased a house. To get there he sacrificed and struggled. Now he has a big beautiful family. I'm now 31 years old and I have yet to experience the hardships he went through. His hard work made life easier for his children, grandchildren, great grandchildren and great great grandchildren. We all benefit from his hard work and I see that now. I deeply appreciate what he did for all of us. I'm now in the Air Force, I joined to honor him, because he was in the air force too. I wish I could be there to help him anyway I can. He would take care of me when I was a little boy. I used to help him keep up the front and back yard. Just something so simple like raking leaves with him I hold still in my heart. Just like you say you miss your Sensei. My grandfather was my teacher growing up and I'll always remember him. I guess I'm just a little old-fashioned too!!! Raymond Oliande, Langley

06-13-02: Dear Sensei Furuya, First of all, I wanted to thank you for all the interesting articles I've been able to read here on your website. The information that you pass on is invaluable, and I doubt that most of us would ever know about these things if it weren't for your dedication and efforts in teaching everyone.

I have had a question for some time now, but hesitated to write since it has nothing to do directly with aikido or iaido. And, if it is a both-

ersome question, I do understand if you chose not to reply.

I attended a Buddhist funeral not long ago and wondered about the incense lighting ritual. If my memory serves me, I believe that everyone did a bow before reaching the altar, then put their hands together (I believe they call this gasho) and bowed, lit the incense, did another gasho, backed away, and bowed again. I wanted to be able to do this correctly should I be in this situation again.

My first question is did I describe the incense lighting ritual correctly? And, if not, could you correct me please. My second question is the meaning of the incense lighting. I would be very interested in the background to this.

Again, whether or not you answer me, I wanted to thank you for all the interesting reading I've had, and all the interesting reading to come. Yours in appreciation, J. Hartman

06-17-03: Dear Furuya Sensei, You don't know me and you probably get tons of e-mails like this, but I would like to thank you for your truly inspirational words and what you have done to keep true Budo alive. I have been a martial artist for many years now and only started to see the true path of Budo (mostly due to my current instructor). Unfortunately, the true spirit of Budo has left most modern dojos in their mental and physical practices. I am glad to see that there are those who still carry the light on the path to true budo. Keep up the good work. Best regards, Matthew Ubertini

06-17-03: Dear Sensei, I hope this message finds you well. As my journey in Vancouver nears its end I find my thoughts turning home-ward and I am very excited to return to class. Initially I had planned on being home earlier this month as I had indicated on my leave of absence form, however we have extended production for another couple of weeks and I should be back sometime in the beginning of July. I look forward to coming home. My best always, Eddie Cahill.

06-18-03: Dear Sensei, I wish to thank you for your comments on Wednesday regarding rank and promotion. I returned to karate last year after a seven year absence and was given my first formal test last week. Over the last year I have often wondered where I stand in my training, and realized I desperately wanted to be ranked high for my own ego. Realistically I knew I didn't rate high kyu rank, and didn't really expect much. Every time I caught myself wanting a higher rank, I would ask myself if I was yet even good at my current perceived level. The answer was never yes. The result was that I have managed to take pleasure in my training and practice for the sake of training and practice, not rank and advancement. Your comment "Just forget about such things and rank and promotions." made me realize that even though I was not always successful at this attitude, just asking myself the question put me on the right track. I figure that as long as I continue to train and work out, I will advance as I move along and reach each level of skill. Although I don't study Aikido, I have found that many of the things you say in your daily comments carry over nicely into my life and training. And some days what you have to say is EXACTLY what I need to get me over whatever hump I am experiencing. Very respectfully, Raymond Young

**Children's Class: Every Sunday morning,
9:00-10:00am sharp. All youths 7 yrs to 16yrs
are welcome to join us! Parents welcome too.**

Deepest Condolences:

Minoru Mochizuki Sensei
1907-2003

Randy Senzaki

RANDY SENZAKI REMEMBERED

Submitted by Dale Shimasaki, Carole Hayashino and Paul Osaki

On Friday, June 13, 2003, we lost a community leader, activist, icon, but most of all, a dear friend. His sudden and unexpected passing leaves those of us who knew him in shock.

"I've lost one of my closest friends," said Dale Shimasaki. "I am still numb from the thought that we won't be able to meet to try out new restaurants or re-visit our favorite watering holes. No more arguments about how much better he thought the Niners are than the Raiders. No more brainstorming on raising the power and consciousness of the Asian American community. No more speculation figuring out which politician really cares about the working class, the poor or disadvantaged. Randy was also a wonderful advisor to me. He helped me focus my work, my volunteer work, and my priorities. To say that I will miss him would be an understatement of the highest order".

"I am shocked and sad about Randy's untimely death. Randy had no enemy except those in the establishment. I cannot imagine how this committed and articulate person and a person with much to offer is now dead. Neither the community nor the society at large had been kind to him in the past ten years or so. Nonetheless, he remained faithful to his convictions and fearless in expressing his principled positions. The Japanese American community has lost an independent and dedicated voice. He will be missed." said Ling-Chi Wang a friend and professor at U.C Berkeley.

"Randy was an optimist. He faced every life challenge believing that things would always improve and appreciating the good and positive things happening in his life. Randy had tremendous respect and love for his mother, Miyo Senzaki. He was inspired by her dedication to the community and service to others. He was a devoted father to his two children," said Carole Hayashino.

"Randy and I also worked closely at the JACL National Headquarters during one of the most challenging times for the organization. Yet even at the JACL, he remained optimistic—'take one day at a time,' he would say to me. He was always hopeful, forgiving and compassionate."

"Randy Senzaki's legacy and gift to us is a lifetime of dedication serving the community," said Paul Osaki. "Whether it was a community of students, community of musicians, or the Japanese American and Asian American community, Randy was committed to improving the quality of life for others. He touched the lives of many."

Randy had a distinguished career serving those in need, helping others and assisting the economically disadvantaged. In the early 1970's he was a public health advisor to the US Public Health Service at the Center for Disease Control in New York, Los Angeles and San Francisco. He monitored VD cases to prevent the spread of sexually transmitted disease.

His work in higher education began in 1972. First, working as a

career placement advisor at CA State Los Angeles and a Career Counselor at UCLA. Upon moving to San Francisco, Randy served as a counselor for Asian American Communities for Education (AACE) and later at San Francisco State's EOP program. Randy served as the director of the EOP for nine years.

At Dale Shimasaki's urging, Randy became one of the co-founders of Asians and Pacific Americans in Higher Education (APAHE), which was dedicated to promoting the Asian American issues and interests in higher education.

Randy left San Francisco State University to serve as the National Director of JACL. It was a challenging time for the national organization. Randy wrestled with the organization's internal struggles over the same sex marriage issue, budget crisis, and future direction of the organization. He and four other staff members left the organization in 1995.

Upon leaving the JACL, Randy returned to public education as Dean of Student Affairs at De Anza Community College and also worked at City College of San Francisco's Civil Liberties Public Education Project using grant funds from the federal government to educate the students about the lessons learned from the incarceration of Japanese Americans during World War II.

In the past few years, Randy found teaching to be a very rewarding experience. His love for the classroom and interaction with students, led him to teach with the Asian American Studies Departments at City College of San Francisco, San Francisco State and San Mateo Community College. A popular instructor, Randy's courses always had extensive waiting lists from students who wanted "to take Mr. Senzaki's section". He wanted his students to become critical thinkers - "to see the forest as well as the trees". He wanted to help his students develop values of social responsibility and encouraged their involvement to make meaningful contribution to the society.

Randy's world was also filled with music and he helped filled the community his love of Jazz. In the early 1970's, Randy connected through music in jam sessions with long-time friends Bobby Farlice, George Abe, and Alan Furutani in Los Angeles. In San Francisco, he pursued his musical interests and became actively involved in the early days of the Asian American jazz movement. He played in the jazz quartet, "Sentimental Journey" from 1975 through the early 1980's for dances, weddings, and other community events

Randy is survived by his two children, Miles and Marissa, his mother Miyo, his brother Allen, and sister Nan, and ex-wife Sharon. A memorial service is being planned for 3:00pm, Saturday, June 21st at the Konko Church located at 1909 Bush Street near Laguna in San Francisco.

Friends of Randy Senzaki have established the Randy Senzaki Family Fund at the Japanese Cultural and Community Center of Northern California (JCCNC). All contributions to the Randy Senzaki Family Fund will be deposited at the JCCNC and given to Randy's children and family. If you wish to contribute to the Randy Senzaki Family Fund, please make your check payable to JCCNC/Senzaki Family Fund and send it directly to the JCCNC, 1840 Sutter Street, San Francisco, CA 94115. For information about the Randy Senzaki Family Fund, contact Dale Shimasaki at (916) 441-3909, Carole Hayashino at (415) 515-9899 or Carol Saito at (213) 626-4471.

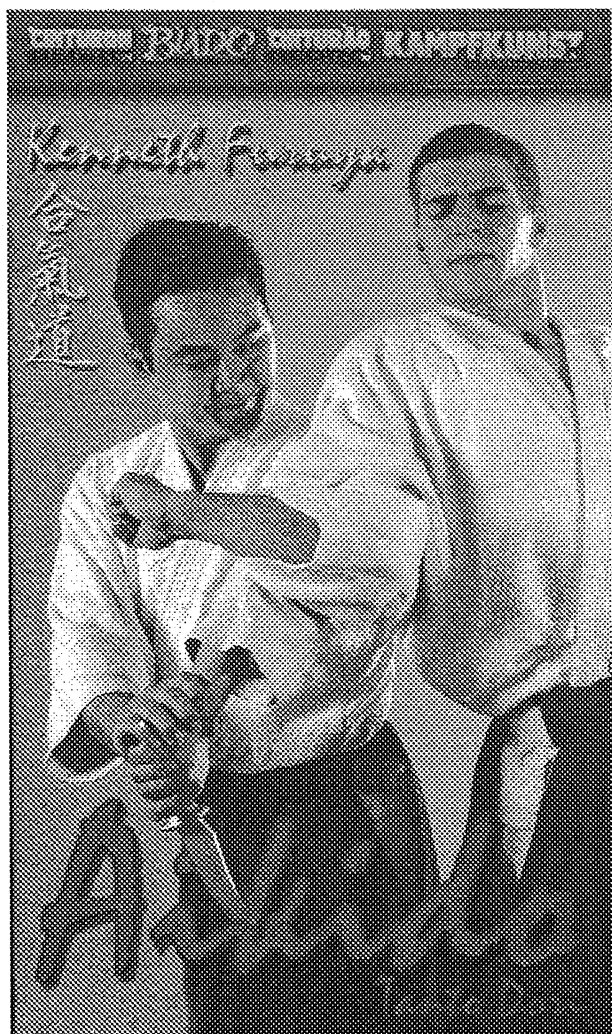
Dojo Birthdays: JULY

Matthew Chen July 1
Anatoli Savtchenkov July 12
Steve Lucero July 20

AUGUST

Lars Benthien August 7
Ty Tanita August 8
Robert Lew August 19
Peter Blood August 23
John Kwon August 25
Yerman Gur August 30
Mike Mitani August 31

Congratulations & Best Wishes!



Aikido Tanto-Dori Video

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

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Veracruz Aikido Dojo
Vera Cruz, Mexico
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni
Monza, Italy

All Black Belt Candidates & Senior Students Recommendations:

1. Please attend all intermediate & advanced classes. Maintain regular, consistent training schedule. Attendance is most important.

2. Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's Memory and is required for all Black Belts..

3. Please attend and assist Sunday morning Children's Class. This is the best training to become a good Aikido instructor.

4. Please help with the opening and closing chores and keeping the dojo immaculately clean, neat and in good order.

5. Please be a good role model for junior students. Be helpful and friendly but modest and humble. Demonstrate by your actions, not words and idle chit-chat. Be a good example both on and off the mat.

6. You must develop good, strong, correct technique. Concentrate and master the fundamentals inside and out.

7. Please always keep in mind that Aikido is not competition in any form, in strength, rank, power, prestige, position, or social status. Practice correctness over strength.

8. Beyond physical technique, Aikido means goodness. Good technique does not come without good character. Practice benevolence in all aspects of training.

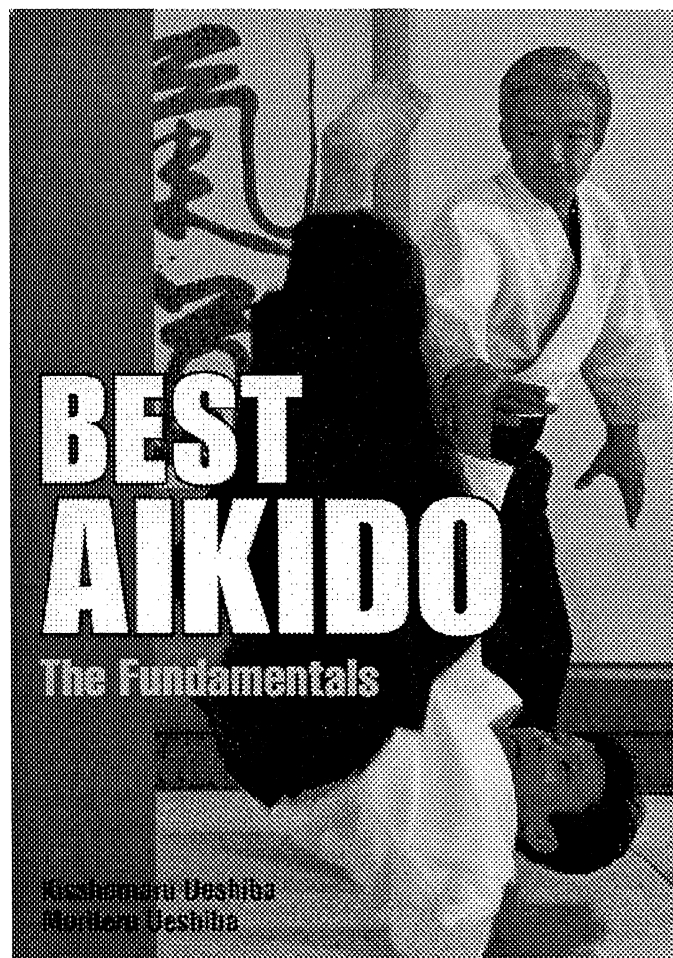
Help Build Up Our Dojo Membership

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

Our Dojo's Mission:

*We are not-for-profit, traditional Aikido dojo struggling to preserve the honored, old values and traditions of the art. We are always dedicated to maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training and do your best to support the work of the Dojo in every way you can. This is greatly, very greatly appreciated, Always,
Aikido Center of Los Angeles, Rev. Kensho Furuya*

3rd Doshu's Aikido. A Must!



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

International Aikido Kodo-Kai. Affiliations Welcome.

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

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

Requirements for Affiliation:

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

Aikido Center of Los Angeles
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Aikido Center of Los Angeles

Our Dojo's 28th Year, 1974-2002.

Our dojo is dedicated to the practice of traditional Aikido as taught by the Founder of Aikido, Morihei Ueshiba and his legitimate successors, the late 2nd Doshu Kisshomaru Ueshiba and the present 3rd Doshu Moriteru Ueshiba.

You are very welcome to visit our beautiful, hand-crafted, traditional Japanese Dojo during posted training hours. All practicing Aikidoists are welcome to train with us or observe our training.

Please Visit Our Website:
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Reverend Kensho Furuya, 6th Dan

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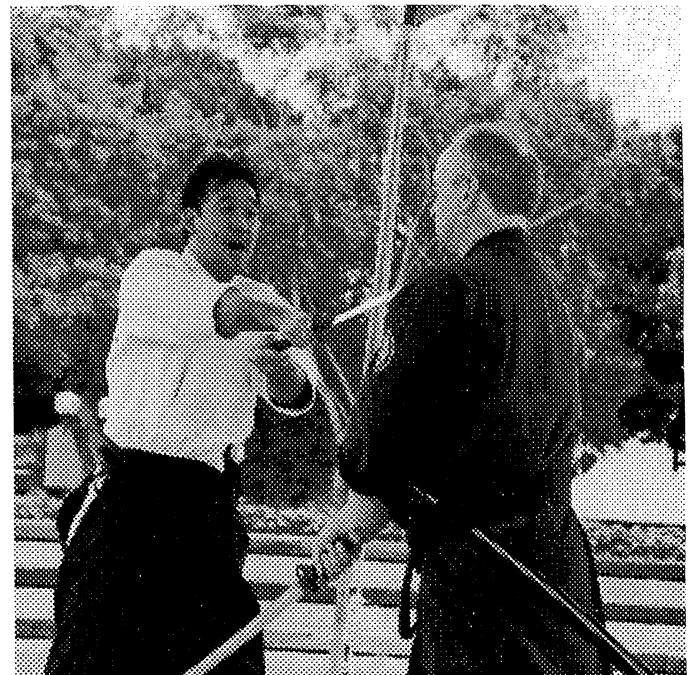
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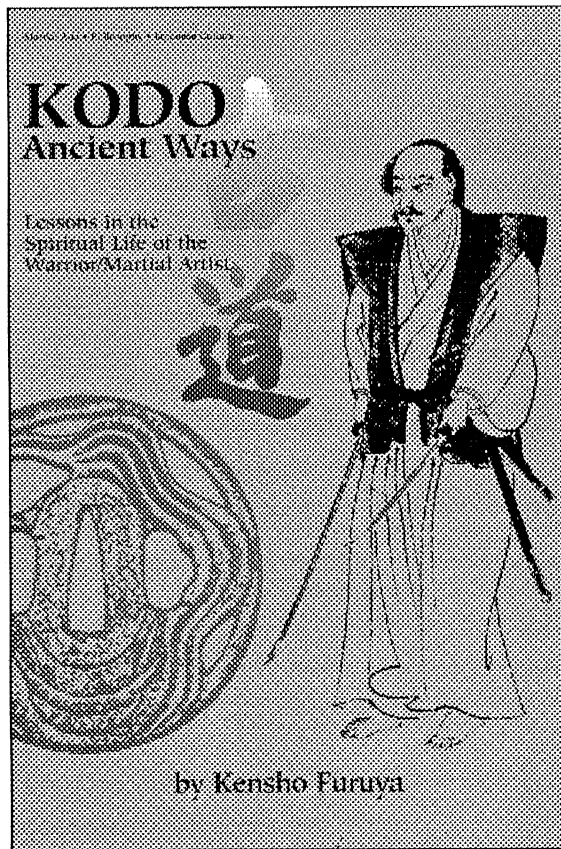
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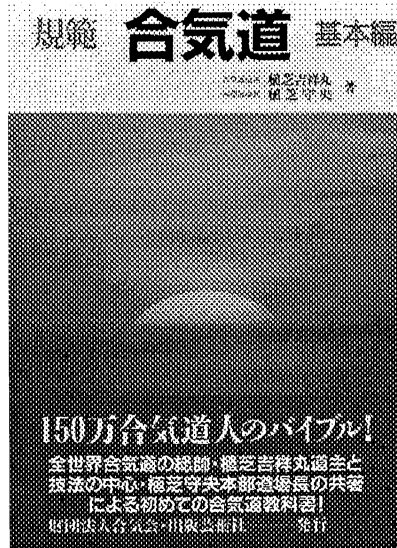
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Rev. Kensho Furuya

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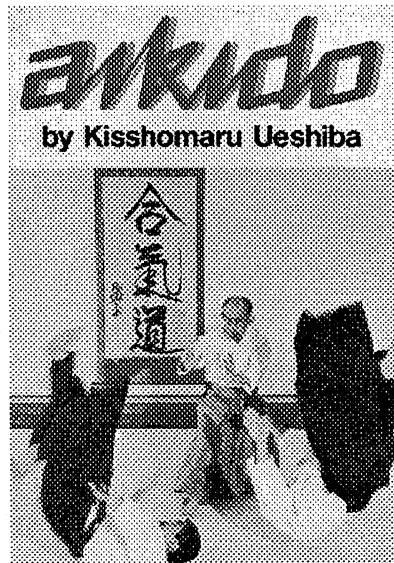
Recommended Readings:



KIHAN AIKIDO

Fundamental of Aikido

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



Highly Recommended:

AIKIDO

By Doshu Kisshomaru Ueshiba

Other Readings Recommended For Students By Sensei:

Zen & Japanese Culture. D. T. Suzuki.

Anatomy of Dependence. Takeru Doi.

Anatomy of the Self. Takeru Doi.

Mind & The Sword. Hiroaki Sato.

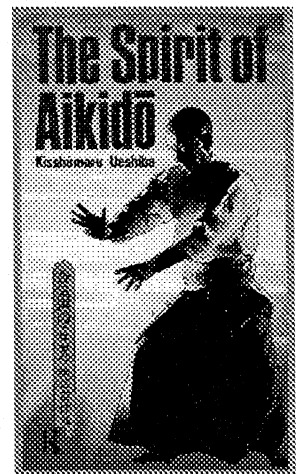
The Book of Five Rings. Musashi Miyamoto.

Records of Things Heard. Dogen Zenji.

Tenzo Kyokun-Lessons of a Cook. Dogen Zenji. Trans. Kosho Uchiyama.

The Unfettered Mind. Takuan.

A Flower Does Not Speak. Zenkei Shibayama.



THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

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

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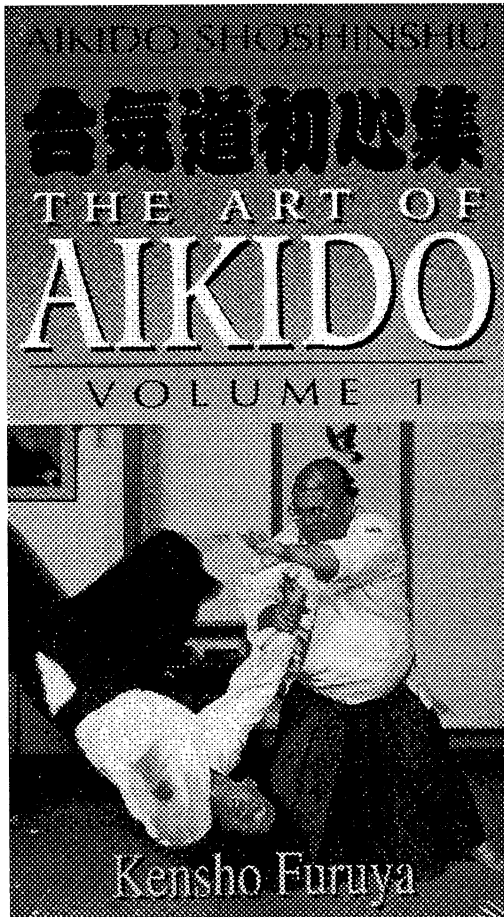
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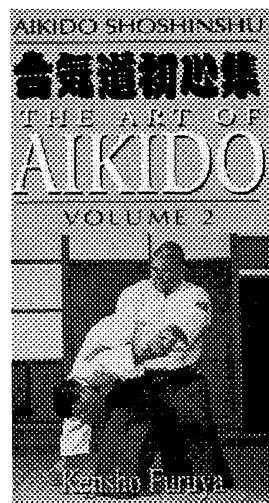
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Aikido Instructional Video Series in Nine Volumes

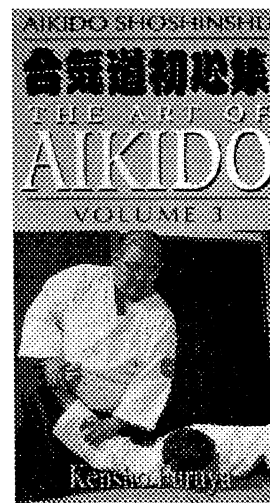
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



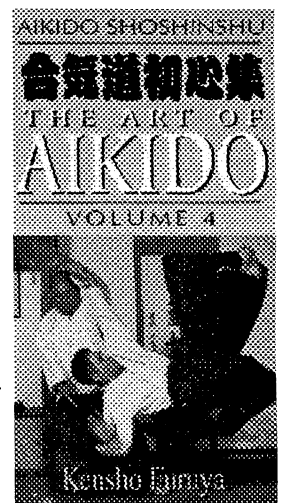
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



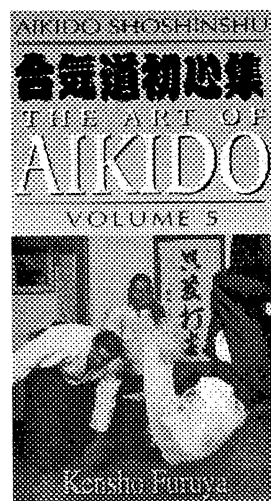
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



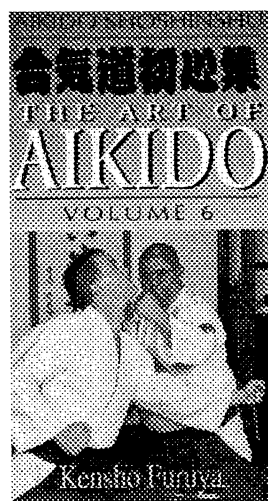
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



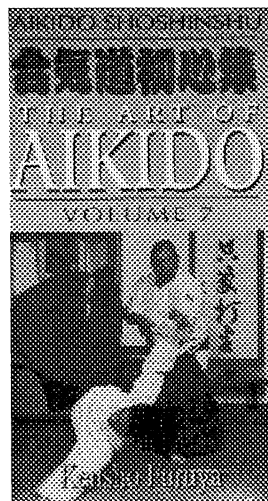
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



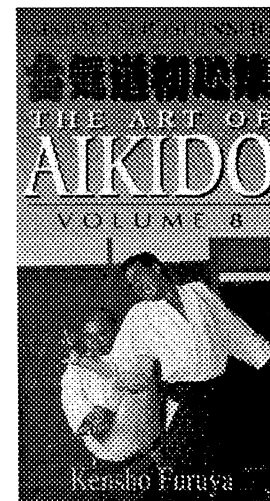
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



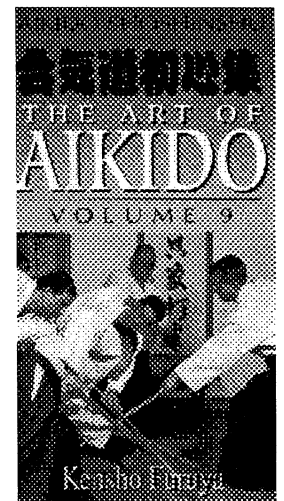
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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 Center of Los Angeles

www.aikidocenterla.com

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

Sundays: Children's Class: 9:00-10:00am

Open Beginning: 10:15-11:15am

Mondays: Open Beginning: 5:15-6:15pm &
6:30-7:30pm

Tuesdays: Open Beginning: 5:15-6:15pm
Intermediate & Advanced: 6:30-7:30pm

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

Thursdays: Open Beginning: 12noon-
1:00pm, 5:15-6:15pm. & 6:30-7:30pm
Beginning Weapons 7:45-8:45pm

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

Saturdays: Open Beginning: 9:30-10:30am.
Open Beginning: 10:30-11:30pm.
Every 4th Saturday: Open Intensive Aikido:
6:30-8:00am

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, JAPAN

*We are committed to the study and practice of the teachings of the Founder of Aikido,
Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba and the present
Moriteru Ueshiba Doshu.*

Aikido Center of Los Angeles

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Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Sunday Mornings: 7:45am-8:45am

Thursdays: 7:45-8:45pm

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

No Classes on the last weekend of the month.

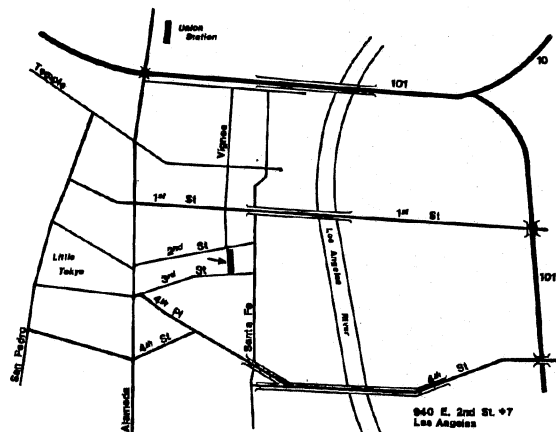
Intensive Iaido

Every 2nd Saturday of the month.
6:30am-8:00am

Private Classes Available.

Finding Our Dojo:

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



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