

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

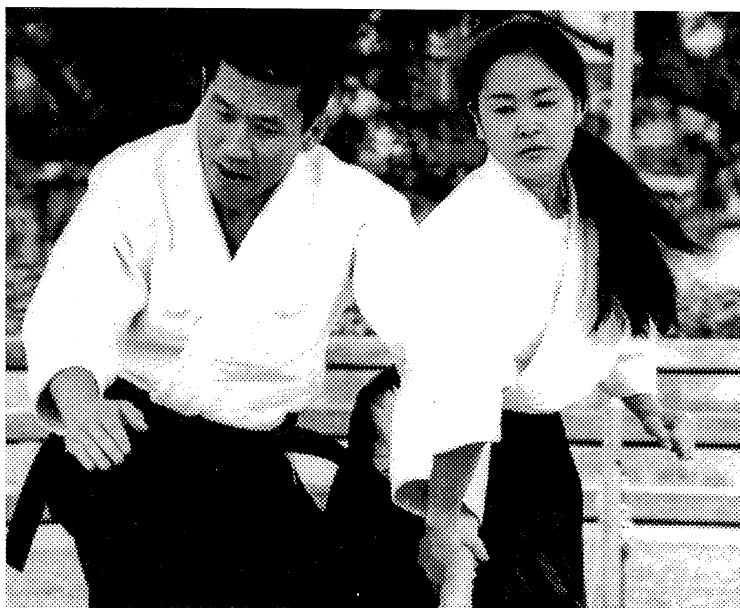
\$2.95
Donation

June 1, 2002

Volume XX. Volume 6.

LA Downtown Artists District Festival

On May 18, we had our Artist District Festival on 3rd and Traction Streets near the Dojo to introduce the LA Downtown Artist District to the general public. Along with a reception at the Sci-Art Architectural School on 3rd Streets, there was one stage for a band and one stage for our Aikido and Iaido demonstrations held between 11:00am and 5:00pm. We were also fortunate enough to have Richard Kageyama Sensei of the Monterey Park Karate Club to help us out during the day's events. Participants were James Doi, Ken



Maria Murakawa throwing James Doi during recent demonstration in Pasadena. Kokyu-nage.

Our Dojo & Downtown

Downtown Los Angeles is undergoing an incredible transformation from its earlier years and entering into a period of tremendous growth. With the success of the Staples Center, a new stadium is under discussion, including the expansion of a shopping and living complex from the Staples Center near USC extending into the immediate downtown area. The one billion dollar Catholic Archdiocese will be completed by the end of the year along with the Disney Concert Hall and the immediate downtown area will also be transformed into beautiful

parks, walkways and shopping centers along with the theaters, state, city and federal buildings in the area. The Old Chinatown is undergoing a revival with an 80 million allotment from the city for refurbishing. Eventually Little Tokyo will also share in this growth although, at present, it seems to be losing much of its ethnic identity. Our Dojo is across from the well-known Sci-Art Architectural School which is still in development although open for business and conducting classes. Everyone has much hope for the revival of the Downtown Los Angeles Artist District of which we share a part.

I think we must also redefine our role in the community and see how we can be a part of it and share in its growth and development. As our neighborhood changes, I feel we must also up-date our methods and attitudes. At the same time, as I see our Little Tokyo community, once the center of Japanese culture in this country, gradually losing its identity - who ever thought we would ever have an Office Depot and Starbucks in Little Tokyo? - I feel must should also be true to our original directive of being a traditional, old-fashioned Dojo. Students in the Dojo must learn to become more involved and participate in the Dojo's development and growth and help to lead our Dojo into this new period of change and transformation, without losing O'Sensei's ideals and Aikido's true spirit.



Watanabe, Cheryl Lew, Ken Furuya, Mark Ty, David Ito, Michael Vance and others. Many thanks to those who also helped out at our information table. Many thanks to all who participated. The event was followed by a Rummage Sale and Open House on Sunday. This will become an annual event along with the annual Open House throughout the entire downtown Artists' District.

Downtown Artists District Festival At Traction. May 18. Aikido Demonstration & Open House.



Ken Watanabe and Mark Ty. Irimi-nage.



James Doi. Irimi-nage.



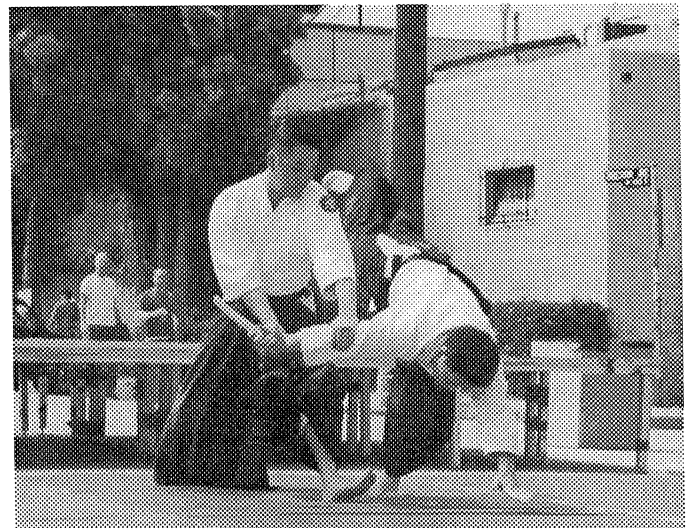
Mark Ty throwing David Ito. Shiho-nage.



Left to right : Mark Ty, James Doi, Steven Shaw, Kenny Furuya and David Ito.



Mark Ty executing Kote-gaeshi.

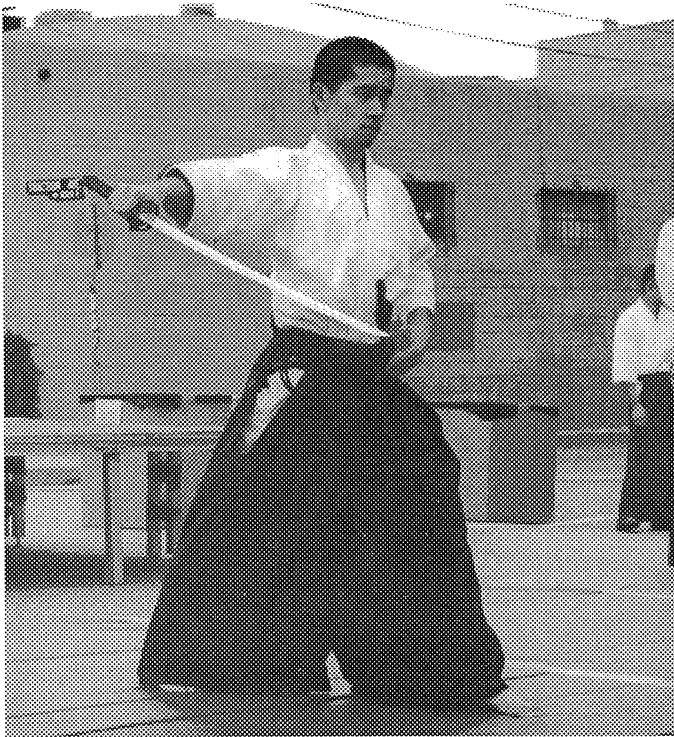


Kenny Furuya demonstraing Ikkyo.

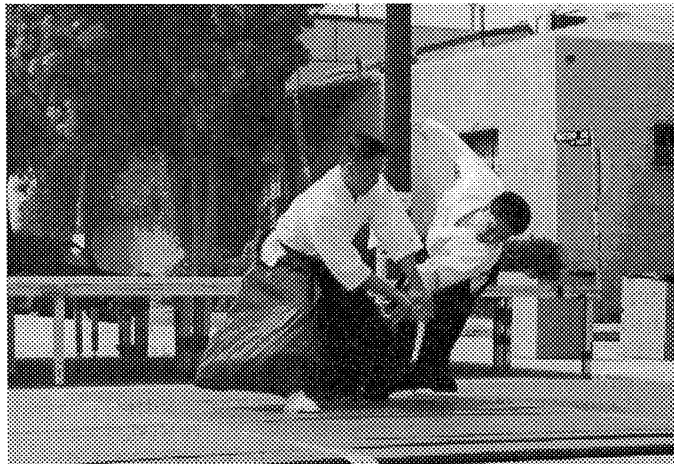
Our demonstration was extremely well received. Many thanks to all of the participants who sacrificed their Saturday afternoon to participate in this event and support our Dojo. We do need to develop more participation from local neighbors and residents of Downtown.

Aikido Center of Los Angeles

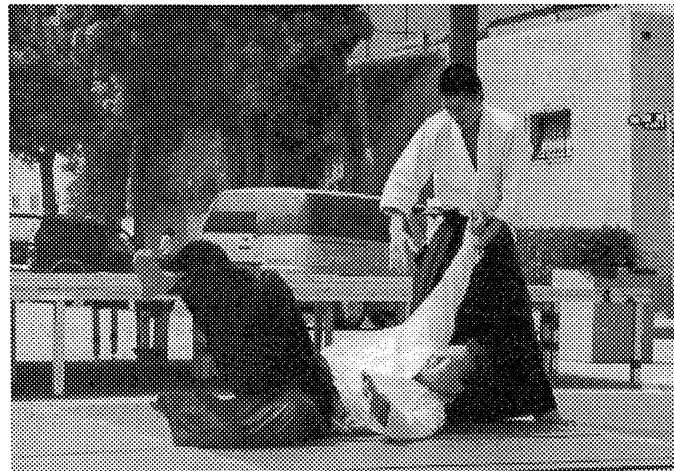
www.aikidocenterla.com



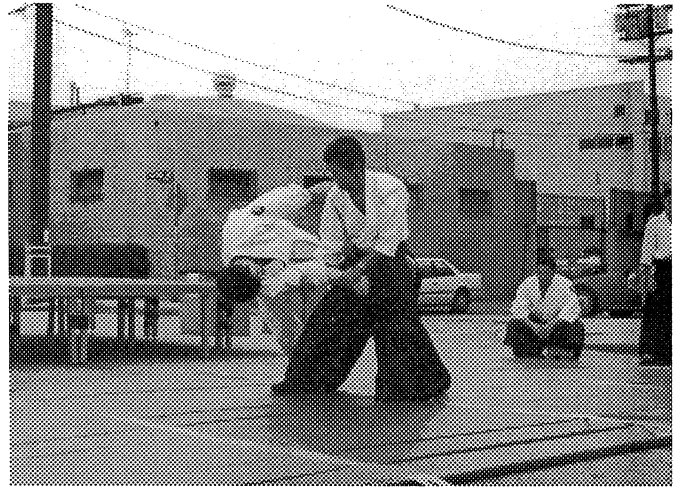
Mark Ty demonstraing Chi-buri in Muso Shinden Ryu Iaido.



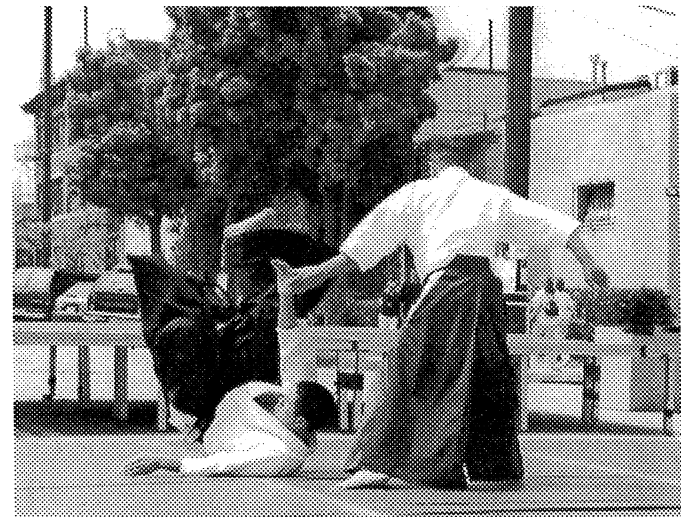
Kenny Furuya executing Tanto-dori Kote-gaeshi.



Mark Ty.

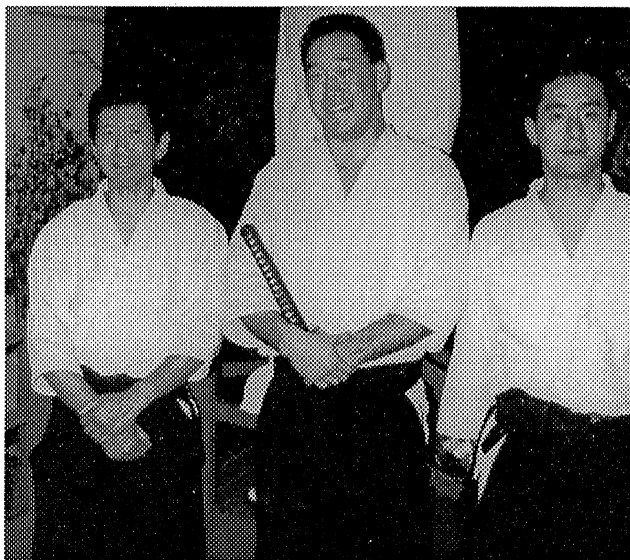


James Doi. Irimi-nage. Below: David Ito demonstrating.



From now, the Downlow Los Angeles area will be undergoing a period of growth and renewal. Last year, Chinatown was granted 80 million to refurbish their community. This year, an allotment of 2.4 billion dollars is being discussed to develop downtown with a new stadium and several parks around the neighboring Staples Center extending to the Civic Center. The new billion dollar Catholic Archdiocese will be completed by the end of this year.

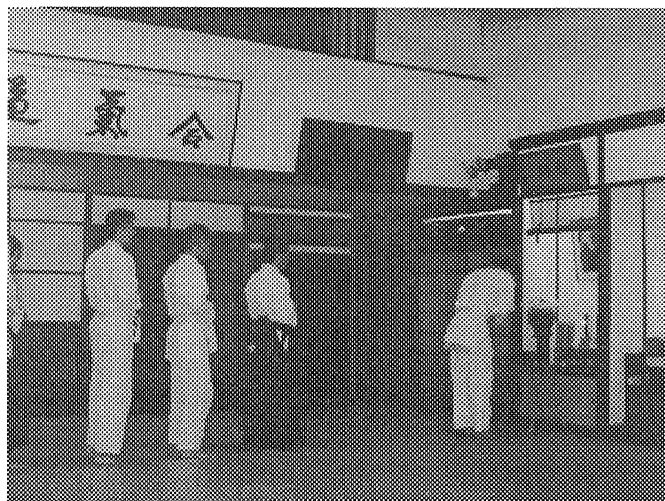
Asian Professionals Exchange APEX Fund Raiser, May 11.



James Doi, Ken Watanabe & Mark Ty

Condolences

We would like to express our deepest and sincerest condolences on the passing of Morihiro Saito Sensei on May 13, 2002.

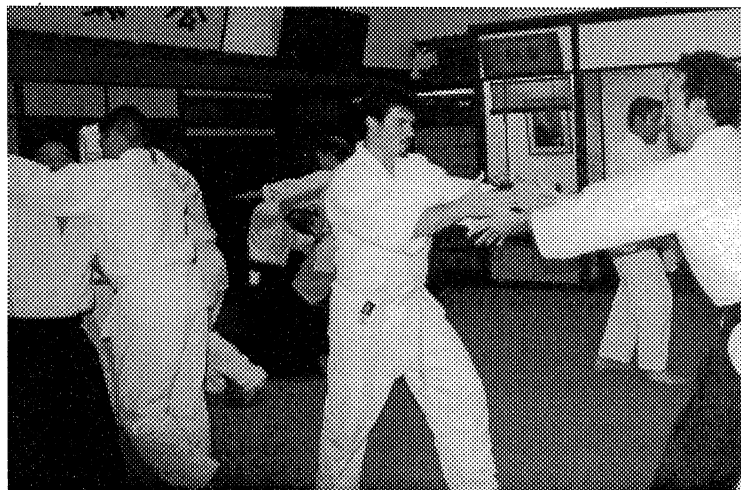


Incense Offering For O'Sensei's 34th Memorial Service.

Members of the Dojo commemorated O'Sensei's 34th Meinichi with an incense offering. This is the Dojo's 34th year honoring O'Sensei, The Founder of Aikido, on his Passing on April 26th. The Service was followed by training and a reception with a few of Sensei's most senior students.



We represented Aikido and Iaido at the Bonaventure Hotel in Downtown Los Angeles for the Asian Professionals Exchange annual fund raiser. Many thanks to James Doi, Ken Watanabe and Mark Ty.



Steven Shaw, front, practicing with Ken Watanabe during Special Practice following Incense Offering to O'Sensei. Many of the students enjoyed the training. Afterwards, Sensei and several of the senior students had O'Doki meal for O'Sensei.

Perceptions of Practice

One of the great problems I see in Aikido practice today is our loss of a clear perspective of what training is, what it should be, and the direction it should take us.

As I have mentioned numerous times in previous writings, we have transformed an incredible art form, Aikido, into something far less than what O'Sensei meant it to be.

In the early days of Aikido, some thirty years ago, seminars were certainly great occasions for training. It was a time to meet some of the best instructors from Japan, of anywhere for that matter. At this time, none of us were really competent teachers, I have to say, and there were so few high ranking teachers around to teach us properly. These seminars were very necessary for our individual progress, it was the only alternative, for the majority of Aikidoists, to travelling to Japan for training. With the lack of instructors present, it was the only practical solution to accommodate the growing numbers of Aikidoists.

The first sign of the deterioration of the seminar form was its growing focus toward solving "political" aspects of Aikido on the occasions of these instructors visits. This may be due to problems in the quick growth and popularity of Aikido in this area. It was also due to the age old problem of promotions, Dan gradings, chief instructors and seniority. Most problems had to do with heads of dojos and actually never touched the lower ranking students who were always freeto train, oblivious to much of what was happening in the upper levels of the hierarchy. There are many sad stories of the past of those vying for the "top dog" position in Aikido here.

One second negative influence was the adoption of the European style of seminars. In Europe, most dojos must close down for the summer when everyone goes on vacation. In order for instructors to survive through the summer months, large seminars were organized in June, just before the dojos must close down, in order to create enough income to survive. At the beginning, these seminars were necessary for the survival of the teacher and the dojo. Generally, however, it was for the benefit of the instructor himself. In Europe, many instructors did not maintain their own dojos because of the expense but travelled continuously throughout the year from one dojo to the next. American instructors quickly adapted the European methods as a way to generate better income. Today seminars have taken the place of the teacher-student relationship in traditional martial arts. This has most probably taken place with changing times and the extinction of the uchi-deshi system.

Blessings

In this country, where we are blessed with so much more than people in most other countries in the world, it doesn't hurt to give a little of one's self to something. I think we have become much too greedy and self-centered. Everything is take, take, take and we only think of ourselves and how much pleasure or fun we can have. We never give a thought to others. In this kind of environment and with this kind of thinking, no wonder it is so hard to really understand anything like Aikido.

More and more, it is harder for me to teach what I can teach. It is more like banging my head against a tall brick wall. It would be nice if people can forget about themselves for just a moment and try to concen

Important Dates:

July 14th. Lotus Festival. Echo Park, Hollywood.

July 21st. Pasadena Buddhist Church Obon Festival. Aikido & Iaido Demonstration 6:00-7:00pm.

August 4th. Nisei Week Aikido & Iaido Exhibition. Lecture on Miyamoto Musashi, Open House.

August 11th. Nisei Week Aikido & Iaido Exhibition.

trate on learning something. With such a selfish and self-centered attitude nowadays, it is impossible to teach. If you correct or criticize something in the technique, the student never thinks to be thankful or show a modicum of gratitude or thank you, they just become defensive and look for excuses.

One of my senior students the other day told me a story about how one of his co-workers got into a big fight with her spouse. They had gone on vacation and for several days, the husband had been taking photos of all the beautiful places they were visiting and all of the wonderful moments they were sharing together. After several days, the wife thought something was odd and asked her husband if he had any film in the camera. Sure enough! The husband had forgotten the film and they really had no photo momentos at all. The wife explained that this is not what made her mad, she got mad when her husband couldn't simply say, "I'm sorry," but stood there trying to find some kind of excuse or way not to take the blame. This is typical of people nowadays and nothing new. Whenever a student makes a mistake, he never thinks about how to correct it, he only thinks of a way to hide it, or blame someone or something else for the mistake. Nobody, especially the teacher, cares who made the mistake, just correct it so we can go on. It is so simple yet it is so difficult for many people!

In the old style dojo, no excuse is accepted. We just apologize and go on. In fact, in Japanese, the phrase we translate as, "I'm sorry," literally means, "I have no excuse! (Moshi wake gozaimasen). If you bump into a complete stranger on the street you immediately say, "Excuse me." It is no problem to say this to a stranger, but no one can say it to a friend or teacher, not even to your spouse! This is just self-centered pride. My associates say that the secret to successful teaching (meaning having a big dojo and lotsa paying students) is "never teach." I am not "never teach." I am "can't teach!" We must become sensitive, caring people, especially if we are training in Aikido. This does not mean to become weak and surrendering, it means to become strong and compassionate. Only a straight ruler can measure right and wrong. The other day, I was watching a documentary on the crocodile. Its jaws and teeth are so strong that it can easily rip a large animal in two and eat it all up, yet, it is so sensitive, it can very delicately carry its new-born young between these sharp and powerful teeth. We are far more intelligent than a crocodile that has a brain the size of a small green pea. This should be easy for us to accomplish.

Dr. Cheryl Lew Presents Medical Paper In Atlanta

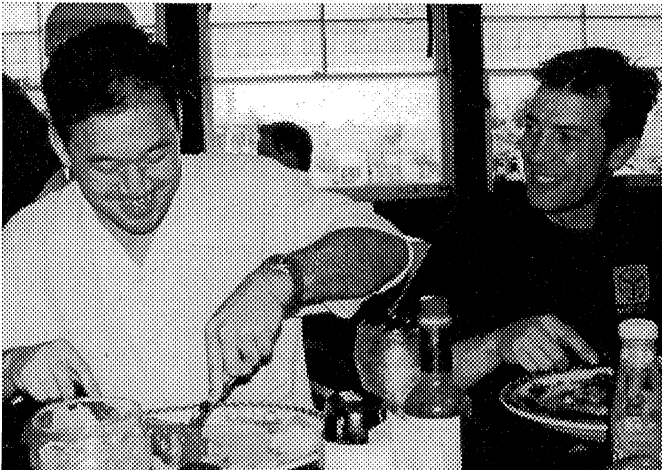
Dr. Cheryl Lew of the Children's Hospital in Hollywood will be in Atlanta in mid-May to present her research paper "on a new method of correcting severe spinal curvature and chest wall defects in small children using implantable ribs made of titanium. Looks promising and should allow little kids who were born with missing ribs grow up to become Aikido students!"

From Israel:



Dear Rev. Kensho Furuya, What a great surprise : My wife and I saw our baby-boy's face on your Aikido newsletter. How nice of you. Thank you for sending the newsletter. It was great to read so much about Aikido and to see your interview with me too. Oh... I wish to go someday to practice at your dojo. Thank you so much for being so nice. Did you get the print-outs of the Aikido Magazine in Hebrew that I sent you about three or four weeks ago? I hope that your prayers for peace will come true. We just came back from a few days by the Red Sea in the south of Israel. Look how nice it is there. From your Aikido friend and i-deshi in Israel, Ze'ev Erlich

From Spain:



Ken Watanabe and Santiago Almaraz, head of the Salamanca Kodokai during his recent training trip to Los Angeles. Santiago stayed one month and participated in Ikeda Sensei's Seminar. He plans to get married to Susanna in October of the year. We wish them the very best of a happy new life together. Photo at Barney's in Hollywood in March of this year during his last trip here.

Recently, our Salamanca Kodokai and the Valladolid Branch held a joint practice at the Kodokai. More details in the next issue.

From England:

05-14-02: Dear Sensei: I train in Iwama style Aikido so it has been very sad to hear of the passing away of Saito Sensei. I had planned to come out to see him in California last year but he was forced to cancel and now I will never meet him or see his Aikido first hand.

I have finally seen you and your magnificent dojo on the Discovery channel! It is amazing to think that you built such a wonderful building. I do hope that your students are able to look at the dojo with 'beginners eyes' and keep reminding themselves how privileged they are to have such a place to practice and such a teacher to guide them.

You recently wrote: "Human beings are funny creatures aren't they? The more they have, the less they appreciate it. The less they have, the more they appreciate it. Is this just a law of human nature? People who have so little appreciate everything so much and those with so much take so much more for granted."

How true those words are! The thoughts planted a seed in my mind and the seed has grown steadily since. My wife and I am now looking at our life and looking to simplify it greatly. Do we need cable TV? Do we need two cars? We are challenging everything whilst trying to strike a balance. For example we could live with no car at all but with 2 very young children it would be a heavy burden on my wife...

Whether I will be able to notice the few granules of sugar in my tea I don't know. But at least we will be trying - and hopefully encourage the same values and beliefs in our children as they grow up.

So once again, thank you so much Sensei. Though there is almost half a world between us you are still helping my wife and I to improve our lives. Best wishes, Ambrose M., Cambridge, England.

From The Philippines:

05-26-02: Thank you for your immediate and favorable response. I'm glad to know that there's a Filipino in the dojo. I will be in the LA from Canada on the third week of July. I'll call your dojo as soon as I,m in Canada, sometime on the 10-15th of July.

I'll surely have along with me a letter from my instructor, dojo and seminar certifications, medical certifications and other documents to facilitate my martial arts training in US.

With your authorization, I would like to have intensive training in Aikido and Japanese Swordsmanship for 5-6months. I will continue further my training with these courses for another 5-6months next year and so on... I am really sorry to cut short my training schedule due to some family and business matters that I have to consider in the Philippines. I am more inclined to train in America that in Japan because of language barrier that might encounter in Japan. I cannot speak Japanese, yet I consider English as the Filipinos second language.

Can I purchase a uniform and training sword at your dojo? I can only bring with me my Aikido Gi, bokken and jo. I cannot have with me anything more that wooden items for security reasons while traveling abroad. Again, thank you very much for your favorable response.
Regards, Alvinillo G. Alviso

New Training Schedule

As of April 26, 2002

Sundays: Children's Class
(5-16 yrs) 9:00-10:00am &
Open Class 10:15-11:15am

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

Tuesdays: Open Class
5:15-6:15pm & Inter-Advanced
(3th Kyu & up) 6:30-7:30pm

Wednesdays: Open Class
5:15-6:15pm & Intermediate
(4th Kyu & up) 6:30-7:30pm

Thursdays: Open Class
5:15-6:15pm & 6:30-7:30pm

Fridays: Weapons (Jo & Bokken)
6:30-7:30pm.

Saturdays: Open Class
9:15-10:30am & Individual
Practice 10:30-11:30am

Every Last Saturday: Open Intensive: 6:30-8:00am
Required for all Black Belts & Seniors.

Every 1st & 3rd Friday: Aikido Principles &
Discussion. Optional for all members.
6:30-7:30pm.

To Seniors & Black Belt Candidates:

Recommendations:

Please attend all intermediate & advanced classes.

Please attend monthly early Morning Intensive.
6:30-8:00am. Early morning training is to honor
O'Sensei's practice.

Please attend and assist Sunday morning Children's Class.
This is the best training to become a good Aikido instructor. Strongly recommended for all Black Belt candidates and Dan Promotion candidates.

Please attend Aikido Principles & Discussion Class on
Fridays to gain essential background knowledge in the tra-
ditions, roots, and philosophy of Aikido.

Updating Student Membership Information:

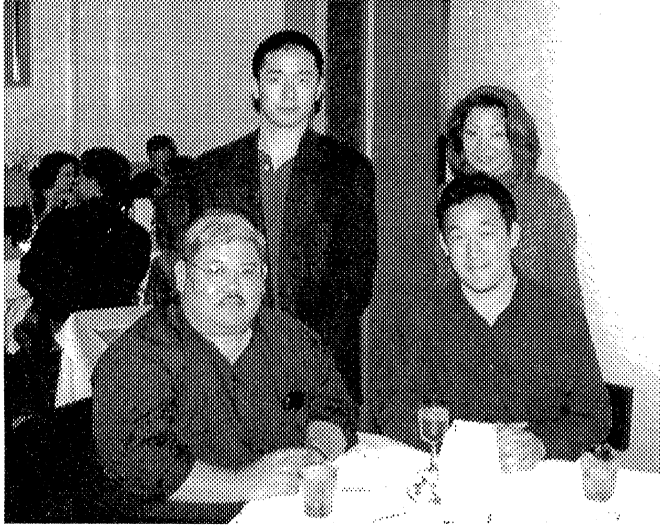
There is a new form in the Dojo which we would like all members to fill out so we can update our student membership information. The information is strictly confidential for only Sensei's use. Please fill out this form the next time you come to the Dojo. All students, new and old, must fill out this form. Thanks for your kind cooperation in this matter.



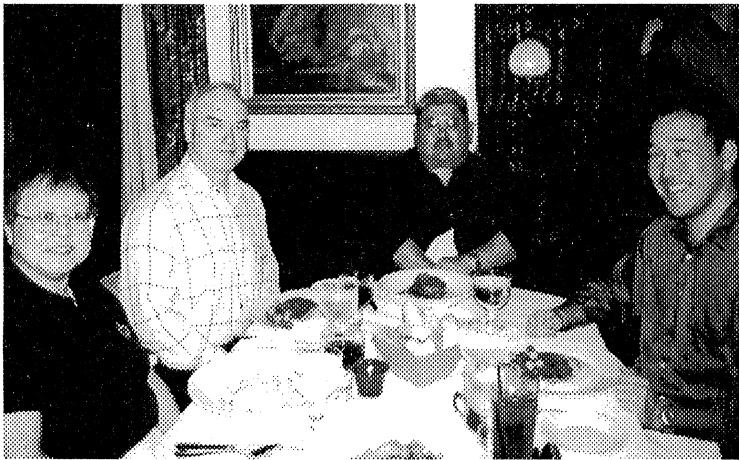
With our guest, Mike Callendar from the Okinawa Aikikai, Aikido Dojos in the US, Washington, D. C., visiting us for training in May. Top row: Victor Moyano, Jonathan Tien, Steven Shaw, Maria Murakawa, Bottom row: James Doi, Mike Callendar, Ken Watanabe and Larry Armstrong. Mike is stationed in Washington, D. C. from Okinawa and works for the United States Air Force.

Sensei welcomes all inquires about Aikido
Dojo email: aclafuruya@earthlink.net

Sensei's Birthday. April 25.



Sensei with Ken Watanabe, Mark Ty and Carol Tanita at the world famous Patina's in Hollywood.



At the newly opened Zucca's in Downtown Los Angeles, with Gary Myers, Cheryl Lew, Ken Watanabe and Mark Ty (taking photo).



Sensei with actor Russell Wong and martial arts expert, Lance Harris. In May, on our way to Sushi Gen in Little Tokyo.

Thank You Again:

05-09-02: Dear Furuya Sensei, Thank you very much for sharing your thoughts and feelings with us on the recent passing away of your friend. My heart goes out to you in your loss.

What you wrote reminded me of how I felt when my mother suddenly passed away in November 2000. Her death haunts me to this day -- mainly because I know she did not have a happy life. Tragically, she chose not to really pursue anything that would give her joy. My sister and I tried our best to encourage her, but still, for some reason she couldn't or wouldn't.

Her death influenced my own martial arts practice in that it made me realize the importance of pursuing and living my passion. As a result, I have been training with a different intensity. I could be gone tomorrow, but I want to know that if I were to go, I would have been happy doing what I really wanted to do.

On a different topic, I owe you another deep thanks. I wrote to you sometime last year seeking advice on an attachment that I had felt for my kung fu instructor. You advised that I should find somewhere else to practice, that feelings like that were not good for anyone.

At first, I was upset. Then I tried to find another dojo to practice at, but couldn't find anything as wonderful as the place that I had been practicing at. Finally, I had a decision to make. What was more important, my feelings or my practice? I took a short break from practice and meditated. In meditation I realized that my feelings were just feelings and that I would have to let them go. Practice was a lot more important to me, especially in working out the grief over the death of my mom that I mentioned above. So, anytime I started to feel the "attachment" I switched myself to focus on my practice. It was hard and took a great deal of will power. But, it was worth it. I still practice at the same dojo, and the same instructor is still there. I have come to appreciate him in a different way -- as someone who works very hard to help us all understand the art that our Sifu teaches us. So, I thank you very much for taking the time to give me the advice you gave. It made me think deeply about what was going on and made me realize what was important. Many blessings to you. Wish I could be in LA to see all the lovely festivals going on. Peace and Love, Doreen Cole

05-27-02: Thank you. It's become a GOOD habit for me to read your words. Mike Hatfield.

From Sosuishitsu Ryu Jujitsu:

05-28-02: Mr. Furuya, I hope this e-mail finds its way to you. I am a student of Sosuishitsu-ryu jujutsu. I just finished reading your book, Kodo. It's an excellent book, I would like you to know that it was just what I needed at this point in my training. I had hit a plateau in my studies, and your words have inspired me. Continued success with your dojo and studies. Respectfully, R. Fiesel

05-29-02: Reverend Furuya, I was very pleased to receive your response. I have been studying Sosuishitsu-Ryu Jujutsu for approximately 5 years. I currently hold the rank of san-kyu. I began my studies in New York City at the New York Seibukan under the direction of Sensei Dennis Fink. Sensei Fink is the United States and International Director of Sosuishitsu-Ryu Jujutsu and holds the rank of Kuraizume. Shitama Manzo Sensei is the 16th inheritor of Sosuishitsu-Ryu Jujutsu and is headquartered in Fukuoka, Japan.

Right now, I live in Virginia and am studying under Sensei Gary Rohen. Sensei Rohen holds the rank of Sanmokuroku in Sosuishitsu-Ryu Jujutsu. Thanks again for writing to me. Please continue publishing more books! If you'd like more information on Sosuishitsu-Ryu Jujutsu, please visit www.nyseibukan.com. Respectfully, Rick Fiesel

Our LA Arts Community:

04-30-02: Dear proactive Artist-in-Residence (and all other interested parties): For all of you who were shocked, dismayed, outraged, discouraged or depressed at the outcome of the Commissioners meeting on last Saturday wherein neighborhood council lines were arbitrarily and instantly re-drawn so the Arts District is now in Chinatown's council -- expressly overriding the community vote to join the Downtown Neighborhood Council - here's a proactive choice -- nay, mandate, to act.

To avoid the same misplacement of us and our interests in the redistricting that must be completed by June 30, there are two meetings we must attend: One before the redistricting commission, and the second when the issue comes before the City Council for a final vote. Next Tuesday, May 7, at 7:00 p.m. is the meeting before the Redistricting Commission. It will be held in the City Council chambers, 200 North Spring Street, (city hall), although you really enter on Main Street.

It's the redistricting committee hearing on amendments filed by Pacheco to grab the Arts District and jam it into the 14th... much in the same way that Chinatown grabbed the Arts District and jammed it where we didn't want to go. It's important we be there, and we be vocal about wanting to remain in the 9th District with Jan Perry because our community of interest is clearly to the west, not to the east.

Come, bring friends and neighbors of like mind, and don't be shy about being vocal. We are a visual bunch -- bring signs to wave. It is vital that we make a strong showing at this hearing, because one thing we learned last Saturday is that there are no rules, and whoever shows up right at the end and makes the most noise has the most effect. If you are able to contact Katie McArthy, 213.626.4322 and indicate you are coming, it would be helpful. Any questions, call Katie McArthy. Thank you all.

04-30-02: Greetings! Sorry this one is kind of long but it is important stuff... Here is the update on the Neighborhood Council Hearing from Saturday. Michael Gagan's letter below pretty much explains what happened. The commission did not see us as a neighborhood and they were not convinced there were people living here. Yet again the same old battle that we have heard over and over that no one lives here and why we get so few city services. My point to the commissioners was to tell that to the over 1000 people that live in the Downtown Arts District.

The interesting thing about the boundary lines the commission hacked out are that they follow right along with the area that Nick Pacheco wants. In case you have missed that recent scenario, Pacheco is asking for our Arts District. He calls it the industrial district and doesn't think anyone should be living here and also believes it belongs to Boyle Heights. We have fought hard for Jan Perry and she is there for us....we want to keep her and remain in the 9th...

(There is one more e-mail from Katie that will follow this one regarding the redistricting...) and again if you do not want these updates please hit reply and just say no! any questions just ask away... qathryn

April 29, 2002
To: DLANC Formation Group
From: Michael Gagan
Re: April 27 BONC Hearing on DLANC Application

After more than six hours of testimony and discussion on four neighborhood council certification applications, including ours, the Board of Neighborhood Commissioners on Saturday „certified% a cannibalized version of DLANC and its boundaries, reducing by approximately one-third the area we included in our certification application. The Commission gave the Brewery and the undisputed DLANC area north of the 101 Freeway to the Lincoln Heights Neighborhood Council. A significant chunk of the Toy District and all of the Arts District and Alameda East were removed from our boundaries and given to the Historic and Cultural Neighborhood Council. Earlier in the proceedings, Little Tokyo was given to the HCNC.

The key point in the proceedings started for us when two Commissioners introduced a motion to delete Central City East from DLANC, notwithstanding the fact that there was no other neighborhood council with a certification application pending for that area. When it became apparent that the two other commissioners in attendance supported the idea, I withdrew our application as discussed below. The commissioners subsequently decided that maybe it wasn't such a good idea to remove Central City East after all. The Commission then removed a significant portion of the Toy District and all of the Arts District and Alameda East from our boundaries and gave those areas to HCNC. At that point, I urged the Commission to reject our certification on grounds that we did not want to be part of an ad hoc process that Balkanized Downtown and ignored the very procedures the Commission itself had established for certification.

As noted, despite our withdrawal of the application based on its imminent savaging by the Commission, and despite our request to the Commission to reject certification, the Commission nonetheless voted to certify DLANC with the altered boundaries. My view

Best Wishes

Santiago and Susanna have announced their Marriage
on October 26 of this year.
Many congratulations and Best Wishes



At Barney's in Hollywood with Sensei, Ken Watanabe (taking photo) and Mark Ty, during recent visit to Los Angeles. Santiago and Susanna on right.

is that the certification is not valid because my withdrawal of the application was properly made on a timely basis with the unanimous support of all DLANC (in formation) members in attendance, including the other four signatories to the application.

DLANC Formation Group
April 29, 2002

Page Two

In response to my withdrawal of the application, the Deputy City Attorney informed the Commission that our only option was to decertify. That opinion was rendered before we were certified and on its face was erroneous. In any case, the decertification process requires a governing body to be in place, and I don't know anyone who was in attendance who either wants to be on a governing body or otherwise participate in an election that would lend sanction or legitimacy to the BONC certification process.

I withdrew the application and subsequently urged the Commission to reject our certification because it became clear toward the end of the hearing that the Commission intended to disregard its own staff recommendations, to butcher our boundaries, and to undo in less than 30 minutes the hundreds of hours of DONE staff work and the thousands of hours of DLANC (in formation) volunteer work, all done on a good faith basis. The Commission was showing disregard for its own fact-based finding procedures and disrespect for the clear sentiments of the DLANC (in formation) stakeholders in the affected areas. The Commission abused its discretion and mocked the neighborhood council experiment. None of us who was there wants to remain a part of that experiment, and readily see the advantages of operating outside the confines of the neighborhood council structure, with oversight such as it is by the Board of Neighborhood Commissioners. Such an organization would include all of the stakeholders who were disenfranchised by the Commission, including those from the Brewery.

It was bad enough to endure the relentless anti-Brewery and anti-Downtown ravings of representatives of the Lincoln Heights Neighborhood Council and HCNC and a fringe group of Skid Row advocates as well as the insults thrown at the CCA and Charlie Woo by a self-styled savant of all things historic and cultural. And we suffered through the insidious race-based stereotypical whining about Downtown as white, rich, and powerful. But we could not and did not abide the palpable hostility toward Downtown by the four Commissioners in attendance. We did not permit them to impose their bizarre definition of Downtown on Downtown.

The four Commissioners in attendance were from North Hollywood, East LA, West LA, and South LA. Three Commissioners, including the President and Vice President, did not attend the meeting.

Our next regular DLANC meeting is scheduled for May 6 at 6:30 at the LAUSD Board room. I encourage maximum attendance to consider, among other matters, what organizational alternatives to the neighborhood council experiment we may wish to consider. You can, of course, expect a lot to happen before then.

Letters, Questions, Inquiries:

From New York: 04-19-02: Reverend Furuya, My name is Tom Beattie and I'm writing you from Rochester, NY. I recently saw a documentary on the Discovery Channel which highlighted both you and your school in Los Angeles, and I must admit I found the piece to be very enlightening.

The reason for my letter today is to respectfully ask for some advice. I am a 42 year old male, and have been studying Tae Kwon Do for a little more than two years now. While I find the art very challenging, and my instructor very skilled, I do not feel the format of our school provides enough training on the spiritual side of the martial arts. Because of this, and due to the emphasis Aikido seems to place on this aspect of training, I have considered joining a local Aikido school-while still continuing my Tae Kwon Do training.

Since there are a number of schools available I was hoping that you might be able to share with me a few thoughts on what I should consider before selecting an Aikido school, ie: instructors experience, number of students, condition of the facility, etc. I would like to thank you in advance for your consideration of this request, and I sincerely hope to speak with you again. Thank you for your time. Respectfully, Tom Beattie

04-19-02: Hi, I caught a little bit of a martial arts show which showcased several different martial arts, one of which was aikido and featured Sensei Furuya. Also included were kung fu, tae kwon do, an Israeli martial art... Can you tell me what show that was and where I might get a video? Thanks very much, Richard Fox

Reply: Videos can be ordered through The Learning Channel, TLC.

From Haskell Middle School Again! 04-20-02: Dear Reverend Furuya, Happy Spring to you and your dojo from Haskell Middle School! I recently heard about your dojo newsletter in which you have some photos of our Japanese class visit last January. Is it possible to get a copy sent to us? We would really like to see how those photos turned out (and possibly use them for our school newsletter). If there is a fee please let me know. The mailing address (my home) is as follows: 11422 Presidio Way, Garden Grove, CA 92840.

We would also like to inquire about another visit to your dojo in early June (either the first or second week). I have a new class of students for the Japanese class and we are starting to make plans for our semester field trip. There was a very positive response from students and parents after our January visit. Thank you again. Sincerely, Wayne Osako

From Aikido de Guadalajara: 04-20-02: Sensei Furuya thank you for open your dojo to us, and to be so kind with Erik and Jesus, we hope that you enjoyed our home video and the postal card that we send by mail, about one month ago, your friends from aikido de guadalajara.

Raúl Blackaller Sensei, Chief Instructor

Visit Our Website Daily!
www.aikidocenterla.com
For Sensei's Daily Message

04-21-02: Reverend Furuya Sensei, My name is Andre Goran and I am 13. I have been training in Kenpo karate for the past 15 months and enjoy it. However, grappling or throws. It also has no spiritual meaning and is very Americanized. Now that I have earned a Gokyu I would like to start learning a more traditional martial art. Do you recommend that I learn Tai Chi, Kung Fu, Aikido, or another art. My first concern is not self defense (Kenpo is good for that) but is to become more at peace. Andre Goran

Sensei's Reply: Study Aikido under a good teacher.

As of June, we have received a rent increase from our landlords so we do need to increase our membership. Please introduce our Dojo to your family and friends. Let's all help out to build up our membership. Many thanks!

Affiliated Branch Dojos

Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntyre

Bahamas Aikikai
Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai
Jalisco, Mexico

Aikido of Guadalajara
Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares

Aikido Center of Los Angeles
www.aikidocenterla.com

04-25-02: Dear Sensei, Happy 54th birthday!!! Perhaps I don't thank you enough, but I am so grateful for the opportunity to train in the dojo and to learn from you. Furthermore, wonderful things have resulted from having the screening in the dojo last year. The Asahi Shimbun article led to NHK contacting me about the TV show I mentioned to you. I recognize that it all started with your generosity in hosting my first screening. Thank you again. Sincerely, James Takata

04-25-02: Dear Sensei: You make such an enormous difference to my life and I wish I could show my appreciation in a tangible way.

You mentioned the changes to the Web site and since my company builds Web sites maybe I could help you with this project? I presume that one of your students already has the skills but just in case.... Thank you, Ambrose, Cambridge, England.

04-27-02: We practice in the morning here in Vancouver with Yoshio Sensei who came from Hombu Dojo about 8 years ago. We are fortunate he likes to practice every morning except Sunday. One time I asked for your advice because we are a small group and everybody is older, they can't take ukemi really. You advised me to continue to be gentle, but to complete the techniques fully with proper intent. This advice has helped me a lot in recent months. As you probably know, the shihan for this area is Kawahara Sensei. All respect to him, but we aren't really a part of his organization. But we are very fortunate that we are allowed to use his old dojo. I guess it's in the morning so nobody notices us, we are off the aikido map! If I ever come to Los Angeles I will let you know so that we can practice early! OK talk to you later, Daryl, British Columbia, Canada

Liked TLC: 04-27-02: Dear Rev. Kensho Furuya, I have been searching for an Aikido Dojo for some time in Orange County. I first became interested in Aikido when I was living in Austin, Texas. There I studied under Joseph Birdsong, at the Aikido of Austin Dojo (austinaikido.org). It was there that I fell in love with the art. Though I only studied for brief time, a little less than 6 months. I knew it was something I wanted to pursue. Unlike other sports, martial arts have always interested me. Aikido is an art that I know I could practice for the rest of my life. I am intrigued by Aikido's traditional practices and its non-competitive nature. It is this reason that I have been searching for a studio to join. I have searched the web for local dojos and have visited a few of them. One of them I even joined for a short period. I find myself comparing each dojo to Aikido of Austin, which seemed rich in tradition. I saw the TLC presentation of the 10 greatest martial arts. It was that segment that has led me to write to you. You and your dojo seem to adhere to traditional practices. As much as I would like to practice under your teaching I know it would be virtually impossible for me to drive to Los Angeles at the times you offer. Is there or are there any Aikido dojos in the Orange County area that you could recommend? I would greatly appreciate your feedback. Sincerely, Ralph Gallegos

Sensei's Reply: Please visit Aikido Chushinkan Dojo in Buena Park. James Nakayama Sensei is an excellent teacher I can vouch for and there are only a very few dojos I can guarantee. Many thanks.

"Dog-Gone!" 04-27-02: Dear Aikido Center of LA, I believe I visited your school back in 1993 when I was still at USC studying for my Undergraduate degree. However, I didn't enter because I believe there was a black rottweiler sitting at the front entrance. Is this correct? I apologize dearly for not entering because I have this lifelong phobia of dogs. So after I rang the doorbell, and seeing the dog, I

turned around and hopped into my car and left. Is this the correct school that still has the big black dog? I hope you do not get offended with this question. Because I am very interested in studying Aikido at your school. Thank you in advance for answering this e-mail. Steve

Sensei's Reply: Kuma-chan passed away several years at the age of 19 years. No other dog can replace him for me so you are very lucky!

From Venezuela: 04-29-02: HI , i am surprise that you even exist , i saw sensei furuya in video and i just cry , i could'n believe someone still believe in the "real" martial art i always dream about. My e-mail is to ask if your organization has others dojos near of Venezuela (south america). Thank you.sorry my english. Jose Arocha.

04-29-02: Dear Sensei: This is Herrick Au. I have been missing my practice for 9 months now, I probably forget most of the techniques that I have learn. However, I might still call myself a aikido student because my heart is always there. In chinese saying, "once teacher, teacher forever." Thank you very much to be my sensei. I hope I can get away from my busy work schedule and come back to practice soon. I have been paying my tuition even I am not around, just think of it as a continued education, or support to Dojo. I come across your articles on internet and realized it was your birthday last week. Happy birthday, dear sensei! Live long and prosper. I really looking forward to return and see you soon. May God bless you. Your student, Herrick (Au).

Sensei's Reply: You have a karmic bond with your parents for three lifetimes, with your teacher for nine lifetimes!

One Year: 04-29-02: Sensei, According to my journal, yesterday was my one year anniversary of training at your dojo. Thank you very much for your instruction during this past year. Your student, m.

Sensei's Reply: Just one year? You have made incredible progress in just one year! Best wishes,

O'Sensei's Memorial Service: 04-29-02: Dear Sensei, I hesitated to write you because I know how busy you are. Nevertheless, I decided anyway, that kind thoughts are best shared. I must thank you for your being the type of teacher you are. I was moved by the service honoring O'Sensei. I think such acts also benefit the dojo and its students, it produces a frame of mind. The talk of "apples" was illustrative. I shared the story with my parents, they laughed. Voltaire said, "Let us cultivate our gardens," a similar sentiment, except fused with your lesson, it might be rephrased as "Let us cultivate our garden -- but let us be mindful to keep it 'a garden.'" I hope this finds you well. Sincerely, K.

Our Children's Class: 04-29-02: Rev. Kensho Furuya, I wanted to thank you for your time and letting us observe your Friday evening and Sunday morning Children's class this past weekend. My son is looking forward to joining your Sunday morning Children's class but he wanted to wait until the first weekend in June when he has completed all of his school projects. My wife and I were very impressed with your dojo and Mark and Ken were very helpful. We feel that our son will highly benefit from your lessons and your philosophy in general. My son and I have been reading your daily messages for the last couple weeks and agree very much with your thoughts. Between now and June 2nd we will be buying his gi so that he will have it for the first day in class. My son is also looking forward to reading your book "Kodo" since he is very interested in ancient Japanese culture.

Aikido Center of Los Angeles

www.aikidocenterla.com

Children's Class continued: If you have any suggestions to help him prepare for his classes, please let us know. Once again thank you for your time and we are looking forward to our next visit. John Conway and Family.

Sensei's Reply: You do not need to do anything to prepare for the class, just come with an open mind and try to absorb everything. This is all I ask of my students.

From: Sotnak <sotnak@uakron.edu>

Date: Thu, 02 May 2002 18:24:44 -0400

To: aclafuruya@earthlink.net

Subject: 33rd Anniversary of Founder's Passing

Dear Rev. Furuya:

In your April 28th "Words from Sensei" remarks you lamented that an internet website had mistakenly identified this past April as the 33rd anniversary of the Founder's passing, and stated that this year was the 34th anniversary. However, the Founder died on April 26th, 1969. The First anniversary was in 1970, the second in 1971, the third in 1972, and so on, and since this year is 2002, this year was, indeed, the 33rd anniversary. Best regards, Eric Sotnak sotnak@uakron.edu

"Skepticism and doubt lead to study and investigation, and investigation is the beginning of wisdom." - C. Darrow

Sensei's Reply: In Japan and the East, which the Ueshiba family follows, the first year is counted as one year already. All Aikidoists, including Hombu Dojo commemorated his very important 33rd Anniversary of his Passing last year. This year is the 34th Anniversary of his passing. Thank you for your interest. PS: May I borrow from Mr. C. Darrow? "investigation is the beginning of wisdom, correct investigation is wisdom itself" K. Furuya.

Likes videos in Puerto Rico: 05-04-02: Hi Sensei, You're video tape is great! And I'm sure enjoying it. Thank you very much. I have some friends coming over to practice with me. I would like to now how much for Volume 3, I want to try to have the hole collection. Best wishes to, Moises Rios JR

05-05-02: Hello, my name is Barry and I live in Texas. I have lived in Japan for about 6 years during my child hood and studied history alot when I was there. I would just like to say how much your book has helped me understand the essence of martial arts and life. I studied under Bill Sosa for about 3 years but because of my inconsistency, I never rose above white belt. I then moved on to Dr. Painter, a baguazhang instructor, for 6 months and then quit again. At that point I was at a standstill, I had no clue why but I had no desire to learn for some odd reason. Shortly after, I came across your book at a local Martial Arts Supply. Ever since then I was grateful that I bought it, it is truely a great book. I am currently studying under David McJimson and now that I understand how important it is to stay with a teacher, I want to continue for as long as I can. He cleared some air on some issues with teachers and also my experience in Japan. Sometimes I feel like a teacher doesn't really express any interest in a student at all at times and he told me something his teacher told him. He said "My teacher told me 'Japanese have 6 faces and 3 hearts'". It hit me at that moment, so many things were cleared up. The book is excellent and I found the wisdom to be very helpful. If it were not for the book, would probably be lost and not be so firm on studying under a teacher. Again, thanks for publishing "Kodo", It is excellent.
Kind Regards, Barry, Texas

05-06-02: Thanks for the workout. I enjoyed the practice. I shared your newsletter with my dojomates, who found them very insightful. I hope to practice with you again in the future Respectfully,
MICHAEL J. CALLENDER, Major, USAF Chief, JPALS Requirements Okinawa Aikikai, US Dojos of Washington, D.C.

05-07-02: Your Dojo's website was pointed out to me by a good friend, and in particular we were both drawn to the messages you leave daily. I wanted to say, sir, that I enjoy reading your thoughts and perspectives. It is refreshing, to say the least, to note your earnestness, your honesty. You ask us questions, many of them the same questions you ask yourself. I feel honored to have been able to share in the experiences of a teacher of your skill, dedication, and insight.

All too often, the American public's perspective of Japan is filtered through the images available to us in the media: Anime, business, and the history of the 20th century. I am glad that men such as you, sir, continue to live and prosper in this day and age. I wish you long life, good health, happiness, and continued prosperity, sir. Thank you, Lanthinel tr'Galien Devir, Designated Cultural Menace, Designated Guy, and Investigator, Ronin-Research, Denton, TX "As if you could kill time without injuring eternity." -- Thoreau

05-17-02: Dear Sensei,

I hope you feel better soon (I have a cold.). I'm just recovering from a cold myself. I'm terribly sorry that I won't be available to help out this weekend, it sounds like a fun event. I leave for Japan on Tuesday. Thanks again for making it possible. We're shooting the majority of the footage in the US in June. The show is called "WWII: How did it begin?" and will follow Hiro Konoe (descendant of the Japanese ambassador) and myself as we search for our family histories. NHK won't be paying me much, but I would like to donate a portion of my paycheck to the dojo, if I actually get paid in June. I wish I could give more, but we'll have to wait until I sell out to Hollywood. Sincerely, James Takata

05-20-02: Dear Reverend Furuya Allow me to introduce myself. My name Patrick Scalise. I am a Martial artist in upstate N.Y. I have been studying since 1973 and I operate my own school. I recently purchased Kodo The ancient ways. I would like to thank you for providing me with many hours of enjoyment and contemplation. I respectfully am requesting a favor if possible. The poem by saigo in the front of the book. " One flower still remains". Can you provide the written Kanji for this beautiful poem or inform me of where I can acquire it. Again thank you for sharing your thoughts about martial arts via your writing. Patrick Scalise, 160 St. Mary's Ave., Clinton, N.Y. 13323

WARNING! No Ephedrine In The Dojo:

Recently there has been much publicity about the adverse effects and risks of the drug ephedrine (also called ephedra and ma huang) available over the counter in health food stores and in some over the counter "medications." People are often interested in using ephedrine for increasing apparent energy, weight loss and increased physical performance. There are no longer any legitimate medical uses for this drug and the potential side effects include sudden death, heart failure and stroke. Because ephedrine increases stress to heart muscle and may interfere with blood circulation to other important organs such as the brain, it should never be used in association with vigorous exercise. This drug may be "natural" but it is dangerous. Since the practice of aikido involves vigorous cardiovascular training, no student member of the Aikido Center of Los Angeles should be using this drug. Further, ephedrine interferes significantly with brain function and concentration. Therefore, any student practicing Iaido while under the influence of this drug represents a significant danger to himself and to the other students in the class.

Aikido Center of Los Angeles
www.aikidocenterla.com

Welcome To The Aikido Center of Los Angeles



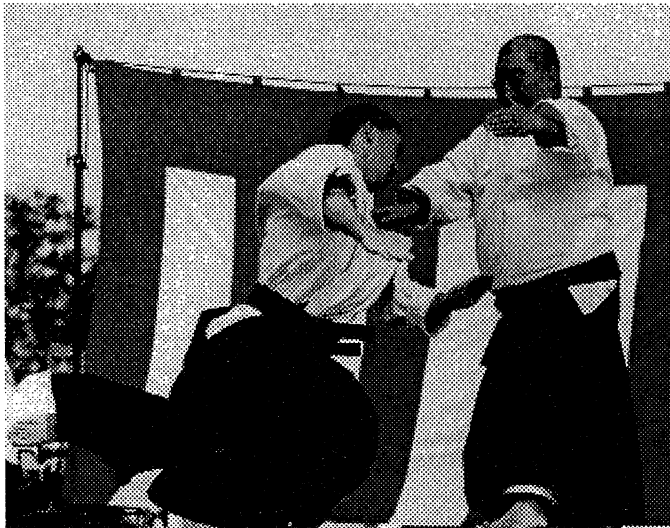
Aikido Center of Los Angeles

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

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

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

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

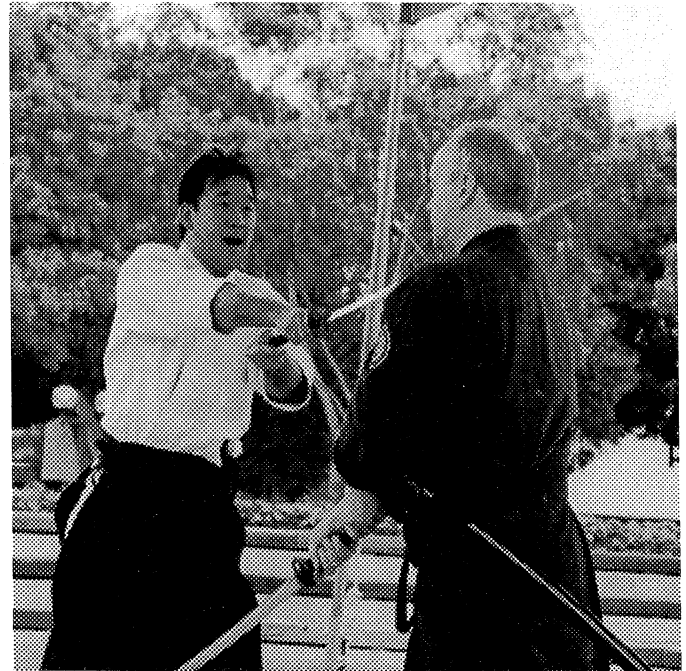
Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords: Purchase, Appraisal & Restoration

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

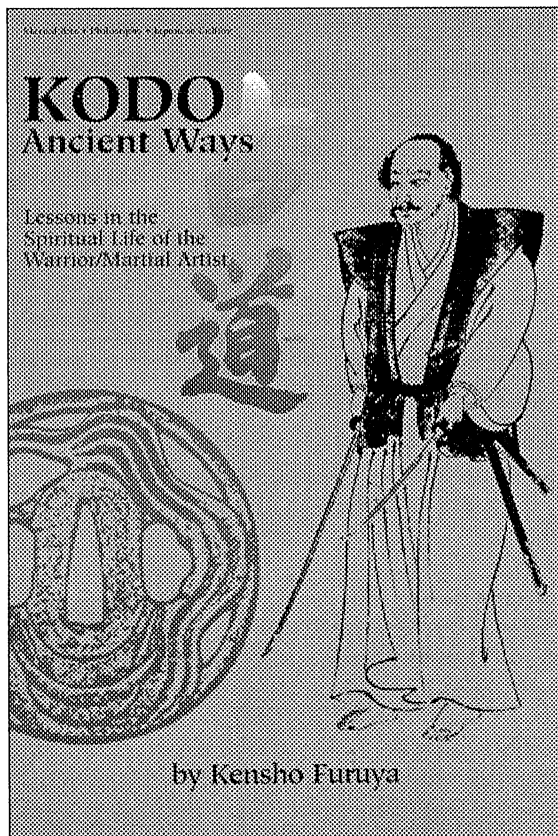
*JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.*



Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Battodo

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

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



KODO

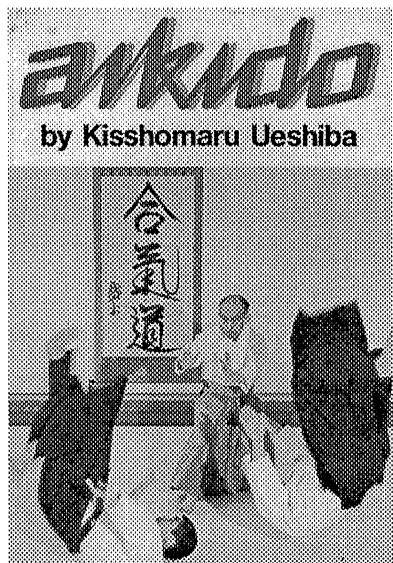
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

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

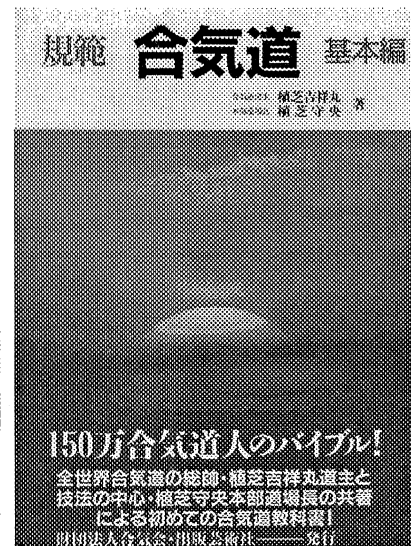
\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H

Recommended Studies:



Highly Recommended Reading:
AIKIDO

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



KIHAN AIKIDO
Fundamental of Aikido

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

難府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER

The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673
Publisher: Rev. Kensho Furuya, 1712 Wilshire Blvd., Los Angeles, CA 90010
Editor: Rev. Kensho Furuya, 1712 Wilshire Blvd., Los Angeles, CA 90010
Office of the Publisher: Rev. Kensho Furuya, 1712 Wilshire Blvd., Los Angeles, CA 90010

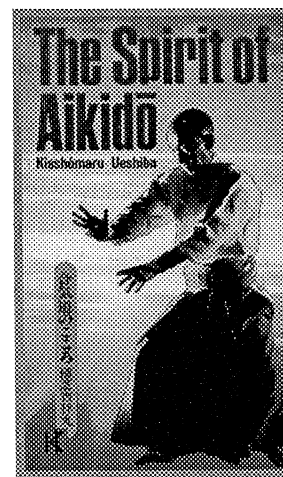
April 1, 1997 Volume XV, Number 4

In This Issue:
San Francisco: Rick Kato, Kenji Ueda, Young Hee Han, San Francisco Aikido Club
Dojo Tensure Arrives From Japan
New San Francisco Aikikai
Chung Seoul's visit with Master Hsu, he was able to visit the new San Francisco Aikikai building just before he went back to Los Angeles, CA
Visiting Master Adam Hsu:
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and accept his students and students throughout the San Francisco Bay area. Master Hsu is also working on his new book. Due to a personal call, Sensei visited Master Hsu's 2nd residence to address the Chinese New Year's with him and his school on Feb. 20, but was able to arrange a visit from Feb. 21st through the 24th, as meet with the book club from Turtle who was scheduled to meet with Master Hsu.

Dojo Tensure Arrives From Japan
On their last visit to the Dojo, Sensei members of the Yukiya Sensei, Mr. Takayoshi Akama, Mr. Hiroshi Sakurai and Mr. Taro Sakurai presented Sensei with a beautiful white fan. It was engraved that the fan would be greatly enhanced if it had Doshu's writing.

The group took to the fan back to Ichikawa Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many many requests for his writing, some people, according to Ichikawa Sensei, waiting over three years or four years. Recently, Doshu finished the writing and returned it to Ichikawa Sensei. Mr. Chikao Yamada of the Dojo's Dojo who recently moved to Los Angeles, had called to bring Japan on February 24th. Chikao-san will soon be doing our practice as soon as she settles down with her job in Torrance.

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.



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*.

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

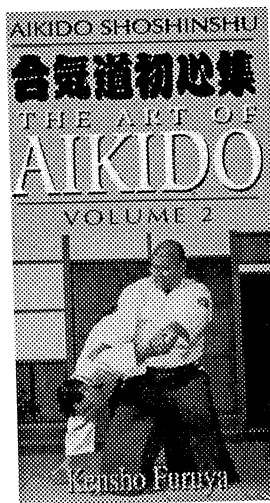
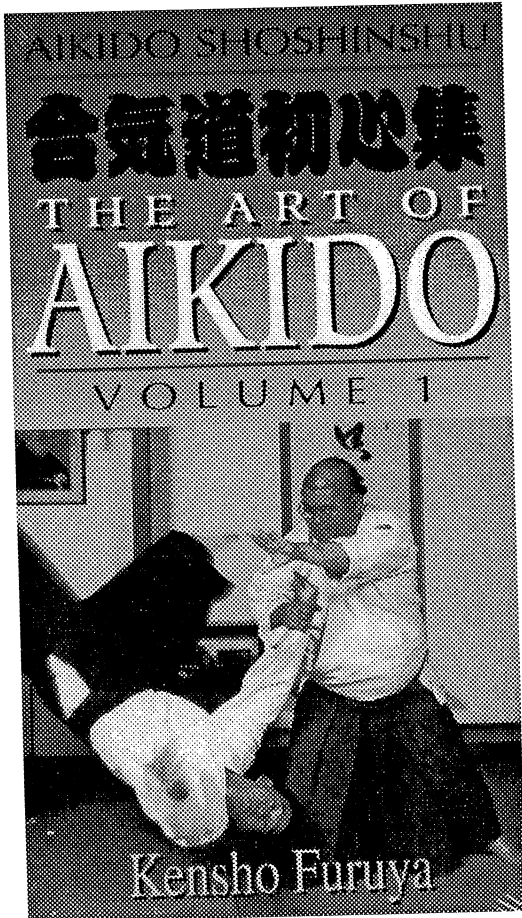
No portion of this publication may be copied or reproduced without prior written permission from the Publisher.

The Art of AIKIDO

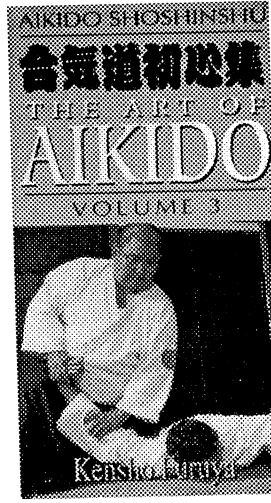
Aikido Instructional Video Series in Nine Volumes

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

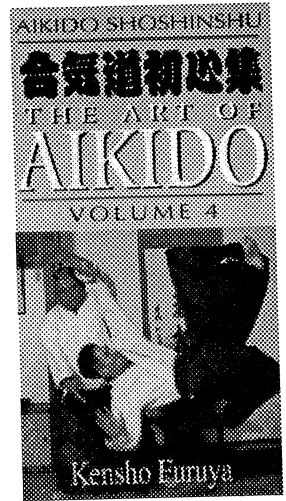
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



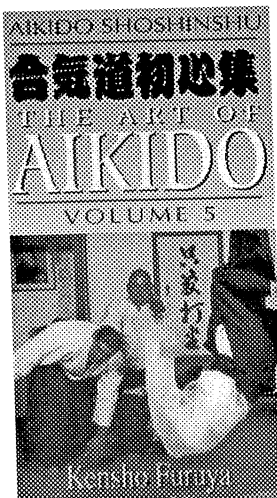
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



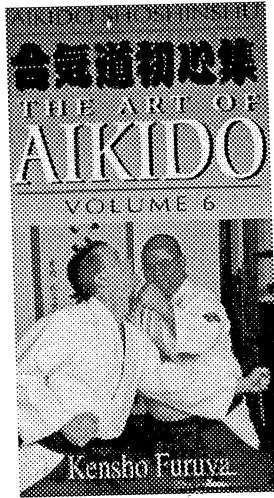
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



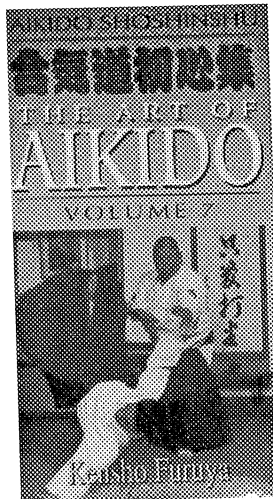
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



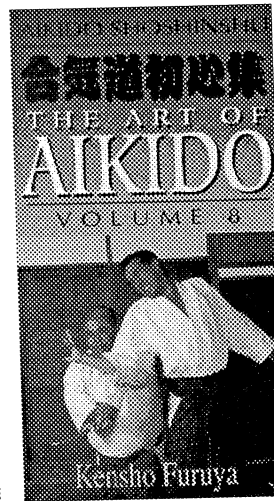
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



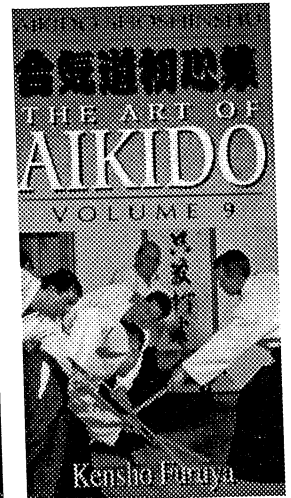
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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

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.
Instructor's Advanced: 6:30-7:30pm

Wednesdays: Open Beginning: 5:15-
6:15pm & 6:30-7:30pm. Intermediate-
Advanced: 7:45-8:45pm.

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

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

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

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

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

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

Aikido Center of Los Angeles

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

Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Thursdays: 7:45-8:45pm

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

No Classes on the last weekend of the month.

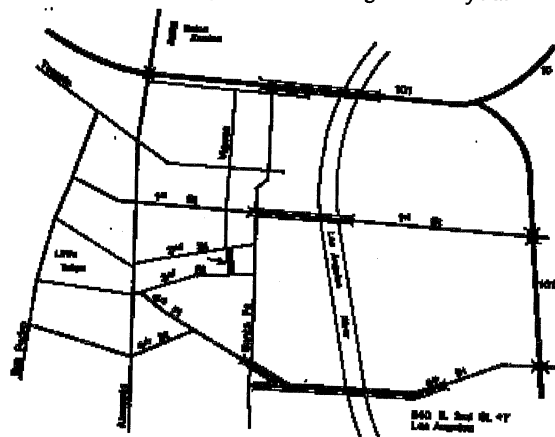
Intensive Iaido

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

Private Classes Available.

Finding Our Dojo:

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



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