

羅府合氣道学院古屋道場



AIKIDO CENTER OF LOS ANGELES NEWSLETTER

940 E. Second Street #7
Los Angeles, California
90012
(213) 687-3673

Affiliation: Aikido World Headquarters, Aikido So-Hombu Dojo Aikikai, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Santa Monica Branch Dojo, 2300 Santa Monica Blvd., Santa Monica, CA. 90404
Nihon Iaido Kenshin Kai - Japanese Sword & Swordsmanship Society c/o ACLA

May 1, 1995

Vol. XIII Number 5.

O-Sensei's 27th Annual Memorial Service Held on April 26th

35 members of the ACLA commemorated O-Sensei's 27th *Tsuito Hoyo* Memorial Service at the Dojo with Rev. Furutani of Zenshuji conducting a beautiful service.



Many Thanks

Heartfelt thanks to everyone who attended the Memorial Service and the Birthday Party. Thank you for the very nice, thoughtful gifts.

Kensho Furuya



O-Sensei's Memorial Service April 26th.

Sensei's Birthday was celebrated on April 25th at the Red Lion with many students attending the celebration. The Iaido Kenshinkai celebrated at the Twin Palms in Pasadena.

1st Asian Pacific
Martial Arts
Festival at
JACCC May 6.

Japanese Village
Plaza & Hotel
New Otani Demo
May 7.

J.A.C.L. Special Self Defense Workshop on May 13th.

Asian Pacific Martial Arts Festival

May 6th at the JACCC
10:00am-4:00pm

- 10:30am. Kyudo
Hirokazu Kosaka Sensei
LA Kyudo Kai
- 10:50am. Chinese Lion Dancers
- 11:15am. Shito Ryu Karate
Fumio Demura Sensei, 8th Dan
Japan Karate Fed. Itosu Kai
- 11:40am. Aikido
Rev. Kensho Furuya, 5th Dan
Aikido Center of Los Angeles
- 12:00pm. Ryobu Kai Karate
Kiyoshi Yamazaki Sensei
- 12:20pm. Japanese Taiko
Drumming Troupe
- 12:40pm. James Lew
Special Guest Star.
- 1:00pm. Filipino Kali-Eskrima
Members of Richard Bustillo's
IMB Academy
- 1:20pm. Korean Tae Kwon Do
Master Jun Chong, 8th Dan

1:40pm. Kendo
Masashi Shikai Sensei, 7th Dan-
Kyoshi
Chuo Kendo Dojo

2:00pm. Naginata
Helen Nakano Sensei, Renshi
So. Calif. Naginata Federation

2:20pm. Iaido
Kensho Furuya, 6th Dan Kyoshi
Kenshinkai Swordsmanship

2:40pm. Sil Lum Pai Kung Fu
Sifu Mark Cheng
UCLA Kung Fu Club

3:00pm Okinawan Shorin Ryu
Karate
Arthur Ishii Sensei
Centenary Church Karate Club

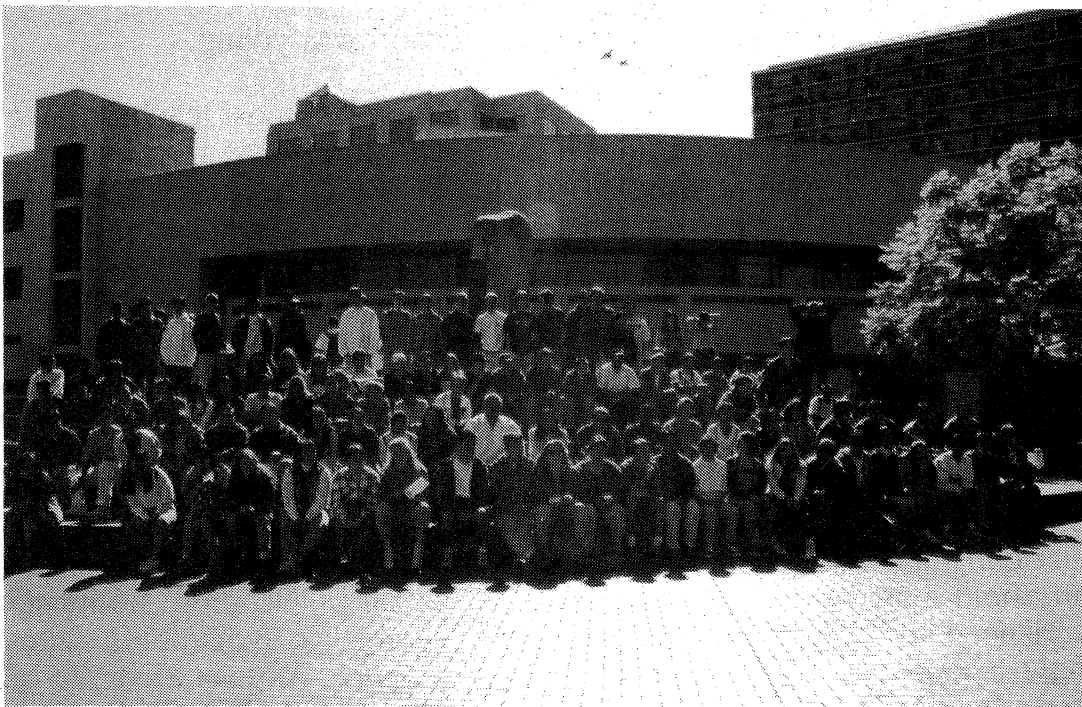
3:20pm Shotokan Karate
Richard Kageyama Sensei
Monterey Park Karate Club

Admission is free. Please bring all your friends.

*In conjunction with the Asian Pacific Arts & Crafts
Faire, Children's Day, Spring Festival and the Chiki K
Run at the Japanese American
Cultural & Community Center
244 So. San Pedro St.
Los Angeles, CA 90012*

Produced by Kensho Furuya

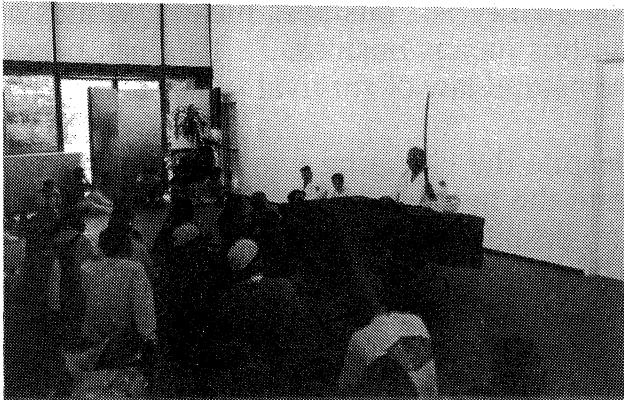
Posters & artwork donated by Miles Hamada
Little Tokyo Art Workshop



BREA- OLINDA HIGH SCHOOL WORKSHOP at JACCC

Sensei conducted a workshop with 130 high school students from Orange County on Aikido, the Japanese sword and Japanese culture and history in general in the North Gallery of the JACCC. The lecture/demonstration was very well received. Assisting Sensei were James Doi, Steve Tarango and David Ito. The event was in conjunction with a tour of Little Tokyo.

Sensei lecturing on the ancient Japanese sword to eager high school students from Orange County. Aikido demonstration and sword lecture took place at the JACCC North Gallery. April 21st. The event was sponsored by Mrs. Masako White of the Brea Olinda High School, JACCC's Mr. Duane Ebata and the Little Tokyo Tours, Ms. Mary Yamada.



O-Sensei's Memorial Service:

On April 26th, members of the Dojo commemorated O-Sensei's memorial day with Rev. Furutani conducting. Afterwards, Rev. Furutani spoke of preserving the teachings of one's teacher and handing down them for future generations. The relationship between the teacher and student is most sacred in the same manner as the Buddha and his disciples over 2,500 years ago. It is through the student's faithful practice of the teacher's words that the teacher's life may become eternal after death. In Buddhism, although the body ages and eventually dies, "life" in Zen Buddhist terms, is eternal and never dies. In our memorial service, we pray for the peace and happiness of O-Sensei's eternal "life."

After the service and sermon, many students gathered at the Empress Pavilion in Chinatown for "o-doki" or reception to show our thanks and appreciation to the priest who conducted the service. Our special guest was Mrs. Hiroyo Hosokawa from the Sosenji Temple in Kyoto.

Rev. Furutani is the newly installed priest at Zenshuji and trained for three years at Eiheiji Temple in Fukui Prefecture. Eiheiji, the "Temple of Eternal Peace," is one of the main temples of Soto Zen Buddhism.

Congratulations

Hearty congratulations goes to senior student, Rey Espino, 1st Kyu, for being accepted into UCLA in the Fall.

In March, Ken Watanabe, 2nd Dan, made a career move into the animation industry and now works full time in Burbank.

*Sensei's Message:***The Business Mind, Or -
Mind your Own Business:**

In some ways, the "business" of martial arts has not changed over the centuries. In feudal Japan, a young farmer, tired of the fields, found some way to get his hands on a sword, distinguished himself on the battlefield, and, being recognized by his feudal lord, might receive a fief, a command, or some honored position in the castle - perhaps a castle of his own. Of course, we must consider that he fought bravely on the battlefield most likely encountering a more experienced and braver enemy and living through the experience. Today, the martial artist practices his kicks, night and day, goes to the gym to bulk up his muscles, finds a good hair-stylist and buys lots of tight T-shirts and hopefully finds himself on the movie set.

As a youngster in the martial arts, like everyone else of my generation, the most wonderful dream was to become a great teacher and have a nice dojo with many students. In the 70's and 80's, however, most aspiring martial artists realized that there is no money in teaching the art, dojos are financial disasters and most students, who happen to acquire any talent at all, will eventually stab you in the back. Many quit teaching. Many turned to show business. Only a very few successfully ran a dojo.

Like the pretty young girl from an Idaho farm, many young martial artists decided to make it big in the movies. This fantasy is still very strong today.

In the 90's running the dojo has become a very big business. Teaching is not emphasized. It is all "management," "cost evaluations" and "marketing." I never heard these

words before when I was young.

Like running a business, most teachers have found it necessary to develop the "business mind." Of course, I can be accused of sour grapes talking because I am the worst businessman there ever was but I find most teachers today make better businessmen than teachers, better politicians than spiritual guides. Indeed, martial arts has become a big business.

Tragically, it is no different in Aikido. In Aikido's early days, its development suffered a lot through much political intrigue and disasters. Most of us said, "No more politics!" and it was "fashionable" to avoid politics altogether like the plague. And, in a couple of years, what has happened? We have become very political again. We are still messing around with the same pieces of the puzzle, we are only shifting them around in a different way and calling it something else. The new reality is, "business means politics and politics means business." This has become the natural law of survival - and success.

Despite the changing wind of the times, despite the new standards of success and failure, despite rapidly changing ways in which Aikido is taught and practiced, I am still fighting to maintain the old ways. It is not a clever thing to do but I believe there is something pure and clean about the old ways. Today, we are much too clever and smart for our own good.

My dream of a dojo as a great cultural center is gone, my dream of many students is gone, my dream of a prosperous and successful dojo is gone. After all, shouldn't we just mind our own business. The business of all these businessmen practicing Aikido as a business is not my business at all. A tiny dojo, a few good students, a good level of Aikido, very good training, and a few friends to visit us.

This is all I want - and to pay our rent! This is paradise. Even a very tiny paradise is still paradise. We should count our blessings.

We have just finished commemorating O-Sensei's 27th annual Memorial Service. It is a good time to think of the future of Aikido and how it is going. Is this what we want? Are we following the true path of Aikido? Is this really Aikido that we are practicing? Or, are we doing Aikido to realize our own personal agendas, playing power politics, manipulating people, competing with others and taking everyone's money? Truly Aikido must always remain the quiet, simple path.

••••

Our Black Belts have, of course, achieved good proficiency in the art but it only means that each one should re-double his efforts towards his training - not lessen it. Everyone needs self-confidence but it is important to understand that there are two types of confidence. One is illusory and based on a vague psychological craving for power and strength or recognition and acceptance by others. The other is simply an affirmation of the cumulative experience of one's training, skill, and knowledge gained through daily practice. One is easily attained but easily lost, leaving only a sense of emptiness and frustration, the other is never lost and continually enhance's one's skill and insight.

Black Belts in the Dojo should make a stronger effort to attend the weekly Advanced Classes, the monthly Intensive Seminars and the Budo Study Class. Some members have commented that they would like more on the philosophy of Aikido or that I do not teach enough. It is not that I do not teach enough, it is a fact that most Black Belts simply do not bother to take advantage of all that is offered in the Dojo. I often think to cancel these classes. Because people

nowadays only want something when they realize that they can't have it. If it is offered too easily, nobody wants it. Take it away from them and they start to cry and bawl. Please remember that we an Aikido Dojo - not a nursery school or day-care center.

* * * * *

Everyone thinks we clean the dojo too much. Some people may think, "Did I come here to practice Aikido, or did I come here to learn how to become a custodian or janitor?"

In the olden days, cleaning the Dojo was a natural, normal activity. In the training temples for monks, it is Law. Although some people may laugh, other visiting Aikido teachers have commented that it is so nice to practice in a clean place. "We should start doing this in our dojos ourselves!" they exclaim.

In the instructions for Zen meditation, it states first of all, "find a nice clean place, not too cold, not too hot, not too dark, not too light." It is the same for our practice as well. The Dojo is the most important requirement for our training. Because it is a place where we sweat and bleed, cry and laugh, live and die (spiritually, of course, - please don't die in my Dojo!), and gain enlightenment, it should be impeccable and immaculate. What is impeccable and immaculate? The reflection of our own hearts and minds.

* * * * *

There are many beautiful art objects decorating the Dojo and these must be well taken care of. Their purpose is not to impress you or others with wealth and power or the prestige of the Dojo. They are there to stimulate your artistic mind and cultivate your sense and taste for beauty. This is important spiritual training for our daily lives.

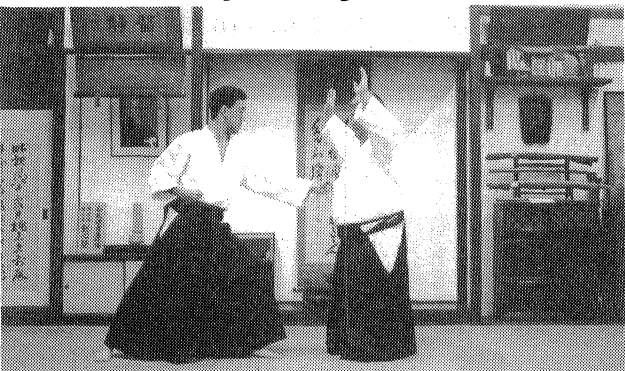
Technical Corner: **TIMING & AWARENESS**



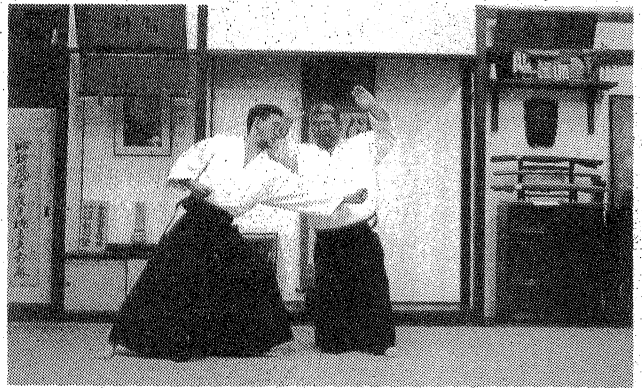
In munetsuki, perceive the blow early when the blow is initiated. One exercise is to point at what moment you perceive his movement.



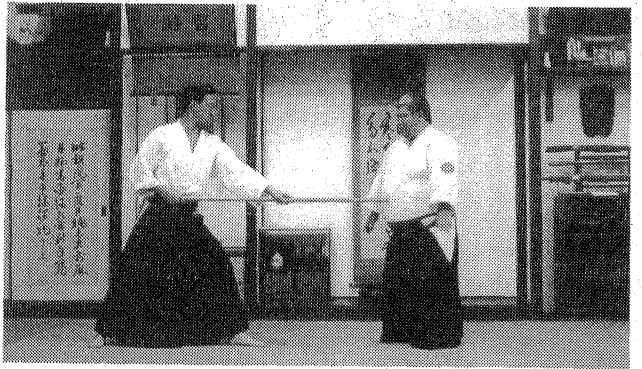
In this case, the blow is perceived too late almost at the moment of contact. This is not good timing.



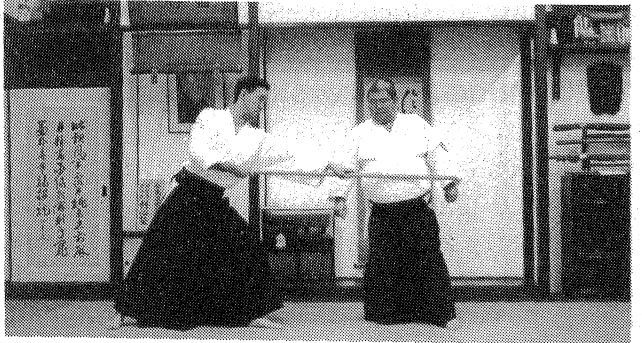
In the next exercise, allow your partner to strike from only one or two inches from your body. Without perception of the proper timing, you cannot avoid his punch. Become accustomed to "sensing" or "perceiving" his movement before he strikes. To develop this sense, you must practice continually to develop your own awareness and sensitivity.



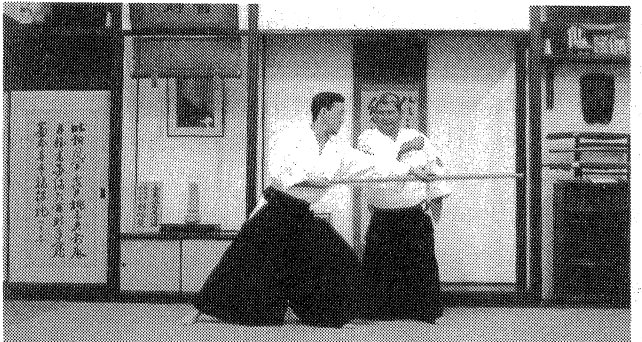
With proper timing and awareness, you can avoid his blow however close he may be or quickly he may strike you.



Apply the same exercise to a thrust from a jo at very close range. Don't worry if you get hit occasionally in practice. To learn how to swim, you have to get wet.



Avoid his thrust by sensing his movement. however fast he may come, however close he may be.



If you learn to move well through this exercise, you will naturally see the opportunity to execute the technique or, more simply, apply the atemi strike to your opponent.

Technical Corner continued:



At a more advanced level, apply this exercise with the bokken at close range almost touching your head. Your opponent must try to strike you quickly when you are not aware. Your job is to maintain your awareness although he is trying to find the break in your concentration.



Avoid his blow (irimi) and execute atemi strike to his body.



Next, apply second strike to his face.

You should practice continually until you can move freely from any position however your opponent attacks. In these exercises, please be careful of injury but allow your opponent/partner to do his best to touch you. This is sensitivity-awareness training to develop your "lost" sense of intuition. Please practice safely but faithfully.

Please Help!

We need volunteers in Tuesdays and Thursdays from 5:30pm to help open the Dojo and prepare for the 6:15pm class. Thank you.

Morning Classes from May 8th

**Mondays & Thursdays
7:00am-8:00am**

**Which Way Is
Right? Left?**

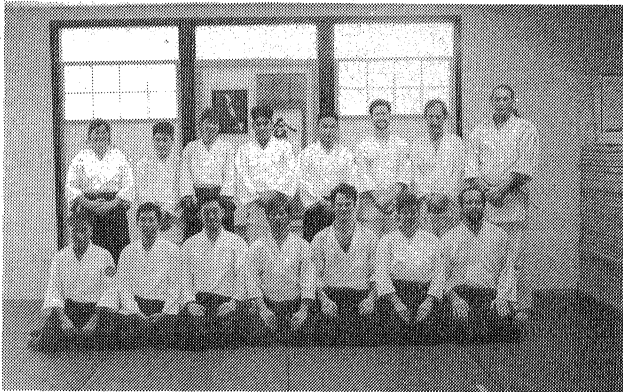
When I ask this question I am not asking the way to the House of Blues or Universal Studios. It is not a question of left and right but I am speaking of how we understand "right" and wrong in our daily lives. Looking at the news these days, I am forced to read (what choice is there?) about the Oklahoma bombing, the sarin poison gas attack in Japan where many were killed and over 5,000 people were injured, and all the incidences involving the Aum Ultimate Truth religion. All this and please don't forget the continuing O. J. Simpson case which seems to have taken over the TV set much like the old "Outer Limits" science fiction series. All of this seems to reflect the sad and tragic side of the reality of our lives. It is something we have to live with.

But why do these things happen? One point of view is that we have become, in this day and age, such "wonderfully divine" living beings that we can do no wrong. We all believe we are right even if we might be someone who was jilted in love or seemingly betrayed by his wife, or perhaps a religious group foreseeing the end of the world or some rightist group retaliating against evils and injustice of the government. However we may justify what we do, the bottomline is that it is the cause of incredible, totally unnecessary, death, suffering and human misery. Something, is indeed, "wrong" here. Yet we make it a part of our lives.

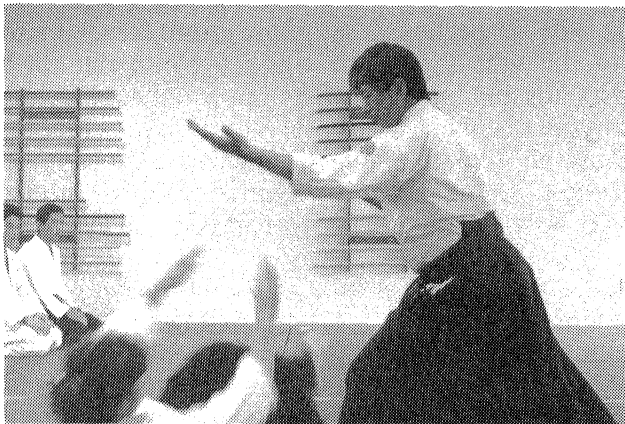
I am not proud to admit it but some of my former students stole things from the Dojo that didn't belong to them and compete actively to solicit students of the Dojo even after several years. It is an injustice that has never been resolved and nowadays, after several years, they now say, "Oh, let begones be begones" and "let's forget the past." We should always forgive but, at the same time, we should always correct what is wrong. Nowadays, we don't understand what is right and what is wrong. Confucius was asked about repaying evil with kindness. He replied, "That is incorrect. We should repay kindness with kindness, repay evil with justice." We all make mistakes but if we look at our lives from the standpoint of our Aikido, we should continually correct ourselves and try to be a better person by just a very little bit every single day of our lives.

New Chushinkan Dojo: Special Joint Practice Celebrates Grand Opening April 1st.

Members shared a excellent Joint Practice at the new Chushinkan Dojo in Orange County, under the direction of James Nakayama Sensei, on April 1st. The special event was attended by Ken Watanabe, who also taught the first class, James Doi, Richard Eloriagga, Ken Furuya, Andy Kissel, David Ito and Peo Lopansri. Regretably, Sensei was not able to attend.



Members of the Chushinkan Dojo & ACLA



Nakayama Sensei During Joint Practice. April 1, 1995

Many thanks to Nakayama Sensei and all his students for the wonderful training and great hospitality.

ACLA DOJO NEWSLETTER

Published monthly by the ACLA.
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Important Dates

MAY 6th:
Asian Pacific Martial Arts
Festival at the
Japanese American
Cultural & Community
Center (JACCC) Plaza,
244 So. San Pedro St.
From 10:00am-4:00pm.

MAY 7th:
Aikido & Iaido Demo
at the Japanese Village
Plaza (JVP) from 11:00pm.

MAY 7th:
Aikido Demo & Lecture
on Samurai Swords at the
New Otani Hotel from
2:00pm. In mezzanine.

MAY 13th:
JAACL Self Defense Semi-
nar at the Dojo. Japanese-
American Citizens League

UPCOMING ARTICLES:

Next Issue Budo Dojo Magazine
"Conquering Speed - A Matter of
Time and Speed."

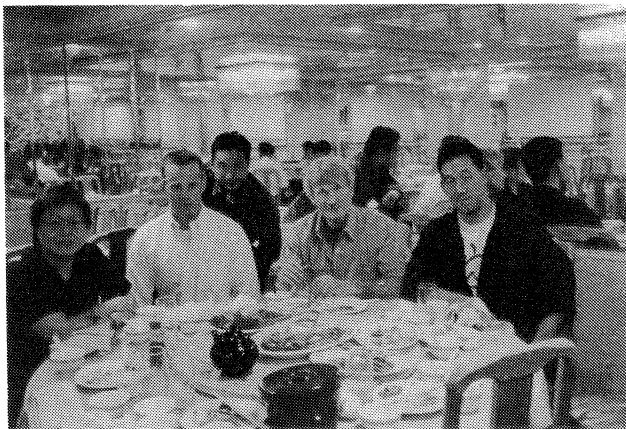
Next Issue of MA Training
"Kakushi-aji: The Hidden Taste"

Upcoming:
"Yagyū Sword Guards"

"The Right Way to Handle a
Samurai Sword."



Randy Williams from Pittsburgh conducts special workshop
on "Close Combat Fighting."



Harvery Konisberg Sensei, 6th Dan, from his Woodstock Dojo
in N. Y. enjoying dinner in Chinatown during his special prac-
tice in Los Angeles from March 18th-22nd. Konigsberg Sen-
sei is Yamada Sensei's most senior student.

"The Art of Aikido"

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**Upcoming Books
By Kensho Furuya**

THE TAO OF AIKIDO

Comprehensive volume on basic Aikido techniques
and the spiritual aspects of practice, emphasizing
Aikido in the philosophy of daily living.

ANCIENT WAYS

The very popular "Ancient Ways" column will now be
in book form covering the column appearing the MA
Training Magazine over the last eight years. This
column was elected as most popular and well read
column in a national survey in 1993 and 1994 consecu-
tively.

Future Publications

**INTRODUCTION
to the
JAPANESE SWORD**

The Book Page



by *Diane Skoss*

Submissions of newly published books and videos, and the most recent issues of magazines and newsletters may be sent to: *The Book Page*, 5-11-21-106 Koenji Minami, Suginami-ku, Tokyo 166 Japan.

Reviews

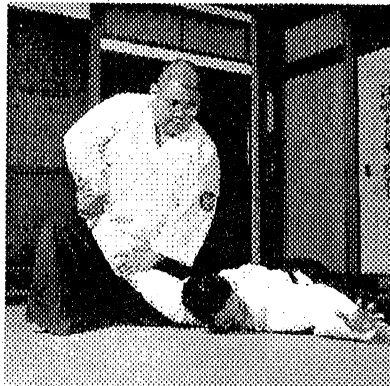
Aikido Shoshinshu: The Art of Aikido. Produced by Unique Publications. Presented by Kensho Furuya. Burbank, CA: Unique Publications, 1994. Color VHS. 9 vols. US\$39.95 (+ shipping & handling) each. Available from 1-800-332-3330, Unique Publications Video, 4201 Vanowen Place, Burbank, CA 91505. Special set discount is available. Kensho Furuya may be contacted at the Aikido Center of Los Angeles, 940 East Second St #7, Los Angeles, CA 90012, or call 213-687-3673.

I first met Kensho Furuya about 1964 at the Los Angeles Aikikai while he was still a teenager. I remember too that we took our shodan tests together in front of Koichi Tohei Sensei in August of 1965. Furuya later spent time at the Aikikai Hombu Dojo in Tokyo for intensive training in 1969. Along the way he received college degrees from the University of Southern California and Harvard.

Furuya has devoted himself to aikido for over thirty years and presently operates a full-time dojo in Los Angeles. He is also adept at iaido, an ordained Zen priest and frequent contributor to several martial arts magazines.

Furuya's latest project has been the production of a comprehensive nine-volume video series called "The Art of Aikido." The tapes cover a wide range of subjects from warm-ups, fundamental movements, basic and advanced techniques, atemi, aiki ken and jo, defenses against kicks and knives, as well as lectures on history, etiquette and the principles of aikido.

With cordless microphone pinned to his keikogi, Furuya explains in detail as he performs the scores of techniques included in



Rev. Kensho Furuya

these tapes as though conducting a class in his dojo. Several camera angles and close-up shots focus on important details. His explanations are conversational in tone and consequently easily followed. The camera work is excellent throughout and there is sufficient repetition of techniques to allow one to thoroughly grasp essential points.

Furuya's aikido shows the influence of several teachers who have had prominent roles in his aikido formation. In particular, I noticed movements and explanations drawn from Koichi Tohei Sensei's teachings of the 1960s. Also, the influence of Aikido Doshu Kisshomaru Ueshiba and other Hombu Dojo shihan is evident. Emphasis on ki no nagare or flowing movements is seen in his techniques and explanations.

It is hard to find fault with this new video series since it has been put together in a professional way in every respect even down to the beautiful packaging with individual full-cover photos. Anyone interested in an exhaustive introduction to the subject of aikido or those studying the Aikikai style of the art will derive great benefit from these tapes.

Stanley A. Pranin

Aikido: The Heavenly Road. Kenji Shimizu. Chicago, Berlin, Tokyo, and Moscow: edition q, inc., 1994. ISBN 1-883695-02-3. 175 p. Illustrated with photos. 8½" x 12" hardbd. \$29.95. To

order call 1-800-421-0387.

Technical volumes are a real challenge to produce, and an even greater challenge to produce successfully. Kenji Shimizu's *Aikido: The Heavenly Road* is particularly successful in its presentation and selection of technique—nearly one hundred are included—and less so in its text and translation. The technical photographs are well reproduced and easy to follow, and the explanations, though sketchy, connect clearly with the illustrations. I especially like the occasional use of overhead sequences. The photos are presented as cut-out from their backgrounds, which reduces distractions, but sometimes results in very blocky silhouettes of fine details such as fingers. Some readers may not be happy with the paucity of detailed explanation in the technical text, but for those who would use this book as a memory-jogger or as supplemental study to a well-supervised training program, this should present no problem. I found the selection of techniques very interesting, since many correspond to ones that appear in Tomiki aikido's series of *koryu no kata* (classical forms). Those who are studying these forms might benefit from comparing our versions of the techniques with the way Shimizu Sensei performs them. The group of escapes/releases provided at the very end also provide quite good study material.

Given that the bulk of the volume is its pictures (in addition to the technical sequences, there are a number of quite beautiful aikido photographs), perhaps the textual shortcomings can be excused. The very brief history of aiki-jujutsu that Shimizu provides is not based on the most recent historical evidence, and could be misleading. The translations are sometimes a bit strange, for example "blade-hand" for *tegatana* (hand-blade), or "passive body movement" for *ukemi* (receiving technique). And in the introduction, we have a discussion of "atemi-

NEW FROM UNIQUE PUBLICATIONS!

Aikido Shoshinshu

THE ART OF AIKIDO

A Nine Volume Video Series Featuring
Kensho Furuya

Kensho Furuya, Aikido 5th Dan brings over thirty-five years of experience in Aikido to a monumental nine volume series of highly instructional videos. Detailed, step-by-step instruction is easy to follow and clearly understandable. Furuya Sensei covers all aspects of training and takes the beginning student on an enriching journey through the physical and spiritual "Art of Aikido." Furuya Sensei is a student of Doshu Kisshomaru Ueshiba of the Aikido World Headquarters in Tokyo, Japan and is the resident Chief Instructor of the Aikido Center of Los Angeles. He is an ordained Zen priest, scholar and Iaido master of the sword.

VOLUME 1 (#AIK01)

- Remembering the Founder of Aikido and Doshu
- General Introduction to Aikido Techniques
- The Principles of Entering and Turning
- Keiko-Gi—The Practice Uniform
- The Meaning of Practice

VOLUME 2 (#AIK02)

- Basic Techniques
- Throwing and Joint Techniques
- The 5 Controls: Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo

VOLUME 3 (#AIK03)

- Aikido is Commitment and Perseverance
- Ukemi—Breakfall Training
- More Basic Techniques and Freestyle Applications
- The Principle of Tenshin
- Ki—Vital Energy
- Internal Breathing Exercises
- Training is a Lifetime Study

VOLUME 4 (#AIK04)

- Katate Tori Ryote-Mochi—Against 2-Hand Grip
- Ryote Tori—Against 2-Hand Hold
- Practice Serenity
- Rei-Gi Saho—Etiquette in the Dojo
- Koshinage—The Hip Throw
- Words of a Zen Master
- Words of Teshu the Swordsman

VOLUME 5 (#AIK05)

- Beginning Your Practice
- Going With the Flow
- Suwari-Waza Kihon—Basic Techniques from Sitting Position
- Gokyo—The 5th Control Against Knife Attacks
- Hanmi Handachi—Sitting Techniques Against Standing attacks
- Kokyu Dosa—Sitting Ki Development Exercise
- Katatori—Against Shoulder or Lapel Attacks
- Su-Nin-Kake—Negotiating Multiple Attackers
- Go-Nin-Kake-Randori—Freestyle Against 5-Man Attack

VOLUME 6 (#AIK06)

- Tsuki—Against Strikes and Punches
- Yokomenuchi—Against Strikes and Punches from the Side

AIKIDO SHOSHINSHU

合気道初心集

THE ART OF

AIKIDO

VOLUME 1



VOLUME 7 (#AIK07)

- Shomenuchi—Against Direct Thrusts
- Ushiro-Waza—Basic Techniques Against Attacks from Behind
 - Ushiro Katatetori Kubishime—Choke from Behind
 - Ushiro Ryote-Tori—Both Hands from Behind
 - Ushiro Ryohiji-Tori—Both Elbows from Behind
 - Ushiro Ryokata-Tori—Both Shoulders from Behind

VOLUME 8 (#AIK08)

- Atemi Waza—Use of Striking in Execution of Techniques
- Negotiating Kicks
- Tanto-Tori—Strategy Against Knife Attacks
- Aiki-Ken—Sword Training Fundamentals

VOLUME 9 (#AIK09)

- Jo—Introduction to Long Staff Fundamentals
- Black Belt Examination Requirements

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AIKIDO

Training Schedule

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**Mondays thru Fridays
6:15pm - 7:15pm**

**Mondays & Thursdays
7:30pm - 8:30pm**

**Saturday Mornings
10:15am - 11:15am**

**Sunday Mornings
9:45am - 10:45am**

ADVANCED & INSTRUCTOR'S CLASSES

Please bring bokken, jo & tanto.

**Wednesdays
7:30pm - 8:30pm**

**Saturday Mornings
11:30am - 12:30pm**

MONTHLY BLACK BELT INTENSIVE SEMINAR

Please bring bokken, jo & tanto.

**Every 4th Saturday of the month
6:30am - 8:30am**

CHILDREN'S AIKIDO CLASSES

7 - 17 yrs.

**Sunday Mornings
8:30am - 9:30am**

KENSHINKAI

Traditional Japanese Swordsmanship

**Tuesday Evenings
7:30pm - 8:30pm**

**Saturday Mornings
9:00am - 10:00am**

**Sunday Mornings
7:30am - 8:30am**

MONTHLY INTENSIVE SEMINAR

**Every 3rd Saturday of the month.
6:30pm - 8:30am
Monthly Meeting follows.**

Santa Monica Branch Dojo

**Tuesdays & Thursdays
7:15pm - 8:15pm**

**Sundays
12:15pm - 1:15pm**

**2300 Santa Monica Blvd. at Cloverfield Blvd.
In Santa Monica. Free Parking.**

Special Monthly Study Classes

**Japanese Sword Study Class
Every 1st Friday of the month from 7:30pm.**

**Budo Martial Arts Study Class
Every 2nd Friday of the month from 7:30pm.**