

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

# Aikido Center of Los Angeles

## The Aiki Dojo

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

\$2.95  
Donation

May 1, 2001

Volume XIX. Volume 5.

### O'Sensei's 33rd Memorial Service Sanjusan Kaiki. April 26, 2001



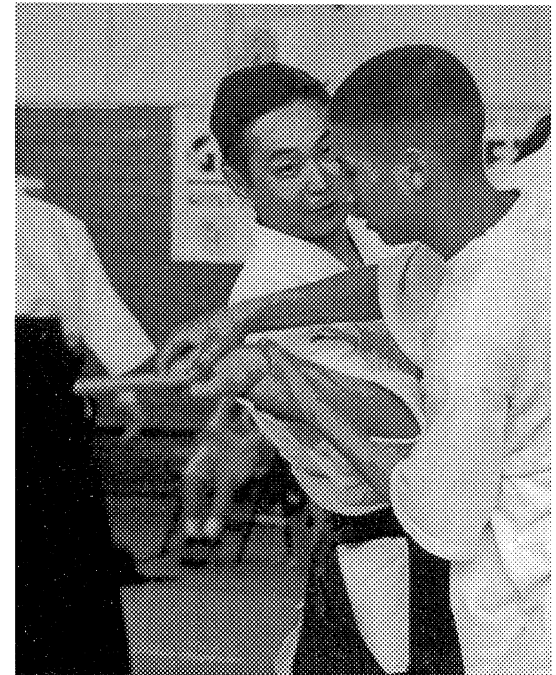
Members gathered for O'Sensei's Memorial Service. April 26, 2001.

#### Sensei's Message:

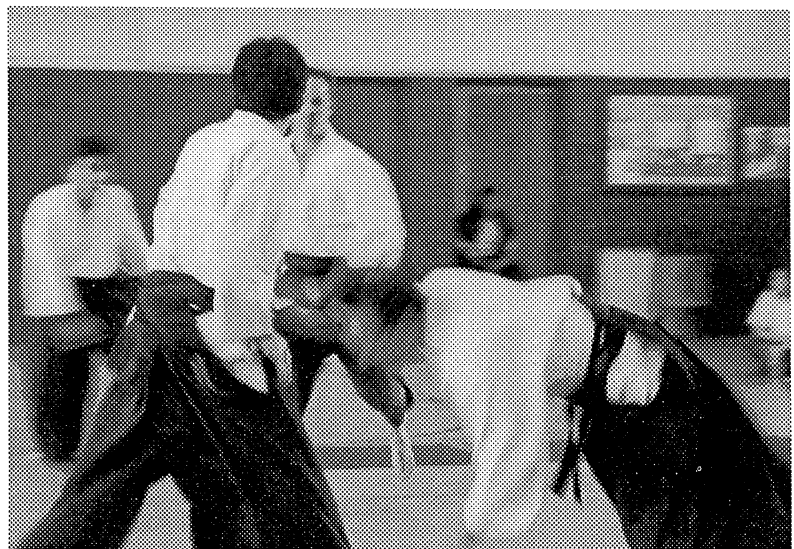
### Living Traditions

On April 26th, our Dojo observed the 33rd Annual Memorial Service of the Founder of Aikido, Morihei Ueshiba O'Sensei. Our Dojo has observed this without fail each year for the past 33 years. Rev. Shumyo Kojima who officiated the ceremony in the Dojo, commented that it is very, very rare to conduct such a ceremony for one person. After 33 years, family members no longer conduct such services, after more the fifty years, there may be no direct people left to keep up the tradition. When I heard this, I feel determined to see O'Sensei's 50th Memorial Service. I ask all of you, my wonderful students, to help me see this come true.

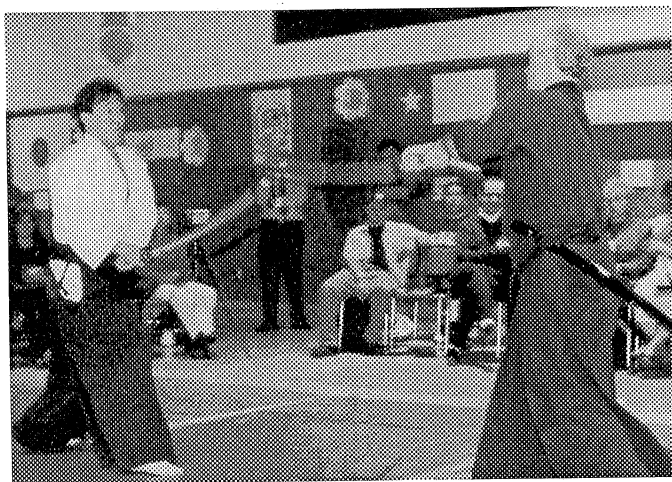
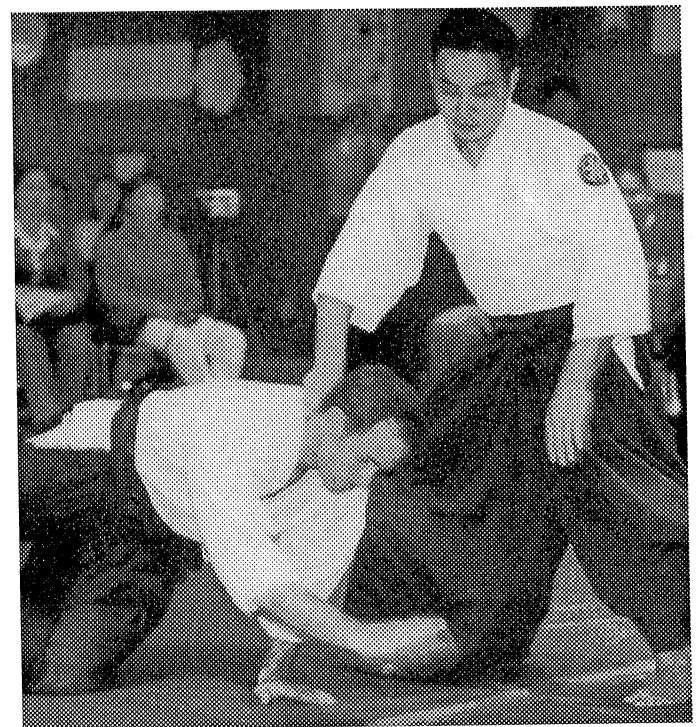
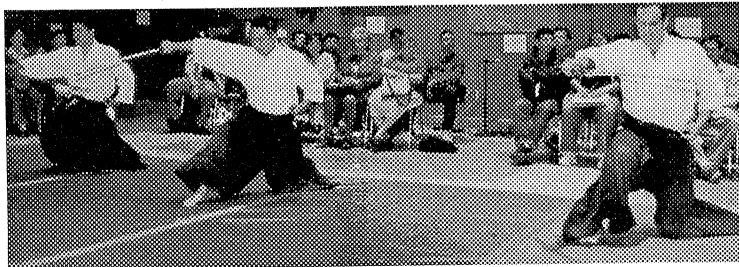
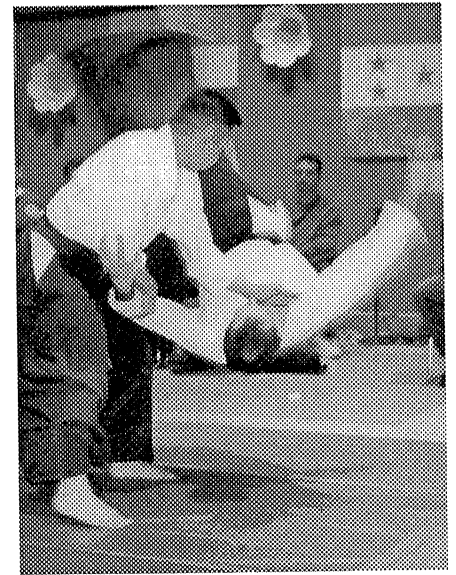
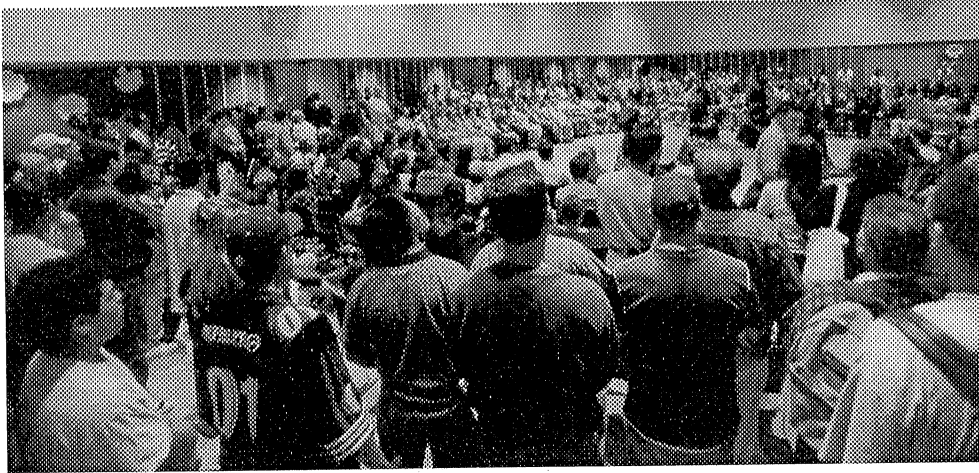
We may call this part of our "living traditions" or part of the traditions which are becoming rarer and rarer themselves these days. Today, as everyone enjoys the popularity and success of Aikido around the world, we have become, like many other arts, too obsessed with organizations, money and political power and we have forgotten something very important in the art itself. Con't.



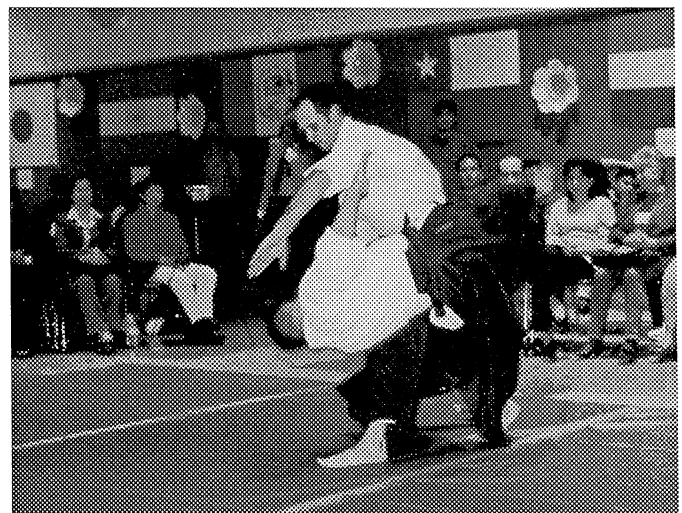
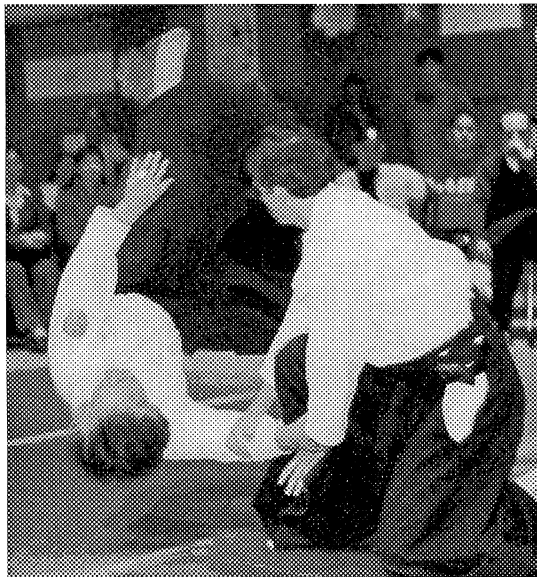
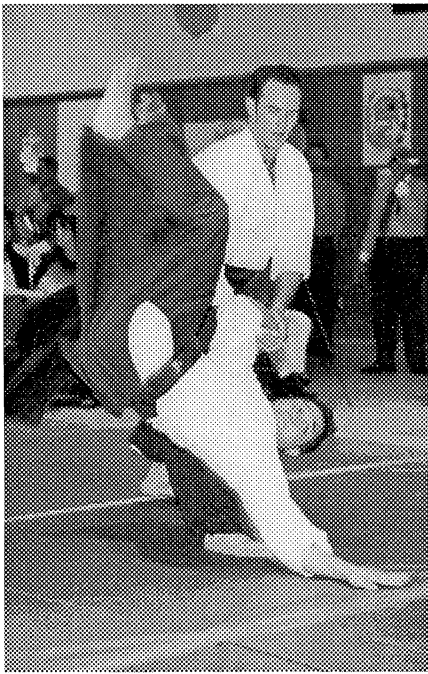
Kenny Furuya helping youth at Pico Aliso Impacto. Below: Ken Watanabe in three-man randori.



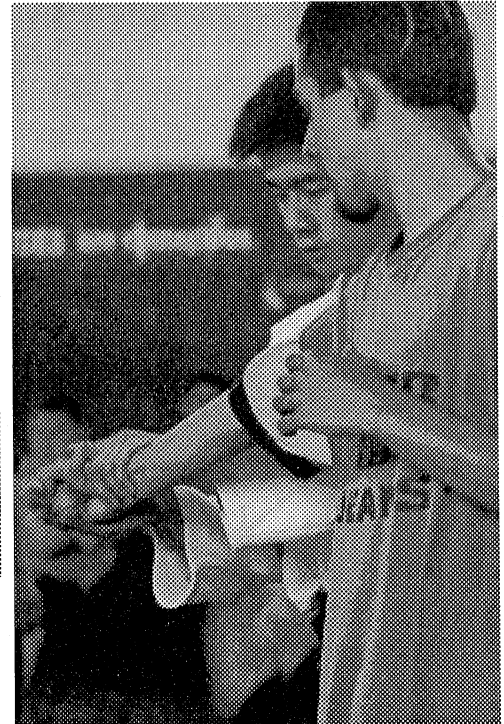
# Pasadena City College Demonstration. March 21



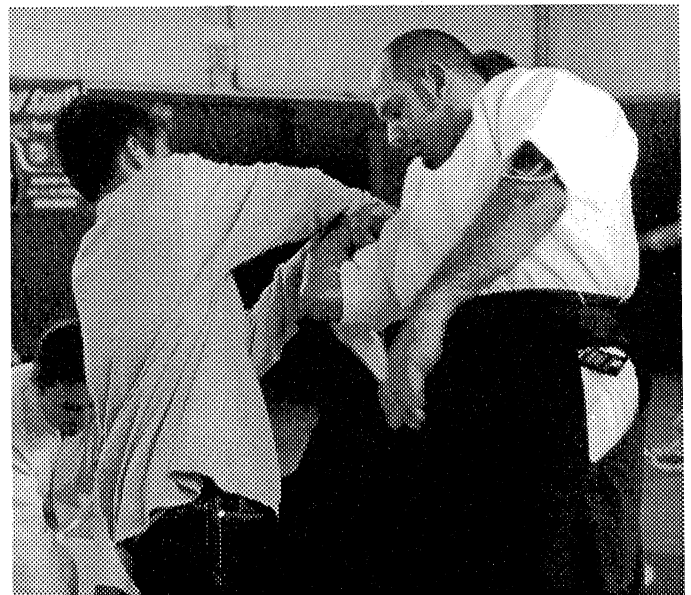
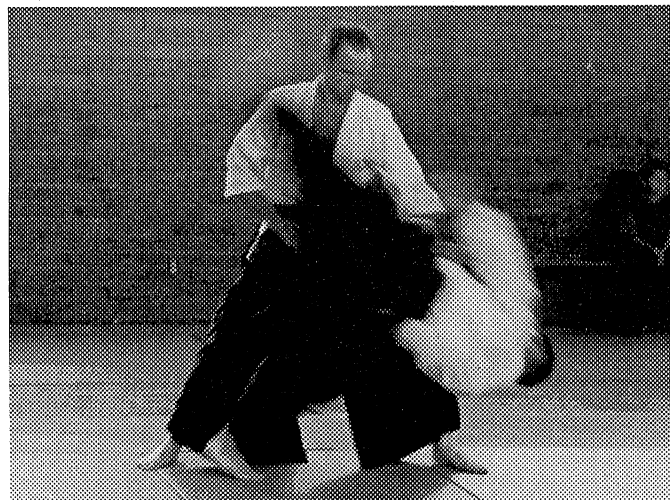
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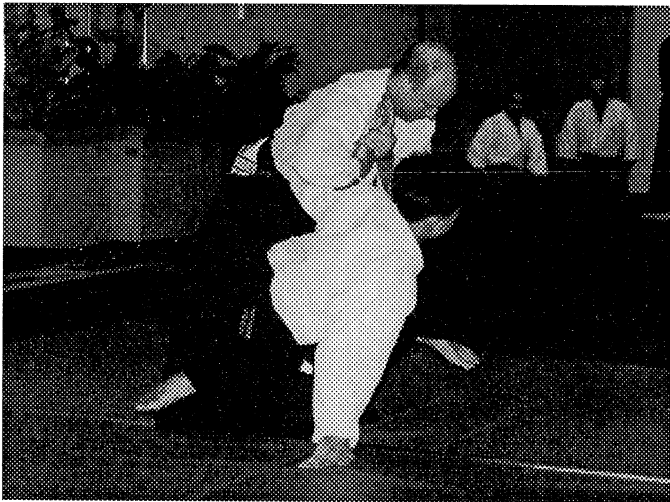
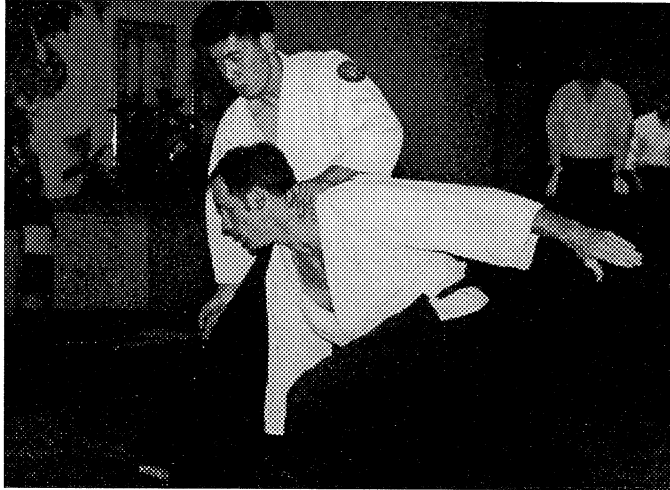
## Pico Aliso Project Demonstration. March 31.



Demonstration and workshop at the Pico Aliso Impacto Gymnasium for young people in the East Los Angeles and Boyle Heights districts was very well received by both the community and the youths in the area. Hopefully, there is a possibility of starting a small class at the center which is devoted to keeping youths off the streets and away from gangs. After the demonstration, a mini class was conducted with youth participation allowing them to experience Aikido first hand. There was much very good talent out there and many future leaders.



**Pasadena City College Asian  
Coalition Culture Day.  
April 20.**



Top: Mark Ty & Mike Van Ruth. Center: Jim MacDonald & Mark Ty. Below: Ken Watanabe demonstrating knife defense.



Left to right: Kenny Furuya, Jim MacDonald, Gary Myers, Ken Watanabe, Sensei, Mike Van Ruth, Mark Ty, and Cheryl Lew. Larry Armstrong took the photograph.



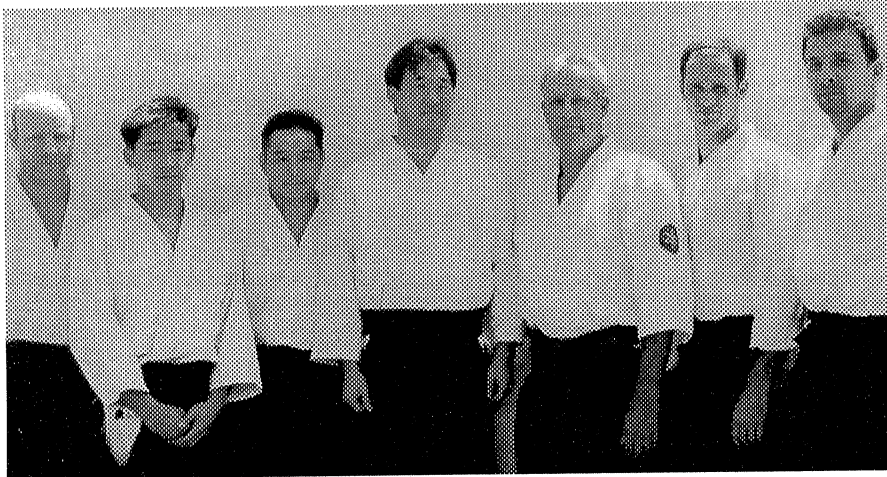
Sensei explaining Aikido principles.



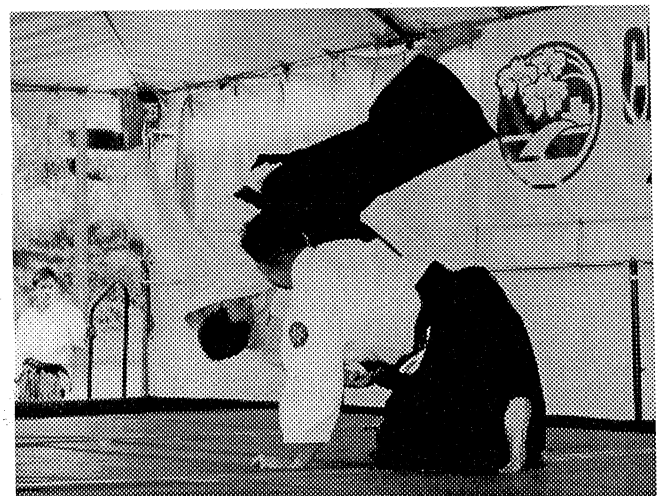
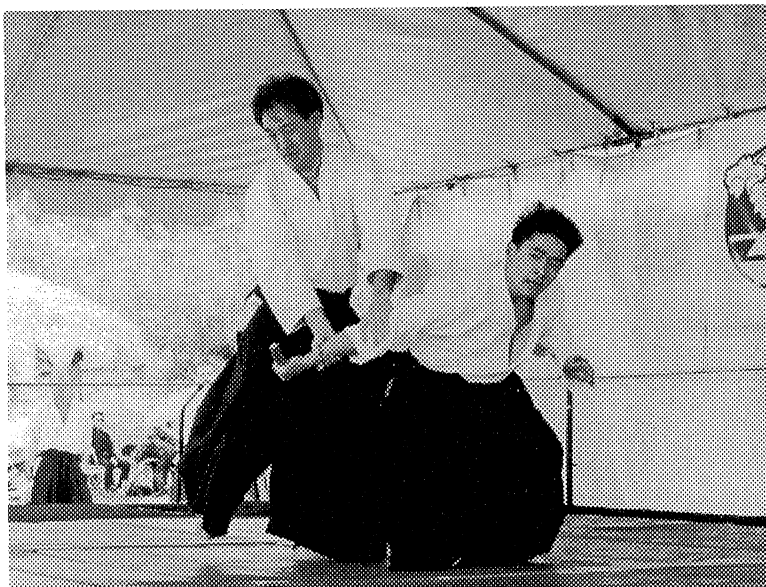
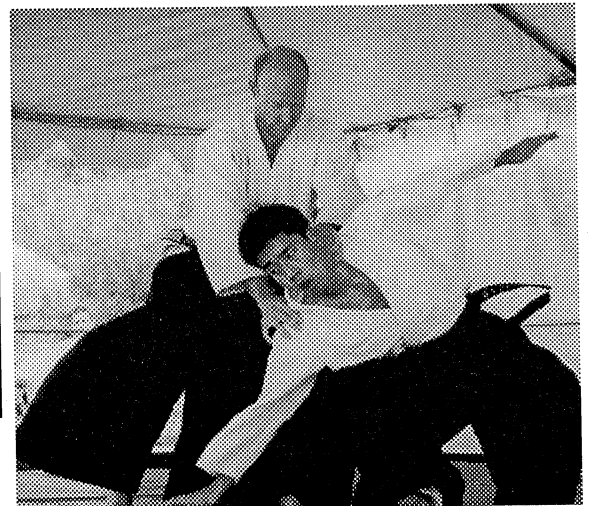
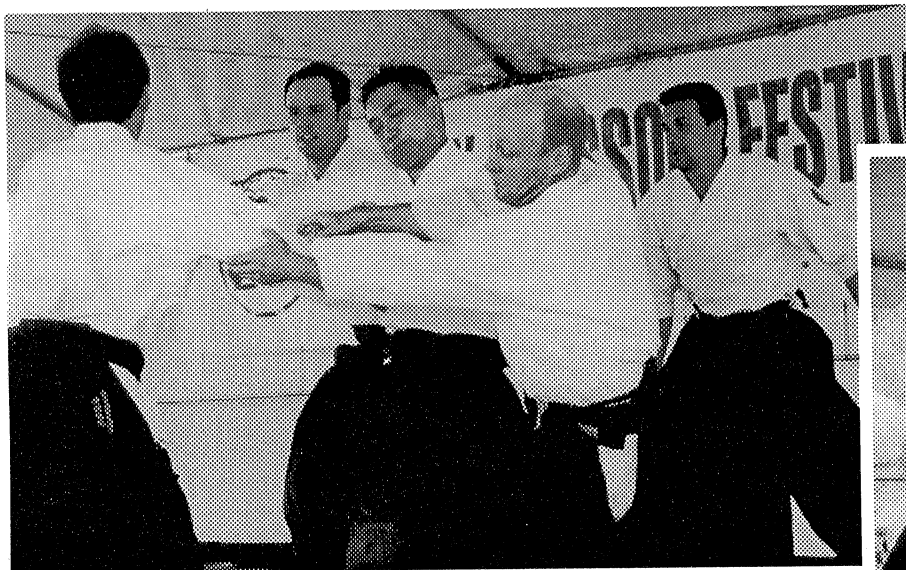
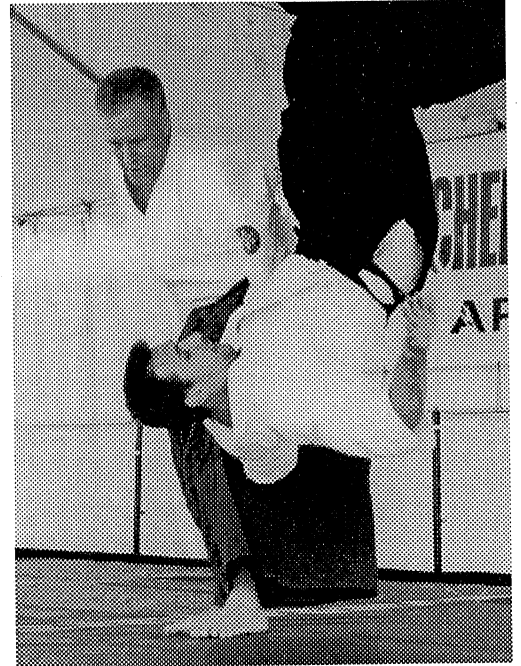
Cheryl Lew demonstrating Iaido.

This was one of the first projects of the Pasadena City College Asian Coalition to introduce Asian culture into the college. The night featured Chinese and Korean dance, music and acrobatics, Filipino dance along with our demonstration representing Japanese culture. The demonstration of Aikido and Iaido was very warmly received. Earlier in the month, we demonstrated for PCC's Continuing Education Center also in Pasadena.

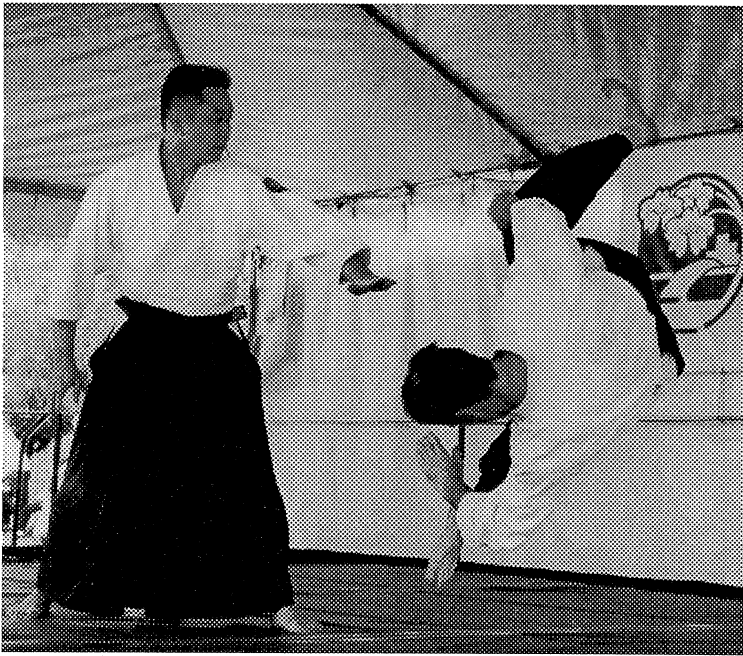
## Cherry Blossom Festival Demonstration. April 22.



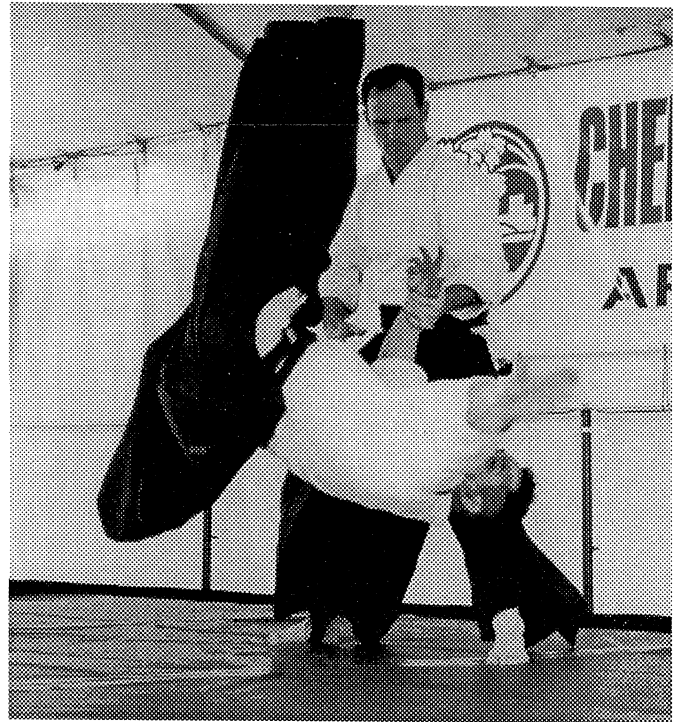
Left to right: Jim MacDonald, Mark Ty, Kenny Furuya, Ken Watanabe, Tom Williams, Mike Van Ruth, and Nick Nicolic.



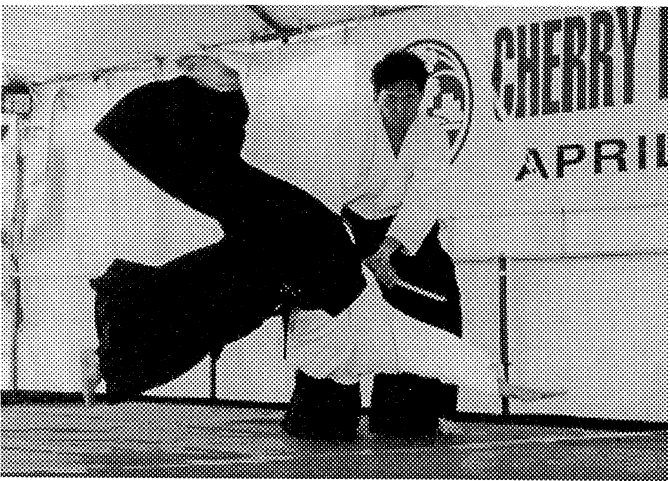
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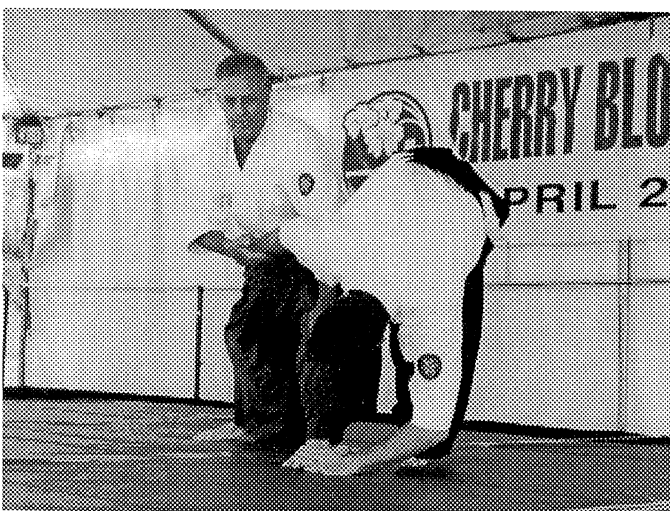
Kenny Furuya, 4th Dan.



Miek Van Ruth, 3rd Dan.



Ken Watanabe, 4th Dan.



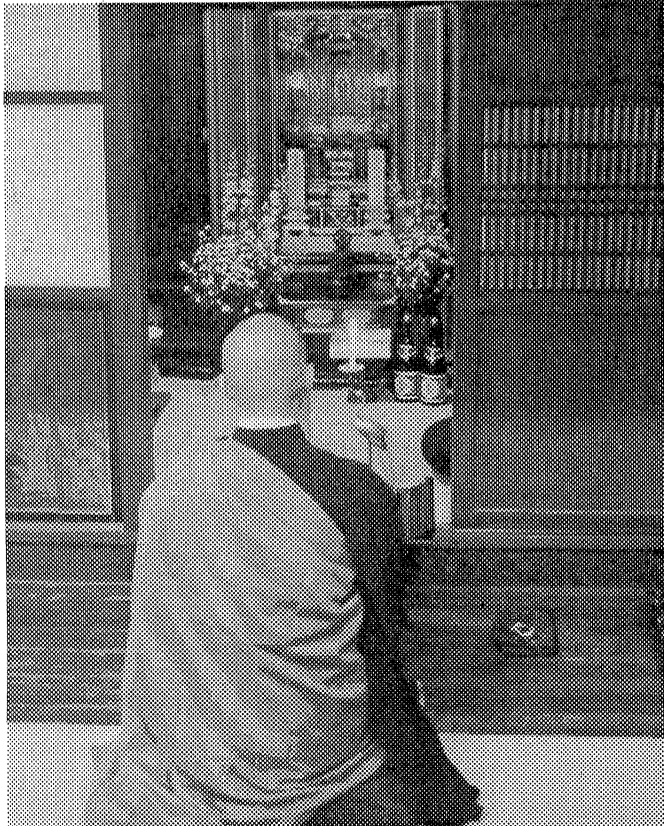
Tom Williams, 3rd Dan.

On a beautiful Sunday afternoon, members of the Dojo performed a demonstration of Aikido and Iaido for the third consecutive year at the annual Cherry Blossom Festival in Monterey Park.

Participating members were left to right: Nick Nicolich 1st Dan, in his first demonstration as a black belt, Tom Williams, Jim MacDonald, Kenny Furuya, Mike Van Ruth, Mark Ty, and Gary Myers, with Ken Watanabe narrating and organizing the event.

The Cherry Blossom Festival is one of the largest Asian festivals in the San Gabriel area and we participate and donate our time and talents to the community in this annual event every year from its inception. Everyone did an excellent job. Many thanks for representing the Dojo so well.

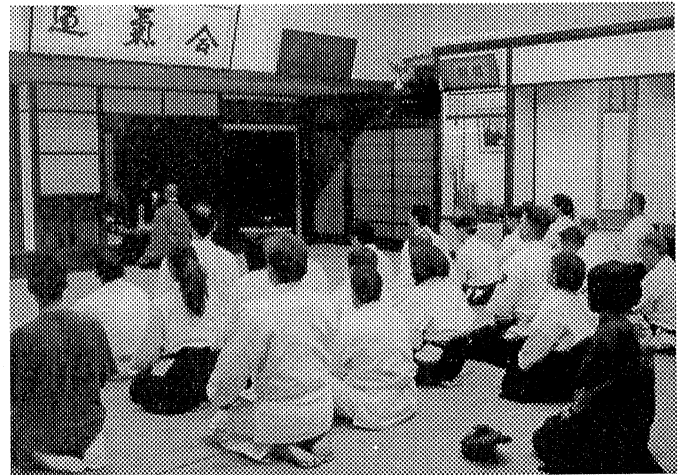
## O'Sensei's 33rd Memorial Service. April 26, 2001



Not only should we try to preserve traditions but we should "live" our traditions and keep them alive and strong. They are not simply a link to the past, but they are our spiritual and cultural inheritance. It is how the wisdom and knowledge of one generation is passed on to another. Someday, you will be asked to pass your experiences, wisdom, knowledge and humanity to your successors. This is how we honor O'Sensei and this is the only way future young people will ever get to know who he was and what he stood for. And we, ourselves, as a part of this tradition, become a part of history at the same time, and live forever in the art of Aikido itself.



Raffi Badalian from Puerta Vallarta also joined the ceremony.



On this special occasion, Sensei donated a statue of the Buddha to the chapel of Children's Hospital in Hollywood. Cheryl Lew receiving after it was blessed at O'Sensei's Memorial Service.

I pray that everyone will continue their training and make it a part of their lives. I pray that you will continue to support and help to build the Dojo so that many more people can benefit from it and enjoy the practice of Aikido.

As we continue to grow, we will try to maintain the highest standards possible for training. Everyone must be of the same mind and spirit and everyone must learn to work together in harmony, practice hard in harmony and support each other in harmony. Without this, there will always be a conflict between art and business, practice over politics and training over tyranny. We must always balance the interests of the individual and the group. We must always balance how to be all-inclusive and open to all students, yet maintain a high level of training which naturally leans towards exclusivity. This is the paradox of training and if we are not of the same mind and spirit, it can never work. Finally, in this ever-changing world, we must try to preserve O'Sensei's teachings and see the wisdom of Aikido which does not come easy or quick or without great effort and sacrifice.



Reprinted From The Los Angeles Times:  
**Japan: Artisans & Traditions.  
Old World, Cutting Edge**

Valerie Reitman, Times Staff Writer

Sano City, Japan - There is a certain poetry about the knives crafted by Tokufusa Iizuka, one of the most revered smiths in a land that holds *hocho* - kitchen knives - sacred.

His knives are simple and rustic yet, at the same time, elegant. Light dances upon smooth blades and the delicate, wavelike pattern of steel folded many times within. Wedges of black buffalo horn connect the rounded, unvarnished wood handles to the polished blade in a sensuous mix of textures. Beveled edges slice pristinely through an onion, eliminating the spray that causes tears.

The balance of the knife is so refined, it feels like an extension of the hand. In a world where nearly everything seems to be made on an assembly line, Iizuka's knives stand out for being entirely made by hand.

It is a dying craft. Even among knife makers, Iizuka and his two sons are among the few smiths who do the entire process themselves, with no automated machinery, from the forging to the grinding to the polishing. The small workshop behind Iizuka's rural home is almost primitive - his eyes are his most valuable tool.

Suggest that Iizuka's knives are art, however, and he dismisses the notion. "I'm a craftsman," he retorts. "They are tools. They should be used."

Art or no, Iizuka's knives - which fetch \$250 to \$1,500 apiece in Tokyo stores - are a metaphor for care. Not only the extraordinary care he takes in crafting them, but the care necessary to prepare an exquisite Japanese meal. For in this cuisine, the art - and at least some of the taste - is in the cut.

Not surprisingly, then, Iizuka's knives - with the kanji characters for his Shigefusa trade name inscribed on the blade - are worshipped by master chefs. "They are my treasures," says Yasushi Kaneko, 44, top chef at the renowned Takashimaya Inn in Niigata. With his knives, Kaneko slices blowfish sashimi nearly as transparent as glass and transforms carrots into cherry blossoms in the spring and maple leaves in the fall.

His two favorite knives, in a collection of about 20, were made by Iizuka: One is a long, thin blade known in Japan as a *yanagi-ba*, or "willow blade," for slicing sashimi. The other is a *usu-ba*, literally "thin blade," for cutting vegetables. "They are my life," Kaneko says. "I cannot be apart from them."

In fact, the Japanese word for chef, *itamae*, means "in front of the cutting board." And when the new semester at Tsuji Culinary Institute in Osaka begins in April, the professors - all male - will don kimonos for a ritual *hocho-shiki*, or knife ceremony, as they wave their tools over a special cutting board sporting a pink-fleshed sea bream.

No sushi or *kaiseki* (the high end food featuring a variety of delicacies) chef would be caught without his personal knives. For example,

Nobu restaurant's top Tokyo chef, Kenichiro Togo, packs his four best Japanese knives in his suitcase when he visits Nobu restaurants in the U.S. or helps with big parties. "Knives have a personality just like yourself," Togo says. "They become yours and part of you. You sharpen them to your liking. You can't use any others."

Treating the tools with less respect than they deserve can have consequences, as seen in an episode of the "Iron chef" cooking show, hosted by Masaharu Morimoto. The Japanese chef's temper flared after New York celebrity chef Bobby Flay stood on the counter top atop his cutting board in triumph. "He isn't a chef," Morimoto exclaimed. "Knives and boards are sacred to us."

Reflecting the diet of this island nation, there are nearly as many types of knives as there are fish. Each has a special function . . .

The knives vary in shapes ranging from a sword to a triangle to more of a rectangle. Then there is the *soba-hocho*, resembling a saw, that is used exclusively for cutting thin soba noodles from dough.

One major difference from Western knives: Japanese knives are sharpened on just one side. That makes for a sleeker cut through the soft flesh of fish, in particular. A Western knife, claim Japanese culinary experts, will smash the tender texture of fish, affecting the taste.

The sharpness of the blade and skill of the chef in manipulating it can be seen in ubiquitous *sushi* bars, where chefs not only slice the fish but also cut daikon, the large white radishes, horizontally along the circumference, making a long sheath as transparent as lace.

The downside: Japanese knives require far more care. If they are not made of stainless steel - and most are not - they seem to discolor almost instantaneously when they come in contact with vegetables or water. Sharpening is done on a stone, requiring considerable grading and far more effort than using a sharpening stick for a Western knife. Some knife shops still send staff door-to-door, picking up and returning knives after they've been professionally sharpened.

Japanese knives tend to use two or three types of steel and iron, whereas Western knives use mostly stainless steel these days. German manufacturer Zwilling J.A. Henckels' knives have become quite popular in Japan - even more popular than Japanese knives that are sold at the Kiya knife store headquarters in Tokyo's Nihonbashi section, which distributes Iizuka's wares.

"People buy more Western-style knives because they eat more Western types of food lately," says Katsuyoshi Ishida, a director at the 209-year-old store that now has 200 branches. "We are losing our Japanese traditions."

Akira Moriki, a professor of French cooking at the Tsuji Culinary Institute, uses Henckels' stainless-steel knives when cooking French food. "The importance of the knife is not as great compared with Japanese cuisines, because the French cuisine doesn't depend on the result of the cut," Moriki says. "It doesn't mean that a knife that doesn't cut well is better; it's just that the role of the knife is not so important."

A Fan of Cooking Shows

Knife maker Iizuka, 58, doesn't cook, although he does like to watch cooking shows such as the "Iron Chef" to see how the knives don't.

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

**Cutting Edge continued:**

are welded. He says he doesn't really think about who buys his knives. (Kya officials say customers include fish stores and professional chefs, but also "salarymen" who are taking to their kitchens on Friday nights to cook dinner and want only the best tools. Lesser known Japanese knives cost from \$50.00 to a few hundred dollars and are usually made, at least in part, by machine.)

Like a handful of other towns throughout Japan, Iizuka's hometown of Sanjo City - about a two-hour bullet-train ride northwest of Tokyo - was a nurturing environment for metal workers, known for its many smiths.

Iizuka began his trade by sharpening razors for several years under another smith before striking out on his own. He learned his craft, based on the samurai-swordmaking technology, from former sword-maker Munenori Nagashima, now 91, who made swords before World War II and then began making knives. When Nagashima's mentor's business fell apart after the Niigata earthquake in 1964, he began coaching Iizuka.

Little has changed in Iizuka's production methods since. For his knives, Iizuka mixes iron with a high-carbon Swedish steel that he characterizes as "spicy." In his small forge fueled by piles of coke - coal from which most of the gas has been burned - Iizuka welds the carbon steel atop the iron, holding the red-hot metal with a pair of giant clippers. He folds it again and again, pounding it with a wooden mallet to create the blade's shape.

He and his sons, Masayuki, 30, and Yoshihide, 29, wear little protective clothing, despite plenty of flying sparks. It's too hot to wear a lot of gear, Iizuka says. "You can't be a smith," he says, "if you're afraid of getting burned." His arm bears the scar from a piece of red-hot metal that landed between his sleeve and arm.

Once the blade is cool, he begins the series of steps to grade and polish it, including attaching it to a rudimentary device known as a *sen*, which looks like a clothspin turned on its side, and manually shaving it with a razor attached to a cross-shaped device. In the final stages, he puts the blade on sharpening stones and files away until they are smooth, occasionally dipping the knife in a gutter of green nitric acid that prevents rusting.

"Persistence and power are the two ingredients necessary" to make a knife, he says of the tedious processes. His computer sits nearby, but he uses it only for accounting. He occasionally spot checks the quality of the steel under his aging microscope. His output: about one knife a day.

His one stab at automation, a \$100,000 machine for blade smoothing about 20 years ago, sits idle under a tarp on the side of the workshop. "The idea was good," he says, "But my skill is much better than that machine."

Despite the high prices his knives command, perfectionist Iizuka still feels his knives aren't perfect. Just once, he says, he made a perfect penknife. "I suffer because I feel inside of myself that I cannot make a perfect thing," he says, "but I strive to make it anyway."

Reprinted from The Los Angeles Times, March 20, 2001 Issue.

**New Training Schedule:**

**Mondays**

6:30-7:30pm Open Aikido

**Tuesdays**

5:15-6:16pm Open Aikido

6:30-7:30pm Advanced Intensive  
(Sensei's Approval required.)

**Wednesdays**

6:30-7:30pm Open Aikido

7:45-8:45pm Advanced 2nd Kyu  
& Up.

**Thursdays**

12noon-1:00pm Open Aikido

5:15-6:15pm Open Aikido

6:30-7:30pm Open Aikido

**Fridays**

5:15-6:15pm Open Aikido

6:30-7:30pm Beginning Weapons

**Saturdays**

8:00-9:00am Iaido

9:15-10:10am Intermed. Weapons

10:15-11:15am Open Aikido

**Sundays**

7:45-8:45am Iaido

9:00-10:00am Children's

10:15-11:15am Open Aikido

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

**Medical:**

## **Exercise Against Depression**

Reprinted from the Harvard Mental Health Letter

Researchers at Duke University Medical Center have found that for some patients, physical exercise may be more effective than a standard drug treatment for depression. One hundred fifty people with major depression, all in their 50's or older, were divided into three groups. One group was assigned to four months of walking, jogging, or cycling at the Medical Center three times a week for 30 minutes. The second group received the antidepressant drug sertraline (Zoloft), and the third group was given both the drug and exercise training. At the end of the four months, all three groups were considerably and similarly improved, as judged by standard rating scales for depressive symptoms. Sixty to seventy percent were no longer clinically depressed. Six months later, the patients assigned to exercise therapy were in better shape emotionally as well as physically; their relapse rate was only eight percent, compared to 38% for those who had taken the drug. At that point, more than 50% of patients originally assigned to the drug (or the combination) and only 30% of those originally assigned to exercise were depressed. Patients whose prescriptions included both drugs and exercise had a higher relapse rate (31%) than those who took exercise alone. The authors suspect that feeling dependent on the drug made them lose the sense of personal mastery that was one of the benefits of exercise.

During the six-month follow-up period, 64% of the patients originally assigned to exercise kept up their regimen, but 48% of the patients assigned to medication also took up exercise. During that period only seven percent of the original exercise group took antidepressants, compared with 26% of the patients assigned to medication alone and 40% of the patients assigned to both medication and exercise. The emotional benefits were greatest for those who continued to exercise or became more physically active. At ten months, the chance that a patient would be depressed was reduced by 50% for every 50 minutes of current weekly exercise.

The authors acknowledge that these patients were not among the most severely depressed. They were all volunteers recruited by advertisements. None of them were suicidal or had psychotic symptoms, and most of them had strong motivation and faith in the benefits of exercise. In a larger planned study, the researchers intend to give some patients a placebo instead of an active drug. They also plan to study depression associated with stroke, diabetes, and heart disease, which may account for up to one-third of depression in people over 65 and often responds poorly to drug treatment. Their hope is that exercise will help to relieve depression by improving blood flow to the brain.

Babyak M, et al. "Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at Ten Months." *Psychosomatic Medicine* (Sept/Oct 2000): Vol. 62, No. 5, pp. 633-638. Reprinted from the *The Harvard Mental Health Letter*, Volume 17, Number 9, March 2001. Harvard Medical School.

Editor's Note: The concept of blood circulation enhances physical and mental health was proposed as early as 1930 by Dr. Katsuzo Nishi, a good friend of O'Sensei, who also influenced the style of our warm-up exercises in Aikido. Dr. Nishi is the founder of the "Nishi Kenko-shiki (Nishi Health System)," or "Nishi-shiki (Nishi System)." It is no longer practiced today outside of Aikido.

## **Salamanca Aikido Seminar September 1-2, 2001**

**GUEST INSTRUCTORS:**  
**Kenny Furuya, 4th Dan**  
**Mark Ty, 2nd Dan**

Hosted by the Salamanca Kodokai  
Santiago Almaraz, 2nd Dan

### **Upcoming Events:**

**July 8. Lotus Festival in Echo Park.**

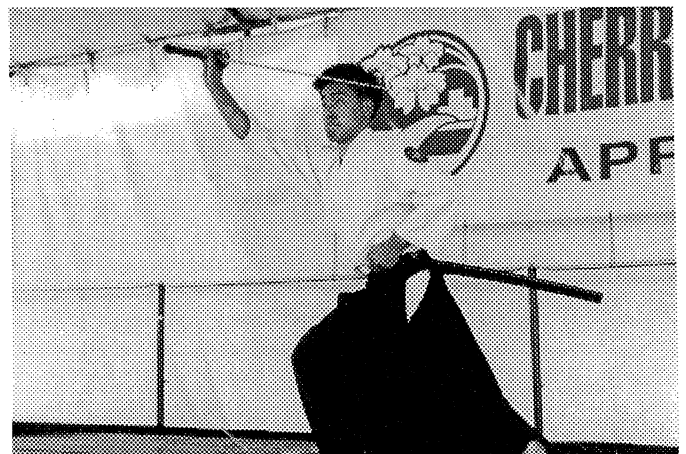
**July 14. Pasadena Buddhist Church Obon. 5:30-6:30pm.**

**August 5. Annual Nisei Week Festival Aikido & Iaido Exhibition. 1:00pm-2:00pm**

**August 12. Annual Nisei Week Samurai Sword Lecture. The Life of Miyamoto Musashi.**



Gary Myers, 5th Dan, & Ken Watanabe, 4th Dan, demonstrating Toyama Ryu two-man form at the Cherry Blossom Festival. Below: Mark Ty.



Mark Ty, Iaido 2nd Dan, executing Ryuto in Muso Shinden Ryu.

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

## Letters:

03-25-01. Dear Furuya Sensei , How are you , and how is Ken ? This is Toshiro Nishida a student of Suganuma Sensei . I saw the picture of my family in your paper which you sent for Suganuma Sensei. Suganuma Sensei and all of us are so fine. I have found your home page by chance , so I am writing you this Email. Any way , we can exchange our Email each other from now, can't we ? Best Regards,

**Toshiro Nishida**

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(Office)tm.nishida@kbckaihatsu.co.jp

416-20 Taku,Munakata-City,  
Fukuoka-Pref.,Japan,811-4175  
TEL(81)940-33-3105

03-27-01. DEAR SENSEI FURUYA: IN FIRST PLACE I WANT TO ASK YOU HOW HAVE YOU BEEN?.I HOPE THAT YOU ARE FINEAND PRACTICING AS USUAL. I AM VERY HAPPY SENSEI BECAUSE,I WILL BE THERE SOON,AND I WILL PRACTICE WITH YOU.

SENSEI THE REASON OF MY LETTER IS BECAUSE,I READ THE BOOK . . . . CHANGE MY MIND ABOUT AIKIDO PRACTICE BECAUSE, I NEVER THOUGHT AIKIDO INVOLVES SPIRITUALLY AS I COULD READ, AND THE RELATION AIKIDO HAS WITH NATURE. NOW I COULD FIND ANSWERS I WAS FINDING ALL MY LIFE ,AND NOW I CAN UNDERSTAND HOW IMPORTANT IS PRACTICE AND EXPERIENCE EVERY DAY AIKIDO. BUT I WANT TO ASK ABOUT THE "KI" BECAUSE I ALWAYS LOOK FOR THAT KIND OF ENERGY, AND TRY TO USE MY SPIRIT AND NOT TO USE MUSCLES POWER,BUT DU YOU KNOW SOME EXERCISES TO DEVELOP THE KI?I KNOW I HAVE IT BUT I WANT TO FEEL IT? WELL SENSEI THANK YOU FOR YOUR ATTENTION,AND THE WISHES FOR YOU SENSEI.

**Alexander Nieto, Venezuela**

03-28-01. Furuya Sensei: Peace & greetings. Here is my e-mail and I hope it reaches the Center . . . (This weekend I had to go up to northern California for work... I'm disappointed to have missed the bokken class!)

It's nice to be back to the Center after so many years. I enjoyed reading your reflection re Christianity and aikido on today's website. (Daily Message: 03-28-01) Recently I had a talk with an Irish (Catholic) priest about that very issue; he encouraged me to continue, partly because he felt that it was good discipline for the health of mind and body, and partly because he saw it as a way to be in touch with my cultural heritage and tradition.

And: is it ok if I let the teachers and kids at St. Mary's parish (also Salesian H.S. and Youth Center) know about the demo at the Projecto? They're all down the street and I'm sure they would love to see it... (I mentioned aikido to Sister and she was curious to know if there could be a demo one day at the Salesian Youth Center). Gassho (or in my religious orientation, Pax and Benedicite!) Best Regards,  
**Kaoru Tamura** P.S. Great website! I'll refer others to it.

Editor's Note: We would be glad to do a demonstration for the Youth Center anytime.

04-02-01

### **No Artist Studios Tour This Year;**

Dear Kensho. . .Unfortunately, this year the commitment to do the art tour was beyond me (didn't have the 300 hours it took last year), and while a couple people talked about stepping up to the plate, it looks like it's not going to happen. The daunting prospect for all of us is the lack of willing volunteers to help shoulder the large number of hours required to put on an event like the Art Tour. Please bear that in mind as you talk to people over the next many months and see if you can drum up some artists (including yourself) who would be willing to donate 10 or 20 hours to the Tour, as we're hopeful there will be a tour in June 2002. If many people would share the burden, it would be an easy and fun and fabulous thing -- again. Thanks for your interest.

### **Los Angeles Downtown Artist District (LADAD)**

03-29-01. Dear Sensei, I do not think you are talking too much at all! Shinto, Omoto Kyo, and the concept of Kotodama are fascinating subjects to me and I very much welcomed reading about them on your site. Maybe the subject matter is too academic or cerebral for a normal martial-arts audience in this country today... but I just wanted to say that I, personally, would very much like to hear you discuss this sort of thing further at some point. Thanks very much, Matt

04-22-01 Dear Reverend Furuya, Sensei, I was so honored at the arrival of your signed book to our son Anthony including such an incredible gift as well! Having the gift of communicating to you has been the closest thing to speaking to a hero/celebrity that I have experienced in my life. It is with the awkward clumsiness of a star struck citizen that I have made one of my most humbling errors of etiquette as a martial artist. In an effort not to intrude further into your busy schedule, I completely overlooked the necessity of letting you know that your efforts were not in vain, or lost at the hands of the US post.

It is so timely then, that your recent daily message included a lesson about apologies. This has been one of the most special moments of my life, opening up a package sent by you, and I blew it. I am so sincerely sorry Sensei. Restoration of the harmony is a beautiful way to describe the hopes I have for the humble delivery of my apology for not sending you immediate thanks for your time spent putting such a beautiful gift together for my son along with the amazing family treasure our copy of your book has now become.

I had thought about mailing this to you, but I could not bear for you to wait one more minute than you already have. Currently, technology does not have the means to let me send flowers through the computer screen with this message, but perhaps I can send some metaphoric flowers in the form of shared creativity to aid in restoring the balance.

Attached to this email is a copy of two of my as yet unpublished children's martial art story books. Also, a copy of a collage I made. After reading the book 'Road to Heaven' about Chinese spiritual hermits, I noted that the photos in the book were black and white, and something about needing to see them in color lead me to photocopying a picture of one particular Buddhist nun and adding color pencil. It was a very respectful, meditative act and I hope you enjoy the result, it is as close to sending a flower to you as I can think of.

Thank you for your kindness and selflessness to so many every day-despite our varied conducts. You are a true inspiration to humanity and teaching and a gift to all who know your wisdom. Con't.

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

04-25-01. Dear Sensei,  
Happy Birthday!!! Please know that I for one believe that you've accomplished so much in your 53 years. Simply being able to live a life devoted to practicing and teaching aikido is a great thing. And then there's the dojo: beautiful in its architecture, but moreso in the people who you've drawn to it and cultivated to make it live. I won't go on and on, but suffice to say I am awed by your abilities and accomplishments as a scholar/ martial artist/ priest/ writer/ community activist/ teacher/ and more. Once again, happy birthday. Sincerely, James Takata

Editor's Note: Many thanks. Yes, we have many, many good people in the Dojo who are practicing well. This is what Aikido is all about.

04-25-01. I'm a coach of distance runners and although I don't practice a martial art--I have learned and gained so much from reading your book. I have been able to apply your teachings to my life and my athletes. David

04-27-01. Sensei-Many thanks for your response. I coached X-Country and distance track runners in the late '80's and early '90's at Canisius High School in Buffalo, N.Y. I lived there till about a year ago when I moved to Raleigh, N.C. I also coached runners at a local Track club in Buffalo. I still coach runners privately via telephone and the internet. Just as the Martial Arts have been a major part of your life, running has been a big part of mine for 44 of my 51 years. I've studied, participated in, and written about running for a long time. I love the wisdom and inspiration that is gained from reading the various Martial Arts teachers. I admire the discipline, dedication, and patience that is required to be a real student. What I've learned is applicable to achieving personal success in running. I apply it in my coaching and life. Your book KODO.....is loaded with so many great lessons. If you have any books you'd recommend I'd greatly appreciate if you could let me know. As I mentioned--I write about running and have applied Martial Arts teachings to running and training. After I e-mail you this I'm going to forward a very brief article I sent to a few friends. As you'll see--the influence of the Martial Arts thinking is there. The article relates to a common problem in training--not thinking about what you are doing and trying to accomplish. Again---Best Wishes, David

04-25-01. Dear Sensei, May your special day be full of joy, peace, and happiness! I hope that your day is filled with relaxing enjoyment and that you are surrounded by many good friends! Happy Birthday! Since I had written before about having three stories I hoped to eventually publish, I saved the third one to share with you on your birthday. Though the mythology base is more Chinese Kung Fu in nature, I hope that the Universal essence will be enjoyable on your special day! I look forward to lighting a candle in O'Sensei's honor tomorrow. Sincerely, Katherine Gerardi

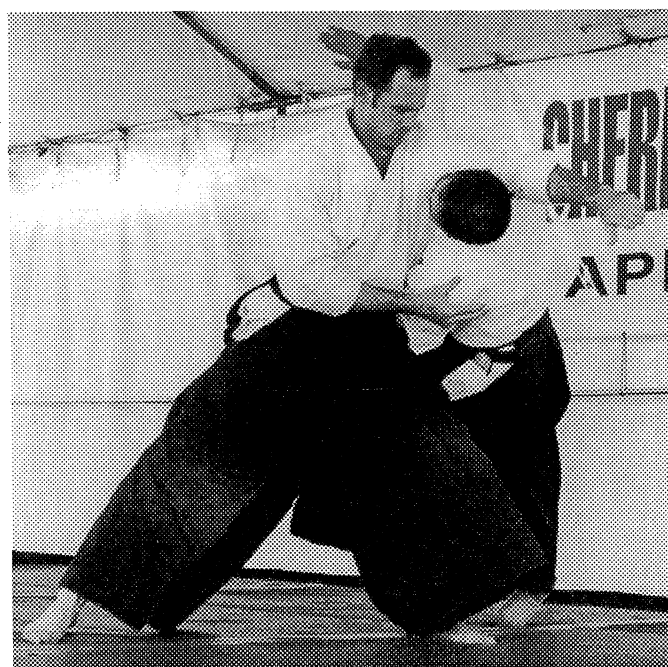
04-27-01. Furuya Sensei: Ikeda Sensei was absolutely enthralled with your dojo and meeting with you. Thank you so much for the fabulous lunch - even the natto. The sushi was extraordinary. Your graciousness with Ikeda Sensei filled me with a warm feeling. He is my Sensei. I am only sorry that you two could not spend more time together. The retreat was special - especially being at the Zen Mt. Center in Idylwild. We had an earthquake and lots of snow but those things only made it even more connected to nature. Many of us left with an incredible high. Again thank you and hope to see you in the future. If at any time I can be of any assistance to you please call me or send an email. I look forward to seeing  
Con't.

## Congratulations!

*To Dr. & Mrs. Jeffrey Johnson, 2nd Dan, on the birth of Tara Elizabeth Johnson on March 26, 2001. This is their Sixth child. Best Wishes!*

## The Tiger Is Out! (Tigerland, The Movie, That Is!)

The movie, Tigerland, featuring our Jim MacDonald is now out on DVD and video and can be rented in any video rental store. If you missed it in the theaters, get in now and watch it at home.



Mike Van Ruth executing irimi-nage at the Cherry Blossom Festival.

## Dojo Membership Drive

Please support the Dojo and help us to grow by introducing a friend or family member to our practice. Bring someone into the Dojo that you would like to share in the teachings of Aikido.

Also, Sensei's very popular book, KODO, makes an excellent gift for a good friend on any special occasion. Please have a copy signed by Sensei for your very own. Many thanks for all of your continued support and help in our Dojo. Please continue your efforts in your training and help us to continue to grow. Thanks.

Master Hsu at your dojo. Kats Shiomi, Idylwild Dojo.

04-29-01. Hello Rev. Furuya: I read your book over a year ago, and it was very enlightening to me. At the time I was running a karate school and I felt like your book's anecdotes were speaking directly to me about how I felt in respect to what a teacher and a student's responsibilities are toward the art. Kodo was and is, a great help to me and I recommend it to all of my friends every chance I get. Thank you for your wisdom and guidance. Sincerely, John H. Myers Jr.

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

Very Sincerely, Katherine G. - Portland Maine

Editor's Note: I am just glad the book and present arrived safely. Many thanks and don't worry about it.

04-24-01.

**From Germany:** Dear Sensei Furuya, Thank you very much for sending the newsletter. It is very interesting to read it. I hope you are well and everything is going on. I made two weeks with Shimizu Sensei in Berlin and Hamburg, tomorrow I'm going with him for one week to Munich, than one week to Belgium. It is hard but I can learn very much. More news I will send after all this seminars. Best regards Yours Eckhardt. Munich, Germany.

04-24-01

**Happy Birthday!** I am writing you today to wish you a happy birthday. I'm not of the exact date, so please excuse me. I read your messages almost everyday and they're wonderful and insightful. Thank you. Once again happy birthday and a longer and fruitful life. John Trammell- San Diego, CA

04-24-01. **From Camp Zama, Japan.** I have studied the internal Chinese arts for the last 14 years or so, and came upon your book about a year and a half ago. I have to say a very heartfelt Thank You for the insight that book has given me, and the guideposts for a proper standard of conduct that it outlines.

I quote to my students from your book regularly, and recommend it as required reading to anyone who is serious about martial study, regardless of style. Saw your website, found the email, and just had to express my gratitude for what you have done. *Domo arigato gozaimashita*, Furuya-sensei.

Respectfully,

Matthew Stone  
United State Army - Japan  
Camp Zama, Zama-shi  
Kanagawa-ken, Honshu

## Visit Our Website Often!

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

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

## New Dues Policy

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

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

**Late Fees:**

If not paid by the 5th: \$20.00

If one month dues are missed:

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

### Leave of Absence:

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

### Sensei's New Message:

## Learning Learning: What Is Fair?

When we look at the icon of justice, it must be odd to many people that she blindly balances the scales of justice. How can she see which side is right or wrong if she can't even see?

I believe that she is saying that as long as we live in the dualistic and polar world of right and wrong, good and bad, strong and weak, there can never be "perfect" justice. Justice will always be for one side and not the other. One will benefit and one will pay. Because as soon as we determine who is right, we have, at the same time, determined who is wrong. This may sound unfair but that is the way of the world, whether we agree or not. It is the way of the dualistic world we have created for ourselves.

When I first became a priest, the Bishop told me, "Nothing will be fair to you, do not expect any kind of fair treatment at all from me. As far as you are concerned I am a completely selfish person!" Although this is the traditional initiation speech which I have heard before, when he told to me directly and with such a serious face, I was very shocked. However, this shock fortified and prepared me later for all of the disappointments and frustrations I experienced as a novice priest.

Of course, we do not say this to new students entering the Dojo anymore. Today, it is important to welcome them and make them feel at home and comfortable. If we say such things, all of our prospective students will run away to another dojo! But I tell you this story anyways because it is really the very best, although PI ("politically incorrect"), way to introduce a new student into our training. There will always be many things you don't understand in training - no matter how long you are practicing. If this discourages you, you are not training correctly. The true student always stands between knowledge and doubt, between understanding and delusion. Because of this, the true student must always be on the alert, ever aware, and ready to jump on even the smallest piece of knowledge or understanding. This is the "unfair" but true way of true practice in the Dojo.

## New! Dojo Email Express:

Join our new Dojo Email Express and get all the latest news in the Dojo. Just email to Sensei at [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net). Please include your current address, tel. #, and birthday.

## Affiliated Branch Dojos

**Kodokai Salamanca**

*Santiago Garcia Almaraz, 2nd Dan*

**Hacienda La Puente Aikikai**

*Tom Williams, 3rd Dan*

**Wyoming Aikikai**

*Tom McIntrye, 2nd Dan*

**Bahamas Aikikai**

*Seymour Clay*

**International Martial Arts Academy**

*Member Affiliate*

Aikido Center of Los Angeles  
NEWSLETTER

## Welcome To The Aikido Center of Los Angeles



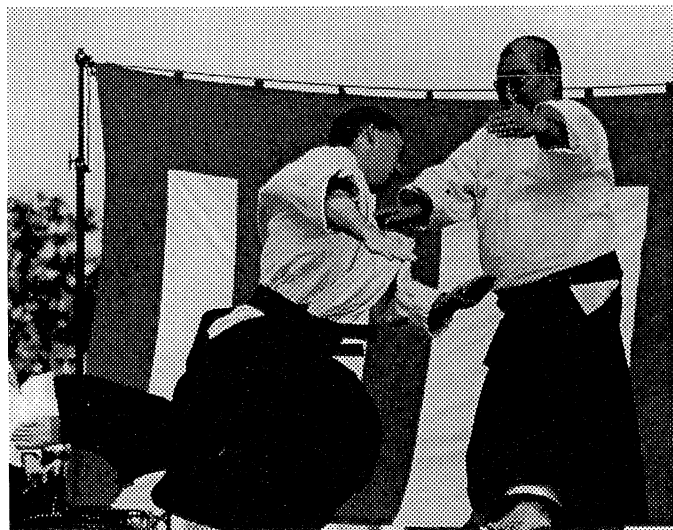
Aikido Center of Los Angeles

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

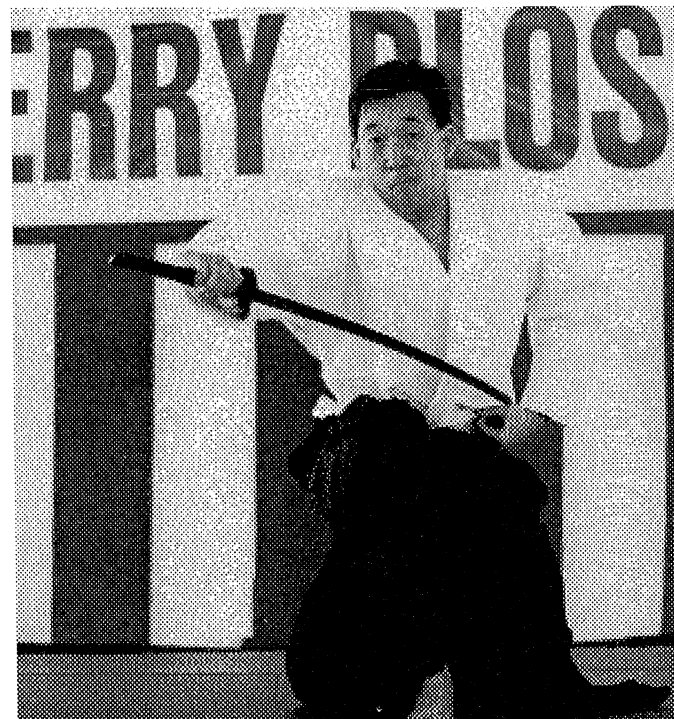
Our dojo is dedicated to the practice of traditional Aikido as taught by the Founder of Aikido, Morihei Ueshiba and his legitimate successors, the late 2nd Doshu Kisshomaru Ueshiba and the present 3rd Doshu Moriteru Ueshiba.

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

Please Visit Our Website:  
[www.aikidocenterla.com](http://www.aikidocenterla.com).



Reverend Kensho Furuya, 6th Dan



## Japanese Swordsmanship Muso Shinden Ryu Iaido

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

### 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.

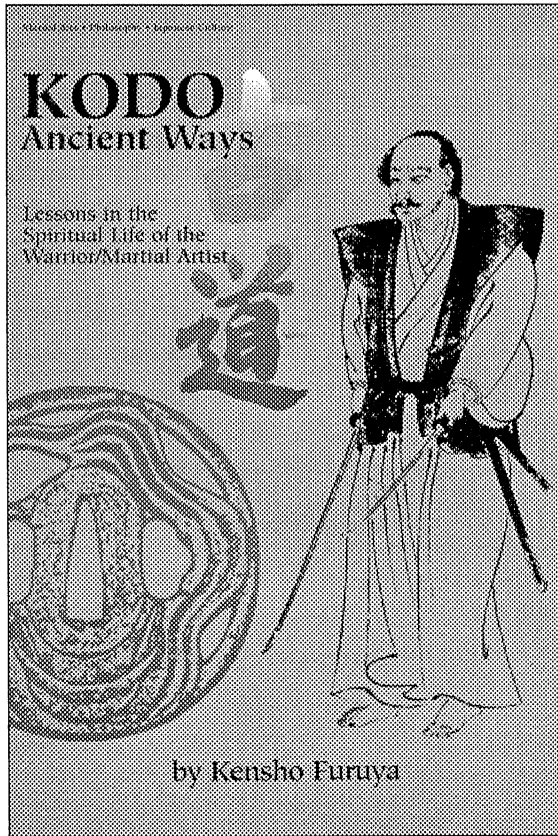
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

### 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.*

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



# KODO

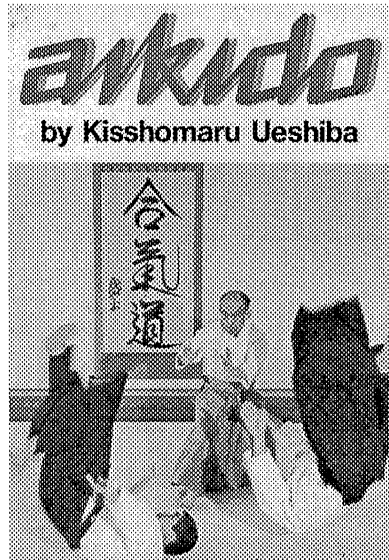
Ancient Ways:  
Lessons in the Spiritual Life  
of the Warrior-Martial Artist

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**

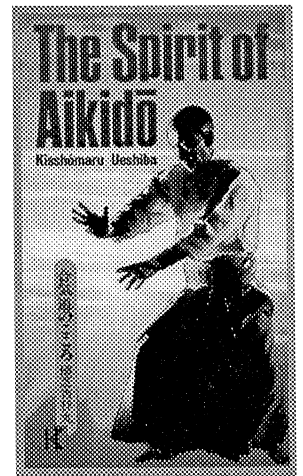
**By Doshu & Dojocho Moriteru Ueshiba**

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."



### ACLADO 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*.

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The Aikido Center of Los Angeles  
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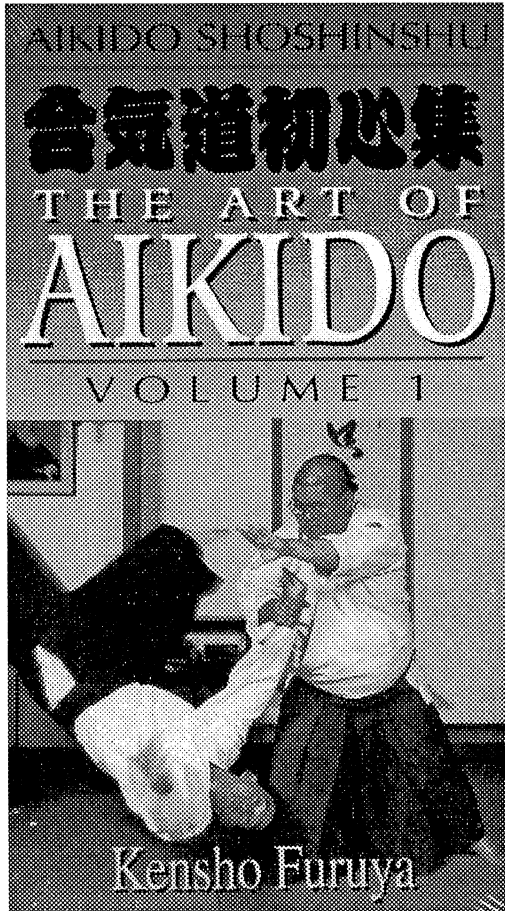
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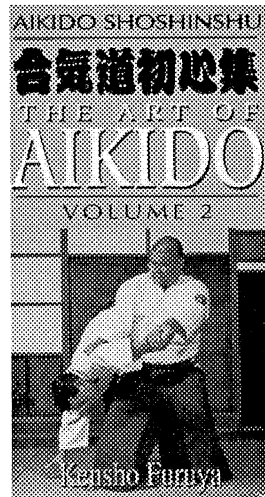
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

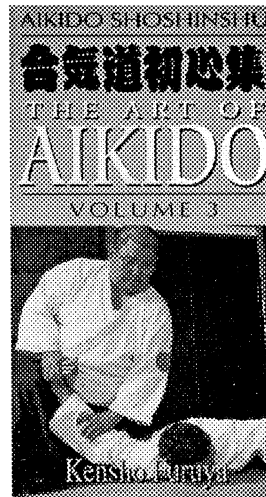
*"Top Rated"* - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



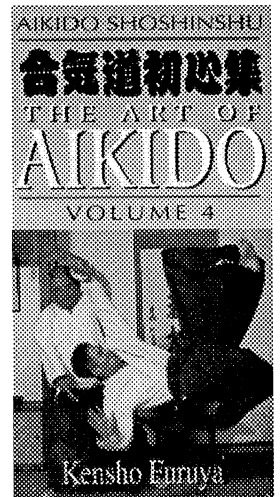
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



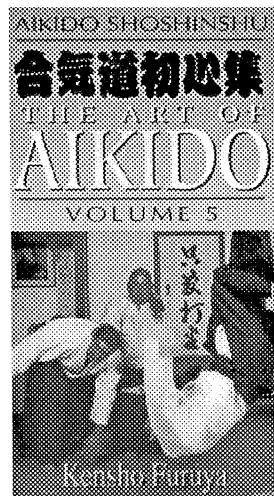
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



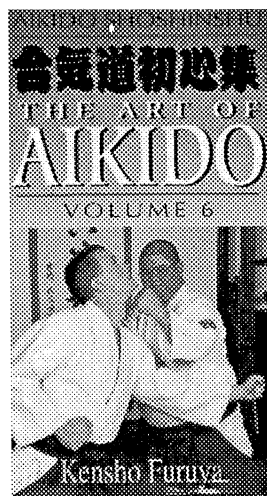
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



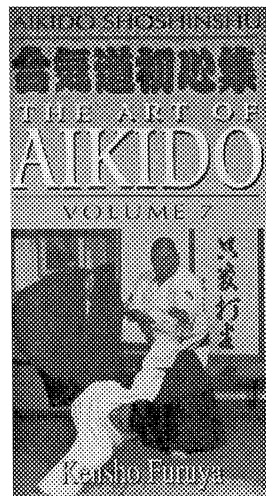
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



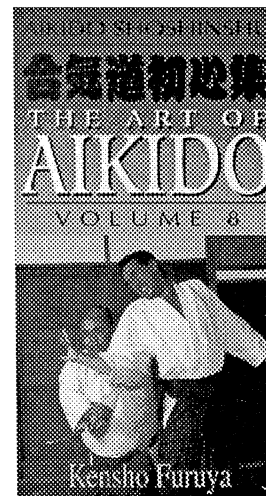
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



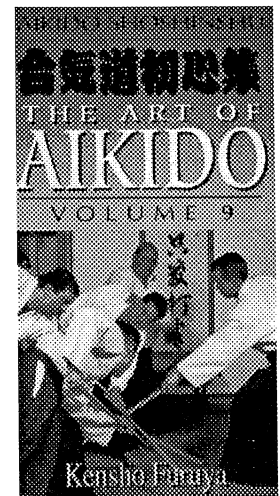
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro Katatetori Kubishime:  
Chokes from behind.  
Ushiro Ryotetori, Ryohijitori,  
Ryokatatori.



Atemi-waza: Striking  
Defense against kicks.  
Tanto-tori: Knife defense.  
Aiki-ken: Sword Training  
Fundamentals.



Jo: Basic long staff  
Fundamentals.  
Complete 1st Degree  
Black Belt Examination

# Aikido

## TRAINING SCHEDULE

### Adults OPEN BEGINNING

Tuesday, Thursday, Fridays:  
5:15pm-6:15pm

Monday thru Friday Evenings:  
(No Tuesdays)  
6:30pm-7:30pm

Thursdays: 12noon-1:00pm

Saturday Weapons:  
9:30am-10:10am

Saturday & Sunday Mornings:  
10:15am-11:30am

## CHILDREN'S CLASSES

5 - 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](mailto:aclafuruya@earthlink.net)

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

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturday Mornings: 8:00am-9:15am

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

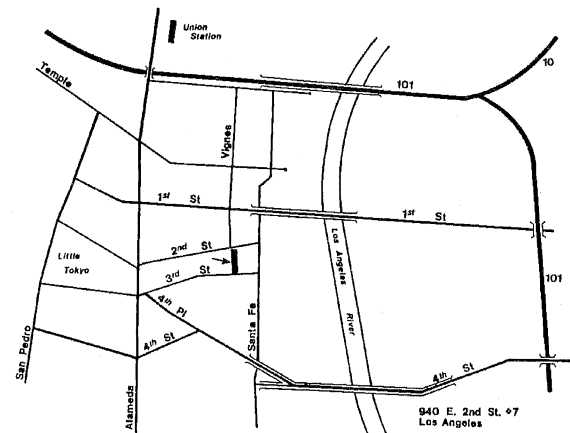
Every 2nd, 3rd, & 4th Wednesdays:  
7:45pm-8:45pm

### Intensive Iaido

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

## 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.