

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

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Volume XX. Volume 5.

O'Sensei's 34th Memorial Service April 26th.

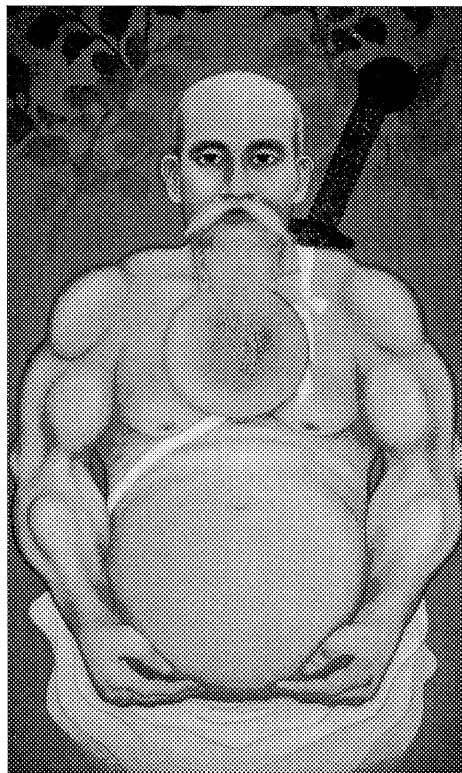
Remembering O'Sensei:

This year, we commemorate the 34th anniversary of the Passing of the late Morihei Ueshiba O'Sensei. We offer incense and think about his contribution to us through his art. We should also think of all of the hardship, trials and tribulations he endured to bring Aikido to us. Today, however, Aikido is changing greatly. Of course, Aikido will inevitably change with the current time and tide of the world today, but there is something eternal in Aikido which we should not lose but keep in our practice and continue to refine. I say this because we have changed Aikido itself very much, but we have not come any closer to the "spirit" of Aikido and what this idea of "harmony" and "peace" means.

I am getting older. This year I celebrate by 54th year. My birthday comes one day before O'Sensei's Passing so for many years I did not celebrate my birthday. However, nowadays, with only a few left, I have decided that I would like to have my little birthday parties. For me, this month is always a time of happiness and sadness.

Although you are very young to Aikido and are far away from the Founder, you practice in front of his photo and Memorial Tablet everyday, just as if he is here with us. This is the best way to keep his memory and spirit alive. Please continue to practice hard.

Our Dojo is modelled after an "old" samurai mansion and symbolizes that we are trying to preserve and maintain the roots and tradition of Aikido. Maybe this old-fashioned way does not fit so well into our modern lifestyles of today. But our future, as they say, is built upon the experience and wisdom of the past. With whatever happens we should stay as close as possible to O'Sensei spirit and try to understand his message in our practice. Thank you.

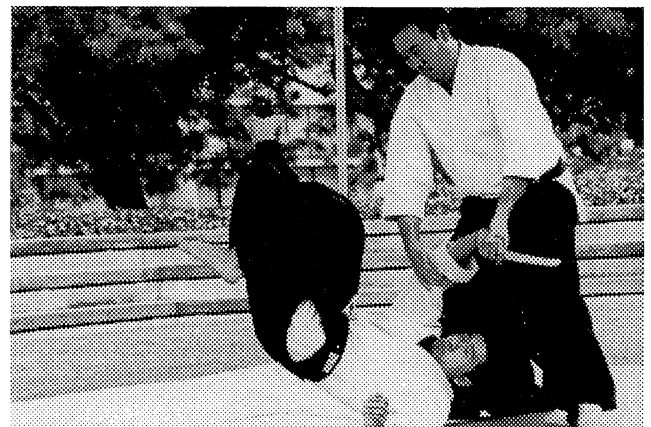


Founder: Morihei Ueshiba O'Sensei

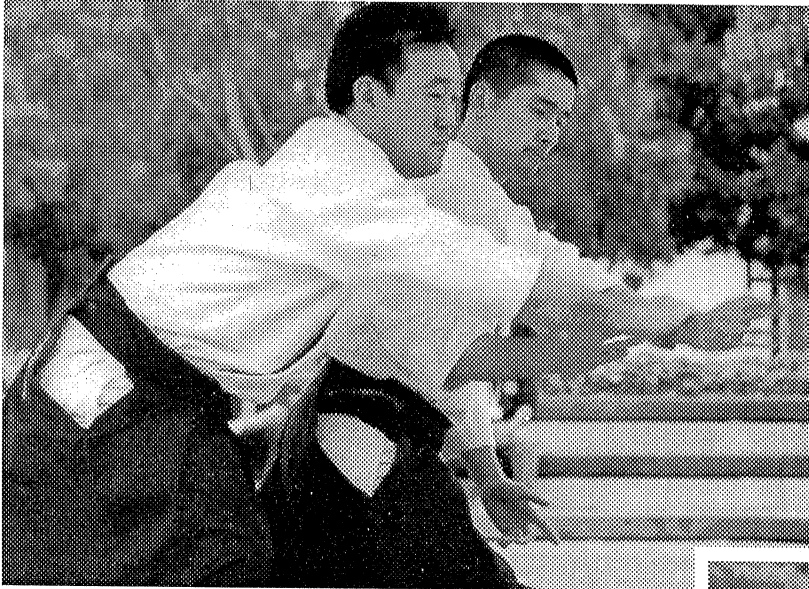
Pasadena Civic Ctr Cherry Blossom Festival. April 7.



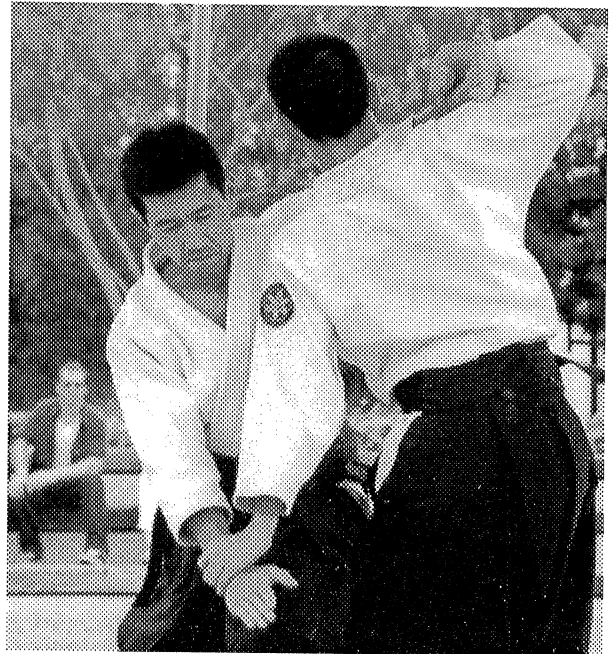
TLC Cable Airs The Way of the Warrior & The Ultimate Ten Features The Dojo. April 7th.



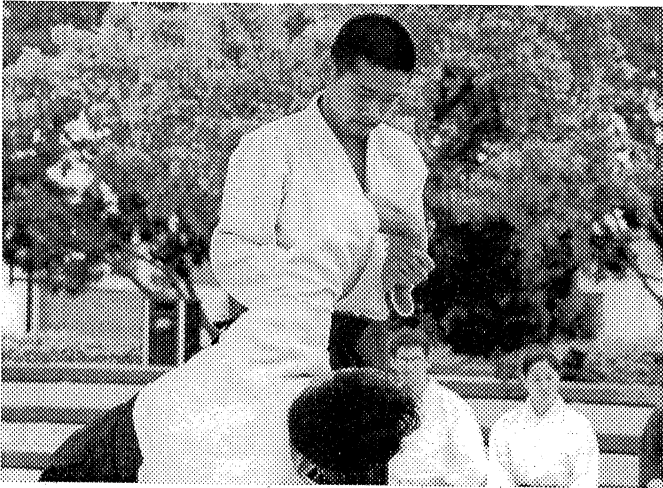
1st Cherry Blossom Festival Pasadena Civic Center Demo



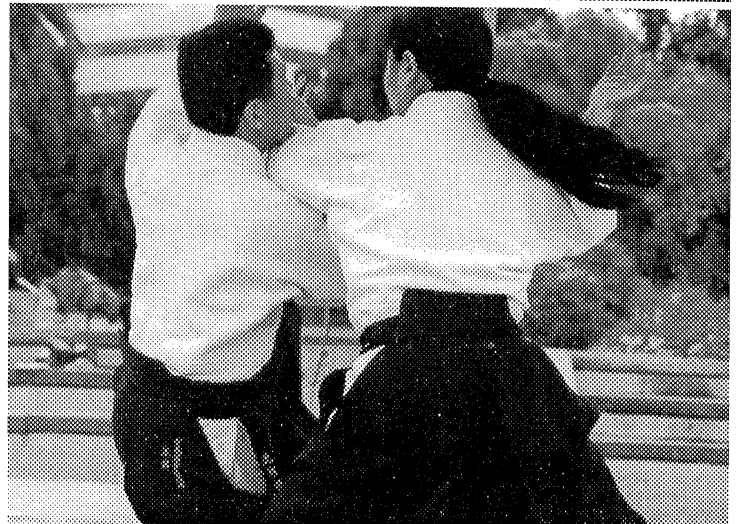
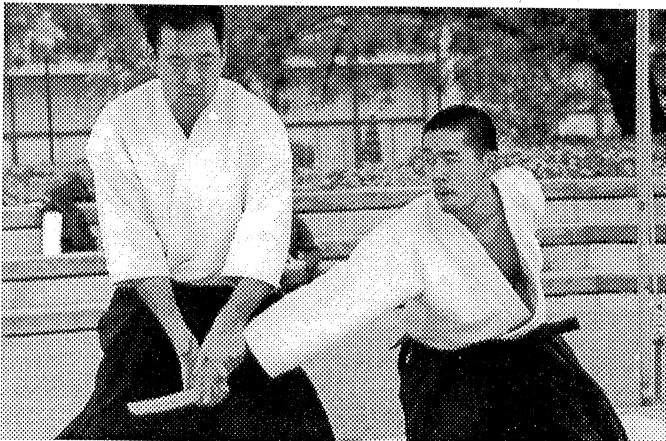
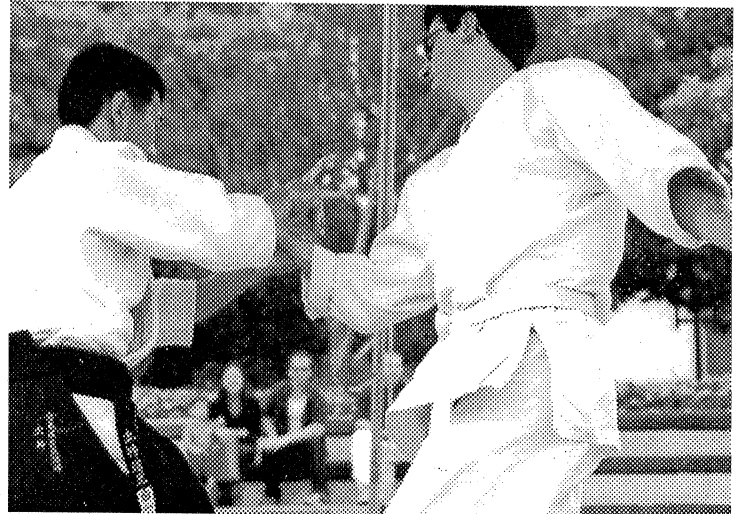
Ken Watanabe & Mark Ty demonstrating Ushiro-waza.



James Doi demonstrating Tenchi-nage. Below: James Doi demonstrating Kote-gaeshi with Michael Vance.

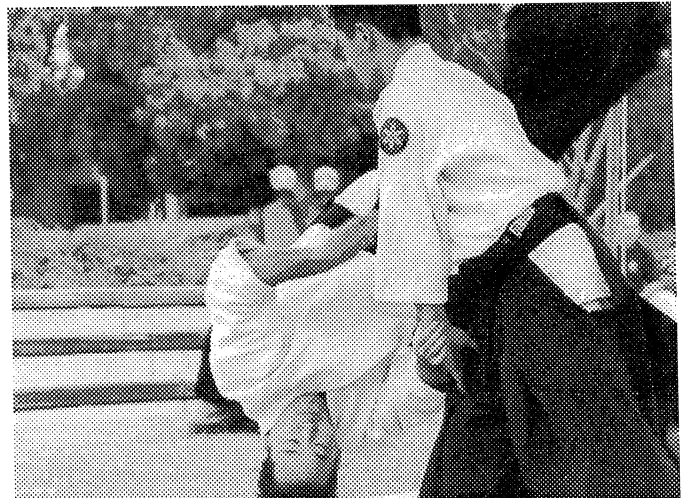
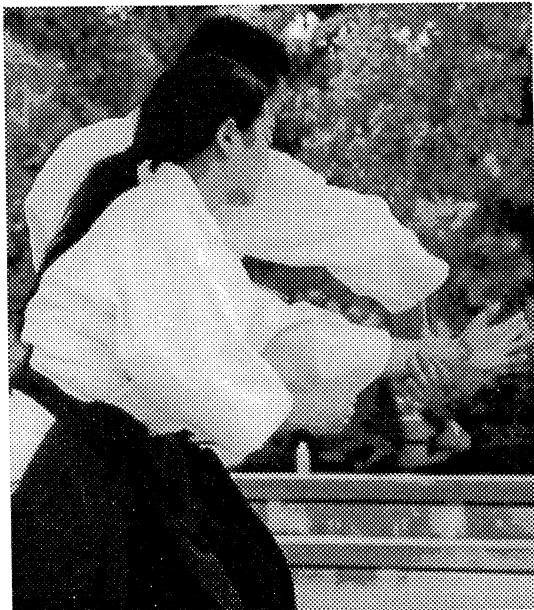


Mark Ty executing Sankyo with Ken.





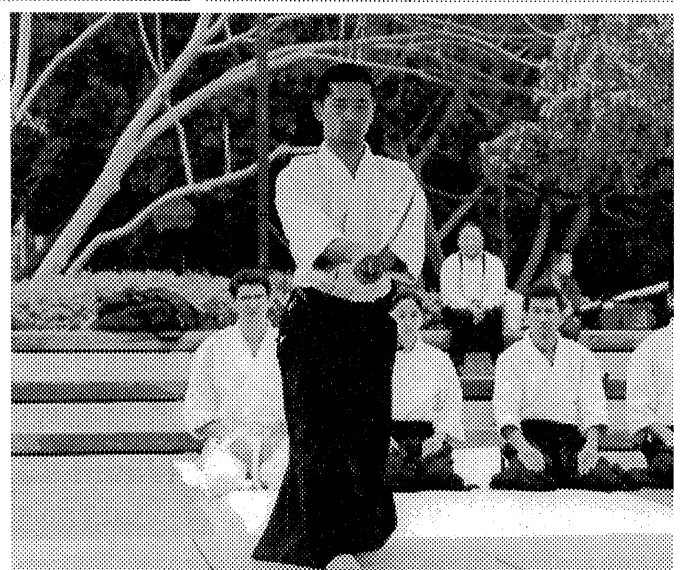
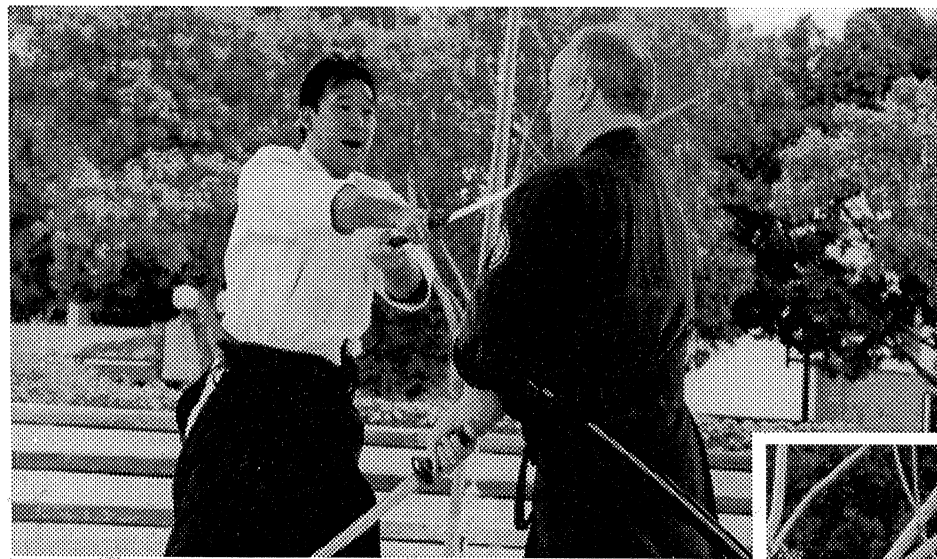
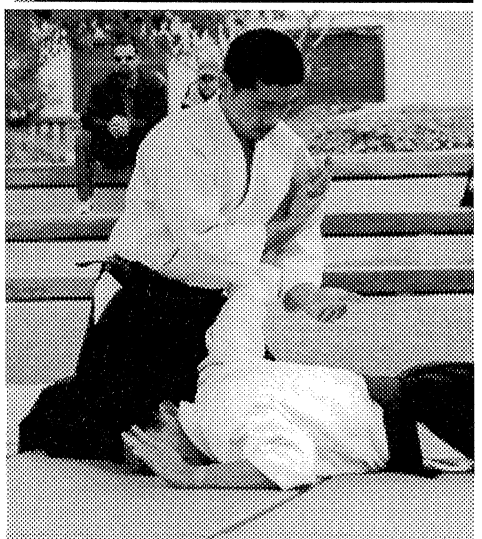
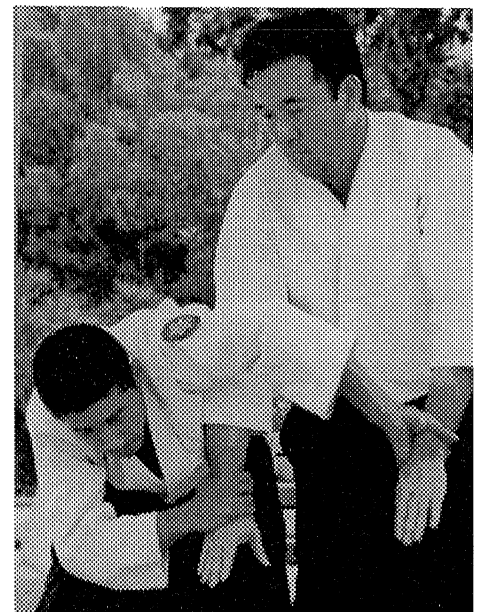
Above: Maria Murakawa. Left: James Doi & Michael Vance. Below: Ken & Mark.



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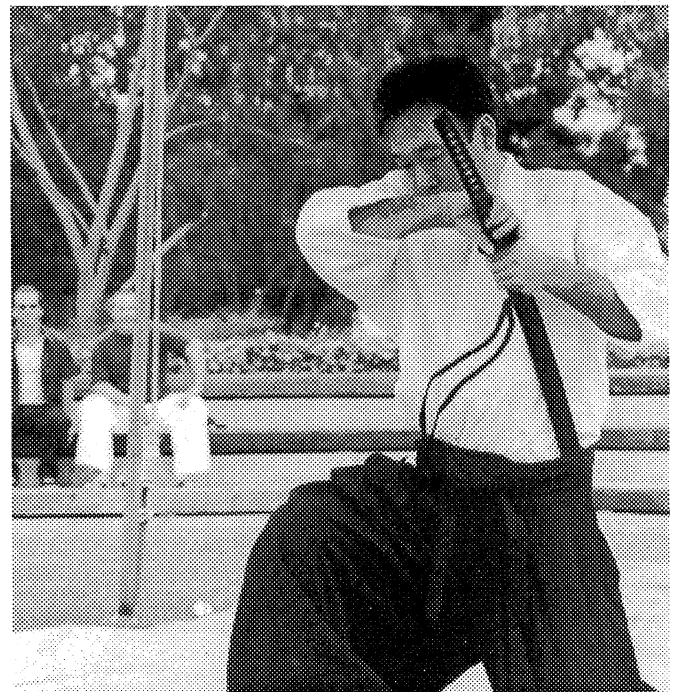
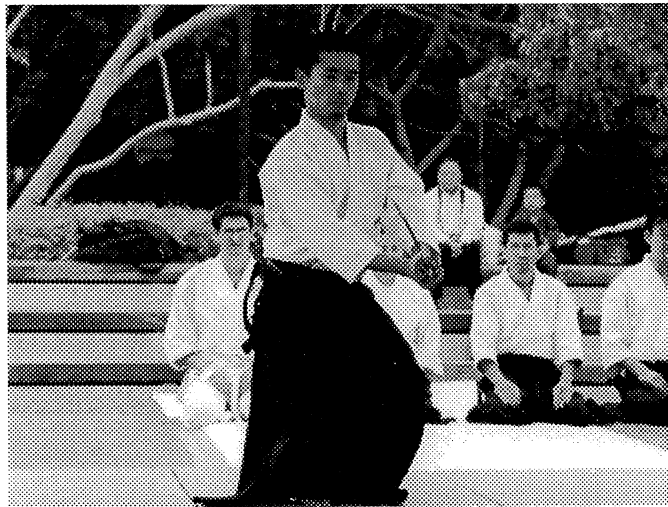
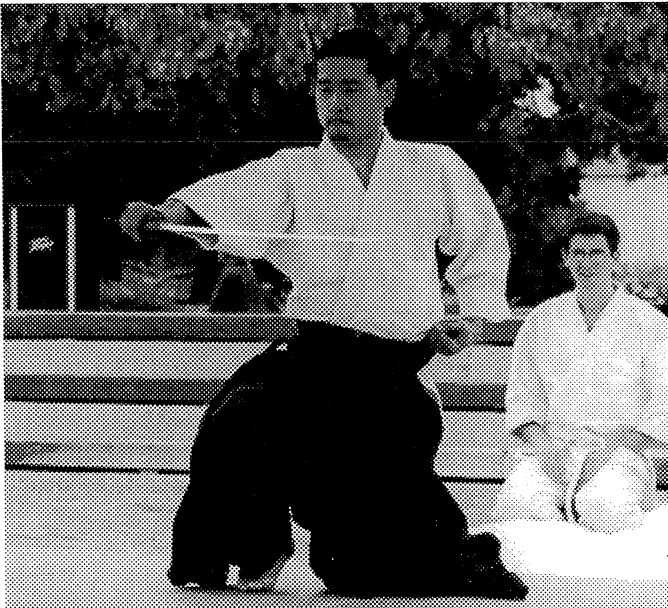


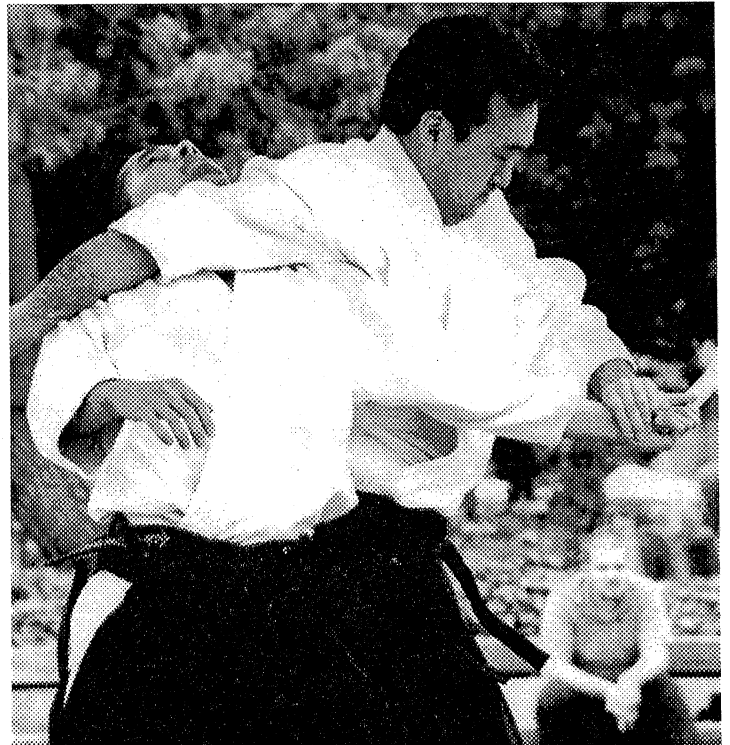
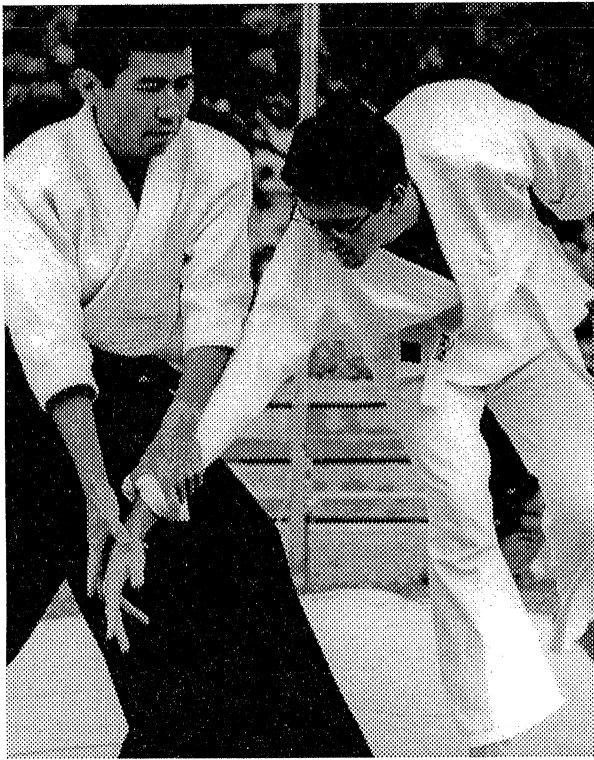
James Doi, Ken Watanabe, Jerry Naito, Gary Myers, Michael Vance, Mark Ty, Maria Murakawa, Joe Healy, Justin Naito. (Not in Photo: Cheryl Lew & Jim Bassett)



Dojo email: aclafuruya@earthlink.net

Iaido demonstrated by Gary Myers, Ken Watanabe & Mark Ty.





The Ultimate Ten Martial Arts Debuts On The Learning Channel, TLC. April 7.

The program taped last year in the Dojo debuted on April 7, 8, and the 13th on TLC, The Learning Channel. The program features the Aikido, the Dojo and Sensei as well as several other martial arts in this country. In addition, the Discovery Channel also aired a previous program in which Sensei was featured, Martial Arts: The Way of the Warrior. On the first day of the airing of this previous program on April 3, the Dojo website received over 400 hits and Sensei received many calls throughout the day. Sensei was happy that both programs were so well received throughout the nation. Sensei commented that most people are still interested in the "spiritual," "traditional" and "discipline" aspects of the martial arts, and not so much what we call the more popular aspects of the arts as we see them today.

Adidas Seka Magazine Interviews Sensei For Their Debut Issue:

Seka Magazine debuts with an interview with Sensei. Seka Magazine is a new sports and martial arts magazine to be published by the Adidas Corporation.

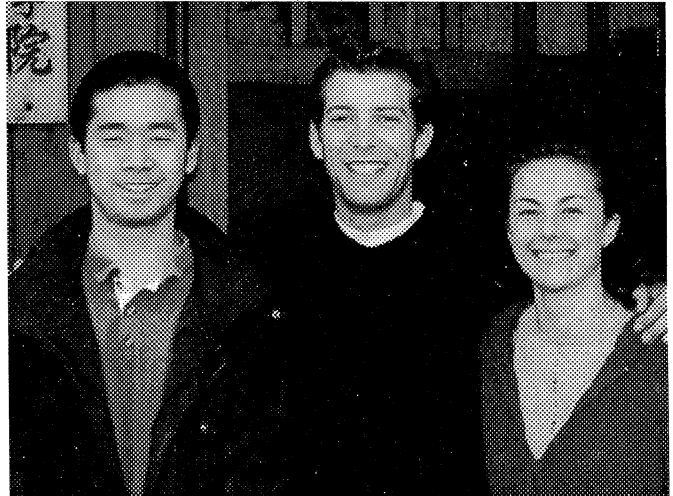
Training Schedule Changes

The following Training Schedule changes will be made as of April 27. The 5:15pm-6:15pm Classes will be changed to Monday thru Thursdays. There will only be the 6:30pm class on Fridays. Mark Ty will be training at Hombu Dojo in Tokyo from April 27 to May 12. The 5:15pm will be subject to changes during his absence please check with Sensei or Ken Watanabe as to the class schedule. We apologize for any inconvenience this may cause you.

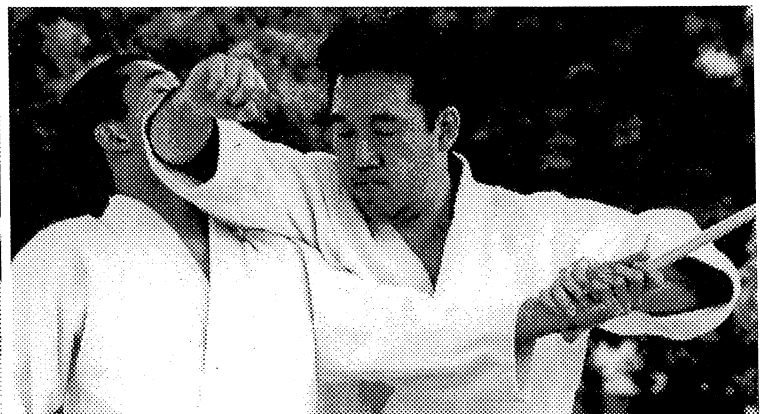


Mark Ty Visits Aikikai Hombu. April 29.

Mark Ty, 21, will be visiting Hombu Dojo for the first time for one week of training. He will first visit the Philippines before his stay in Tokyo and return to the Philippines for a few days on his return. Good luck! The Dojo will miss him while he is away.



Mark Ty with Santiago Almaraz and Susanna from Salamanca, Spain, during recent visit to the Dojo in March. Mark will be training at Hombu Dojo for one week during April and May. We wish him good luck in his training in Japan.



Welcoming Our New Friends: Aikikan, Israel

About my Dojo. My dojo's name is Aikikan (a place in which harmony prevails). After spending 7 years with my Sensei in Kyoto (Koyama Teruo Shihan - head of Kyoto Aikikai), circumstances brought me back to Israel as I had to take care of my parents. I really wished to stay in Japan. It was like heaven for me with its cultural depth and beauty.

I realized that Koyama Shihan's Aikido is different than most dojo I saw later. His approach is really friendly yet extremely meticulous. He was a deshi of Tanaka Bansen from Osaka. I promised him that in Israel I will try to do my best in teaching and practicing the way I used to in Kyoto.

I teach here for three years and some of my students are 2kyu. Training is pleasant and serious. My priorities are : safety, etiquette, harmony, technique and theory/philosophy. During class I hardly speak but At the end of each and every class, before ending with a bow, students ask questions and I try then to explain as much as I can the philosophy and history of Aikido and Budo. When they do not have any questions I just explain something I think is important.

On the first day of each month I hang a calligraphy with a concept taken from Japanese philosophy, Aikido or Budo. It is something to learn, think and develop for me and for my students. It is often the subject for questions and discussion at the end of class.



Children's Class in Israel.

We begin each class with ONEGAISHIMASU and silent JUNBI UNDO which contains three meditations: MOKUSO, CHINKON, RITSUZEN. after Junbi Undo we always practice Tai No Tenkan and then move on to Kihon Waza, Oyo Waza, Kokyu Waza and always end with Suwari Kokyu (Kokyu Dosa). Then we meditate NANSO meditation for about 5 minutes and then carry each other on the back (SE NO UNDO). Then it is time for questions and discussion and then we bow and leave. Some people stay for ATO GEIKO which is really great, and some just hurry home. Training is six days a week, and every Tuesday is dedicated to Jiyu Waza and Jiyu Geiko.

I tried to draw a picture of our dojo, please let me know if I missed anything.

I hope if possible to invite you to give a three days seminar. I hope



you can stay longer as we wish to also take you to some nice sites in Israel. Please let me know what you think of such idea and what it involves. Most Aikidoka in Israel are affiliated with Aikikai and about 20% are Seidokan. Level is not really high so Aikido in Israel really needs great sensei like you to help us improve.

I sent you about 10 days ago most of the articles from the Israeli Aikido Magazine. I hope you received it. Please let your Hebrew readers see it. Your interview and two of your essays are among them.

From Eric Saracho (Puerta Vallarta Branch) In Nepal:

04-02-02: Best regards from Katmandu, Nepal. Sorry for my short and very bad English and I hope this could be understandable. Our trip is very successful until now, thank God. India is very intense and difficult in some areas, I didn't practice Aikido there. I hope here in Nepal I will have better luck. Nepal is like fresh air after India's like 3 minutes under hot water. Thank you for your e-mail and wishes.

I received an e-mail of Mr. Raffi Badalian, Dear friend of us, in that mail he wrote us about Raul Blackaller Sensei of the Guadalajara's Dojo didn't write you yet. I am very surprised about it principally because he expressed me his joy and happiness for our affiliation to our Dojo and the fortune of your excellent guidance. I hope he write you soon. I wish to bother you with the name and maybe the e-mail address of your friend how is studying or teaching Diagnosis in Dharamsala. We will be there in 30 days and my dear wife is very interested in learn that technique. Thank you very much for send the documents to Guadalajara with the photos and comments about my visit, I am very happy its a great honor and I wish you the best for you and the nice friends of the dojo. Please if you need some thing let me know. Your friend, Erik Saracho.

Raffi Badalian Visits From Puerta Vallarta in April Plans 2003 Seminar in Mexico

Raffi Badalian visited Los Angeles for several weeks in April before returning to his home in Puerta Vallarta. He discussed with Sensei a seminar in his city in March of 2003. Our branch dojo in Puerta Vallarta was established through the efforts of Raffi and Eric Saracho.

Letters, Questions, Inquiries:

03-26-02: Dear Rev. Sensei Furuya, *Konbanwa, dozou yoroshiku one-gaishimasu. Philadelphia no Lisa desu.* It was a coincidence that tonight I was looking up on the internet some of the old stories of Samurai told to me by my late husband Katsuji Inoue (from Niigata) when the history channel started showing the show on Samurai, and you appeared, so I looked you up on the internet. I read about you on your page and I'm curious about how you decided to become a Zen priest, and who your teacher was. May I ask?

I hope you won't mind my indulging in telling you a little about me and me and Kat. I was, and still am, fascinated with the philosophy and living beliefs behind the old stories. Kat's father Shosaku was something like 9th gen. from the second brother of Maeda of Kaga, and this second brother went north to Niigata for good rice country around 1590 I think, and took the name inoue for the stone they gave at the well of the Togakushi Jinja in Tsubameshi. So they have a lot of knowledge of history in the family. Kat especially had a kind of "noble" spirit and I felt, lived a zen philosophy, so that's why I felt like telling you. Sometimes I'm sad to think he's remembered by many, when he had a great mind. Our favorite expression was "kiri nukeru". He wanted to go into business, and so his grandfather told him that if he wanted to be successful he should study history, so he did at Waseda. I often thought he embodied a little "old Japan" in his life. He died in 1996 at age 51 of throat cancer. Anyway, I'm rambling, but your page reminded me of Kat, his way, and of the interest I used to have in the philosophical tradition of Japan, so I wanted to write and say these few things about Kat, and hope you don't mind. Sincerely, Lisa Iezzi ("yet-zee") -- (was Iezzi-inoue)

From Spain: 03-27-02: Dear Reverend, First of all, it is a real pleasure to talk to you (in this case "to write to you"). I was delighted to receive your e-mail some days ago. I am writing in English because I am lucky to have a wife who can help me, and in this way, as she tells me, I can remember the English level I had in the past. I suppose that Santiago (please, say hallo to him) gave to you my Sport Dossier and also the book I sent for you. I hope you liked it. Honestly, I do not know what to tell, I am a bit nervous. I have been practising Martial Arts my whole life:

When I was a child, Judo was the first discipline I practised. A few years later, I practised Athletics and when I was 19, I began practising Full Contact. At the end of that period, I began practising what I really wanted to do: i.e. AIKIDO.

My Aikido experience began in 1994 and I am still practising. For me, it is a way of life. It helps me face my daily routine. I could say that is a device which separates my inner feelings, what I am in spirit, and my work duties which are quite stressing (I am a Salesman).

I am also very fond of Iaido, as much as Aikido. The practise of Iaido makes you feel something very special and very difficult to describe (even if you practise Iaido, I am sure that you will understand what I mean).

Please give my regards to Kenny and Mac, the course they give in Salamanca was absolutely impressive, it helped me a lot (I will tell you much more about this in future occasions). Both of them, and especially Santiago, were so pleasant with me, that they are responsible for my interest in your Dojo (I suppose that Santiago told you).

To finish this message, I would like you to know that I feel privileged for the chance of being in contact with you and if you consider that I can be admitted in your Dojo, I will feel extremely honoured showing your Mon on my shoulder. Kindest regards,
Félix Ares, Valladolid, Spain

03-28-02: Dear Rev. Furuya, Thanks very much for your reply. I appreciate your taking the time to write back and tell me about your teacher. I'll certainly get your book as soon as I can. I'm a poet so I'll leave you with a poem:

I Journey a Dream

I journey a dream of life --
The river that is and is not
And I hold nothing dear
For nothing is mine to hold.

I, too, am and am not
I dream this journey of a prayer
And I am no one and nothing
In journeying here to here.

1999 Lisa E. Iezzi, Sincerely, Lisa in Philadelphia

03-28-02: Sensei, I thought that this might interest you. It's from my Message from Sensei page: Dave Bendigkeit

"Make Big Money in the Martial Arts!!!" Ya shore! You Betchya! I get e-mail, spam, letters, flyers, brochures, and every conceivable type of ad informing me that I can make Big Money in the martial arts if I would just give them money and follow their advice. I have a question for these people. Where in the world has your understanding of the martial way (if you ever had one) run off to?

Please understand that while I'm not getting rich, I am able to pay the bills and I do have a healthy roster of students. As my friend Sensei Hans Ingebretsen said, I will die a dinosaur. These teachers, who are very slick in their presentation, start by priming me with the statement that I should run my school as a business (okay) and that I've spent more time than most doctors and lawyers learning my art (okay). While this is true, it is important to realize something else. What I learned from playing music is that I must consistently stick to my beliefs and two things will happen: #1. If I teach the same message, eventually people will find out about it and come to train. #2. I will be "happy" and successful as a result of this consistent behavior.

It is a fact that most rich folks got that way by doing something that they liked doing. "But don't you like making money?" No. Not if it means killing a dream or lying to people. Training is the bottom line. I train every day. I teach my students to train every day. I teach principles of goodness, the martial way, energy, movement, and most importantly, how to apply these principles to their daily lives. "Make Big Money in the Martial Arts!!!" NO! Make big inroads toward being a helper of others. The money is irrelevant!

03-28-02: My Kendo way is long, but not long enough to be a good Kendoka. I practice over the time in Fukui, Osaka, Kyoto, Hiroshima etc. but most time in Germany. My Japanese teacher shows me a good way for Kendo and now I understand them and I thank very much. But as young man I thought Kendo is nice sport, forget all

Con't.

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what they says because I want be a little hero. I practice every day, very hard, and many years too, become member of national team and my way goes from one tournament to another. But one time, I think now 15 years ago, the "big bang" comes and my back was broken and I wake up in hospital and had to stay there for many month. Really, much time to think about whats wrong and what I have done in the past. When I leaved the hospital I break with German Kendo Federation and remember what my japanese teacher says to me about Kendo. I had good conection to university here in Hannover and they give me the chance to build up a new and good group of young people to practice Kendo. Hannover has a special partnership to Hiroshima and our Uni-Dojo has many contact to other Uni-Dojos around the world and we have often visitor here and sometimes we go over there. Young people practice Kendo around the world with friendship. Much more better Kendo than I practice when I was young. I will scan some practice photo from our kendo-dojo and send to you next days. Greetings, Ulli Steinau. Germany.

From Spain: 03-31-02: Hello Sensei. It pleased me very much to receive your e-mail I love the Aikido that you work on I know it from the 3 videos that I bought through Black Belt Magazine, they are very basic but very good and have served me well to remember some details that I have forgotten. In addition the video shows great humanity and a good treatment of uke and that for me is fantastic, thanks Sensei for everything as we all continue in the search to make ourselves better people, I hope and wish to work some day with you if you visit Spain it would be my honor, Well until later greetings to Mark Ty and Kenny Furuya. (Translated from Spanish by Jeff Johnson.) Mikel Rodriguez

From Thailand: 04-01-02: Dear Furuya sensei, My name is June, from Thailand. I visited your dojo last summer, and met only the other Japanese sensei, sorry that I don't remember his name.

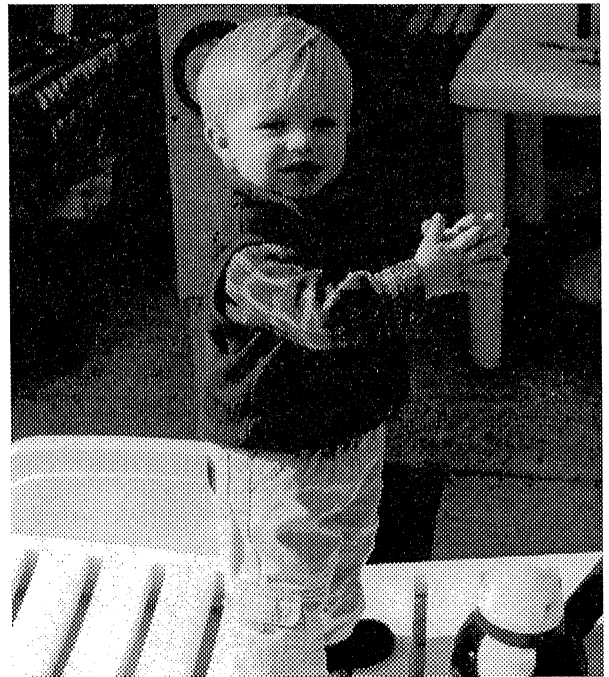
I have been practicing Aikido for a year, at Sarasota Aikikai, Florida. I really love it, actually i heard about Aikido from its philosophy long before started training. By the way, I just visit your website and would like to say hi to you. I am so impressed the discipline at your dojo. I talked to a Japanese aikidoist, and Mr. Ken or Kim who has very nice posture, and also the sensei. This summer, I maybe able to visit you again because i will go visit my cousin there. Please receive my respect and send my regards to everyone. Thank you very much, sir. Sincerely yours, June (Chomphunut Sripinit)

From the United Kingdom: 04-03-02: Hello Furuya Sensei. Hope this e-mail finds you well. I am a new to the martial arts (6 months) and am studying Wing Chun here in Manchester, United kingdom. We are just touching the very basics of understanding Chi, etc.

As with most martial artists, I am interested in finding out about the other martial arts. I have just seen a programme on the discovery channel entitled " The Way of the Warrior". It is the episode in which you yourself and the dojo appear.

I would just like to say that I was completely spellbound by your mastery of moving an opponent using his chi.I cannot think of seeing something so relaxed and yet so powerful for such a long time. It has certainly inspired me to work even harder at my own chosen art. Our own Sifu has told us that relaxation is the key, and now after seeing your demonstration, I know exactly what he means. Thank you once again. Colin Murphy, England

04-03-02: Dear Sensei, Our family was fortunate to see your dojo featured on the Discovery Channel program, how wonderful it was!!! Many congratulations on your appearance also on the History channel's Samurai program!! Since we cannot afford to visit your school, it was like getting the miracle of a visit without the air travel! I must confess that I wish that the Discovery channel would devote a whole program to your dojo and your book, 'Kodo'. I am so happy to have had the gift of seeing you and your students in motion. Thank you for sharing your school with all of us out here and all over.



As an update, Anthony is speaking more and more and one of his favorite words is, "Batto" and he has been practicing his draw with a little mini-sword,(plastic). He very sweetly will hand over his saya so that he can offer an unarmed person a means of protection from his forthcoming strike. After two or three blocking exchanges, he ends the process calmly and moves on. His other favorite word is, "Dojo".

When you were on the TV, I showed him that it was "Sensei's Dojo" to which he smiled and proudly proclaimed, "Batto!" Many blessings to you Sensei, and thank you for your daily words on the website which are so inspirational and thought provoking always. Sincerely, Katherine Gerardi and The Gerardi Family in Maine

Many thanks for all of the letters, inquiries and emails. We cannot answer all but we always publish as many as we can of interest to all of the students.

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 laido while under the influence of this drug represents a significant danger to himself and to the other students in the class.

More Letters:

04-04-02: Rev. Furuya, My name is Trac Huynh and would like to study Aikido. The Discovery Channel's presentation of you and your dojo showed me the type and level of instruction I was seeking. Being in the military service I am unable to request to study under your instruction due to my location on the East Coast. I am being assigned to New York City and would like to request your recommendation of a Hombu Aikikai dojo and instructor in New York City. Thank you for your assistance. Respectfully, LT Trac Huynh, USCG

04-05-02: Sensei; Thank you Sensei. When I couldn't sleep last night, I started reading your daily message. I thought it would be a good place to start. After reading many of your messages, I thought I should recommend a book to you, "Faster: The Acceleration of Just About Everything" by James Gleick. One of the main points the author makes is that now a days, the less time one has, the more important others tend to perceive us as.

What a strange concept that is. I mean, we humans have invented all sorts of tools to make our lives easier, to have more time to spend on the more important things; and yet, the less time we have to spend on those things, the more important we are.

I also find it interesting to note that many ancient cultures had the idea of "Taru wo Shiru"; Lao Tze writes of this concept. The ancient Greeks had a similar idea, "take the middle path" (illustrated by the story of Daedalus and Icarus.)

But these days, many people seem intent on, well, having the most toys. A few weeks ago, my girlfriend and I were in a store looking at different movies. Near the movies, the store had a display of "universal" remotes. The one I noticed first also disturbed me the most. It was voice activated. If someone is lucky enough to own a TV, more often than not, we rarely get up, walk over, and manually change the channel, volume settings, etc. We'd much rather reach down a few inches and use the remote. With this voice activated remote, it seems we can't even be bothered to do that.

I remember that when I saw the remote, all I could think of was one of Gary Larson's "Far Side" cartoons; a family of T-Rexes were sitting around at dinner, and one of them wanted the mashed potatoes. Another replied: "I can't pass them to you, my forearms are useless."

Elsewhere, you mention that we must practice constantly; that if Torao Mori Sensei practiced suburi 3,000 times a day, we must practice suburi 20,000 times a day to achieve parity. I hear the word "practice" in conjunction with the term "muscle memory" a lot. That is to say, to train ourselves so that we react without having to think about it. I do not think that is the main goal in the practice of Iaido or Aikido. I think the main goal is to practice to the point of the mind always being at the ready, to suffuse our being with the teachings of the art.

Sensei, I am sorry that I write you such rambling emails that seem to go nowhere, but many, many thanks for reading them. Thank You, John Camille

04-05-02: My name is Ken Week and I am an instructor at the Ki Society dojo in Portland Oregon. I teach mostly in the children's program. I am 57 years old this month. I enjoy reading your notes daily,

as it seems to keeps the thought process well oiled. I am chewing on the spiritual aspects of train that you have mentioned times. Tohei Sensei has consciously removed aspects of Eastern Religion. At the same time, his focus on Ki, an intangible unseen energy and goals of "becoming one with the Universe" leave no doubt that a belief in God or the Universe (although specifically un-named) is quite necessary. I have been asked prospective students about the "religious" aspects of training. I think I stumble on the answer. I hope Hobbs Sensei provided a smile for you today..... Regards, Ken

Likes Ultimate Ten Aikido. 04-09-02: Sensei, I saw the TLC presentation of the top ten martial arts last evening. I have been interested in studying marital arts for several years but have not done so since I have small kids that require my attention at home in the evenings. Of all the disciplines presented last evening I was most impressed with Aikido in that I am not interested in taking blows to my throat just for the sake of proving that I can take it. If you get punched in the throat, it seems to me that the art has failed you and it seems to me to be too late to do anything about it. Is that the wrong way of looking at it? This seems so silly to me. I am certainly interested in the physical part of Aikido but the thing that appeals to me most is the spiritual side of the art. I am always restless, anxious and not very happy in my life; although my wife and friends would never know this. I guess I am starting the mid-life crisis early. Nevertheless, I am interested in the art of Aikido and having you as my sensei.

I moved to California back in October 2001 and I work close to LAX. I live in Corona presently so travel time is an issue for me. In your opinion, what is the minimum number of days a week I could spend studying and get a positive result. At least until I move closer to my job within the next 6-12 months. Sincerely, C. B.

04-04-02: Mr. Kensho Furuya (Sensei): I am glad I found your website! I often refer to an article you wrote in the 1994, May issue of M.A. Training entitled: "A Half-Inch Worm, A Half-Inch Spirit." In fact I read the article tonight. I looked on "Google" to find your website. (I have given a copy of that article to many of my friends.) I appreciate your insight about one's spirit in training-- the inference in the article, I think, transcends martial arts training-- the "spirit" of training applies to every facet of one's life. Please place me on your mailing list. Sincerely, Scott Widmar

04-04-02: I saw the Discovery program "The Way of the Warrior". I am a beginning Aikido student. I was very impressed with the technique of Sensei Furuya and was wondering if the Sensei participates in seminars in other parts of the US (I live in New Jersey) and if so where might I find that schedule. Dave Berkowitz

04-04-02: My name is Mike Haber and I would like to say that I saw you last night on a Martial Arts television documentary and found your web page. I very much enjoyed your aikido. I train in the Iwama style of aikido in New Jersey. I am a 3rd kyu. I would love to hear who you studied with in aikido during your travel thru the path of aikido. Thanks. Mike Haber, New Jersey, USA

Congratulations David Young!

David Young recently received the Precepts in Zen Buddhism, a big step in one's Zen training. He trained in the Dojo about 15 years ago before moving to Colorado. He is a master bow maker for the violin. Many congratulations and Best Wishes.

Aikido Center of Los Angeles

www.aikidocenterla.com

04-04-02: Sensei; I had the pleasure of watching this show, particularly the section on Aikido. I decided last night that I would write to you and try to learn more information. However, it has taken me this long to find your website (very confusing TV listings.) In a sense, I feel lucky to have found the dojo's website. I was very impressed with the dojo, and even more impressed having learnt that you ostensibly built it yourself. Unfortunately, I did not tape this episode, although I probably should have. I have practiced meditation for several years, and have recently taken up studying the "Tao Teh Ching" (John C. H. Wu's translation). I would like to live Aikido, as well as learning other traditional arts (Iaido, Kyudo and possibly Tai Chi Chuan.) I know that is a lot of learning to be done, but as is said in the Tao Teh Ching: "It is the empty space within the vessel that makes it useful."

Outside of that, I suppose the reason that I decided to write to you, is while most of the other segments featured people getting punched or kicked, only two featured the more spiritual aspects of martial arts; I suppose that in itself is what I would like to learn. Like the body, the mind must be trained as well. If this were not so, one would think that, for lack of a better term, "brain-dump" manuals would turn out perfect students of high rank in a shorter time than it would take to receive training from a sensei. An oft-used quote states: "It is not the answer at the end of a journey that is important, it is the journey itself." Again, thank you in advance for your time, Sensei; as well as my gracious thanks for the aikido segment of the show. Thank You, John Camille

04-06-02: HELLO SIR, I WAS WONDERING HOW I CAN GET INTO YOUR CLASS? I'M LOOKING FOR A NON AGGRESSIVE TYPE OF ART. I AM ALSO LOOKING FOR A TEACHER WHO HAS A LOT OF EXPERIENCE IN WHAT HE TEACHES. I HAVE LOOKED AT YOUR WEB SITE, IT LOOKS LIKE YOU LOVE WHAT YOU DO. IF YOU CAN GIVE ME SOME INFORMATION FOR WHAT I NEED TO GET STARTED, THAT WOULD BE GREAT. THANK YOU SIR.

Fernando Cardona

04-06-02: Sensei; Good evening. I hope all is well with you; and a Happy Birthday as well, Sensei. The Native Americans have a saying: "When you were born, you cried and the world rejoiced; live your life as such as when you die, the world cries and you rejoice."

I would like to consider you as a friend, a teacher and an inspiration. It is my hope that one day, I will get to meet you, as well as see the dojo in person. I very much enjoy our emails, as short as they may sometimes be - I know you are busy, but it still impresses me that you take the time to respond to them; many thanks for this caring attention. Many Thanks, John Camille

04-08-02: Furuya-Sensei, It was very enjoyable to your segment of the television program on the Discovery Channel last week. Thank you for taking the time to do this. During the show, I recall noticing that you had developed "flowing Ki."

I am a practitioner of Oriental Medicine (acupuncture, herbs, etc.). I am interested in developing my Ki / Qi to the greatest extent possible. I am a practicing Buddhist and appreciate the importance of meditation. I have had the opportunity to practice under Kushida-sensei in Ann Arbor, Michigan.

My question: Do you feel practicing Aikido would be a good invest-

ment to further develop my Ki? Or should I do more self-practic with such things as Qi Gong or Tai Chi Chuan? I enjoy reading your posts on your web-site and hope you will be able to provide me with some guidance. I will look for your response on your web-site. Thank You. Sincerely, Eric Popp

From the Master: 04-08-02: HI Sensei.. I saw it last night... you should be number 1 !!! I'll have to watch it again now that I know when it screens again. thanks. Hope all is well . Sifu Harry Wong

From Sri Lanka: 04-08-02: Dear Sir, I'm Don Lalith from Srilanka. I have received your e-mail regarding Aikido & Iaido and I have browse the website too. I'm really interested in joining for these courses & I would like to get more details regarding the same, including how to register for these courses. Since there are no Trainers in Srilanka for these stuff it would be a great help if you could send me the details. Thank you. Regards, Don Lalith. Lalith Senanayake, 11/15E, Nimala Mariya Mawatha, Hendala, Wattala, Sri Lanka. Po.Code-200.

04-08-02: Hello, my name is Mark Daviau and I found your homepage and also saw your school featured on a Discovery channel program. It looks like a beautiful school and a great place to train. I have two questions about the school and Aikido. First can the student take any class offered throughout the week or is there a limit to amount of classes? And second, my shoulders are prone to dislocation, is Aikido an art that I can practice with this type of condition. I have studied martial arts in the past, however it was more kicking and punching than grappling. Thank you for your time, Mark Daviau

04-10-02: Dear Reverend Furuya, Hello, my name is Andre Goran and I am 13. I have been training in Kenpo Karate for over a year and I enjoy it. However, Kenpo has no grappling or soft methods of defense. It also is very Americanized and has little spiritual meaning. Now that I have an advanced ranking I would like to suplimint my training with an "old shcool martial art". What art do you recomend that I study? Please email me at Fluffypineapple@aol.com when you have the time. Sincerely, Andre Goran

Reply: Of course, you are always welcome to train in our Dojo. It is one of the most traditional in this country.

From Romania: 04-12-02: Sensei: Congratulation for yuor site Very interesting. I like very much. My name is Laurence. I come in from a small town in Romania .I like verry much To practice Aikido. With verry great dificults, i make a course in a big town, to 740 km distance from house, and i have now green "obi". I have a little group to traning. I like to coresponded about aikido. If you can retrieve me some materials about aikido(books,magazine or video tapes, we will be very "thanks"(I have no words). Thanks for yuor amability and excuse my grammar. Laurence Ciresica Laurentiu,Romania, Barlad , cod 6400, Str. Republicii 257, Bl.A1,Ap.34

04-12-02: Dear Rev. Furuya, Last weekend my fiance and I were flipping through the TV channels when we came across the Ultimate Ten Martial Arts on TLC. As we watched we would comment to each other about how these programs usually focus on the showier and more competition-based "marital arts" and as Brazilian Ju-jitsu was named number 10, we came very close to changing the channel all together. But we were extremely pleased to have stuck with the program or else we would have missed the segment on your dojo. Con't.

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Letters Continued:

You see, Rev. Furuya, my fiance and I (we will be married in a month!) have been students of sorts of the martial arts and Buddhism for many years now, we were both 16 years old when we discovered our interest (I am 22 and he is 23 now.) I say students of sorts because neither of us have actually stepped foot into a dojo or temple, everything we have learned thus far have come from either books or videos, but mainly from somewhere inside of ourselves. I know that sounds strange but we have found that our process of self-instruction and self-discovery have served us very well. Many of friends have taken martial arts instruction and have tried very hard to have my fiance join their classes (I myself am not very physical!) and we have always decided against it. Through our research and observation we have found that the "martial arts" offered here are geared towards how badly a person can hurt another, the amount of trophies a person can accumulate, or how much money can be made in the marital arts "market." Never have we found a school that offers the internal teachings and philosophy that makes a martial art an actual art. Too many schools offer to teach martial arts when in actuality they are only offering to teach fighting skills. We had given up hope in ever finding a school worth joining. That was until we saw that tiny little segment on TV, of all places!

Now, mind you, we don't tend to jump into things easily and although what we saw seemed absolutely what we have been looking for all these years, we still had our reservations. So, for the past week I have been reading your daily writings on your website and have been amazed at your insight and your ability to open up so freely knowing that strangers would be reading your words. I find your humility and your hint at uncertainty, enlightening to say the least. As I read your words and realize that a man with as much experience and training as yourself can still wonder if you have made the right choices and still learn lessons in the "everydayness" of life, I know that the feelings that we sometimes encounter of self-doubt are part of our learning. As we have learned more and more about you and your school we feel that this is the place my fiance would like to further his learning.

He has no prior experience with aikido and has learned much about iaido, but only through books. But I can tell you that he has much training when it comes to spirit, for this type of training has become a daily part of our lives. We have been able to handle many difficult things through the pure strength of our spirits alone. Last year, I was diagnosed with thyroid cancer and through the surgeries and radiation treatments we came out of it stronger and happier people and I am now on the road to complete recovery.

A major concern we have is the distance between our home here in Riverside and the dojo. We are aware that the distance would not allow him to visit as much as he would hope to and we need to figure out a way to schedule taking your classes with his sometimes taxing job. These are, of course, details we will have to figure out but it may hinder starting as soon as he would like to. We hope to visit your school and get a better feel for the dojo and determine the amount of sacrifice we are willing to endure. We are a young couple with limited finances and the commute may be a bit much, but if what we have gathered so far about your dojo rings true, we can guarantee you will have a willing and receptive student on your hands.

Visit Our Website Daily!
www.aikidocenterla.com

I sincerely hope we have found a place where he may further his learning. I watch him as he progresses and I see the frustration sometimes as he tries to take in the teachings from our limited resources and I know what he needs is a real teacher, someone to help him move forward. I see what you are offering and I hope we are able to take advantage of this. If for what ever reason, be it lack of money, lack of time, or distance he is not able to join your dojo please know that we admire and applaud you in your efforts to bring such a pure and beautiful art form to us "westerners". We never thought we would see such authentic teachings offered here. I only wish you offered classes or discussions in spirituality- I would immediately sign up! I found that your 1-12-01 Furuya's Law: The greater the potential, The greater the hardships, The greater the achievement particularly relevant to us. We hope that you may be the teacher to
Riverside con't.

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Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntrye

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

Congratulations Dr. Helen!



04-13-02: Sensei: Well, it is sort of anticlimatic I guess, since I earned my Psy.D in December 2001- but the official ceremony where I get my doctoral hood will be Saturday, June 8, in Oakland at the Henry J. Kaiser convention center. Would love to have y'all there to help me celebrate my freedom from 21 years of educational institutionalization!!! Helen. Above: With Cheryl and Carol Tanita at Ca'Brea (Not shown is Sensei, Ken Watanabe & Mark Ty) during recent visit.



Helen recently visited Sensei for the weekend during a short break from her busy work schedule. Helen is the daughter of Master Adam Hsu of Taipei, world famous teacher of Kung Fu, and a very good and dear friend of Sensei. Sensei has known Helen since she was just a little child. Helen receives her doctoral hood on June 8! Congrats!

Riverside continued:

help him reach is full potential and that I may also learn some thing in the process. I am also reminded that "When the student is ready, the teacher will come." Maybe it is finally time. Thank you so much for your time in reading this letter and thank you for the sincerity in your teachings.

Fellow Seekers,

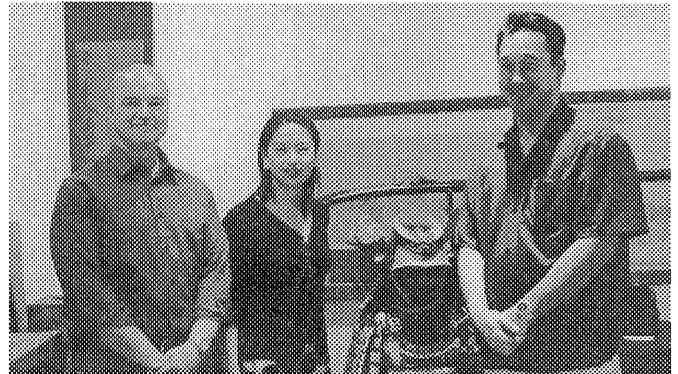
Karen Leal & Ramses Gonzalez

P.S. We would be interested in receiving your newsletter:

6173A Norwood Ave. , Riverside, CA 92505



With Sensei, Ken, Carol, Helen, and Cheryl. Mark is taking the photo. Ca'Brea is one of Helen's favorites during her stay in LA>



With Gary Myers and Ken Watanabe, at Yoshino Japanese Antiques.



With the So. Calif. Yamanashi Kenjinkai at recent New Year's Party at Oiwake. Sensei is President. This Club is 100 years old this year.

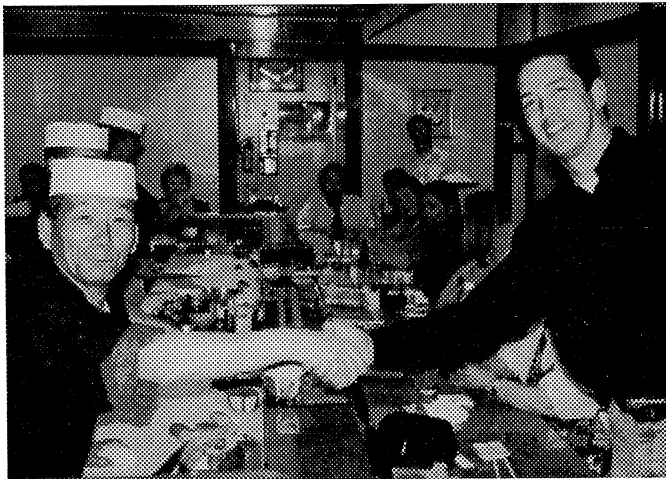


Sensei with Naoji Karita, master sword polisher from Tokyo, Japan, Sifu Helen Zhu, and Sifu Wang Li Jun, both masters of Taiji.

Actor Russell Wong Visits



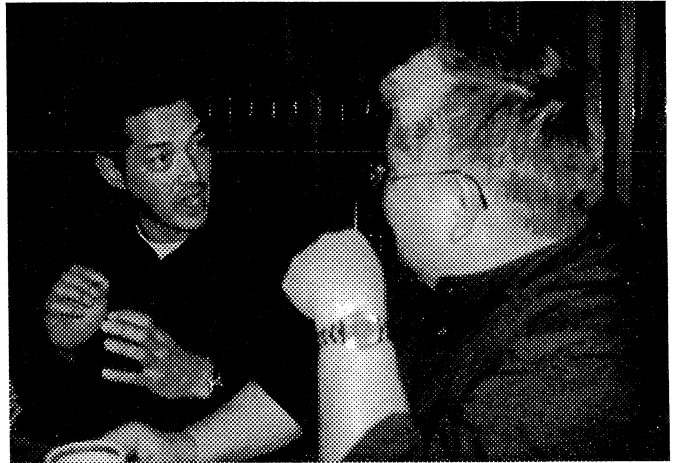
Russell Wong, well known actor, recognized in the Joy Luck Club, Vanishing Son and the bad guy in Romeo Must Die with Jet Li, visited Sensei for lunch and conversation. With Lance, another well known martial artist and teacher.



Russell meets chef at Sushi Gen in Little Tokyo.

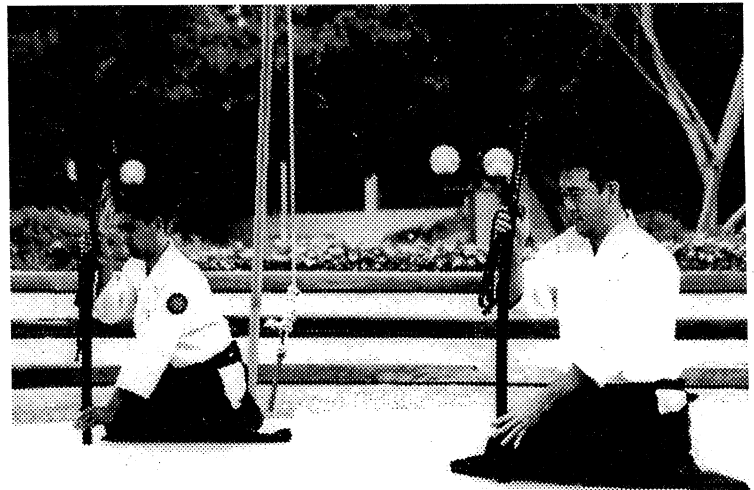


With Francis Hashimoto, head of Mikawaya Japanese confections and creator of the famous "mochi-ice cream. Francis is an old friend of Sensei and energetic activist for the Little Tokyo community.



Russell Wong will be starring in a new TV Pilot called the "Black Sash." Please watch out for it!

Reigi Saho: To Be Polite Is To Be Humane & Human



Today, many people forget the purpose of politeness and manners. In Japanese, we call this "reigi saho" and literally means, "correct behavior" or "correct action." It is so important in martial arts training that we used to say, "all martial arts begins and ends with reigi saho." Today, however, we seek "practical" martial arts or "useful" fighting systems and think that manners has nothing to do with this. This is rather a paradox, because Confucius, over two thousand years ago, said that our world is in this state of fighting and war because we have forgotten and no longer appreciate "reigi." If all people observe proper action and behavior, we probably would not need to fight in the first place.

This reigi saho is not just form or empty motions, it must come from the heart. Manners is what makes man so beautiful and noble. I often think that in our efforts to transform martial arts into a sports or exercise or performance art, we are beginning to lose the "humane" aspects of the art. In your Aikido training, I hope you would gain strength and skill, but all this is useless if you lose or do not cultivate your humanity and nobility as well. At least, I think so.

More Correspondence:

04-15-02: Hello Furuya Sensei, I just wanted to let you know that I really appreciate your articles, and wisdom posted on your Dojo website. I read them daily, and pondering on what you say helps me to center myself, and go through the day. I am a student at the Art Center College of Design in Pasadena, and I am currently studying Illustration, and Film. Someday though, my ultimate goal, would be to walk the path of Aikido and Bushido. To become a student of yours and your dojo would be the greatest of honors. I hope that someday when I can afford such things, I would be permitted to join. Anyhow, I just wanted to thank you, and say hello. Sincerely, Ismael Medrano

From The Philippines: 04-15-02: Konichi wa Sensei Furuya, My name is Charles. I have watched you many times on the TLC channel which have featured you. I've seen clips of you in several Martial arts magazines as well. I still consider myself a faithful Aikido follower. I have studied Aikido in Manila Philippines in two forms of Aikido. My first school was under Sensei Gavilleno. My second School was under Sensei Marielle Macapawa & Sensei Komenoi (Takemusu Dojo) Aikido w/c is Affiliated with Hombu Dojo in Japan. The reason why I'm an E-mailing you Sensei is because your terminologies for your techniques are exactly what my first Aikido School uses. How much related is it to Tohei's Aikido? At this present time unfortunately, I could not find a Dojo in my area so I've ended-up taking Korean martial arts (hoshindo/hapkido) but still manage to apply Aikido to the present art and my teachers just love it. I still long to return to Aikido again because I was even more inspired by your features on TLC. Respectfully Yours Charles

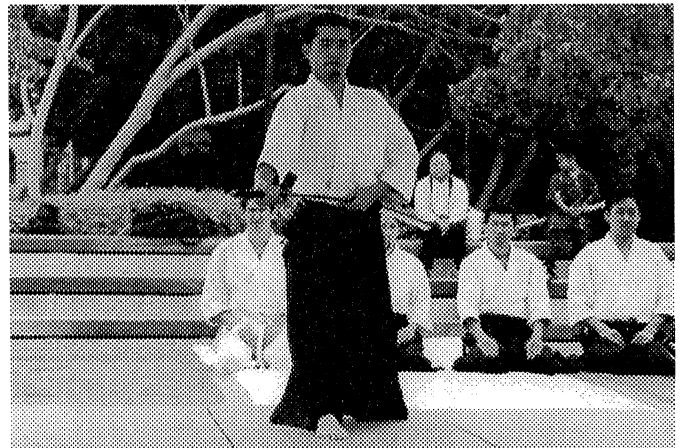
Aikido Terminology: Sensei's Reply: I am not connected to Koichi Tohei but he still uses many Aikido terms when he was connected to Hombu Dojo until his split in the early 1970's. In Aikido, there can be several terms meaning the same thing and some terms have changed over the years. For example, "tenkan" and "omote" mean the same thing and are used interchangeably by personal preference. "Nage" is no longer used, and currently we use the term "tori" which means exactly the same thing. It is a little confusing but I expect that gradually the terminology will become more specific in the future. Good luck in your training and I hope you will be able to continue Aikido in the future.

04-16-02: Komban wa Sensei Furuya, I am very happy that you've replied to my e-mail. Just getting a reply from you is an honor! Thank you for the info. I hope one day to meet you or maybe become one of your students. There is no doubt if I was in your area that I would. And yes Sensei, There are several Aikido Dojos in Manila like Sensei Gavilleno who followed Tohei's, Sensei Omar Kamar (Aikikai), Takemusu Dojo (Hombu). You are a great inspiration and even my instructors think that of you! "Maraming Salamat" Sensei Furuya! and more power to your humble teachings. Respectfully yours, Charles Valeriano

From Puerto Vallarta: 02-16-02 Dear Sensei I hope this finds you well. It is very emotional for me to be able to communicate with you in my language- it ought to be English which is a little difficult for me. I knew from our friend Raffi that you have a interest in visiting us here in Puerto Vallarta, it would be a great honor for the dojo to be your host. Please if there is anything we can do to serve you, feel free to say so. Sending you cordial greetings, Sincerely Jesus Arizmendi of Aikido of Puerto Vallarta Aikikai

04-16-02: HELLO IM JJ BAILEY .I LIVE IN MORENO VALLEY CALIFORNIA .I AM 11 YEARS OLD..I WISH TO TRAN AT YOUR DOJO ..PLEASE IT WOULD BE AN HONOR BUT I CANT DRIVE OVER THERE BECUSE IM 11 ..PLEASE I WOULDNT BE ABLE TO PAY ..IM EXPIRENECD WITH SHOTOKAN KARATE PLEASE WRITE BACK AND HERES A PICTURE OF ME AT A TOURNAMENT WITH MY FRIEND THE BROWN BELT IM THE LITTEL ONE.[Unable to display image]

Sensei's Reply: Please visit the Dojo whenever you come to Los Angeles. Please continue to train hard and someday maybe you will train in Aikido too. Whenever you write to people with the email, please let your parents know who you are writing to. Please do this as a favor to Sensei. Many thanks!



Sensei's Message:

First Attitude, Then Spirit, Then Mind

More than a question of being strong or weak in body and physical technique, most students are defeated by their attitude more than anything else. It is easy to develop a few more muscles. You don't need a dojo, just go to a gym or health spa and lift some dumb-bells. However, to develop the proper attitude and spirit, you do need a dojo and a good teacher. There is no way to get around this and this is what Aikido practice is all about.

We can talk about Ego all day long and not get anywhere. We cannot see our own Ego and most people are not aware of it nor can they control it in themselves. If you tell someone about their Ego, they will only deny it and resent you! It is like the person who overheard a comment about himself that he had a short-temper and immediately became so angry at everyone.

The form and content of practice and the etiquette are all designed to show us the proper way to conduct ourselves. Through understanding how to act properly we can begin to develop the proper mental attitude. Learning this is not an intellectual exercise, it can only be understood through practice in the Dojo. Most people assume that it is simple and easy to understand but it is not. We must practice it on the mat, with the teacher, with each of our fellow students and within our own hearts. Acting it out without the proper mental attitude means nothing. Understanding what this attitude is without understanding how to express it in our actions means nothing as well. It is here that we get our first lesson in how to use our mind, spirit and body together as one. Please continue to practice hard.

Welcome To The Aikido Center of Los Angeles



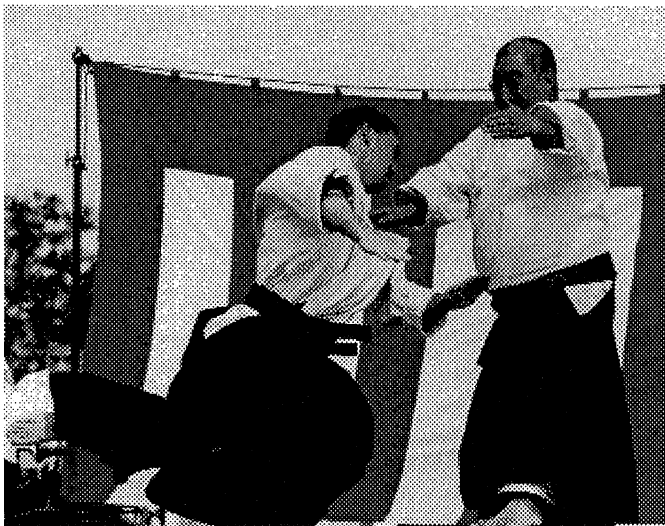
Aikido Center of Los Angeles

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

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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.

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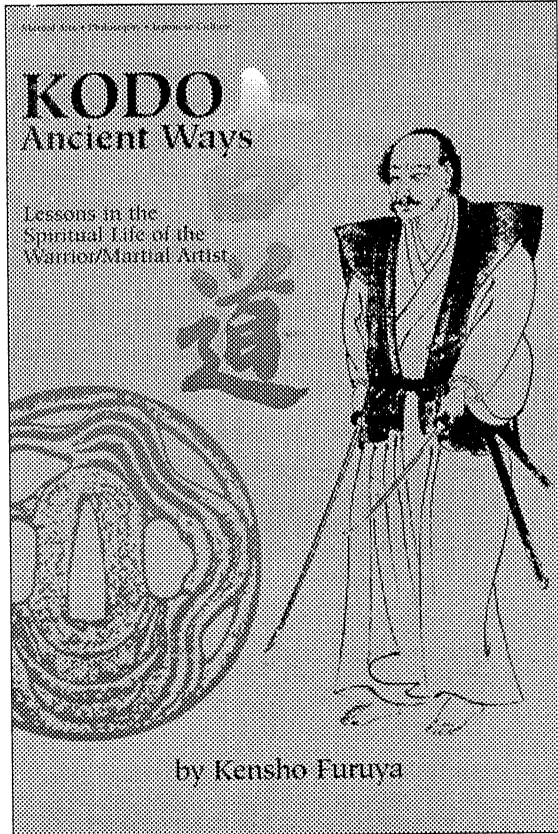
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We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over 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.

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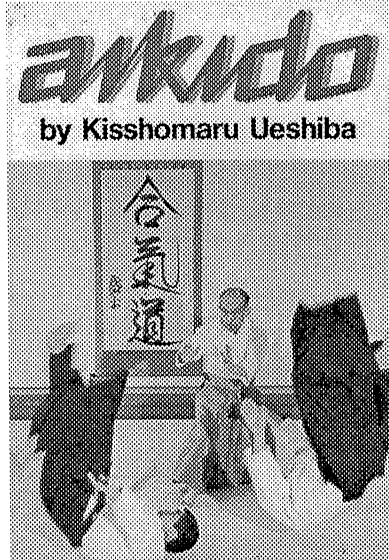
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Recommended Studies:



Highly Recommended Reading:
AIKIDO

By Doshu Kisshomaru Ueshiba

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

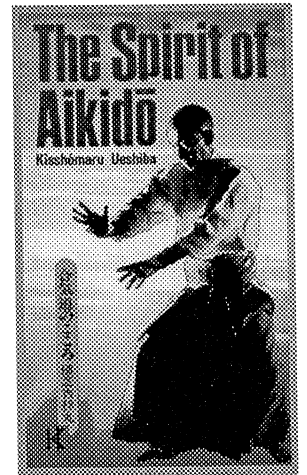


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By Doshu & Dojocho Moriteru Ueshiba
The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."



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By Doshu Kisshomaru Ueshiba
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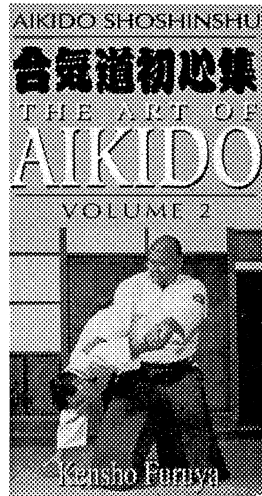
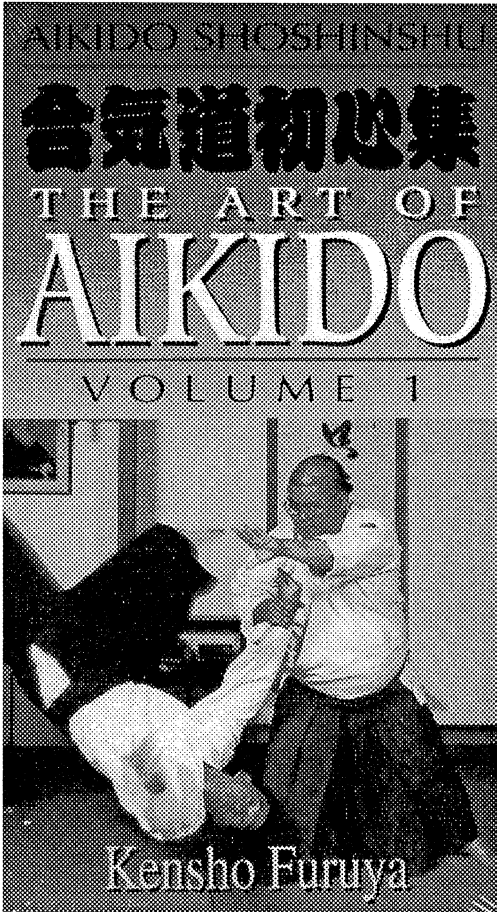
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The Art of AIKIDO

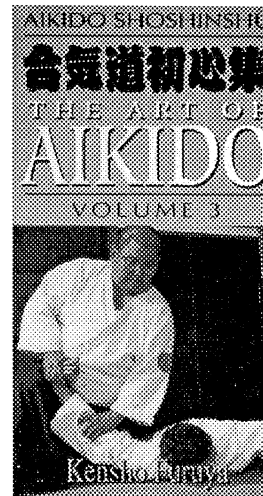
Aikido Instructional Video Series in Nine Volumes

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

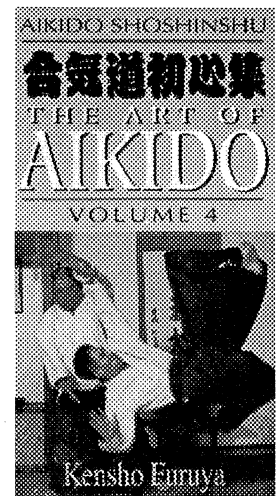
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



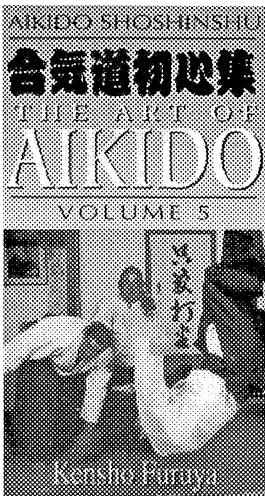
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



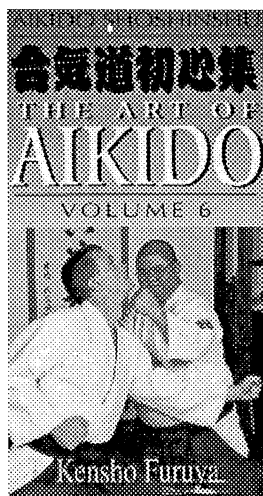
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



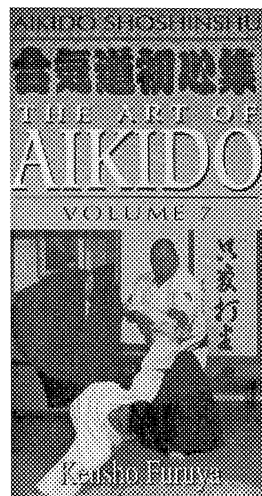
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



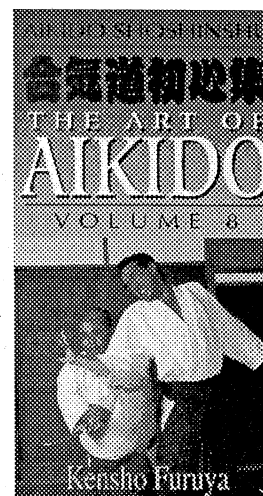
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



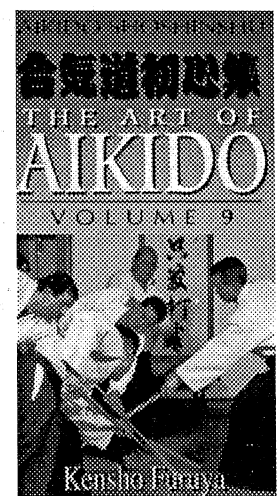
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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

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

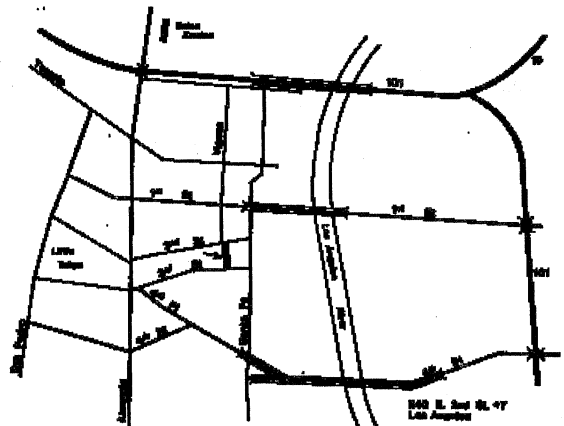
Every 2nd Saturday of the month.

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.