

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

November 1, 2001

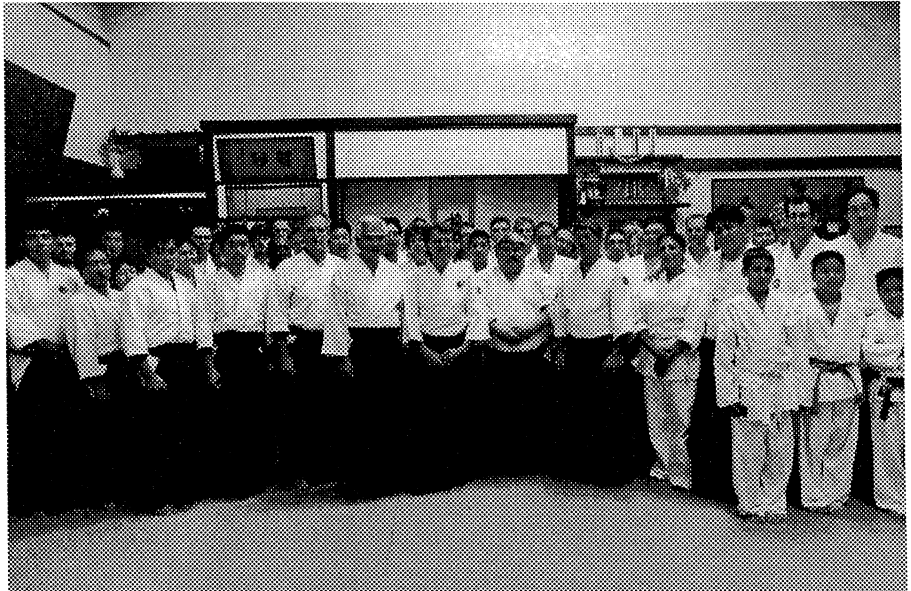
Volume XIX. Volume 11.

Congratulations! Aikikai Hombu

70th Anniversary of the Founding of Aikido Hombu Dojo
60th Anniversary of the Founding of the Aikikai Foundation

Joint Aikido Practice October 13.

On a beautiful Saturday afternoon, four dojos in Southern California came together for a wonderful Joint Practice in the Dojo. Beyond our wildest expectations, 50 students joined us for an enjoyable four classes led by Frank McGouirk Sensei, 6th Dan, of the Aikido-Ai of Whittier, James Nakayama Sensei, 5th Dan, of the Chushinkan Dojo in Buena Park, and Henry Oshiro Sensei, 4th Dan, of the Orange Country Aikikai and Furuya Sensei of our own Dojo. After practice, everyone enjoyed a delicious pot-luck buffet largely hosted by our Dojo. Everyone had a great time. Plans have already been set for our 2nd Joint Practice next year to be hosted by McGouirk Sensei, tentatively set for March 9th. The following year will be hosted by Nakayama Sensei who has already volunteered his dojo. Many thanks for everyone's participation and welcome to our Dojo. Right: Members of our Joint Practice.



Special Guest Instructor Patrick Cassidy Sensei October 20.

Patrick Cassidy, 5th Dan, Chief Instructor of Aikido of Fresno, conducted an enlightening class on Saturday, visiting our Dojo for the first time. Cassidy Sensei will begin his sabbatical in November travelling to Asia and later through Europe. He plans to start an Aikido community in Switzerland. This is his first meeting with Sensei but a very strong and close relationship was established from the very beginning. We hope to enjoy a strong, positive exchange with his Dojo.

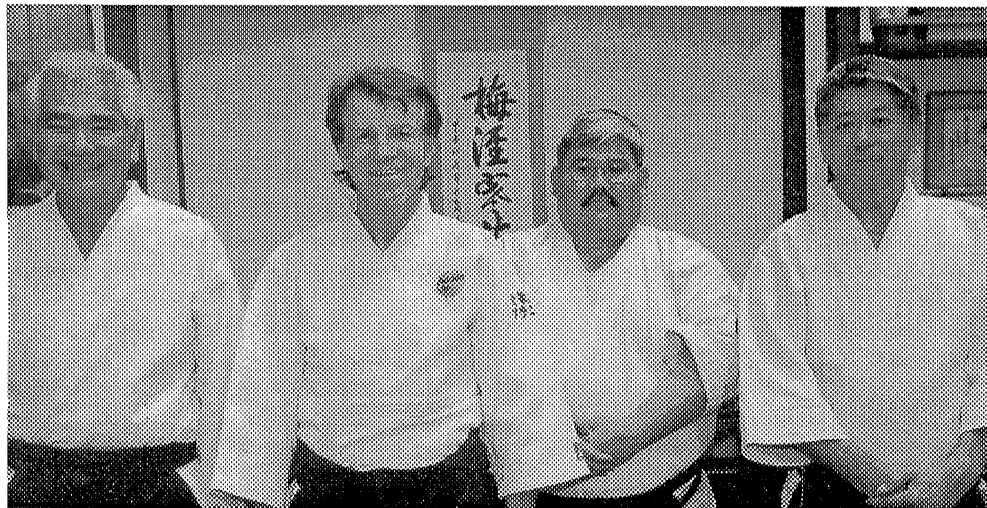


Joint Aikido Practice. October 13.

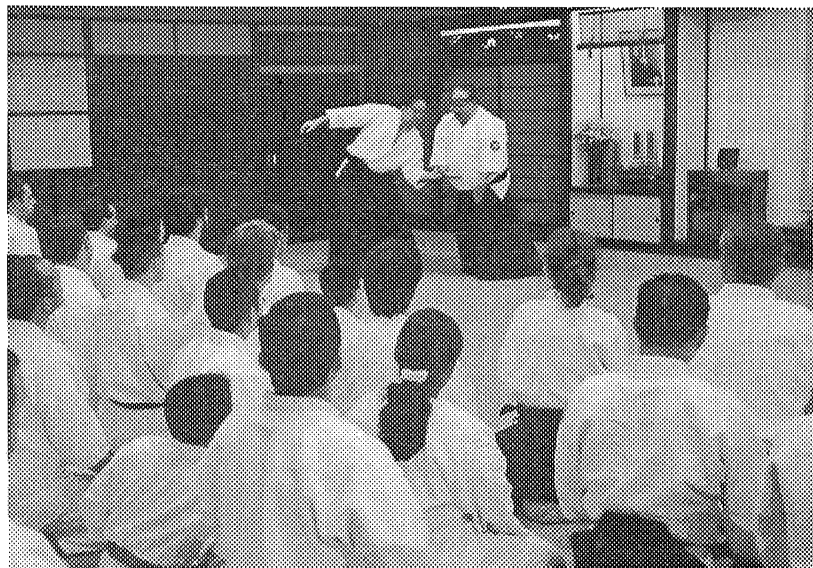
Many Thanks!

This was such a wonderful experience for me that all of us can come together in such a simple, uncomplicated way and have such a good time practicing and enjoying each other's company, friendship and support. I am so happy that everyone's participation made this event such a great success and that the other instructors wish to carry this on in the following years. Many thanks to our Guest Instructors and all of their students for visiting our Dojo and training with us.

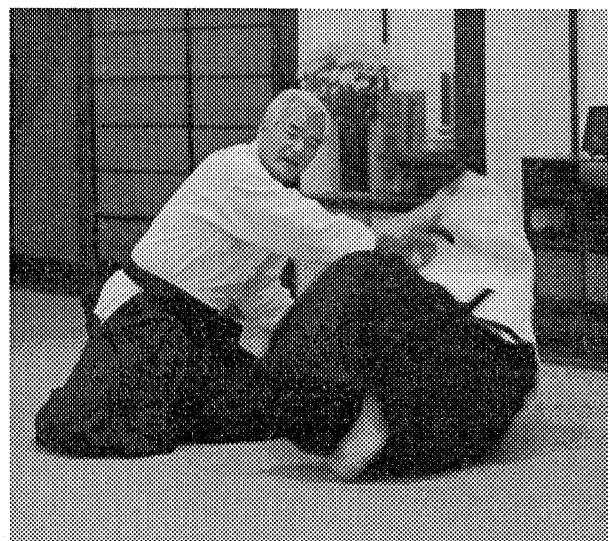
Rev. Kensho Furuya



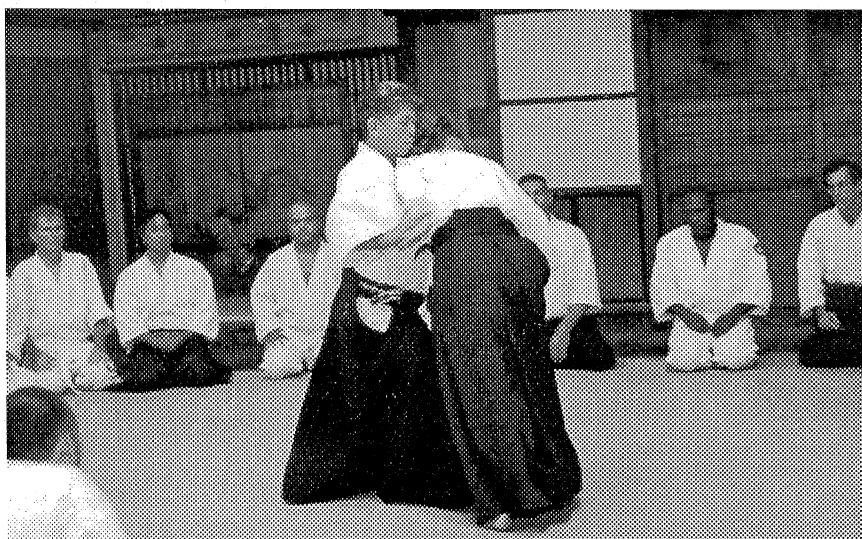
L to R: Henry Oshiro Sensei, Frank McGouirk Sensei, Furuya Sensei & James Nakayama Sensei.



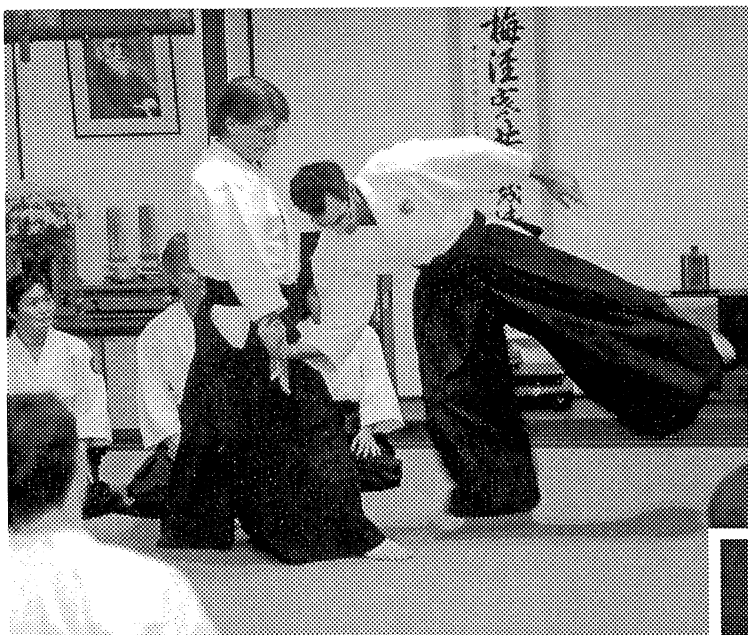
8:00am class instructed by Furuya Sensei.



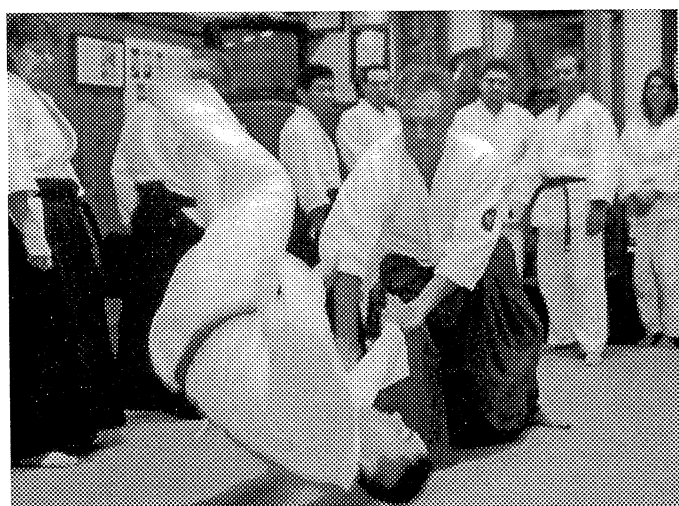
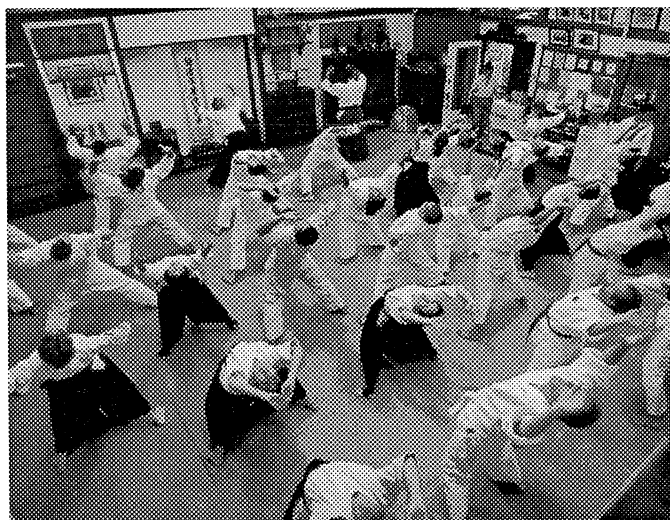
Henry Oshiro Sensei conducted the 2nd, 9:00am class.
Below: James Nakayama Sensei taught the 3rd, 10:30am



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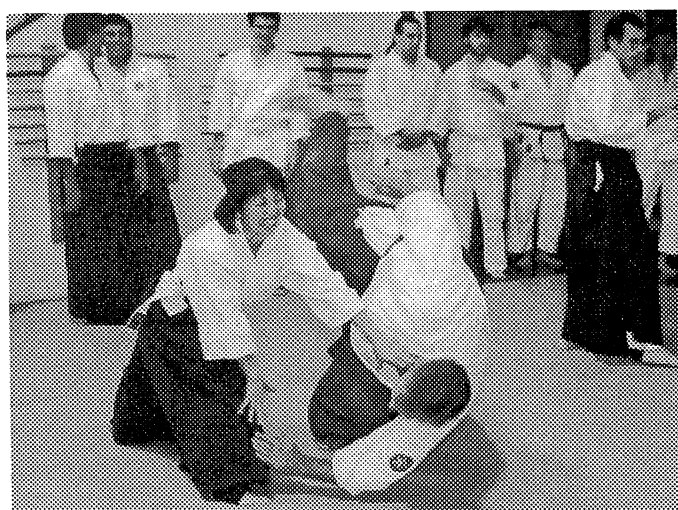
Frank McGourk taught the last class at 11:30am.



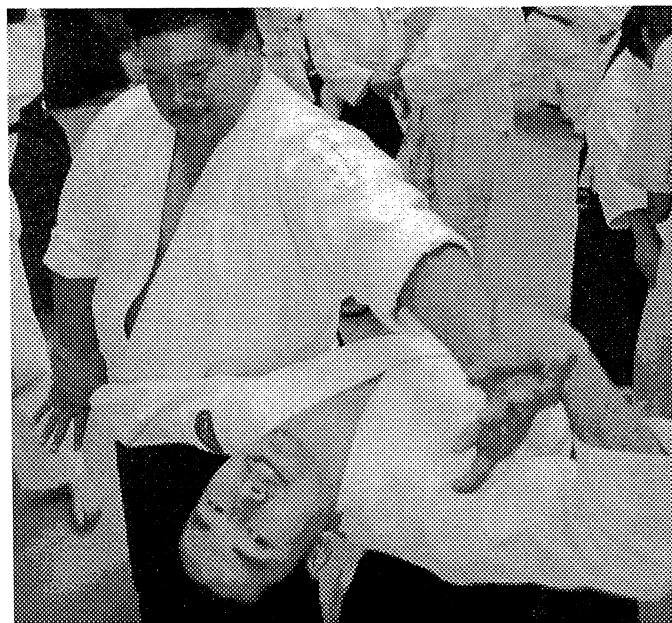
Tom Williams, 3rd Dan.



Hans Babich, 4th Kyu.

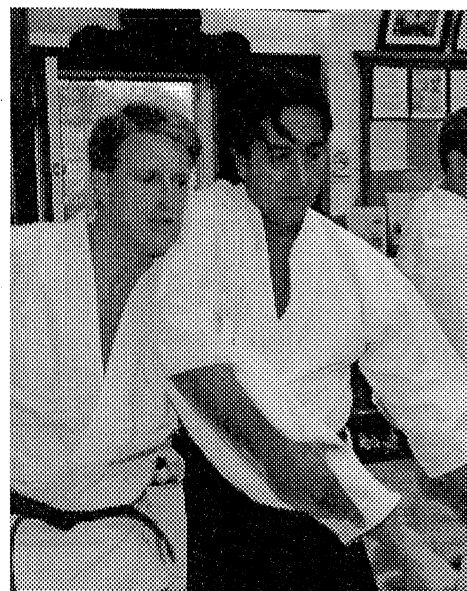


Paulina Kawasaki, 2nd Kyu.

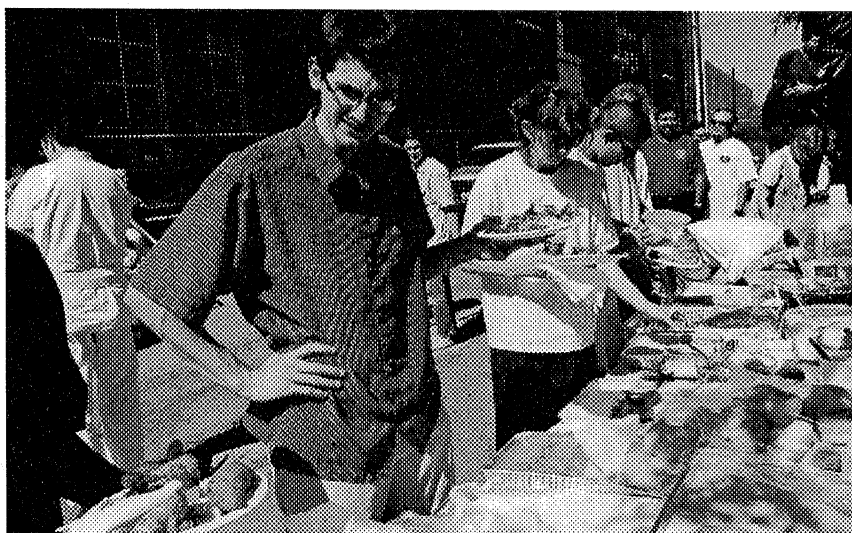


Mark Ty, 2nd Dan.

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Gil Izaguirre was promoted to 2nd Dan on this special occasion. Congratulations!



Michael Vance, our official Dojo vegen, inspecting the buffet, during lunch.

Aikido Seminar

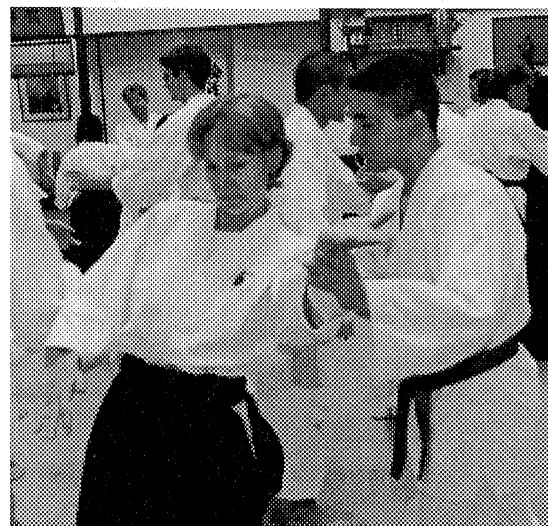
Hiroshi Ikeda Sensei, 7th Dan

Boulder Aikikai

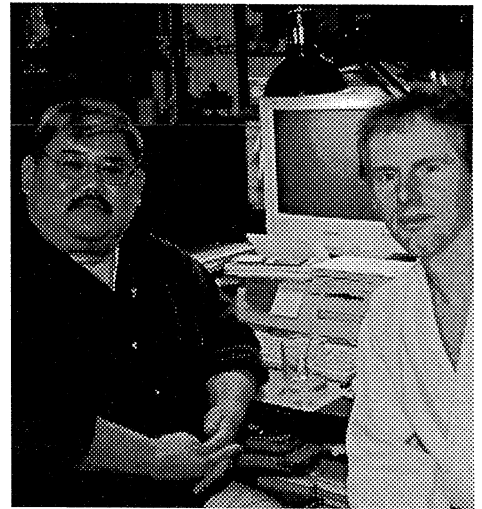
March 16 & 17, 2002

Please sign up now!

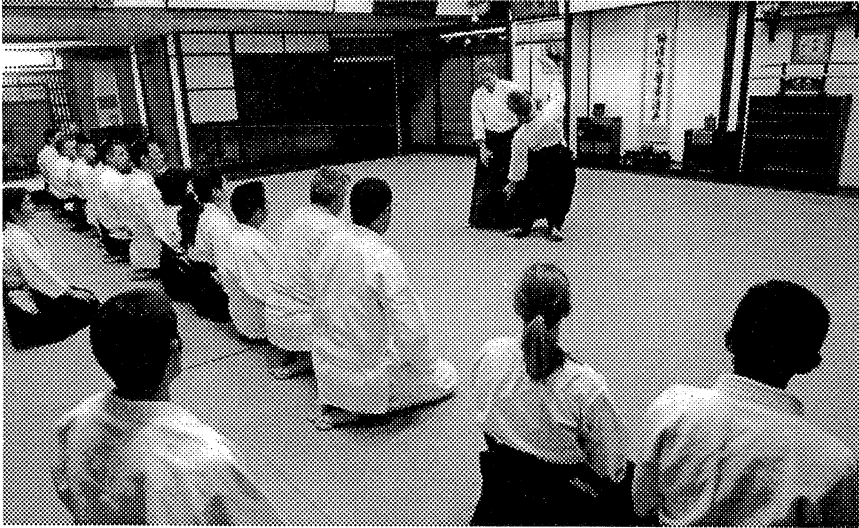
Required for all Black Belts and Black Belt Candidates.



**Special Guest Instructor:
Patrick Cassidy, 5th Dan
October 20.**

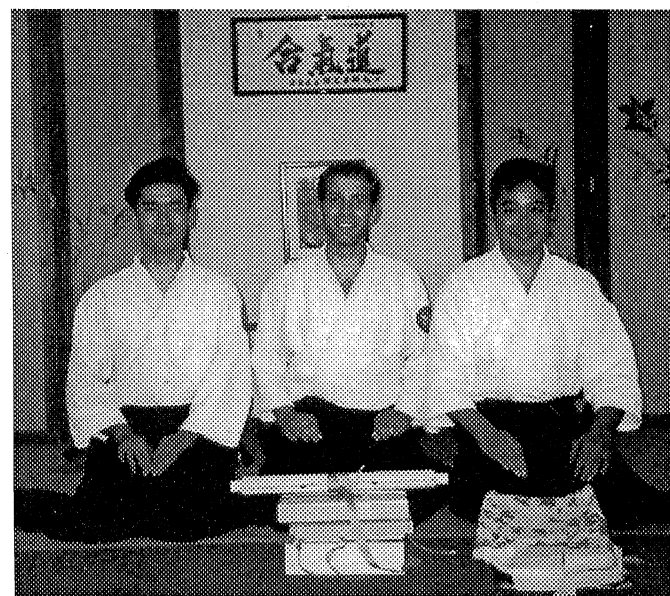


Sensei had a very wonderful meeting with Cassidy Sensei and both immediately made a strong connection with each other's dojos. The seminar was lively and animated and the student's learned a lot. We hope to have more exchange with Aikido of Fresno in the future and look forward to Patrick Cassidy visitng us again. Many thanks for Cassidy Sensei.



Spain Seminar Part II

Mark Ty, 2nd Dan



Exchanging presents from Sensei after the seminar. Santiago with Kenny Furuya and Mark Ty. Seminar was a great success.

Continued from the October Issue:

8/31 (Friday) We arrived in Madrid on a Friday morning at 9:15 AM, an hour late. We were met by Susana and Carlos, Santiago's younger brother. After a short two hour drive to Salamanca, we checked into the Hotel Emperatriz at around noon. We left our luggage in our room and went to meet up with Santiago at the Kodokai Dojo. I was definitely impressed! I knew that it was built to resemble our dojo and not like a gymnasium, but I didn't imagine it would be this beautiful. Santiago gave us a quick tour of the dojo, and then the four of us (Carlos had to go) went to eat lunch at Gino's, an Italian restaurant in the Salamanca train station. After lunch, we went back to the hotel to



Member of the Salamanca Kodokai under Santiago Garcia Almaraz. With Kenny Furuya and Mark Ty as their special guests.

rest. Santiago and Carlos came back to pick us up late in the afternoon, and before going to the dojo, they showed us around the Plaza Mayor. Kenny taught class and showed some basic techniques: tenkan exercise, tenkan kokyuho, shomenuchi ikkyo, sankyo, static shomenuchi irimi, irimi nage, and ryote-mochi kokyu nage. After practice, we had the first of many wonderful dinners at Santiago's home. On this night, we had dinner with Santiago, Susana, Carlos, and Marga (Carlos's girlfriend). After a delicious dinner and dessert, we returned to the hotel.

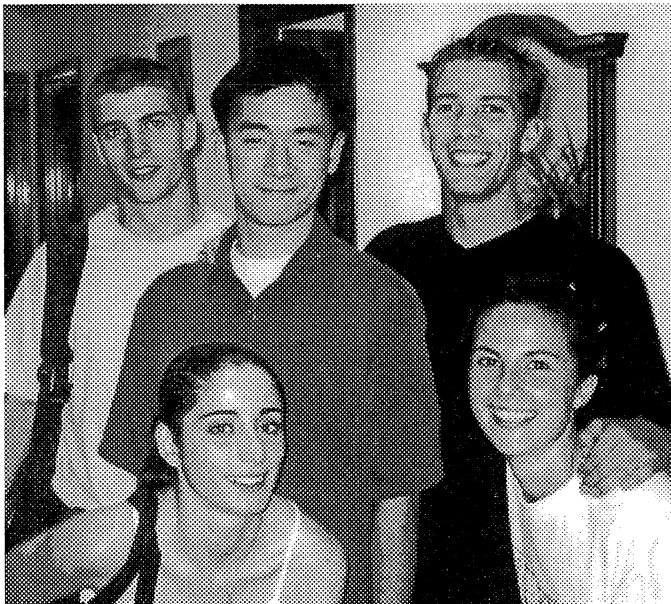
9/1 (Saturday) People in Salamanca stay up SO late! At 5 in the morning, we would hear people coming out of the bars and nightclubs (which were situated immediately around our hotel) singing or just talking very loudly. It wasn't too bad for me, but I think Kenny kept being woken up by all the noise.

We had a quick breakfast with Santiago and Susana an hour and a half before the seminar. I taught the first of the four classes for the day. I didn't foresee exactly how much of a problem the language barrier was. I had taken for granted that Santiago would translate for me. But I forgot that Santiago was not perfectly fluent in English and therefore didn't always completely understand what I was saying. Had I anticipated this problem, I could have prepared a little more, choosing my words carefully so he could understand and maybe even going over with him what I was going to say. Another problem was that while I was teaching, I spoke to the class when I should have been talking to Santiago, since he was the one that needed to hear what I was saying in order to translate for me.

I showed tenkan exercise, gyaku-hamni katate-tori tenkan kokyuho, sumi-otoshi, shomenuchi ikkyo irimi & tenkan, and nikyo irimi & tenkan. For the second class, Santiago did hamni handachi ushiro ryokata-tori ikkyo, kokyunage, suwari waza shomenuchi ikkyo, shomenuchi kotegaeshi, ushiro ryote-tori ikkyo, and sankyo. After a three hour lunch break, Kenny taught an advanced class which covered yokomenuchi, shihonage, yokomenuchi then punch shihonage, and hook punch koshinage. For the final class of the day, Kenny taught jo fundamentals, basic jo techniques, and the 31 jo kata. The classes that Santiago and Kenny taught were very good, and I'll let

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Spain Seminar continued:



them elaborate in their own reports.

After the seminar, we went grocery shopping with Santiago and Susana at E. Leclerc, the supermarket just outside of Salamanca where Marga works. The four of us then had dinner at Santiago's home again before Kenny and I went back to the hotel.

9/2 (Sunday) Santiago worked late again the previous night and needed some rest, so we skipped breakfast and went straight to the seminar. Kenny taught the first class: bokken. He showed sword fundamentals and many different suburi. In the second class, Santiago went over ushiro ryote-tori forward throw, sankyo, kokyunage, and kote-gaeshi.

Kenny and Santiago needed some rest and I had to practice my Iaido, so we decided to go back to the dojo and skip lunch. Fortunately for both of us, Carlos brought some sandwiches with him when they came to pick us up. I taught the third class and picked up where Santiago had left off on ushiro waza. I showed ushiro ryokata-tori ikkyo, kokyunage, ikkyo (again), and a different kokyunage. Kenny ended the seminar by showing munetsuki iriminage, ikkyo, double punch koshinage, and iriminage. We finished a little early to do an Iaido demonstration and to present some gifts from us and from Sensei to Santiago. After some group photos, everyone (even the wives and girlfriends of the seminar participants!) helped clean up and load the mats onto the trucks to be taken away.

This day definitely went better for me. I wasn't nervous at all and overcame the difficulties I had trying to teach through a translator. Overall, I think the seminar was a success. Many of the participants commented that they had never before seen at other seminars some of the techniques we did and that they enjoyed ours. Some even inquired about the possibility of future seminars, seminars at their dojo, and even coming to Los Angeles to study under Sensei. But despite this, I feel that the seminar could have been even better. Even though I was able to effectively give general instructions through Santiago, I couldn't go around and help everyone individually very well. I wish I had learned some basic Spanish beforehand (even just

also had to translate for Kenny and go around practicing with or helping other people), I had to try to communicate my points of correction solely by showing the part of the technique that needed correction or even the entire technique again. But no matter how clearly the technique is shown or how perceptive the student is, it always helps when you can communicate with the other person verbally. When I get back to Los Angeles, I'm definitely going to practice my Spanish for the next time!

After the seminar, the six of us (Kenny, Santiago, Susana, Carlos, Marga, and I) ate Spanish-style burgers for dinner in the middle of a promenade at Cafeteria LE MANS. Following dinner, they gave us a tour of Salamanca, including the old and new cathedrals and the university.

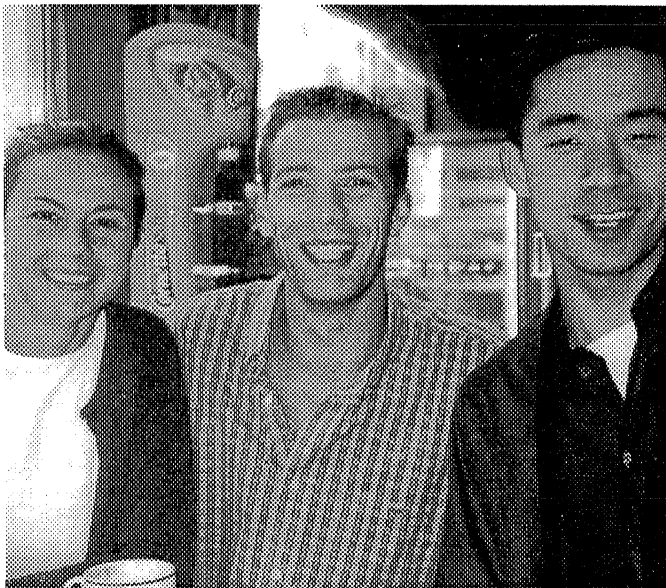
9/3 (Monday) We checked out of the hotel around noon and headed for Susana,s parents house, which is about 30 minutes away from Salamanca. We had lunch with Santiago, Susana, Carlos, Susana,s parents, and Santiago,s mother. Susana,s father prepared an enormous and very delicious meal. Afterwards, we went swimming in their pool before heading back to the dojo. Kenny taught a shortened class from 8:00 to 8:45 and showed: tenkan exercise, tenkan kokyuhō, kata-tori menuchi irimi, ikkyo, ikkyo (from the hand that,s grabbing), irimi-nage, shiho-nage, kote-gaeshi, and ryote-mochi kokyū-nage. After class, we conducted a black belt examination of two candidates, Antonio and Enrique. They didn,t test as well as we thought they would; it looked like they were tired from class and were also trying too much to impress us rather than sticking with basic techniques. Afterwards, we went back to Santiago,s for dinner again. Susana, Marga, and some of the students (Carlos, Mada, Ignacio, and Carlos Arguiles) took us out and showed us around some of the local clubs.

9/4 (Tuesday) Today, we went to Pena de Francia, so named because a Frenchman was the first to reach its peak. The five of us (Santiago, Susana, and Carlos) had a picnic at the top of the mountain. After a tour of the monastery, we went to La Alberca, a nearby town famous for its chorizo. After walking around town a bit, we went back to the dojo. Kenny worked with Antonio and Enrique, so I taught class tonight. I showed tenkan exercise, tenkan kokyuhō, shiho-nage tenkan, shomenuchi ikkyo irimi & tenkan, nikyo irimi & tenkan, and irimi-nage. We had dinner at Santiago,s, and since he didn,t have work on this night, he

9/5 (Wednesday) Before having lunch at Santiago,s mother,s home, Kenny practiced for the video a little with Carlos and me. Not to be outdone by Susana,s parents, Santiago,s mother also prepared a large meal, which included some paella. We went back to the dojo to practice some Iaido with Santiago. Kenny taught the Aikido class again and showed breakfall practice, kokyū-nage (forward throw), shomenuchi ikkyo irimi & tenkan, sankyo irimi (pin & throw), and ryote-mochi kokyū-nage. Santiago and Susana went home to get some rest after practice, so we had dinner with some of the students (both Carloses, Marga, Ignacio, and Mada) at a pizza place near the dojo.

9/6 (Thursday) Kenny practiced for the video with Carlos all morning and afternoon, with only a short break for lunch at Santiago,s. Iaido class was from 6:30 to 7:30 with Santiago, Enrique, and Ignacio. We went through suburi (wide stance, right foot forward, and left foot forward), noto (regular, stepping back, and turning), and

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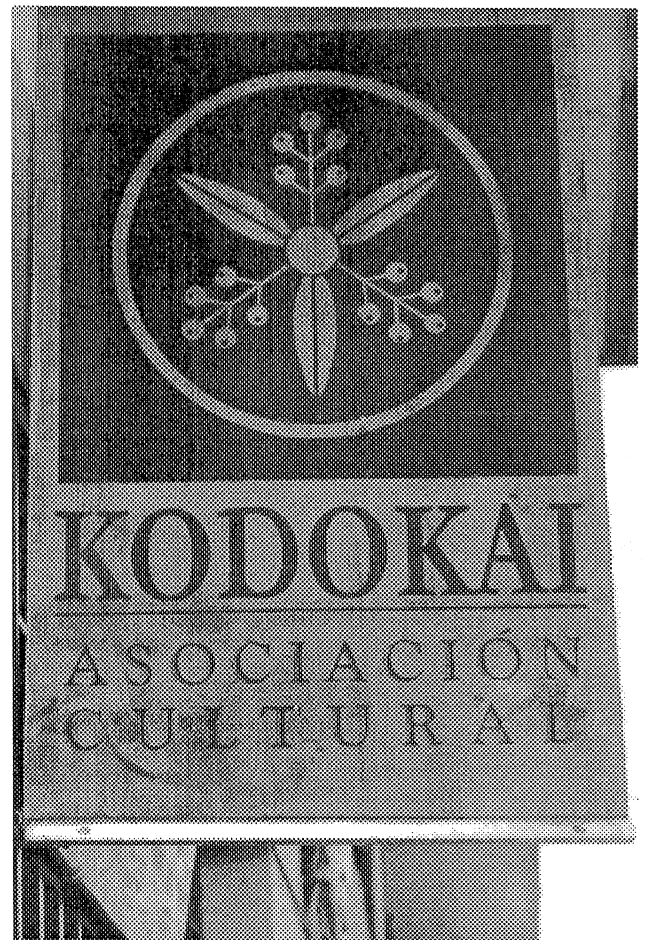
Left to right: Sussana, Santiago and Mark.

shohatto through inyoshintai. After Aikido class, Kenny and I went out with Susana (Santiago needed to rest) to El Tormes shopping center. We had dinner at McDonald,s, and walked around a few minutes (all the shops were already closed) before returning to the dojo.

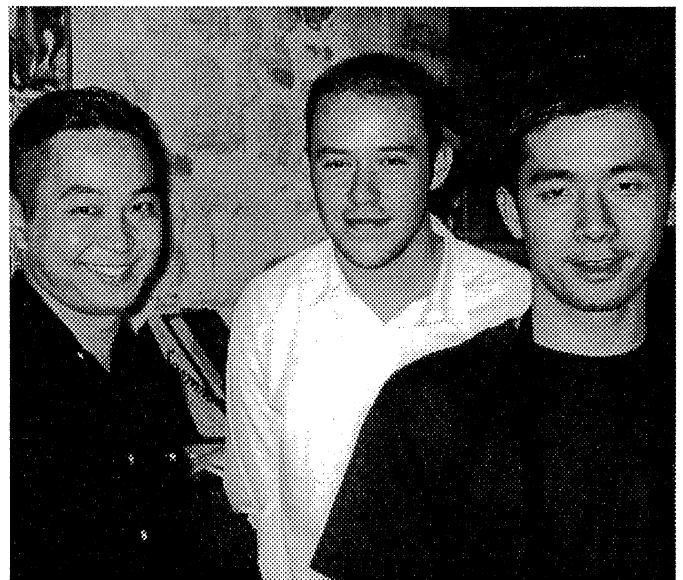
9/7 (Friday) We left for Madrid very early in the morning and arrived at Budo International,s offices at 8:30. Being a little early, we went out for some breakfast: coffee, bread, and churros. We got back to Budo International at 9:15, but there was still nobody there. We waited for almost two hours before someone showed up. Because they were late, the video shoot didn,t get started until 11:30. The video shoot went well, with very few re-shoots. Kenny showed very clean and strong technique. We finished with the video at 3:15, and then Alfredo Tucci shot some photos for the magazine article for another 15 minutes. Afterwards, we went to lunch with Mr. Tucci and his assistant. By the time we left for Salamanca, it was already 6:00. We arrived at the dojo at 8:15, a little late for class, which Santiago was teaching. Afterwards, we had dinner again with the same group of students (from Wednesday night) at a cafeteria.

9/8 (Saturday) Our last day in Salamanca. We had a farewell lunch with most of the Kodokai dojo: Santiago, Susana, Carlos, Marga, Antonio and his wife, Enrique and his girlfriend, Julian and his wife, Ignacio, Mada, Carlos Arguiles, Alberto, and Heliodoro. After lunch, Kenny and I returned to the dojo to rest and to pack our luggage. For dinner, we went with the same group of people (except Antonio & his wife, Enrique & his girlfriend, and Santiago) to a few different tapas bars surrounding the dojo.

9/9 (Sunday) We left Salamanca at 6:00 AM, stopping for gas and seeing on Friday, Santiago and Susana drove us through Madrid so we could see at least part of the city before we left. We got to the airport an hour later, and finished checking in our bags at approximately 9:30. We said our goodbyes, and after waiting another two hours, Kenny and I boarded our flight home.



Sign outside the dojo in Salamanca, Spain.. The name is inspired after Sensei's book, *Kodo Ancient Ways*.



Kenny Furuya and Mark Ty with Kodokai student, Alberto.

Annual Dojo Christmas Party On Dec . 2nd, Sunday

Special Guests: Grandmaster Wang Li Jun October 9.

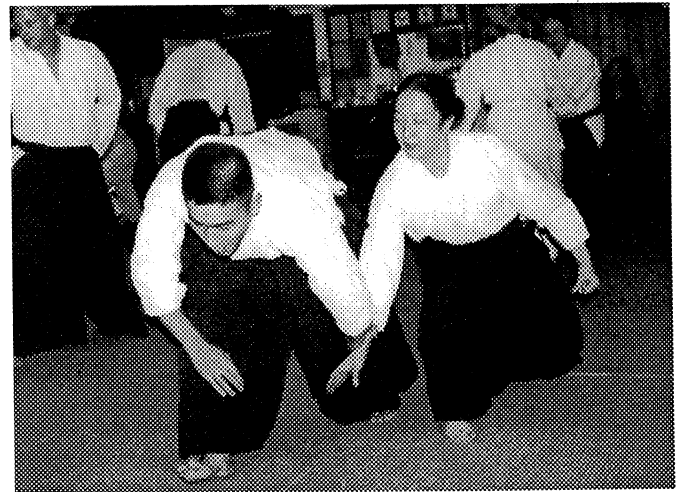


Sifu Wang is the 12th generation master-teacher of Chen Family Style Taiji in his own family. He has been in the country for a little over a year. He will be working with Sensei from now to develop some of his classes. He commented that he liked the discipline and spirit of our Dojo and thought that they should bring more of this same type of protocol in his own training. Viewing our class, he also mentioned that he would like to learn Aikido too!

Ms. Kimiko Arai, Tokyo October 22.

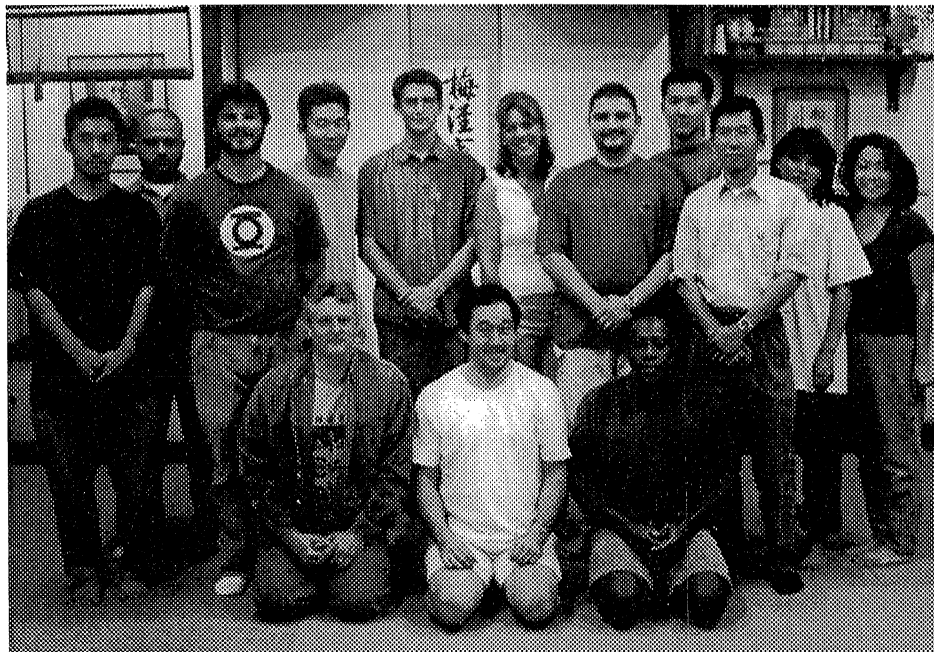


Ms. Kimiko Arai is from Tokyo and a student of Shigenobu Okumura Shihan, 9th Dan, and one of the most senior instructors at Hombu. He just turned 80 years old in August of this year and is still actively teaching. Ms. Arai is here in Los Angeles working on the premiere movie of Genji Monogatari in Hollywood and was recommended to visit our Dojo. After practice, Sensei treated Ms. Arai and her friends to a wonderful dinner at Traxx in Union Station. Ms. Arai enjoyed the practice very much and commented: "This Dojo is more Japanese than the dojos in Japan!" She practices at Hombu Dojo in Tokyo.



At Traxx Restaurant, with Ken Watanabe, Cheryl Lew, Mark Ty and Sensei. Before practice, our Mark Ty gave Ms. Arai and her two friends a tour of Hollywood including Farmer's Market, Melrose, Mann's Chinese Theater, Chinatown, Little Tokyo and Olvera Street.

More Little Tokyo Operation Sparkle Clean-up. September 22.



All of the Dojo Volunteers who helped clean-up Little Tokyo in September. This is an annual event sponsored by the city and many local community oriented organizations such as ours.



Victory cheer for a job well done! Congratulations and Thanks. In previous years, the City used to sponsor t-shirts for all of the volunteers but as the economy has taken its effect, they now only supply brooms and trash bags. Although participation is less nowadays, we are always there to help out. Many thanks again to all of the Dojo members who helped out. I would, in the future, like to see more Black Belts and senior students participating in these events. I believe these projects help us to understand the True Spirit of Aikido in freely and unselfishly helping others.

Congratulations!
4th Anniversary
Kodokai
October 19.

Mutual Thanks!

October 22, 2001

From Patrick Cassidy Sensei:

Dear Furuya Sensei,

I felt very honored and welcome by you and your dojo community. It was a joy to visit with you and to be a guest at your wonderful and beautiful dojo. I have never seen anything like it either here in California or in Japan. It truly is a work of art. Your students are also something very special. Their willingness to try something different and the respect they offered me and my students was very moving. I am very happy that I had the chance before I left to meet with you and make a connection. I will do my best to let you know how things evolve for me and hope to see you in the future. Until that time may you and your community prosper in peace, Patrick (Cassidy Sensei)

Annual Dojo Christmas Party

Dec. 2nd, 7:00pm.
Shamshiri Restaurant
In Glendale.

*Everyone is invited &
welcome! Sign up now.*

Monthly
Intensive Aikido
Every Last
Saturday
6:30am-8:00am

Everyone is welcome!

Letters:

09-01-10. Water or Coke? We all know that water is important but I've never seen it written down like this before.

WATER

1. 75% of Americans are chronically dehydrated. Likely applies to half world population)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield. This is very interesting. Check it out.

For Your Information:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material placards reserved for Highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years. Now the question is, would you like a glass of water or coke?

Submitted by Russell Wong, New York.

Sensei's Reply: Many thanks. Interesting!

Danger Signs: Ephedrine

By Dr. Cheryl Lew (At Sensei's Request)

"What is Ephedrine? What is Ephedrine, Ephedra and Ma Huang? These terms are used to refer to the same substance derived from the plant Ephedra. (There are many common names for these evergreen plants, including squaw tea and Mormon tea.) Ephedra is a shrub-like plant that is found in desert regions in central Asia and other parts of the world. The dried greens of the plant are used medicinally. Ephedra is a stimulant containing the herbal form of ephedrine, an FDA-regulated drug found in over-the-counter asthma medications.

In the United States, ephedra and ephedrine are sold in health food stores under a variety of brand names. Ephedrine is widely used for weight loss, as an energy booster, and to enhance athletic performance. These products often contain other stimulants, such as caffeine, which may have synergistic effects and increase the potential for adverse effects. Ephedra is often touted as the "herbal fen-phen."

Ephedra's main active medical ingredients are the alkaloids ephedrine and pseudoephedrine. The ephedras also contain various tannins and related chemicals. The stem contains 1-3% total alkaloids, with ephedrine accounting for 30-90% of this total. The concentrations of these alkaloids depends upon the particular species of ephedra used.

Ephedrine alkaloids are amphetamine-like compounds used in OTC and prescription drugs with potentially lethal stimulant effects on the central nervous system and heart. The FDA has received more than 800 reports of adverse effects associated with use of products containing ephedrine alkaloid since 1994. These serious adverse effects, include hypertension (elevated blood pressure), palpitations (rapid heart rate), neuropathy (nerve damage), myopathy (muscle injury), psychosis, stroke, memory loss, heart rate irregularities, insomnia, nervousness, tremors, seizures, heart attacks, and death. The agency has proposed to prohibit the marketing of dietary supplements containing 8 milligrams or more of ephedrine alkaloids per serving."

I would suggest that an appropriate paragraph for the newsletter would be: *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. In general, because of the potential dangers to self and to others, no member of the Aikido Center of Los Angeles should be using ephedrine or any other so-called performance enhancing drugs. Use of such substances is completely counter to the spirit and the internal discipline intrinsic to the practice of the traditional martial arts.* Cheryl: Many thanks!

Aikido Center of Los Angeles
NEWSLETTER

09-14-01.

Hears Planes. I am safe Thank you. I live only half a mile from the WTC. I heard the Jet engine outside my window as it all began.
Russell Wong.

09-19-01.

Hello, Mr. Furuya: I was watching Discovery channel the other day, and I was surprised to see you there ! It was a very interesting show for the first place, and saw you that made it even more interesting. Thank you. . . . Tom Sirface, North Carolina.

09-19-01.

Discovery Program Seen in Sacramento.

Dear Sensei Furuya, My name is Ric Gatejen and I live in Elk Grove, a small city south of Sacramento. I am writing to you in the hope that you can help. I have studied Kenpo for several years but find myself looking more. I have read many books about Aikido and am very interested in finding a good Aikido dojo. I have read many of your articles and also saw the show on the Discover Channel last week. Unfortunately, I live about 400 miles from your school, so I don't know if I will ever get to visit, let alone ask to study there. My question is this -- do you know of any god schools in the Sacramento area? The only one I have been able to find out anything about is a school called "New School Aikido" owned and operated by Sensei John Smartt. I intend to visit this school, but wondered if you have any knowledge of it or any other school in my area. Many thanks for any information you might be able to share. Respectfully, Ric Gatejen

09-19-01

Hello, I hope your day has been good. I was very excited to see the Iaido class on Sunday and thank you for allowing me to join. I will see you on Thursday! On another note, I read your words for today and have taken some comfort from them, unfortunately I had a problem that I had hoped would pass, re-visit me. It is not a situation that one can confront in one place in time. It will have to be dealt with in it's pieces and in it's own times. Along that road, I get weary and in this case, sad. I had a feeling that If I read what you had to say today, that it would help, and it did. So thanks again, it's appreciated. Sincerely, Matt Wolf

09-23-01.

Dear Sensei, My name is Dave Bendigkeit. I'm a Sensei in Pacifica, CA. I teach Aikido (under Patricia Hendricks Sensei), Kajukenbo, and Shintaikido Jujitsu. At any rate, I'm reading your Book "Kodo" and am really enjoying your way of explaining the arts and training. I also appreciate your stories about your students - Oh, how they sound familiar!... and your sense of humor. . . .

09-17-01

Continuing Dialogue (Refer To Last Month's Letters):

Sensei - Anyway, I'm forwarding the comments. We had council yesterday at the center. It was fascinating to hear the perspective of so many people. One person has been sending a strong warning to the teacher about going overboard, and made comparisons to Yasutani-roshi during WWII. The dialogue is very polarized. I'm left with the question: Are there limits on compassion, does true "evil" really exist, and how can we take action without sending the world in a downward spiral of cause and effect...action and reaction... Anyway... In gassho, Lawrence

Sensei's Reply: Infinite Compassion.

I am probably not the right person to ask but the Buddha said, "think

right thoughts, take right action."

I think there is infinite goodness in the world but at the same time, this necessarily implies there is infinite evil. As for our lives, it should not be a matter of quantity. The world suffers at the death of a single tiny bug as it does the deaths of millions of people at the same time. It is all a matter of what we are aware of. At the moment we are dealing with a great tragedy - we should concentrate on easing the suffering of those who are suffering. We can even say that suffering is infinite too, but this does not do any good either, does it? It is only intellectualism and self-delusion. Thinking that an answer or resolution or understanding will solve the matter is also a delusion. Look at New York right now - even if reason says your loved one is dead, still they have hope. How much does the so-called "answer" help in this case?

Even if "infinite compassion" does not exist in this world, isn't it our jobs in our lives to create and materialize it in this world anyways? At least, this is my thinking. The good we can do in this world may not solve the problems of the world and it may not even bring understanding of the nature of why things happen as they do. Ultimately, no questions are answered anyways. Despite this, Buddhists are concerned with compassion - even beyond our own enlightenment. Even the Bodhisattva cannot cure suffering and evil, so he remains here to ease our pain and waits until we can help ourselves - this is what we should be doing now. As I tell my students continually - you can only help yourself by helping others. This is not the answer by no means, it is only the way I chose to live and what I teach my students, hope it helps anyways,

Rev. Kensho Furuya

10-13-01.

Furuya Sensei, Thank you so much for your outstanding spirit! I have read and re read Kodo Ancient Ways and have found it to be a very fruitful experience. My dream is to one day train with you at your center. I am hoping this e-mail communication finds you well and I look forward to one day being your student if you will have me in your dojo. Thank you so much Sensei! yours in the Martial Way,
Michael Chamberland

10-03-01.

Hi, Sensei Kensho, I am a student of Bujinkan Budo Taijutsu under the guidance of Soke Masaaki Hatsumi. I have been training in the martial arts for 13 years. I saw your segment on the Discovery Channel, and just wanted to say thank you for teaching real Budo to the world. It seems to me that allot of the real martial arts have been lost to main stream society. It makes my heart glad to see some one teaching real budo. Thanx and my your teaching flourish. Buyu Jay Zimmerman. Shodan Bujinkan Budo Taijutsu. Sandan Hoshinjutsu

Discovery Program: Many thanks for everyone's warm reception to the cable TV Discovery Program. We received a great response from all over the country, I heard that it also aired in Europe under another title, Asian Fighting Arts, or something similar.

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Aikido Center of Los Angeles
NEWSLETTER

09-19-01

**Submitted by James Nakayama Sensei, Chushinkan Dojo:
Last Minutes Of A Very Brave Martial Artist:**

You can find the following at: <http://espn.go.com/columns/woj-narowski/1251966.html>. Glick lost his life, but won his final bout.

By Adrian Wojnarowski, Special to ESPN.com

Jeremy Glick had gone off to college and lost touch with his sensei, Nagayasu Ogasawara. They had trained judo for hundreds, perhaps thousands, of hours together over the years, a little curly-haired pipsqueak transforming into a 6-foot-2, 220 pound black belt.

Years later in 1992, Ogasawara found Glick in the City College of San Francisco gymnasium, without a team, without a coach, and without a doubt in the world he was going to win a national college judo championship for the University of Rochester. "Actually," Ogasawara said over the telephone last week, "he was the team. ... the coach, too."

Ogasawara had gone to the national championships nine years ago to coach West Point's Cadets but ended up in the corner of his old student, marveling over Glick winning a title his university never bothered to keep on record. One at a time, each foe dropped to Jeremy Glick. One at a time, he beat them. All the way to the end, all the way to last week on United Flight 93, bound Newark to Eternity.

This was the solace his wife, Lyzbeth, had on Tuesday morning, talking to her husband on the telephone. Two planes had crashed into the World Trade Center, a third burned into the side of the Pentagon, and now Jeremy, 31, was on Flight 93, a plane terrorists had re-routed for the White House, or the Capitol, or perhaps Air Force One. They talked for 20 minutes, with him telling his wife he had hatched a plan with two passengers -- presumably Thomas Burnett and Mark Bingham -- to charge the terrorists flying the plane and crash the plane out of harm's way on the ground.

"Take care of Emmy," Jeremy Glick told Lyz, thinking to the end of his baby daughter, and soon, he told his wife goodbye. She passed the telephone to her father because she couldn't bear to hear the rest. Helisted to the muffled screams, the sounds of a struggle, and soon voices were gone and Flight 93 crashed into the corn fields of rural Pennsylvania.

"All I can think is that it's too bad he didn't know how to handle a plane," Ogasawara said. "Because he smashed those people right away. Maybe he had help with others on the plane, but I know he wouldn't have needed it. Three people with knives? It would've been no problem for him."

Word started to spread to old friends that there was a Jeremy Glick on the fateful flight, and nobody had to hear it twice to believe it was their Jeremy Glick. He was an all-state wrestler for Saddle River Day School in Northern, N.J., a judo champion. Josh Denbeaux, a lawyer and high school buddy of Jeremy's oldest brother, Jonah, insisted: "Those attackers are pretty f---, sorry, because they ran into the toughest son of a bitch I've ever known ... He wasn't just going to be fighting them, he was going to be the leader of it."

For this, Lyz Glick is grateful. In her mind, this was the reason her husband was destined to die on that flight: so others could be saved.

Always, they'll remember him as a hero. Always, they'll remember him bursting to the front of the plane, ending his life as he long lived it: Full of fire, fearless and ultimately, for everyone else.

"Immediately, I knew he was one of the guys who took them down," said Joe Augineillo, who coached Glick's high school soccer team. "I guarantee it. He was a tough, hard-nosed kid. He was my captain, the protector on my team, and if you gave him a bloody nose, and knocked his teeth out, he'd still be coming after you again. He wasn't the most talented kid on the team, but Lord, you never wanted to be in that kid's way."

Sometimes, we wonder the value of sports. What are they teaching kids? What are the lessons learned? Well, there's a judo sensei and high school soccer coach in Northern New Jersey praying something they imparted on Glick benefited him on Flight 93. Nevertheless, Jeremy, Thomas Burnett and Mark Bingham have to be remembered among the greatest champions American sports have ever produced. Who knows where our country would be without him and the heroes of Flight 93? Who knows what would still be standing, who would still be alive?

"All I did was cry (Wednesday) morning," Augineillo said, "but the only time I could come close to smiling was imagining sitting next to Jeremy on the plane. I could hear him, saying, 'Aug, let's get these (bleeping) guys.' I'm sure they pounded the (crap) of them." "It's just a shame Jeremy couldn't fly the plane, too." Jeremy told his wife he had his plastic butter knife left from breakfast with him, reaching for a little humor in the darkest moment of his life. Soon, he was gone, pushing for the cockpit, pushing for the terrorists, pushing for the end with Bingham of San Francisco and Burnett of San Ramon, Calif.

Those attackers never made it to the White House, the Capitol, Air Force One or wherever it was that they intended to crash on their one-way ticket to Hell. Out of Flight 93, three came Americans and the people remembering the wrestling an judo champion on board understood those terrorist bastards never had a chance: Here rushed Jeremy Glick, the sweetest, surest, toughest SOB they had ever known.

09-01-01. Alliyah's Plane Crashes. Many Condolences.

Sensei, I am back in New York. I attended the service for Aaliyah today. It has been an emotional day for many. I do have fond memories of her. I gave my condolences to her Mom, Dad and brother whom I am also very fond of. They are obviously grieving. They are the kindest of people. I pray for them through out the day and night. I was fortunate enough to introduce Aaliyah to Spider Rolls while we shooting in Vancouver. She LOVED them. I am happy for that. Talk to you soon. Russell Wong

08-23-01.

Regarding Our Joint Practice of October 13th.

Excellent choice and fine idea! I wouldn't miss it...Saturday, October 13 it is. I trust that this is the beginning of a closer relationship between us, and apologize for not visiting you sooner. I enjoyed our conversation at the Doran Seminar and at that time was uncertain of our Dojo's future. "Out of the mud grows the lotus" - We are very happy with the current state of our garden. I thank you for coming to our open house, and please also extend to Tom Williams my appreciation as well. The peanut butter is delicious, and the "peaceful" scroll is beautiful. The greatest gift is your thoughtfulness, generosity and friendship. Sincerely, Frank(McGouirk Sensei)

Aikido Center of Los Angeles
NEWSLETTER

10-23-01.

Regarding Sensei's Daily Message on October 22nd.

Dear Furuya Sensei, What a wonderful piece you wrote about Holo Mai Pele. I was able to attend a preview of the video at a very fancy affair at the National Museum of Women in the Arts here in DC. One of my hula mentors had tickets. Got to listen to the director speak and the producer, too. I saw this halau (school) perform live, at the dedication of the new volcano observatory in Volcanos National Park on the rim of the crater that is Pele's home. That was over 10 years ago. They were breathtaking then. I have followed them all these years.

Did I tell you that I study at a halau here in the DC metro area? The halau student body is mostly children, but a few years ago they started a class for adult women, mostly moms of children who are also taking lessons. We study dance, language, history, culture -- we get lectures on botany and ethnobotany -- and this week we get a lecture on Hawaiian geology. And we dance. One of the halau dads teaches karate. He can tell when I am doing aikido instead of hula and we laugh over it.

Let me tell you a little more about the call we say before we go in. We do it to ask permission to learn. But, as in all things Hawaiian, there are secondary and tertiary meanings. The chant that that halau used is among those we use as well and it is the same chant that the young woman, Hi'iaka, says to the older woman beating tapa cloth in the video. When we say the chant, we recount Hi'iaka's travels. We are her, we try to capture her spirit. We ask for her to be with us, in us. We remember the beauty of the places she lists in the chant and we recall the strength of those places, hold them in our hearts and try to make them live in what we do.

There are many entry chants and sometimes we are required to chant 5 different ones before we are allowed in. If you do not chant with sincerity or strength or if you bungle the chant, the teacher will not respond. When you hear that silence, you know you have to repeat the chant -- and hopefully you'll get it right! The teacher does not invite you in if the chant is not done properly. If you come in late, you have to wait to be acknowledged, chant and get a response from the teacher before you can enter. One of our ladies is such a beautiful chanter that we tease her that she comes late on purpose, just to get a chance to chant by herself -- in her own key and at her own speed (which is musical) and not hampered by those of us less talented. In the old days, the chants were specific to halau. They were passwords. If you didn't know the password, you were not allowed in. In the old days, kumu (teachers) guarded their dances. They were very jealous of the knowledge that they had and they did not dispense it freely.

Even now, our kumu decides what he will teach us, based on what we've accomplished. If he is pleased with us, he teaches us a lot of new things. If he is displeased with our progress, he teaches us a minimum of new dances. Each dance he gives us is a gift, to be received with respect and treated with respect. He just came up from Hawai'i this past week and we had classes Friday night, all day Saturday and all day Sunday. He comes to lead Master Classes 4 times a year. He was happy with our chanting. Whew!

This past summer, the students of our school attended a special chant workshop -- taught by a kumu that specializes in chants. When the chant kumu demonstrated, the quality and sound of her voice was amazing. The sound did not seem to come from the kumu, it seemed as though it was coming from the surface of a bubble that held her.

She was extending a lot of ki. Hawaiians call it mana. My husband had been asked to record the workshop and he had his microphones set up. He had headphones on, his back turned -- he was fiddling with the controls and writing down marker numbers on the tapes. The kumu wasn't even under the lead mike, but when she started, the sound was so big, my husband jumped. He spun dials in a panic, trying to bring the input volume down so that it didn't blow out the recording equipment. Recordings do not do justice to the chants. The power coming from a chant done well and heard live gives me goosebumps and sometimes brings tears to my eyes. It is that beautiful, pure and strong, Sensei. Glad Holo Mai Pele touched you. Hope to get a chance to dance for you someday. Aloha, Beth (Mizuno), Washington, D. C.

10-16-01.

Important Question About Practice From Singapore:

Dear Sensei Furuya, I am practicing aikido currently (5th kyu). I took it up primarily for health reasons because I lack exercise and being a very petite girl (1.58m in height), it served as a form of self-defence too. A friend recommended your book KODO Ancient Way to me and I am reading it now. I have not finished the book and I am not reading it in sequence. Read those articles that appealed to me, so far it has been very enlightening and inspirational.

Well, my purpose of writing to you is to seek your advice. Recently I attended Hong Kong Aikido Association 30th Anniversary seminar (it is my first oversea aikido seminar) and I was very excited about it and didn't know what to expect of it. Many a times I was told by my Sensei that according to O-Sensei teaching, (please correct me if I am wrong) we should partner as many aikidoka as possible. For eg, to perform Ikkyo, we have to try to feel 1000 different hands so that we can understand the essence of the technique. Hence I took it very seriously and tried to partner as many different people as possible. Some are very helpful and teaches me along the way, but some were less helpful. I felt a little upset and it was a very humbling process and I thought to myself, maybe I am not cut out for learning aikido or for that matter, martial art. But again, I don't want to give up because everytime I am on the mat, I am very happy. I am with friends and at the same time it serve my purpose of wanting to exercise. I have injured my back through bad ukemi and had been seeking chinese treatment like acupuncture for quite a while but seems like the problem relapse again. Hence I was wondering if I should be practicing aikido. But I don't want to give up just like this, it is liken to a weakling succumbing to a little setback. It is not the aikido spirit.

I am working full time now but I am also studying for my degree in psychology partime in the eveings (3 times a week). It has been very tough on me and many a times, I really felt like giving it all up. Some of your articles not only talks about aikido but also on other aspects of life. I find them very useful and a source of encouragement. Thank you. Sensei Furuya, pardon me for writing to you directly and also my poor command of English. I hope you understand what I have written. I wish you good health and happiness. Yours Sincerely, Jo Lee, Singapore.

Sensei's reply: Please refer to my Daily Message of October 19th. Seniors are always responsible for the juniors. In questions of protocol, seniors are right. In compassion, juniors are right.

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Aikido Center of Los Angeles
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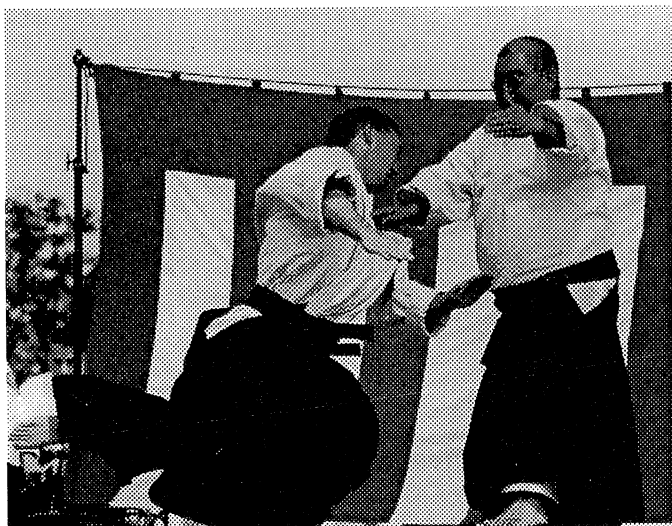
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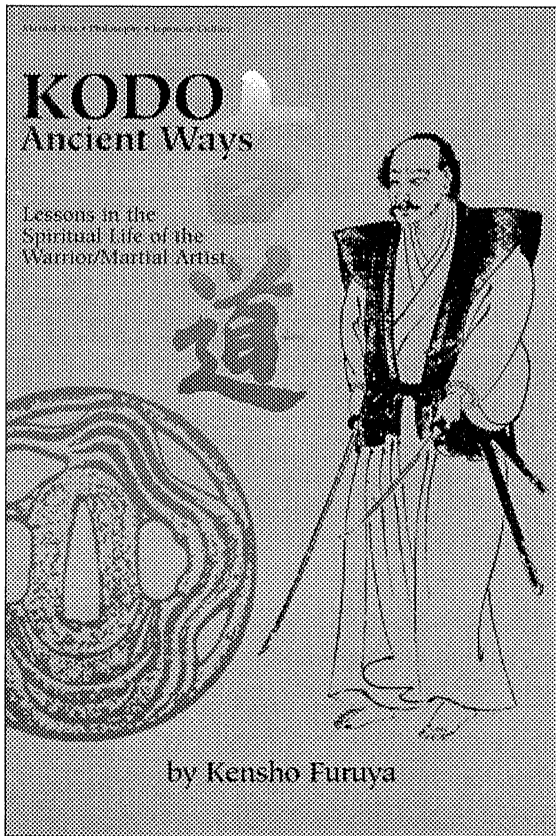
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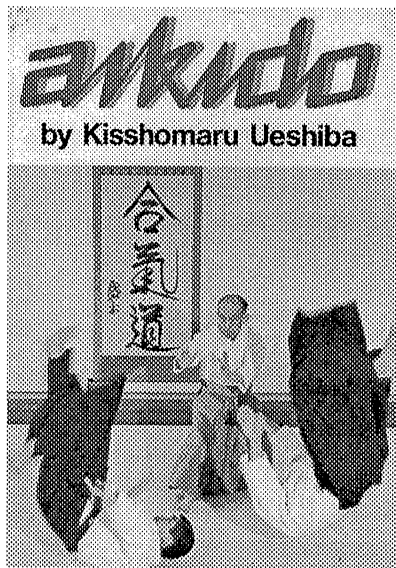
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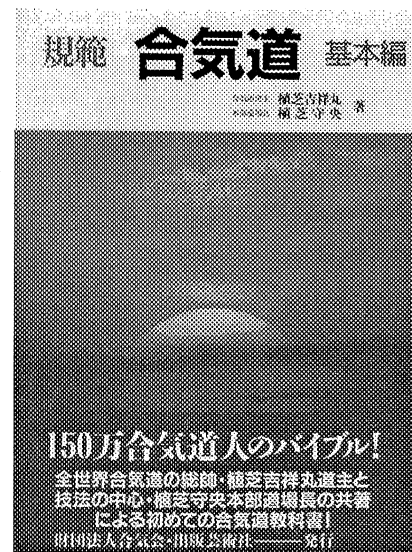


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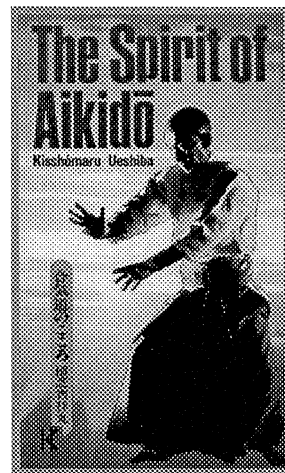
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Dojo Treasure Arrives From Japan
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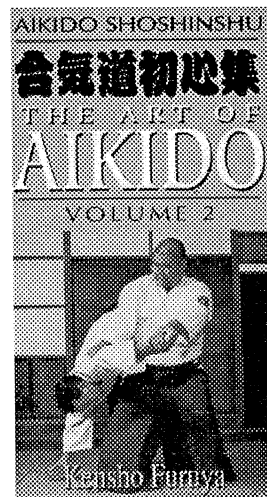
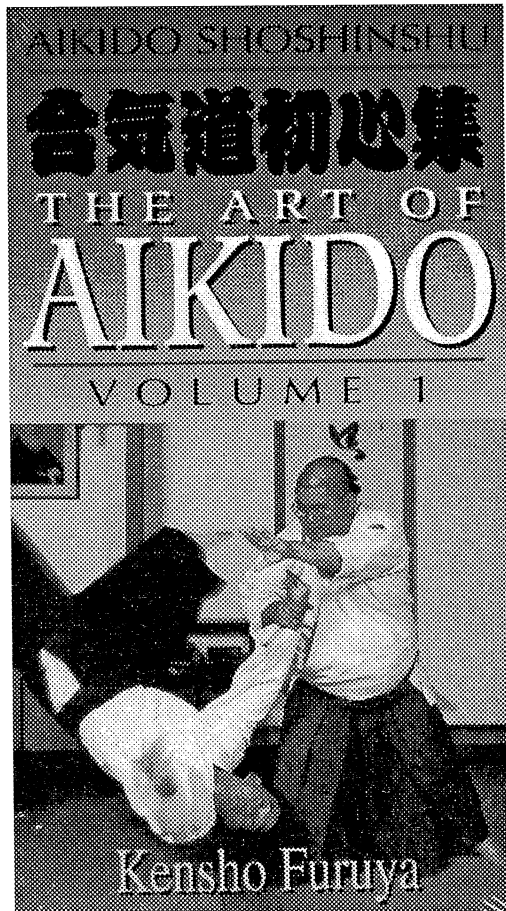
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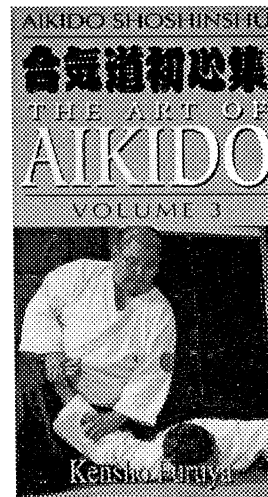
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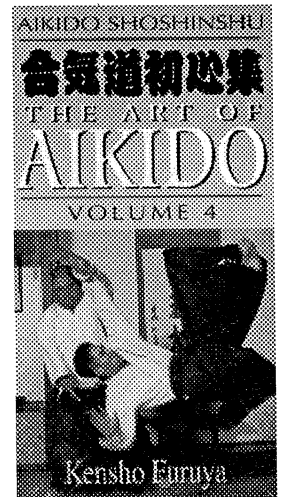
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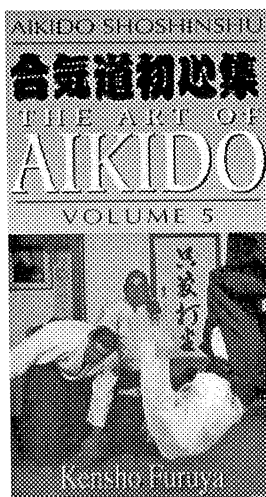
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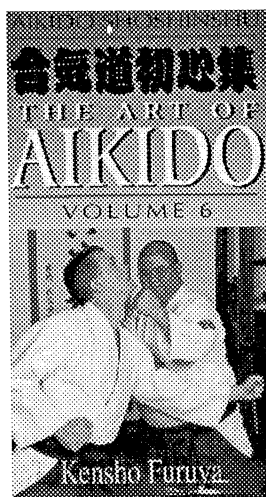
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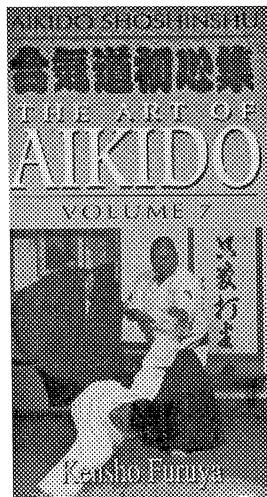
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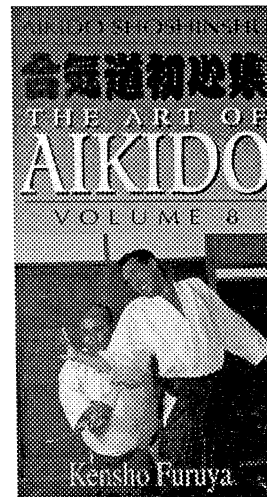
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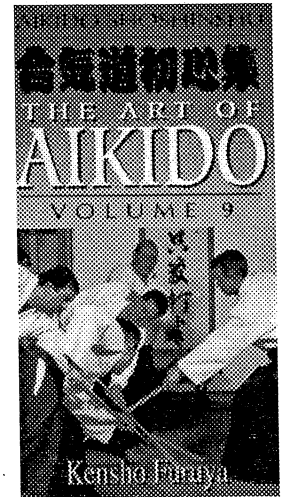
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Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



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

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.

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

Sundays: Children's Class: 9:00-10:00am.
Open Beginning: 10:15-11:15am.

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

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Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Thursdays: 7:45-8:45pm

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

No Classes on the last weekend of the month.

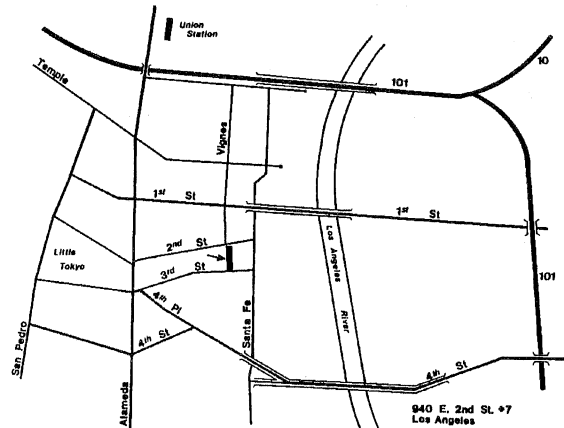
Intensive Iaido

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

Private Classes Available.

Finding Our Dojo:

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



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