

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

忘れられた心を探す合気道 合気道場

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

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Donation

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Doshu Conducts Seminar in Madrid, Spain October 1-3.

**Santiago G. Almaraz,
Salamanca Aikikai**

Fourteen students of our school, Kodokai Dojo went to this seminar, and everybody enjoyed and learned very much. For all my students was the first time that they see Doshu so it was a very nice ex-



Doshu & Santiago meet after seminar. Madrid, Spain.

perience for all of them. Of course me too. We arrived Saturday Morning about 9:15 because we wanted to arrive on time and be ready about administrative things and pay the seminar fees before the seminar started.

The first hour of the seminar was conducted by Kitaura Sensei, We stopped for about 10 minutes and Doshu came on to teach. After a brief introduction, Doshu started at 12:00 with the seminar and finished his class at 13:30.

He showed us many basic movement such as Tenkan, Irimi, Tai Sabaki and their applications in many different techniques in Aikido,

such as Ikkyo or Tenchi-nage in the first part of his class. We practiced Katadori Kokyu Ho and Ikkyo (Irimi and Tenkan), Shihonage and Kotegaeshi, After this, he demonstrated Morote-dori with Kokyu-nage, Irimi and Shiho-nage and Kote-gaeshi.

We were so impressed with how strong and clean Doshu's Aikido was. Every movement reminded me of how Furuya Sensei teaches Aikido. And how close are his teachings are with Hombu Dojo.

In the morning seminar, there was around 500 Aikidoist and we have to practice on a very small mat maybe for 250 or 300 people, so we could not do many Ukemi but we did fine and the practice was very enjoyable and memorable. An experience that none of us will ever forget in our lives.

We finished the morning class and took a group picture with Doshu.

The seminar continued again at 18:00 so we went to take lunch and rest for a few hours. In the afternoon class, Kitaura Sensei started with some Shomen-uchi and Yokomen-uchi Ikkyo, Nikyo, Omote and Ura and Shiho-nage and Kote-gaeshi. Doshu repeated the same techniques as Kitaura Sensei including Suwari-waza and Katadori Nikkyo.

This afternoon he saw our dojo Aikido patch and asked me about my teacher and I told him that I was a student of Furuya Sensei and that I was in the Dojo for our 30th Anniversary and that we had the chance to assist with the Yonemchi Sensei seminar in our Dojo. He said that he know you and was so happy we come to practice in his seminar. I transmit you warm regards to Doshu, of course. The same situation

Incense Offering Ceremony For Late 2nd Doshu On January 4.

On January 4, we will be conducting an incense offering to the memory of 2nd Doshu, the Late Kisshomaru Ueshiba Sensei, on his Meinichi, Day of his Passing. Everyone's attendance on this occasion to commemorate 2nd Doshu's memory is greatly appreciated. Many thanks for your attendance.

Belated Dan Promotions Celebration At Palermo's. October 10.



Many students enjoyed a delicious pizza party at Palermo's in Hollywood celebrating Dan Promotions received earlier this year.



Special Upcoming Holiday Exhibition & Lecture:

The Art & Life of Miyamoto Musashi, The Swordsman

An Exhibition of His Swords & Paintings

Coming soon.

Jake LaBotz Concert. October 16.



Annual Christmas Party At Sambi's December 5. Everybody Welcome!

Please sign-up now. Good food and Xmas gift exchange.



From Dojo Christmas Party 2003. Don't miss this year!

Steve Shaw Settles In Colorado



Steve Shaw, one of our senior members, has relocated to Little, Colorado, with his wife and new baby, Cyan Luna, for his new teaching job. Steve will still maintain his membership with our Dojo and continue to train with us when he can visit Los Angeles.

Brandeis University Women's Assc. Visits Dojo. December 13.

Brandeis University Women's Association will visit the Dojo on their Art Tour of Downtown Los Angeles. This group supports the library fund and financing book buying program for the well-known university located in Boston. Volunteers are needed for Aikido & Iaido for the planned Aikido & Iaido demonstration for the group.

General Meeting & Budo Study Class First Wednesdays Of The Month:

Please note that our monthly General Meetings and our Budo Study Class have been combined and are now on the First Wednesday of the month. Please attend these monthly meetings to keep up on what is going on in the Dojo, to be a voice in the Dojo and to ask questions and discuss various aspects of our training which we normally do not do in regular class.

Our Dojo Calendar:

November 3. Monthly General Meeting & Budo Study Class.

November 25. Thanksgiving Holiday. Dojo Closed.

December 1. Monthly General Meeting & Budo Study Class. 7:00pm.

December 5. Annual Dojo Christmas Party. Everyone in invited, join the fun!

December 18. Dojo Year End Garden Cleaning and Fence Painting.

December 25-26. Christmas Holiday. Dojo Closed.

December 28. Dojo Year End Clean Up.

December 31. Special Year End Practice. 6:30-7:30pm.

January 1. Happy New Year's Holiday. Dojo Closed.

January 2. Hatsu Keiko: First Practice of the New Year.

January 5. General Meeting & Budo Study Class. Study Topic: The Significance of the New Year and Kagami Biraki in Aikido and Tradition Martial Arts.

Yahoo.Group: Aikido-Iaido-KODO

Please join Sensei's Yahoo Group. It is members only so you must join as a member but it free. Sensei posts his thoughts here throughout the day. Sign-up now!

Submit Articles: Special Upcoming Christmas & New Year's Issue.

We are looking for articles about your training and your greetings for our upcoming special issues. Articles are especially needed from our black belts, assistant instructors, senior students, new students and from our branch dojos. Everyone is welcome to submit their literary works of art. Clear photos are also desired. Please email to Sensei asap. Many thanks.

Xmas & Year-End Special Practices:

Don't miss our upcoming Year End Practice on December 31 and our Hatsu-geiko or Special First Practice of the New Year on January 3. Please attend these special practices.

Convenient & Easy Christmas Shopping:

For our members, we have a large supply of official Dojo T-shirts, copies of Sensei's KODO-Ancient Ways, The Art of Aikido video and dvd series, and Dojo coffee mugs which make excellent Christmas gifts for your family and friends. Your purchases also support the Dojo at the same time. Many thanks for your support.



Doshu In Madrid Continued:

Continued: happened with my brother, Carlos. Doshu saw his patch too and asked him about that and he told him the same as me. It was so nice. All my students wore the Dojo patch in this seminar and maybe he like to know what school is this.

When the afternoon seminar is finish we have 1 little lunch and we went, Doshu was there and because we have to leave early we only stay for 20 minutes and we were so close to

Doshu's table, He watch us and when we leave the dinner, Doshu was close us and alone and I think that will be correct say "goodbye" and I say "Sorry, Doshu but we have to drive to my city, Salamanca, and thank you very much for the practice and we will see you tomorrow, and one more time my best regards from Furuya Sensei" And he asked me how far away was my city and who are my students and that we will see us tomorrow for the practice.

Sunday class, Kitaura Sensei started at 10:30 and he did some Tsuki Irimi and Tsuki Kote-gaeshi and Shiho-nage. This part finished at 11:30 and Doshu started at 10:40. This time, we practiced Ushiro Ryote-dori and Kata-dori Menuchi, Ikkyo, Nikkyo, Iirimi-nage, Juji-nage, Kote-gaeshi and Shiho-nage and, of course, this was very very good. I enjoyed this class very much. With the practice, I forget but always we finished with Kokyu Dosa and Back stretch... Exactly as you practice in your Dojo, Sensei.

I have the opportunity to practice with his Uchi deshi and he was very good strong, but very correct and very polite.

When the class finished and he and his Uke changed his clothes, they were waiting for the car on the street, I come to Doshu to say, "Good bye" and wish him a safe trip home to Hombu Dojo.

For myself and all of my students who participated in this wonderful seminar, it had been a truly great experience and wonderful because



we reviewed all the basics in Aikido and we can see how close the teachings of Furuya Sensei are to Hombu Dojo. Now I understand Yonemochi Sensei when he say don't change anything, It's true the same as Aikido as Aikikai. Many Thanks, Sensei for you teachings. Your student, Santiago G. Almaraz, Salamanca, Spain

Aikido in Latvia

Correspondence with Olga

10--08-04: Dear Sensei, Hello! Hope you are fine and your Dojo is going well. My name is Olga, I am 22, I am from Riga, Latvia (Europe). I've been training Aikido for 1,5 year by now. I am very fond of the art - techniques, ukemi, all sorts of exercises. But what I like about it most of all - it makes me feel more myself than I can feel in other places and with other people. I discover so much in me that has always been hidden and I get to know so many things that otherwise I would never hear about. So many things - about physical and mental aspects of my life, about emotions, mind, time, relations, work, load, teaching and learning.

I would like to thank you very much for everything you do, for all those wonderful essays and articles that are so different and full. Thank you Sensei! I am not sure I learn much from them - but it makes me understand Aikido as the art for the whole world and piece. Isn't this close to the O'Sensei's idea of the universal art? Maybe not

Latvia continued: but I like to think so - I just can't understand it better with my 1,5 year long experience.

I also thank you for your participation in Aikiweb forums - for your answers and all the information you have given, and above all - thank you for your poems! They have been great. I loved them very much. So much that I have collected them from both threads that concerned poetry. Now I have 7 pages with them. It was not enough. I have translated them into Russian. I have been thinking to become a translator and it was partially due to that translation that my idea had come true. I am a translator now and I am studying languages in a University. I would like to translate books some day. It is good to know what you want. Would I understand this without your 7 pages? Maybe I would. But wouldn't it be too late? I don't know. It doesn't really matter - THANK YOU for your poems!

I have shared them with few of my fellow Aikidoka and Sensei. They have loved them too. I hope you don't mind? I thought it was a public forum - for everyone to read. And when I saw tears in the eyes of few readers - I thought I did a good thing with that sharing.

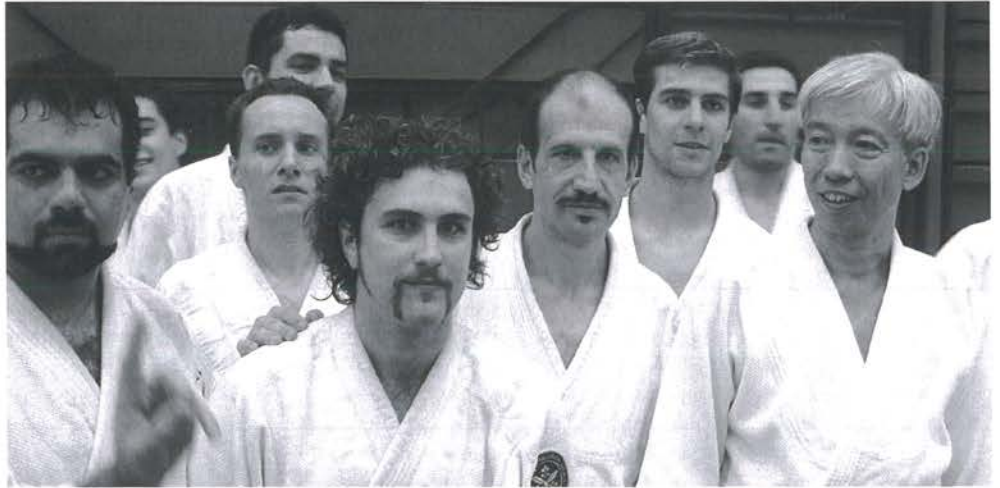
It is pity you don't publish them any more. :) Once again, Sensei, I thank you for your teaching!

10-09-04: Dear Sensei, Good day to you! Thank you very much for your wonderful letter and for the poem - no one has ever written a poem to me. That is so pleasant and nice. Thank you. :)

I think maybe you would like to know more about the place I train in - it would be honest since I know much about your Dojo from Internet. Your Dojo is beautiful. It looks so perfect. It looks that it took many years and work, work of both hands and heart, to make it look so calm and full of energy and light.

We train in the Martial Arts center, what is a part of a sport complex. It belongs to one of the Latvian kick-boxing organizations. There are few gyms inside our building. Earlier we had to train in different ones, though they all had one similarity - they are all old and dirty.

This season that has just begun is the first when we have our own dojo - we now hire one of the gyms. It is so great - to have a place for ourselves. It had also been dirty but not any more - we cleaned it and washed it and colored the walls and the floor and got away all the garbage and old equipment. The repair took 10 days and 10 nights - we have often been working till 4 or 5 a.m.. My non-Aikido friends said we are frick. They said it is OK to go and help a bit but not to sit in the Dojo till the morning. That was so funny to hear such the things. There are so many people who think that the only possible home is the place where you live and pay the rent for. I like the proverb that says that your home is where your heart is. Our repair



showed quite good the attitude of the students to the whole thing. There have been those who didn't come at all, not a single time during those 10 days. There have also been those who came regularly but mostly for the chit chat, jokes and common goings to the nearest cafe. The biggest amount of work was done by some 8 persons. I don't say we are the best of course - maybe we deserve the pity since we had no better way to spend the time. But we were happy about this. We were working for ourselves and we have been making our own Dojo. It is ours. It feels like a home now. Isn't this worth few sleepless nights?

Oh, it has turned out to be quite a big story. I hope you don't mind. For us it is not just a repair - it is a history. We are new - our organization and our dojo is just 6 years old. So every new step is a noticeable affair. But I like it very much - we are new and young, and whatever we do now may become a basis for something bigger and better. We have a young sensei - but he is one of the most clever, knowing and wise people I have ever known. I am so grateful he is my teacher. His Aikido is a work of his heart and soul and he puts all his best

Why is Reigi Saho so important in Aikido?

Because practice gives you skill, strength and courage but etiquette gives you nobility and beauty and correctness of effort and spirit.

Kensho Furuya

Latvia continued: inside it. I hope he will never lose it.

We have recently had a Teacher's Day here - I don't know whether you have it in America. Congratulations! Let you have good students! And let no disappointments ever shadow the light of your heart! :) Thank you once again for your reply! It has brought a piece of joy in my day. I hope to bring a bit of joy in your day. Good luck to you!
Olga, Spilves 7-40, Riga-LV-1055, Latvia

10-10-04: Dear Sensei, Hello! How are you? Hope you have a warm and sunny day. :) It is cold, wet and windy over here today - a first greeting of winter. The autumn is going to its middle point. Emptiness will come soon. Things that were thought for one year only will go away with this year's leaves, birds and sun. But the things that have to stay will go to sleep under the snow, will have a rest, will forget - in order to awake at spring with new strengths, desires and plans. I like this time very much. It brings the calm thoughts, the rest and the silence. Let even the warm autumn of California bring you something you desire and cannot find in the everyday life. :)

Thank you for your letter and a story of your dojo. It was very interesting and inspiring. Especially taking into consideration that you have a 30th anniversary of your dojo this year. I thought that it shows that whatever you build - the strong and good foundation is one of the most important things. It made me to overview our dojo doings and to see where we can improve. To say better - where I can improve. Anything can start from one person, from one did. Your did. Your advice on the sweeping the dojo said the same. Thank you! As to my address - yes, this is
Olga Mihailova
Spilves 7-40
Riga-LV-1055
Latvia

It is safe to send post to my country - I used to have many pen-friends from many countries and there were no problems with it. As to your desire to send me some materials - oh, I would be very grateful. I have VHS video player, no any kind of DVD. I don't want you to think I am asking for something - but if it is your true desire - I will dearly appreciate it. I think that if your daily Internet messages are so good, useful and full of information - your book must be even much better.

From my side - if I can help you in any way - don't hesitate to write about it. Though now I can hardly see any way to do it but to write you regularly - since you ask about it. It will be my pleasure - I like to write and I like to tell about my dojo, trainings, teachers and friends. If you would like to see any photos - tell me what exactly you'd like to see. I am a keen photographer and I have many of them, including hundreds of pictures that cover our Aikido doings. I don't send anything now since there are people who like pictures and there those who are not interested in them at all.

I think I write a separate letter about one important thing - our Aikido summer camp.

Aikicamp is a time-place where our dreams come true. I think it is an emotional basis for our attitude, relationship, hopes and love. Do you have something similar? It would be very interesting to know - I haven't heard much about these sorts of events in other countries.

Thank you! Looking forward to hear from you! Best regards, Olga

10-01-04: If you drive from Riga along the western coast you first go through Yurmala, a city that has spread along the beach, and then through the many fishing villages - until you get to Kesterciems 76 km away from Riga. It is a small and poor village but it is special with one place - a summer camp. This camp was built as the largest Pioneer camp of the Soviet Latvia. It used to be a wonderful complex - ten 2-3 storeyed living cottages, canteen, pool, gyms, grounds for playing and sports, lawns and trees. Now it looks partially ruined and derelict but during last years some repair works have been taking place and it seems that the camp is slowly regaining his gone shine. The best about the whole place is the pine forest around and the sea just 200 meters from the territory. Kesterciems has very few inhabitants, neither there are many children in the camp. So it is a calm, silent and safe place.

Very few schools of other Martial Arts come here and if they do - their event is never longer than 3-4 days. Usually they all have their major camps in other places of Latvia. Kesterciems is for Aikido. Aikidoka of Latvia have been going here for about 13 years. Our Dojo is 6 years old and there have been 6 camps by now. Regardless of all the problems the camp has always been a priority.

What is the camp? It is another reality, a fifth dimension. It is a piece of eternity that has always been there waiting for us to come - and when it is over it still stays somewhere shining in the memory with the golden light, undimmed by time. It is the place for our dreams to come true, a wonderful promise in cold days of winter. The place where our hearts belong forever.

Many trainings - in any time of day and night, on the beach, in the forest and in the dojo. Very different trainings - serious, hard, funny, strange, piercing, tiresome, full of inspiration, always long, ever great. The early morning trainings with jo at the sea - a blue sky, green pines and silver waves around. Few trainings by day in the dojo with the music always playing. A great music that sometimes is so hard to listen to after the camp - the memories are so good that it hurts. Evening trainings with bokken or tanto - and night whispers outside the windows of the dojo. When the practice is over you go to the living cottage through the black darkness of mid-night, gripping your sword, listening to the silent noise of the forest and the sea, looking on the stars that are so bright - as though there are no cities on the earth at all.

Sometimes, 2-3 times during the camp, there is a night training. It is the best you can remember about the camp. It is hard to describe the best things of your life. Think of the dojo sinking in the soft darkness of the summer night. Few candles are burning in the corners and near the shomen. It seems that O'Sensei on the portrait is alive and kindly looking on us. Whatever techniques we do, whatever ukemi, whether this is a meditation or breathing exercise - no one talks, only short smiles and shining eyes tell everything. You make your way through the night together - in steps and turns, rolls and falls, moving here and there - and then a sudden understanding that the night is over, no candle burns any more, a transparent grey light of the morning is creeping through the windows, the sky is light blue with the pink stripes of the clouds and the sun is rising in half an hour. Only few have left of those 15-20 who started, the sensei is just walking from pair to pair showing and explaining and you think you can do it all the next day and night and another day - there is no time, no tiredness, no thoughts.

Common living, little rooms for 4-5 persons, always wet dogi, cele-

brations of the birthdays and name-days, bonfire nights, common tea parties, canteen meals that sometimes seems to be fantastic (you bet it is - with 12 hours of practice a day), sleeping at the sea under the open sky, making photos, swimming, blueberries, music, sand in the bed, sea and sky, clouds, tears, smiles, frank talks, sun and stars, everything... Two weeks of real happiness - a happiness of being together, of changing and growing, joy and pain altogether.

I only think sometimes - when all will be different and much of what is now will be gone forever - will these beautiful memories bring the same light or will they only hurt - always and ever, incurable? No answer. Good luck to you!

10-11-04: Good morning, Sensei! That must be a morning in LA when you read this. I am sorry to end the Part II so late, but yesterday I had a problem with e-mail, a ready letter has disappeared. Since I use Internet in the Internet cafes - I had no time neither money to write it again. So I did it today. I hope you enjoy my story. If you have the similar events - I would really like to know about it. It is such an important thing for us that it is hard to imagine Aikido without the camp. I have to go to the University now. Have a good day!!! :) Best regards, Olga

10-13-04: Response To Yahoo Question-Difficult Techniques in Practice: First of all, of course, kokyu-ho (I think you call it kokyu-dosa) and kokyu-nage. It seems to be just a game: I make a movement and you fall in an appropriate moment - you make a movement and I fall. But I have a hope that it will go better - after many and many years. Thank you for your advice concerning practice, sensei!

Yet I enjoy all sorts of kokyu-nage and kokyu-ho very much, it makes me feel we move and breathe together, me and my partner, even though the techniques itself are so far from perfect. The hardest technique that I don't get at all is shomen-uchi ikkyo ura. While ikkyo omote is going fairly well sometimes and sometimes, very seldom, I catch the moment there, I feel Uke's balance and movement and try to use it, then ura is just nothing. Even if I am not late with getting away from the line of the attack, I am always late with a control of his arm - while I try to change his movement and make him move around me - his arm is already down. I am never in time. The only way to do it is to use the strength just pushing him when I get inside and when pull around. It is not exactly the way I like to make the Aikido techniques. But I just don't understand what can I change to catch this ikkyo ura.

Sensei Reply: Ikkyo Ura or Tenkan is a difficult technique and I think many people have trouble with this technique especially when they practice with bigger and stronger partners. Of course, when your partner is cooperating, it is very easy.

It is very difficult to explain these points verbally here as a message, I wish I could show you in person or by pictures or in some visual way but this will have to do for now so I hope my meaning is clear.

Generally, in Ikkyo Ura, in my experience, the problem is not in the arm but the partner's shoulder. If you do not break the power or balance in the partner's shoulder, it is easy to jam or block your technique.

If you do not break your partner's balance and shoulder at the very beginning of the technique, then it must be done just before you begin

the Ikkyo Ura take down. You must bring the hand down until you feel the shoulder drop or break before you start your movement, pulling him back and downward.

From another point of view, as you bring your opponent's arm down in Ikkyo Ura, if you step back with the outer foot prematurely, too early, you separate your body from your partner and lose considerable power to take him down. The outer foot stepping back in tenkan, both of your arms and your partner's arm all must together in the Ikkyo Ura movement. By stepping back too early, your body necessarily has to start "pulling" him back and this never works well. In almost all Ikkyo Ura techniques, please make sure the partner's shoulder is off balance or unstable before you start the actual Ikkyo Ura take down and you should not have too much of a problem. I hope this helps you out.

10-13-04: My Sensei: Dear Sensei, Good day to you! It is such a wonderful time here today, sun and light and the sky is so clear and high. The sky is one for you and me, and the sun that is making my day so brilliant now is the same sun that will rise for you few hours later. Have a wonderful day!

Thank you for your letters, I enjoy them very much and I am glad you enjoy mine. Thank you for everything you have sent me too - I tell you when it comes. I am really eager to read your book.

You asked me about my sensei. I am not very quick with my answer, it is not very easy. Maybe because so many things in my newer life are in this or that way connected with Aikido (and so with him in the first place) that it is hard to differ. Though I always try not to mix it.

When I found the address of the dojo and came there to talk about training - I knew very little about Aikido. Though more than many people who don't train MA, I knew that there you use more the strength, weight and speed of the enemy rather than your own, but it always sounded quite strange. I have always wanted to train Karate and when I have finally decided that it is enough to WANT (15 years is enough, right?:)) I started to look for a suitable Karate dojo. After few funny casualties (never believed in casualties) I have come to the Aikido dojo to talk to an Aikido sensei about the art I felt quite indifferent about. There was the training of the junior kids group, a very beginning. It looked interesting but quite similar to my old football trainings - warming up, exercises. Then there was shikko and some simple ukemi (yoko ukemi as far as I remember). Just falling. Not impressive, but I thought I might like this. I enjoyed falling when I was a goal-keeper.

Then the sensei showed mae-ukemi (a roll) from the knee. Not even tachi-waza. A low and slow mae-ukemi. I stayed there frozen staring on him, trying to understand how could he make something that beautiful - when just a moment ago he was standing still in a relaxed pose. There was only one thought - I WANT THIS. I wanted to learn it, to understand it, to do it. It looked strange and hard but not impossible. I wanted this. All Karate dreams and all Aikido related skepticism were gone. Maybe because it was due to a very difficult and painful period in my life that I was so captured by this. But I was. And I still am.

And I still am and I believe that for this I may say a huge Thank you to my sensei. He can do something that keeps your fire to burn in the hardest moments, in the most difficult moments. And he can show you new ways to go and

you new ways to go and you mountains to rise when it seems there has nothing left. Probably because he's got this fire inside his heart - a hot and bright fire that everyone feels. That I feel maybe better than many others for I am quite a cold and emotionless person. That is why I am so fond of Aikido - it opens some inner locks and I sometimes find that I am not so cold how I always thought, that there is something warm in me as well - though I have always seen only dark ice cold emptiness. And if I don't know where to put my inspiration - I know I have just to follow my sensei and I see something that is this inspiration worth. And when it is bad, so bad - he might find consolation for me. It is not such a strange thing, of course, a good person, someone who can share your joy or grief. I have few friends who are like this (FEW friends - it is many), I try to be like this. Few kind words, a little present, a smile, a silence - they can do so much. I don't understand another thing. How can my sensei find necessary words or dids saying or doing nothing specially - just with Aikido? Doing what he always does, showing and explaining in a usual way, paying no special attention at all - but if you really need something, you get it. Maybe it is not his fault, maybe it is Aikido. :) But to think about this - what is the art without your heart? Nothing at all, exercises with philosophy. The warmth and joy is what we give to it. . . .

I know your writings are full of reminiscences on your teachers. Your memories about them seem to be so good, grateful and light. Would you like to tell me a bit more about them? I would be really grateful It is something I really admire - teaching and learning. Have a nice day, Sensei! Hope you feel fine and so are your students! Best wishes, Olya

10-13-04: Venting: Dear Sensei, I am very glad that I have joined your Yahoo group. Things you write help somehow. It is a difficult period both for me and my many of my fellow Aikidoka. It seems we loose something important - we are not as happy and light as we used to be. We have been losing it during a year I believe. Everything was getting harder and heavier. You can't even notice it at first, just like you don't notice a drop of water. But after the year you don't have a drop - you have a full barrel, something that is hard to ignore. Look, what happened. I don't know why.

Maybe we are growing up. You see, we are young. Some of us, however long they train, take Aikido serious. Maybe too serious with too much passion. Like me - try to build the life using Aikido, its principles, its practice. The life is getting much better with it. You become more self-confident, calm, open-minded and so on. But it is a blending. While the daily life receives the harmony of Aikido - Aikido itself receives the problems, fuss and tiredness of the daily life. We are too little Aikidoka. We can't get it off so easy. And a young sensei. However clever or wise or nice we might be - we are a company of youngsters. There are few who are about fifty, there are few who are older than thirty. But an average age is 25. Everyone has a similar experience, similar problems, similar fears. And however good my sensei is now - he surely was not like that when he started to teach. And it was such a short time ago. None of us trains more than five years, most of the senior group have been training for 3-4 years. And even the oldest students are not of a high level. Due to different problems we haven't had graduation till the last year. Now we have. But even those of the oldest are not ready for more than 4th kyu yet. We have three groups. The Junior group for those who have just started. The middle group for the 6th kyu, the senior group - for the 5th kyu (11 persons) and 4th kyu (2 persons). All right, in December few will pass the exams, the 4th will be more. :) Not a single 3rd kyu till March

at least. 13 persons training average 3-4 years (two train five, one - two and a half, I am the youngest one with my year and a half) aged 20-32, 5-4th kyu. The senior group of my dojo. 13 in some way best students of the 60 grown-ups who train. Doesn't this sound funny. There is a great atmosphere of total understanding and friendship, I think many of us have a chance to stay friends for a life time. I love them. But if something goes wrong - it goes wrong to anyone.

I don't want to say it is bad. We have chosen it ourselves. We like it as it is. There is probably more freedom for us, more chance to learn responsibility and care, more need to look for the own way. Maybe we may turn out to be really great persons after the years. But sometimes it is hard. And there is even no one who can say why it is so hard. :)

I am sorry to vent here, sensei, but I hope you don't take offense. In some way you have been helping me to get through such the situations before you even knew about my existence. When I start to lose the understanding of why I do it - I like to remember one of your poems, where the words were "Just keep your faith in the Aikido way/There is nothing more, that is all I can say". (the words may be a bit incorrect, I better remember my translation). Keeping faith doesn't bring you the joy back, but it makes you go further. And after the while it becomes better. And it will be better. It will be all right. Have an exceptionally good day! Olga

10-15-04: Iaido: Dear Sensei, Thank you very much for your kind and warm letter. It made me feel much better. And also thank you for your advice about Ikkyo. It seems it makes sense for me while I am sitting at the computer, we'll see how it will be in the Dojo. I am going to try it tonight.

Girt, my sensei, and two students leave to seminar today. Gakudo-sensei is coming to Tallinn (Estonia, our neighbor country). I would really like to look at him, I have only seen him on video and that was something very special. Iaido is such a strange thing for me. Girt has been training Iaido for few years. Don't know what degree he has, not shodan yet, maybe sankyu. A year ago he started to teach. Of course, when I saw it I was totally fascinated. It is a rather usual reaction for those who like swords. Or think that they like swords. Then I had a chance to try it in the training. Then I took someone's Iaito in my hands. That all was great. And yet...

Girt is the only one in Latvia who teaches Iaido. One of his both Aikido and Iaido sensei is Jukka Helminen of Finland, so this is the closest place where Girt can train. When Jukka came to us with seminar for the first time last year I was very eager to see his Iaido training. While I was trying to get the extra-money that I needed to get there everyone in my family tried to explain me how strange it sounds "I have seen only Girt's Iaido and liked it so much, but Jukka-sensei has 5th Dan Iaido, that MUST be special". They said Iaido is Iaido and if you have seen it already - then you have seen it! No one of them has never seen it even on TV. :) A day before the seminar dad found a necessary sum for me and said my mum "Let her go and look at the Master." I was so grateful to him! And the seminar was worth it, of course.

And yet... I don't know. When I do the kata of Iaido even with bokken - I know I really want it, I want to do this. I like to be alone trying to understand and feel the movements and my sword and everything around. You just do it, you are there - and nothing bothers you. I like to go to the forest sometimes with my bokken to make it a bit. If in

in the Dojo I can take someone's iaito for a minute - even more so, of course. No doubts. And yet. I don't know whether I will be able to work as hard and diligent as you have to work, whether I will be able to keep the concentration you need working with the sword. When I have a sword in the hands - there are no doubts. But when my hands are empty - all the doubts come.

At the moment I can't even afford myself iaito, not even obi and hakama. For us such equipment is quite an expensive thing. Even the payment for both Aikido and Iaido trainings is too high for a beginner translator, that is why I don't train even with the bokken. :) But the time will come when I'll can afford it. And I probably will do it. But I wouldn't like to do it if I won't be able to do it the best way I can. It is not a samurai game for those fond of Chambara films. A way to go, not to play on it.

I tell everyone who asks that I haven't yet grown up for Iaido. Not Martial Arts people look at me in the surprise which I don't really understand. Fellow Aikidoka and Iaidoka usually say that I must just try - they are used to the idea of practice as the best answer. My sensei when I said this to him looked at me in a bit strange way and asked "Why do you think so? Maybe it's not about growing but about waiting." Anyway I wait. And something inside me that I don't understand yet is waiting too. We'll see.

Continued:

What Is The Most Difficult Technique For You In Aikido Practice? 10-12-04

10-12-04: If we are talking mastery then all of them of course! But if I had to name one that I feel is the highest and hardest mountain to climb then it would have to be ikkyo. In the first few years of training I loved ikkyo and really thought I had it nailed.

Now with every ikkyo I do I seem to be drifting further and further away from grasping the technique. My shoulders are up, I am using strength, I don't take uke's balance and control him as I enter in shomen uchi ikkyo. And ura I end up dragging the uke around instead of driving him round before my centre.

Along side the Everest that is ikkyo stands the K2 that is kokyu dosa. I think I am so far away from beginning to understand what is happening in kokyu dosa that I do not realise how far I must travel to 'master' it. And of course as you know K2 is actually supposed to be taller than Everest....

I hope that my awareness of the weakness in my Ikkyo is a sign that I am learning more about Aikido. That is the positive view I like to take! Best wishes Ambrose

10-12-04: Sensei - Great question, very basic and thought provoking. I think everyone in the group can relate and I hope that many will reply. For me it's kokyu-dosa. Thanks. - Mike Hatfield

10-12-04: Shomenuchi irimi-nage and ryote-mochi kokyu nage. Mark Ty

10-12-04: Hello Sensei! The most difficult technique(s) for me to make work is aihanmi ryotemochi iriminage, especially if the opponent straightens their arms as I step back and try to bring their head to my shoulder... Ken Watanabe

10-13-04: This is a great question, and the answers are very interesting. Shomen uchi ikkyo is of course always a challenge, though I actually have a bit of an easier time with ura, and have to work hard to get omote correctly. I am lucky that I have some excellent senpai in my dojo who are sandan and above. They are very good at pointing out my mistakes and guiding me in a good direction.

For me personally, Iri-mi nage presents the most challenge in terms of the basic form. There have been a few days at keiko where I got the knack of it and felt like I was moving in harmony with my uke and was able to do it smoothly. Most of the time it ends up really messy though.

My weaknesses and poor form tend to come out more when I am training with an uke significantly larger or more massive than myself. There are a few young men that I train with that are typical of young Japanese training in Aikido- slim, tall, and muscular, but very slender. Maybe it's because they are so skilled themselves and cooperative, but for whatever reason, my techniques seem smooth and I am able to not use "chikara" when I train with them. But it's quite humbling when I train with a few of the older and more massive senpai at my budojo. They quickly show me that my form is significantly lacking, and my iri-mi nage in particular "zenzen kikanai" (doesn't work at all). Of course they don't say it to me like that, but it's how it feels.

I've also only used the term kokyu-ho. This is the first time I've heard the word kokyu-dosa. Is there a difference in implication depending on which word you use? It's perhaps not an everyday technique, but several varieties of ude-gurumi are also difficult for me to get the hang of. This is probably connected to the fact that we rarely train in this technique though. Quinlan

10-13-04: Thank you Sensei. I will approach my Ikkyo practice with aim of concentrating on breaking the balance of uke's whole body and try not to focus (as I know I do) on battling with uke's arm alone. Is this why Ikkyo is such a foundation technique for all Aikido? To master Ikkyo is to master breaking your uke's balance - and this is true for all Aikido techniques? Best wishes, Ambrose

10-14-04: Sensei, I find that it is difficult to tell, when doing yonkyo, whether uke is feeling the pain in the pressure point. Usually, I don't know until they up rubbing their wrist that it "worked". My feeling is that, whether or not they feel pain, the mechanics of the technique should take them down similarly to ikkyo. I think some people are more sensitive than others to yonkyo. Is this correct?

Sensei's Reply: Yonkyo: This is a good question. Yonkyo is very difficult to make work for most people. In the early days, we rarely practiced Yonkyo, some Aikidoists never heard of Yonkyo then and didn't know what it was. When I was very young, I asked a teacher about yonkyo and his reply was, "I don't know." Today we know but few people practice it enough, I believe. Even in my own Dojo, I feel that we need much more Yonkyo training. I think that Yonkyo is one of those techniques that can only be developed through constant training. There is no easy or clever way outside of practicing it over and over again. I heard that O'Sensei's Yonkyo was paralyzingly painful. He could apply Yonkyo easily which just one hand very effectively, if you can imagine. You rarely see something like this today. At Hombu, I met several teachers with such strong Yonkyo - one time, I thought my forearm was going to break under the pressure. Nowadays, I rarely see this type of Yonkyo.

Continued:

Letters & Correspondence:

Learning To Attack:

09-02-04: Aloha e Furuya Sensei! My name is Heraldo Farrington, and I have been training aikido for four years, here in Hawaii, on the Big Island, at Aikido of Hilo, Barbara and Robert Klein Sensei, (<http://www.aikidoofhilo.org/>). I am currently Ikkyu, and plan to test for shodan this November. I trained in Tae Kwon Do for about one-and-a-half years, but this was back in 1988-89; other than this, I have no other martial arts experience. I am thirty-nine years old. I discovered your website about two years ago, and have benefitted greatly from your writings, both on- and off-line. I have also enjoyed the occasional e-mail correspondence with you, and I look forward to someday visiting your dojo and training there.

I am deeply involved in a pursuit of budo as well as a working understanding of the warrior-priest ideal and the practice of peace . . . to this end I sit zazen daily, practice aiki-weapons daily, and am studying everything I can about Japan and Zen -- when I'm not working, that is . . . I am the Lab Manager and Field Site Coordinator for a group of ecologists headed by a Stanford University professor, which can keep me quite busy at times, but I do get to work in some very cool places outdoors! I also get to travel all over the islands, and train with various dojos both here and on the mainland.

A topic for discussion in this forum might be the relationship between aiki-weapons and empty-hand techniques . . . another, potentially more controversial topic would be the need(?) for aikidoka to learn how to attack, or perhaps, more simply, the proper commitment and role of uke . . . and finally, anything on iaido -- I haven't had the opportunity to start this practice, but I plan to in the future. Thank you sensei, for your time and continued efforts on-line! Heraldo Mon Farrington

Sensei's Reply:

In my Dojo, everyone practices with intention to make contact with their attack but it is "contact without impact" as I always teach.

The Challenges of Learning:

09-02-04: Hello Sensei . . . I am making progress. With the birth of my third child my attendance at class has been poor. I was back in training last night and experienced something that was very tough but also I hope showed that I am growing in my practice. We were practicing suburi and I think it was the 5th ken suburi when I heard Sensei say to one of the other students that they must lower their hips as they complete the cut. This is something I knew and I was doing. I became aware of Sensei watching me and then he clapped and we lined up. I knelt feeling certain that Sensei was going to call me up to demonstrate to the class my excellent technique. Instead he called up a more senior student. He said that the senior student was displaying correct technique lowering his hip at the end of the cut and that I and the other student were not! What?! My pride was burning. Was Sensei completely blind? To make matters worse the senior student started Aikido at the same time as I but has been more diligent in his training and is shortly to test for his black belt. How could Sensei say I wasn't lowering my hips. Nonsense! How dare he say that at my level I should be doing so - I was doing so! I felt like jumping up and telling him and the class that "I damn well was lowering my hips! I have been training for 5 years just as long as the senior student and I am just as good - or truth be told quite a bit better in my opinion!"

What was so strange but so very encouraging to me was, as my pride

burnt and my sense of injustice grew, so I felt a separate voice telling me that Sensei was right, that the senior student did have far better technique, that it was my ego and that I must be strong and put aside my hurt feelings and just get on with learning. My ego kept squealing but I stepped around it and watched closely what my good friend and now my senior was doing with his hips at the end of his cut. I then began to practice again and realised that, though I thought I was lowering my hips, I was doing no such thing. Sensei showed me what I needed to practice, the feeling I needed to develop and so my practice took a small step forward.

When I started Aikido I had no idea, nor desire, to overcome, to rise above my ego. I wanted to learn to defend myself, with grace and without hurting my opponent. Your daily messages, Kodo and other books such as the Tao Te Ching have all helped me to become aware of my ego. Last night was the first time that I have had such a powerful demonstration of what my ego can do - and the first time I have so consciously put it to one side and carried on learning. A small step perhaps towards the true victory of self-mastery but a step none the less. Now if you would be kind enough to tell me how clever I am then perhaps I can repair my damaged ego from last night. Ha! Ha! Best wishes Ambrose Merrell, 2nd Kyu, Training since 1999 Cambridge Aikido Club, Sensei John Longford 4th Dan

Sensei's Reply:

One difficult job of the student is to learn to understand what the teacher is saying exactly, not what one "thinks" he is saying. Very often, the student does not understand the instruction as clearly as I try to make it. In some cases, understanding only comes with practice and repetition but oftentimes a student will try to take a "mental short-cut" and attempt to understand it intellectually and convince himself that this is adequate.

Finding A New Teacher:

09-08-04: Dear Sensei, I would like to take the time to say thank you for your contributions to the forum. I have always enjoyed your insight and experience. I recognise that you are a busy man, but I was hoping that you might be able to help me with a question. If your schedule doesn't permit a response I certainly understand.

My question is this; When is it appropriate to consider seeking out a new teacher, organization or style. My instructor is many things. He is an honest, hardworking man who is candid about his strengths and limitations. I have studied with him for ten years. I'm a Nidan and I have been assisting for six years. I enjoy teaching very much. I am well versed in the history of my art as well as other arts. There are things I enjoy about my Instructor and our style and dissatisfied with other aspects. I'm wise enough to realize that I would experience those same issues with other teachers or organizations. To seek out another teacher, feels at this point, disloyal. We have not discussed the issue yet. I imagine we will. Do you have any thoughts to contribute?. Sincerely, Mark A. Cook

Sensei's Reply:

In some cases, it is necessary for the student to move on. In respect to learning, it is permitted, Most students change teachers just for some trivial matter or self-indulgence and this is not a good practice. In some cases, a student may "graduate" a teacher. Usually, we always keep our first teacher. Sometimes it takes years to find the right teacher for one's self.

Aikido Center of Los Angeles

www.aikidocenterla.com

09-08-04: Dear Sensei, Thank you for asking for more information. Again my name is Mark Cook. I 'am 44 Years old. I'm also married with 3 children. We have been married for 22 years. I practice Chung Do Kwan, Tae Kwon Do. My teachers approach is traditional and looks similar to Shotokan Karate. My teacher is Thomas Duncan, 5th dan his teacher is Yong Taek Chung, a student of Won Kuk Lee. Lee was a student of Funikoshi. I feel fortunate to have reached a personal goal of testing for my nidan before the passing of Mr. Lee in April of this year. I have been assisting my teacher for 6 years. He makes the majority of his income from his work as a tradesman. He has kept the school open many times by supplementing the school with his earnings from painting. I would like to add that there is no bad blood or problems between us. I believe he regards me highly as I do him. I consider myself a poor student for even asking the question. I make an effort to be sincere in my practice as well as in my life. Like you, I enjoy reading. I have donated my personal library to our school in hopes that others may enjoy and benefit from them. Your book, Kodo, is among them. I'm familiar with the concept of "Giri" and "On". I don't want to seem as though I take the issue lightly. I highly regard your opinion and feel honored that you would consider giving aid to one who is not your student. Sincerely, Mark A. Cook

"DVD's Are Superb!"

09-09-04: Hello Sensei The Art of Aikido series of DVDs are, as I had expected, superb. I am thoroughly enjoying them and learning an enormous amount. I am doing a first run through all 9 of them to get a feel for each one and then I will focus on particular techniques and exercises such as kokyū dosa. They are very well filmed, good sound quality and each one has an excellent blend of step by step and flowing techniques as well as fascinating insights. I cannot recommend them enough to fellow Aikidoka. Thank you for taking the time to develop such a wonderful resource. Best wishes, Ambrose

Iaido Training Is Difficult:

09-09-04: Dear Sensei Thank you for your time. My weakest skill (technique) in iaido seems to be the ability to watch a kata once and then be able to duplicate it, with my own body. I'm frustratingly slow, I seem to need to see it many times, go through it slowly, and after repeating it myself 15 - 20 times I finally get the grossest of movements. My slowness seems to frustrate and even sometimes anger my instructors and black belts that are unlucky enough to end up as my kumitachi partner. Is there some way I can modify my training to help me learn how to drop the "filter" in my brain that seems to be getting in the way? Should I change my training routine for any other reason?

My training routine now is: Everyday; 1st thing after waking is to stretch for 15-25 min o 200 suburi (8' ceilings, so on my knee, alternating right and left leg forward, sets of 50) 10-25 standing noto. I'm sure I'll want to do LOTS more noto when my mogito arrives. 5-20 min stepping back noto (appx 6/min= 30-120) 1-3 times/week; 6-10 repetitions of the shoden katas that I know. As of now, shohato, sato, uto, atarito, *inyoshintai*, ryuto. My knees are still not strong enough to do inyoshintai properly, but are definitely getting stronger every week. Thank You Dennis Long

Competing In Strength Is Not "Sincere Training"

09-10-04: Sincere training as uke I find quite challenging and would welcome other's opinion on it. My difficulty is that I am reasonably strong. I want to be sure I am getting the right balance between providing enough resistance and 'honesty' that nage can really under-

stand the technique and not too much that they are unable to do the technique. Or the other extreme of too little and just collapsing.

For those still in the early stages of training I tend to start with a gentle grip or little resistance. Then as practice continues I become firmer. In shiho nage for example I will not pull back at first if nage gives my arm back to me at the start of the technique. But after a few times I will gently pull to show that they are not extending my arm and taking my balance.

With more experienced students, after a two or so goes, I will look for more and more opportunities to escape the technique. For example If we are practicing ikkyo after they have applied the lock and my arm is held by them at waist level I will try to stand up. Obviously if I can then they have not got the necessary control over me.

I want truth in my training. If my technique is poor then I want to know that. Obviously at first I needed some leeway to explore the fundamentals of the technique. But I find it very frustrating when people of similar or even higher grade collapse before I have even applied kote gaishi!

I am certainly not suggesting that one should 'block' the technique as some indication of my superior strength and to massage my ego. I want to be the best uke that I can be so that others can learn powerful, effective techniques that are true to Aikido as a martial art. Anyway - I would very much value other peoples' thoughts and advice on this matter. Thank you, Ambrose

Sensei's Reply:

I always recommend correctness over strength in practice. Do not compete in Aikido, if only for the very practical reason that it makes you too stiff and inflexible. In good Aikido practice, the emphasis is on movement.

A Prayer For 9-11 Victims & Families:

09-11-04: Aloha Kakahiaka e Sensei! Please help make today a wonderful and peaceful day, and thank you for your continued efforts online! Did you catch this morning's pre-dawn sky? A hui hou, Mon

A Prayer for September 11, 2004

May the memory of Those Who Fell inspire us to Train -- seriously and earnestly.

May the memory of Their Wonderful Smiles inspire us to Train -- joyously and earnestly.

May the memory of All Violence, Pre- and Post-9/11, inspire us to Train -- continuously and earnestly!

True Victory is Self-Victory -- Let it begin with Me, Let it begin Today! Heraldo Farrington

Sensei's Reply:

Many thanks for your kind prayer. Please see my contributions in our Daily Message for 9-11.

Contact With Trogwa Rinpoche:

09-13-04: Thank you for this. It touched my heart right now. By the way, I am a lurking non-Aikido person who met you through your respect and appreciation for Dr. Trogawa Rinpoche. I try to practice the Buddhadharmā, and have great respect for all authentic traditions. When I wrote to you re Dr. Trogawa Rinpoche I had never heard of you and did not know you were a teacher (so no celebrity status

here,you may be relieved to hear?!).I would like to "hang out" here for a while as I find what you say helpful and refreshing and inspiring and nourishing and I learn from it.In fact it is fascinating,though curiosity is hardly the most impeccable motivation!:) Greetings to everyone else,too. "Jamyang"

Now Studying Muso Shinden Ryu:

09-13-04: Furuya Sensei, Hello, my name is Sandi Wilkinson and I've recently joined your Yahoo!Group but I have been reading your Daily Message for quite some time now. I do not practice Aikido but I am hoping to start Iaido at Muso Shinden Ryu Kenkyu Kai (<http://www.musokai.org/>) very soon. Thank you so much for sharing your thoughts and wisdom in your Daily Message and in your book. It has really helped me start to overcome some long-established fears and to finally get me out and actually looking for a dojo at which to train. Thank you! Sandi

Cross Training:

09-17-04: Sensei, I wanted to get your thoughts on cross training. But cross training is done in several different ways. Some people study aikido until Shodan or NiDan, then cross train in some other art. While yet others cross train almost at the onset of their training or shortly thereafter. I do not agree with the later. However, many people cross train not to change aikido, but to either better understand how to apply aikido techniques against martial arts or, to better themselves in the event of an actual attack on the streets.

In any case, do you feel that this is wrong or even untraditional? Should one remain loyal only to his/her aikido training? Didn't O'Sensei watch other arts and learn from them? Thank you for your input Sensei! Chico

From Sweden:

09-17-04: Dear Furuya Sensei. On beforehand, I apologize for not knowing the proper etiquette in which to write an English E-mail. I am from Sweden myself, and even though I know the English language, it is not my strongest side.

I must honestly admit that before today I have never heard of the name Kensho Furuya, nor read any of your works/watched any of the videotapes you've made. The way I got in contact with your name and thoughts was through Aikiweb Forum, which I started to read from a few days ago out of boredom. Why out of boredom? Well, I am in an so called "Utvecklingscentrum" (Development/evolvment - center) where the youngsters of southern Sweden (people below 25 I think, being 20 myself) can look for jobs. As I am unemployed but waiting for a possible job further up in Sweden, I tend to not look that thorough at the job-sites, but instead tend to turn towards my interest (i.e. Aikido).

I just wanted to show my gratitude towards your writing there, and I also want to express my feelings of how sad it is a lot of people apparently got upset due to them. I didn't get upset myself, since your thoughts seem very pure and very alike my own.I think you are very polite, and I think your writing was some of the most interesting texts I have ever read. I can't seem to understand at all how people could get upset, since I can't see how you put anybody down. maybe I need more life-practice before I understand?

I think myself that Aikido is everything, and everything is Aikido, and for me I believe Aikido is a door to heaven. The door I walk through

every time I focus to all extents on something, my way of seeing heaven as a place "right here, right now".I am not a religious person, being an atheist really, that's why I hope not for a heaven after this, but a heaven now. I owe Aikido my life, yet Aikido does not force me to pay back. That humbleness makes me want to give even more, to everybody all around, to Aikido itself. It's like another kind of blood rushing all through my body, not just my veins, and all day long it makes me feel like a big well, yet a sharp blade. Aikido is wondrous. I apologize for taking your time, maybe you can think about an irim-inage really fast a couple of times to make up for the time spent here instead of spent practicing. Although, maybe reading an e-mail from a 20 year old man in Sweden is also Aikido. I wish you a good day, and for you to break a sweat next time you practice.*smiles politely* Thank you. Kim Salmelainen

Regarding Trogawa Rinpoche

09-17-04: Dear Rev. Kensho Furuya, I apologise for taking so long to reply to this,apart from indirectly through your e'group ("Jamyang"). I was embarrassed that I had addressed you so informally("Hi"!),not realising that you are a teacher and that Sensei" was not just some internet alias.When I read your messages on Google they were not attributed fully nor put in the full context of your site.I don't expect you want to stand on ceremony,but I do want to show you the appropriate respect,not least for the sake of my karma! (smile!) Please let me know how you would prefer to be addressed by me.

This is just to let you know that I had the privilege to be with your teacher last night,and to receive teachings from him.It was wonderful. Tonight he is giving us a very special empowerment of Vajrasattva,the Buddha of healing, purification and transformation in the Vajrayana.(It is a practice I do daily,as my mind is very dirty and needs cleaning)

I have printed out your email(below)and your daily messages of February 25th and June 24th 2004 and will make every effort to either give these directly to Rinpoche,or to his nephew,who is also his attendant,student, and translator,with excellent English.I wish also to give Rinpoche a gift.

As there may be at least 100 people there,I can't guarantee to do it in person,partly because of my pride and shyness!I also thought you might like to be reminded this is happening 7 - 9 p.m. UK time (I think we are 7? hours "ahead" of you?) and "tune in" at that time.I shall keep you in mind during the empowerment as much and often as I can.

I think you might want to know,and I regret to tell you,that Rinpoche's body is a little unwell(I do not know what the diagnosis nor prognosis is) so much so that he did not see patients this time(his nephew did it instead) and he is in a wheelchair.He also appeared to me to be moving his back and lower body at times in discomfort,though his face betrayed nothing and his presence was joyful,radiant,gentle and steely;if this makes sense to you. Steely as in the fierce uncompromising strength and truth of a Bodhisattva. As there are no ground-floor facilities available at the venue,this too may shorten his visit and restrict my access to him.We will see!No worries,mate!

And I did wonder if when you were reaching out to find him on the internet, and expressed concern for him,you had somehow picked up on his situation.I know you know that we are not to worry,but to wish deeply for his long life.

Lastly, I would be very grateful if you would keep me in mind. I am a little disabled by chronic fatigue which affects me mentally too. I would so much like to be stronger so that I could be more useful. I do have a wonderful teacher, and I trust him and follow his heart advice as much as I can. Thank you so much for your time. I pray that all may meet and follow our perfect teachers, all the way to enlightenment! Hope your day goes very well. Best, Jennie

Being Thrashed In Competition:

09-19-04: Sensei, Excuse the 'colorful' subject, but it seems like the right word to use. If you would be so kind as to share some of your experience, I am wondering. Do you remember being 'pounded' (in a sparring sort of situation) in your early days? I've only been studying aikido about 2 years, and a friend of mine who's been studying Tae Kwon Do for about a year and I just finished a match. To make a long story short and avoid some whining, while we were about evenly matched, I'm feeling rather dispirited, as well as physically 'thrashed' and a bit dizzy. All I could do was punch and kick back; I kept feeling 'small' and tense and was unable to make the sorts of large, powerful movements I associate with aikido. It seems so easy in thinking about it, but it's frustrating how difficult it is in reality. I suppose I ask if you ever had a similar experience because, while I know it's something I should work on myself, perhaps I could learn something that would make the process a little less unpleasant. . . . I don't believe my own sensei ever did much sparring, and I have a feeling he'd tell me "You're not ready to learn this yet, don't be foolish." Perhaps that's the answer I'm looking for after all. Many things to consider, but right now, I'm just trying to muster up the resolve and confidence to think about any of them. I just sort of want to 'forget about it', or 'wait for it to be solved', which is probably the wrong attitude. Also, many thanks for your articles. I've gleaned a number of bits of advice, such as your remarks on "realizing it's only your perception of the hand there", or your wonderful phrasing of "Technique over Strength, Spirit over Technique, Mindfulness over Spirit, Compassion over Mindfulness." Paul Sanderson-Cimino (4th kyu) Carleton College Aikido Yoshokai (Joel Ward-Sensei)

Sensei's Reply:

NO fighting and NO competition in Aikido practice. You are missing the point of True Martial Arts and only fooling around like children thinking that you are doing martial arts. (Please refer to Daily Message)

"Apology"

09-17-04: Sensei, I apologize if my letter was whiny or rambling. To my embarrassment, it seems that a good part of my mood and what I was saying was simply on account of dizziness from a few knocks about the head, which have now subsided, and some bruising of my too-tender ego, which fortunately has also diminished. I would of course still greatly appreciate any experience with this you'd like to share, but I expressed myself poorly, and shouldn't have let my feeling of "loneliness" make me pester you as I sought "someone to talk to." I hope you are well, and that your dojo is also. -Paul Sanderson-Cimino

09-20-04: Good morning (9.40 AM in Sweden) Furuya Sensei. How are you doing this monday? I saw you published the first mail among some other on your "daily words". This saturday we had an display of Aikido and Taïdo (Although I do not practice Taïdo) in a local gymnasium. It went rather well, I hope the crowd liked it. Once a year in Hoganas (where I live, actually spelled Höganäs, Höga = high, näs =

nose, or tip, isthmus) we have this "Kulturmaten" (culture/cultural night) with some different events. Quite fun really, it was a good opportunity for me to practice moves. A touch of anxiety added, but at least I have progressed from knowing that people were watching, to just focusing on my uke/tori. A small step for an martial art, a giant leap for me. . . .

Thanks to Aikido I have begun seeing similarities in some different events, like people standing in line, or a conversation with a close friend. It is almost like if I can predict how things will go sometimes, just because I have taken the time to be open and really focus on what I am watching/hearing. It's a great feeling, not that I claim I am so big of a person I can predict how things will happen, but just sometimes I get this feeling like "I know he would react like that" or "I knew she was going to say that". Have you ever felt like that? Like the words of your conversational partner was on the tip of your own tongue at the same time it left theirs. Thank you for taking your time. This is great for my English grammar practice, and it feels you truly read what I write. Thank you also for responding last time. Hope you have a good week in front of you. Kim Salmelainen

More Regarding Trogawa Rinpoche:

09-20-04: Thank you for your kind words and good wishes. I do so wish you can see Rinpoche again in this lifetime! I too have felt envy of those who have the opportunity to receive teachings from my perfect teacher, who I miss! I know I must rejoice for them, and thereby share their merit. It's hard! Rinpoche was full of joy and fun after he gave the empowerment. He said there is a Tibetan saying to the effect that if you have a crooked leg, you travel to straighten it out, and hence (he claimed!) he is travelling and teaching in Europe (the implication being, to straighten out his knee!)



The Honorable & Reverable Trogawa Rinpoche

I passed your messages to Dr. Trinley P. Trogawa, Rinpoche's nephew. This is just to let you know that we were given a telephone number to contact Trinley, if we wished to have a medical consultation this week in London. I had had to cancel mine last week, as I couldn't afford it, and decided it was better not to go deeper into debt to do so. I am on disability benefits.

If you wanted to ring today or in the next few days, to try to speak to Dr. Trinley Trogawa directly (by now he might have read your emails and daily messages which I copied to Rinpoche to read them at his

leisure. I encourage you to do so, though of course you will do what you feel is right, and what you can afford, also, as it is an international call. It is an opportunity? He is such a warm kindly helpful young man, Sensei, and with such good English. I am sure he would be delighted to make a connection with you. Remember that the main cause of all this is your devotion for Rinpoche, and your reaching out and expressing that on the internet, and offering to support his work. I am just a messenger, and a few emails do not take so much of my energy! The number is a London number . . . but I regret I don't know how to call England from outside. I must find out! It is the number of the place where Trinley Trogawa is giving consultations, I believe. So you might get someone else answering the 'phone. OK, in haste... this has been such fun and so inspiring for me. Thank you! Jennie

More On Strength VS Technique In Training:

09-21-04: Hello Sensei & Tom Thank you for your replies and please accept my apologies for being so tardy in my reply. I have always struggled to be pliant and to have freedom of movement. Progress has been made and I am now much better than I was. Randori always seems to be a good test for me. I used to be so tense and rigid and utterly exhausted in no time. Now my Sensei is pleased that I am more relaxed and blending with the attack.

Obviously I have a long long way to go. I must confess that I am still left a little unsure how I should behave in some techniques where I am uke. For example irimi nage, I trained with a beginner who was not taking my balance and so was struggling to throw me. I didn't want to just collapse, I didn't want to seem awkward, I didn't want to start talking and trying to teach. In the end Sensei came across and corrected her technique. Anyway, I will just continue training and and trying to be the best uke I can. Thank you, Ambrose

09-21-04: Aloha Kakahiaka e Sensei! I am happy to report that my mom is visiting me here in Hawai'i, and although her stay this time is short -- only a week -- she managed to join our dojo for our weekend seminar/camp, and she even managed to make chicken enchiladas for everyone! It has truly been a joyful time, and it has been a double blessing to share aikido with my mom, and my mom with aikido. Recently, I have had similarly intense experiences with visiting aikidoka from Japan, who have brought their relatives to Hawaii . . . Even though we shared less than a full day together, by the time we departed each other's company, it felt as if we were truly family. Perhaps these types of interactions should not be so rare, but it seems that in today's world, they truly are. Anyway, it has occurred to me that my daily practice and observance of reigi have contributed greatly to these joyous and wonderful interactions. Thank you for your constant reminders regarding the importance of reigi and your helpful clarifications of its finer points! Happily training (and eating!), Herald Farrington

09-21-04: Sensei, Thank you for including both of my email messages with their dates; I don't believe my 'apology' was complete or sincere in the way you mention, but it did correct from some of the 'daze'.

I was struck by your reply, probably because I dismissed many lingering thoughts along the lines of "Is this really about mutual training, or just about ego?" along the way - I felt I was hearing, more powerfully expressed, something I should have heard a while ago. I apologize for 'putting words in the mouths' of experienced teachers like yourself; I had somehow convinced myself that sparring with

those from other martial arts was a part of learning aikido. This is something I do too often, even in things like, "Oh, I think what sensei /meant/ was that you need to extend this arm and turn here", when I confuse beginners.

Once again, I apologize for upsetting someone who already has so many concerns. I will think much more carefully before bothering you with questions again, or sparring with my friend. -Paul Sanderson-Cimino P.S.: Is it correct to include rank and dojo in a communication of this type?

Sensei's Reply:

Being upset myself personally and teaching in an "angry" manner to add strong emphasis and urgency to the instruction are two different matters. You should always keep this in mind.

Childhood Stories: Submitted by Dr. Helen Hsu, Oakland, Ca.. 09-25-04: Listen up, son, for tales of my tough childhood. By Wayne Chan, Northwest Asian Weekly, Seattle

There's an unwritten rule that all parents abide by when raising their children. This rule supercedes all other rules of parenting, whether it is applied intentionally or not. Though the following may not be the formal title of this rule, I believe it is generally recognized as the When I was a child... method of parenting. Comedian Bill Cosby once described how his father invoked this rule when noticing that young Bill was none too eager to walk to school. As I recall, his father said, When I was a boy, my school was 20 miles away. I walked in bare feet, with 30 pounds of books, uphill...both ways!

My parents never used the rule intentionally, but then again, they never really had to. Having come from China, my parents both lived in stark conditions devoid of all the conveniences we take for granted today, but there was also the ever constant threat from the Japanese invasion during World War II, as well as the communist takeover of the country. Compared to my childhood in the 70s and 80s in a middle class neighborhood in San Diego, I didn't need many reminders I knew how fortunate I was that I had had a happy childhood.

Of course, this now leads me to my problem. I am now a father, who along with my wife, is raising three kids. While I have every intention to continue the tradition of the When I was a child... method as it has been passed down from generation to generation of parents before me, I am having a hard time coming up with appropriate examples of my own that would instill a measure of guilt in my own children. So far, none of the examples I have from my own childhood inspire much sympathy. I've listed a few examples and you can be the judge. Here goes:

When I was a child, we didn't have a remote control to change the channel on the TV. I had to get up from the sofa to change the channel myself until I started ordering my little brother Steve to be the remote control.

When I was a child, automobiles didn't have child safety restraints or car seats, for that matter. In fact, you weren't even required to wear a seat belt. When we got in the car, my brother and I were usually in the back of our Ford station wagon with the back window rolled all the way down. Any sudden turn would fling us from one side to the other. It was just a part of growing up. Head concussions build character.

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When I was a child, public bathrooms didn't have sinks that turned on automatically when you placed your hands in the bowl. Back then, there was a button on top you pressed to get the water started and it only lasted .65 seconds every time you pressed it. In order to wash your hands properly you had to perform an elaborate yoga move and place one foot on the button to keep the water running.

When I was a child, we didn't get anything fancy for our school lunch. Our menu consisted of bean burritos, fish sticks, soybean hamburgers and milk. Each day during our lunch break, I would try and open the small, individual-sized carton of milk, which was nearly impossible because every time you folded back the carton flap, the spout never opened, forcing you to jam a finger into the lip of the container to get any milk. On top of that, the school supplied each of us with one straw made from waxed paper, which would immediately go limp after the first sip of milk. Struggling to suck milk through a limp, soggy straw one drop at a time, I'd often black out halfway through the carton.

It's ironic how a happy childhood could lead to a parenting crisis. I'll put some more thought into it after I finish my soybean burger. (Wayne Chan can be reached at <mailto:scpnwan@earthlink.net>scpnwan@earthlink.net<mailto:scpnwan@earthlink.net>.)

NO Kicks In Aikido:

09-25-04: Hello Sensei, Hope you are doing well in warm Los Angeles. I was wondering if you could help me with some questions I have. I was reading this message below and it reads that many of the older martial arts do not use kicks because they come from battlefield conditions. Is this true in the older Chinese Martial Arts as well i.e. Shaolin styles? Did Shaolin styles develop from battle field conditions? Why do some Shaolin styles use high kicks in their training? I would greatly appreciate your time and wisdom on these questions. Thank You Sincerely, Raymond

Sensei's Reply:

There are no kicks in Aikido because this is an impractical and ineffective technique. Even Bruce Lee, the famous Kung Fu superstar instructed his students that "high kicks" were for the movies and making money from students who don't really know martial arts. Bruce Lee only used low sweeps and is used in Judo in his own fighting system. Kicks look good in movies and tv, that is all. . . .

Impressions of Aikido In Sweden:

09-27-04: Hello Furuya Sensei. As I have not actually received an email from you I copied your response from your site of daily words. Must be that the mail got lost on the way.

It doesn't bother me at all being open with how I feel, or with how life is. I think Aikido is open, should be open, and by being open even to strangers, I can contribute with my own Aikido in this world. maybe that is just a stupid thought but being honest and open makes me feel better, and I think it makes the people I communicate with feel better also. Heaven is here and now, and we create it. =]

Living in Sweden and living in US is very different I think, more different than I used to believe. I have read up some on America, and it has altered my view. But, Tanden in us is the same, and I think Aikido is a great bridge, creating something for us all to lean back on when the differences seem to overwhelm us. The feeling goes something like "I am like me and you are like you, but we both have the spirit of Aikido and thanks to that we can recognize ourselves in one

and other". E-mailing to you is not at all just English writing practice for me. No no, I am sorry that I made you feel that unimportant. The feeling is much greater than just words on a screen. Thoughts and feelings working rather through a strip in time and space than through two different languages. It is great to be able to feel sometimes that we are all so small, and that we are one with everything. It makes me calm.

Yesterday I practiced Aikido techniques in another dojo than usual. The feeling was great, it brought me in touch with the essence of it all. Probably due to the feeling of being a beginner all over again, as two sensei's Aikido very seldom is the same. At least that was the feeling I got when I thought back on it today.

That feeling and the techniques he chose for us really made me feel like I was feeling the strength of the Earth under my feet and the calmness of an open Sky inside me. It was great. I can't wait for practice tomorrow in my ordinary Dojo, it will be very fun. I am very content with the Aikido practiced in the Dojo I usually go to. It is great! I hope you have had a good time since last time. It is sad the e-mail didn't reach me as it has prolonged my response.

Thank you very much for thinking of me as speaking honestly. I try my best, everyday is practice.

What do you prefer to call our one Ueshiba-Sensei? O'sensei, Sokke, or maybe Kaiso? (I hope I have spelled those titles correctly)

Thank you again for taking your time, and please forgive me for making you feel like somebody I practice my English on. That is not why I keep on e-mailing you. Even though, thinking about it, who is better to practice anything on, than a Sensei? =] Take care, hope the start of your week feels good. Kim Salmelainen

Sensei's Reply: Proper Title For O'Sensei

The proper title for the Founder of Aikido is "Aikido Kaiso." And this refers only to Ueshiba Morihei O'Sensei and no other person

Proper Addressing Of Correspondence:

09-27-04: Furuya Sensei, This is an article which has become cause for much contemplation this afternoon. I thought you might be interested. I have to wonder if there can really be a scientific way of measuring happiness. It crosses my mind that this urge to quantify everything might actually lead to a certain degree of unhappiness. http://www.eurekalert.org/pub_releases/2004-09/aps-wdn092404.php Sandi Wilkinson, Seattle P.S. In your Daily Message of August 28th you mentioned the proper way of signing a letter with name, rank, origin, and length of training. I am sorry that I do not know how to provide this information since I have only been in training as of two weeks ago. I hope to learn so I can present better etiquette in the future.

10-03-04: Sensei, . . . I fully updated my profile in the forum. . . I was just wondering if in this forum, you would consider discussing some very basic instructions for seated zen meditation? I have been trying on and off for a few years but I have had no formal teaching. I can find the time to sit early in the morning but with my current schedule proper instruction at a temple or monastery is impossible. Or do you think it would be best if I just wait until I can find the time to study more formally? Respectfully, Jason P., Aikido of Center City. (Please refer to Daily Message)

Introducing Myself - Bill Dubay:

10-03-04: Hello, Just wanted to introduce myself as well. My name is Bill DuBay. I am a recent student to Sensei's dojo in Little Tokyo. I have only been a member for two months. Since I have been out of the dojo for the last few weeks, I have been keeping connected by reading the posts on this group. Sensei's daily messages are often very uplifting. I find that in my short time so far studying at Sensei's dojo, it is refreshingly different from any other school I have ever been in contact with. There is a notable lack of commercialism, in fact, it has a feel as if you are studying in the old days of Japan, not that I have much of a frame of reference for this. I am greatly enthusiastic about studying further and returning to the dojo soon.

My other martial arts experience has been with Tai Chi, Yang style long form, which I have been studying for five years or so. This art is very much internal and involved with the cultivation of chi. As such I became very interested in Sensei's dojo after viewing the special on the Discovery Channel in which Sensei briefly described and demonstrated flowing ki movement. In this way, there are many similarities between the two styles. While I realize that this topic is not breached until years of commitment have been achieved, I have found Aikido to be a wonderful addition to my life and have found many of Sensei's senior students to be very helpful both in their overt and subtle transmissions of knowledge. Many thanks. Bill

10-04-04: Trogawa Rinpoche:

Sensei Am so happy you got the gifts. The katag, I offered to Dr Trogawa after the teachings. He very generously offered anyone who wanted, an opportunity to do so. I have heard from some lamas, that some Westerners take this for granted, and that the lama will return the katag, round the student's neck. But that this in fact is accepting a karmic connection or samaya with this person, and is not to be expected as an automatic thing. So, it was very kind of him and I offered him a katag and he did return it to me, and that is the one I sent you. So, in answer to your question, he touched it. And please, I would prefer you not to publish this on the internet (unless you can be very persuasive otherwise!) as I was a bit shocked and alarmed to find my previous messages on your webpage when I had intended them to be private and don't usually publish my email address as it is a bit unsafe for a woman to do that (porn etc.) in my opinion. No offense taken! Just a request. In haste, Sensei, Best of best wishes to you Jennie

10-06-04: "Thanks, Sensei, I'll See you Again!"

Sensei Furuya, This is Toma Lam here, I wanted to thank you for providing such a wonderful place to learn Aikido. . . . I will be leaving the area for about 6 months (heading up to do some work in Seattle). I will hopefully rejoin when I get back, and will be studying using the videos that I bought from the dojo. I'll also view your daily messages online. That's it from me, take care sensei and thank you. Toma Lam

10-07-04: From Volcano, Hawaii:

Aloha e Sensei! Thank you very much for the reminder, and for the gifts . . . it seems that many aikidoka would rather complain about having to sweep the mat rather than remind themselves about how hard training would be without mats at all! While I recognize that this attitude is simply a part of human nature, it is not a necessary one -- each of us should strive to cut this away, and share our gratitude for all that we do have, taking full advantage of what has been given to us, and working tirelessly to give something back. Mahalo nui loa, Mon

Most Difficult Techniques continued:

Yonkyo: Practice it a lot and combine this practice with suburi training - I think the grip is very much the same. Finally, I think that in addition to the pressure and pain it may cause, it is also an effective way to pin and immobilize the opponent to the ground when it is mastered.

More Yonkyo: I don't think I answered your question directly enough so I am trying again. I think that if you can bring your opponent down and make him submit, this is enough whether there is enough pain or not. I think that you felt O'Sensei's Yonkyo, probably you could not grip or hold anything with the hand for several minutes.

I think some "pins" are not meant for any length of time and can be considered to the point of submission. If you are thinking that the pin should be longer than this is a different perspective of pinning or holding down. Perhaps, in Ikkyo or Nikyo or Sankyo, we feel "more" in control than in Yonkyo and maybe this is where your question lies. Then I think it is a matter practice to develop a strong and "painful" (if necessary) Yonkyo. Nikyo and Sankyo is working against the wrist and elbow joint so the "pain" factor is more evident. Ikkyo seems more of a control pin, pressing him (or his arm) against the mat. Yonkyo is applying pressure against the nerve and artery in the forearm just above the wrist so it is a little more difficult to visualize and understand.

In think in the case of Yonkyo, for all practical purposes, if you can get him down to the ground completely and make him submit, it is enough. . . . until you can refine your Yonkyo more.

There is a story of an Aikido teacher who caught a theft and applied Sankyo to hold him. He kept the sankyo up for 45 minutes until the police finally arrived. He told me that he was so exhausted and it was such a big pain to manage the Sankyo for that long What would you do?

Many thanks for all of your responses. Please continued to participate in our Yahoo.group forums. Become a member today.

Latvia - Iaido continued: But Iaido trainings in our Dojo are going fine. The students are not many, usually there some 5-10 people in the practice. Few very beginners work with bokkens and plastic saya, other have iaito and everything. One of the Iaidoka orders everything at Tozando, so they know him already. When he visited Japan this April he had even gone to them. In this camp they had two Iaido trainings every day and were very happy about it. As far as I understand few are going to pass some examination in the spring - if everything goes well. Might it be 6th kyu? There are few who are not very fond of it, there are few who really love this art. Like in every Martial Arts school. I like to watch them as these are truly the first steps of Iaido in Latvia. I only don't know whether I will ever be the part of it.

I know you are both Aikido and Iaido teacher. How is it when they go together? If you started Iaido later than Aikido - did it change your Aikido? And if some of your Aikido students start to train Iaido - does it change their Aikido? Well, I know the questions look stupid but I just cannot formulate the idea. I have had three Iaido trainings in all my life. I don't understand yet. I just like it. Looking forward to hear from you soon, best wishes, Olga

More from our friend, Olga, in the next issue.

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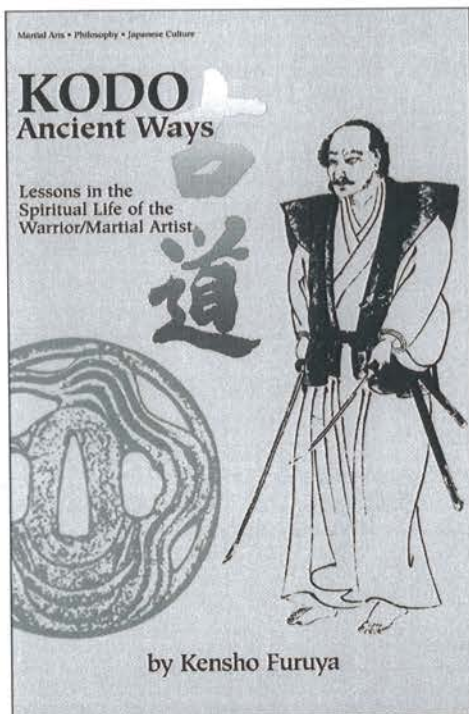


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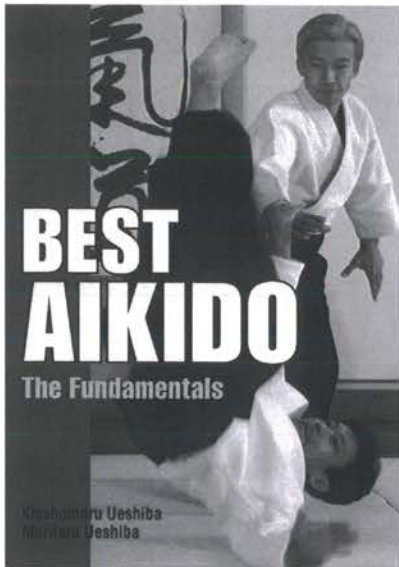
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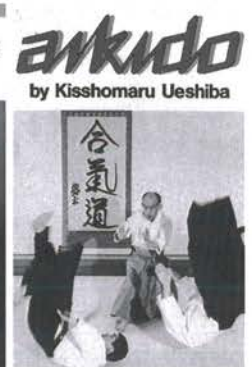
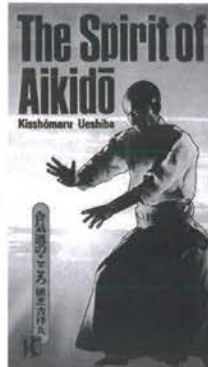
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Tel: (213) 687-3673. Email: aclafuruya@earthlink.net

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**Sensei's
Five Star
Readings
On
Aikido:**

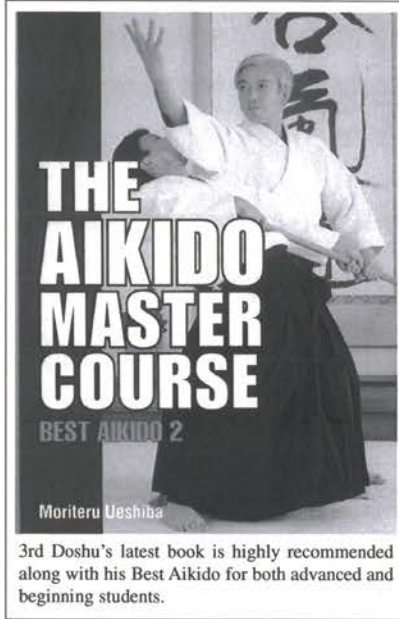
Please use these books and references as an invaluable supplement to your Aikido training.



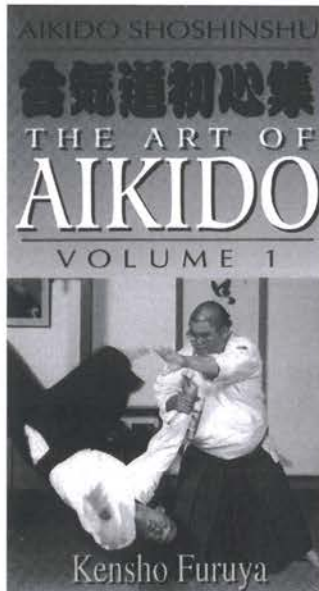
The Art of AIKIDO

Instructional Video Series in Nine Volumes Now Available in a new DVD format.

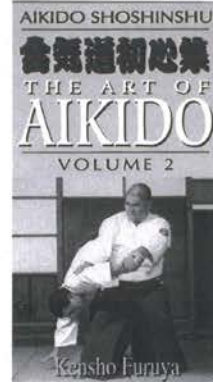
"Top Rated" Karate Illustrated "Impressive Scope" Aikido Today, "Exhaustive" Aikido Journal "Best in the English language on the market today," Budovideos.com.



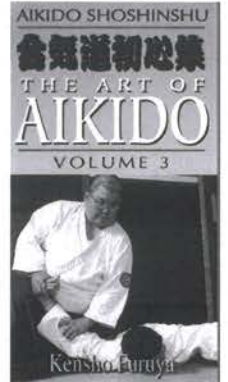
3rd Doshu's latest book is highly recommended along with his Best Aikido for both advanced and beginning students.



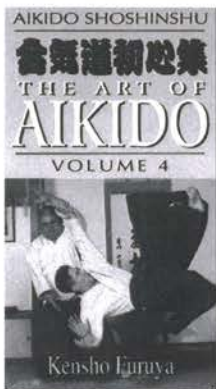
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



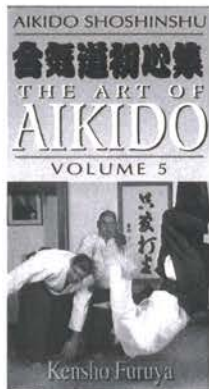
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



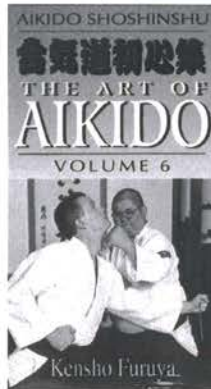
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



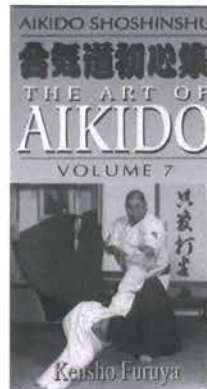
Katatatori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



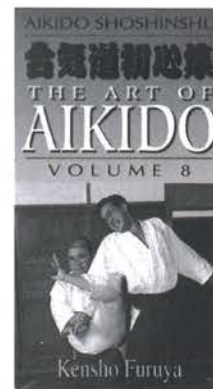
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



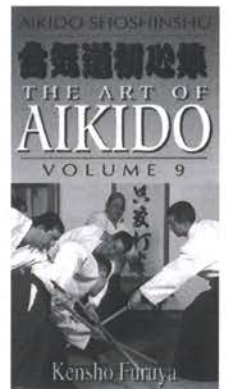
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to
the side of the head &
neck.



Shomenuchi, Ushiro
Katatatori 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
Intermediate 4th & Up: 6:30-7:30pm.

Wednesdays: Open Beginning: 5:15-6:15pm
& 6:30-7:30pm.

Thursdays: Open Beginning: 6:30-7:30pm
Beginning Weapons, Bring Bokken & Jo:
7:45-8:45pm, 4th Kyu & up.

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

Saturdays: Open Beginning: 9:30-10:30am.
Open Beginning: 10:30-11:30pm.
Every 4th Saturday: Intensive Aikido:
6:30-8:00am. 3rd Kyu & up only.

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 (Weapons)

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

No Classes on the last weekend of the month.

Intensive Iaido Seminar

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 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.