

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

Aikido Center of Los Angeles

The Aiki Dojo

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

\$2.95
Donation

October 1, 2001

Volume XIX. Volume 10.

With Our Deepest Condolences,
We Honor the Victims of the
September 11th Tragedy &
Express Our Heartfelt Sympathies
To All Their Families

*Members of The Aikido Center of Los Angeles
ACLA Black Belts Yudansha-kai
Kenshinkai Iaido Members
The Rev. Kensho Furuya Foundation
Rev. Kensho Furuya*



Seminar in Spain hosted by the Salamanca Kodokai under Santiago Almaraz and our Dojo. Kenny Furuya & Mark Ty were guest instructors. Sept. 1-2.

**Special Joint Aikido
Seminar. Oct. 13.**

**Guest Instructor, Patrick
Cassidy Sensei, Aikido
of Fresno. Oct. 20.**

Incense Offering To 9-11 Tragedy Victims. Sept. 12-13.



Tom Williams among members of the Dojo offer incense in memory of the victims of the September 11th, World Trade Center Tragedy. Afterwards, everyone gathered for a discussion of personal feelings and impressions which relieved many's stress and sadness. "It had a great healing effect," said one student.

Special Practice October 20th, Saturday

We are honored to have
Patrick Cassidy Sensei, 5th Dan,
Chief Instructor of
Aikido Of Fresno
Visit our Dojo

9:30-10:30am Cassidy Sensei
10:30-11:30am Furuya Sensei

Everyone is welcome.

Aikido Joint Practice October 13th, Saturday

8:00-9:00am

Rev. Kensho Furuya, 6th Dan
Aikido Center of Los Angeles

9:00-10:00am

Henry Oshiro, 4th Dan
Orange County Aikikai,
Santa Ana, Ca.

10:30-11:30am

James Nakayama, 5th Dan
Chushinkan Dojo,
Buena Park, Ca.

11:30-12:30pm

Frank McGouirk, 6th Dan
Aikido-Ai, Whittier, Ca.

12:30pm

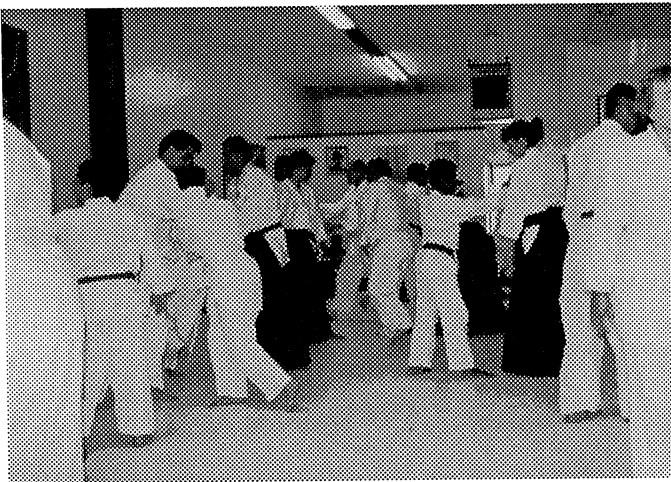
Buffet Pot Luck Luncheon

*Everyone is welcome.
Space is limited, please RSVP early by email:
aclafuruya@earthlink.net*

Congratulations

October 21, 2001

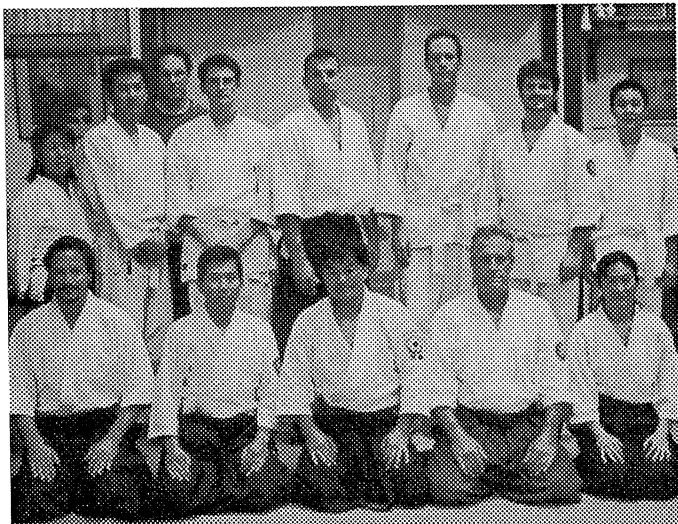
60th Anniversary of the Founding of the
Aikikai Foundation & the
70th Anniversary of the
Founding of Aikido Hombu Dojo



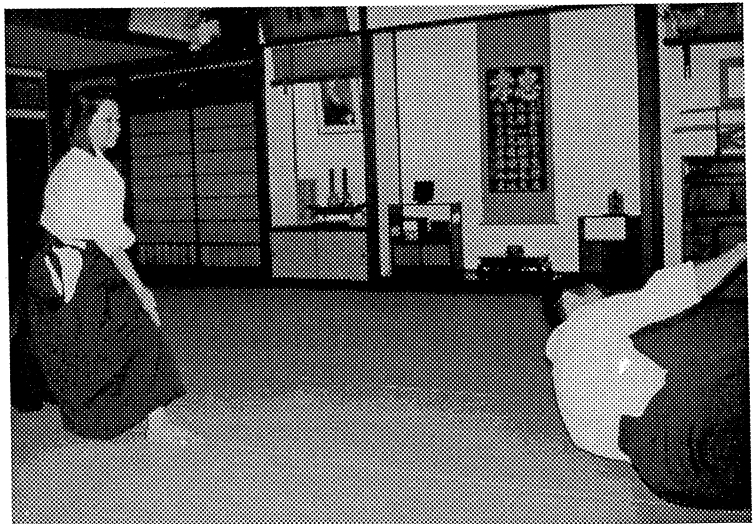
Grand Re-opening of the Whittier Aikido Ai on August 11th. Sensei attended event with Tom Williams and Mark Ty.



Beth Mizuno, 1st Dan, from Washington, DC, visits Dojo in September, training for about one week.

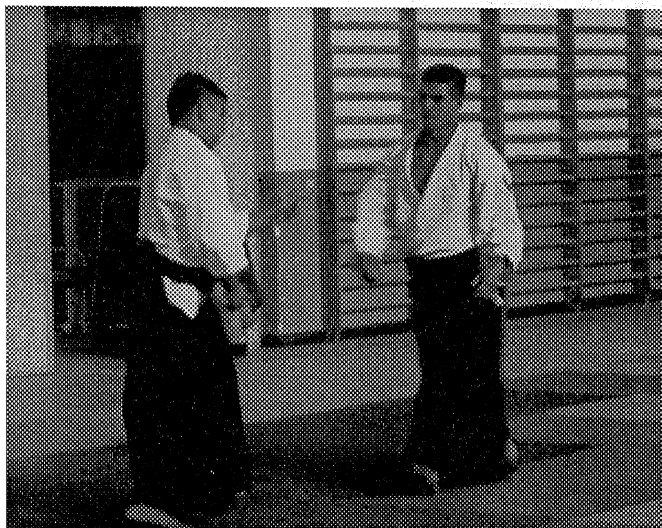
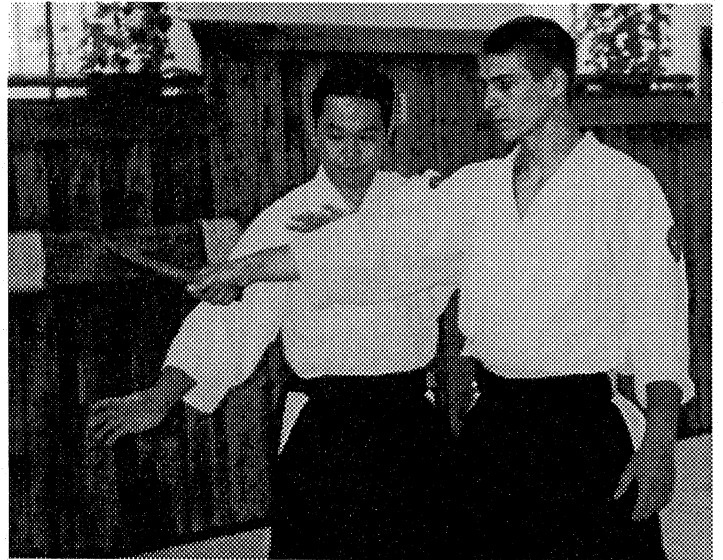
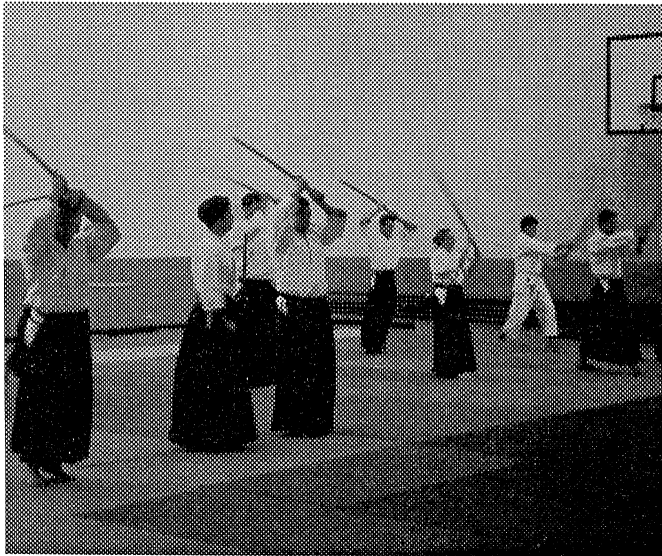
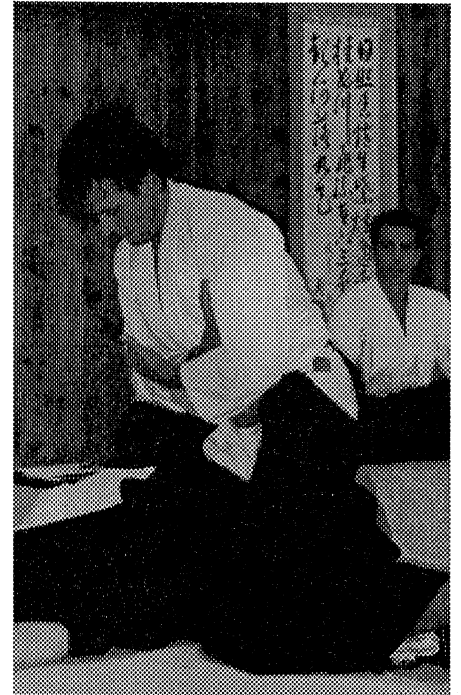
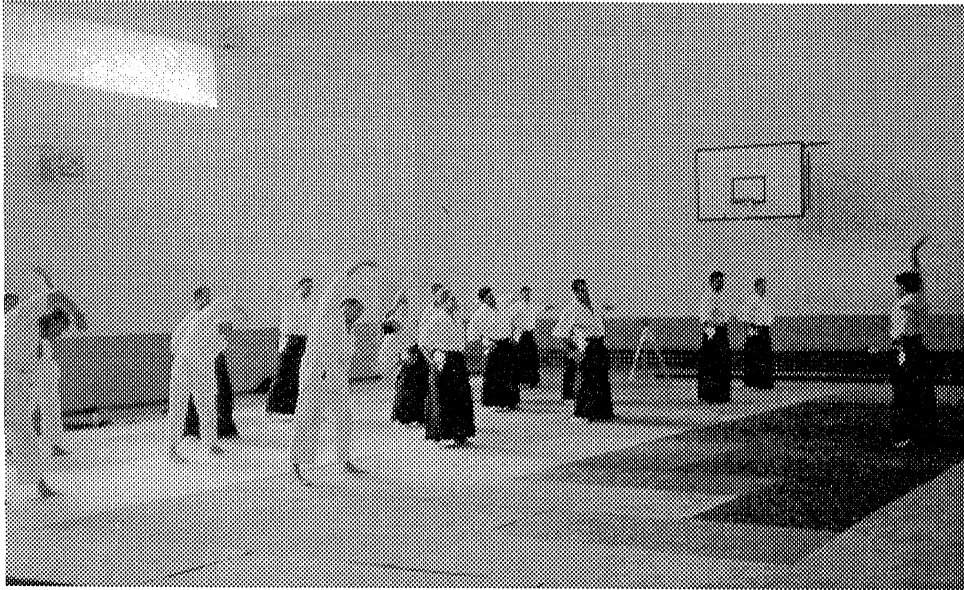


Masami Fukuoka, a 2nd Dan under Kobatashi Yasuo Sensei, visits from Tokyo, Japan. Member of the Kobayashi Dojos.

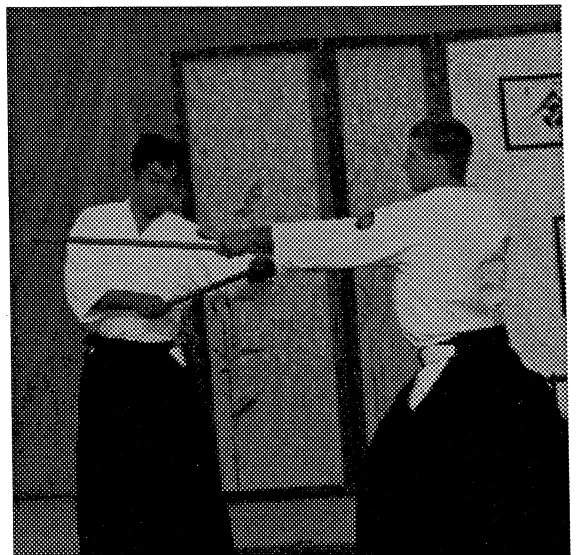
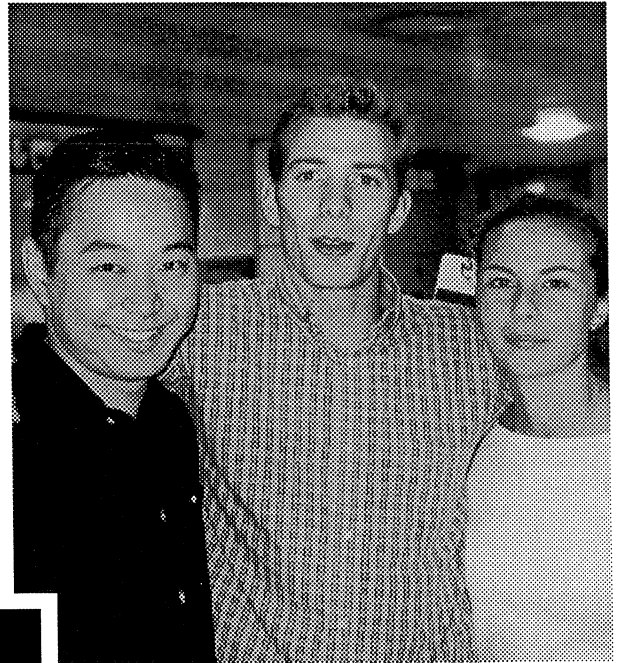
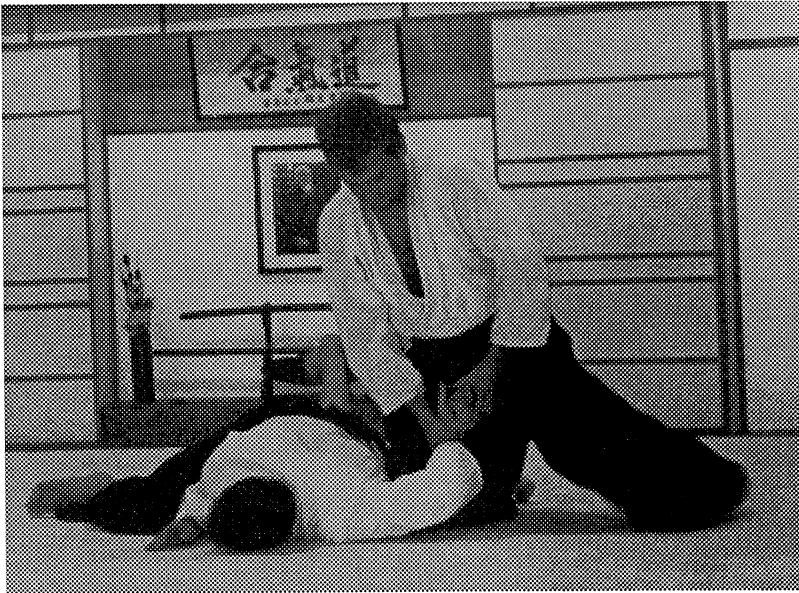


Carol Tanita of Rafu Bussan in Little Tokyo, recently submitted an article about the Dojo to the Rafu Shimpo Community News.

Seminar in Spain. Sept. 1-2.



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Members of the Kodokai in Salamanca, Spain.

Spain Seminar. Sept. 1-2

From Santiago, Chief Instructor Salamanca Kodokai:

Sensei: I'm so happy that Kenny and Mark stay here and do the seminar, they teach very good and the people was very happy with them, I have many things to tell you but I think that Mark, and Kenny write better English than I do. I try to learn every thing from them and try to they spend a nice and time here in my dojo. I'll write you tomorrow to explained some thing more about the stance to Kenny and Mark here. My best, Your student. Santiago.

From Kenny Furuya:

08-31-01. Sensei: Mark and I are at a cyber cafe near the hotel. We had dinner at Santiago and Susana's house. We taught class tonight. We did tenkan, tenkan kokyunage, shihonage, ikkyo, sankyo, sankyo and throw, iriminage, and ryotemochi kokyunage. Santiago's students look like our students and they also have the same problems/mistakes. I was surprised at their level and most of all they have very good etiquette.

Tomorrow Mark will teach the first class at 11:00am focusing on ikkyo, nikkyo, and sankyo, then Santiago will teach at 12:00pm-1:00pm. Then we start again at 4:30-5:30pm I will teach advanced techniques yokomenuchi shihonage and then another punch after yokomenuchi. A few techniques from Double punch and then a few koshinage. Then the last class I will teach at 5:30pm-6:30pm will be jo (31 jo kata and partner techniques). Sunday will be the same schedule of instructors and time. We will talk more about what we need to adjust for the techniques to be taught and make it a little different but also review from yesterday. What do you think? After 6:30pm we will hold dan examination.

Santiago, Mark, and I reviewed some videos done by Cinturon Negro and one aikido video by Cinturon Negro which was done by a yondan from Yamada Sensei's Dojo. Angel something. Santiago didn't know his last name. We will practice and video ourselves during the week in preparation for the video. Kenny & Mark

09-01-01. We had 22 students this morning. Santiago expects a few more this afternoon.

09-02-01. Dear Sensei: We are done with the seminar. I feel it went better than my own expectations. Not that I was expecting to do badly, but you did make me worry and rightly so. Thank you. Mark did very well especially today, he showed a lot of poise. We feel that we finished the seminar very strong. The first day was a little nerve wracking. We received many compliments which I will share with you.

Three students from Valladolid said that they drove 1 1/2 hours and they loved the seminar. They attended Yamada Sensei's seminar and hated it. They said they did not learn anything from Yamada Sensei. They enjoyed our seminar very much and they approached Santiago when I wasn't there and asked how they could approach you because they want to become a branch of the Aikido Center of Los Angeles and be your students. They studied under Tamura Sensei. There are many schools here in Spain like Santiago's where they live in a very small town with only a few students and they aren't directly linked to any teacher. I will show you who they are on the video, hopefully we got some good shots of them. One of them, I know that you will like, he has a good attitude and he picked up the technique very quickly.

One person was a yondan from Palencia and requested we come to Palencia to teach a seminar which is 1 1/2 hours from Salamanca.

One person asked permission to post our group photo on their dojo website and he is from Valencia (5-6 hours away).

Everyone loved the iaido demonstration. We showed shoden and chuden except of course junto. Some general comments that Santiago and Susana heard was that people walked away with a good feeling and would come again. Some times Santiago has overheard at other seminars people talking badly about the teacher (like the people from Valladolid) but he only overheard good comments and I feel that the energy and spirit of everyone involved was high and that they thought it was worth it to drive all the way to Salamanca. We had a total of thirty students. Santiago feels that after the video and with people spreading the word about our seminar that next one will be larger. Many people said that we showed techniques that they never teach at other seminars and also that we actually explain the technique. Many teachers are only concerned with how many students attend the seminar. They got the feeling that we actually care that they learn and get something worthwhile. Many teachers do not correct the student or practice with them on the mat. They were also surprised when they saw Mark and I helping everyone carry the mats into the truck to be taken away. They did not expect that at all.

Thank you for everything, Sensei. We will start now to get ready for the video shoot. One last thing, in Spain your video costs around 5000 pesetas around \$30. We said we would get back to the people who wanted the video can we sell it at that price? We sold four books at the regular price. We rented two trucks for the mat, advertising, gave water, and utilities for the pavilion. After that we made a profit of about \$55. Not much but at least we didn't lose money! Sincerely, Kenny

09-04-01. Dear Sensei: Today we practiced in the afternoon for the video. Class starts at 8:30pm tonight. Tomorrow morning we are rehearsing the video shoot and we will shoot live one hour and review it in the afternoon.

We are staying inside the dojo now. The hotel was claustrophobic! It's ok with Santiago that we stay in the dojo. It's very nice and the neighborhood is much quieter. We have taken over 500 pictures of Spain and our working on our update. I will update you again tomorrow. Kenny

09-06-01. Sensei: My email is working now. The initial 70 minutes of video is because I repeated myself many times and showed many angles for the camera. I don't feel confident that at this time we can put together two quality tapes. Today I felt really good about my explanations because they were clear and concise (at least compared to earlier in the week). I think in the beginning I was talking too much and rambling. I really feel that we can put together a really good video, but two videos is stretching it at this point. Santiago feels the same way. Cinturon Negro wants to start at 10 am I don't feel we have the time and we both are not confident that I can pull this off. Please trust me on this one I believe that we have more than enough for one video, but not enough for two videos. It's just an idea that we threw around during lunch, Santiago and I think a year from now, we can shoot another video. Santiago just said that if we give them 2 tapes right away, in the future they will continue to take advantage of us. If the first tape sells, we can negotiate from a better position next

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time. But money aside, I truly feel more confident if we just do one video. Please allow me to just do the one video. We have half a day left and I am already more nervous than I have ever been for anything related to the dojo and aikido. I can't even sleep because I'm thinking of all the techniques and explanations before I go to bed (so I reviewed the tapes and took notes for three hours last night and went to bed close to 4am). I'm waiting your reply, thank you. Kenny

(We do not receive any monies for the videos, they are purely promotional and only Cinturon Negro profits.)

09-08-01. Sensei: What we captured on film was better than what we actually practiced throughout the week. Carlos took better ukemi than I could have ever hoped for. I did have to use mark for two-man, I don't think it looked funny because he had a knife. At first I felt my explanations were bad, but after reviewing the tape they were clear and adequate (not outstanding though). I believe that I haven't brought any shame to the dojo or aikido and that I demonstrated that are techniques are real. But, I also feel that it's just a technique video, I don't feel that I did a good job in actually explaining how to become proficient or get good in these techniques. I'll talk to you later when I get back to Los Angeles. Our flight arrives 7:30pm. This is my last email from Spain. Thank you for everything. Kenny

From Mark Ty:

09-02-01. Hello Sensei, About the seminar, I think it went well overall. I was a little nervous and tired the first day, but I think the second day went very well. I didn't realize that language would be such a problem. I had just taken for granted that Santiago would translate for me. But I forgot that he isn't completely fluent in English, and so sometimes he didn't understand what I was saying and couldn't translate. But on the second day, I think I managed to handle this problem well. In addition, I had trouble going around helping people. I had difficulty expressing myself when correcting them. I didn't foresee that Santiago would be busy practicing with other people and would be unavailable to translate for me. But I tried to help everyone as best as I could. If Ken Watanabe comes over here to teach a seminar, I recommend that he start learning Spanish, even if it's just a little.

I think that everyone enjoyed the seminar. Many people asked if we would return again sometime for another seminar. Also, one person inquired about the possibility of conducting a seminar at his dojo in Valencia. A few participants also expressed interest in coming to LA to study under you. I have more information down about them (including their names).

We demonstrated Iaido at the very end of the seminar. I demonstrated all of shoden (except junto) and Kenny showed chuden. I practiced some Iaido in the dojo before the seminar, but I was still a little rusty, I think. Kenny said he thought I did well. Because we had to return the mats immediately, we didn't have time to conduct the black belt examination. We will do it tomorrow at the dojo. There are two candidates. Kenny told me to ask you if you wanted us to just videotape the examination (and then you would grade it there) OR if Santiago, Kenny, and I should grade the candidates here. It's Santiago and Kenny's understanding that it is the latter (we grade them).

Santiago didn't have to spend that much on the seminar. The major costs were our hotel room and renting the trucks to carry the mats to and from the pavillion. The hotel room is paid for until Wednesday,

but we're trying to get the money back and sleep at the dojo instead to save some money. Santiago knows the hotel owner, so I think we may be able to do it. The hotel costs cut into the profits of the seminar, so if we can get the money back, the profits from the seminar will be a little higher.

We will start preparing for the video immediately. But I was just wondering about what I am supposed to do in the video. When we discussed the content of the video at Paul's Kitchen, you told us to do double punch, koshinage, tanto tori, and defense against kicks. Upon reflecting on these techniques, I realized that I don't do these techniques so well (at least not enough to be filmed, I think). The double punch techniques I especially have trouble with. If I had to do something, the koshinage and defense against kicks look like something I could do. With this in mind, what should I do for the video? Should I even be in the video? I don't want to do anything that would embarrass the dojo. Mark

09-04-01. Hello Sensei, . . . We will go to Madrid on Friday to shoot the video. In the meantime, we will immediately begin practicing using the video camera we brought with us. Kenny is not sure whether he should use me or Santiago for ukemi on ushiro waza. What do you think is best? For the rest of the video, Kenny is planning to use me as uke for ryote mochi, Santiago for yokomenuchi, Carlos for all the punches (munetsuki, double punches, yokomenuchi & straight punch) and tanto tori. Is this OK?

. . . Also, we conducted the black belt examination last night. We decided to just make it a practice exam, and they will re-test on Friday night. Mark

09-05-01. Hello Sensei, I don't think we will be able to teach at the other dojos. Santiago said that they're closed until the middle of the month. However, one of the three seminar participants from Valladolid (the nidan) might be coming to Santiago's dojo Thursday night to practice Iaido. Santiago has met him before at other seminars, but doesn't know him that well. So, Santiago would like to find out more about him before he comes to practice in the dojo.

Regarding the video, Kenny and I understand. I'll take ukemi for ryote-mochi only. Kenny will use Carlos as much as possible and will use Santiago a little bit. Carlos is Santiago's younger brother, but he is bigger. He is about Mike Van Ruth's size (but his face looks tougher), and is the scariest looking student Santiago has. He has free time tomorrow morning, so he and Kenny will practice for the video.

I showed Kenny the last e-mail you sent me (especially the part that said he shouldn't do anything he is not sure of or doesn't do well). He said he will update you tomorrow on what he will be doing for the video. On the double punches, no he was not in the dojo the last series of classes that you went over it. But he taught it at the seminar, and it looked very good. Kenny said everyone was impressed. We will see tomorrow how it looks with Carlos. If it doesn't look good, I'll advise him not to do it.

I asked Santiago about going to the other dojos. He said it's highly unlikely that we will be able to do it. He doesn't know their schedule, but will call them up today. He thinks the school in Valladolid is closed until mid-September. Santiago still wants to take the fireman's exam in Valencia, which is on the opposite side of Spain (in the east), about 5 hours away. He doesn't want to move the dojo, and he thinks

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he can come back to Salamanca for the weekends to teach class. On the weekdays, he says he has a few senior students that he can trust to handle classes. Santiago still wants to become an architect, but becoming a fireman will give him more time to study. They get paid a lot, and work one day then rest for four. He said that it isn't as dangerous a job in Salamanca as it would be in a larger city like Madrid or Los Angeles. He's planning to come back to Salamanca eventually. There's one firefighter in Salamanca that would like to transfer to Valencia. So they would like to switch places once Santiago passes the exam in Valencia. But this is also contingent upon the approval of city council.

... I'll talk to Santiago about the possibility of seminar for next year. We discussed it briefly before, and he was enthusiastic about the idea and thought this year's participants would be back for next year.

The first dan exam wasn't a disaster. Actually, Kenny was ready to pass the two candidates, but Santiago preferred that we didn't. As Kenny told the candidates when we told them that it was only a practice exam, he thought that they were already shodan level, but that the trademark of our dojo was very clean technique. Santiago, on the other hand, was disappointed in them. He said that he told them that we would be coming this week and to prepare for the exam, but they didn't. He also offered to let them view video #9 in the dojo (since it's unavailable in Spain elsewhere), but they never did. Also, when they took the exam, it seemed like they wanted to impress us, so they didn't stick to basic techniques, but tried to do ones that they weren't as familiar with. In addition, they didn't execute some of the basic techniques as well as they did in the seminar and classes, possibly because they were tired. They didn't help each other out very much. Each one took stiff ukemi, forcing the other to expend more energy throwing. By the end of the exam, both were extremely exhausted. Overall, we think they can pass the exam, but simply didn't test according to their level.

We're working on the video right now. In a couple of hours, we're going to Santiago and Carlos's mother's house to eat lunch.

I've been keeping notes of what we've done here in Spain, but I will try to write you a preliminary report before tonight's class. I'll try to keep you updated daily thereafter. Mark

09-08-01. Hello Sensei, Sorry I haven't sent you my report on our stay here yet. We were busy preparing for the video. Also, Santiago, Susana, and the Kodokai students have been showing us around, so I haven't had much free time to write. There's so much to write about, so it's taking me a lot longer than I thought. I'll write about it in a separate e-mail. We have 3 hours until dinner. I've finished packing, so I can work on my report until then. Meanwhile, I'll update you on the video in this e-mail.

The video went very well. I think Kenny showed very strong and clean technique throughout the video. There were very few reshoots. Of about 50 minutes of video, probably over 45 minutes were usable. Carlos took ukemi for the entire video. I was only in it for the two man knife attack. For the rest of the shoot, I was watched the monitor to see how it would look on screen. Shooting for the video took approximately 3 and a half hours. The photo shoot took about only 15-30 minutes. Before the photo shoot, the General Director of Budo International (the publisher of Cinturon Negro) mentioned that we may even get the cover!

Later that night, we showed a copy of the raw footage to some of the students. All of them were impressed and said they liked the video very much.

Kenny will e-mail you his own impressions of the video. I'm going to work on my report for the rest of the trip right now. I'll send you some of it before I leave (I don't know how much I can get done though), but I promise I'll have it finished by the time we get back to L.A. See you on Monday. Mark

09-09-01. Hello Sensei, Here's what I've written so far. I'm about a third of the way finished; I just need to write about my last six days here. When I'm finished, I'll e-mail you the entire report (including the portion in this e-mail) so you can just copy and paste it for the newsletter.

Is this OK? Should I write more, or is this too much information? This section would be just one third of the size of the final report. Please advise. Mark

I know this report is a little late (as I will be back in LA tomorrow), but I haven't had many opportunities to write. Kenny and I have been busy with the seminar and video. Also, Santiago, Susana, and the students of the Kodokai Dojo have been showing us around Salamanca, so we didn't have much free time. Anyway, here is a portion of my report on our trip to Salamanca, which covers our first three days here.

8/31/01 We arrived in Madrid on a Friday morning at 9:15 AM, an hour late. We were met by Susana and Carlos, Santiago's younger brother. After a short two hour drive to Salamanca, we checked into the Hotel Emperatriz at around noon. We left our luggage in our room and went to meet up with Santiago at the Kodokai Dojo. I was definitely impressed! I knew that it was built to resemble our dojo and not like a gymnasium, but I didn't imagine it would be this beautiful. Santiago gave us a quick tour of the dojo, and then the four of us (Carlos had to go) went to eat lunch at Gino's, an Italian restaurant in the Salamanca train station. After lunch, we went back to the hotel to rest. Santiago and Carlos came back to pick us up late in the afternoon, and before going to the dojo, they showed us around the Plaza Mayor. Kenny taught class and showed some basic techniques: tenkan exercise, tenkan kokyuho, shomenuchi ikkyo, sankyo, static shomenuchi irimi, irimi nage, and ryote-mochi kokyu nage. After practice, we had the first of many wonderful dinners at Santiago's home. On this night, we had dinner with Santiago, Susana, Carlos, and Marga (Carlos's girlfriend). After a delicious dinner and dessert, we returned to the hotel.

9/1/01 People in Salamanca stay up SO late! At 5 in the morning, we would hear (drunken?) people coming out of the bars and nightclubs (which were situated immediately around our hotel) singing or just talking very loudly. It wasn't too bad for me, but I think Kenny kept being woken up by all the noise. We had a quick breakfast with Santiago and Susana an hour and a half before the seminar. I taught the first of the four classes for the day. I didn't foresee exactly how much of a problem the language barrier was. I had taken for granted that Santiago would translate for me. But I forgot that Santiago was not perfectly fluent in English and therefore didn't always completely understand what I was saying. Had I anticipated this problem, I could have prepared a little more, choosing my words carefully so he could understand and maybe even going over with him what I was going to

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say. Another problem was that while I was teaching, I spoke to the class when I should have been talking to Santiago, since he was the one that needed to hear what I was saying in order to translate for me.

I showed *tenkan* exercise, *gyaku-hamni katate-tori tenkan kokyuhō*, *sumi-otoshi*, *shomenuchi ikkyō irimi & tenkan*, and *nikyō irimi & tenkan*. For the second class, Santiago did *hamni handachi ushiro ryokata-tori ikkyō*, timing throw, *suwari waza shomenuchi ikkyō*, *shomenuchi kotegaeshi*, *ushiro ryote-tori ikkyō*, and *sankyō*. After a three hour lunch break, Kenny taught an advanced class which covered *yokomenuchi*, *shihonage*, *yokomenuchi then punch shihonage*, and *hook punch koshinage*. For the final class of the day, Kenny taught *jo fundamentals*, *basic jo techniques*, and the *31 jo kata*. The classes that Santiago and Kenny taught were very good, and I'll let them elaborate in their own reports.

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

9/2/01 Santiago worked late again the previous night and needed some rest, so we skipped breakfast and went straight to the seminar. Kenny taught the first class: *bokken*. He showed sword fundamentals and many different *suburi*. In the second class, Santiago went over *ushiro ryote-tori forward throw*, *sankyō*, *kokyunage*, and *kotegaeshi*.

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

This day definitely went better for me. I wasn't nervous at all and overcame the difficulties I had trying to teach through a translator. Overall, I think the seminar was a success. Many of the participants commented that they had never before seen at other seminars some of the techniques we did and that they enjoyed ours. Some even inquired about the possibility of future seminars, seminars at their dojo, and even coming to Los Angeles to study under Sensei. But despite this, I feel that the seminar could have been even better. Even though I was able to effectively give general instructions through Santiago, I couldn't go around and help everyone individually very well. I wish I had learned some basic Spanish beforehand (even just basic words). Because Santiago couldn't always translate for me (he also had to translate for Kenny and go around practicing with or helping other people), I had to try to communicate my points of correction solely by showing the part of the technique that needed correction or even the entire technique again. But no matter how clearly the technique is shown or how perceptive the student is, it always helps when you can communicate with the other person verbally. When I get back to Los Angeles, I'm definitely going to practice my Spanish for the next time!

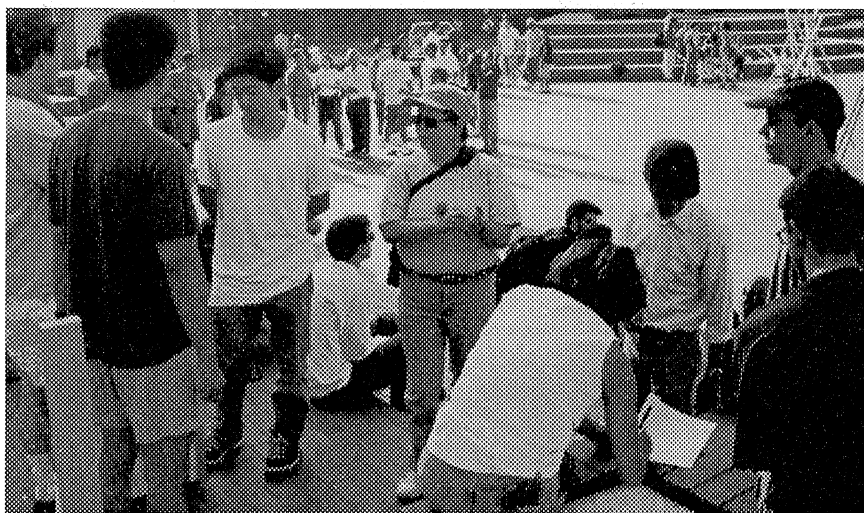
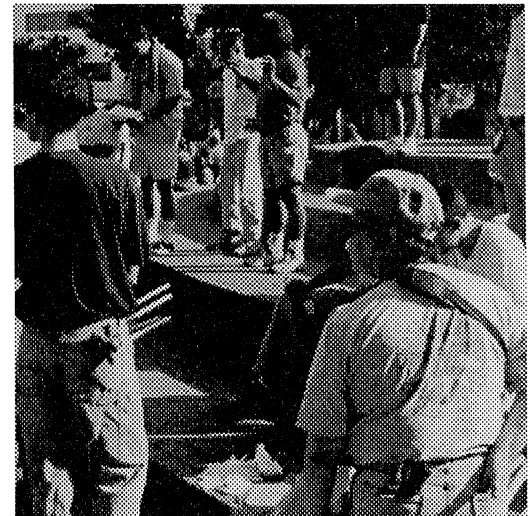
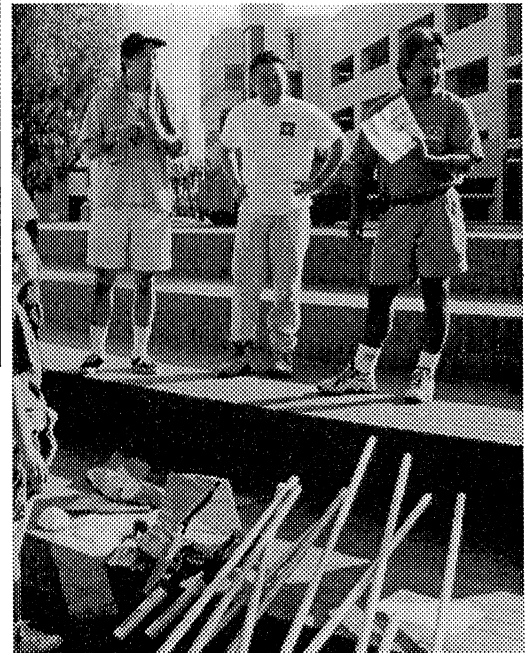
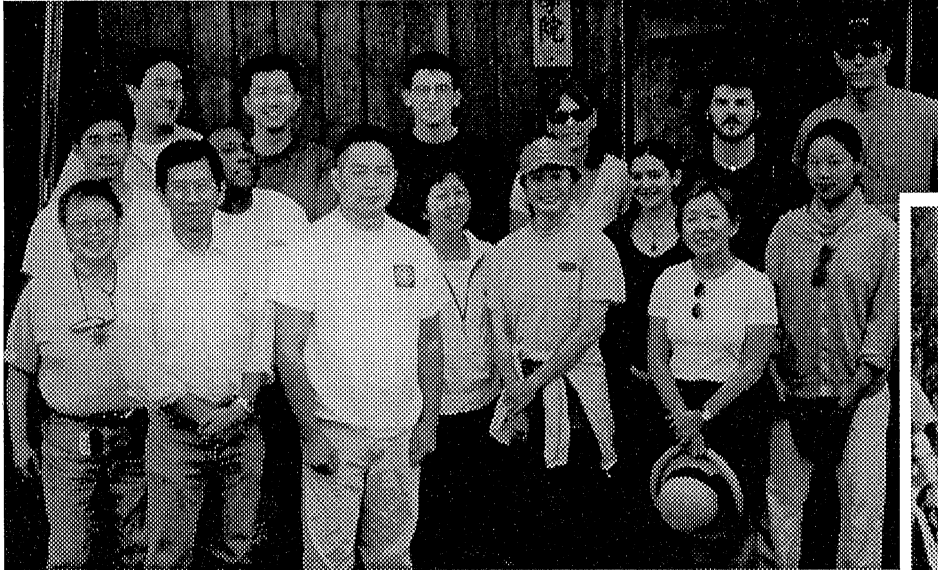
After the seminar, the six of us (Kenny, Santiago, Susana, Carlos, Marga, and I) ate Spanish-style burgers for dinner in the middle of a promenade at Cafeteria LE MANS. Following dinner, they gave us a tour of Salamanca, including the old and new cathedrals and the university.

Well that's it for now. We're leaving for Madrid in a few hours, so we'll be back home by tomorrow. Until then, I'm going to finish the report on the flight back. See you all in practice on Monday.



Little Tokyo Clean-up Operation Sparkle 20 Dojo Members Participate. Sept. 22.

On September 22, our 20 Dojo members participated in the annual Little Tokyo Clean-up Project called Operation Sparkle. Participants were James Doi, Ken Watanabe, Kenny Furuya, Cheryl Lew, Mark Ty, Larry Armstrong, Ron Drones, Jonathan Altman, Jonathan Tien, James Takata, Kathleen Takata, Paulina Kawasaki, Carol Tanita, Steve Shaw, Danielle Shaw, Steve Anderson, Asako Tsunoda, Michael Vance, Lisa Ito and Sonia Roman. Many thanks for all of your efforts.



Many Thanks to all who took part in Operation Sparkle I really appreciate your great Community Spirit.

Sensei

Aikido Center of Los Angeles
NEWSLETTER



Aikido Center of Los Angeles
NEWSLETTER

Letters:

08-14-01

Five Rules For Happiness

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

No one can go back and make a brand new start. Anyone can start from now and make a brand new ending.

God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way.

Disappointments are like road bumps, they slow you down a bit but you enjoy the smooth road afterwards.

Don't stay on the bumps too long. Move on!

When you feel down because you didn't get what you want, just sit tight and be happy, because God has thought of something better to give you.

When something happens to you, good or bad, consider what it means. There's a purpose to life's events, to teach you how to laugh more or not to cry too hard.

It's not what happens to you; it's what you do about it that makes the difference.

You can't make someone love you, all you can do is be someone who can be loved, the rest is up to the person to realize your worth.

It's better to lose your pride to the one you love, than to lose the one you love because of pride.

We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.

Never abandon an old friend. You will never find one who can take his/her place. Friendship is like wine, it gets better as it grows older
HAVE A GREAT DAY!

From Russell Wong

08-30-01

Teaching & Eating Cake:

Furuya Sensei, My name is Tora Lawson. I wrote you a few years back about going to Japan. Although I have not yet been, I have taken some steps to better prepare me for going. I also have many commitments here in regard to my students. I teach Tokonara Ryu Zen Budo. It has been a struggle to maintain availability to my students as I have two jobs one of them includes bodyguard work with which I do a great deal of traveling.

I will also be going to college next semester for Yumi Sensei's Japanese language and culture class at Wichita State University.

Sometimes I feel that my students suffer a little because of my lack of presence. I know we do not know each other at all and I do not wish you to feel insulted with what I am about to say but speaking on what I believe to be a shared belief we both share a bond. That bond, is the spirit of the way.

I was curious after having looked at all you have accomplished if you have ever felt this way in regards with your students or even yourself? I realize that doubt is one of the Juaku and I do not doubt myself. However, it is a strange dilemma. I welcome any advice you have to offer. Domo Arigato Gozaimashita, Tora Lawson

Reply: A teacher must be there for his students at whatever the cost. This sacrifice may mean that, many times, you cannot have your cake and eat it too.

08-30-01

From John Taylor In Osaka, Japan:

Dear Sensei, It is with continued regret I am unable to be at the Dojo for my training. When I last emailed you I was in Paris, now I find myself spending a long time in Osaka.

I realised today as my electronic calendar went off reminding me to pay dues that they will arrive late since they are being sent from Japan. I do apologise for the lack of oversight and not sending the dues earlier to account for the long mailing time. If there are penalties which result, please advise and I will be happy to pay them.

I seriously hope that I am able to better balance my work activities in the near future and able to seriously continue my studies at the Dojo. Respectfully submitted, John A. Taylor

09-02-01

Thanks From Argentina

Furuya Sensei: Many thanks for your reply. It is wonderful to know Tom had a good time here, in Buenos Aires. It is good for us to have visitors from abroad, specially from your dojo. I will relay your words to Sakanashi Sensei. Tom left in our dojo some issues of your newsletter. It has an great quality of information. We will be glad to receive it. The dojo's address is:

Teniente General Perón 1972/74

Capital Federal

(C1040AAD)

Republica Argentina

Of course we will keep in touch with you. It will be an honor.

Thanks a lot.

Daniel NEVES, Webmaster - Institutional Communication

Centro de Difusión del Aikido. aikidoarg@yahoo.com.ar

<http://www.go.to/aikido>

09-13-01

Thanks for KODO:

I have just started my training in iaido and was wondering if suggestions could be made regarding texts dealing with the parts of a sword as well as taking care of the sword.

Furuya Sensei, I do have a copy of KODO and enjoyed every bit of it. I am happy to have found this list and thank you for providing a resource for questions.

Rolf Granlund

Aikido Center of Los Angeles
NEWSLETTER

09-05-10

Greetings From Adam Bennet:

Hello Sensei: It was good to visit the Dojo a couple of weeks back. I always get a special feeling when I'm in it. It was nice to see that everyone's Aikido was progressing. I just wanted to say I hope all is well in the dojo and that you are doing well in both health and spirit. My schedule has been very chaotic and every time I think I may finally be able to get back to the dojo and train it seems that something falls in my path. Hopefully in time I will succeed! Let me know how your computer is. I have not heard from you for some time as to whether or not you're having problems so hopefully it is "processing" along OK...:) I have a friend who is very heavily involved in Aikido practice at another dojo in L.A. He is preparing to test for Shodan . I have received many personal invites from him to visit and practice all of which I continuously turn down. He and I have been friends for many years and recently we became involved in what I will term as a "heated" discussion as to why I will not accept his offers because of my loyalty and respect to you, the dojo and the lineage of Aikido that we practice. At the conclusion of the discussion I believe he now at least understands and respects my convictions. I hope that some time soon that my schedule will permit me to return and continue to learn and progress in the understanding of O'Sensei's gift. Please let me know how you are...:) Take Care.... Adam Bennet

Sensei: We should have enough self-esteem that we do not solicit members of other dojos. Students should come to a dojo by their own free choice and desire to learn.

09-06-01

Greetings From Beth Mizuno, Washington, DC

Aloha e (greetings), Sensei. The box from Rafu Bussan has arrived and it contained a surprise from you. Thank you. The tray is beautiful. I see you and the dojo members in it. I will always think of you when I look at it. A more appropriate thank you (mahalo) is coming. It will take some time to craft, but when you see it, I think you will understand the reason for the delay... Still, I wanted to send this quick note to you so that you would know that your gift has arrived. Please tell Carol that everything arrived in good condition, thanks to her careful packing technique. Sensei, your dojo was a wonderful place to practice -- serious, deep, strong, gracious and generous. I enjoyed practicing at your dojo so much. Mahalo, Beth (Mizuno) of the Aikido Schools of Ueshiba, Washington, DC.

09-10-01

Hello Sensei,

I've just returned from attending my sister-in-law's wedding in Sao Paulo, Brazil. This is the fourth time I've been to Brazil, and on each occasion I am always deeply touched by the living conditions there. My wife comes from a very poor family so I see a very different side of life that most Americans will never experience first hand. As we were eating breakfast one morning my sister-in-law's son, about 4 years old, eyed our table. He was extremely shy and wouldn't ask for food. I asked him if he wanted some of my yogurt and he nervously accepted. My wife told me that this child is not used to eating such "extravagant" things as yogurt. My mind and heart are deeply affected when I see such cases as this. It's hard to imagine since we have so much here in the U.S.. On another occasion my other sister-in-law, yes my wife has a large family with 7 sisters and one brother, bought an outfit for our three year old son. The outfit probably cost about \$12.00 US. Since they are so poor they will be making three, \$4.00

payments over the next 3 months. Can you imagine someone here in the U.S. making such a sacrifice? Sadly, I don't think that it happens very often. Just wanted to pass this along to you. Sincerely, Patrick Cooper

Sensei: Just as you sent me this email, I was preparing my lunch getting fresh corn ready for the boiling water. As I was pulling off the husks and throwing it away, it occurred to me that as far back as the Aztecs and Incas, they had so many uses for these husks. Here, I am, just hrowing it away. What a waste, I thought to myself. . . .

09-12-01

Greetings From Eckhardt, Germany:

Dear Furuya Sensei, The last night we spend to see television. The horror of New York shocked us extremely. We just came from a peaceful Aikidoseminar in a calm quiet mood, and then some people stopped their cars to hear the news in the radio. Men never will learn, I think. Hope there will no more like this, but the revenge will come, its always like this. I hope you are well. . . . His name was Jonathan Dexter. He didn't speak to you because he wanted to come back again for keiko, but there were no time. I hope this finds you well! Regards, Eckhardt (Germany)

09-12-01

SEPTEMBER 11, 2001-----EVERY MOMENT, PEACE IS WITHIN EACH OF US COMPASSION, MINDFULLNESS, ENLIGHTENMENT...

IMAGINE (John Lennon)

Imagine there's no heaven . It's easy if you try. No hell below us Above us only sky. Imagine all the people. Living for today...

Imagine there's no countries. It isn't hard to do. Nothing to kill or die for

And no religion too. Imagine all the people. Living life in peace...

You may say I'm a dreamer. But I'm not the only one. I hope someday you'll join us. And the world will be as one

Imagine no possessions. I wonder if you can. No need for greed or hunger

A brotherhood of man. Imagine all the people. Sharing all the world...

You may say I'm a dreamer. But I'm not the only one. I hope someday you'll join us. And the world will live as one. "NAMASTE"

THE DIVINE WITHIN ME HONORS THE DIVINE WITHIN YOU
Patrick Cassidy, Chief Instructor of Aikido of Fresno

09-12-01

Sensei: Thank you so much for letting us pray and share the feeling together on this dark day. It is indeed a difficult challenge given to live in harmony and peace. Today, after practice, when I bow to each other, I felt more thankful than ever that I was able to see all the do companies and practice together. The things I take granted are all given, I realized more clearly. Tomorrow's meeting, I won't be able to attend. But I will be at the Little Tokyo Cleaning, Joint practice, X'mas party. Sensei, thank you so much, I'll see you on thursday.

Asako (Tsunoda), Student

Sensei: I am glad that it has helped so much. This is part of what the Dojo is all about.

Aikido Center of Los Angeles
NEWSLETTER

September 12, 2001

Dear Sensei,

I found out today that my friend Carolyn Beug was on one of the planes that crashed into the WTC. She left a husband and 2 daughters who are sophmores in college.

James Takata

09-14-01

Condolences from Salamanca:

Dear Sensei: Kodokai Dojo want to express our condolences with the people and theirs families in this moments and we hope that your lives there, recover the normality soon and we want to show you our support and sympathies in this moments. Our best for you and your students. Kodokai Dojo Salamanca Spain

09-04-01

Visitor From Richmond, Virginia:

I have studied at the Richmond, Virginia location of Suenaka Ha Tetsugako Ho Aikido which is headed by Steve Steele. I practice mostly with a half dozen of die hards who practice Monday, Wednesday, Friday at 6AM. The Richmond school has around 45 members.

The organization is headed by Roy Y. Suenaka of Charleston, South Carolina. Suenaka studied under Ueshiba and Tohei in Japan in the 50s. In the infamous split after Ueshiba's death, Suenaka briefly went with Tohei before establishing his organization. As best I can explain, he attempts to preserve the founder's intent while also including the aiki taiso and ki exercises included in aikido prior to the founder's death.

I found your dojo on the internet.

I look forward to my visit. With your permission, I may even be among those crazy enough to practice at 6:30AM Saturday. Thanks again. David Robinson, Richmond, Virginia

09-15-01

The other day I saw the event that broke out with NY with the news. It is so traumatic and I felt the anger and grief. Even numerous Japanese seem to have been victims in this time. As the truth of the event becomes clear we feel the anger. The why things like that do they do? And is it due to an U. S. conquest? We are not believed.

In the event the person with the relation looks like a certain religionist. Why are they radical to there? Be God that they believe admitting the murder? There is the person who is having faith in a certain religion through, my friend. If the friend is having faith in our religion we say that we are reincarnated without fail. Only the opinion of the person that the human being is believing the religion, that be brainwashed hears. I heard it and became fearful. It may be absent to secede from, if they do not think the religion to the question with the self.

Event, in this time and with as for my friend, the religion is entangled. The religion I am not going to deny. However, even the person who denies the existence of the religion willm appear, when such a case breaks out. I hope the peaceful world. And I say the condolence, in

America sincerely. Midori

09-17-01

Interest in Iaido:

Dear Furuyasan, Konnichewa, watashino namai wa Jordan des. This summer I had the honor of traveling to Kashiwa, Japan for a period of three weeks as a cultural exchange student. It was a wonderful privilege and incredible time in my life. While in Kashiwa I had the opportunity to meet one of the Kashiwa exchange students fathers, Abesan. Abesan is also an Iaido practitioner. He was a very honorable man and very kind as well. Like you, he is a 6th dan. Abesan was nice enough to give me a glimpse into his soul by showing me his various training swords as well as his prized sword. He showed me several training manuals that he has collected and books on Japanese history too. Then Abesan gave me one of the greatest lesson I have ever received. He took me to a park not too far from his home and he demonstrated an Iaido sword kata for me. Than he taught me the kata and showed me how to perform it correctly. It was a very basic kata with a standing nukitsuke, a vertical slash, chiburi, and nootoo. However, it was very difficult and it took me two hours to begin to grasp it. Abesan than stood by my side and we went through the kata together. It was one of the best times of my life. After a very short break Abesan demonstrated to me many different kata that he has learned. It was quite amazing and beautiful to watch. Due to the time that I spent with Abesan I have developed an even greater respect for Iaido and a burning desire to learn more. I think it is wonderful that someone like you exists in Los Angeles to teach and further the appreciation of Iaido in the old ways. You are a gift to your students and I am sure that they respect you and aspire to develop their skills to your high level. Thank you for your time. Sincerely, Jordan Thompson

P.S. Would you be able to tell me the different forms of Iaido and the difference between these different schools of Iaido. Thank you.

09-17-01.

Liked discovery Program:

Hi Furuya Sensei & Dojo: Sorry to be away from practice. I appreciate receiving the e-mail express and receiving news from the dojo (hope I can come practice this week)...

(Just to let you know I am deathly chicken about giving blood so I donated to charity instead.) Bless you & the dojo for all the good you do. I received an e-mail from Diana Nishiura who lives in Culver City, which I'm sharing... Take care! Kaoru (Tamura)

PS We don't have cable so I didn't have the chance to see the Discovery program. But I liked very much the "Life & Times" segment from several months ago; even though it was brief, it seemed to capture the essence of the Aikido Center and it was beautifully done.

Dear friends,

Just to let you know how close to home this terrorist tragedy has hit. My neighbor, Mr. David Seima Aoyama, was aboard American Airlines flight #11 from Boston to LAX. He was 48 years old, and leaves a wife, Machiko, a son, George, who attends Culver City High School, and a daughter, Emily who attends Santa Monica City College. They are a very nice family from Japan. I believe he was an accountant and office manager for Soka Gakkai International America, a well known religious organization, and Machiko works for Japan Airlines. As Machiko and I remember Mr. Aoyama, he was

Aikido Center of Los Angeles
NEWSLETTER

"always smiling." The family is taking it very well, at least on the surface, and Culver City High School is providing counseling to George.

On Friday, there was a candle light vigil for him here at Lakeside Village at Pool #2 near the clubhouse, attended by many people, most of whom did not even know Mr. Aoyama. We exchanged recollections of him. One neighbor recalled that her husband wished Mr. Aoyama a "safe trip" before he departed on his business trip to Boston. On hearing this, we all got very teary. We shared our thoughts and sorrows, and most important, the thought that in waging "war" we should seek justice, but not bring ourselves down to the level of the terrorists. We all made the pledge of allegiance to the flag, and sang America the Beautiful. The funeral services were held on Saturday, and CBS broadcast a part of it on the Saturday evening news.

If you have time, please send a card or message of condolence. The name and address is:

Mrs. Machiko Aoyama, George and Emily
1306 Summertime Lane
Culver City, CA 90230

Peace and love, Diana Nishiura

Sensei: You have our deepest condolences.

09-13-01

Condolences From Tokyo, Japan:

Dear Furuya Sensei: We'd like to express our deepest sympathy on the victims that occurred recently in USA. We watched the TV and shocked about the breathtaking sight. We pray that the acts of the terror will not spread anymore. Sincerely, Kasushige Tsuruta

09-14-01

From My Zen Teacher:

Sensei - I'm the guy who has studied Tae Kwon Do, and who is interested in your studio. I've visited, and am planning on starting f/t attendance shortly.

This is from the Zen teacher at Santa Monica Zen Center. I thought that you'd probably find this interesting. He's come very strongly on the side of the United States (OF COURSE! HE SHOULD!), but during a service two nights ago, mentioned specifically that the terrorists were not to be the "beneficiaries" of the ritual. That this was for the innocent lives lost only. He's also taken a very "America - love it or leave it" attitude, and is explaining his rationale below. I kind of get it, but I sense that there's some self-delusion involved.

Anyway, I just thought that you might find this interesting. He was a student of Maezumi Roshi, but Roshi died before he was able to receive dharma transmission, so he received it from someone else instead. Note: forwarded message attached.

Dear Sangha, I think my original email re: where I stood regarding the murder of who knows what the body count will be of innocent men, women and children got this dialogue going. I was absolutely clear before writing it what would happen. In most instances I loved the passion and willingness to open your mouth and let it rip. I've learned a lot about you and from you and encourage you to continue to express yourself. The one thing I'm disappointed in the most is that I've failed to communicate what I consider to be one of the most

important aspects of our practice and that is the distinction between good and evil, this became painfully apparent during much of the dialogue. I was listening to a conversation between Dennis Prager and Charles Kraushalmer (wrong spelling) a famous writer on this subject and they both agreed that the Jews inability to fully comprehend the nature of evil was the reason they allowed themselves to be slaughtered, they simply could not get it! Something else they said drove this home even deeper, the Jews had gone to Ghandi and asked for his coaching, he told them not to resist and be nice to Hitler, (breakthrough coaching) passive resistance seems to be a possible alternative assuming the other side has a conscious. Again they went on to say that due to an unprecedented period of time of peace and prosperity and the collapse of our traditional religious value structures have weakened our ability to understand the nature of evil thereby leaving ourselves disempowered and unable to act in our own best interest. What was even worse they said it was almost impossible for people to get it and that you would be wasting your time trying because in fully comprehending evil it would call forth being responsible and who wants that! It seems to be easier to hide behind politically correct slogans or blame those who are being acted upon as though they were the problem. In writing this I hope it may help you understand a little about what I'm up to. Its clear where many of you stand and that's valuable knowledge for me. This is my last input into this conversation, thanks your patience and listening. Love Yoshin

Sensei's Reply: No Comment.

09-16-01.

From Minnesota:

Dear Sensei Furuya, My name is Louis Gorman and I am very impressed, when I viewed the Discovery channel last night and saw you demonstrate Aikido techniques. I studied Aikido for a very short time at the Midland Ki Society in Kansas City for a short time. My instructor was a student of Kashiwaya Sensei. I am now living in Minnesota. There are no Aikido dojos within a 100 mile radius. I am training in Ryukyu Kempo right now. My chief instructor is Taika Oyata. Also known as Seiyou Oyata. Martial arts is very limited here. I would like to someday come and visit your dojo. I wish I could figure out a way to train Aikido here, but there are no instructors here. Do you have any suggestions? I am so impressed with your dojo. I wish I could go to California, but I don't think that would be fair to my wife and 4 children. Do you ever hold seminars? Is there a way I could be a member and test at the seminars? Maybe you have an affiliated dojo in Minnesota. Thank you for reading this. Louis

Branch Dojos

Kodokai Salamanca-Santiago Almaraz, 3rd Dan
Hacienda La Puente Aikikai-Tom Williams, 3rd Dan
Wyoming Aikikai-Tom McIntyre, 2nd Dan
Bahamas Aikikai
International Martial Arts Academy

Visit Our Website Often!

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

www.aikidocenterla.com

Aikido Center of Los Angeles
NEWSLETTER

Kuyo Memorial:

On both September 11th and 12th, the Dojo held a simple incense offering to the victims of the tragedy in New York and afterwards talked about their personal feelings regarding this incident. Somehow, it seemed to bring a little comfort to many in shock of this horror.

On behalf of the members of the Aikido Center of Los Angeles, Sensei wishes to express heartfelt condolences to the victims, families and the many who sacrificed their lives in the rescue efforts in New York.

We also pray that the world will somehow regain its Natural Order once again.

Aikido Center of Los Angeles

09-17-01.

From the Kobayashi Dojo, Tokyo, Japan:

(Trans. from the Japanese) The incident in New York was terrible. My teacher said that good thing I didn't visit America then and laughed. Masami Fukuoka, Kobayashi Dojo

09-14-01

From Our Friend in Montreal:

Dear Reverend Furuya, Greetings from Montreal. May I, in my small way, offer to you and to all Americans my sincerest respects and sympathy as a result of the unspeakable horror of last Tuesday. Words do not exist to adequately express how revolting this whole matter was, how cowardly the terrorists acted and I hope they rot in hell.

Religious fanaticism of any type is wrong. I still get disgusted when I see football players or artists thank God for their touchdown or awards. This trivializes religion and quite frankly, I think God has better things to do than follow football, or Whitney Huston's career. Dubya and his cohorts seem to lean towards a religious right that is a bit frightening, and the response ("this is war") is even worse.

Yes, the massacre is horrible, yet I wonder if war is not precisely what the bandits were hoping for. Blood will beget blood, and the whole thing may escalate. Bombing Kabul will achieve nothing, will not bring back the dead, and will only hurt innocent, poor defenseless civilians, just like in New-York. So will 2 wrongs make a right?. This is like the death penalty. It is vengeance, pure and simple. Is that OK? Well for some maybe, but now the stakes are much higher.

I just hope we do not live through a "real" war. I just turned 50 on Sept. 4, and while I lived through several wars (Korea, Viet-Nam, Koweit...), I have not personally suffered nor have I lost anyone. My dad was on reserve and would have gone to Korea had it lasted longer. My dad did 6 years of service in WWII and taught me that his sacrifice was so that we could live in peace.

If we have no choice, well, as we are taught in martial arts, that's when we fight. But are we there yet? I don't know, but our world will never be the same. I fear this is just the beginning, and we all have disasters of biological warfare, bombs in subways etc. Our daily lives

will now be a crap shoot, and no amount of war will prevent that. All it takes is one nut with access to the internet, and he or she can just about do anything.

I am so saddened by the losses suffered by the victims in New-York and Washington. I like to think that the passengers on board the plane that crashed in Pennsylvania died a hero's death, struggling with the hijackers and preventing a catastrophe.

How are things with you and Kodo II?. I have sold my Karate school, just too many headaches. I am now back to being a simple student, and will train for the sheer pleasure of it. I am happy that I ran the school for 2 years and dedicated 5 years to teaching. I sort of got that out of my system. Much to my surprise, many of my (former) students have called me to ask me whether I would still be at the school, which is now owned by one of my brown belts and by a 6th dan whom I contacted and with whom I negotiated a merger of our operations and his takeover of karate .

It is normal that a 6th dan head things, and I am happy my students are now under his tutelage. Of course, our styles are different, and it is up to him to show what he can do. I have not made up my mind yet whether to continue exclusively in Kyokushin, or to go back to my roots and train in Shorin-Ryu. My first black belt is in this style, and my teacher, Mr. Tsutomu Watanabe, in Montreal, is a fine teacher with no delusions of grandeur. I had switched styles strictly for reasons of convenience, I wanted to train during lunch time downtown, and Mr. Watanabe only gave classes at night and far from downtown. Even in the evenings, travel was inconvenient. My wife with whom I travel by car to and from work, has agreed to make alternate travel arrangements for herself on those days I would go train with mr. Watanabe. We'll see.

As you wrote, the reason why a person trains must be thought upon. At 50, I realize that my training is not for trophies or belts or any glory. It is for me, and my betterment physically and spiritually. Many of my students have these values, and these may not jive with the new philosophy at my former dojo. The new leader is a bit more aggressive, and his brand of Kyokushin is rougher than what I taught. For instance, during one class I had attended, he went around with a shinai whacking us in the stomach to make sure our sanchin stance was solid. Well, I had a welt across my belly for 2 days. Somehow, the charm of that escapes me. Others may like that type of toughness. I prefer toughness of the mind, and conditioning without hurting.

Also, my dojo walls were bare, white except for our club logo. Now, there are pictures everywhere, banners, posters and not an inch is not covered with something. Different styles, I guess.

We've just come back from holidays, several days in Niagara Falls and 1 week in Maine. The rest did me good and now, on to bigger and better things.

I always enjoy hearing from you, and while we have never met, I appreciate the time you have spent counselling me during my recent trying times, and simply responding to me with good words of support. I trust that you are well and, with my respectful best wishes, I remain, as always, Yours very truly. Ron Auclair, Me Ronald Auclair, Pouliot Mercure, s.e.n.c., 1155, boul. René-Lévesque Ouest 31e étage Montréal (Québec) H3B 3S6. Téléphone: (514) 875-5210, poste 238. Télécopieur (514) 875-4308

Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



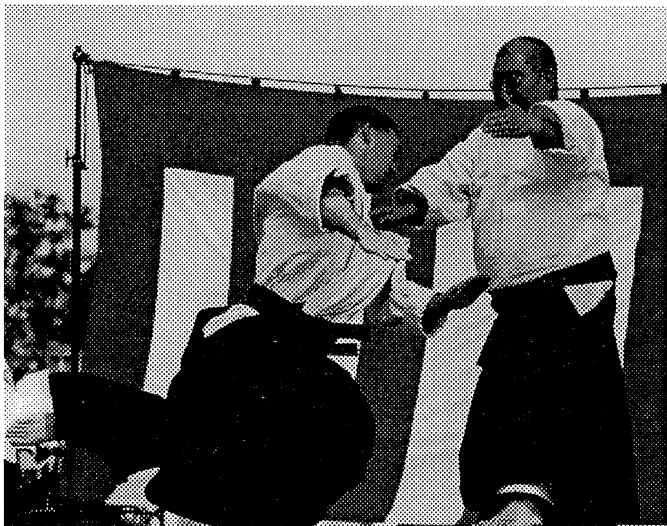
Aikido Center of Los Angeles

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

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

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

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

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Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

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Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

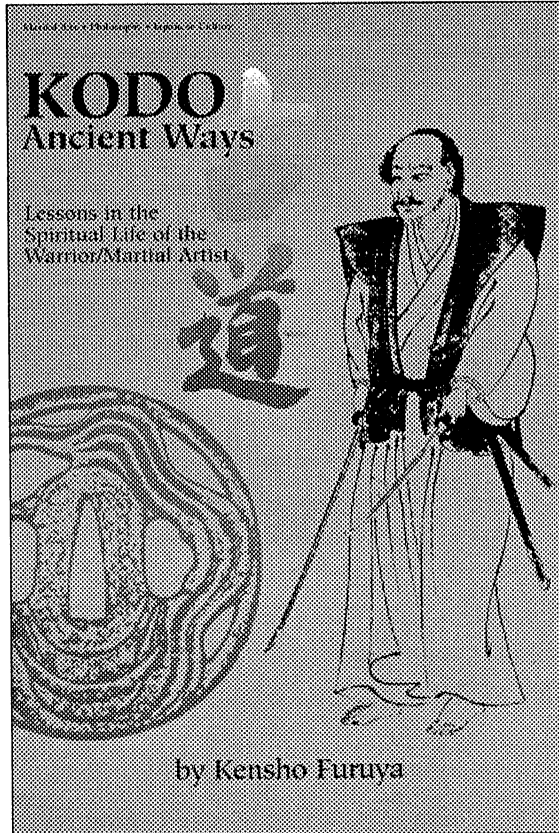
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Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Battodo

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

*Furuya Sensei's Bestseller
Highly Recommended For All Dojo
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KODO

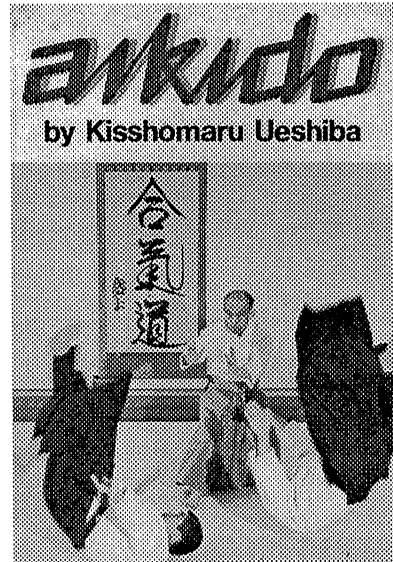
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

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Recommended Studies:



Highly Recommended Reading:
AIKIDO

By Doshu Kisshomaru Ueshiba

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



KIHAN AIKIDO

Fundamental of Aikido

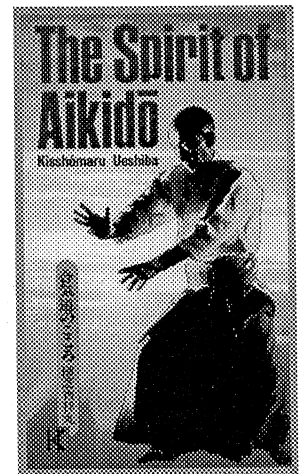
By Doshu & Dojocho Moriteru Ueshiba

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



ACLA DOJO NEWSLETTER

Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students.



THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*.

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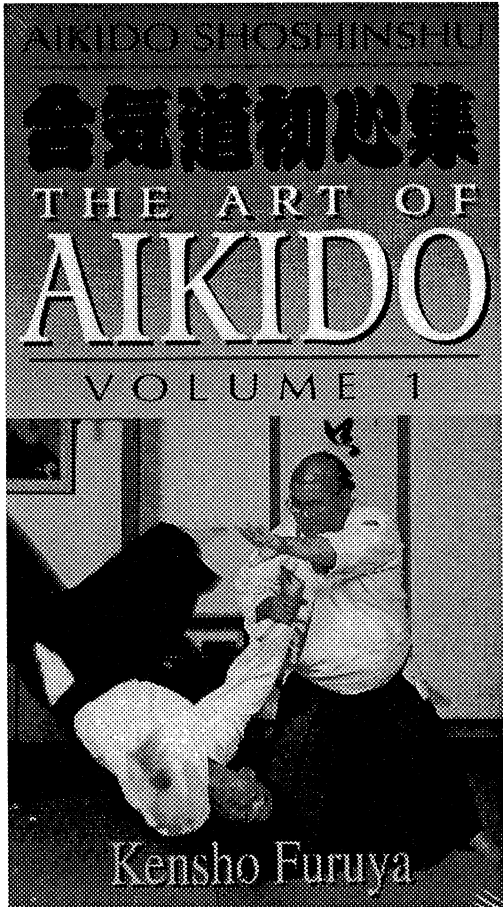
Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
940 E. 2nd Street #7, Los Angeles, CA 90012
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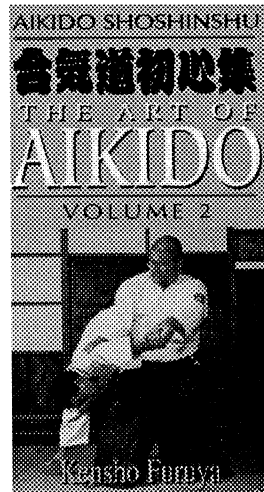
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

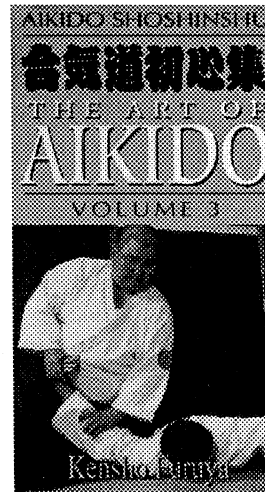
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



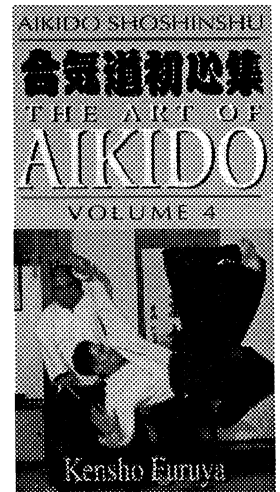
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



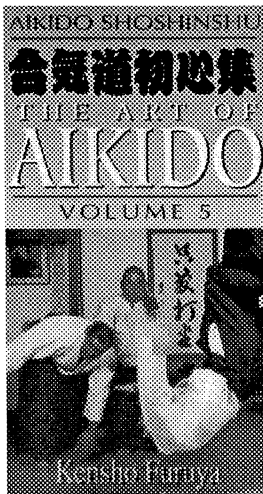
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



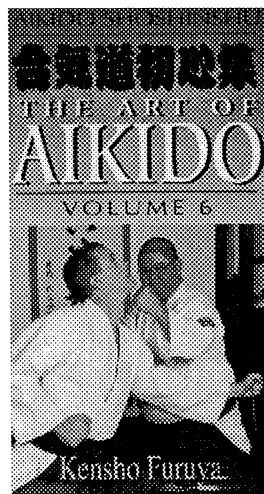
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



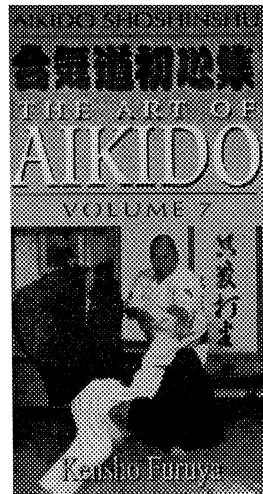
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



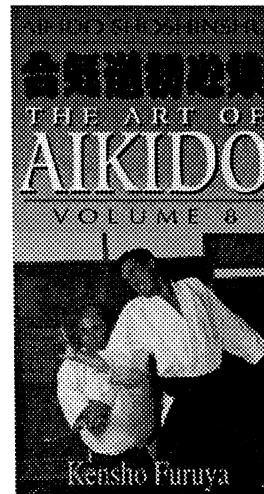
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



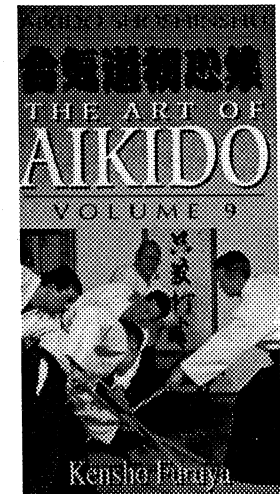
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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



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



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

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

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

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

Tuesdays: Open Beginning: 5:15-6:15pm.
Instructor's Advanced: 6:30-7:30pm

Wednesdays: Open Beginning: 5:15-6:15pm & 6:30-7:30pm. Intermediate-Advanced: 7:45-8:45pm.

Thursdays: Open Beginning: 12noon-1:00pm, 5:15-6:15pm & 6:30-7:30pm.

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

Saturdays: Open Beginning: 9:30-10:30am. Beginning-Intermediate: 10:30-11:30pm. Every 4th Saturday: Open Intensive: 6:30-8:00am.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba and the present Moriteru Ueshiba Doshu.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,

Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Thursdays: 7:45-8:45pm

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

No Classes on the last weekend of the month.

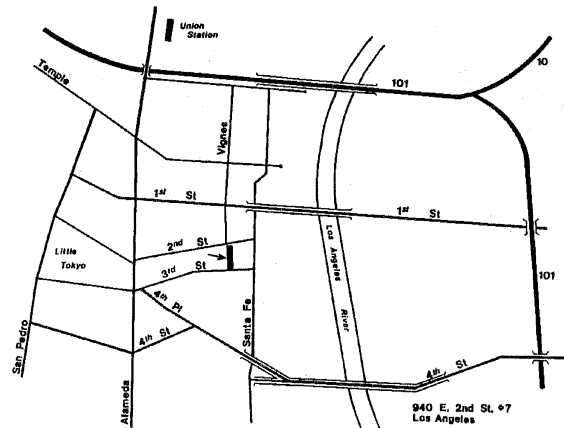
Intensive Iaido

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

Private Classes Available.

Finding Our Dojo:

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



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