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

The Aikido Center of Los Angeles LLC

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, T okyo, Japan
Rev. Kensho Furuya Foundation

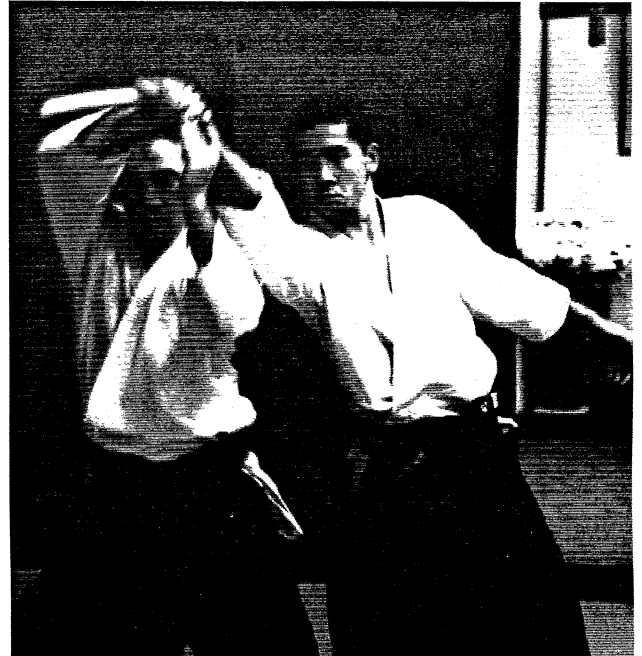
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

September 1, 2002

Volume XX. Volume 9.

Special 62nd Annual Nisei Week Aikido Issue



Sensei demonstrating Kokyu-nage. Right: Ken Watanabe demonstrating Tanto-dori, Shiho-nage against knife attack. Lower Right: James Doi throwing Michael Vance with Irimi-nage at the Pasadena Obon.

Our annual Nisei Week Aikido & Iaido Exhibition was held on two weekends of August 4th and 11th this year. Despite the fact that this year, our Nisei Week Festival committee was hampered by the loss of their manager and was conducted entirely by volunteers, everything seemed to go well although we did not receive the usual public relations as in most years and some venues were cancelled due to lack of manpower. On both weekends, we held our usual demonstration and open house. Sensei also presented a lecture on the life and art of Miyamoto Musashi, the swordsman, on the first weekend.

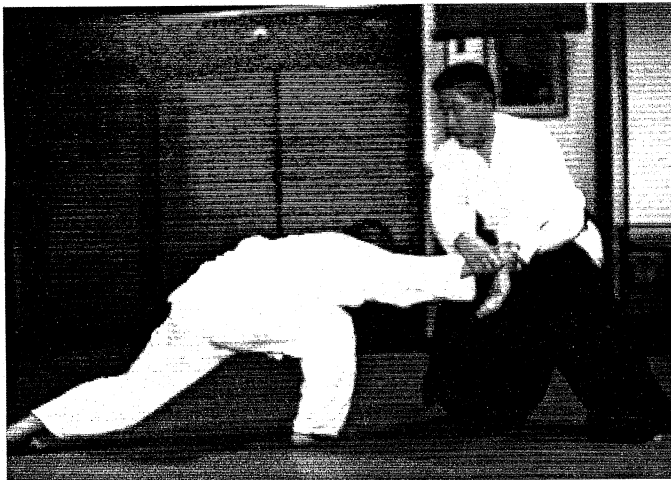
Participants for both events were Sensei, Gary Myers, James Doi, Ken Watanabe, Cheryl Lew, Mark Ty, Norm Lew, David Ito, Michael Vance, Robert Lew. Helpers were Bill Allen, Jerry Naito, Eddie Cahill, Steve Anderson, with Jim Basset and Larry Armstrong taking the photos. Although a little smaller this year, it was a very nice event and everyone enjoyed themselves. Several new students signed up.



Nisei Week



Mark Ty & Ken Watanabe. Yokomenuchi waza.



David Ito & Robert Lew. Katatori waza.



Ken Watanabe & Mark Ty demonstrating defense against knife attack.

Right. Sensei demonstrating Aiki sword with Ken Watanabe.

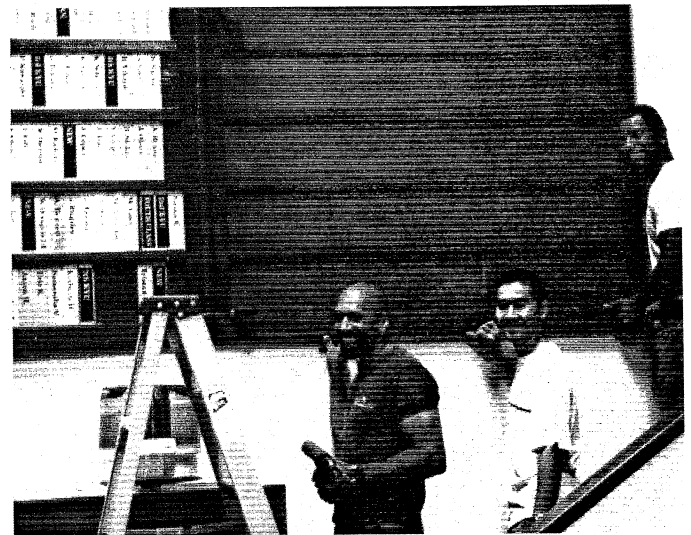
Dojo T-Shirts

Dojo T-Shirts are now available in XL, L and Medium sizes. \$20.00 donation to the Dojo. Buy several! Great gifts for your friends.

We're Getting Ready! 2004: Our Dojo's 30th Anniversary

We are getting ready to celebrate our 30th Anniversary of the establishment of our Dojo in 1974. Our Dojo was first established in Silverlake in a gymnasium where Sensei was studying gymnastics. The Dojo moved to Hollywood in 1979 when the old properties went up for sale and to Little Tokyo in 1984 when the Dojo required a full time training schedule. We should all help out in this project.

Dojo Students Name Board Installed. August 7th.



Our neighbor, Daniel, his assistant, and Mark Ty installing second Student Name Board in the Dojo which doubles our capacity to list our membership.

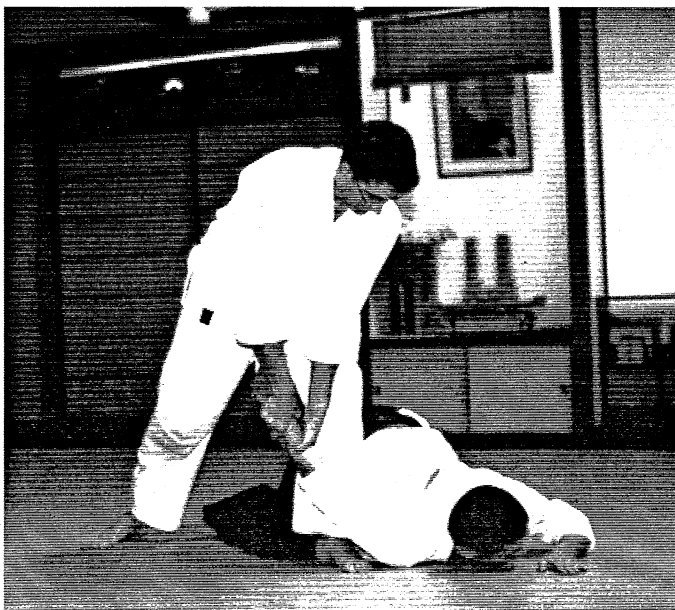




Sensei explaining Aikido principles to Dojo guests.



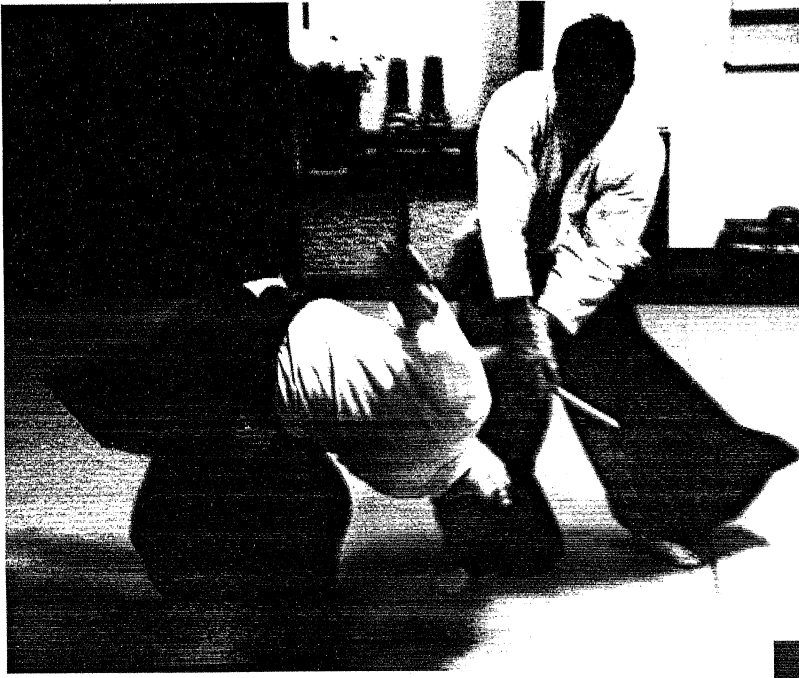
David Ito & Ron Drones. Irimi-nage.



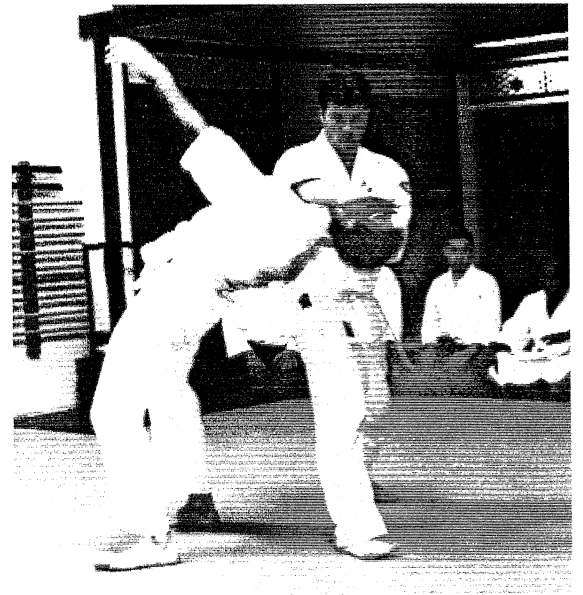
Michael Vance demonstrating Yonkyo.



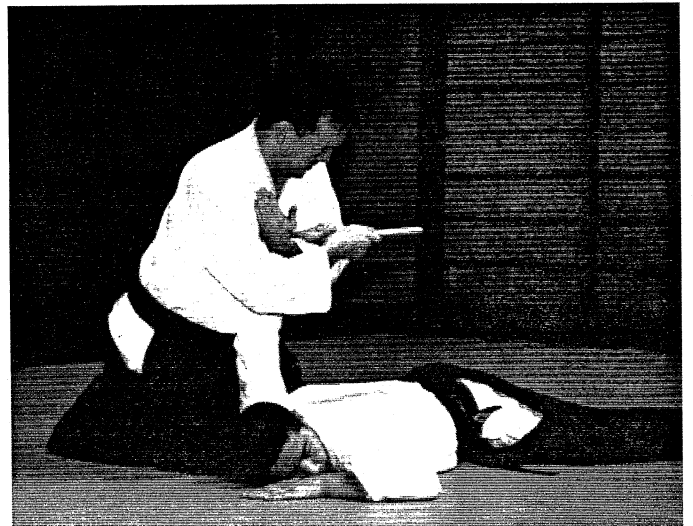
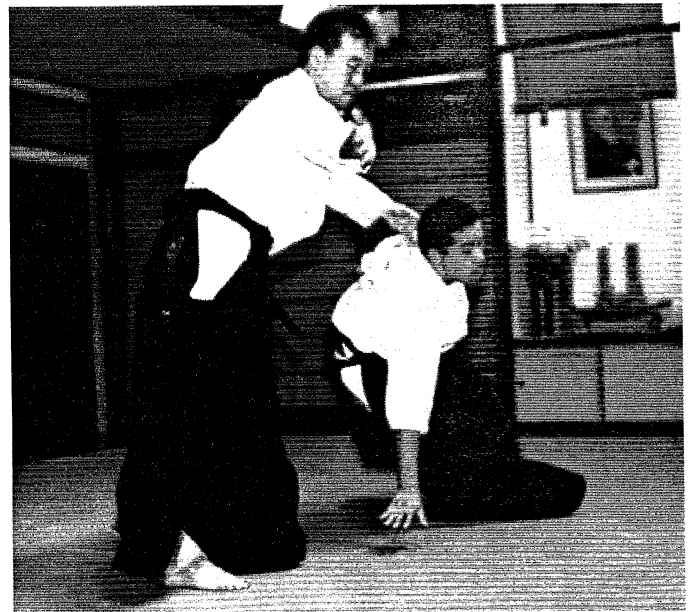
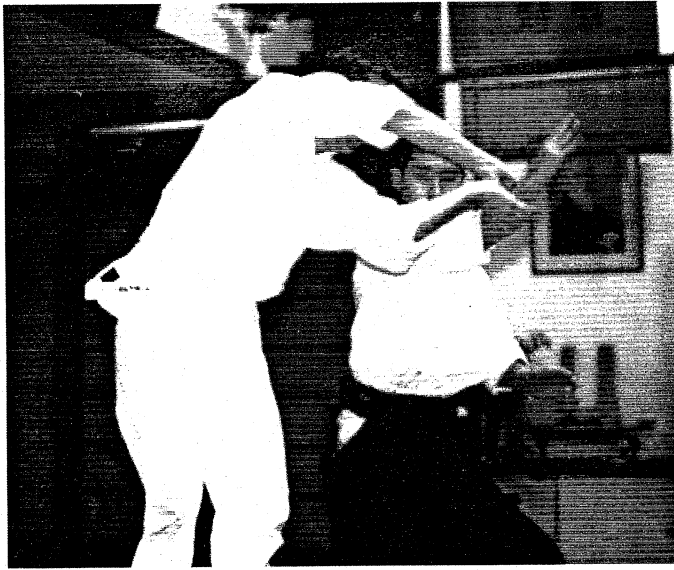
James Doi & David Ito. Munetsuki waza.



Ken Watanabe demonstrating Tanto-dori Munetsuki Kotegaeshi.



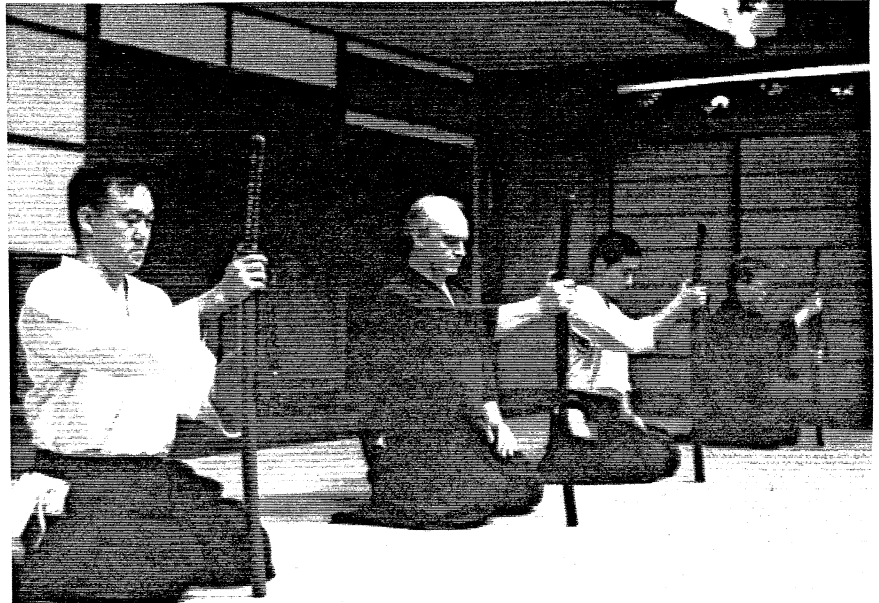
Steve Shaw demonstrating Irimi-nage.



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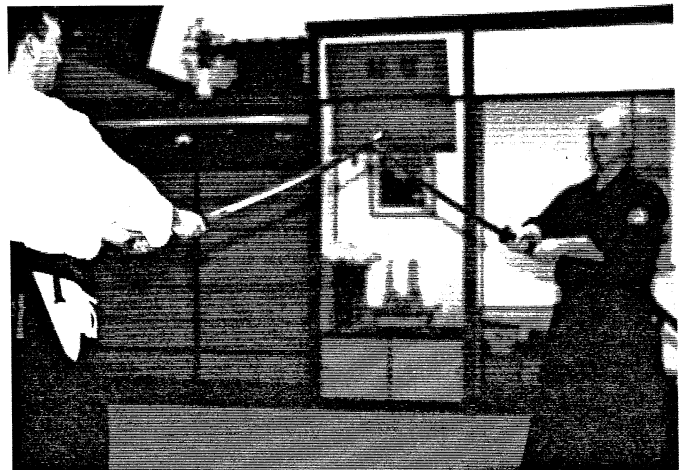
Sensei's demonstration, explaining Aikido principles.



Nisei Week Iaido Exhibition. Iaido begins and ends with respect and form



Cheryl Lew demonstrating Muso Shinden Ryu Iaido. Right: Ken Watanabe-Hasegawa Eishin Ryu Iaido.



More Annual Pasadena Obon Demonstration.



Mark Ty demonstrating Irimi-nage.



Daily Message: August 12, 2002

Today, I was rather down with a cold so I couldn't do much to prepare for this demonstration, cleaning up the Dojo and getting things in order. My students took over and did a good job. Although I decided to turn over the demonstration to my students; at the last minute, I went down and did the demonstration myself for all of our guests, despite the achy joints, fever, and sore throat.

However well my students carry out their tasks and demonstrate Aikido and Iaido, I always find so many mistakes right away. Because of this, I always appear so impatient to my students, "No, do it this way." Or, "No, no, that is all wrong." Or, "You forgot to do this!" Or, "Clean this up better." And on and on. No wonder all my students run away from me! Even I can't stand it myself!

Today, most of us use a modern method of teaching called, "Positive Reinforcement!" Whatever the student says or does, we always say, "Good, Good!" I tried this method a long time ago but I gave it up. I couldn't bear to see my students doing it wrong and making the same mistakes over and over, so I would have to turn my head away or completely ignore them. If I watched them too closely, I would always get the urge to say, "No, no, no!" I realized that in order to give them "positive reinforcement," I would basically have to ignore them or overlook them for whatever they did. It actually was driving me crazy! Perhaps, I didn't do it correctly or I did not understand this method well enough.

The other result was, that under this method of positive reinforcement, my students were not progressing and developing as they should. As I became more lenient and forgiving, my students actually become more sloppy and lazy. The main point for me, however, was that they were really not developing themselves well. The Dojo atmosphere became lax and the energy was not there any more in practice.

So today, I still yell and correct my students in everything they do. I figure, as long as they learn Aikido well, I don't care if they like me or not. I just want them to be good Aikidoists!

Nowadays, students have too much pride so my method will go down the drain eventually. I think my student successors are much more open-minded and kind hearted than I.

For myself, I will still stand by the old methods. For me, it reminds me of my mother. No matter what I did as a child, she was never happy and always encouraged me to do better and better. I thought she really complained too much about me and I really didn't like it and resented her. But still, in everything I did, I really tried hard - at the very least, to stop her from complaining so much! Many years later, now that she is gone, I realize that she only complained so much because she only wanted me to do better in my life. I think everyone has this same experience in their lives.

No matter how well you do, the person who loves you the most will always complain the most to you. I have never seen real positive reinforcement in action, it has always seemed so insincere and superficial in practice. It is not even working well in modern teaching systems. Why the traditional methods will not survive in this world today is that we have forgotten how to really love people more. . . . If a teacher did not teach me strictly to the finest and tiniest detail, I would think that he lost hope in me - and that would be the greatest loss of all. . . . Please keep up your training!

August 17, 2002: If someone wants to learn, he will learn. If he really doesn't want to learn, he won't and there is nothing to make him. Everyone will admit, "Of course, I want to learn!" but not really. It is really not the case indeed!

Actually, in many cases, it is just "please confirm and approve of all of my preconceived ideas!" Or, "Just tell me I am right and forget about the rest!" This is how many learn today. On the other hand, many want to be the "free spirit," which is the attitude of, "No one can tell me what to do!" or "I just do what I please because I am free." I encounter many students like this. Again, there is another group, "I am no good so I can't do it!" and "Don't bother with me because I am not worth it!" These people do not learn because these are not ways to learn, there are only delusional methods of the ego.

Learning is simply learning. You need the passion to learn and an open, humble mind. This is very hard for most people because we think we are so clever and wise and know all of the answers. There is no end to learning because there is no end to self discovery.

When we can modestly admit to ourselves, "I don't know this but I really want to learn it!" Like saying, "Open Sesame!" the doors of learning and wisdom will open before you!

New Training Schedule

As of April 26, 2002

Sundays: Children's Class
(5-16 yrs) 9:00-10:00am &
Open Class 10:15-11:15am

Mondays: Open Class
5:15-6:15pm & 6:30-7:30pm

Tuesdays: Open Class
5:15-6:15pm & Inter-Advanced
(3th Kyu & up) 6:30-7:30pm

Wednesdays: Open Class
5:15-6:15pm & Intermediate
(4th Kyu & up) 6:30-7:30pm

Thursdays: Open Class
5:15-6:15pm & 6:30-7:30pm

Fridays: Weapons (Bokken)
6:30-7:30pm.

Saturdays: Open Class
9:15-10:30am & Individual
Practice 10:30-11:30am

Every Last Saturday: Open Intensive: 6:30-8:00am
Required for all Black Belts & Seniors.

Every 1st & 3rd Friday: Aikido Principles &
Discussion. Optional for all members.
6:30-7:30pm.

All Black Belt Candidate Recommendations:

Please attend all intermediate & advanced classes.

Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's practice.

Please attend and assist Sunday morning Children's Class. This is the best training to become a good Aikido instructor. Strongly recommended for all Black Belt candidates and Dan Promotion candidates.

Please attend Aikido Study Class on Fridays to gain essential background knowledge in the traditions, roots, and philosophy of Aikido.

Building Our Membership

Students should make an effort to help build up our membership. This is always an ongoing project with the Dojo. Students come and go so there is always a natural attrition of the student body. Expenses, as you know, are always increasing year by year. We do not need to hard sell or drag them in by force but an enthusiastic awareness in each student is important in talking with friends and family members to encourage them to begin Aikido practice. An encouraging spirit to always help and build up our Dojo is important and part of our practice and being a good member of the Dojo.



Lush bamboo growing in the garden at the entrance of the Dojo.

Need Current Student Membership Information:

There is a new form in the Dojo which we would like all members to fill out so we can update our student membership information. The information is strictly confidential for only Sensei's use. Please fill out this form the next time you come to the Dojo. All students, new and old, must fill out this form. Thanks for your kind cooperation.

**Sensei welcomes all inquires about Aikido
Dojo email: aclafuruya@earthlink.net**

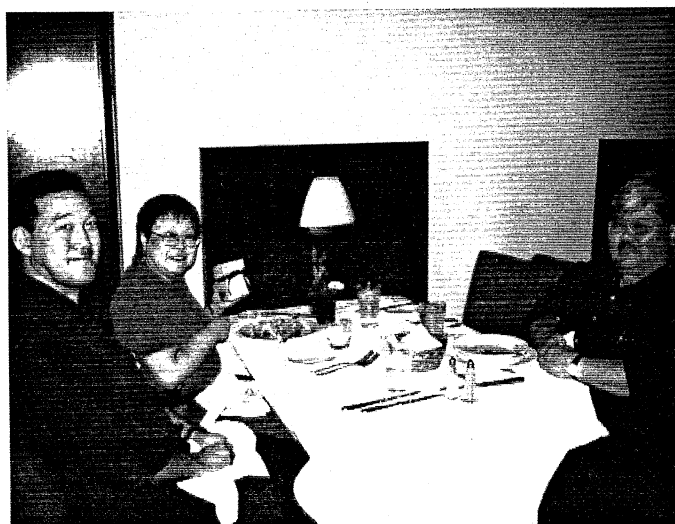


Sensei with Dr. Helen Hsu, during recent visit to the San Francisco Bay area. At the famous Chez Panisse Restaurant in Berkeley. August 1st.



Naoji Karita Sensei, well known sword polisher from Tokyo, visiting Sensei. At a new Taiwanese dumpling restaurant in Rosemead. August 18-20.

Cheryl Lew Celebrates 10th Anniversary in Aikido.



Dr. Cheryl Lew, one of the senior members of the Dojo and on the Dojo Executive Board, celebrates her 10th Anniversary in Aikido with a quiet dinner at Traxx Restaurant in the Union Station with Sensei, Ken Watanabe and Mark Ty (taking photo). Cheryl works as a teaching physician at Children's Hospital in Hollywood. She is 3rd Dan in Aikido and 4th Dan in Iaido. Congratulations!

Dojo Clean-Up. August 3rd.



Many Dojo members helped with the Dojo Clean-up in preparation for our annual Nisei Week Festival demonstration. Everyone enjoying Japanese style "o-bento" lunches sponsored by Sensei after a hard day of cleaning. Many thanks from Sensei and the Dojo!



Sensei with new student, Eddie Cahill.



Sensei with Eric Russell visiting from Berkeley.

Special From Dharamsala, Nepal:

07-25-02. Patrick Cassidy Sensei: Dear Furuya Sensei, Hello from Dharamsala, my fiance, Dominique, and I are currently participating in a series of teachings with H. H. the Dalai Lama. It has been incredible. The topic being essentially the relationship of the experience of Emptiness with the question of and practice towards Liberation. He also gave an initiation into the teachings and practice of Yoga Tantra. It has been a very full teaching.

Prior to arriving in Dharamsala, we had the great opportunity to travel in Tibet and perform the Kora (pilgrimage trek) around Mt. Kailash. Our experience was life changing, very joyful, and physically challenging. Joining thousands of Tibetans around the mountain during Saga Dawa (celebration of Buddha's Enlightenment) was a true blessing and gift. After our pilgrimage around Mt Kailash we took some time at Lake Manasaorovar in a cave for a few days to sit in quiet.

But our greatest teaching occurred on our last day of the month long visit. After leaving Lhasa, heading for the Nepal border, our jeep hit a slick spot on the road and went off the side rolling 3-4 times before landing in a river. We got out barely before the jeep completely sank and by some miracle, no one was killed or seriously injured. Dominique escaped with the fewest of injuries which was lucky since she is a doctor and two of our group needed assistance. I received back injuries that I am still recovering from but all in all we were very lucky. Having such a close visit with Death has brought much clarity which is very life affirming. I realize that there is no time to waste in this life and at the same time there is no need to rush.

I remember you had mentioned a Rinpoche here in Dharamsala that you had suggested paying respects to. If you get the chance perhaps you could pass on his name once again as I have lost it. I hope you and the dojo are doing great. I enjoyed our chance to speak together during my visit to your beautiful dojo. Dominique and I will be arriving back in California in November and stay for a few months. We plan on officially getting married during this time as well. After that we head for Switzerland.

We will be here in Dharamsala for the next week and I will be email available. After this we are going to Spiti Valley in the Himalayas for another personal retreat. The teachings that the Dalai Lama has provided is giving us much to consider. I send you many blessings and regards, Patrick (Cassidy), Formerly Aikido of Fresno

From Vera Cruz, Mexico: 07-22-02: DEAR SENSEI.

First I apologize for been UNGRATEFUL ,because just before my computer broke down I did have the time to send you a message letting you know that received you tape which was very handy and usefull because by APRIL the 20th I took my SHODAN exam under SHIHAN KAWAHARA SENSEI as well as CORDERO AND FERNANDEZ SENSEIS and thanks to you tape ,your writings and your bulletin I was able to make it and start my DO in AIKIDO and in my LIFE, so please forgiveme for taking so long BUT AFTER THAT I was really bussy at the NAVY SCHOOL with the basic program that AIKICALLI is supporting to introduce AIKIDO to the MEXICAN NAVY CADETS AND OFFICERS. Last month I assisted an International seminar held in CANADA at bishop univ campus and organized by the MONTREAL AIKIKAI and SHIHAN MASSIMO DE VILLADORATA and GUESTS;it was good to see how each per

son has its own AIKIDO but we all practice and share the same and that is HARMONY AND RESPECT TO ALL LIVING CREATURES IN THIS WORLD. Thank you again for the bulletins and tape .if there is some way I may support your DOJO I will be honor by doing it. Sincerely yours. DR ROBERTO MAGALLANES

From Salamanca, Spain: 07-22-02: Dear Sensei,

I read that the Pasadena Demo was very good many congratulation, I supposed that you fell better and everything go well. Here I'm little busy with the wedding preparation, but everything go well, this summer I repaired and work some things here in the Dojo, I painted the front of the Dojo and I make a students name board (it's small one, but sure it is not nice as yours but is Ok).

I have no much news about Valladolid people but sure that in September or October we will have a new seminar together.

I would like to send you some tape about the Iaido class and you can tell me the things I do wrong, but I don't know if you can watch it, I would ask Mark. When I have more news I write you, Always your student, Santiago (Almaraz)

From Valladolid, Spain: 07-22-02: Dear Sensei,

Firstly, I would like to apologise for my delay, but some circumstances made impossible for me to write before, such as: a business trip, the lack of time, the change of telephonic line and especially the break of the computer. Once explained, I will tell you how I passed this time I did not write to you. I have been training two times with Santiago, and it was fantastic, the second one of them, we were doing Iaido, for three hours, practising Muso and a bit of my school, it was a very good evening. In my group of Aikido we have attended to several seminars, highlighting Cristian Tissier's course, which took place in Saragossa, and it was so brilliant as usual. I was very pleased to go.

Last weekend I was in Barcelona with my Sensei of Ken and of Iai practising during the whole Saturday especially Mussashi Hyoho's school Niten Ichi Ryu. I want to believe that some day I will practise with you the Iaido apart from the Aikido certainly. In his previous letter you asked me about the magazines that you sent to me, but I regret to confirm that I did not receive them yet. I repeat for you my address for if some information was missing:

Félix Ares Benito, Pío Baroja, 5 - 3^a, 47008 Valladolid, ESPAÑA (SPAIN)

Being this all for the present time, please receive my very Best Regards, Félix Ares - Valladolid (Spain).

From Philippine Japan International Aikido Federation: 07-18-02: Dear Sensei,

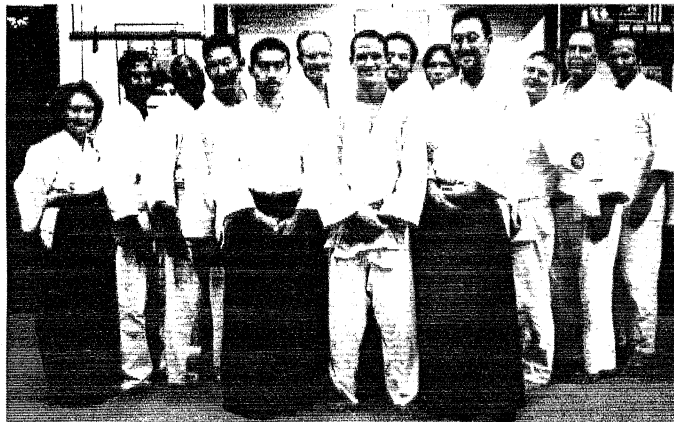
I am hoping to see you this month and I'm so excited for my training in Aikido. But due to some circumstances brought by my candidacy for election as councilor of a local unit in the Philippine government, I have to reset my schedule early next month for USA. I am sorry for the untimely change of schedule because I just cant say no to our city mayor and the people in my community who solicited my services in politics. I am hoping for your consideration. Sincerely yours, Alvinillo Alviso-PJIAF

Sensei's Reply: Hope to see real soon! Best Wishes.

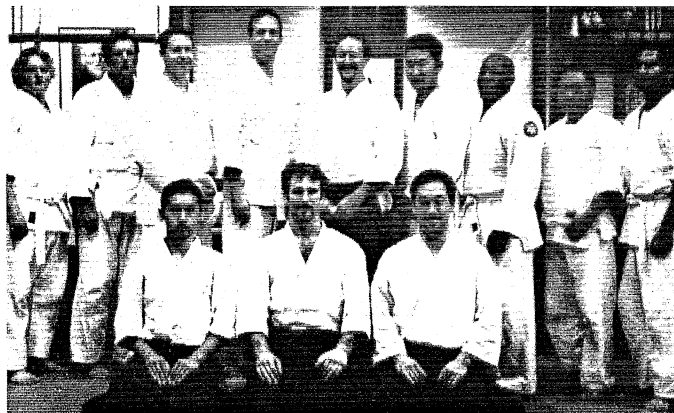
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From Paris, France: 07-22-02: Hello Sensei, How are you ? I am sorry not to have given you a news, but I was on travel, I returned to Paris now. Of our dimensioned, the dojo will be closed for 1 month because more the students miss due to holidays. I will try to work over again the photographs thus that I the other time is sent to you, you will be able to exploit them. With very soon. With my deeper respect. Cyril Danan, Paris, France.



Young student from New England visiting our Dojo for training.



With old friend, Nick Kiritz Sensei, from Washington, DC.



Senior student, Eric Russell visitng from Berkeley

Visit Our Website Daily!
www.aikidocenterla.com
For Sensei's Daily Message

Notice:

The Monday 5:15pm Class has been moved to Friday at 5:15pm. There is only the one 6:30pm Class on Fridays. Please make a note of this on your calendar.

Please make sure that your monthly dues are paid on time each month. There is a late fee of \$20.00 after the 5th of every month. We appreciate your cooperation in this matter. Many thanks, ACLA

As of June, we have received a rent increase so we do need to increase our membership. Please introduce our Dojo to your family and friends. Let's all help out to build up our membership!

Affiliated Branch Dojos

Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntrye

Bahamas Aikikai
Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai
Jalisco, Mexico

Aikido of Guadalajara
Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares

Letters:

07-12-02: Dear Sensei, As part of my training, I would like to share my daily thoughts. Thank you. "Beginners mind" - one of the most important ideals in martial arts. Martial artists spend their whole lives trying to attain the true "beginner's mind." Before my first class at the dojo, I asked Trevern, "Were you nervous before your first class?" His reply was, "Yes, I was."

I said, "Me too!"

After class I told this story to Mark.

He smiled and said, "But it's a good kind of nervous, isn't it?"

My reply was, "Yes, it is!"

07-16-02: Sensei, Thank you very much for your quick response. I am honored that you put my question in your daily message. This is not the first time, however that you have answered one of my questions in your message. Last December I wrote to you for advice on a confrontation with my instructor (for this reason I do not wish to name my dojo). Even though I disagree with my teachers ethics, I would never put his name out there for others to judge. I tried to heed your advice and also that of the Dalai Lama. I have learned that instead of feeling disgust at my instructor's slurs and mistreatment of others, I feel compassion for him. I am truly saddened that even with over 30 years of training in the way, and having Aikido as a vehicle to help reconcile the world, he has never been able to overcome the hatred he feels towards others. Anyway your answer to my "clapping" question was very helpful. I will assume then, that the high-ranking, non-Japanese instructors that do a shinto or an Omoto-kyo type ritual are doing so simply because that's how it was done when they were taught. Not so much for religious implications. Finally, to answer your question, I fist came to here of you when I read "Kodo" which I thoroughly enjoyed. I then stumbled across your daily messages and have been hooked ever since. I hope your students realize how truly fortunate they are to have such an insightful teacher to help them realize their path. Please know that your teaching is reaching not only your own students, but also students like myself. I may have to receive your teaching in print rather than on the mat, but the connection is still there. Please continue to BE THERE. With great respect,
Jason (ni kyu)

07-22-02: Osu! I have two questions. I have been studying Yoshinkan Aikido under Utada Yukio sensei in Philadelphia for three years. I will soon be testing for my 4th Kyu. One of the many things I enjoy in my training is the use of weapons - Tanto, Jo, and Bokken (which is my favorite) - and learning how the movements we do in Aikido relate back to them. Here on the East Coast we don't have so many opportunities to train in different martial arts, but there does happen to be one Kendo school nearby. My question is what do you all think about training in Kendo, too? I attend Aikido classes three times a week.

Second, I would be interested to know how you begin your Aikido classes. My school is very traditional, and every class begins and ends with a bowing ceremony, which I think is great because it affirms the sense of respect among each other and for Kancho (and visa-versa). We don't have any kind of shrine, although there is a niche which looks suspiciously like a tokonoma, on the back wall of which are pictures of Morihei Ueshiba, Gozo Shioda, and Utada Kancho (who was uchi-deshi under Shioda sensei). What is customary in most aikido schools, and what is the reason for it? Osu!
Michael

About Kiai. 07-22-02: Dear Sensei, I'd just like to drop a line to thank you for answering my question. I once again realise that very little if anything is ever black or white. I found your response to be welcoming & very interesting indeed, it has given me a lot of food for thought. I practice at Bristol Seishinkan Dojo under Mark Thompson Sensei & I also find the teaching of Stephane Benedetti Sensei particularly fun & illuminating. Once again, many thanks, Warren.
Warren Spencer, Head of Invertebrates, Bristol Zoo Gardens
Clifton, Bristol, BS8 3HA
Tel. 01179706176 ext. 242
Fax. 0117 9736814
wspencer@bristolzoo.org.ukOsu!

07-24-02. I have two questions. I have been studying Yoshinkan Aikido under Utada Yukio sensei in Philadelphia for three years. I will soon be testing for my 4th Kyu. One of the many things I enjoy in my training is the use of weapons - Tanto, Jo, and Bokken (which is my favorite) - and learning how the movements we do in Aikido relate back to them. Here on the East Coast we don't have so many opportunities to train in different martial arts, but there does happen to be one Kendo school nearby. My question is what do you all think about training in Kendo, too? I attend Aikido classes three times a week.

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08-14-02: **Inspired By Daily Message:** Dear Rev. Kensho Furuya: I was sent a link to your site by one of my students...(maybe he thought I had something to learn!)

I read through your articles page and was inspired by your August 12th entry. I teach White Crane and Jow Gar Kung Fu part time in England (UK) although I still take regular instruction from my master (there is so much to learn).

After 20 years of kung fu I have read a lot and heard a lot of "the way" and I have trained with various students side by side and as their teacher and this idea of "positive reinforcement" has been mentioned to me in the past. Too many times has a "failing" student told me "If you told me I was doing OK more often I would feel better about my training!" and I feel like saying: "do you come here to be cuddled and rewarded or learn kung fu?" although I just end up feeling guilty that maybe I am a bad teacher because I don't give belts or grades. My Sifu (Sensei) never used to reward myself or fellow students when I started my training and yet here I am 20 years later still trying to reach a perfection that I know will take more than this one life time to reach (if ever - hehe). For reasons I will not bore you with at some time in the past I stopped meeting with my Sifu and ended up teaching my own students (more by accident than intent). Now I have returned into my master's instruction I am sad to say I have noticed that although he pushes me harder than ever and brings out the beginner in me again and again in our private meetings, I feel during normal classes he has compromised just to keep students: Continued

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Continued: now he offers grading and gives them "positive reinforcement". Sifu has said to me he has had to do this to keep the school going, even replacing some of the movements in our forms for those that can't do the more demanding parts. Unfortunately I see the result of this from the outside and a lot of the new students are just not very dedicated or focused on what they are doing.

Please understand this is not meant as a criticism of my Sifu but merely an observation of the comments you have made in action. My Sifu is the most dedicated person I have ever trained with even after his 30 years of training he still stays ahead in his training and has a focus that still inspires me every time we meet (otherwise I would be a fool to learn from him).

In conclusion (and before I send you to sleep with my comments) I would just like to thank you for your inspiring article(s) maybe I am not as bad at teaching as I was beginning to think. If a student needs to be told he/she is good every 5 minutes then he/she can go else where as I am interested in the mastery of my art not in being popular and watering down the tradition to suit the "weak".

Chris James.

Sensei's Reply: You and your teacher are dealing with the current trend in martial arts today as it transforms itself from an art form and internal discipline into a commercial business. Training and self-discipline are no longer the focus, but attracting students and creating greater income for ourselves. A business is focused on profits and money, not developing fine students.

One very successful martial arts teacher advised me, "I would rather have a rich customer than a poor but talented student." In order to attract students, we make the art user-friendly and water it down to it's lowest common denominator so that everyone can pay for classes!

On the other hand, the student or customer loves this new arrangement because there is no responsibility or burden of commitment to deal with. You pay your money and put in your time! You don't need to practice hard, sweat or go out of breath. You do not need to follow orders or listen to instruction because why? - the customer is always king! Would you rather be a "king" and get the royal treatment or would you rather be a lowly student who must struggle and work hard?

Essentially, the main problem is that martial artists are no longer that very special breed of people. Teachers want to be rich and students no longer want to work and struggle on this journey of the art. We want to be just like everybody else in this world today!

Through proper training and instruction, I believe that everyone has the opportunity in our Dojo to develop his potentials, talents and spirit to its highest possible level.

The business aspects of the arts today bring on a new kind of discrimination and elitism of the worst kind - discrimination by wealth and money.

If you continue your training with the right attitude and spirit, others may not understand or follow you and you may not be successful in your efforts - as I well know myself. But in all things in life, you must be true to your own heart and this is what martial arts is all about. Please keep up your training.

Report From Salamanca. 08-14-02: Sensei, I write you because, probably I will go in November (hony moon) to Hawaii and Japan and in Japan we will stay around 6 or 7 days and we would like to stay in Tokyo 3 days and visit and practice at the Hombu dojo and the other days we doesn't know wich other city visit or what we should visit there. Do you have any advance or recomendation? We still have not the ticket but I will try that the plane route stop in Los Angeles to visit you.

One thing more probably this year I teach Aikido at the University, I will have more information in October. My Best, Santiago Almaraz, Salamanca Kodokai Branch Dojo.

08-18-02: Dear Sensei, Take heart. I'm sure your message is getting through to countless people. All best, --- Dr. Goodman
--- goodmanorg@earthlink.net

08-18-02: Dear Reverend, I am a frequent visitor to your webpage and enjoy greatly reading your musings on aikido and related topics. I was first introduced to your webpage from Bujin Design's link to your "Caring Heart" essay. I have trained in aikido for only a few years now and find the struggle of the spirit overwhelming compared to what is actually happening physically on the mat. Very little is discussed in my dojo on the matters you relate on your webpage; I'm grateful that you are willing to let me and others you have never met "listen" to your words. I hope you are blessed with many more years of showing more students "caring heart". Karen Kustedjo kujo@scripps.edu the way of the warrior is also the way of the healer... or else, sooner or later you have no one to play with

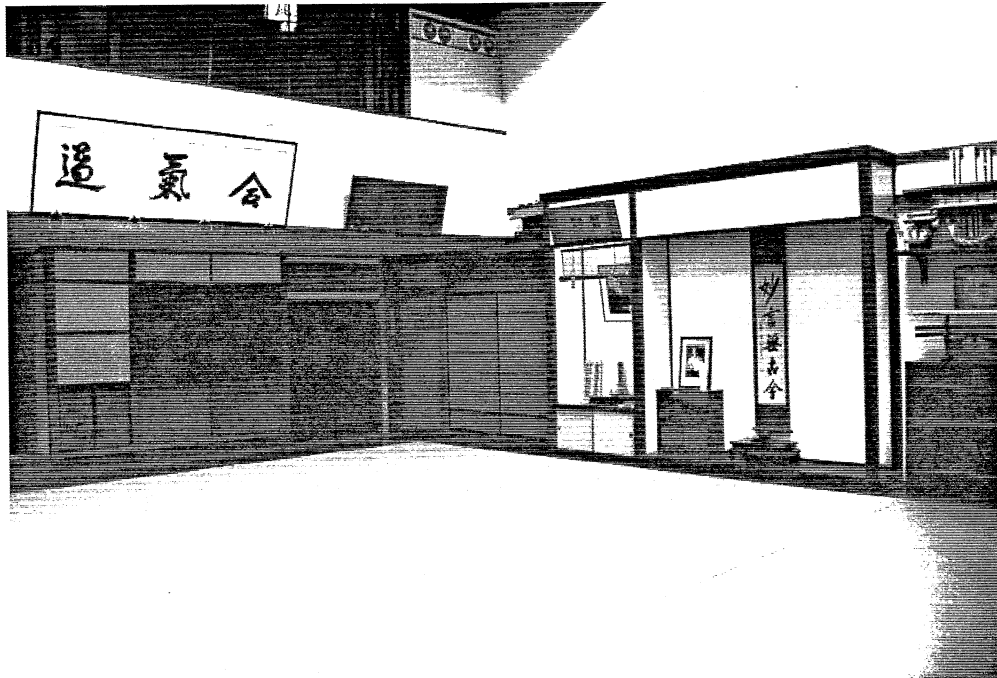
08-12-02: Dear Sensei, Having spent most of my life so far as a student within some sort of structured, or seemingly structured educational system, I am often overwhelmed with questions about the current methods of learning. I wonder at times if the beauty/reality of stupidity had been communicated to me early on would I have been a better student? That is to say would I not have rushed to pretend to know everything as a method of survival, or more specifically, egotistical defense? I have always felt threatened and a need to defend myself against what I would call the illusion of smart. The people (and at times I have been one) who use a tiny molecule of information to establish themselves as smarter and somehow better than those around them. To make someone feel stupid is to keep them below you, and for whatever reason(s) you want people below you. This notion has pulled on me for some time. Can we ever not be stupid? Inside of such a large universe won't we always be without certain knowledge? It's impossible to know everything, so why even pretend? It amazes me that people so desperately look to empower themselves with pretense, and it hurts me that a lot of the time it seems to work. No it doesn't work! I hurt because this method seems to be accepted and encouraged, and it is in my mind nothing but destructive and the antithesis of "progress". In any event, this to me seems to be the making of the modern student; learn a little bit and pretend it's everything. Sensei, thank you for teaching as you do. Your Dojo is unlike any place of learning I have ever experienced. Many thank yous for your commitment. Sincerely, E.C.

08-20-02: Sensei, Thank you very much for the promotion. It means a great deal. Aikido is so much more than I imagined. Thank you. WA.

Sensei's Reply: Ha! Aikido is so much more than even I imagined!

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Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Our Dojo's 28th Year, 1974-2002.

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

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

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

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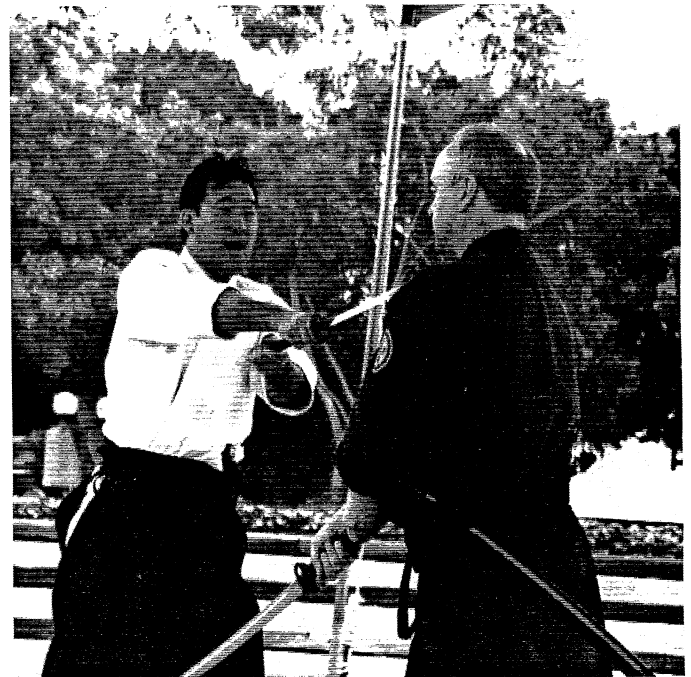
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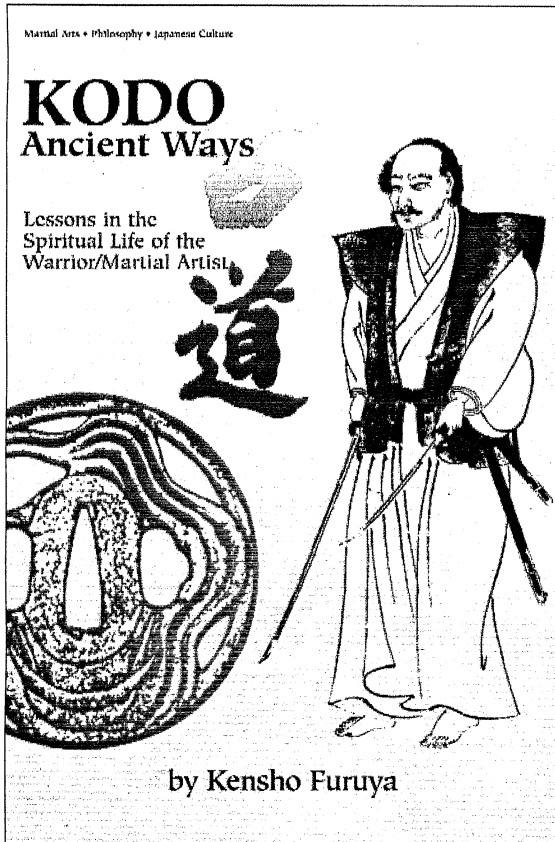
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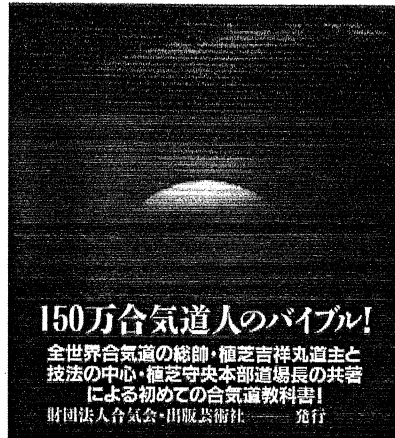
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Recommended Readings:

規範 合気道 基本編

著者 榎芝吉洋丸
著者 榎芝守央



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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."

aikido

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Highly Recommended:

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By Doshu Kisshomaru Ueshiba

Other Readings Recommended For Students By Sensei:

Zen & Japanese Culture. D. T. Suzuki.

Anatomy of Dependence. Takeru Doi.

Anatomy of the Self. Takeru Doi.

Mind & The Sword. Hiroaki Sato.

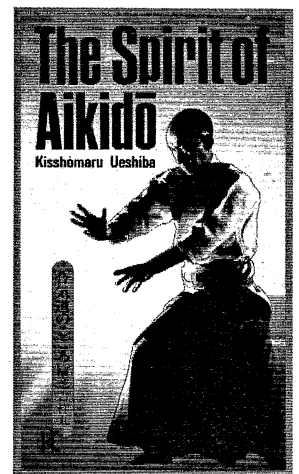
The Book of Five Rings. Musashi Miyamoto.

Records of Things Heard. Dogen Zenji.

Tenzo Kyokun-Lessons of a Cook. Dogen Zenji. Trans. Kosho Uchiyama.

The Unfettered Mind. Takuan.

A Flower Does Not Speak. Zenkei Shibayama.



THE SPIRIT OF AIKIDO

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

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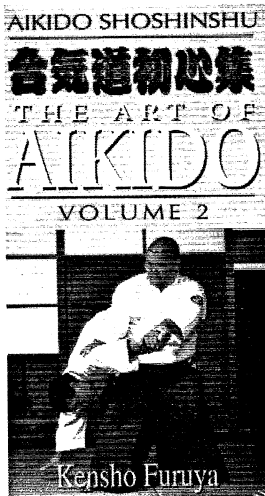
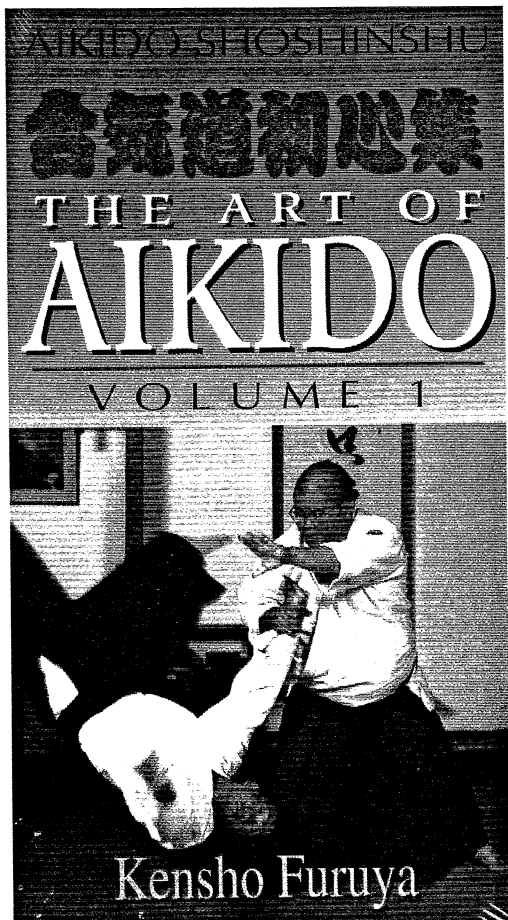
Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
940 E. 2nd Street #7, Los Angeles, CA 90012
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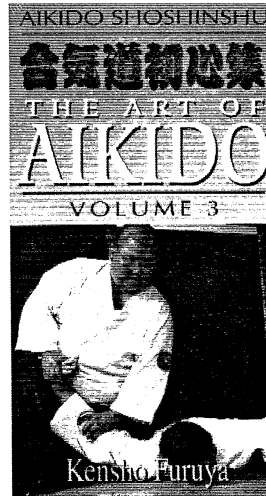
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

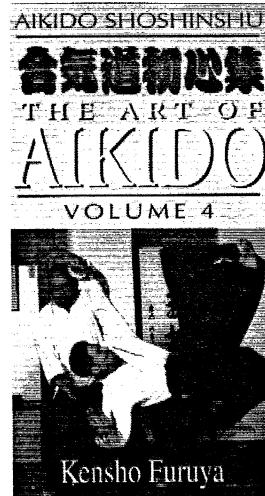
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



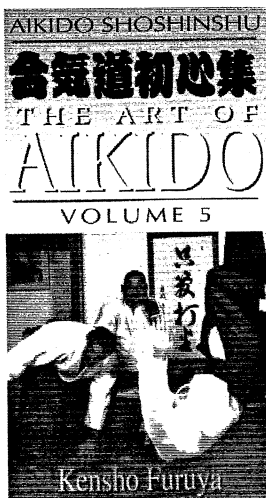
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



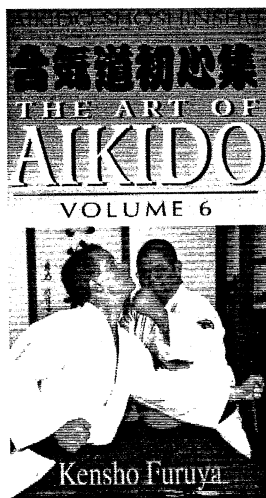
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



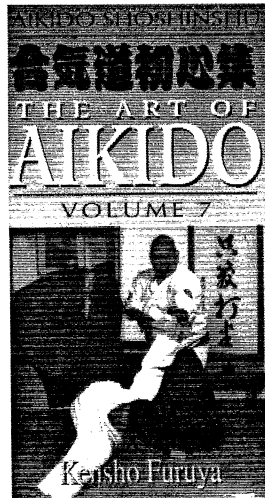
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



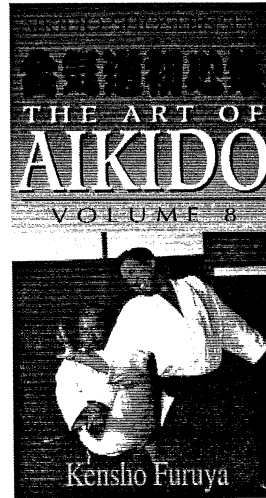
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



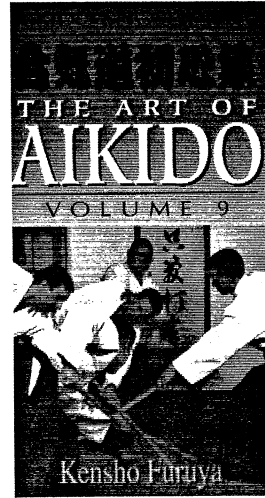
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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

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

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

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

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

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

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

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

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

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

CHILDREN'S CLASSES

7-16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

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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.

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

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Tel: (213) 687-3673

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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

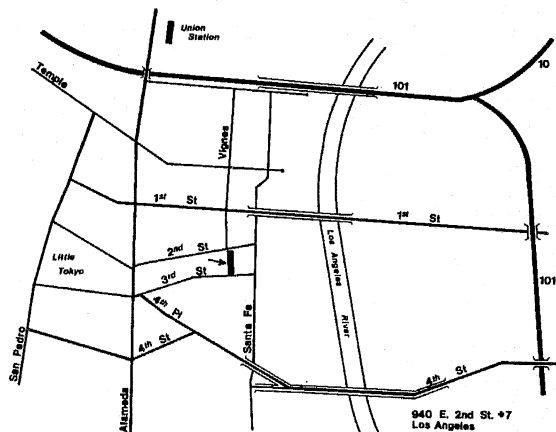
Every 2nd Saturday of the month.

6:30am-8:00am

Private Classes Available.

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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.