

The Aikido Center of Los Angeles, LLC, 1211 N. Main Street, Los Angeles, CA 90012, Tele: (323) 225-1424 www.aikidocenterla.com



The Aikido Center of Los Angeles

道の為、世の為、人の為 合気道

The Aiki Dojo

Direct Affiliation: Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai
Reverend Kensho Furuya Foundation

July 2008

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Photo by: William Allen III

The Dojo is Finally Finished!!!

by David Ito, Aikido 4th dan

Thank you all for being so patient and allowing the new dojo space to grow and begin its new journey. I apologize for not publishing and sending out the past few newsletters. I hope this did not inconvenience any of you and cause you to worry about us.

We had kept busy completing the new dojo and preparing for our opening seminar. We did not anticipate that moving into the new dojo would require so much work; when we finally moved into the new dojo it was just an empty space, far from finished, and did not resemble the old dojo. It was, in a sense, a blank canvas. We worked every Saturday and most Sundays for eight to ten hours each day. The students really rose to the occasion and completed the dojo in time for the seminar in just eight short weeks. It was a courageous and dedicated effort and I want to thank everyone who participated and donated their time and energy. It is truly a testament to Sensei's teachings that we all worked together to see his dojo continue.

Since the moment Sensei passed away, life has been bearing gifts of life lessons. We have made many mistakes, which demonstrates that no matter who you are and where you are in your life, you can learn. The goal of life is not to make mistakes, but to learn from them. Mistakes are the only way for us to grow as human beings.

The goal for the coming years as we move forward from Sensei's death and building a new dojo is simply one thing: training. Sensei always put a great amount of importance on training and this will be our focus too. He viewed training as a privilege and something that one should not undertake lightly. This dojo is not place where we indulge our egos; it is a place where we work towards cultivating ourselves through training into better human beings. Please join us on the mat for training.

ANNOUNCEMENT

Dojo General Meeting

July 27, 2008

9:30 AM

Everyone must attend



DOJO CORRESPONDENCE

ACLA,

Thank you for always teaching me and being my Aikido Center. I'm always looking out.

Sincerely,

Steven Shaw
Aikido 2nd dan

Kenny & Kenny, David, James, & Tom
It's been a long time.
Remember me?

(Louis) Sukkoo, Lee(attended ACLA 1987~1992)

From a unexpected source, I heard departing of Furuya sensei. It is indeed a terrible loss, please accept my condolences. I, for one can testify the superb Aikido of Furuya sensei. There was none other that can even come close to. I greatly admired his insights and depth he held in Aikido teaching. It looks you all are doing very well carrying out his tradition, and I am glad to see the preservation of ACLA Aiki. I hope I can visit you guys soon, and pay my respect to Furuya sensei. Please tell me if you already are practicing at the new location.

See yaall soon.
Thanks & God Bless.

Furuya Sensei and Ito Sensei,

I wanted to send a thank you note to you both, your students, and instructors. I enjoyed my trip and visit very much. Your dojo was very hospitable. The environment was spectacular and give me a goal of what to work towards myself in the future. Also, your students were very warm and I could tell they have studied their techniques along with the important aspects of dojo culture and that is rare! I wish some time both of you would have the chance to visit Colorado either for dojo training or just to relax (sleep!) and experience Colorado. You are always welcome. Thanks again for the gifts, food and training. I will always remember my trip. I hope I have the chance to come out to LA again. Talk to you both soon and say "Hi" to your students for me.

Andrew Blevins
Chief Instructor
Kiryu Aikido Dojo

Congratulations on the opening of the new Aikido Center of Los Angeles. I am happy for you all. I saw this card when traveling through India. As soon as I read it I thought of Sensei and his great dedication to Aikido. May his spirit and the spirit of Aikido thrive in the new Furuya dojo.

Best wishes to you all and may the hard work and determination bring success to you on the path of peace and harmony. Never give up!

Yours truly,
Brett Rushworth

JAPANESE LESSON

OHAYO GOZAIMASU: Good Morning

Pronounced (*oh-high-YOH go-zai-mās*)

Good morning.

おはようございます。

Ohayo- gozaimasu

おはようございます

"Good morning"



Ohayo gozaimasu is equivalent to "good morning" and is in the politest form. However, more literally you are showing respect for that person being up early. Japanese tend to be very formal with people that they do not know or who are higher in rank. Among friends it is ok to say "Ohayo," but there is a saying in Japan that "No two people are of the same status." In Japan it is customary to say good morning to every person and give a slight bow. The more formal the relationship, the deeper the bow.

On a side note: It is extremely impolite to say "OSU." This is extremely casual and considered rude. It implies a certain level of familiarity between two people, which is not present in Japanese society.





Kyra Page



Jared Page



Isamu Harrison



Kayoko Fong



Tomi Okuno



Ashley Jiminez



Johan Kim

Children's Class



Armand Manoukian



Samantha Mahon



Dale and Derek Okuno



Sophie Ibarguen



Noemi Ho



Brandon Meyers



Nicholas Tanita

July Events ...

July 4thSpecial Class 10:15 AM

July 26th ...6:30 AM Instructors Intensive
~No Iaido~

July 15thdeadline for article submissions

July 27thGeneral Meeting 9:30 AM

Any contributions to the newsletter are welcome and appreciated. Please share something that you think others might gain from or that you feel is meaningful. We are always looking for new and interesting content from our members.

New Q&A section in the newsletter starting next month

Please send your questions or inquiries to info@aikidocenterla.com and our team will do our best to come up with an answer.

PROMOTIONS

As of June 13, 2008

5th Kyu

Erwin Harianto
Jason Markowski

Children's Class

3rd Kyu (Blue Belt)

Jonah Kim

4th Kyu (Orange Belt)

Jared Ono

5th Kyu (Green Belt)

Starr Bowen

6th Kyu (Yellow Belt)

Noemi Ho

Congratulations!



Faces In The Dojo

Kevin Hoffer, Aikido 1st Kyu

Why were you interested in starting Aikido?

I practiced Hapkido when I was young, and although at 10 or 11 years old, I did not understand what it meant to practice martial arts, I did try to take it seriously. However my interest waned. But I had always held on to the idea that I would find a martial art and a way to study it some day, although I had no idea how or when that would be. Then one day I came across a little pocket sized version of "The Art of Peace", a translation of many of O-Sensei's sayings as well as a brief account of his reasons for developing Aikido and was immediately attracted to the principles of this art. I had always had difficulty resolving my desire to practice Budo with my sense of pacifism and its importance in our society. Aikido, philosophically, seemed to be the perfect art for me. However it took me a few years and a few coincidences to find my path to a dojo. Sometimes I feel that I don't know why exactly, I just know I am supposed to be practicing Aikido.

Why did you decide to join the Aikido Center of Los Angeles?

I had heard of Furuya Sensei's dojo when the dojo where I had been practicing closed (West LA Aikido). Although I was practicing many days of the week, I proceeded to do nothing to find a new place to practice for a few years. I moved south of Downtown into a studio and knew I should stop by ACLA some day. That day finally came when I had seen a poster for Sensei's tsuba demonstration during Nisei Week and I attended the lecture and was awed by the presence of the dojo, and inspired by Sensei's knowledge, expertise and humor. He chided my self effacement and I finally realized I had made so many ridiculous excuses for so long, I just had to sign up as soon as I could. I had always hoped I could find a place like ACLA, that took training so seriously, but the students themselves never took themselves so seriously. The sense of art, respect, deep cultural heritage and honesty immediately convinced me I had found the right place for me.

What do you find challenging about your practice?

Right now, making the time again. I had a regular practice schedule for myself for a while, and that worked well. But after an injury, and a few excuses, I found myself about a year away from the dojo. It is so important for me to keep up training at all times, even during "busy" times, lest I lose my "rhythm" in being at the dojo. It is not a matter of actually having the time, it is remembering how important Aikido is to me on a daily basis. It is too easy to think "tomorrow" or "next week" or "when I have a little more time" when those are all really just lies to

keep me in my lazy place.

What do you like most about Aikido and/or the Aikido Center of Los Angeles?

As I mentioned before, it is the cultural background, the respect for the training itself and the respect towards one another that draws me to practice here.

Please tell us a little about yourself.

I am one of a rare breed of actors in Los Angeles who is actually a local. I was born and raised in Santa Monica and have lived in different parts of the city throughout my life. I am still learning about and finding new and different parts of this sprawl we call home. I grew up assuming I would be a doctor like my father, but although I have been often drawn to a career in healing of some kind, the difficult road of the artist is where I landed. I went to college and studied visual art, and explored life as a studio artist in photography and drawing. But I had always hoped for, and eventually started a career in acting, and like walking into ACLA for the first time, knew I had found where I belonged.

Please tell us something most people don't know about you.

I don't know why, but my whole family loves games. Video games, board games, backgammon, you name it. And so I too love all kinds of games. Board games I think are a big obsession for me although I make too little time to enjoy them. I very much enjoy having that time with friends and family and engaging in sometimes what are honestly very silly competitions. But its fun and I have many fond memories of days and nights with family and friends playing various board and card games throughout my life. Frequently people ask "You mean like Monopoly?" I actually do enjoy Monopoly, but there is also a whole sub-culture of gaming that few people seem to know about with many genres, strategies and levels of imagination.

Branch Dojos

Hacienda La Puente Aikikai
Hacienda Heights, California
Chief Instructor: Tom Williams

Aikido Kodokai
Salamanca, Spain
Chief Instructor: Santiago Garcia Almaraz

Veracruz Aikido Dojo
Vera Cruz, Mexico
Chief Instructors:
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza



James Doi, Aikido 5th dan



Ken Watanabe, Aikido 5th dan



Steven Shaw, Aikido 2nd dan

Opening Seminar May 3, 2008

Pictures by Larry Armstrong



Larry Armstrong, Aikido 3rd dan



Andrew Blevins
Chief Instructor, Kiryu Aikido Dojo

A very special thanks to everyone who helped out and participated in the seminar and opening services.



Tom Williams, Aikido 4th dan



Jacob Sisk, Aikido 1st dan



Our friends from Veracruz



Santiago Almaraz, Aikido 4th dan Kenneth Furuya, Aikido 5th dan and Andrew Blevins



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Aikido Spirit: "To Practice"

Reprinted from *Zen Gakko* newsletter
August 1, 1992

by Reverend Kensho Furuya

In Japanese, there are many words for the word "to practice." In some ways, it shows how important this word is to the Japanese mind. In Japanese, we often use the words, "Renshu," "Shugyo," or "Keiko." All these words mean, "practice," but they all have very different "inner" meanings, which we do not really find in the English language.

The founder of Aikido, on the day he passed away at the age of 86 years old said: "I am just a baby in Aikido who feels that he has only practiced for one day, you must continue to practice every day with all your mind and body."

"Renshu" refers to regular training or practice just like you might do aerobic exercise or play baseball. "Shugyo" is more serious or profound and refers to training like monks train in a temple. "Shugyo" also means religious type practice. "Keiko" is the word we most often use in Aikido practice. It has an odd meaning but is a very old word and comes from the Confucian classics written 500 years before the

birth of Christ. "Keiko" means to "reflect on the past." This has two meanings. The first meaning is to think about our past mistakes and try to correct them or not repeat them again. This means we should learn from our mistakes. This is a very important "practice." Secondly, it means that we should think about our elders or seniors.



In your Aikido practice, you should keep all three words in mind, not just one. Consider your physical exercise ("Renshu") to develop a strong and healthy body. Think about "Shugyo" and develop your spiritual or Buddhist side as well in your daily life. And, think about "Keiko" and consider your past deeds and try to correct your mistakes each day.

Practice is not something that your only do on the mats or in school or in Zen Gakko. True practice is everyday practice. Everyday practice is every minute practice. And every minute practice is the practice of Buddhism. Lets all practice together and become happy people.

Editor's note: This article was written by Sensei when he was a Zen Buddhist priest at Zenshuji Temple. He wrote and edited their *Zen Gakko* newsletter.



**Everyone is
Welcome!**

Hacienda La Puente Aikikai

Tom Williams, Aikido 4th dan
Chief Instructor

Monday and Thursday Nights
6:30-8:00 PM

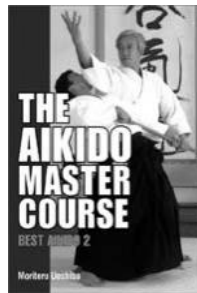
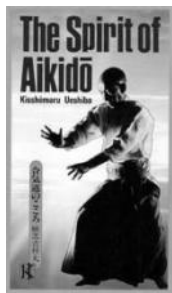
Dibble Adult School
1600 Ponte Avenue
Hacienda Heights



Recommended Readings:



by Ueshiba Kisshomaru



by Ueshiba Moriteru



Aikido Center of Los Angeles:

We are a not-for-profit, traditional Aikido Dojo dedicated to preserving the honored values and traditions of the art of Aikido and Iaido. With your continued understanding and support, we hope that you also will dedicate yourself to your training and to enjoying all the benefits Aikido and Iaido can offer.

The Aiki Dojo Newsletter

Editor-in-Chief: David Ito

Photographer: Larry Armstrong

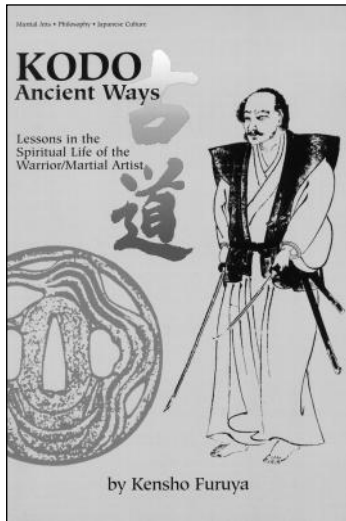
How has Aikido transcended past other martial arts? Aikido reveals humanity.

-Reverend Kensho Furuya 10/30/2002

◇ Publications By Reverend Kensho Furuya ◇

Kodo: Ancient Ways: Lessons In The Spiritual Life of the Warrior

By Reverend Kensho Furuya



Highly recommended for all students of the Dojo.

The Art of AIKIDO

Instructional Video Series s Now Available in a new DVD format.

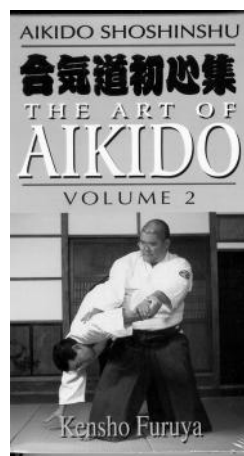
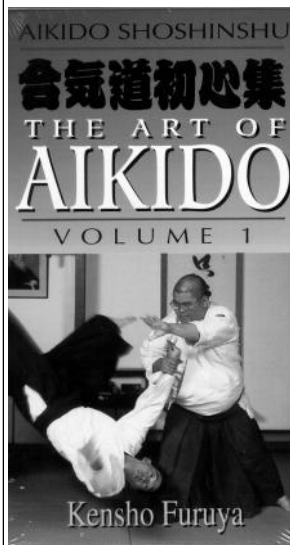
"Top Rated" Karate Illustrated

"Impressive Scope" Aikido Today

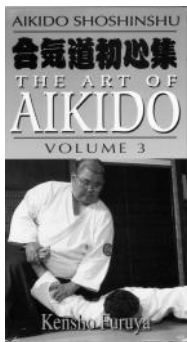
"Exhaustive" Aikido Journal

"Best in the English language on the market today," Budovideos.com.

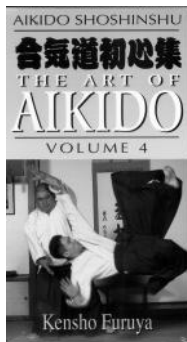
This video series is considered the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



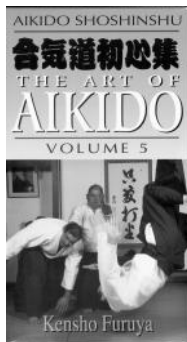
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



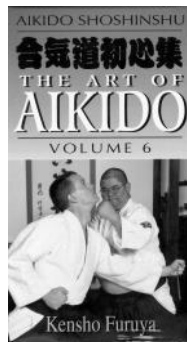
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



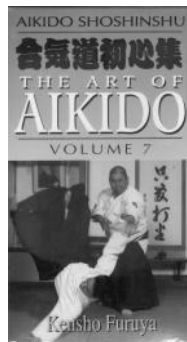
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



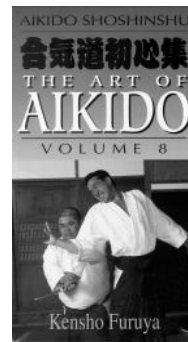
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa.
Katatori: Shoulder.
Multiple attackers.



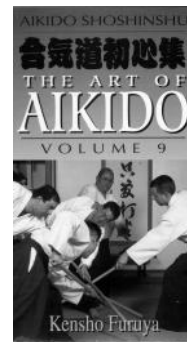
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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



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



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



Aikido TRAINING SCHEDULE

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Sundays

9:00-10:00 AM Children's Class
10:15-11:15 AM Open

Mondays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open
7:45-8:45 PM Weapons

Tuesdays

6:30-7:30 PM Advanced (3rd Kyu & up)
7:45-8:45 PM Fundamentals

Wednesdays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open
7:45-8:45 PM Weapons

Thursdays

6:30-7:30 PM Bokken (Black Belts)
7:45-8:45 PM Open

Fridays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open

Saturdays

9:30-10:30 AM Open
10:30-11:30 AM Advanced (3rd Kyu & up)

Saturdays: 7:15-8:15AM Beginning
8:15-9:15am Intermediate-Advanced

Sundays: 7:45-8:45 AM

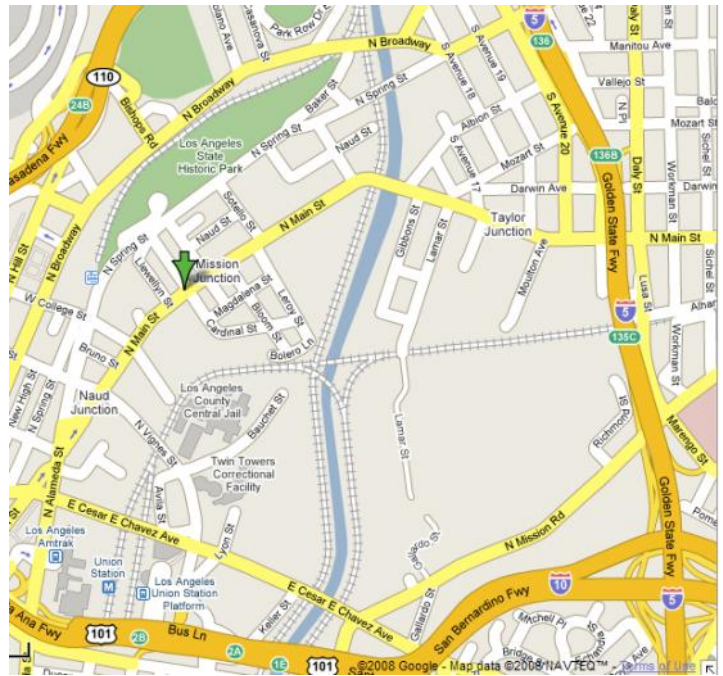
Thursdays: 6:30-7:30 PM (Bokken Practice)

No Classes on the last weekend of the month.

Private Classes Available.

No Appointment Necessary To Join:

You are welcome to visit us anytime during our Open and Beginning Classes. Signing up for classes is very easy and only takes a few minutes. Welcome!



CHILDREN'S CLASSES

6 to 16 years old

Sunday Mornings 9:00 -10:00 AM

We are directly affiliated with:

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 Doshu Moriteru Ueshiba.



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Finding Our Dojo:

We are located at
1211 N. Main St.

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We are across the street and one block west from
the Chinatown Metro Station.

The Entrance is on Elmyra Street.