

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

道の為、世の為、人の為 合気道

# The Aiki Dojo

Direct Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
International Aikido Kodokai, 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

\$5.25  
Donation

October 1, 2006

Volume XXV. Number 10.

## Mark Ty Trains At Hombu Dojo, Attends Doshu's Seminar At The Ibaragi Shibu Dojo. September 11-26.

Mark Ty departed Los Angeles on September 10 to arrive in Tokyo, on the evening of September 11 to train at Hombu Dojo from September 12 through the 16th. From the 16-17, Mark participated in a Special Seminar with 3rd Doshu Ueshiba Moriteru Sensei at the Ibaragi Dojo in Kasama-shi, formerly Iwama City. The Seminar was limited to 100 participants from 3rd Dan and up. The Ibaragi Dojo is headed by Hiroshi Isoyama Sensei, 8th Dan.

### Sunday, September 10 (Los Angeles)

I'm excited to be going to Japan. This will be my first trip there, and I have very high expectations. I'm looking forward to practicing at Hombu Dojo and to eating really delicious Japanese food.

Airport security is tighter than I remember. The last time I traveled outside the country was to visit family in the Philippines in 2003, and I don't remember the security process taking this long. I had already checked-in over the internet, but it took about 45 minutes to get my boarding pass from the ticket counter and another hour to get my luggage screened by airport security. Maybe this is why I don't travel very often.

### Monday, September 11 (Tokyo)

The flight took approximately ten hours, but it didn't seem that long. Singapore Airlines provides each passenger with



With Doshu at Hombu Dojo. Below: Ibaragi Shibu Dojo Seminar, in front of the Aiki Jinja.

their own TV and a choice of dozens of movies. On the flight back from Philippines last time, the flight was much longer and there was much less to do. I had to watch even the Filipino movie just to pass the time by.

From the Narita Airport, it was another hour and a half by train to Shinjuku. Finding the hotel was a little tricky. Locating a particular building in Japan is not the same as it is in the United States. Unlike in the U.S., the streets in Japan don't have names (except for a few major streets). Therefore, you must have a map of the area and rely on landmarks to find your way around.

Continued:





Yonemochi Sensei and Ikeda Teru Sensei, two very dear friends of Sensei. Ikeda Sensei is Furuya Sensei's "adopted mom," and is 92 years old.

### Thank You

*I would like to thank Doshu and all the people at Hombu Dojo who helped to make my visit to Japan a wonderful experience. I am very happy and honored to meet you and I hope that I will have the opportunity to see you again many more times in the future. Thank you, Mark Cornillez Ty.*



With Isoyama Shihan at the Ibaragi Shibuya Dojo in Kasama-shi (Iwama City), for Doshu's Seminar. September 16-17.



With Mrs. Ishiwatari of Iwata Shokai, a very good & long-time friend of Sensei's.

At around 9:00 pm, I finally arrived at the Sunlite Hotel. The room is smaller than most rooms in the United States, but the important thing is that it's clean and very conveniently located close to Hombu Dojo. It's supposed to be only a few minutes' walk to Hombu from here. I'm going out to get a quick dinner, and then I need to go to sleep as soon as possible. Doshu's class is at 6:30 am tomorrow, so I have to get up early. I had been trying to sleep as close to Japan-time as possible before I left Los Angeles, so that I wouldn't be so jetlagged when I got here. I hope it worked and I wake up on time tomorrow.

### Tuesday, September 12

I surprisingly had little trouble finding Hombu Dojo. I had heard how difficult it was to find, so I printed out a map before I left Los Angeles. I just showed the map to the receptionist at the hotel, and he told me exactly where I needed to go.

There were a lot of people practicing at

Doshu's class. It's very easy to bump into someone else while practicing. So, I tried to be careful while still practicing hard. Doshu came over and asked me where I'm from. I introduced myself as Furuya Sensei's student. I actually met Doshu before when I attended his seminar in Oakland in 2004. I'm not sure if he remembered me from then or if Yonemochi Sensei had told him that I was coming, but he seemed to know who I was.

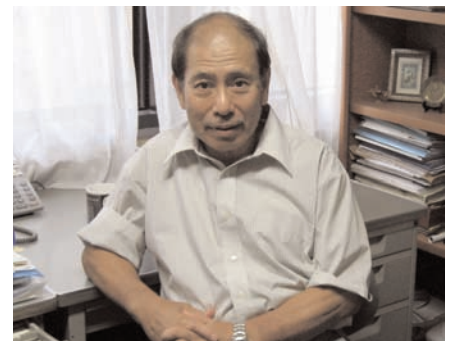
I really enjoyed Doshu's class. It was fairly fast paced. I got a chance to practice with a black belt from Hombu Dojo, and his technique was good. I'm not used to practicing in this humidity, so I started to get a little tired at the end. It wasn't too bad though; I should be fine once I get acclimated to it. I was surprised that the last 15 minutes of class was free practice. My practice partner used the time to go through all the techniques Doshu had taught that class. That makes sense.

I had planned to stay for the next class so I could meet Ikeda Sensei when she arrived, but I was informed that she wouldn't be in until after 2:00 pm. Since I brought only one uniform with me, I decided to go over to Iwata to pick up the uniforms I had ordered in the meantime.

Iwata was not too far from the hotel. From the Shinjuku station, I took the Yamanote line to the next stop at Shin-Okubo. From that station, it was a very short walk to Iwata. The store was more beautiful than I had imagined. Everything looks nice in Japan. I brought Mrs. Ishiwatari some cashews and a T-shirt from Sensei. She was very happy to receive them. She then



With Kanazawa Takeshi Sensei, 6th Dan, after attending his class on his last day.



Tani Sensei, Head of the International Dept.

brought out the uniforms that I had ordered. They are amazing. They don't look like just ordinary uniforms. They're a work of art. I'm not sure I can wear them for every day use when I get back home; they're so nice I don't want to wear them out. I was a little worried that the size of the uniforms would be a little off, but amazingly, the

uniforms were a perfect fit.

Since it was still only 10:30, I thought I could make it over to Tachikawa in time to buy a digital camera before meeting with Ikeda Sensei. Furuya Sensei's friend, Karita Sensei, has a shop there and said it would be cheaper to buy the camera there rather than from Akihabara. He could also help me talk to the sales people there. After a half-hour train ride from Shinjuku, I met Karita Sensei at the Tachikawa station. The camera I ended up getting is actually available in the US, but it was much cheaper here. We also passed by the View Plaza travel agency, and Karita Sensei suggested I buy the ticket to Nikko there. We were both surprised to find that I could catch a train to Nikko from the Shinjuku station rather than having to depart from Asakusa. But since I wanted to see that area anyway, I booked the return trip for Asakusa. Karita Sensei was surprised and wondered whether I would be too tired by then. I figured it would be more convenient to go now rather than making a separate trip over there, since it's on the way back from Nikko anyway.

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We then had lunch at a tonkatsu restaurant in the station. Afterwards, we went back to his shop where he showed me a couple of swords. One was a short blade he had given to his son. The maker had been declared a national treasure, and it had a carving so intricate that you could even see fingernails



Doshu standing center. Mark attends Seminar at the Ibaragi Shibu Dojo conducted by Doshu.

on the person's hand. The other sword was a much larger blade made by Karita Sensei's friend and swordsmith, Ono Yoshimitsu.

Unfortunately, this all took longer than I expected and I wasn't able to make it back to the hotel until just before 5:00 pm. I immediately called Hombu Dojo to see if Ikeda Sensei was still there. She told me she was just about to leave. Unfortunately, since I'm going to Nikko tomorrow, I won't be able to meet her until Thursday.

I rested for a while at the hotel. Since I had been running around all day already, I thought I'd stay close to the hotel and explore Shinjuku a little. That was a bad idea. In Los Angeles, we don't walk around anywhere near this much. Wherever we go, we always drive. My body is not used to so much walking, so my back has started to stiffen up a little. But I'm sure it's nothing that a good night's sleep can't fix.

### Wednesday, September 13

I went to Doshu's class again this morning, and I practiced with another Hombu black belt. His technique was also good and fundamentally sound, which is what I would expect of a black belt from Hombu Dojo. Doshu came over while I was practicing and threw me around a little. He complemented me on my ukemi. In Japanese, when you're complemented, you're supposed to respond "Iie, jyoju ja arimasen," which means "No, I'm not very good." I tried to say that, but

## Hiroshi Isoyama Shihan Seminar Nov. 11-12, 2006

Hosted by  
James Paulson Sensei &  
Isoyama America Aikido  
Academy, Santa Clarita



the words got stuck, and I somehow blurted out a "hai" instead. Oops, I hope I didn't come across as arrogant.

Continued:

## Yonemochi Sensei Seminar. Part III



Kei Izawa Sensei teaching Ushiro-waza during July 15-16 Seminar with Yonemochi Sensei.



Yasumasa Itoh Sensei demonstrating at Seminar.

## Working Through The Seminar & Law Bar Exam Together

### Mark Ty, 3rd Dan

The seminar came at a slightly inconvenient time for me. I was busy studying for the bar exam, and since the test was only a week after the seminar, I was a little apprehensive that the seminar would cut into valuable studying time. But I'm glad that I was able to make some time for the seminar. Overall, I found the seminar to be an interesting and enjoyable experience. It was an opportunity to see Hombu Aikido. It was a relief to see that what we are doing here is exactly the same as in Japan. Yonemochi Sensei placed great emphasis on the basics. In particular, I remember him doing a lot of tenchi-nage, irimi-nage, kote-gaeshi, and nikyo.

Yonemochi Sensei taught the Friday class and the first classes on Saturday and Sunday. Izawa Sensei



Furuya Sensei demonstrating Ikkyo.

and Itoh Sensei also taught on the weekend, and they showed quite a few variations on the basic techniques. Even though we don't practice a lot of these variations regularly, most of the students were still able to keep up and follow along. I think this is because we also focus on the main basic techniques here, which gives our students have a good grasp of the fundamentals and allows them to easily catch on to techniques that are unfamiliar.

The day after the seminar, we took Yonemochi Sensei back to the airport. After all the worry and work preparing for the seminar, it was a big relief to see that everything had gone smoothly. I took the bar exam the following week. I will not know the result until November so I am off to Japan. I am glad the exams are over.

## Aikido Kihon: Katame-waza



Katame-waza are the basic joint (kansetsu-waza) or pinning techniques in Aikido. These include Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo. Most people practice the first three but few ever practice Yonkyo and Gokyo at all and some do not even know that they exist. From outward appearances, they look like very different techniques but as you practice them and if you practice them continually, as one should, you will come to see that they are essentially all the very same technique, connected at the heart, with just a few superficial differences. Why one cannot see this is only because of lack of proper and adequate training. Practice all of these technique over and over again until you can see that they are all one and the same technique. Until you can see this, your training is still lacking very much.

### All Katame-waza Techniques Are Closely Connected & Lead Into Each Other:

From Ikkyo, one can learn to move into Nikkyo, Sankyo and Yonkyo very easily. From Nikkyo, one can move into Ikkyo, Sankyo and Yonkyo. From Yonkyo, one can take Ikkyo and from Ikkyo, one can easily change to any other Katame waza. From Sankyo, one can move into Irimi-nage, Shiho-nage and Kotegaeshi. One should practice these changes and variations until they become second-nature and very natural. These ability to change easily from one technique to another is how we learn to blend our energies or Kokyu with our opponent's.

### Control The Whole Body, Not Only The Opponent's Hand:

One important point which is often overlooked in the practice of Katame-waza, is that, although we are working with the hand, wrist or elbow, we are using this to control and immobilize the opponent's entire body, not just his wrist or hand. In Ikkyo, as we

bring him down, we are bringing down his entire body, not just his arm. In Nikkyo and Sankyo, we are not just controlling his wrist, we are controlling his entire body. Specifically in Nikkyo, we are controlling his opposite, free hand as well. . . . Please try to study this well in your practice.

#### **Do Not Be Careless In The Final Pin:**

One more important area of Katame-waza which is often overlooked in practice is the point of the final pinning of the opponent to the ground into submission. Generally, we lose our focus and control as we bring the opponent into the prone position to execute the final pin. It is at this point, that if we do not keep pressure on the opponent all the way to the ground, he can counter or escape quite easily, putting ourselves in great jeopardy.

As we apply Ikkyo, it is very important to keep the pressure against his arm all the way to the ground and not let up as we move into the sitting position. In practice, we do not sit down to the final pin until the opponent is in a completely prone position.



Steven Shaw demonstrating Ikkyo.

In Nikkyo, after the initial Nikkyo technique, it is common to loosen the pressure against the wrist and then bring the opponent to the ground. This is very dangerous. Once Nikkyo is applied, the pressure is continuous until he is prone on the ground. At all times, he must be in your control. If this pressure is not kept up, it will be easy for him to grab your foot and throw you down. The pressure of Nikkyo and awareness of where his free hand is at all times is essential for good Nikkyo. In an older interpretation of Nikkyo, it is said that by pinning one hand, we are also pinning the far, opposite hand as well. This must be studied very carefully to understand this.

Also, I must add that many students stand too much in front of the opponent when applying Nikyo. This causes you to be in your opponent's line of fire even though you are applying a technique against him. In Nikkyo, always be at your opponent's side.

In Sankyo as well, many students find themselves in front of the opponent as they apply the technique. This is also very dangerous. Always, always, be in "safe harbor" at the opponent's side where he cannot retaliate against you easily.

Most people do not practice Yonkyo enough to make it an effective technique. One must practice Yonkyo as much as the other fundamental techniques. One way to develop very good Yonkyo, is to practice suburi with the bokken. The basic grip of the bokken and Yonkyo are exactly the same. This must also be studied very well.

Originally Gokyo was only applied as tenkan against Yokomenuchi. Nowadays, however, I see Gokyo practiced from Tenkan and Irimi as well.

Finally, in all Katame-waza, always keep the original pressure against the arm or wrist. Never cut your power mid-way. Always think how you are in control of your opponent and do not allow him the opportunity to escape or counter you.

There is one more final comment I would like to make about Katame-waza. It is important to position your body slightly higher than the opponent's shoulder as you are sitting and applying the final pin. Slightly higher and at an approximately 45 degree angle going across the length of the opponent's prone body. By sitting slightly higher than his shoulder level, you can easily control him. Many sit slightly below the opponent's shoulder and this will enable the opponent to escape your hold. Please study this point very, very carefully in your practice.

## **Perspective of Basic Techniques in Aikido: Basics & Basics Squared:**

For some reason, I notice that many students have a "negative" connotation of "basic" techniques. I think the word, "basic," implies that a student is still at the "begin

ning" level of this training or that "basic" is at the opposite end of the spectrum of "advanced."

Some may also imagine that "basic" implies "simple" whereas "advanced" implies complex. Perhaps, that some students imagine that by practicing "basic" techniques they do not qualify for more "complex" training. . . . In addition, some students like to think that by creating "variations" that they are "creating" or using their "creative powers" to practice Aikido - something emulating O'Sensei.

At the very beginning levels, one must truly focus on basic techniques. When we reach high levels of mastery such as O'Sensei or exert themselves in practice for many years and finally express their natural genius as in the case of Kanai Sensei, we must keep a correct focus and perspective on training.

I often see that students well versed in the basics can pick up any variation or new technique very quickly and easily. However, students who only practice techniques outside of the basics have a difficult time progressing in their practice and cannot see new techniques clearly or catch on to them easily.

One must also understand that focusing on the Aikido fundamentals does not mean that we must practice the fundamentals exclusively. Our practice must be kept broad and flexible and we must always approach our Aikido with a fresh, open, positive mind.

Although I have seen many, many interpretations of Aikido, much of what I have seen appears to be Aikido "altered" to attract more students or to attract attention to one's self. "Marketing" is not a great motivation for Aikido practice. A unique individual such as Kanai Sensei is someone whom has gone into Aikido far deeper than many. I am very glad to make a strong connection with Izawa Sensei and Itoh Sensei who can bring Kanai Sensei's Aikido to you. Without this kind of sharing, his Aikido cannot reach us. What you must see in Kanai Sensei's Aikido is something which embodies the mastery of the basics and then taking the rare step forward and beyond. I like to think of this as "Basics Squared."

Focus on the basics, but focus on "quality" Aikido as well. As Ohsawa Sensei often said, "Let's all practice good Aikido!"

Despite his age at 76 and his extremely

important and busy position at Aiki Hombu Dojo, Yonemochi Sensei is still willing to travel overseas exclusively to our dojo to instruct us. We cannot let his sacrifice and courage go to waste and we must heed his words with utmost seriousness and sincerity. Fortunately, we have always focused our practice on the basics and Yonemochi Sensei was extremely happy and satisfied with the level of training in the dojo. Please keep up the good work and please continue to exert yourself to master the fundamentals.

In addition, with Izawa Sensei's and Itoh Sensei's contribution to the Seminar, I felt that the Seminar introduced an extremely broad spectrum of Aikido at its very best. Aikido at its original source through Yonemochi Sensei and what Aikido can really evolve to through Kanai Sensei's Aikido preserved by our special guests.

## Congratulations!

### Kodokai's 9th Anniversary, Spain. October 1.

Santiago & Susanna are also expecting their 2nd child around the first of October. Double congratulations!

### Tekko Juku's First Year Anniversary. October 14.

Congratulations & Best Wishes to Yasumasa Itoh Sensei and all his students.

Next Year  
**April 14-15, 2007**  
**Our Annual O'Sensei  
Memorial Seminar**  
Welcomes  
**Hideo Yonemochi Shihan**  
Executive Director,  
**Aikikai Hombu Dojo**  
&  
**Kei Izawa Sensei, 5th Dan**  
**Tanshin Juku Dojo**  
**Boulder, CO.**

*The fundamentals of Aikido practice are like the bow to the arrow. As fine as the arrow can be, it is nothing without the bow to send it far, fast and true. Kensho Furuya*

## Japan Trip Continued:



The Karamon at Nikko Toshogu (National Treasure), entrance to Tokugawa Ieyasu's mausoleum

After class, I raced over to the Shinjuku station to catch the train to Nikko. Nikko is about a two-hour train ride north from Tokyo. It houses the tomb of Tokugawa Ieyasu and several of the structures there have been named World Heritage sites. I don't have the space here to write about them all in great detail, but needless to say, it was very impressive. I took a lot of pictures (which may or may not make it into the article), but I don't think they capture how spectacular the place really is.

Once I got up to the top of the mountain, I saw a nice, tiny restaurant up there and decided to sit down for a snack so I could rest a little.. After some delicious curry rice, I felt refreshed and well enough for me to walk back down the mountain hill back to the train station.

At Asakusa, I strolled through the Nakamise-dori shopping for some souvenirs. It is Tokyo's equivalent of Los Angeles' Santee alley, although the goods there are generally of very much better quality and there are many traditional crafts and shops here. I was also planning to see the Senso-ji, but, tired, I just went back to the hotel instead. I don't want to push myself too far and risk being unable to participate in the upcoming seminar in Ibaragi this weekend.

**Continued in the November Issue:  
The Ibaragi Dojo Seminar, and Kyoto.**



Entrance to Asakusa, Senso-Ji Temple.



Outside of the Nakamise Shopping Lane.

## Tom Williams Visits Tekko Juku, New England. August 14, 17.



Tom with Yasumasa Itoh Sensei.

Having had the opportunity to meet and train with Itoh Sensei in our seminars this year, I decided to combine a visit to his dojo in New England with my summer vacation. We started out spending several days in New Jersey. We went out to the Jersey shore and found a great beach at Island Beach State Park. We also went to some Revolutionary War sites and saw where Washington crossed the Delaware near Lambertville.

During this time, I had the chance to get to Philadelphia and train with Donovan Waite Sensei at his dojo, Aikido of Center City. I have trained with him several times in seminars and he remembered me (surprisingly). The class was very good. The focus was on basics: tai sabaki, ikkyo and some variations off of katate dori omote. Afterwards, a group of us went to a local pub for some post-training libations (I had to try a Philly cheese steak!). We had a really good time talking about Aikido and who we knew and the friends we had in common. They are a very pleasant group and also quite good on the mat in practice. I thoroughly enjoyed the day.

The next day, Sunday, we drove to Manhattan and toured the city. It was our first time and was quite interesting. We saw a lot and finally dragged ourselves home across the river in the wee hours.

Monday morning we boarded an Amtrak train to Boston. It was a nice five hour trip by rail though New England. After we arrived and dropped off our luggage in Lynn, we struggled to find our way to

## Annual Nisei Week Aikido Demonstration. Part II



Ty Tanita, 2nd Kyu, with Rey Espino, 1st Dan.



Kay Sera, 1st Dan.



Tom Williams with Itoh Sensei and members of the Tekko Juku Dojo in Somerville, MA, during his East Coast vacation with his wife, Eileen.

Aikido Tekkojuku in Somerville, adjacent to Cambridge. The dojo is tucked away a little bit off the beaten track, but we finally found it and I took a recalcitrant elevator to the 4th floor where I found Sensei and his beautiful dojo.

Class was small, only eight of us, but that left plenty of room to practice Sensei's projection throws. Since we have been introduced to them here at ACLA earlier in the year, I caught on pretty quickly. It was very invigorating training and the students all were extremely friendly.

The next day we rode the rails back to Newark and embarked on our return flight. It was a long, long travel day but the memories of a great trip helped to keep the fatigue at bay.

After some touring of Boston and a day trip to Maine to consume mass quantities of lobster (or should I say lobstah?), Thursday afternoon I was back in the dojo for Sensei's



class. This one had many more students present and was, again, very active and a lot of fun. After class, we went out for a bite and for some of the local brews. We had a great time talking and getting acquainted. It was very nice to talk with Sensei and getting to know more about him.

The next day we rode the rails back to Newark and embarked on our return flight. It was a long, long travel day but the memories of a great trip helped to keep the fatigue at bay.

## Taipei: Sifu Adam Hsu Honored With State Cultural Award In Nov. Many Congratulations!



In 2003, in San Francisco, on the occasion of Helen's, Sifu Hsu's daughter, wedding.

Sifu Adam Hsu has been elected to receive an very prominent and coveted Cultural Award from the government of Taipei in recognition of his great efforts and work. Many congratulations and best wishes. The awards ceremony is planned for November..

## Greetings from Puerto Rico

08-15-06: Hello members and Sensei, My name is Jose Gomez I am a Aikidoka in San Juan, Puerto Rico. I have been practicing Aikido for eleven years. I practice in www.michidojo.org. an aikido dojo . . . . I also do Taijiquan and surfing.

Many thanks for keeping this group. This is the first post I send but I must confess I have been reading and enjoying very much the daily digest for months now. Many thanks from a fellow aikidoka and friend from Puerto Rico. Sincerely, José Gomez

## Greetings from Holland



08-17-06: Furuya Sensei: Greetings from Holland, I am attending an Iaido and Jo Seminar here from August 3 to the 17th. I am also touring Europe. Best wishes, K. Igarashi.

## Top Ten Practice Hours August

	Hours
Jacob Sisk	29.5
Mark Ty	28.5
Bill Allen	22.5
David Ito	16.5
James Doi	15.5
Brett Rushworth	15
Leonard Manoukian	13
Rey Espino	11.5
Jindrich Novak	11
Maria Murakawa	11

Please keep up your practice hours. All hours are accounted for your next promotion. Low practice hours may extend your promotion longer.

Congratulations to Jacob Sisk, Leonard Manoukian and Brett Rushworth for keeping up an excellent and consistent training schedule. from one month to the next.

## New Dojo T-Shirts Now Available!



The new dojo t-shirt is available in all sizes, including small for children. They are \$20.00 each and the monies go to our Dojo Fund Raiser Project. Please buy one or two. They also make nice gifts for the Holidays!

## Condolences:

*Deepest condolences on the passing of Jake Gularian's father in Lebanon.*

## Comments to "Basics & Basics Squared:"

## Nenten

Kei Izawa Sensei, Boulder, Co.



Izawa Sensei teaching during recent July 15-16 Seminar. with Yonemochi Sensei.

I totally agree with Furuya Sensei on the issue of basics. In my class in Colorado, after the warm up, we spend some time doing suri-ashi walks in Toitsu-tai forms. I keep repeating the idea of hanmi posture walks with lower, upper, arms, eyesight focus towards the front with the hanmi posture turning left and right as the steps go forwards or backwards.

I have to admit that not everyone gets it in the beginning but as people continue to practice diligently the shift of legs in sync with the upper body, they increase the stability for tenkan or nenten (torsion energy) and other quick moves becomes quite obvious.

Nenten is something Kanai Sensei used a lot to generate power. He also focused on the change in height by lowering the center without bending forward, hence a beautiful stance. He could do splits that most of his students could not copy him. So we knew that his basic exercise was very high level.

Kanai Sensei's variations of techniques were broad and powerful since it had the basic flexibility and stability to do all these moves which for the martial art, incorporated the basic techniques that Aikido had to offer. We should continue with the exploration and perfection of these basic moves which will allow us to react when someone is attacking us. Kei Izawa, Tanshin Juku Dojo, Boulder, Colorado.

Please introduce a friend to the Dojo. Let's focus on our Dojo Membership Drive for this month.



## Letters & Correspondence:

**07-24-06: From Sifu Carl Totton:** Dear Furuya Sensei, Thank you for having the celebration. Yonemochi Sensei is an inspiration to us all. Your dojo is as beautiful as ever and I'm pleased it is receiving the recognition in the Lofts book. I just returned today from Maui and will go to SF later this week. Time for the summer vacations before I have to return to work.

Hopefully we can get together again soon for dinner (I'm always up for a good meal!). I'll also try to get to Little Tokyo for some of the Nisei Week activities. Aloha, Carl Totton

**07-29-06: Introductions From Alberta:** Hello. My name is Doug Aoki. Together with my wife, Lucy, and nine year-old son, Alex, I study Shintani Wadokai Karate-do at the University of Alberta Karate Club, directed by Sean Bowen Sensei. The Club strives to maintain traditional dojo values and practices.

I discovered this site because I wanted to learn more about Furuya Sensei's teachings after reading Kodo. Bowen Sensei said it's the best martial arts book he's ever encountered, and I've been studying it since. I was therefore quite excited to find the archives of "Sensei's Daily Message."

I have many questions, but as a newbie to the group, I will remain quiet for now and try to learn from what Furuya Sensei and the other members have to say. Thanks to all of you for making this venue possible.

**07-31-06: From Brazil:** I'd like to respectfully introduce me - my name is Alex Villegas, student of Kanashiro Sensei, and affiliated to FEPAI, one of the Brazilian Aikido associations.

I found the KODO group searching the internet for more information about the relationship between martial arts (specially Aikido and Iaido) and Zen.

It's such an honor to read such topics as "Basics" and "Kihon" - all these teachings are already changing my way into martial arts, for the better. Besides, some thoughts posted on this forum made me think about the concept of teaching, and see how precious and unique is the relationship with my Sensei.

I'm training as hard as possible to be an appropriate soil for these seeds to grow. Many thanks, Furuya Sensei, Alex

**08-01-06: Overview of Brazilian Aikido:** It'll be a pleasure and an honor to tell you a little more about Aikido here in Brazil.

Aikido arrived in Brazil in 1963, with Reishin Kawai Sensei. Until 1979, when was formed the first Aikido association (FEPAI), only Kawai Sensei and his fukushidoin taught Aikido in Brazil, at least officially.

FEPAI was the only Aikido association connected with Hombu Dojo until the late nineties. Until then, Aikido was quite unknown, if compared with the extremely popular Brazilian Jujitsu.

Because of technical and political divergences, FEPAI gave birth to two other associations, and some independent teachers gained recognition by Hombu Dojo. So, now we have the following Aikido panorama in Brazil:

FEPAI and União Aikikai do Brasil - Both represents the Aikido taught nowadays in Hombu Dojo.

Instituto Takemussu - Represents an Aikido technically similar, but with a strong religious influence of Shinto. Formerly connected with Yoshimitsu Yamada Sensei from New York Aikikai, responds to Hombu Dojo.

FEBRAI (Brazilian Aikido Federation) - Not yet official. FEBRAI Yudansha are graduated by Yamada Sensei, and the techniques are exactly the same taught in New York Aikikai.

Besides this four main associations, we have dojos representing Yoshinkan, Tomiki Aikido, Ki Society and dojos connected with Steven Seagal.

So, with the increasing offer, and more exposure on media, Aikido experienced a significant "boom" in the number of practitioners. And this year we're honored by the kind visit of Doshu himself. More than two thousand aikidoists trained hard and received teachings of inestimable value on a three-day seminar.

That's it! Sorry for the long email, but it's a long story, and I'm proud of Aikido - and

the martial arts, in general - growing in my country.

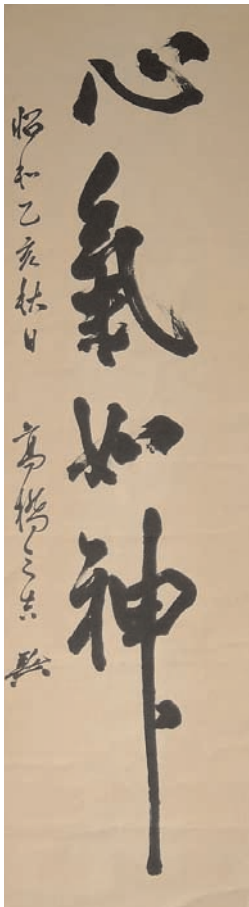
We're in desperate need of a fairer, more human, society. With a lot of hard work, maybe we can make a little difference in the future. Many thanks, Alex

**08-01-06: From Ze'ev Sensei, Israel:** Dear Furuya s Sensei and friends here and in LA, It was moving and heartwarming to read your kind words. Thank you so much.

We all hope here that war will end soon . Especially thanks to the US efforts - mainly Secretary of State Condoleezza Rice.

I read about your fantastic seminar with Yonemochi sensei. Such an opportunity to train with a direct disciple of O-Sensei. Take care, Shalom, Ze'ev.

**08-02-06: Suburi Question:** Thank you for this posting, Sensei. Let me start by introducing myself. My name is Karl Arant. I live/practice in Tallahassee, Florida. My dojo is North Florida Aikikai (ASU). I have practiced other martial arts over the years namely, Goju-ryu Karate & Ed Parker Kenpo. However, my primary focus is now on my Aikido training. I have enjoyed your daily postings for several months now, and I look forward to them everyday. I also find my self reading passages from Kodo on a daily basis, as well. I am always amazed that such a small book can contain so much. I cannot express the amount gratitude I feel towards you for the inspiration, and insights you are able to convey in your writings. With regards to your posting on the "The Secret of Suburi", I find my self having trouble with even the most basic of cuts. I seem to overextend my right arm a bit causing my elbow to get sore after a while. Try as I might I cannot seem to eliminate this defect without collapsing my structure, or limiting the full reach of the blade. Obviously, I am not moving correctly, in a coordinated manner. My instructor has been exceedingly patient with me and has emphasized all of the major points such as "energizing" the tip, maintaining proper posture and moving from our haras'(coordinating movement), etc... However, I can't seem to eliminate this problem. I know it's very difficult to demonstrate, or explain online, but are there any drills, or a mental checklist of sorts, I might try to help eliminate/reduce this problem. Would it be advantageous to practice with one hand, then the other, then both together? Also, when I raise the sword to begin a



### Shin Ki Kami no Gotoshi:

Literally, "mind and spirit is divine." This means that the inner aspect of ourselves, our minds and power, is that part of ourselves which is at a higher plane of existence. It also means that our mind and "ki" energy is mysterious and sublime and we must study it carefully (through our Aikido practice).

downward, shomeuchi cut, for example, should the sword be more or less parallel to the ground over my head before I begin my downward motion, or should it have more of a perpendicular orientation (i.e handle over the top of my head)? I've also seen people extend the blade so far back that the tip of the sword is pointed towards the ground before they begin their cut. Are these variations a function of style, or are there sound, technical reasons for them? Thank you again for your many writings and insights. They are a tremendous help and a daily source of inspiration. I am sure I am not alone when I say this. Sincerely, Karl Arant

#### 08-03-06: September Issue of KODO:

Thank you Sensei for such a wonderful September Newsletter! I feel I have a treasure, particularly because of Yonemochi Sensei's 10 Fundamentals of Aikido Practice but also as a little piece of Aikido history seeing such an incredible group of teachers all gathered together.

I dearly hope to be at the next seminar. I am on the verge of taking the plunge and moving my family to a small island near Vancouver BC to start a new chapter in our

lives. This will put us much closer to your dojo than we currently are here in England. Many congratulations to all who worked so hard together to host such a wonderful seminar! Best wishes Ambrose

**08-06-06: From Izawa Sensei:** Furuya Sensei, Congratulations!. I would expect only the very best from your excellent students and your great dedication to Aikikai and Ueshiba family!! Kei Izawa, Boulder Colorado

**08-10-06: Communication:** Dear Furuya Sensei, Thank you for your posting. I couldn't agree more. I can't help, but notice the irony of our increased ability to communicate and our seeming lack of desire to do it. One can't help but wonder why we bothered inventing all of these wonderful gadgets to begin with, if not to make communicating more effective and enjoyable. I'm always amazed when I see a group of people together and none of them seem to actually be talking to one another. Instead, each is on his/her cell phone chatting away with someone in the ether, rather than interacting with those around them. Not only does this strike me as a bit odd, but rather rude to those around, as well. I must admit that I'm a bit of a Luddite at heart. I think I'm one of the few people left on the planet w/out a cell phone, and I love it that way:) Sure there are some aspects that are nice, but on the whole it seems to transform people from communicators to chatters. It's as if people seem to enjoy talking for its own sake now days, rather than trying to convey an actual message to one another. In addition, people seem to be speaking more, but saying less. It's as if we have willfully chosen word quantity over word quality. However, I am a realist, and I know that it is too late to turn back the tide of technology. However, we must now find a way to cut through the chatter and use technology to empower, enable and free us not to tether us to the nearest electrical outlet so we can charge our cell phones. Technology is like so many other human inventions and endeavors. It is both a blessing and a curse, not unlike a sword. The decision is ours as to which of these we allow to come to fruition. Reverend Furuya, your daily postings are an example of the great benefits and advantages of living in the "information age". Discovering this newsgroup was one of the best things that ever happened to me and my training. Even though I have not met any of you in person (yet) the insights and thoughts offered here, in our little community, have been invaluable

to me and to many others, I'm sure. At the same time I can't help but feel a bit intimidated at times. I mean this in the best possible way, of course. Your depth and breadth of knowledge is astounding. I sometimes feel as though I don't have much to contribute to the discussions due to my ignorance. I also find it difficult, at times, to accurately describe many of the issues/difficulties I have with my techniques in words.

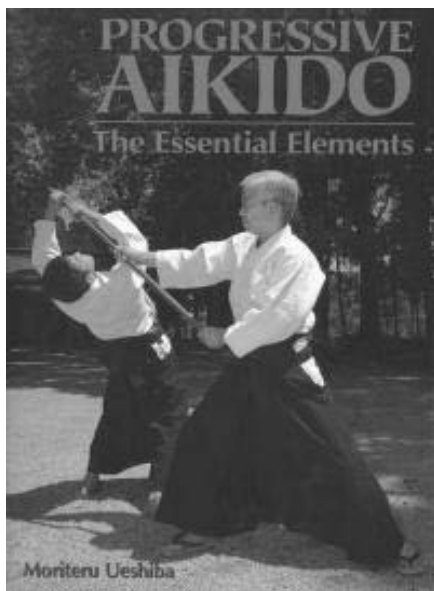
Now if they could only invent a teleportation device our problems would be solved:) I am doing my best to study my Aikido on and off of the mat, but I have a LONG way to go before I feel as though my contributions will be of any worth to the discussions presented here. Please do not mistake this silence for lack of appreciation or interest. As a matter of fact, I would like to thank you for the advice you offered me the other day in regards to my Suburi practice. I was having trouble with my cut and my right elbow kept over extending. However, since applying your 70%-30% rule my cutting seems to have improved and my right elbow is no longer being hyperextended. Many thanks for your daily insights and inspirations. I look forward to them immensely. Perhaps one day I will be able to contribute to these discussions more competently. Sincerely, Kar Arant

**08-10-06:** Based on my own thoughts for the first few days and weeks, I was so struck by your writing that I didn't know what on earth I could say that wouldn't sound ridiculous. If this was a game of jump rope I am not sure how many could even jump once before the speed of the rope caught up with them.

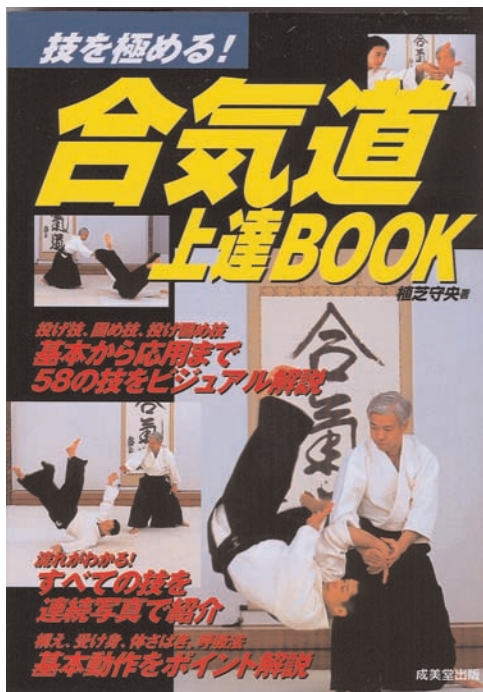
You have purity and accuracy of thought, Sensei, and the power of presentation that comes from knowing. A lighthouse does not ask the ships to shine a signal back. Still, some of us more impertinent types try to shine our firefly signals your way in the valiant hope that this will encourage your continued assistance. Floyd Maxwell

**08-10-06: From Genova, Italy:** Hi my name is Henry Lamberti and I live in Genova (Italy) .I did and I'm doing Japanese Martial Arts. I like very much Japanese Martial Arts and everything concerning Japan, its religion, history etc. I'd like to e-mail to Japanese and Okinawan people in particular and people from the Far East in general who do Martial Arts, to exchange information and

## New Recommended Readings For Students.



**Progressive Aikido**  
**Moriteru Ueshiba Doshu**



**Aikido Jotatsu Book**  
**Moriteru Ueshiba Doshu**

In Japanese but excellent photos.

Please purchase these through your local bookstore or Amazon. If you have problems, Sensei can order them for you. We will start using these books in our Budo Study Class starting again soon.

because their mentality and their spirit are very different from ours, Western people. I'd be very honored to be in contact with them to know their ideas and understand how they mean Bujutsu. Kind regards Henry Lamberti

**08-10-06: Communication:** Dear Furuya Sensei, Thank you for your posting. I couldn't agree more. I can't help, but notice the irony of our increased ability to communicate and our seeming lack of desire to do it. One can't help but wonder why we bothered inventing all of these wonderful gadgets to begin with, if not to make communicating more effective and enjoyable. I'm always amazed when I see a group of people together and none of them seem to actually be talking to one another. Instead, each is on his/her cell phone chatting away with someone in the ether, rather than interacting with those around them. Not only does this strike me as a bit odd, but rather rude to those around, as well. I must admit that I'm a bit of a Luddite at heart. I think I'm one of the few people left on the planet w/out a cell phone, and I love it that way:) Sure there are some aspects that are nice, but on the whole it seems to transform people from communicators to chatters. It's as if people seem to enjoy talking for its own sake now days, rather than trying to convey an actual message to one another. In addition, people seem to be speaking more, but saying less. It's as if we have willfully chosen word quantity over word quality. However, I am a realist, and I know that it is too late to turn back the tide of technology. However, we must now find a way to cut through the chatter and use technology to empower, enable and free us not to tether us to the nearest electrical outlet so we can charge our cell phones. Technology is like so many other human inventions and endeavors. It is both a blessing and a curse, not unlike a sword. The decision is ours as to which of these we allow to come to fruition. Reverend Furuya, your daily postings are an example of the great benefits and advantages of living in the "information age". Discovering this news-group was one of the best things that ever happened to me and my training. Even though I have not met any of you in person (yet) the insights and thoughts offered here, in our little community, have been invaluable to me and to many others, I'm sure. At the same time I can't help but feel a bit intimidated at times. I mean this in the best possible way, of course. Your depth and breadth of knowledge is astounding. I sometimes feel as though I don't have much to

contribute to the discussions due to my ignorance. I also find it difficult, at times, to accurately describe many of the issues/difficulties I have with my techniques in words. Now if they could only invent a teleportation device our problems would be solved:) I am doing my best to study my Aikido on and off of the mat, but I have a LONG way to go before I feel as though my contributions will be of any worth to the discussions presented here. Please do not mistake this silence for lack of appreciation or interest. As a matter of fact, I would like to thank you for the advice you offered me the other day in regards to my Suburi practice. I was having trouble with my cut and my right elbow kept over extending. However, since applying your 70%-30% rule my cutting seems to have improved and my right elbow is no longer being hyperextended. Many thanks for your daily insights and inspirations. I look forward to them immensely. Perhaps one day I will be able to contribute to these discussions more competently. Sincerely, Kar Arant

**08-13-06:** Dear Sensei, I have been a loyal reader to your daily messages that you implemented since 2002. I was introduced to you from my sister Lynn in which she was introduced by another friend to this aikido-centrela.

I must say that you are a great man with superb integrity and passion in Aikido. Never have I seen a Sensei who is so dedicated to Aikido as much as you do. You do not emphasize on Aikido itself but also to life and spiritual practice. Everyday when I read your messages, I am truly inspired and motivated to ever learning this beautiful Art. I had been a practitioner since 1995-2000 and last grade was at black gold. I had stopped since. Though my practical had stop temporary, my spirit is still with Aikido and especially knowing such a great master like you existing in this universe, I am always on the knowledge and philosophy of Aikido from your teachings. Eventually, I will be back to training next year in my country Singapore Aikido Shinjukai and continue my passion and spirit. I want to say a BIG THANK YOU again for being YOU and being able to teach, learn and spread the Art of Peace to your students, the community and to the well-beings in the Universe. Please continue to teach and I hope one day I will be able to travel down to LA and be train under you.

Once again, THANK YOU SENSEI!

## Nicholas Tanita



Nicholas, 2nd Kyu with mommy, Carol, 1st Dan, both practicing in the Dojo.

08-11-06: I hope everything turned out okay with the booksigning and the Nisei Week demo. . . . Good news. . . Nick was selected by the City of Monterey Park for a scholarship in the division of "Inspiration" for overcoming adversity and hardship. We are very proud of him, and they have offered him a summer job as a recreation leader at the daycare he volunteers at. He is now also a candidate for Eagle Scout, and we are hoping that he will achieve this by the time he graduates next year. He has finally passed both portions of the high school exit exam, which is currently still mandatory for all high school students. This is quite an achievement for him, and a gig load off my shoulders.

I think of the Dojo all the time, and always pass out our flyers. In time, I hope to be back, Thank you Sensei. . . . A lot of Nick's achievements and successes are because of you. Take care, and hope to see you soon. Sincerely, Carol

## Jim Basset



They have asked me to come back and teach again at Michigan this coming school year. It is an honor, but it comes with mixed feelings. I have accepted the offer and will be leaving next weekend.

I hope to make it back to the dojo more frequently this fall and winter than during the last teaching year but have no schedule as of yet. I have benefited from an intense summer in the dojo and will miss the training schedule. I appreciate all of your teaching this past 3 months (and 5 years!) and want to thank you. Thank you again and I look forward to training soon. Respectfully, Jim



David with his mother, Ellen, Japan. 2005

**Continued from September Issue:**

## An Identity Shift

**By Caroline Aoyagi-Srom  
Reprinted from the JAACL  
Pacific Citizen Aug. 4-17 Issue.**

In September 2005, Ellen and her middle son, David Ito, made a trip to South Korea to not only meet her Korean relatives for the first time but to find her real father, a man who was still a mystery to her.

Although her Korean relatives admitted knowing about Ellen's adoption, they did not remember much about her real father, even his first name. They had long ago lost touch with him and they claimed the family registry document of Ellen's birth had been burned in a fire in 1949.

But what she did learn she pieced together from faded memories. If her father were alive today he would be 88-years-old. His last name was Kim and he had come from a prominent family in the city of Taegu where her paternal grandfather had built a school

She also discovered that her real father had not wanted to give her up for adoption.

If Ellen's father is still alive today, she wants to thank him. "If I look at it objectively, I was very, very fortunate," she said noting she could have been given to her real dad's family and stayed in Korea, a country impoverished by WWII. "I'm fortunate in that sense, real lucky."

Ellen also learned that her Korean relatives were Japanese sympathizers during WWII, particularly a great-aunt of her maternal family's side. This fact has not helped her in her search for her father. It seems no one

wants to resurrect this part of the family's history.

So Ellen as decided to stop searching for her father for now out of respect for her Korean relatives. But a distant cousin has offered to help her, taking the lead and continuing the search for him.

"I'm done, I feel like I've come up against a wall. I feel suffocated. . . . I can't go beyond that wall to communicate with him," said Ellen, who believes her Korean relatives may still be hiding some information about her father, suspicious of her motives. "Money is not what I want. I just want to know who my dad is."

### *Adjusting to a new identity*

On Ellen's recent trip to South Korea she bought a Korean doll and placed it alongside the traditional Japanese doll in its glass case. Reflecting on her newfound identity, she feels a sense of relief in finally discovering her true ancestral roots.

"The pressure's off," said Ellen who now goes by the name Ellen Inae Yamamoto in recognition of her Korean ancestry. "There's a sense of freedom" but "I regret that I don't know about my culture."

Growing up Ellen recalls her mother hinting they were part Korean "many times removed." Ironically, Ellen admits she never felt like she was "a good Japanese," a feeling reinforced by constant criticism from her adoptive mother. She admits to being "very outspoken and forthright," characteristics not always cherished in the Japanese culture.

"I was always told I was a poor Japanese. . . . now I know why," she said.

She tries not to be bitter about her family's long silence about her adoption. Although she forgives her adoptive father, she has feelings of resentment towards her adoptive mom, a woman she describes as "manipulative" and "mean" and with whom she had always had a difficult relationship.

"I don't have feelings of bitterness towards my father," said Ellen who describes Francis as a generous and kind man. "I'm still dealing with a lot of anger towards my adoptive mother. My mom made up a lot of stories."

## 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  
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**Jalisco Aikikai**  
Jalisco, Mexico  
Eric Jaracho

**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

**Veracruz Aikido Dojo**  
Vera Cruz, Mexico  
Dr. Roberto Magallanes  
Dr. Alvaro R. Hernández Meza

**Marco Giuseppe Marangoni**  
Monza, Italy

## Affiliated Branch Dojos Con't:

**Littleton Aikikai**  
Littleton, Colorado  
Steven Shaw

**Brugos Kodokai**  
Brugos, Spain  
Under Santiago Almaraz

**Aikido Tanguma**  
Joaquin Tanguma  
2nd Dan Aikido  
Monterey N.L. Mexico

## Our Friends In Aiki:

**Tanshinjuku**  
Boulder, Colorado  
Kei Izawa Sensei

**Chushinkan Dojo**  
Buena Park, CA.  
James Nakayama Sensei

**Aikido Ai**  
Whittier, CA.  
Frank McGouirk Sensei

**Tekko Juku**  
New England  
Yasumasa Itoh Sensei

## Identity Shift Con't:

Ellen's three sons have been supportive during her recent ordeal. They too grew up with a JA identity but are now adjusting to being half Korean American. But for them, it's all about being Asian American.

## Aiki Dojo Newsletter

Kensho Furuya - Publisher & Editor  
Larry Armstrong - Photography  
Jim Basset - Photography  
Michael Vance - Printing  
Bill Allen - Printing

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"It really doesn't make much of a difference to me. I guess now I really am Asian (its kind of an eclectic term)," said Ellen's son, David. (David Ito)

"Being half Korean is difficult to classify and a bit too wordy to explain. To me, when I go to Japan they say, 'oh, you're an "American" not Japanese'; when I am in the US they say, 'you're Japanese-Korean-American.'" he said. "There are just too many labels and qualifiers. Shouldn't we just be human beings and treat each other as such?"

Ellen's relatives here in the US say nothing has changed and they still consider her a part of their family.

"It doesn't make a difference. I love her anyway." said Francis' sister Miyo Senzaki, 86.

Although Francis had told Miyo about Ellen's adoption long ago, he had sworn her to secrecy. But he never gave her any background information on Ellen's adoption, including who her real family was

"I felt really bad but I never questioned my brother. My brother loved Ellen so much," she said.

On August 5, the Yamamoto family is holding a family reunion in Southern California. Although Ellen is still coming to terms with her family's decision to keep her adoption a secret, she plans to attend.

"I'm still trying to let it go. Keeping a grudge is not going to help me. I'm still the person on the outside that I always was," she said.

"I'm more embarrassed. I tried so hard to be a part of the family. I was always on the outside of the family because they didn't like my mom" but "I have no axe to grind with any of them."

Ellen is planning another trip to South Korea in 2008. She also hopes to tell her story in a future book she has already begun to write.

"In my mind I have come to a closure," telling her story has been "therapeutic" and "cathartic" she said, "It helps me deal with this new identity."

## Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

### Visiting Our Dojo:

*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. Interested students and visiting Aikidoists are always welcome to join our practice. We are directly affiliated with Aikikai Hombu, Tokyo, Japan. Please make inquiries by email: [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net).*

**Please Visit Our Website:**  
**[www.aikidocenterla.com](http://www.aikidocenterla.com)**  
**Aikido-laido-KODO@yahoo**



Rev. Kensho Furuya, 6th Dan

### The Kensho Furuya Foundation:

**Mr. Mark Ty - President**  
**Mr. Gary Myers - Secretary**  
**Mr. Bill Allen - Treasurer**  
**Mr. Jonathan Altman - Legal**  
**Mr. William D'Angelo - Legal**

The Furuya Foundation is dedicated to preserving the Dojo and its continued operation maintaining the highest standards of practice and the work of Furuya Sensei in research and education in Aikido, the traditional Japanese sword & related arts and their history, culture and traditions. Your donations & contributions are welcome.

#### Japanese Swords: Appraisal & Restoration

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.



### Japanese Swordsmanship:

#### Traditional Muso Shinden Ryu Iaido

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 fine hundred years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training. You will learn the proper etiquette and handling of the Samurai sword and its usage as a real weapon. This is not sword play, movie stunt action or performance-competition. This is a real, traditional martial art discipline.

## Aikido Center of Los Angeles:

We are not-for-profit, traditional Aikido dojo dedicated to preserve the honored values and traditions of the art. We are continually focused on maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training, enjoying all the benefits Aikido can offer.

We do accept all Branch Dojo affiliations with any dojo who practices and wishes to follow the Aiki Kai Hombu Dojo training, rules and standards. This also includes commitment to 3rd Doshu and the Ueshiba Family as the Founding Family and Originator of our art. You are welcome to make inquires by email or letter. Our purpose is to help others in the correct practice of Aikido and to spread the correct transmission and understanding of O'Sensei's teachings.

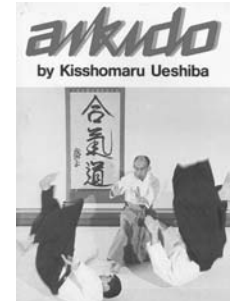
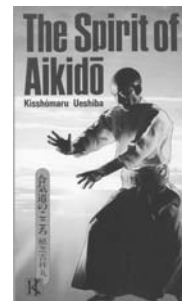
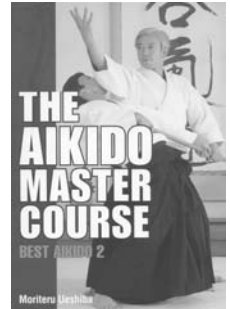
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[www.aikidocenterla.com](http://www.aikidocenterla.com)

Become a member of [Aikido-laido-KODO@yahoo.group](mailto:Aikido-laido-KODO@yahoo.group)  
For Sensei's Daily Message and current news & postings.

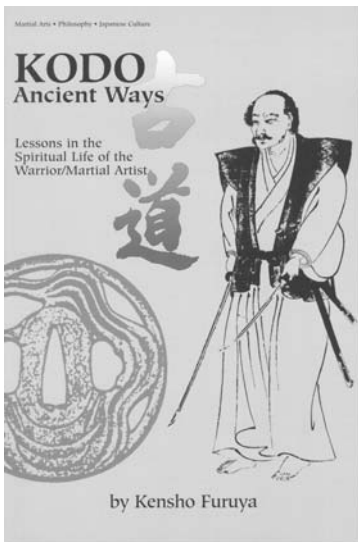
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## Recommended Readings:



## Publications By Kensho Furuya:



### Kodo: Ancient Ways: Lessons In The Spiritual Life Of the Warrior

By Kensho Furuya  
\$16.95 plus tax.

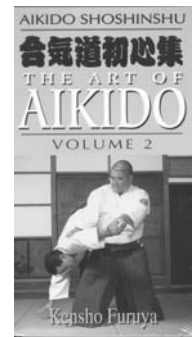
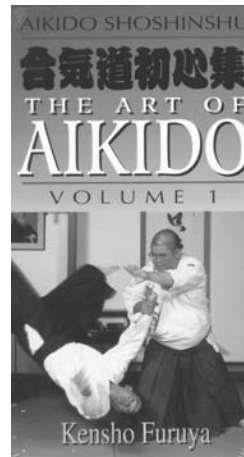
Highly recommended for all students of the Dojo. Please request for your autographed copy

# The Art of AIKIDO

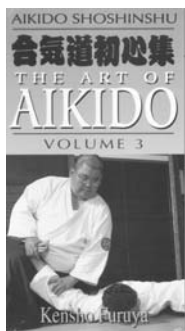
Instructional Video Series s Now Available in a new DVD format.

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

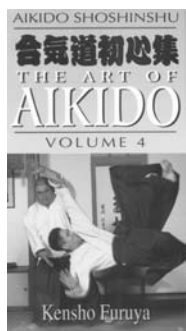
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



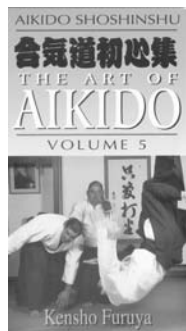
Basic Techniques  
Throwing & Joint  
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



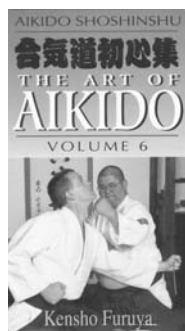
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



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



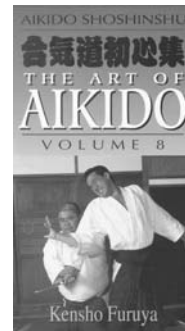
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyudosa. Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



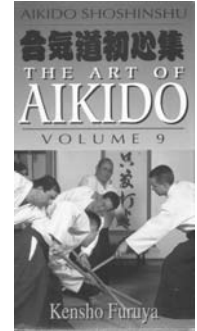
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side of the head & neck.



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

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

**Mondays:** Fundamentals: 5:15-6:15pm.  
Open: 6:30-7:30pm.

**Tuesdays:** Open: 5:15-6:15pm.  
Inter.-Advanced: 4th Kyu Up: 6:30-7:30pm.

**Wednesdays:** Fundamentals: 5:15- 6:15pm.  
Aiki Sword: 6:30-7:30pm (Bokken).

**Thursdays:** Open: 5:15-6:15pm  
Open: 6:30-7:30pm.

**Fridays:** Fundamentals: 5:15-6:16pm.  
Open: 6:30-7:30pm.

**Saturdays:** Open: 9:30-10:30am.  
Open: 10:30-11:30pm.

**Every Last Saturday:**  
Advanced-Instructors': 6:30-8:00am.

## CHILDREN'S CLASSES

7- 16 yrs old

**Sunday Mornings 9:00 -10:00am**

*Sign-up anytime for on-going classes.*

*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 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

**Saturdays:** 7:15-8:15am Beginning.  
8:15-9:15am Intermediate-Advanced.

**Sundays:** 7:45am-8:45am. Open

**Wednesdays:** 6:30-7:30pm (Bokken).

*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. We accept personal checks, MO and cash. Please bring valid ID such as your driver's license and the name of your insurance company. Welcome!

## 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.