

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



The Aikido Center of Los Angeles LLC

忘れられた心を探す合気道 合気道場

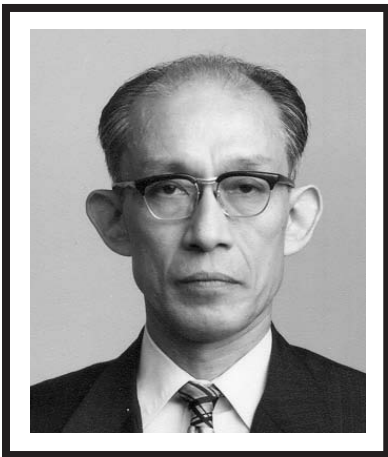
The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist Advisory Panel

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On January 5, we conducted a quiet but very nice Memorial Service for 2nd Doshu in the Dojo. The service was conducted by Rev. Shumyo Kojima. About twenty students attended.

The Late 2nd Doshu Kisshomaru Ueshiba Sensei Annual Memorial Service. January 5.



Attendees at 2nd Doshu's Annual Memorial Service in the Dojo. His Meinichi is January 4.



Rev. Shumyo Kojima, Zenshuji.

Annual Dojo Christmas Party. December 5.



Our Annual Dojo Christmas Party was held at the Sambu Restaurant in Downey and about 40 members of the Dojo attended. This year we enjoyed a wonderful Japanese style buffet with plenty of food for everyone. After dinner, we did our individual introductions and gift exchange. Everyone had a great time. Many commented that this was one of our best Christmas parties to date! Many thanks to Carol Tanita who made all of the arrangements for a successful event. Many thanks to all who attended.

O'Sensei's Memorial Day Special Seminar. April 23, Saturday.

We are honored to have guests instructors, Kei Izawa Sensei, 5th Dan, Tanshinjuku Dojo, Colorado, He will be visiting us for the 1st time with his wife, Marquita, Also, James Nakayama Sensei, 5th Dan, Chushinkan Dojo.

2nd Doshu's Memorial Service



Rev. Kojima reading Hannya Shingyo during Memorial Service.



Students offering incense. Bill Allen is in front of line



Kojima Sensei giving sermon after the service.

In the Next Issue:

Features Kagami Biraki Practice with James Nakayama Sensei.



Fuku Wa Uchi, Oni Wa Soto! "Welcome Good Fortune, Out With The Devils!"

February is the Setsubun Festival in Japan. We go through the house throwing lucky beans and shouting, "In with good fortune, out with the devils!" to purify the space for the new year.

This scroll is brushed by Sakamoto Kojō, 37th Head Priest of Kiyoshi Kojin Seicho-ji Temple, founded in 893 AD by order of the 59th Emperor Go-Uda (867-931AD). Sakamoto Kojō (1875-1969) was also a very good friend of one of the most important artists of the time, Tomioka Tessai (1836-1924) and collected many of his works. The temple is also nicknamed Tessai Temple because of the many works displayed there. Kōsō, the successor to Kojō and 38th Head Priest of this temple, is responsible for building the Tessai Art Museum in 1975. A unique and wonderful style of calligraphy with a sense of history.

Thanksgiving Day. November 25.



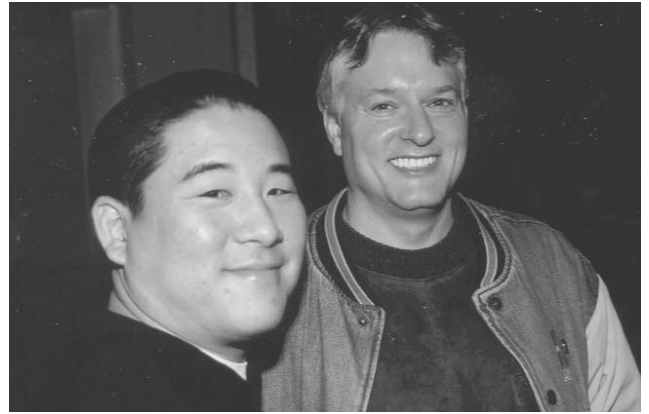
Sensei celebrated Thanksgiving at the New Otani Hotel with his assistant, Ken Watanabe. Carol Tanita was also there with her family.

Anatoli S. Earns 1st Dan Black Belt



Anatoli, our student from Russia, achieves his Shodan grade.

Annual Dojo Christmas Party. December 5.



Above: David Ito, Bill Allen. Below: Carol Tanita & Ken

Our Steven Shaw Visits Dojo From Littleton, Colorado. December 19-22.



Steve Shaw, Sensei and Ken Watanabe at breakfast after Intensive.

Lecture On Miyamoto Musashi, The Swordsman. February 27.

Sensei will present a lecture-exhibition on the life and art of Miyamoto Musashi, the swordsman, in the dojo on February 27, from 1:30-3:00pm. Everyone is invited. \$25.00 per person. Please RSVP by February 21. By invitation only.

Brandeis University Women's Support Group Tour Dojo & LA Downtown. December 13.



About 40 ladies in a support group for the prestigious Brandeis University in Boston visited the Dojo during a tour for the Los Angeles Downtown Artists' District. A certificate was presented to Sensei.



Ken Watanabe demonstrating Iaido for Brandeis Women's Assoc.

Inquiry On Teaching Sightless Students:

12-14-04: Dear all, I have a question for the group, please. My newest student, training for about 2 months, is blind. He has been blind since the age of 14, and is 25 years old. Training with him has been very interesting, and has caused me to change a lot of the things I took for granted. Even the most basic movements, posture, and position require vivid description. We have stuck with the basics - even for the sighted 2 months is a very short time. He mixes very well, and takes a remarkable ukemi! He's really quite inspiring to my students and me. I want to make sure my instruction is good for him. I have searched for literature or anything to help me. Has anyone had any similar experience or any advice? Regards, Mike Scott

12-14-04: Thanks for your inquiry and offer to assist. I interviewed

Ryan and his mother before he joined, and he is a graduate student at TCU, Psychology Department, Family Counseling. He was introduced to the dojo through a fellow student and college classmate who has been training for about a year now. Ryan was fully sighted, but through illness (he didn't specify) he lost his sight. His mother considers him to be completely without sight, but he says he can see "shapes" with good lighting and from working with him he has difficulty "finding" you unless you are speaking. Regards, Michael Scott

Sensei's Reply:

Many thanks for the information. I wish I was there to meet him personally. If he is practicing Aikido and doing fine in your class, I think this is quite excellent and you don't have to do too much more than what you are doing at present. In many years past, when I had occasion to teach one young teenager who was sightless,

he took part in the regular class without too much problem at all and the other students helped him at points where he needed help. I remember he used to take ukemi and roll around the four corners of the mat without any problem at all. At that time, I think he reached 2nd kyu level in the children's class. Another sightless student was a little older in his 20's and I taught him privately at his request. He also did very well. There was another student who suffered in a bad car accident leaving one side of his body paralyzed. Because he could no longer speak well because of the paralysis in the face, he was very cruelly treated in school. He also did very well with the same approach I briefly describe below. Soon he could take ukemi and lost his fear of falling and the "shame" he suffered if he stumbled or could not walk smoothly in front of others. After a few months, he walked without a cane on most occasions, eventually he could skip rope and catch a small sized beach ball, much to the surprise of his parents and doctors.

For myself, when I am teaching students with extraordinary circumstances, I usually try to teach them as closely to the others as possible, with the same expectations and same requirements. I don't want to treat them too far apart from the other students nor try to make them "different" from the others but give them a sense of being a part and one and the same as all the others.

In one other approach I use, I make "their world" the norm and my world the exception and approach the student in a way for him to exploit all of his talents and skills in "his" world, not mine. I suggest that you have to be a "help" to him, but sometimes, help does not mean to become "another crutch" for the person.

More specifically, if he were my student, I would emphasize a great deal of footwork, such as *tenkan*, *irimi* and *tenshin* movement. It is important to give him a good sense of his legs and feet and a sense of stability through the strength in his legs. If his legs become much stronger and he gains a little confidence through his legs, you will find that his posture and back will naturally correct itself. Con't.

Aikido Seminar In Latvia, Europe



Girts Niedritis Sensei, Jukka Helminen Sensei from Finland and Dzintars Niedritis Sensei

The Aikido and Iaido seminar of Jukka Helminen sensei (5th dan Aikido, 5th dan Iaido, 4th dan Jo-Jutsu, 3rd dan Ju-Jutsu), my sensei's teacher from Helsinki, Finland was held by our Federation on November 26-28. It consisted of 10 trainings – 3 Aikido trainings, 4 weapons trainings (Aiki-ken, Aiki-jo, Jo against Bokken, Tanto-Jutsu) and 3 Iaido trainings. It was attended by quite many students of different clubs, organizations and even countries and everyone enjoyed it immensely!

The seminar was great. That was what we said to Jukka-sensei when he was about to leave. And we would say it many days after the seminar was over too. "The seminar was great, right?" – my sensei asked me a week later when we were going from the practice. "Yeah" I answered "great. Did Jukka sensei like it as well?" "He did" my sensei said. "He generally likes it, coming here. Likes people and then there are great meals here – not like it is in Estonia." Don't know about Estonian meals but Estonian Aikidoka made the seminar quite special. They were nine to come, all representing Tallinn club Taikikai. We were talking half in Russian, half in English not always understanding each other when it was going about the outside dojo life, we were trying to pronounce their names as carefully as possible (short but unusual for us – Risto, Eero, Anu, even Thomas sounded foreign, in Latvian it is Toms), we were acting as the guides for them when going to the local restaurants for meals – and I have never seen anyone driving as crazy like that by day (but you would if you had only two hours between the trainings and two local girls without driving licenses would be so nervous all the way "Oh, Thomas, not THIS turn, the next one! How do we get back now?!"). Yet on tatami we would understand each other perfectly well – few Japanese words, a bow and a smile can fix anything! And it is always a special seminar pleasure to work to someone you have never met before. Lots of such pleasure in this seminar – apart from the Estonians few students from the dojo of Dzintars, my sensei's brother, were present and also some seven people from another organization came including a nidan sensei Alexander Shveinik, a friend of Girt and Dzintars. So we had a great Aikido event – regardless of distances, borders, language and national differences and local Aikido politics! A very enjoyable and bright event with lots of smiles, shining eyes and new friends.
Submitted by Olga Mihailova, Latvia, Europe.



Teaching Sightless Continued:

The way I approach ukemi at first is: If in the case, you happen to stumble, lose your balance or fall, you have a way to fall safely without injury. This is not like the ukemi from a throw but from perhaps stumbling forward or losing your balance sideways. Please try yourself as if you stumble "naturally" or "accidentally" not as if you are thrown, and adapt this ukemi to falling forward, or sideways and then backwards. Backwards is usually the most fearsome, if I have no sense of where I am, so I teach this lastly. The idea is to give him confidence in walking and moving and if, in case he stumbles or loses his balance, he has no fear of falling and injuring himself. This would be my first approach.

As far as technique goes, I would emphasize katatetori and ryote-tori or ryote-mochi techniques first and foremost, of course, because there is contact and he can sense from feeling the pressure and strength of the grip.

If he advances in his practice, for instance in yokomenuchi and punch or shomenuchi, although we speak of round, circular movements, most students typically dart their hand directly to the attacking hand. This is not good practice and may be difficult for him if he "thinks" in his head, this is the way to do it. If he can practice round circular movements with the hand so that the attacking hand moves into the circle of his own movement, rather than him trying to catch or block or stop the attacker's hand, he has a chance to develop, I think. The idea is that he is his own center and the attacker must come into his own sphere of power, influence and control. He doesn't not go to them.

These are very general comments but, in actual practice and working with students, I have found them effective and rewarding. Please keep me informed on his progress and please do not hesitate to ask my more specific questions as you encounter them and I will try to help as much as I can.

As a side note, in Japan, it is not permitted to use the word, "blind." It violates their discrimination laws. They say, "a person with eyes which cannot see" or "a person with eyes which do not Con't.

From Vera Cruz Aikikai, Mexico



Members of the Vera Cruz Aikikai under Dr. Roberto Magallanes.

Greetings From Salamanca, Spain, Kodokai Dojo. Santiago & Students.



New Year's Greetings from Santiago and members of the Kodokai.

Teaching The Sightless Continued:

function." In other words, his eyes may have a problem, but the other 99.5% of the person is perfectly fine. . . . None of us are 100%, are we??? Best wishes to you, and please give my sincere regards to this brave young person.

12-14-04: Sensei, Thank you very much. This gives me a lot to think about now and the future. We have worked with irimi and tenkan, and primarily katatetori with ikkyo, nikkyo and sankyo. Last night, I moved him through a variation of katatetori kokyunage to give him a sense of where we are going. I think the rest of the class benefits from the details of foot placement, movement, center, when you can't just say "OK move here". Approaching things from his world is really well said. I had some doubts how to effectively word things when the time for punches came. I will keep these in mind. Your side note is true as well. Something to keep in mind always. I will certainly pass along your regards and I will keep you informed of our progress. Regards, Mike Schmidt Scott, Four Seasons Dojo

12-16-04: Here in Argentina, I've known a sightless man who receives a shodan from Katsutoshi Kurata Sensei. I saw his exam, and he did it very well. (Much better than I wish for my self.) He is a student from Carlos Coca. Christian Leyes.

Deepest Condolences To SE Asia:

Our sincere sympathies goes to the families, friends and survivors of the catastrophic earthquake and ensuing tsunami that destroyed so much of Southeast Asia and took so many lives. We pray for a speedy recovery and an end to all of their suffering.

Condolences: Robert T. Matsui:

To family and friends of United States Congressman, Robert T. Matsui, 63, after an illness. He will be very sorely missed.

The Meaning of Dan & Kyu Grading:

12-18-04: There is a lot of ideas about Dan and I think that I would like to clear up a few misconceptions. Of course, the Dan grade is a promotion and recognizes your achievement in your practice. But the Dan grade is more than just a promotion or a certificate.

First of all, it is not a license to teach. This is the biggest misunderstanding. A teacher does require the Dan grade in most cases, but the Dan grade alone is not a qualification to teach. More than anything, the ability to teach requires the permission of your teacher. Teaching is not something which happens the moment the certificate hits your hand, it is more often than not a gradual process of further training and internship under your teacher.

The attitude towards Dan grade is to be proud of yourself on the inside, but humble and modest on the outside towards others. It is in very bad taste and shows a lack of understanding and proper training to be boastful of your rank. Perhaps in other disciplines it is ok, but not in Aikido. Boastful of one's rank is always in bad taste and decorum, without exception.

Secondly, most people earn their rank after they receive it. More often than not, this recognition only means that you can now practice to truly earn your rank. This always takes several years of intensive training to become the rank you are. This is where most people fail if they don't understand what the rank is all about.

Finally, the higher the rank the greater the responsibility, not the privileges. As you progress, your training becomes less forgiving and you must take greater responsibility to show yourself as a true Aikidoka. if you think it is about power and prestige, you do not understand or appreciate your rank. Practice is not simply moving around on the mat, it is your attitude towards others, how helpful you are to the dojo and your classmates, how much you support the dojo, and what you can do to make yourself deserving of your teacher's and other student's respect and admiration.

Respect your rank and art, respect yourself and respect others.

From The Readers: What Does Black Belt Dan Rank Mean?

12-08-04: Sensei, I do not attend your school, but very much enjoy your comments and save almost all of them. In an effort to contribute back in some small fashion, I will attempt to answer your question.

I am a shodan in Yagyu Shinkage-ryu, but do not place much importance on rank. From an American perspective, it seems to me that most people dream of attaining the magical black belt, at which point they seem to believe they will have become someone more powerful

or special than they were before. There also seems to be a perception that the black belt is the end goal rather than the beginning. A friend of my sensei, who is also a sensei, indicated once that he lost more people from his school because they had obtained their black belt than from any other cause (other than beginners not lasting more than a few weeks). Students would leave after they had attained their shodan.

In my opinion, the dojos of today focus far too much on rank. The second martial art that I studied was traditional Okinawan Goju-ryu. The belts were white, yellow, green, brown, and then black. My children attend a school that has 10 belts before they reach black and they have to earn stripes for each belt before they progress to the next belt!

From what I understand, in olden times you were a white belt until you attained shodan (first degree black) and went straight to black. There was no such thing as 10 colored belts before becoming a black belt.

We as Americans often are far too focused on the destination rather than the journey. In my opinion, belts are a distraction from the true goal of martial arts which is entirely about the journey. A journey that never ends. While belts serve some purpose for some people and especially children who are too young to grasp the complexities (and simplicity) of the journey, I believe that in many ways they have become a liability due to the focus of the attainment of rank rather than improvement of one's Self. These two things are completely different.

I also believe that the concept of belts and rank have been polluted. There are so many, "masters", "grandmasters", and "super, incredible, grand masters" (joke here) that the very concept of it taking a life time just to get to 7th or 8th degree in just one art much less 5 or 6 arts has been destroyed.

So, what does having a black belt really mean? Absolutely nothing. Why? It is for show. It is for ego. It is for naught. Leave your colored belts at home (whatever their color), enjoy your energy, the energy of the person practicing with you, the energy of the dojo, and the energy of life. If you feel uncomfortable not wearing it, you probably shouldn't. Peace and Happy Holidays to you all! Jesse W. Asher

12-09-04: In answer to your question, I think that dan grades -- like most ranking systems -- are an imperfect but necessary means of measuring one's progress. However, they should not be used as a way to measure oneself against others. Unfortunately, I think that many of us forget this and become involved in competition and strife -- this is not the fault of the dan ranking system, but rather of our own ignorance and willingness to fulfill our 'petty selves.' We should instead turn this energy inward, and do our utmost to perfect our own performance, rather than critique everyone around us . . . Regardless of rank, we are all beginners, and we are all in need of improvement!

While it may be easy to notice the failings of others, even to the point of questioning some people's rank, we should remain confident that we are usually quite blind to our own failings -- we should take this impulse to criticize (ah the Discriminating Mind!) and turn it upon ourselves so that we each, regardless of rank, become more perfect deshi. Malama pono, Heraldo Farrington, Hawaii

12-09-04: Hello Sensei, I wish I could be very humble and say that

Dan ranks mean nothing to me and the most important thing is to practice Aikido well, but the truth is that I am very honored to have a black belt, and I wear it with pride (I hope not too much pride). Dan ranks are symbols of accomplishment and excellence, like scholastic degrees and professional certificates. They are conferred on us by people that possess skills and knowledge that we - for deeply personal reasons - want for ourselves, and they represent the recognition and approval of these people.

The Dan certificates from Hombu Dojo are beautifully lettered, on very high-quality stock, and are signed by Doshu. They are not computer generated slips of paper that can easily be lost under a pile of papers on one's desk. Therefore, since conferring a Dan rank is not a frivolous matter to Hombu Dojo, which is the center of Aikido as we practice it, I must treat the rank conferred upon me with seriousness and respect, and must work to be worthy of what that rank symbolizes. Bill Allen, 1st Dan

12-10-04: It Takes A Long Time: Dear Sensei, Thank you very much for a Christmas issue that has come to me today. Some of the articles are really interesting. And they make your dojo to look more familiar to me. As though I had a chance to exchange few words with people I have only heard about.

As to the rank discussion, I didn't know that it was more difficult to achieve any rank some time ago. But what I meant with my story about Jukka sensei was that ranks sometimes seem to be so meaningless. Not that they are not important but somehow - not much important. From what I know, it is considered that anyone who trains in Martial Arts wants the black belt. And what the black belts sometimes say about it - you can't imagine how stupid yudansha may feel. :) Well, I can't be sure about the second part but the first seems to be right. Everyone wants, it is natural for a human but people use to want it in a different way. Some are very much concerned about their rank and want it to be as high as possible - even if the level of the skills does not correspond. I think I don't belong to this group because I really can't see any sense in hurry - even if you get your shodan in 5 years not in 10 - you will have the rest of your life with it. Few years mean nothing comparing to few decades. And I also thought about it when talked to Jukka sensei. However fast or slow he was in getting his dan - it is my whole life as he has it. My whole life just seems to be quite long for me. And he is still rather young, maybe fifty or so - he's got many more years to hold it. If you train for many and many decades, from youth till the last days - is there any sense to want any rank so much? And if you quit in few years - will the rank really matter something? Just my random thoughts. At the moment I am the 5th kyu and I enjoy it very much - because it is such a short time that you can be the 5th kyu. We have hakamas from the 3rd kyu, so everyone wants the 3rd kyu, of course. I enjoy this wanting very much too. Such a short time again to be able to want - because when you get it, you will have it for the rest of your life. It is like being a child who plays his future - such a short time for games. Well, maybe I am totally wrong. I have been training for less than two years, maybe I don't understand anything about ranking. Just my thoughts. Olga Mihailova, Latvia

12-11-04: Good Advice About Dan: Hello Sensei . It's been a while since I wrote you for the last time. Here are my two cents. When I received my shodan from my Sensei; he gave me an advice. He told me. Watch out with your hakama sometimes the black color raise to your head and blackout your mind. Watch out with the Con't.

applause people calling you "sensei". When somebody calls me sensei; I remember these words and I do a very subtle smile for my self. Best regards from Argentina, Christian Leyes.

12-20-04: Uses Message On Grading: Happy holidays, Sensei! I just read on your website, your message you wrote this past Saturday about dan ranks. I think it is an important message for all yudansha to understand. Would it be okay if I copied it and posted it in my dojo? Sincerely, James (Nakayama Sensei), Chushinkan Dojo.

Letters & Correspondence:

12-02-04: Clicking the Re-Fresh Button: I thought I'd share this with everyone after an episode in training last night. I had always liked to think of myself as a person capable of humility and withholding judgment. But after Aikido session yesterday, I'm not so sure that I was really practicing the 'do' in aikido.

Ever since I started work, I have not been very regular in training, previously I used to go multi-dojos (we have in Singapore quite a few dojos, where if we pay a certain fee, we are able to train in a few places). There's this guy Richard (name changed to protect the innocent), that I've seen around when I used to do multi-dojos. He's perhaps not the 'softest' person in terms of ukemi (entirely my perception) and perhaps perceived by me as not naturally talented. So when I saw him in training yesterday and paired up with him, on a subconscious level, I was resisting him. I really can't remember specifically how I was resisting him, but I can remember feeling like I was (make sense?).

Gradually, however, my attitude changed. Richard was very sincere in training, it's not through words, but I guess one could say his spirit spoke to me. It made me feel ashamed my initial misgivings, judgments and overall attitude towards him. I believe at that time I brought my self onto the mat. It's not the easiest thing to admit, especially to myself. The line blurs between reading, knowing about what is appropriate behaviour on and off mat and integrating the spirit of Aikido into all our actions, life.

Today I mentioned this to a friend (not a Aikidoka) and she said everyone, not just Aikidokas should have the awareness to withhold judgment and humility. I agreed. However, after learning Aikido, it makes me far more ashamed not to have been aware of this failing. I guess I'm not really trying to make a point here, just wanted to share my experience in my own inadequate training. Sincerely, Yan Keyue

12-17-05: We as Americans often are far too focused on the destination rather than the journey. In my opinion, belts are a distraction from the true goal of martial arts which is entirely about the journey. A journey that never ends. While belts serve some purpose for some people and especially children who are too young to grasp the complexities (and simplicity) of the journey, I believe that in many ways they have become a liability due to the focus of the attainment of rank rather than improvement of one's Self. The two things are different.

12-17-04: Dear Sensei Furuya, I hope this E-mail finds you in good health. Just want to let you know I enjoy your book Kodo: Ancient Ways and reading your daily messages on the website. Best wishes and continued success to you. R. S., Spring Valley, IL.

12-19-04: Sensei's Old Poems: Hello! I was checking my Aikido

related files and reread your poems I have translated last winter. Yes, they are really beautiful, even in my unprofessional translation. I remembered few situations when I saw people reading them.

The first ever to read my translation was one of our girls, Maria. We were some 7 people to go to the country for week-end. It was Sunday afternoon, cool and bright (end of April). We were both sitting near the fire, the tiny, half ruined house where we spent the night (sleeping all together on four mattresses) was the only building among the surrounding fields and forests. The truest country side. The sun was shining through the thinnest clouds. The other girls were inside the house sleeping and talking, the boys were bit further from the house working with bokkens (we have gone after the practice with all the dogi and weapons) but we were sitting near the fire, sleepy. There was absolutely nothing to do and we both felt bit sad - I had my reasons, Maria had hers. I proposed her to read the poems of the Japanese Aikido sensei from America. She is very fond of Literature, much more than me, she agreed at once. I remember this bright day, the little fire, the ruined house and her sitting on the sleeping bag and reading. There were 7 pages and it was not more than the third when Maria started to sob. What's wrong, I asked. Too sad, she answered, those poems of loneliness. She tried to read one of them for three times and couldn't finish. She would cry and say that she always hates being that sentimental. I said, there is nothing wrong with crying. I said, that we all cry sometimes and Aikido is a one great thing that teaches you to appreciate your emotions as they are and to enjoy them all. I said, that she has to go to the camp and to see all the tears that happen there to understand this. I remembered how we started to cry after the last training of the last year's camp. The practice was so long and yet anyway it finished too quickly. The rei to the shomen was long but the last rei was even longer - I suppose Dzintars tried to get the tears away while down. Didn't manage anyway - stood up, bowed and turned away with the red eyes. He was not the one to cry, not even the one of the guys. And all the girls were sobbing. Don't know why it was so, not all the last trainings of the camps are so sad. I told Maria about that. She seemed not to believe Dzintars crying but asked me to copy the poems for her so that she can read them at home as well. She loved them very much. She said they suited that day very much. And I liked to remember the camp and to tell her.

Then I showed the poems to Dzintars. He read first page and asked a copy so that he can read them at home, not in the dojo between the trainings. His sempai also saw the papers, looked what it is and asked for a copy too. I made them the copies. Occasionally I gave them to Dzintars on his birthday. After it I wouldn't remember about it for the month. Then we had the exam in the end of May, a month later. I passed the 5th kyu and sempai the 4th. After the first parts were over and there was the break he came to me and shook my hand. "Thank you very much!" he said looking really grateful. "For what?" I asked perplexed. "The poems. They were really beautiful." Dzintars approached us and nodded "Yes, really beautiful. Loved them very much. Especially the one about the cold tatami warmed by the hearts of the students." Sempai said "They all are wonderful but you can see at once that all are written by a very lonely person." I felt so good about their words, I was glad to bring some nice moments and thoughts to them both.

I gave or sent the copy to many other students too. And I got many thankful greetings. One girl would even send me few of the Tagore's poems she loves very much - as a sign of gratitude. But those two situations were absolutely special. Because I felt sad back there, in the

country, and I was not happy about my exam either, but those words of real gratitude made me feel much better at once. And they still make - in my memories. The dear memories - Maria's tears, sempai's hands, Dzintars's silent smile. Thought you might like to read about this. Since these were your poems. Olya Mihailova, Latvia

12-19-04: Happy Holidays: Dear Sensei, Thank you for the holiday wishes. I also wanted to thank you personally for the inspiration and motivation I receive from your words. Whether it is a sentence or a page, your insight and thoughtful messages always make me think or take a second look at things. It is so good to have a place on the web where this type of discourse can take place. I hope it continues for a long time. Occasionally, I take a look through the archives for something I may have missed in the meaning of the words, and taking another reading helps calm a stressful day, inspires on a lazy afternoon, or causes me to reflect when I feel like lashing out. As the year draws to a close and we take stock in those things we are grateful for, and reflect on our wishes for the coming year, the students of a little dojo in Granbury, Texas wish you Happy Holidays and a joyous New Year. And, "Have a good day." Warm Regards, Mike Schmidt, Four Seasons Dojo

12-22-04: From Poland: Dear Master!!! Me and my brother have study martial arts in Poland Bydgoszcz city. Sorry, my English is very terrible. I have 44 y. old, my brother 34 y. old. I training martial arts 29 years, my brother 19 years. Is no stile, no school, no dan. My brother & me have a fascination your show & presentation in TV Discovery in dojo Furuya. Furuya is a great master, your abdomen Ki is fascinating & invisible. Me & my brother have a very congratulation for Kensho Furuya Sensei. Merry Christmas!!!! Poland Bydgoszcz, Jacek Kaczmarek (senior), Piotr Kaczmarek (junior)

12-23-04: From Illinois: Dear Sensei, Merry Holiday week....please accept my good wishes for enjoyment of your extended dojo family over the holiday season. Thank you for the continued excellent writings on your site...they continue to inspire my practice of Tae Kwon Do. Let us all say prayers for our troops that they may return home soon to their families and that the world will more closely embrace love and, compassion. Lisa Gambuzza, Groton, Ill.

12-23-04: From Mexico: Dear Sensei: Merry Christmas and Blessings to you and the LA Aikido Family. Hoping God have you full of happiness,, Erik Saracho, San Pancho, Mexico

12-30-04: Another KODO Fan: Dear Kensho Furuya Sensei, I just finished reading your book "Kodo" and wanted to tell you how much I enjoyed your thoughts on Zen and Martial Arts. Thank you. Steve Schanne, Woodbury, New Jersey 08096

01-04-05: Nice Parable of the Jar of Golf Balls. Sensei, I rarely contribute to this group, but I do find your insights very valuable and helpful. In our world of commercialism and ever accelerating pace of change, it is helpful to have constant reminders of what is really important. In that vein, here is something that I received a few days ago. I'm sure some have already seen it, but I thought I'd share it anyway:

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that



Helen spends the New Year's in Paris with her husband Pruth.

it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things—your God, family, your children, your health, your friends, and your favorite passions—things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else—the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18 holes. There will always be time to clean the house and fix the disposal." Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represents. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Sensei's Poems::

Jumping high, jumping low, Jumping fast, jumping slow.
Jumping to the short conclusion, Is jumping into another delusion!

We talk and talk, And all for naught.
Listen, listen, Till your mind will glisten.

**Continued From Our January Special New Year's Issue:
New Year's Greetings:
Joining A Traditional Dojo
Michael Mehrle, Germany**

01-01-05: Dear Sensei: I have the honor of being one of your newest Aikido students and I wanted to start off 2005 by wishing you a Happy New Year (I hope I got the Japanese version right).

My wife Ingrid (who you met during the Christmas party) and I celebrated New Year's Eve at home mainly in consideration of the tsunami victims in Indonesia. It is sometimes difficult for me to reflect on all the pain and suffering so many people on this planet have to go through. Whenever I am experiencing a bad day I now have made it a habit to remember those images I've seen on those nightly news reports, and I suddenly realize how good life actually is for me. The worst day of my life would probably constitute a blessing for many people in these poor regions of the world. As the saying goes: One man's heaven is another's purgatory. Maybe it's better to interpret this expression in the reverse.

I was exposed to Martial Arts through Kempo and Tae Kwon Do during the last decade, but the first time I saw Aikido I realized that it was what I had been looking for all along. After some research I decided to visit your beautiful dojo last August and was very impressed by the level of discipline and 'traditional' style of teaching, which reflects a true adherence to Budo principles and O'Sensei's Hombu Aikido. What led me to join however, was the fact that all students (blackbelts included) had to get on their knees and scrub the mats after practice. This is something that I am sure will deter many visitors (and might actually weed out the 'wrong' type of students), but it might as well be one of the most important aspects of learning Aikido. As you have pointed out on many occasions: Aikido is not about defeating the enemy - it is about defeating your own ego. Maybe that's why I need regular Aikido practice more than other people - I have always had a big ego, and many times I wound up disappointing and hurting others due to my own selfishness.

Since I joined, I have almost become addicted to practicing and I take every available opportunity to attend. Unfortunately, the Los Angeles traffic makes it sometimes impossible to venture all the way to downtown, so I make it a point to be there during the weekend. What has mostly surprised me is the devotion and attentiveness of all the blackbelts, whose patience I have been testing on almost every occasion (as you know my feet seem to have their own will).

During the week I work out at a local Hollywood gym very close to my house, and the contrast could not be any more pronounced. It is considered a 'boxing gym' and the member's there represent the typical 'big ego' crowd one will encounter in Los Angeles and many other places in this country. People walk with their chin high in the air (and apparently razor blades pinned underneath their armpits), and their general demeanor reflects a 'do not mess with me' attitude.

Compare that with your own students, some of whom have practices Aikido for several decades! Especially the blackbelts strike me as very humble and focused, with immense dedication to you, the dojo, and the art of Aikido. If nothing else, this is a reason to visit and to practice - it simply makes you feel connected to a positive environment as well as good about yourself. It is comforting and refreshing

**Special Practice
Masatake Fujita Sensei, 8th Dan
Aikikai Hombu Dojo
March 9, 2005**

We are honored to have Fujita Masatake Sensei from Aikikai visiting us for one evening on March 9. There will be a Special Practice from 7:00-8:30pm. All levels are welcome to attend.

**O'Sensei's Memorial Day
Service & Special Practice
With Kei Izawa Sensei, 5th Dan
April 23-24, Saturday**

We are honored to have Kei Izawa Sensei, 5th Dan, of the Tanshinjuku Dojo in Colorado, along with Mrs. Marquita Izawa Sensei, 3rd Dan, who will be conducting classes. Along with James Nakayama Sensei, 5th Dan, of the Chushinkan Dojo in Buena Park. Sensei will also be teaching along with several dojo senior instructors. We will also schedule a Welcome Party for the Izawa's on Saturday evening. More details to follow. Please mark your calendars. Everyone is urged to participate.

Guest Instructors:

Kei Izawa Sensei, 5th Dan

James Nakayama Sensei, 5th Dan

Mariquita Izawa Sensei, 3rd Dan

With: Rev. Kensho Furuya, 6th Dan

James Doi, 5th Dan

Ken Watanabe, 5th Dan

Gary Myers, 5th Dan (Introduction to Toyama Ryu Battodo)

Tom Williams, 4th Dan

David Ito, 4th Dan

Mark Ty, 3rd Dan (Introduction to Muso Shinden Ryu Iaido)

to know that there is this tiny little place in this huge sprawl of a city, Aikido for as long as possible - I have already lost too many years. where the rules are different - where tradition, patience, humility, and discipline are practiced as a part of life.

I am very proud (and lucky) to have the opportunity to be your student and all I must ask from you is to not change anything!! I could not imagine a better dojo and it has quickly become an important part in my life. All I can hope is that I will have the opportunity to study in my life. All I can hope is that I will have the opportunity to study Aikido for as long as possible - I have already lost too many years. Let us hope the new year will bring peace, health, and happiness to all of us. Akemashie Omedeto Gozaimasu! Michael Mehrle

**New Year's Greetings:
Irimi-Moving In Deeper & Deeper
Olga Mihaikova, Latvia, Europe**

01-02-05: Happy New Year!!! Wishing you all that best and warmest in 2005, good students, smiles of true friends, health and joy! I would like to thank you for everything you have sent to me and for every piece of work you do on Internet, for all you put in supporting your

Olga Continued: site and Yahoo group. I find it great. I hope you go on with it and don't give up even if it seems senseless, useless and frustrating sometimes. It seems to act in the slower way. Last time I notice that I start to assimilate the ideas somehow, to refer to them in the particular situations, to remember some useful tips concerning the techniques. We were doing the irimi-nage in our last training and something was going wrong, I couldn't fix what. "Try to move in deeper and deeper" I remembered. It changed something. Clumsy I was anyway, but it started to look after irimi-nage. ;) So the internet can be a place for Aikido practice and learning. I hope you had a nice time during the holidays. I did. A long celebration it was this year. We started on December 30 with a dojo party.

First there were the trainings, jo, bokkens and aikido. I discovered an extremely interesting point about myself in jo practice. We were making few kata and the free technique in the end. While enjoying kata as much as usual I was very unhappy about the free technique - I don't like it. If we have it in the training I always try to find an excuse from it. The only possible excuse is the odd number of students - we don't do free practice against two, only in pairs. I prefer to be the one without a partner. Then I can do some stuff I like - any kata or free movements. If there is an even number - I prefer the junior students, they work slow, their strikes almost never reach me, so I can work out the blocks in my own speed. I have always thought that it is because of the slow thinking or lack of skills and knowledge or fear to be hit that I dislike it so much. But now I came to the idea that the reason is deeper and more serious. It seems I just don't want to interact with my partner on the higher level. It is okay when I know what follows, Jusan kata in pairs is the favorite thing. But if I don't - then I have to try to understand his intentions, to try to find the openings, to develop the reaction and seeing, to feel him - not only myself. I don't want, it seems. As though I am not interested. Now I try to understand how much true my idea is and how it influences my Aikido and maybe my life... Cold heart, low emotions, cannot be helped - but I thought I like my Aikidoka much enough. Hmmm, it seems to be another proof that Aikido can't effortlessly solve any of your problems. Not that I didn't know it before. Well, I escaped the free technique for a while. Until one of the girls didn't get totally angry

with her partner who was striking too strong, her jo vibrated so much in her hands that they hurt. And she couldn't make the technique well, so she was frustrated and didn't want it any more. Sensei smiled, said her to sit and to calm down, asked me to work with that guy. Please no, I said, I don't want. Yes, he insisted, he needs to work. Well, I thought angry, bowing to him, let's play a highly responsible senior student, let's work to that guy because he needs to work an to improve, let's be all that joyful and helpful. If you come to the training, sensei continued a bit later, then you agree to do anything that is required, not only what you want to do, you agree to perceive everything taught to you. You are right, of course, I thought, but why then the fickle girls may have few hysterics in one practice and get all those smiles and kind words. Well, I didn't really care about his answer. I don't need a secret of the fickle girls for I am not the one. But I felt angry with anything, his words, my partner (I don't like him as a partner), my techniques. Later I thought that maybe sensei's reaction is a good sign. How it was in your book - if the words of your teacher are kind and pleasant then he is not teaching you. Well, I thought maybe he cares about me in this way, who knows. A better idea about the whole situation than some other I know and have heard. Though it doesn't help to understand and solve the problem of my strong dislike of free techniques and its reasons. But I really to figure out what is going. My best wishes for the New Year, Olga

2nd Doshu's Memorial Continued:



Rev. Shumyo Kojima of Zenshuji Soto Mission.



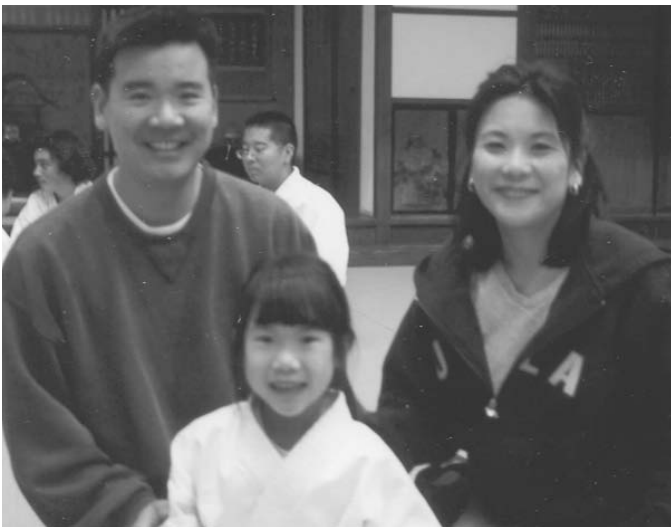
01-11-05: It's Hard To Be Polite. I often think about how I can be sometimes too pessimistic about things in life, especially society. By this I mean that there isn't enough of things like honesty, courtesy, integrity, etc.

Just simply driving down the road I can get angry at a person who cuts me off or cuts another person off without signaling or even caring about what lives they may put in danger. Or perhaps when I am in the mall and someone pushes into me and does not apologize for doing so. I make it a point to always excuse myself and or apologize. However, it is this very thing that sometimes irritates me...that I wish or want other people to do this and thus a negative attitude towards society comes about. My mother is always telling me that "you know the world really isn't such a horrible place." And when she says this it puts me to shame. As a martial artist, have I put myself up to such high standards that I also expect others to be that way as well? Do I purposely put too much emphasis morals and values to such an extent that I cannot accept that another person is a good person and perhaps was never taught these things? I ask myself these questions a lot when I get angry, and most often than not I try to think of better ways to go about such things in a less pessimistic manner. Am I wrong in thinking like this or am I simply still looking for a better way to approach life? How can I get rid of this pessimistic approach, and still be a good martial artist outside the dojang? So hard this is for me. tetsuoak.

Santiago And Family: Greetings From Salamanca, Spain



Santiago, Susanna and Juan in Spain.



Kayoko Fong, 6th Kyu, and her parents.

Ambrose Merrill Family, England:



Ambrose's kids and grandchild. Best wishes always from the United Kingdom.

Ambrose is a very strong supporter of the dojo and continually makes generous donations to support Sensei's work.. Many thanks for your continued support and encouragement of Sensei.

Our Dojo Christmas Couples:



Gary Myers with his wife, Sami Myers, and Carol Tanita. Gary is one of the most senior members among Sensei's Iaido students.



Dr. James Doi and wife, Joan. James has been with Sensei since 1968 and is Sensei's most senior student. James works as a chemist.



James Takata and girlfriend. James is one of the first go-sel or 5th generation Japanese American to join the Dojo. James practices both Aikido and Iaido and is in the film industry.

Many Thanks From Sensei:

Many thanks for all the nice cards, gifts and o'seibo. They are all really greatly appreciated. Donations are always needed for the Dojo.
Rev. Kensho Furuya, Chief Instructor

Our Dojo Family Album:



Dr. Jeff Johnson, 3rd Dan, & Family, Long Beach, Ca.



Carol Tanita, 1st Dan, and Allen, Allison and Nicholas, 2nd Kyu.

From Shoheijuku Dojo, Fukuoka, Japan



Toshiro Nishida from Suganuma Morito Sensei's Dojo, Fukuoka, Japan. And Mrs. Makiko, Yukina, 7 years old, and Aya, 5 years old. Toshiro has visited our Dojo on several occasions.



"Peace" brushed by Morito Suganuma Sensei, Shoheijuku Dojo, Kyushu

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
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

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.

Please Visit Our Website:
www.aikidocenterla.com
Aikido-laido-KODO@yahoo



Rev. Kensho Furuya, 6th Dan

The Kensho Furuya Foundation:

Mr. Ken Watanabe - President
Mr. Gary Myers - Secretary
Mr. Mark Ty - Treasurer
Dr. Cheryl Lew - Senior Counsel
Mr. Jonathan Altman - 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:

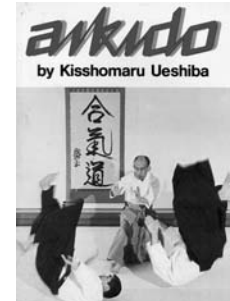
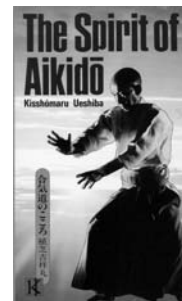
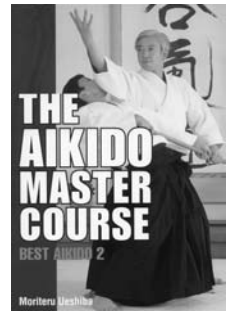
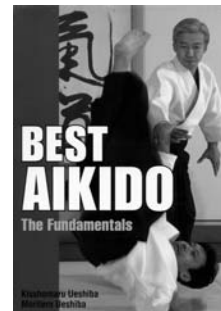
Traditional Muso Shinden Ryu Iaido

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.

Mission of the 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.

Recommended Readings:



International Aikido Kodo-Kai.

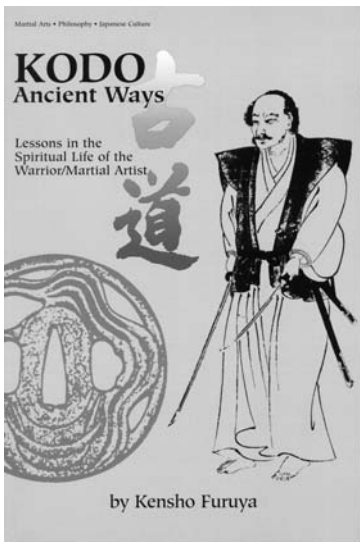
We do accept all Branch Dojo affiliations with any dojo who practices and wishes to follow the Aiki Kai Hombu Dojo training, rules and standards. This also includes commitment to 3rd Doshu and the Ueshiba Family as the Founding Family and Originator of our art. You are welcome to make inquires by email 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.

Visit our official website daily at 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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Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673. Email: aclafuruya@earthlink.net
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Publications By Furuya Sensei:



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

By Kensho Furuya

\$16.95 plus tax.

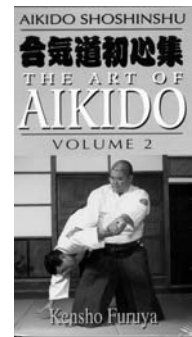
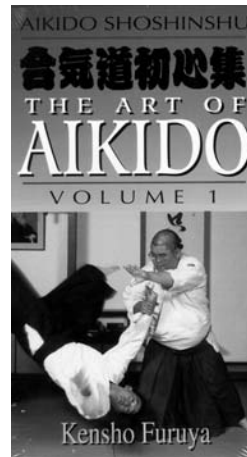
Highly recommended for all students of the Dojo. Please request for your autographed copy by Sensei.

The Art of AIKIDO

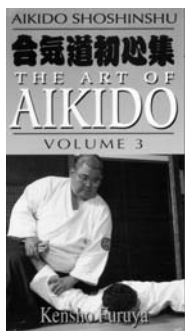
Instructional Video Series s Now Available in a new DVD format.

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

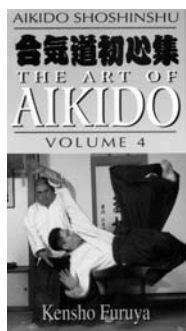
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



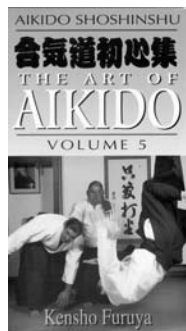
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



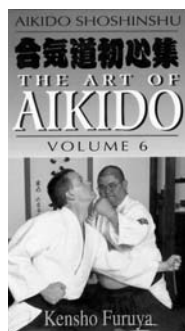
Ukemi-Breakfalling Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



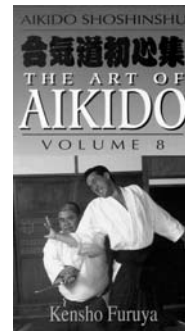
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



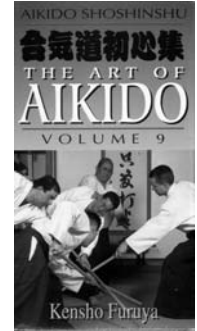
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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 Beginning: 10:15-11:15am.

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

Tuesdays: Beginning Basics: 5:15-6:15pm.
Advanced Intensive 3rd & Up: 6:30-7:30pm.

Wednesdays: Beginners': 5:15- 6:15pm.
Open Beginning 6:30-7:30pm.
Aikiken & Weapons: 7:45-8:45pm.

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

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

Saturdays: Open Intermediate: 9:30-
10:30am. Open Beginning: 10:30-11:30pm.

Every 4th Saturday: Advanced Intensive
Aikido: 6:30-8:00am. 2nd Kyu & up.

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

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

Wednesdays: 7:45-8:45pm (Weapons)

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

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 adult Open 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. Many thanks and Welcome to the Dojo!

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.