

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



The Aikido Center of Los Angeles

道の為、世の為、人の為 合気道

The Aiki Dojo

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

November 2007

Volume XXVI Number 11

We Are Open During Construction



Temporary Dojo: 929 East 2nd Street #107, Los Angeles CA 90012 (photo K. Furuya)

Dojo Construction Progress Report

Gary Myers

Chief Instructor

Los Angeles Kenshinkai

The month of October found steady progress being made on the new dojo. There is something very satisfying seeing the new dojo take shape on a day to day basis. The major accomplishments scheduled for October were the framing and the installation of the sheetrock on the ceiling. One of the first things that had to be done was to get measurements from the old dojo so that the framing could be the right size to accommodate some of the features from the old dojo. We are working with Projex Pacific/

Aihama Construction to dismantle the tokonoma, mizuya and tea-room, then reassemble them in the new dojo. Joe Matoba from Aihama has been coordinating their efforts. Taking those mea-



1211 N. Main St. (photo by G. Myers)

surements was a good feeling in that it was the first step in bringing part of the old dojo into the new dojo. In essence, we were bringing the spirit of what Sensei had created before into the new

space.

I'm happy to report that everything is on schedule. As you can tell from the photos taken on Oct 19th, the framing and the ceiling are completed. The interesting thing about framing is that the space it seems to define makes the space appear smaller. However when wallboard or plywood sheeting is applied to the studs it redefines the space and makes it look larger again. That was the feeling I got as the framing was being done. If everything proceeds on schedule the dojo's completion is scheduled for mid December.

**December 1
Dojo Holiday Party**

October Dojo Construction Timeline

October 3rd

Viewline Construction starts framing the mezzanine of the new dojo.



October 10th

The framing of the mezzanine is well underway.



October 12th

The ceiling is being drywalled.



October 22nd

The shear wall for the mezzanine is complete.



October 25th

Viewline Construction is almost done framing the dojo, and building the staircase.



Note From The Editor

These days, the dojo is in a normal routine, if you can call practicing in a temporary loft "normal". I like to think of this time as a rest or break period, the calm before the storm as we gear up for the move into the new dojo and neighborhood. As if maintaining a training schedule of twenty classes a week as well as running the day-to-day operations weren't already enough, we will have moved twice in a period of six months.

"When will the new dojo be finished?" This is the most frequent question I get asked these days, as people monitor our progress with construction via photos on both our website and our dojo bulletin board. My answer is that we are looking at a completion date in mid to late December. Of course, that is barring any delays in construction or permit approvals from the city of Los Angeles. Overseeing the construction of the dojo for the Aikido Center of Los Angeles is Mr. Gary Myers. He is doing this in addition to teaching Iaido, owning and operating Yoshino Antiques, and sitting on the board of the Furuya Foundation.

We have a new shipment of uniforms, books, and DVDs available for purchase.



Children's Aikido Class Halloween Party

Welcome New Students

**Michelle Cabrera
Jennifer Ricards
Victor Alfonso**

November Dojo Birthdays

**James Doi
Cheryl Lew
Jake LaBotz
Lucas Plouviez
Justin Naito
Harrison Boatwright
Judimae Angcaco
Josh Kelsey
Mark Ehrlich
Zoe McLellan
Martin Hackl**

Promotions

5th kyu

Daniel Stafford

6th kyu

**B. H. Kim
Juan Paredes
Erwin Harianto
Jason Markowski
Christine Shin**

Faces in the Dojo: Dale, Tomi and Derek Okuno

By Maria Ferrari

Dale Okuno

Though I practiced judo as a child and was on the judo team at San Jose State, I consider Aikido a superior martial art. When my children, Tomi and Derek, were of age I enrolled them in Aikido so they could enjoy its philosophical, cultural, and practical benefits. I also enrolled as a student to be a role model for my children, do something for my body, and learn something useful. I'm glad I did.

Furuya Sensei's father, Ted, and my father, Ed, were members of a Nisei fishing club, the Creel Busters, in the 50's and 60's. Our families became friends outside of fishing, so we'd get together from time to time. My brother and Sensei became decent friends as they were the same age and were both brainy types. But the main reason to join ACLA was its reputation for quality Aikido.

Since Furuya Sensei's passing, I've been impressed by the way Sensei's students have mobilized to continue and grow the Aikido Center of Los Angeles. It's a testament to the quality and strength of Furuya Sensei's commitment and dedication to Aikido that is now manifesting in his students. I feel privileged to be a student at ACLA.

Outside of the dojo, I am president of E-Z Data, Inc., a software development company in Pasadena, CA. I'm an avid gardener. I have a wife, Ayako, and two children, Tomi and Derek.

Tomi Okuno

I am currently in eighth grade. I am interested in studying Aikido because I hope one day it will be more second nature to me and I could use it in an emergency. I find it challenging to practice the moves without thinking about them a lot?~@? I just don't know them that well. It's also hard to memorize the more complicated stuff. I like learning the new, more advanced things in Aikido; they're cool because if you have the people in the right spot, you don't have to push that hard to hurt them.

Outside the dojo I like email, writing, skiing, camping, listening to music, watching movies, IM, art, watercolor, drawing, and gymnastics. I am learning Spanish and Japanese (although I took six years of French at school I don't know much and have forgotten a lot.) I can make a clover with my tongue! haha! I am the Community Service Coordinator at my school, High Point Academy, for student council. I want to become an interior designer as a career when I'm older.

Derek Okuno

I am in fifth grade. My hobbies are Gameboy, playing with yo-yos, chess, and basketball. I like seeing my Aikido friends, but I'm not really interested in studying Aikido. My dad makes me. It's too hard to get up on Sunday mornings. I would like to learn how to break dance!



The Okuno Family



Dale Okuno



Tomi Okuno

Derek Okuno





Go-Aisatsu: Greetings

Have you ever noticed that what someone says to you the first thing in the morning can set the tone for the whole day? If your mate is in a bad mood in the morning and ignores you or if another driver on the street yells at you for your driving or you get scolded by your boss, your whole day can be totally ruined.

Greetings, or "go-aisatsu," are very important. How you greet your teacher when you come to the Dojo and when you leave is a very important ceremony and ritual of training. The tone of your voice, your manner, and your posture indicate something to the teacher - a cause of relief that you are fine and doing well, or a cause for concern - "What is his problem?" or "What is bothering him?"

Usually when someone skips the formal niceties of a kind "hello," or "good-bye," we immediately think, "Ok, now what is wrong?" Or, "Now what did I do?" Everyone does this. When you are upset, you simply don't give your greetings at all.

In the Dojo, greetings to the teacher is very important. Especially when one is leaving, the teacher should know or be assured that everyone had a good practice and nothing went wrong and everything is fine. . . . To assure the other person, to give him comfort or confidence is the purpose of the greetings.

Just like at home, you expect everyone to say something when they go out or return - not just leave the house without saying anything at all. . . . hen your son or daughter returns home and says nothing, you wonder what is wrong. . . it is the same in the Dojo.

In Kabuki, it is a very formalized ritual. When one of the actors enters the theater in the morning, he must visit each

actor's dressing room and give a formal greeting. With the opening of a formal greeting of "Hello, how are you?" to each other, there is an opening and opportunity for a little conversation and a confirmation of friendship and understanding. This is very important for the continuation of harmony and a friendly spirit in the Dojo.

In my temple, my teacher was always hiding in his office so it always took a little extra effort and time to say "hello" and "good-bye" to him. . . Many times, a little good-bye opened up an opportunity for a nice story or lesson, which I always treasured.

Today, the way people rush in and out of the Dojo, it is just like they are running into a 7-11 or Jack-In-the-Box. Such formalities and rituals are fading even in Japan. . . . As we diminish our human contact, we forget the niceties of etiquette and ritual and we forget how to express our hearts and compassion to others...

Once a young priest who had been under the care of a great teacher complained one day: "Master, I have been here for three years now and everyday, I bring your meals, wash your clothes and keep the temple in order but not once have you ever taught me anything! What is wrong?"

The old teacher replied, "In the morning, do I not say, 'Good morning' to you? When you bring the rice gruel for lunch, do I not say, 'Thank you very much?' At night, when you've finished your work, do I not say, 'Thank you for a good job today?'"

"Yes, you do," replied the young priest.

"Don't you see? I have been teaching you all along every minute of the day!"

Every time we practice, we give our greetings to the Dojo, to O'Sensei, to the teacher and to our classmates. This is a very important process to maintain harmony and mutual understanding and gratitude in the Dojo. We should never forget this important aspect of your training. Eventually, you will begin to feel your appreciation truly in your heart. . . .

Whether you become rich and famous may depend on fate and destiny, but whether you are remembered as a good and kind person is your choice alone.

Without a refined, cultivated sense of humanity and compassion, what is the use of fame, riches and prestige? We think that getting the better of the other person is a victory but it shows nothing more than our disregard for others.

- Reverend Kensho Furuya
October 25, 2005

From The Editor's Desk

The month of October is always a great month for training. There is not much to do administratively, except plan for the onslaught of the holidays, the year-end, and the next year. Then, as the holiday approaches, things become incredibly busy. This year, the already hectic schedule will be compounded by our anticipated move into the new dojo, which will hopefully be accomplished by the end of December. Although the year's end has typically brought with it an increase in administrative and managerial tasks, it has also, in the past, brought a decrease in practice

itself. Inevitably, this is caused by a lack of attendance as our existing students get busy with families and the holidays. Also, few new students join the dojo in November and December. Not to mention the dreaded flu season.

My wish, as the holiday season approaches, is that we spend plenty of time with our families and friends and we take time to cherish those special moments. I also wish that we continue to be inspired and train.

Someone asked me how long have I been with the dojo and I answered since 1990. He told

me that I must have a lot of memories then. Yes, I have many great memories, especially during the holidays. Mostly, I remember Sensei always getting angry with me for being so stupid. But I also remember how appreciative he was of all his students, including me.

For the month of November, we will take time to remember and be thankful for all our wonderful memories. On that note, have a very Happy Thanksgiving!

- Kenneth Masami Furuya
Chief Instructor
Aikido Center of Los Angeles

2007 ACLA Winter Calendar

November 12	Veteran's Day	CLOSED
November 22	Thanksgiving Day	CLOSED
December 1	Kyu Examinations	
December 1	Holiday Party	
December 23	Year End Special Practice	
December 24 – January 1	Winter Break	CLOSED
January 1	New Year's Day	CLOSED
January 2	Practice Begins	
January 4	2nd Doshu Memorial	

Aikido Center of Los Angeles:

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

The Aiki Dojo Newsletter

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Editor-in-Chief: Kenneth Furuya

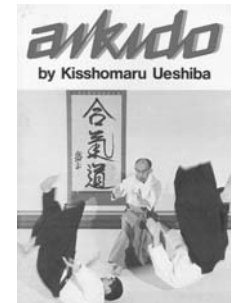
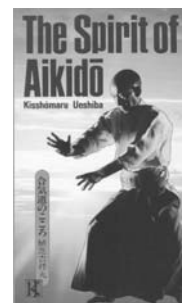
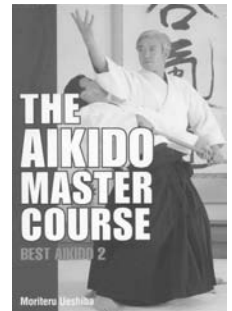
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www.aikidocenterla.com

Recommended Readings:



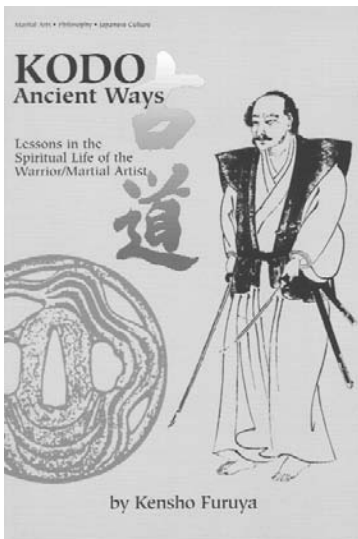
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Publications by Kensho Furuya:



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.

The Art of AIKIDO

Instructional Video Series Now Available in a new DVD format.

"Top Rated" Karate Illustrated

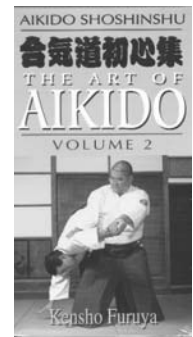
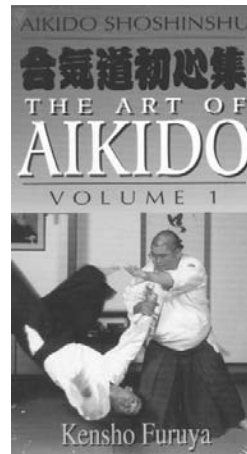
"Impressive Scope" Aikido Today,

"Exhaustive" Aikido Journal" "Best

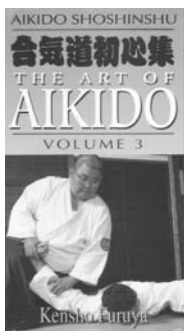
in the English language on the mar-

ket today," Budovideos.com.

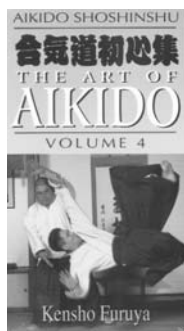
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



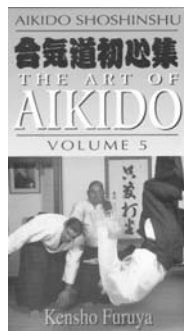
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



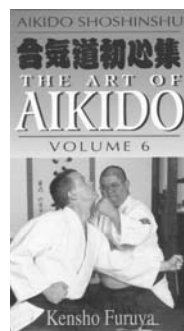
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



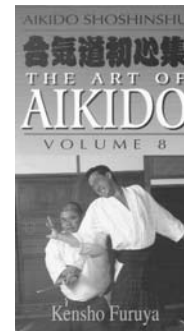
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



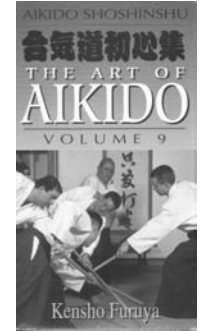
Tsuki: Strikes &
Punches
Yokomenuchi: Strikes
to the side of the head &
neck.



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 - 10:00 am
Open - All Levels 10:15 - 11:15am

Mondays: Fundamentals 5:15 - 6:15 pm
Open - All levels 6:30 - 7:30 pm
Aiki Weapons 7:45 - 8:30 pm

Tuesdays: Open - All Levels 6:00 - 7:00 am
Open - 6:30 - 7:30pm

Wednesdays: Fundamentals 5:15 - 6:15 pm
Open - All levels 6:30 - 7:30 pm
Aiki Weapons 7:45 - 8:30 pm

Thursdays: Open - All levels 6:30 - 7:30 am
Open - All levels 5:15 - 6:15pm
Bokken - Advanced 6:30 - 7:30pm

Fridays: Open - All levels 6:00 - 7:00 am
Fundamentals 5:15 - 6:15 pm
Open - All levels 6:30 - 7:30 pm

Saturdays: Open - All levels 9:30 - 10:30 am
Advanced: 10:45 - 11:45am

CHILDREN'S CLASSES

6 to 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.

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Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Sundays 7:45 am - 8:45 am

Thursdays: 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, money orders, and cash. Please bring along a valid ID, such as a driver's license, and have available the name of your health insurance provider. Welcome!

Finding Our Dojo:

We are temporarily located at 929 East 2nd Street #107, Los Angeles, CA 90012. From Alameda go east on 2nd St to Vignes Street. Parking on 2nd Street or Vignes Street is available.



The star on the above map is the location of our old dojo. We are temporarily across the street at 929 E 2nd Street #107. **The temporary dojo entrance is on Vignes Street.**