

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

July 1, 2006

Volume XXV. Number 7.

Welcome! Hideo Yonemochi Shihan Seminar. July 15-16 Sensei's Welcome Reception & "LA Lofts" Book Signing



Welcoming Yonemochi Sensei To The Dojo

I first met Yonemochi Sensei around 1969 in Los Angeles when he was working here as President of New Japan Securities here in Little Tokyo. He was very strong and no one could really throw him so practice was very tough. Towards the end of his stay in Los Angeles, he did not practice much but he called me to his home on the night before his return to Japan and complimented me on my training. Of course, I had just returned from Japan so I was in decent shape.

Since those days, we have always been good friends and he has always shown great concern and care for me and my Aikido. When I worked in the Bank of Tokyo from 1970 - 1980, it was through his introduction to the President of BOT, Mr. Koyasu. Mr. Koyasu

was the son of a very prominent Judo teacher at Kodokan and was good friends with Yonemochi Sensei.

Yonemochi Sensei was high school classmates with 2nd Doshu so he has known Doshu through most of his life and has been an old supporter of Hombu Dojo since the early days when O'Sensei was alive. Today, he is the Executive Managing Director of the Aikido World Foundation and the Head of the International Department at Aikikai. The two major events of Hombu, the annual All-Japan Aikido Exhibition at the Budokan and the annual Memorial Service at the Aiki Jinja are both coordinated by himself.

He attended our 30th Anniversary Celebration two years ago and is coming this year in July. I hope everyone here will

Continued:

Seminar Schedule:

Saturday, July 15

10:00-11:00am

Hideo Yonemochi Sensei, 8 Dan

1:00-2:00pm

Yasumasa Itoh Sensei, 6 Dan

2:15-3:15pm

Kei Izawa Sensei, 5 Dan

3:30-4:30pm

David Ito, 4 Dan, ACLA

6:30-8:30pm

Yonemochi Sensei Welcome Party & "LA Lofts" Book Signing

Sunday, July 16

10:00-11:00am

Hideo Yonemochi Sensei

11:15-12:15am

Kensho Furuya, 6 Dan, ACLA

2:00-3:00pm

Kei Izawa Sensei

3:15-4:15pm

Yasumasa Itoh Sensei

4:30-5:30pm

James Doi, 5th Dan, ACLA

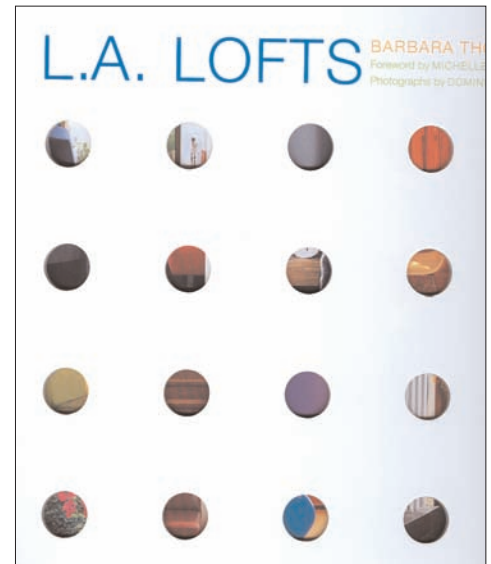
(Schedule subject to change.)

Congratulations! Mark Graduates USC Law School

Happy July 4th
Holiday!



Cromwell Ty (brother), Nely Ty (Mother), Mark and Genoveve Ty (sister). May 14 at USC Law School Graduation Ceremonies. Many congratulations and best wishes.



LA Lofts. By Barbara Thornburg
Photos by Dominique Vorillon
\$50.00 Retail.



At our 30th Anniversary of the Dojo and 100th Anniversary Celebration of the Yamanashi Kenjinkai in 2004. Yonemochi Sensei with President of the Japanese Chamber of Commerce and Japanese Consulate and Sensei. At Hotel New Otani Banquet Hall.

Yonemochi Sensei Continued:

welcome him warmly and have the rare opportunity to meet him. He is a wonderful person and a magnificent teacher and is an important part of the history of Aikido.

The Seminar will be July 15 & 16. On July 15, we will have a welcome party for Yonemochi Sensei combined with a premiere book signing party for LA Lofts and its author, Barbara Thornburg.

Please join us for this Seminar and Welcome Party. Everyone is cordially invited to attend.

Aikido Center of Los Angeles

NISEI WEEK

AIKIDO & IAIDO DEMONSTRATION
Arts of the Samurai

Place:
AIKIDO CENTER OF LOS ANGELES
940 E. 2nd Street #7
Los Angeles, CA 90012

At the corner of 2nd & Vignes,
in Little Tokyo

Presented by Ros. Kazuo Furuya 4th Dan,
Member of the Aikido Center of Los Angeles
Affiliated with Aikido Honbu Dojo, Tokyo, Japan

July 15-16
Aikido Seminar
Special Guest Instructors:
Yonemochi Sensei, 8th Dan, Aikido Honbu, Tokyo, Japan
Executive Managing Director of Aikido Honbu Dojo
Yasumasa Itoh, 8th Dan, Tokyo Aikido, Tokyo, JAPAN
Kei Izawa, 8th Dan, Executive Aikido, Honolulu, HI

July 15 6:30 - 8:00 PM
L.A. Lofts Book Signing w/ Barbara Thornburg

August 6 1:00 - 2:30 PM
Aikido & Iaido Demonstration

2006 Summer Schedule

June 15. New Thursday
5:15pm Class begins with
David Ito, 4th Dan.

June 17 Jo Seminar with
Furuya Sensei.

July 9. Lotus Festival in
Echo Park. Aikido & Iaido.
12:30pm.

July 15-16 Seminar with
Yonemochi Shihan.
With Special Guests,
Yasumasa Itoh Sensei &
Kei Izawa Sensei.

July 15 Welcome Party &
LA Lofts Book Signing
with Barbara Thornburg.
6:30-8:30pm.

August 6. Annual Nisei
Week Aikido & Iaido
Demonstration. In the
Dojo. 1:00-2:30pm.

Seminar Thoughts & Reflections

Bill Allen, 1st Dan



As I write this letter, it has been just one month since the O-Sensei and Kanai Sensei Memorial Seminar was held. This year the seminar was very good, and it was a great pleasure to attend

and be a part of the classes and activities, to see old friends who came from far away, and to practice with everyone. In the weeks that have passed since, we have had the chance to practice many of the techniques in our regular classes at ACLA. With only a little review, and some assistance from our teachers, we can greatly increase our understanding of techniques that seemed so hard at first. Though it shouldn't be so, it is usually a surprise when the "hard" parts of a technique are resolved by adhering to the basics: blending, strong circular motion, and moving into positions of relative safety. One would think that after a few years of being taught the same lesson in hundreds of different ways, I would have learned to apply it better. In this respect, the seminar is always a humbling experience, and a reminder of how much we rely on our teachers to keep our practice on point.

Thinking back to the seminar, there was a lot covered. Both Izawa Sensei and Itoh Sensei demonstrated the very large and dynamic techniques of Kanai Sensei. The instructors and students all showed a lot of energy and gusto when executing these techniques, and it was exciting and fun to participate. It usually took a few attempts at a technique before I could really grasp the idea (and sometimes more than a few). To watch uke fly in a circle around the teacher, and then be powerfully slammed on the mat was exciting, and I wanted to plunge into the technique and do the same thing. But, in my enthusiasm, neglecting to watch the basics of line and circle, not regarding the fundamental principles of martial combat, usually made for extra work once we stood up to practice. Without the dedication of the teachers, and the assistance of my fellow students, I doubt that I would have been able to retain many of the techniques that were shown. In this respect, I especially want to

thank Santiago, who would encourage me each day to practice with him, and to try and recall everything we had done in the classes on previous days.

The Memorial Service was very special and moving this year. For the past few years I have sat next to James Doi during the service - not by plan, but it just works out that way. This year, unfortunately, James' father passed away only a few days before the seminar, and Reverend Kojima recited the Heart Sutra for James' father, as well as for O-Sensei, Kanai Sensei, and Furuya Sensei's grandfather. As the recitation proceeded, I thought about James and his father, and how we had all been brought to that moment by O-Sensei and Aikido, and the devotion of Furuya Sensei. I was also moved to stillness by Jake's performance of the Gospel song "Come By Here".

In summary, the seminar was excellent. I am thankful to Itoh Sensei and Aikido Tekkojuku Dojo of Boston, Izawa Sensei and Tanshin Juku Dojo of Boulder, and, especially, to Furuya Sensei for putting together a great seminar and for establishing friendships that, I am sure, will be lasting and beneficial to everyone. I would very much like to thank my friends and classmates, from near and far, who, through their practice and dedication, make it possible to advance and grow in Aikido. Without their assistance, dedication, and persistence, Aikido would be nothing more than exercise. Given the great instructors and friends that we are blessed with, Aikido has become a deep and meaningful part of everyday life.

Refining Understanding & Technique

Kensho Furuya

In Aikido practice, one must constantly refine one's understanding and one's technique - both are intricately related and one cannot do without the other.

As in today's class, in Yokomenuchi techniques for example, it is very common for students to grab or block the attacking hand. Of course, we know that the hand should sweep the hand downwards with one's hand-blade, shuto, but we still block and grab or try to pull the hand one way or the other. In this case, we must say that we still do not

Upcoming Seminar

Hiroshi Isoyama Shihan Seminar

November 11-12, 2006

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

Details to follow soon.

"understand" the technique properly so we continue to grab. . . In our practice, we must constantly "refine" our understanding to fully appreciate how the hand must sweep the attacking hand and in the process develop our technique properly.

All techniques in Aikido follow a very natural course but, at the same time, all Aikido movement is very special and requires great skill and depth of understanding. What this means is that we must continue to refine our technique to more clearly follow this natural course and, at the same time, make our movement "full of energy and spirit."

In another Kokyu-nage throw today, our movement was too small, the hands moving too tightly and with too much tension. It improved the technique greatly as the students relaxed more and created larger movements to develop their energy, totally involving their whole body into the technique.

Today, I was watching Kurosawa's Hidden Fortress playing at 5:00am in the morning and ending just before our first class at 6:30am. How many times have I seen this great movie? Of course, everyone knows that this movie was the inspiration for Star Wars. Another special characteristic of this movie is the one scene, the duel between two long spears. Because the yari or spear are very long, this type of fight scene is very difficult to film and usually avoided. I think this is what challenged Kurosawa to attempt this.

Continued:

Refining Understanding & Technique Continued:

110 spear techniques were used in this scene and it took several months to film - this is a considerable effort for one fight scene. This morning as I was watching this film I noticed a very unusual thing which I never noticed before - the iron end piece of the spear was removed. This is a rather long pointed iron piece at the end of the spear which is used for stabbing and thrusting. I think because it is very heavy and weighs the end of the spear down considerably, it was removed so the actors could handle the spear more easily in the scene.

My point is that by viewing and reviewing, studying and re-studying, we can continue to find more to study and understand each time, no matter how much we think we have studied something. In Aikido too, as much as we understand a technique, we can continually refine this process endlessly - it is in this depth of study and understanding that we have great opportunities to refine ourselves as well.

The Perfection of Imperfection

I often see students who try to be "too perfect." This goes for many people I meet as well. Of course, in the context of our training, we strive for "perfection" in our effort to keep our aspirations and goals at the highest level. However, we should always keep in mind that, in reality, we are not "perfect" at all and we are subject to the most clumsy and "stupid" behavior on an alarmingly daily basis.

However, as much as we strive for perfection in our practice, as a painter aspires to paint the perfect apple, as an example, we are not perfect in real life and those who believe or want to believe that they are perfect, always, without exception, set themselves up for disappointment and frustration, I find. In Japanese, we say, "even a monkey can fall from the tree." We must accept imperfection as a part of human nature and see it as a part of our total being.

Of course, we cannot "enjoy" making mistakes - because we are responsible for ourselves and others, - we should never forget this important point of Life - and in our practice we must strive for the highest standards and goals - but, at the same time, we should "enjoy" our imperfections as that part of ourselves which make us unique and indi-

vidual. It is from our imperfections from which we derive our sense of will, choice and spirit. Including courage and the sense of what is right and what is aspire to be in our Lives.

As a human being, it is that part of ourselves which is both perfect and imperfect which is the True Perfection. We must constantly polish ourselves in our practice to understand and refine this meaning.



Wedding took place in Cinninnatti at Jake's uncle's home under colorful Buddhist banners.

Jake & Abby Wedding:

On May 27th I was married to Abigail Brammell at the home of my father (and also best-man), Dan La Botz, in Cincinnati, Ohio. It was a short but sweet ceremony.

We started with a purification ritual called a lhasang which comes from the pre-Buddhist Bon religion of Tibet. In this ritual juniper smoke is offered to all deities (Buddhas, Bodhisattvas, protectors, local deities, deceased teachers, etc.) or energies that are beyond aggression in order to raise ones own energy, to bring blessings, and to purify a place.

Originally we had planned to do the lhasang long before the wedding ceremony started including only the members of our sangha (Buddhist community) in the ritual, but as time slipped by us the backyard became packed with friends and relatives and so we asked everyone who was interested to participate in the offering of juniper.

My father invited his friend Pastor Damon, who is a local civil rights activist, to officiate the service. Pastor Damon is, one might say, an ecumenical Christian preacher.

Congratulations! Jake & Abby Wed



Many best wishes and happy returns!

Rather than quote from the bible he read a passage on marriage from Kahlil Gibran's classic book 'The Prophet'.

Abby and I exchanged the vows that we had written and then Abby's little brother Sam, who is five years old and acted as ring bearer, handed us the rings.

We were pronounced man and wife amidst only a small amount of crying and nose-honking.

The dinner was very good homemade food cooked by my stepmother... Continued:

Greetings From Argentina:



05-17-06: Dear Sensei: Back in Argentina after a month practicing intensively with my Maitre and disciples in Paris and read the newsletters of your group, I am writing you again just to say I hope you have had a happy birthday during the last April 25, tell you mine was on April 23 (I am sendin' you with this mail a picture taken during this day where I appear with my woman and french friends and their families, because I suppose you'll appreciate the "landscape" you'll find on it) and, because these, ask you if you noticed how many well known Sensei as you born in April too. I hope you continue just fine.
Best regards, Luis Colalillo

P.D: I forget it. In the picture, I am the guy of the middle. The one with the big head and almost no hair. My lady is the pettist one. And the other two guys are some of the few disciples of my Sensei and both of them are Aikido's professionals.

Councilwoman Jan Perry's Downtown Clean-up Project. June 3.



Los Angeles Councilwoman Jan Perry sponsored a Downtown Beautification Project with about 40 volunteers from the community taking part in a clean-up of downtown streets. Four students represented the Dojo in very summery, hot 100 degree weather. Jacob Sisk, Paul Major, Brett Rushworth and Scott Rushworth. Many thanks for your support and help! Each volunteer received an official Dojo T-Shirt for their

contributions. Los Angeles Councilwoman is a big supporter of the Dojo and attended our 30th Anniversary Celebration at the New Otani Hotel in 2004.



Month of MAY: Top Ten In Attendance

Name:	Hours:
1. William Allen	34.5
2. Jacob Sisk	30.5
3. Brett Rushworth	22.5
4. Mark Ty	21.5
5. Scott Rushworth	15
6. James Doi	14.5
7. Bill D'Angelo	14.5
8. Paul Major	13
9. Jim MacDonald	11
10. Maria Murakawa	11

Everyone is commended on an excellent job of keeping up your training. Many thanks.

June Birthdays

Anwah Mohammed 06-23-08
Ronald Drones 06-29-60
Sean Parsons 06-23-75
Ryan Sanquist 06-30-75
Dustim Song 06-15-89
Michael Vance 06-18-77

Our Deepest Condolences:

Shorinji Kempo, Hirokazu Yamamori Sensei Passes Away May 28, 2006

On behalf of all the members of the Dojo and himself, Furuya Sensei expresses his deepest condolences on the passing of Hirokazu Yamamori Sensei, 6th Dan, 68 years old, the most senior instructor of Shorinji Kempo in this country and a very old, and very good, personal friend.

Yamamori Sensei often visited Sensei at the dojo and at the Zen temple when he was working there for long discussions on martial arts and especially the current state of martial arts today. He had a deep respect for Furuya Sensei and his work to preserve and promote traditional martial arts in this country and maintain the "old ways."

The martial arts community will sorely miss a very fine and devoted teacher of his art. We all express our deepest condolences to his family, students and friends.
Aikido Center of Los Angeles

Letters & Correspondence:

04-28-06: Hello Sensei, My name is Paul Williams and I practice aikido at Aikido of South Florida under Sensei Stephanie Yap. I am a big fan of your book, "Kodo; Ancient Ways", even though our styles are very different. I feel that your words are universal. Moreover, I was wondering if you had some kind of news letter that i could join so that I can basically learn more lessons that your book has taught me. I feel like a sponge that is running out of water to soak up. I have read almost every book on Aikido and i would be honored if you could give me direction in this sense. My interest is now in Ki and the spiritual side of this ominous art. Thank you, Paul Williams

05-02-06: Sensei Furuya, I have subscribed to your email, and I enjoy your daily writings. (I also enjoyed your book.) I am a first dan in tae kwon do, but I am considering studying aikido because of the principles of o sensei. Would you recommend a dojo in the Charlotte, NC area? I want to be in a dojo, that follows the lineage of o sensei. thank you, james thamm, charlotte nc

05-06-06: Hi!! I want to know what is the best way to be a part of the Instructor's Association? I have a dojo in Monterrey N.L. I am 2nd Dan in Aikido and have been training for more than 25 years And I am very interesting in all the books and videos by Rev. Kensho Furuya Thanks and Best Regards!! Aikido Tanguma, Sensei Joaquin Tanguma, 2nd Dan Aikido, Monterrey N.L. Mexico

05-07-06: Sensei, . . .It is a wonderful book and has informed my days. I read it first thing in the morning, sometimes just a paragraph at 3:30 or 4 am. And then a night before I sleep. I plan a purchasing a copy for myself (since this one is from the library) and one for my martial arts teacher. He's a wonderful teacher. I'm blessed. Warm regards, Matthew Hetznecker

05-11-06: In Regards to Yahoo: the Psychology of the Sword: Sensei, Once again, this is something I have been thinking about a great deal lately in my training. As we are constantly practicing awase, I find myself sort of "waiting to die." From the standpoint of uchi, I deliver my attack and even if uke's timing is nearly perfect I find I still have quite a bit of time to move or counter again if I wish. I think that awase is

is meant to be more an exercise in timing and spacing, but It is my belief that many of the movements we use to counter the initial attack simply can not be executed quickly or precisely enough to make them effective. I am not specifically speaking to any style or the technique we practice in our dojo, I just mean I feel as though I am missing the point somehow in my sword practice. I don't feel as though I am practicing with the idea of leading or setting uchi up for another movement. And when I attack I never really feel threatened by the response, I simply wait to die! I think that after reading your post, "ken soku shin" is something I must study more deeply. Jason, Aikido of Center City

05-17-06: Regarding Yahoo: Just Do It! Dear Sensei - how true your words are...and such a nerve they've struck with me. You're right, of course...so easy to make an excuse rather than find a way, and we don't even see it until someone points it out. Thank you for your words of inspiration. Kindest Regards, Gus Guzman

05-18-06: My name is Joaquin Tanguma I'm 60 years old I had my first contact with AIKIDO when I was 32 years old. AIKIDO had helped me in every aspect of my life, such my behavior and to be better person. I never will leave the Aikido. The AIKIDO was and is today my life and I try to teach my students good values, for example: discipline, to be strong in life and never hurt the weak one.

As a conclusion, I thank God the opportunity that have found you and that have accepted me so good. Since first time I saw your videos I knew I wanted to be part of your vision.

05-21-06: I just viewed your portion of the television show on Aikido that aired on Fitness TV. It was outstanding. Thank you for your positive contribution to the martial arts. Thomas Simpson

05-22-06: Hello Sensei, . . . Do you know how big blogging is right now? I never really realized. Anyway I was checking out a friends blog on this very popular blog site and started typing in people I know to see who was discussing what and I put your name in to see what they might be saying about you or the dojo and look what came up. I thought you would appreciate this. You are effecting people all over the world. Pretty amazing. Life's good. Sleep well.

Flowing waters never fight... Current mood: contemplative. Category: Life

I've been rereading a book called Kodo: Ancient ways by Rev. Kensho Furuya. This book is a compilation of articles Furuya sensei has written over the past years. These articles have been a great inspiration for me in my aikido and in my life as well.

As I was reading last Friday it struck me that since I bought the book 3 years ago, I have been rereading articles by Furuya sensei nearly every month. I don't know exactly why I keep rereading these articles. I guess I enjoy his writing style and his ideas make me think about myself and what I am doing with my life. Reading this book actually makes me feel at ease, calm and happy.

I have never before experienced a feeling like that from a book.
Submitted by Jim Macdonald

05-24-06: "In many ways, Aikido practice is the same. Difficult and fancy techniques are rather easy but the simple and basic shomenuchi iriminage or ikkyo are the most difficult." (Quoted from our Yahoo group - Kensho Furuya)

Hello Sensei! I think this insight is very profound and I thank you for sharing this with us. In our Aikido class a few weeks ago we devoted an entire class to practicing our Ikkyo techniques and I came away with a much greater appreciation for both the simplicity and yet the subtleties of this technique.

In a way, this also reminds me of your kodo you shared with us the other day about "Reflection in the mirror, Reflection on the mirror." A lot of what we get out of this technique is what we put into it, yet our understanding of it is what we "see" in it at a given time, which "reflects" our understanding according to our experience and progress along the Way. Many thanks for sharing today's kodo with us! This certainly requires much thought. Paul Laudeman

05-24-06: I got your tape yesterday. I am very happy with the entire tape. It is more than I expected. Your teaching skills are very good, I like your attention to detail which is something that i know i miss a lot of the times but have to pay attention to. I have to mention that you sense of humor is very refreshing and a bit unexpected at times.

Continued:

Thank you for the extras you send me. I am sure I will be getting more of your tapes. Like I mentioned I am new to Aikido, it will be the first time that I go to Woodstock to their seminar, our teacher and another student will be spending the 9 & 10 over there. I will say hello. Again many thanks, Jose Salinas

05-26-06: Japan Week In Spain: Sensei, I write you because I have a notice that this November in Salamanca, my city we will be celebrating the "JAPAN WEEK", the international Friendship Foundation of Japan every year, in one city of the world do a big demo an exposition and exhibiton of the Japanese culture for about 7 days, in my city we will have many activities for this week sport, art, etc. In this week about 4000 Japanese people will come for this event.

I have to write some letters to the organization of this event, but I will like that if you can write some letter to me to introduce my dojo to the "International Friendship Foundation" because my Japanese is no very good..

I hope others Aikido or Iaido teacher from Japan come to this "JAPAN WEEK" and we can do some demo. When I have more information I will write you. Many thanks, Santiago, Aikido Kodokai, Salamanca, Spain

From Sifu Harry Wong: Arlington Cemetary The Tomb Of The Unknown Soldier

On Jeopardy the other night, the final question was How many steps does the guard take during his walk across the tomb of the Unknowns----- All three missed it ---

This is really an awesome sight to watch if you've never had the chance Very fascinating Tomb of the Unknown Soldier

1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary. g)

2. How long does he hesitate after his about face to begin his return walk and why?

21 seconds for the same reason as answer number 1

3. Why are his gloves wet? His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and if not, why not?

He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards changed?

Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

6. What are the physical traits of the guard limited to?

For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30." Other requirements of the Guard: They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform {fighting} or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb.

There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first six months of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe E. Lewis {the boxer} and Medal of Honor winner Audie Murphy, {the most decorated soldier of WWII} of Hollywood fame. Every guard



spends five hours a day getting his uniforms ready for guard duty.

ETERNAL REST GRANT THEM O LORD, AND LET PERPETUAL LIGHT SHINE UPON THEM.

In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the



Tomb of the Unknown Soldier were given per mission to suspend the assignment.

They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a service person. The tomb continuously, 24/7, since 1930.

God Bless and keep them.

I don't usually suggest that many emails be forwarded, but I'd be very proud if this one reached as many as possible. We can be very proud of our young men and women in the service no matter where they serve.

Sensei's Note: Many thanks.

More Letters:

06-07-06: (Donation \$50.00) In appreciation for your inspiring Daily Message. . . . Ryan S., Huntington Beach, CA.



Crane movement.

06-12-06: Dear Reverend Kensho Furuya, I have recently finished reading your book *Kodo: Ancient Ways*. I practice a Chinese-Indonesian form of kung-fu, called White Crane Silat or Persatuan Gerak Badan (School for Harmonious Body Movement). For the last three years, I am privileged to train with a woman who trained for 20 years with the deceased grandmaster of the school, Suhu Subur Raharja. Flora is very much a teacher in the "old style" as you describe in your book. I live in California and she in Europe - we meet biannually for intense training. In between, I train alone. I feel expressed in the beautiful and graceful silat movements and empowered by their meaning and power. I am very devoted to my practice... and very much a beginner!

Your book has been my companion through a journey spanning three months and five countries - my spring training intensive. I found much inspiration and many insights in your words. I loved reading about the spiritual path of the warrior, search for a competent teacher, teacher/student relationship, student responsibility, the idea that "you never get good", practice never stops, cleaning the dojo, and respect for the old way. Thank you very much for sharing your wisdom. Respectfully, Maggie Dawson

Becoming A Real Aikidoka

Kensho Furuya

A student confessed to me the other day, "I knew from the beginning that I cannot be a good Aikidoist!"



With Maggie's teacher in the Mediterranean where her teacher lives.

In almost 50 years of teaching, I have never met a person who was a "good Aikidoist" from the very beginning, but - I have have met many, many people who did become excellent Aikidoists through their devoted training. I think this is the most important point to consider in your practice.

Many, many years ago, there was a baby abandoned at a temple in Japan. The baby was very sick and almost starving to death. Although the priests took the baby in and cared for it, it had lost much of his vision and was nearly blind although he recovered and lived. This baby grew to a young man working on the temple grounds cleaning and doing the most menial chores.

One day, this young man went to the priest and said, "I am uneducated, cannot read, nearly blind and have no skills whatsoever but I have lived in this temple all my life and I want to become a priest, but I don't think I can become a very good priest at all!" The old priest said, "If you can't become a "good priest," then become a "real priest!"

This young man became a priest, educated himself and became one of the most learned, and most respected priest in the country. His name was Yamamoto Gempo. He was an influential priest and made several trips to the US to find some way to end the war. He also taught many famous martial artists of the time. Just as Yamamoto Gempo, if you cannot become a "good Aikidoist" then become a "real Aikidoist!"

Many Thanks:

Many thanks for everyone's articles and emails. Please continue support the Dojo and Sensei's work. Many thanks!

Special Events

July 9. Lotus Festival, Echo Park, Aikido & Iaido from 12:30pm.

July 15-16 Seminar with Yonemochi Sensei from Tokyo, Japan. Also special guests, Yasumasa Itoh Sensei from Boston and Kei Izawa Sensei from Boulder, Co.

July 15. Welcome Party - LA Lofts Book Signing 6:30-8:30pm

August 6. Annual Nisei Week Aikido & Iaido Demonstration. In the Dojo, 1:00-2:30pm.

September. Sensei teaches at Aikido Ai, Whittier, Ca.

A Young Furuya Sensei



A very young Furuya Sensei watering his grandfather's bonsai trees. Pasadena, Ca.

Jake & Abby Wedding Continued:

I think it was something like 300 hundred pieces of chicken!

Luckily, there were no angry ex-girlfriends in attendance, family feuds, or drunken brawls of any kind.

We left early the next morning for our honeymoon in the West Indies. The trip was great but I must admit that I missed Aikido the whole time!



**Yagyū
Sword
Guard:
Suigetsu**

A very fine, early example of a Yagyū sword guard depicting well known design of "moon in the water." This design is said to express one of the secret, traditions of their Yagyū style of swordsmanship.

Affiliated Dojos:

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 Good Friends In Aiki:

Tanshinjuku
Boulder, Colorado
Kei Izawa Sensei, 5th Dan

Chushinkan Dojo
Buena Park, CA.
James Nakayama Sensei, 6th Dan

Aikido Ai
Whittier, CA.
Frank McGouirk Sensei, 6th Dan

Tekko Juku
New England
Yasumasa Itoh Sensei, 6th Dan

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.

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.

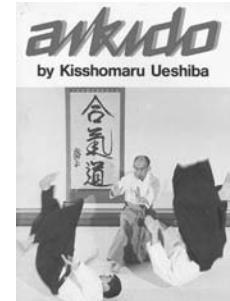
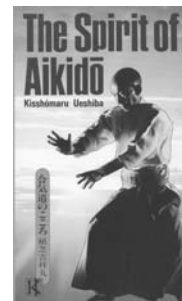
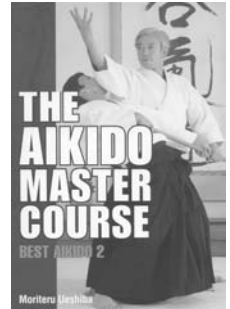
Visit our official website daily at:
www.aikidocenterla.com

Become a member of Aikido-laido-KODO@yahoo.group
For Sensei's Daily Message and current news & postings.

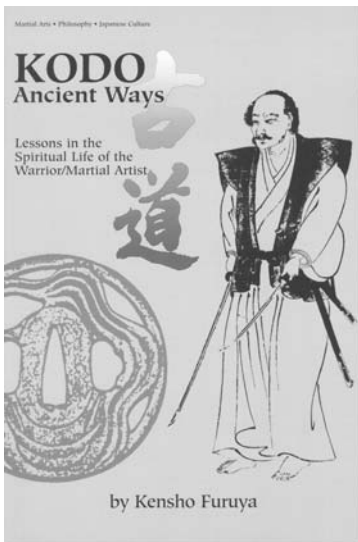
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Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673. Email: aclafuruya@earthlink.net
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Recommended Readings:



Publications By Kensho Furuya:



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

By Kensho Furuya
\$16.95 plus tax.

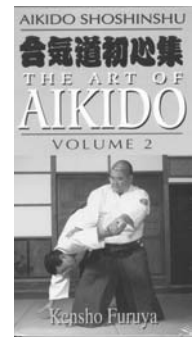
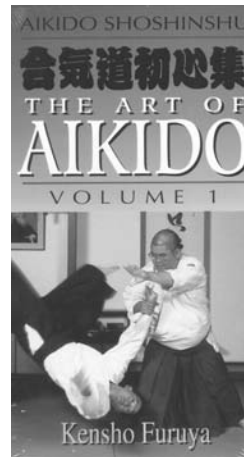
Highly recommended for all students of the Dojo. Please request for your autographed copy

The Art of AIKIDO

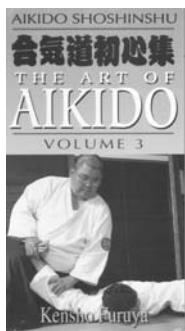
Instructional Video Series s Now Available in a new DVD format.

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

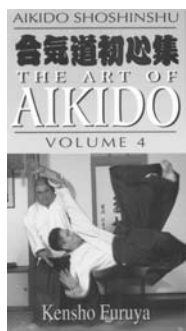
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



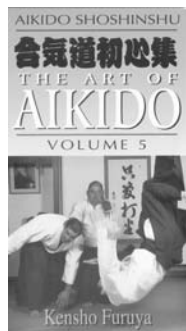
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



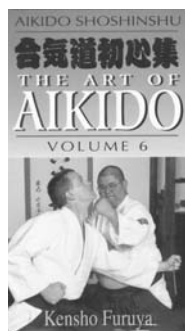
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



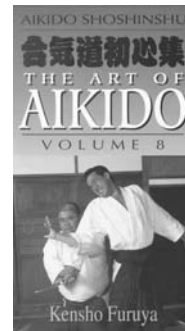
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



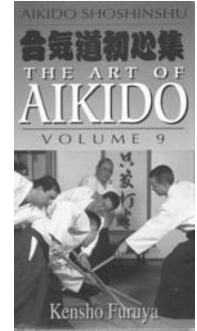
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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: Fundamentals: 5:15-6:15pm.
Intermediate 4th & Up: 6:30-7:30pm.

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

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

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

Saturdays: Intermediate: 9:30-10:30am.
Beginning: 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.

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.