

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

August 1, 2006

Volume XXV. Number 8.

Annual Nisei Week Aikido Demonstration August 6

July 15-16: Seminar With Hideo Yonemochi Sensei

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

July 15-16
Aikido Seminar
Special Guest Instructors:
Hideo Yonemochi, 8th Dan, Aikido World Headquarters, Tokyo, Japan
Izawa Satoru, 7th Dan, Aikido World Headquarters, Tokyo, Japan
Itoh Satoru, 8th Dan, Aikido World Headquarters, Tokyo, Japan
E. U. Light Book Signing w/ Barbara Thornbury

July 15 6:30 - 8:00 PM
August 6 1:00 - 2:30 PM
Aikido & Iaido Demonstration

Presented by Rev. Kensho Furuya 10th Dan,
Member of the Aikido Center of Los Angeles
Sponsored with Aikido Friends (Dany, Tokyo, Japan)

For further information: www.aikidocenterla.com



Yonemochi Sensei applying yonkyo to Brandon Ishizaka, grandson of the late Harry Ishizaka.

July 13-17, we were greatly honored to once again host Hideo Yonemochi Sensei, 8th Dan, Executive Director of the Aikido World Foundation, second in command at Hombu Dojo. Yonemochi Sensei arrived on Singapore Airlines on July 13, Thursday, and was met at LAX by Sensei and Mark Ty. In the evening, he enjoyed a nice, quiet dinner at the New Otani with Sensei and Jim MacDonald.

On Friday, July 14, he did a little shopping with Sensei and returned to the hotel to rest.

In the early afternoon, Itoh Sensei arrived from Boston and a little later, Izawa Sensei arrived from Colorado. Once both our special guests were checked in at the hotel, we all met with Yonemochi Sensei for luncheon at the Boyd Street Restaurant.

Yonemochi Sensei taught a special class in the evening and met with all our students for a intimate welcome party in a Japanese style "zashiki" room, at the Senbazuru Restaurant in the Hotel New Otani.

July 15 was the first day of the Seminar. Despite the heat, everyone practiced hard and Yonemochi Sensei in his enthusiasm and undefeatable spirit extended his class by 30 minutes. The 2nd class was taught by Itoh Sensei, followed by a 3rd class with Izawa Sensei. Everyone enjoyed all of the classes with these fine teachers. We treated Yonemochi Sensei to prime rib at Monty's

in Pasadena for lunch. David Ito taught the 4th class in the afternoon. We were also honored with a visit from James Paulsen Sensei of the Isoyama American Aikido Academy in Santa Clarita. In the evening, we had a light meal of cold noodles at Koraku in Little Tokyo.

July 16 was well attended with a few more students joining the last practice. Yonemochi Sensei was so energetic despite the heat and again taught an energetic, extended class. His class was followed by a class by Furuya Sensei, Izawa Sensei and finishing the seminar with a fourth class by Itoh Sensei. Everyone practiced with great spirit. We had an early dinner of Chinese Shanghai style cuisine in Alhambra.

Yonemochi Sensei, after a very busy week-end, returned safely to Tokyo in Monday. He was at work at Hombu on the next day.



Yonemochi Sensei with inexhaustible energy and enthusiasm, totally captivating all of the participants of the Seminar. In this Seminar, he emphasized basic techniques from Morote-dori and Ryote-dori, focusing on Kotegaeshi, Sankyo, Tenchi-nage and Kokyu-dosa.

Yonemochi Sensei continually expressed that Aikido technique must be practiced with Kokyu-ryoku and this can be developed through daily training in Kokyu-Dosa (Zagi Kokyu-Ho).



Yonemochi Sensei:

During the recent Seminar on July 15-16, Yonemochi Sensei was very reflective this time and talked a lot about Aikido practice and memories of O'Sensei and the early days of Aikido.

In the classes he taught, he continually emphasized training in Kihon-waza or basic techniques. This is the same message echoing 3rd Doshu's thoughts. He also mentioned several times that without Kokyu-ryoku, it is not Aikido technique. He stated that fancy techniques are not necessary, just focus on the basics. This is what I learned from 2nd Doshu and continue to follow this teaching to this day in our dojo. With emphasis on the fundamentals, we can see real progress in the students' skills. .

When Yonemochi Sensei talks about emphasis on basic techniques and Kokyu-ryoku, he reminisces about his early days of training under O'Sensei.

As much as we see and hear and despite all the books and videos available on Aikido, it is so nice to "drink" from the "source of the pure spring waters itself." I think that this seminar with Yonemochi Sensei will become a treasure in the memories of all my students and I hope that they will take every word to heart and never forget them as long as they practice Aikido.

My heartfelt thanks to Yonemochi Sensei for taking time out from his extremely busy schedule as Executive Director of the Aikikai World Foundation, to come to visit us and teach us.

Seminar Memories:

"Sensei, you must be careful and not exert yourself because of the extreme heat today (100 degrees inside the dojo)," I insisted.

Yonemochi Sensei, "The hotter the better! The more we sweat, the better our practice is!"

"Sensei, you must not exert yourself in practice at your age," I insisted.

Yonemochi Sensei, "How can I teach you in one hour? I want to teach the class today for three, four hours or five hours, it doesn't matter! I am only stopping because we have a program with other teachers instructing."

"So much Energy and Spirit!" I thought.



Seminar Reflections

**Kei Izawa, 5th Dan,
Tanshin Juku, Boulder, CO.**

In Japan there is an expression that says 'kihon ni chuujitsu' which basically means "being loyal to basics". By watching Doshu or some of the highest Shihans in action today, everyone will be able to see the implementation of that particular saying. By being loyal to basics and continuing to practice and repeat it many times, we can perfect any art, or at least come

Continued:

Yonemochi Sensei: 10 Fundamentals Of Aikido Practice:

1. Katame-waza (Immobilization Techniques): Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo.

2. Nage-waza (Throwing Techniques): Irimi-nage, Kotegaeshi, Shiho-nage, Tenchi-nage, Kaiten-nage

O'Sensei Always Emphasized: Ikkyo, Irimi-nage, Shiho-nage.

Methods of Kuzushi (Balance Breaking & Entering To Safe Harbor): Irimi & Tenkan.

Always practice Kokyu-ryoku (Breath Power) in Kokyu-dosa.

Points of Practice:

In Ikkyo - raise the opponent's elbow, shoulder and hips.

In Nikyo & Sankyo, twisting the arm is important.

In Yonkyo, bring the opponent's arm to one's own center first in order to bring him down to the ground strongly.

In Ten-chi-nage: raise the opponent upwards strongly in order to throw him.

In Kotegaeshi, always throw from a low position. For a stronger kotegaeshi, apply pressure to the opponent's fingers.



Izawa Sensei Con't.

very close to it. We can recall the Karate Kid movie where Miyagi-san teaches many of the movements in a way that perhaps for the youngsters could generate a feel of 'boring'. Bear in mind, the basics has to be taught correctly.

Yonemochi-Sensei brought back that very critical message to us. Being 76 and still showing a very powerful ki built over his 53 years of diligent practicing. We are always humbled by the message to return to basics. Students from Furuya Sensei demonstrated great eagerness to follow this principle which I admire very much.

I would like to add that Kanai Sensei had some additional messages beyond the basics as defined and presented this time at the seminar. Kanai Sensei was a firm believer of scientific reasons as to how you could become more effective in Aikido. Of course this is after mastering the basic movements. Kanai Sensei believed in the clear understanding of mechanical leverages of moving the opponent and as such for him, the basic training included lots of focus on one's re-position vis-a-vis the opponent, or in other words, the steps of 'irimi', 'tenkan', and 'tenshin'. He was interested in the rotational direction of the arm and its application thereof with the steps to break the balance of the opponent or the



Kei Izawa Sensei, 5th Dan, from Boulder, Co. taught several classes during the Seminar.



Yasumasa Itoh Sensei, 6th Dan, from the Tekko Juku in Boston, MA.



Furuya Sensei demonstrating Nikyo Tenkan during his class.



David Ito, 4th Dan, taught the last afternoon class on July 15.

Izawa Sensei Con't.

power of creating vacuum spaces to totally crush the opponent's balance. This extended basics is something that has made Kanai Sensei's Aikido movements more projecting and dynamic while being very effective. Naturally anyone that has seen Kanai Sensei will agree that his Aikido was based on basics and its applications and still being loyal to the principle of martialness.

I really enjoyed the seminar interacting with very positive minded students of Furuya Sensei and personally glad to have been reminded about the focus on basics once again.

Thank You:

Many thanks to Itoh Sensei & Izawa Sensei for making our Seminar such a big success. Also, many thanks to all of the participants and those who helped out in welcoming Yonemochi Sensei to L.A.

Welcome Party & LA Lofts Book Signing Celebration. July 15.



Sensei with Izawa Sensei, Furuya Sensei and our very special guest, the Honorable Councilwoman, Mrs. Jan Perry of the Ninth District of Los Angeles.



Author Barbara Thornburg with guest and her new publication, LA Lofts, in which the dojo is featured.



All the students provided so much great food and refreshments.



Joel Bloom, LA Downtown Arts District activist, the Honorable Jan Perry, Carolina Koyamada, Shin Koyamada of "The Lost Samurai" fame & Sensei.



Izawa Sensei from Colorado, Furuya Sensei, Yonemochi Sensei, center, Fumio Demura Sensei and Itoh Sensei from Boston. At the Welcome Party.



Yonemochi Sensei with Russell Wong, one of the top Asian actors in movies and television. Russell just returned from a trip to Tibet & China and came to meet Sensei this evening.



Left to right: Furuya Sensei, Fumio Demura Sensei of the Shito Ryu Itosu Kai, well-known actor Russell Wong, and Sifu Harry Wong of Inside Kung Fu Magazine. Demura Sensei is the most well-known martial artist in this country.



Dojo Welcome Party for Yonemochi Sensei on July 14 at the Senbazuru in the New Otani Hotel. Carol Tanita, Leonard Manoukian, Brett Rushworth, Bill Allen, James Doi, Yasumasa Itoh Sensei, Yonemochi Sensei, Furuya Sensei, Izawa Sensei, David Ito, Jacob Sisk, & Bill D'Angelo



Meeting Sensei at LAX welcoming him to Los Angeles.



On July 14, Friday. Both Izawa Sensei and Itoh Sensei arrived on Friday in the early afternoon. During lunch right after their arrival at the Boyd Street Cafe in Downtown Los Angeles. This was Itoh Sensei's first introduction to Yonemochi Sensei. We all had a very good time throughout the entire weekend.



July 13, first evening, dinner at the famous Senbazuru Tempura Bar in the New Otani, with Jim MacDonald.

Sensei arrived safely on July 13, Thursday, although the flight was crowded. Sensei checked into the hotel and had a brief rest. Dinner with a very quiet one in the very private tempura bar of the New Otani with Furuya Sensei and Jim. There were no plans for the first two days to allow Sensei to have a good rest before the Seminar. Sensei talked a great deal about the old days of his early training, O'Sensei and 2nd Doshu. He discussed a great deal about emphasis on basic Aikido Techniques in practice..



On July 17, last good-bye before departing to the airport for his trip home. At the Miyako Inn, Izawa Sensei, Yonemochi Sensei, Furuya Sensei and Itoh Sensei. Izawa Sensei & Itoh Sensei returned to their respective homes on the following day. Yonemochi Sensei arrived safely in Tokyo on July 18 and returned to work at Hombu Dojo on the 20th. Everyone was impressed with his tremendous, infatigable Spirit and Energy. The Seminar was enjoyed by all of the participants. Both Yonemochi Sensei and the dojo received a beautiful proclamation from the Mayor of Los Angeles, the Honorable Antonio Villaraigosa, for this event, a demonstration of friendship and cultural exchange between the City of Los Angeles and Japan..



Thoughts On Yonemochi Sensei's Seminar:

Paul Major, 2nd Kyu

The O'Sensei Memorial Seminar that we completed months ago seemed like as much training as I could expect from a weekend, with several sessions on both Saturday and Sunday. Yet the latest seminar with our honored guests Yonemochi Sensei, Izawa Sensei, and Itoh Sensei proved as much if not more challenging for me.

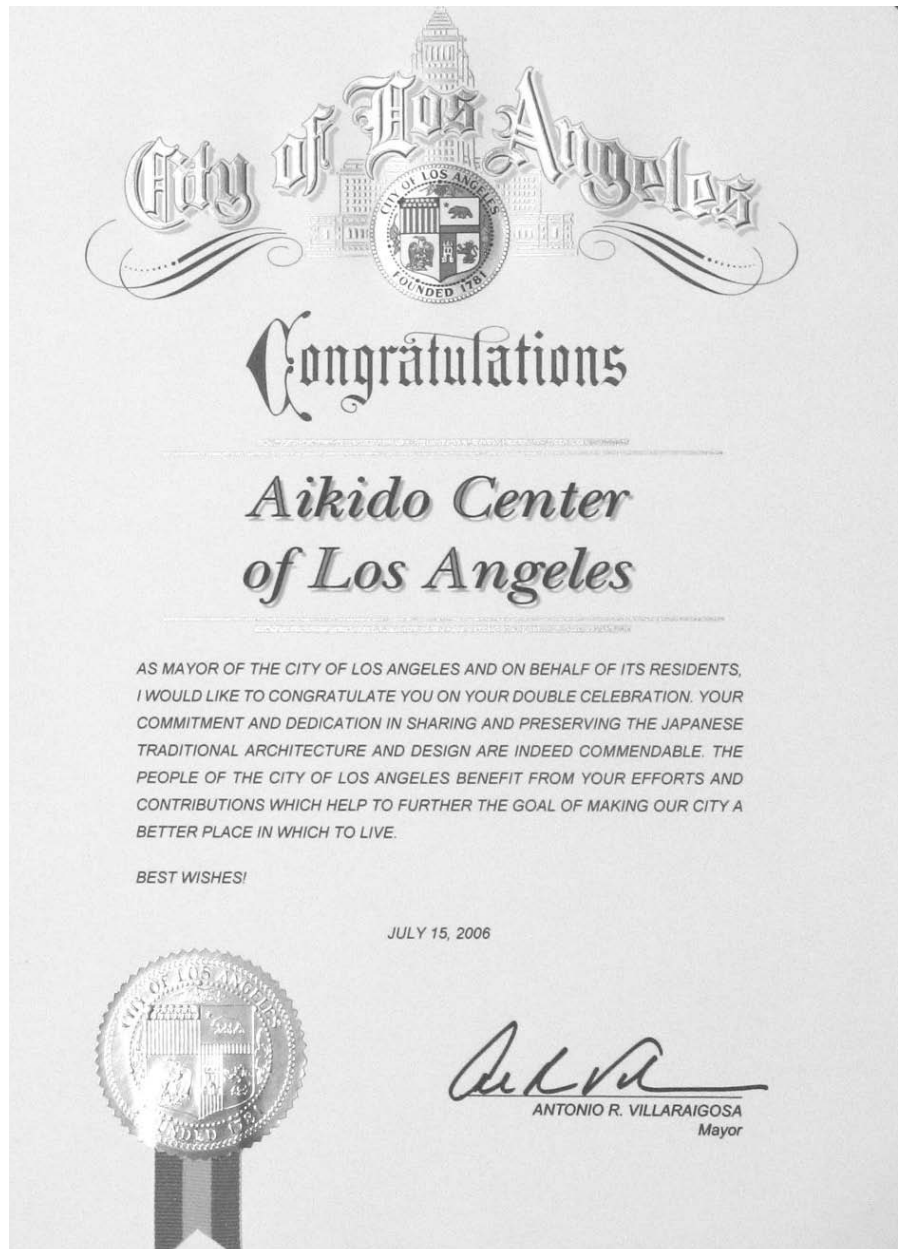
Not only had the weather worked against us with the heat, but I felt an extra pressure to be 'on task' to show Yonemochi Sensei great respect and to show Izawa and Itoh Sensei that I hadn't forgotten their teachings from the last seminar.

In addition the dojo had the added distinction and responsibility of hosting the L.A. Lofts book-signing during this time. This event would see a sort of remarkable turnout of well known martial artists such as Fumio Demura Sensei, Sifu Carl Totton, and others including our above mentioned seminar instructors. I was most impressed by the fact that despite the heat the majority of our guests stayed for a healthy time and really seemed to enjoy themselves. It was a great moment to see all these students, instructors, and acquaintances having fun under a banner of friendship.

During Yonemochi Sensei's classes I was continually impressed with his vitality, clarity, and good humor. Yonemochi Sensei stressed the importance of fundamental techniques above all else, and it echoed our own Sensei's instruction to adhere to these principles.

Of the techniques covered perhaps the most challenging for me will be to really understand this concept of kokyu-ho. Though I can say to myself, "Oh I think I know what that means" or offer a definition, or try to do kokyu-dosa as an example, actually it is still a very mysterious concept to me and I now suspect it may always be and that my technique is very lacking. Yonemochi Sensei referred to it

Proclamation To The Dojo From The Mayor of Los Angeles, The Honorable Antonio Villaraigosa



many times and spoke of how no one is really doing Aikido if there is no kokyu power in the technique. Really understanding and incorporating this point into my practice represents a sort of monumental challenge to me and it really illustrated how much work I have ahead of me. When Yonemochi Sensei said these things it really put me in my place, so to speak, to understand that Aikido is a lifestyle, a lifetime study.

Yonemochi Sensei impressed me also by physically demonstrating kokyu Con't.

Mayor's Proclamation:

As the Mayor of the City of Los Angeles and on behalf of its residents, I would like to congratulate you on your double celebration. Your commitment and dedication in sharing and preserving the Japanese traditional architecture and design are indeed commendable. The people of the City of Los Angeles benefit from your efforts and contributions which help to further the goal of making our City a better place in which to live. Best Wishes, Antonio R. Villaraigosa, Mayor

Echo Park Lotus Festival July 9.



David Ito, 4th Dan.. Executing Sankyo. Below: Ikkyo.



Maria Ferrari demonstrating Irimi-nage.



Anatoli Savtchenkov, 1st Dan, Sankyo Irimi.



Jim MacDonald



Maria Murakawa, 2nd Dan, executing Nikyo Tenkan.

On a very, very hot summer day and one week before our important Seminar with Yonemochi Sensei, many members of the dojo battled the heat to represent Aikido and the dojo at the annual Lotus Festival in Echo Park, just a few miles east of Downtown Los Angeles. This is an event that the dojo has taken a part in and supported for the last twenty years. Many thanks to all of the members who took time from their busy schedules to participate. An excellent demonstration!

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Bill Allen, 1st Dan. Kote-gaeshi



Left to right: Jim MacDonald, Rey Espino, Anatoli Savtchenkov, Maria Murakawa, David Ito, Dennis Long, Maria Ferrari, Michael Vance, Bill Allen, Paul Major, James Doi, & Mark Ty.



Mark Ty, 3rd Dan, demonstrating Kote-gaeshi.



Jim MacDonald demonstrating Shiho-nage.



Maria Murakawa & Paul Major. Shomen-uchi Irimi-nage.



Mark Ty demonstrating Irimi-nage.

Upcoming Seminar

Hiroshi Isoyama, 8th Dan, Shihan Seminar

November
11-12, 2006

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

For early registration,
please see Sensei.
Fees: \$175.00 per person.

We will all go as a group with
Sensei. Please join us.

KODO 2: Record 250,000 Lines Hit

KODO 2 is going to be a bigger undertaking than I had first imagined. Our dojo computer wizard has downloaded all of the Daily Messages of the last several years and, not including this year, 2006, there are an amazing accumulated 118,000 lines of text we must sort and edit. We tallied our Yahoo group and we have an estimate of 844,000 (52651 lines) words to date. Moby Dick has 208,000 words, the Bible is 783,000 words. This comes to approximately 250,000 lines of text in total.

I have asked everyone to let me know of any favorite topics or Daily Messages they would like to see included in this next volume but there was only one response from Jason P who made an excellent choice which happens to be one of my own favorite essays.

Many thanks for all of your help over the years, I think KODO 2 will be as good as the first.

Spirit:

Have you ever noticed? A truly good cook seems to understand the "spirit" of cooking, not just a few recipes and tricks of the trade. A truly good farmer understands the spirit of farming. A good mother knows the spirit of mothering and caring for a child. A pool player knows the spirit of pool. It is the same in our practice and all martial arts as well, without understanding the "spirit" of martial arts, you will never understand what martial arts is all about.

This spirit, must come from the heart - putting your heart into what you do is not as easy as it sounds and as everyone constantly talks about. It is a matter of commitment, perseverance, overcoming obstacles, and blood, sweat and tears. Without this, your spirit will never materialize from within and you will constantly be a slave to your emotions and delusions.

Only a mother can know what it takes to be a good mother. Only a great cook can really understand what it takes to

be a good cook. Only a true martial artist and Aikidoist can understand what it takes to be a true martial artist. In your practice, in each minute of each hour of each day you come to the dojo, think about how to bring your spirit into everything you do.

Next Month:

Sept Issue Features:

Nisei Week Aikido &
Iaido Demonstration.

Part II Yonemochi
Sensei Seminar



Dennis Long, Iaido 2nd Dan, Muso Shinden Ryu Shohatto.



Mark Ty demonstrating Hasegawa Eishin Ryu Iaido.



Gary Myers & Mark Ty demonstrating Toyama Ryu Iaido.



David Ito at the Lotus Festival.

Seminar Thoughts:

Kay Sera, 1st Dan

I felt that the seminar was a tremendous success! I, myself, enjoyed it immensely--the beautiful teaching, the enthusiastic practice and friendly camaraderie. It was very special to have Yonemochi Sensei teach us with such earnestness the very basic concepts of Aikido and to emphasize so strongly the development of our ki power. This is especially encouraging for a female student moving up in the years. There is such a depth and beauty to this art that becomes more apparent the longer one practices. It was a treasure and honor to have Yonemochi Sensei spend time with us and a true pleasure to have Izawa Sensei and Itoh Sensei join us as well. It was a wonderful reunion.

I really felt the generosity, enthusiasm and joy of all of our teachers and students that day. It was a wonderful seminar! Thank you for giving us the opportunity and putting it together! In appreciation, Kay Sera, 1st Dan.

Seminar Impressions: No Beginning, No End To Practice:

Bill Allen, 1st Dan

Though the weather was hot and humid, and there were a lot to do to get things ready for the seminar and for the book signing, I had a very good time at the seminar. It was the second time that I was able to meet Yonemochi Sensei, and it is a great honor and privilege to receive instruction from Yonemochi Sensei, and to hear about O-Sensei, as well as second doshu and third doshu, from him. For me, it is very special that, through Furuya Sensei and Yonemochi Sensei's friendship, we are able to feel the close bond

that our little dojo has with Hombu Dojo. This bond, of course, extends to Izawa Sensei and Aikikai Tanshinjuku Colorado, and to Itoh Sensei and Dojo Tekkojuku of Boston. It is always an honor and a pleasure to see Izawa Sensei and Itoh Sensei, and to practice the dynamic and formidable techniques that represent Kanai Sensei's legacy. It was really great to have Yonemochi Sensei, Izawa Sensei, Itoh Sensei, and Furuya Sensei all together teaching and practicing. I will never forget it, and I would like to convey my deep gratitude to all of them for

taking the time to come to Los Angeles to be with us.

I have been thinking a lot about the seminar classes over the past week, and there are two points that were driven home quite strongly, several times in fact, by Yonemochi Sensei. The first point is that we should concentrate on the ten basic techniques. The five Katame-waza, ikkyo, nikkyo, sankyo, yonkyo, and gokyo; and the five Nage-waza: irimi-nage, kotegaeshi, shiho-nage, kaiten-nage, and tenchi-nage. If we study these ten techniques, and practice the irimi and tenkan variants of them diligently, then our Aikido will have a strong technical foundation that allows for countless applications. The second point is that we must develop our kokyuhō through daily training, especially through kokyū-dosa. Since Yonemochi Sensei strongly emphasized these points, even more strongly than he did the last time he was here, I intend to renew my efforts to absorb and understand everything that we are taught about them.

When Yonemochi Sensei was describing kokyū-dosa, he said (I am paraphrasing Izawa Sensei's translation here), "Relax, believe in your ability to do it, then let your ki flow from your center to a point which is far beyond yourself and your opponent." He went on to say, "your muscular strength is limited by the extent of your body, but your kokyūhō extends beyond." When a teacher like Yonemochi Sensei tells us things like that, it is important to understand him literally, and do as he says. I believe it is also important to try and remember everything he said, and to let it seep into your thinking frequently in order to understand more deeply. For the past week, I have been thinking quite a bit about "extending beyond", and what that means. In one sense, it is the projection of energy outward beyond our physical boundaries. In another sense, if we

Happy Birthdays

David Kelsey August 4 (new)

Ty Tanita, August 8

Paul Gray, August 13 (new)

Robert Lew, August 19

Congratulations

James Takata married on July 1st.

In Sonoma, Ca.

Deepest Condolences

Madam Tokuyae Hanayagi, 86, on June 1st. Master teacher of Japanese classical dance.

Mrs. Tatsuko Sato, 78, on June 14.. Former President of the Yamanashi Kenjinkai. In Pasadena, Ca.

believe and continue to practice diligently, then our Aikido will become something more and better than we can currently understand. There is still another sense that is even more important, but I am not sure I can explain it very well, though I will try to do so. Our lives are separated and compartmented so that we can organize and understand the hundreds of things that we do each day. I have my "married life", "work life", and my "dojo life". In the dojo, we begin by training the body. At first, it seems impossible to overcome the limitations of the body. We have to rely on our determination and mental posture just to make it to the end of a class sometimes. So, as we train the body, we are also strengthening the mind and will. We have already begun to extend ourselves by the act of showing up for practice. The training is hard, so we are so glad to finish the class, clean up, leave the dojo, and go home and sit in front of the air conditioner. As we continue to practice, and learn more about the dojo and Aikido, we are asked to assist with this little thing or that. Maybe we have to assist with a demonstration, or wash down the front, or go fetch something. So, practice begins to extend beyond the walls of the dojo. As time goes on, one begins to understand how things ought to be in the dojo, so you start doing tasks without anyone asking you. There are leaves on the path, so they have to be picked up. The plants are suffering in the heat, so they have to be watered. None of this happens automatically, it arises out of training and being shown what to do. And in being corrected over and over. Maybe your ikkyo is not so good, so you take some extra time to Con't.

Paul Major Con't:

through tenchi-nage and kokyu-dosa. Though he is seventy-six years old he invited students of all shapes and sizes to test him, especially in kokyu-dosa. When he invited Bill Allen for kokyu-dosa I thought that moment would be really interesting because Bill has a lot of upper-body strength he can utilize and Yonemochi Sensei was encouraging him to jam the technique with strength. I saw Yonemochi Sensei relax his shoulders and breathe out strongly while Bill was really holding strong, and suddenly Bill was flung back onto the mat.

Sometimes when I see criticisms of the effectiveness of Aikido compared to other forms of defense I just think, "Have these critics actually seen real Aikido technique?" The demonstration with Bill was a moment like that. Yonemochi Sensei invited me to do the same to him. I can't really explain what happened except to say that even though I tried hard to keep the Sensei's hands from rising I was suddenly on my back. It wasn't 'magic', yet it was a level of technique that was so far beyond my current ability that it might as well have been.

After a seminar as challenging and interesting as this I think it's critically important to try to review as much as possible as often as possible, so I don't "lose" what I've been shown. This in and of itself is a challenge, but I take encouragement from the simple fact that a lot or even all of the techniques we have been shown in the seminar are built on the foundational principles that we go through each day in class. Even if we do not go over the exact technique during class we can still 'remember' some of the techniques of the seminar by reviewing with a partner before or after class.

I was once again pleased to participate in a seminar such as this that had so much friendly practice despite the heat and crowded mat space. Seeing Izawa, Itoh, and Furuya Sensei together again made me think that this will further solidify their friendships, which could in turn only benefit the dojo.

It is very easy for me to go on and on with good things to say about all of

the teachers and students I have been studying under and studying with. I do not mean to come across as a 'fawner' or sycophant in this way. However these have simply been my honest impressions, and to refrain from conveying terms like 'honor' and such wouldn't show how I really felt.

Thank you, Furuya Sensei for hosting this seminar, and thank you again to Yonemochi Sensei, Izawa Sensei, and Itoh Sensei for your excellent instruction!

Bill Allen Con't.

practice it with a willing partner. When you finally get home, there are leaves in the driveway that have to be cleaned up. After dinner, the dishes in the sink have to be washed. You just do this stuff, because the house has to be ready for the next day, and at some point, you realize that you are still training. There is no boundary between "dojo life" and everything else. Aikido has gone beyond the boundaries of the dojo. This, in my rather roundabout fashion, is another way that I was thinking about Yonemochi Sensei's words. To summarize, the seminar was very good. It was a great honor to be able to meet Yonemochi Sensei, Izawa Sensei, and Itoh Sensei again. I am very happy that Furuya Sensei has such great friends and teachers, and that they are willing to give up so much time on our behalf.

Affiliated Branch Dojos Con't:

Littleton Aikikai
Littleton, Colorado
Steven Shaw

Brugos Kodokai
Brugos, Spain
Under Santiago Almaraz

Aikido Tanguma
Joaquin Tanguma
Monterey N.L. Mexico

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.

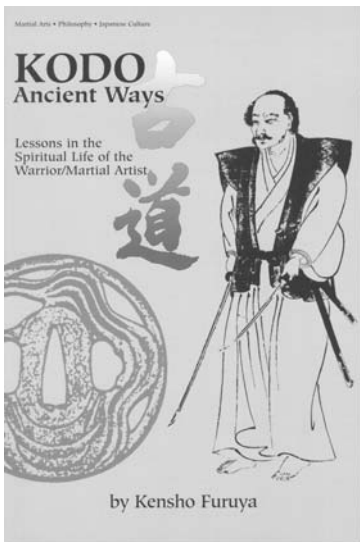
Visit our official website daily at:
www.aikidocenterla.com

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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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

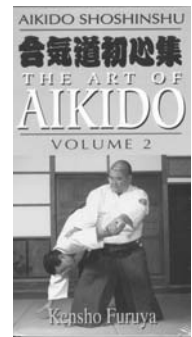
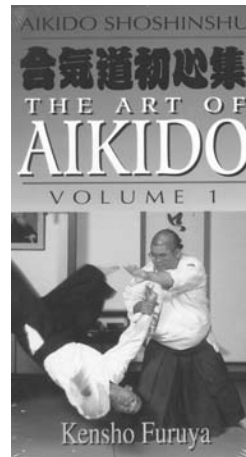
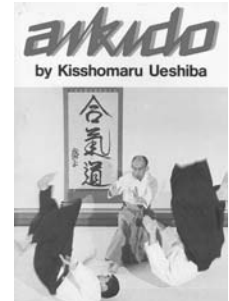
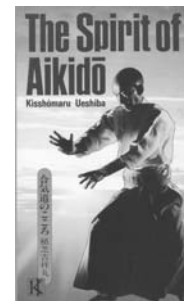
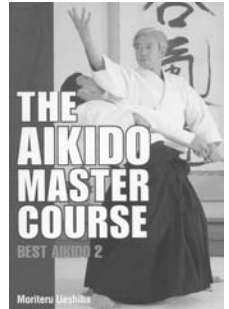
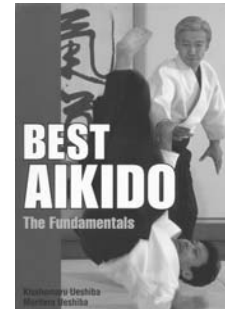
The Art of AIKIDO

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

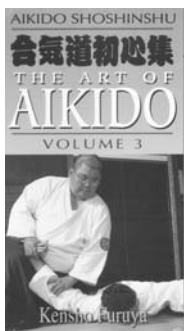
"Top Rated" Karate Illustrated
"Impressive Scope" Aikido Today,
"Exhaustive" Aikido Journal" "Best in the English language on the market today," Budovideos.com.

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.

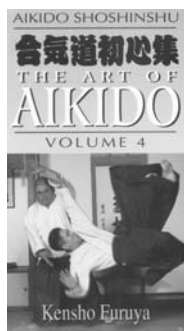
Recommended Readings:



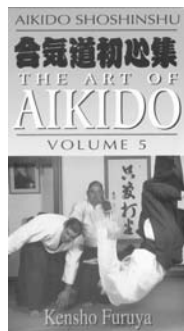
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



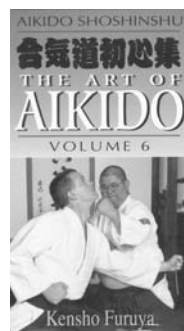
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



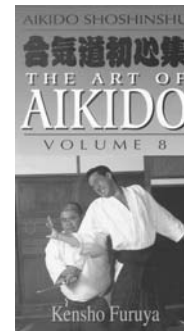
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



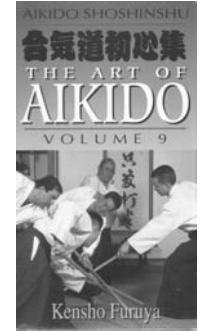
Tsuki: Strikes &
Punches
Yokomenuchi: Strikes
to the side of the head &
neck.



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: 9:00-10:00am.
Open: 10:15-11:15am.

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

Tuesdays: Beginning Basics: 5:15-6:15pm.
Advanced Intensive 2nd & Up: 6:30-7:30pm.

Wednesdays: Beginning: 5:15- 6:15pm. Aiki
Sword & Weapons: 6:30-7:30pm (Bokken).

Thursdays: 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.
2nd Kyu & up or Sensei's prior approval.

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.