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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

The Aiki Dojo

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

\$2.95
Donation

July 1, 2002

Volume XX. Volume 7.

Nisei Week Aikido Exhibition Aug. 4 & 11.

This year will feature two demonstrations of Aikido and Iaido on both weekends. Furuya Sensei will also debut his recent discovery of a rare self-portrait of the famed swordsman, Miyamoto Musashi with a lecture on his life and art. Please tell your friends and family to join us in our celebration.



Sensei demonstrating against multiple attackers.

Ready, Set, Go! Dojo's 30th Anniversary Celebration In 2004

Our Dojo will celebrate its 30th Anniversary on 2004. Sensei established the Dojo in 1974 in a gymnasium in Silverlake and moved to its present location in Little Tokyo in 1984. Our Dojo has grown very much over the years so it will be appropriate to celebrate the occasion.

Busy Summer Schedule:

July 14. Lotus Festival, Echo Park
12:00-12:30pm.

July 21. Pasadena Obon Festival Demo.
Pasadena Buddhist Church. 6:00pm.

August 4. Nisei Week Aikido Demo &
Lecture: Miyamoto Musashi. 1:00pm

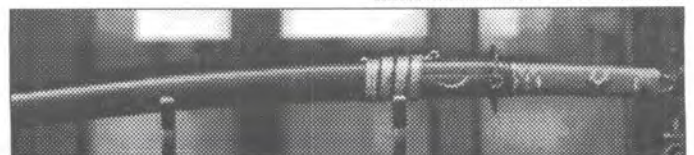
August 11. Nisei Week Aikido Demo &
Open House. 1:00pm.

September 8. Dojo Thank You Party.

Nisei Week Japanese Festival Special Debut:

Rare Portrait of Miyamoto Musashi

A very rare self-portrait of the 17th century swordsman, Miyamoto Musashi, was discovered by Sensei last year in an old suit of Samurai armour. Sensei will present this portrait and his sword with a lecture on his life and art. Musashi is also famous as the author of the "Book of Five Rings" and his life will be dramatized in next year's epic tv drama in Japan.



Aikido Center of Los Angeles

www.aikdocenterla.com

Nisei Week 2002 Program August 4th

1:00pm Aikido & Iaido

2:00pm Lecture on Miyamoto
Musashi, His Life & Swordsmanship

3:30pm Dojo Open House

August 11th

1:00pm Aikido & Iaido

2:00pm Dojo Open House & KODO
Ancient Ways Book Signing Party

Everyone is invited. Admission is free. Seating
space is limited.



July 14th

Lotus Festival, Echo Park

Aikido & Iaido Exhibition from
12:00noon-12:25pm

Check-in from 11:00am

See Mr. Watanabe for parking passes, etc.

July 21st

Pasadena Buddhist Church
Obon Festival

Aikido & Iaido Exhibition & Lecture
6:00-7:00pm.

See Mr. Watanabe for directions, maps, etc.



We need to make the usual arrangements to have the mats taken to Echo Park. We do not need mats for the Pasadena Obon Festival. We also would like beginning students to help pass out information about the Dojo and answer questions. We should arrange for a Dojo Clean-up the week prior to our own Nisei Week Demonstration. Everyone can help and get involved!

Art Park For Little Tokyo

06-06-02: Dear Neighbors. . .

I was contacted yesterday to ask for support of an Art Park, something we all have agreed is needed here -- at least a park -- to be located at Temple and Alameda. . . Please read over the attached info, and if so moved. . . Thanks. Katie McArthy. PS: Contact numbers are included in the email if you have any questions.

Dear Katie, Thank you very much for taking a few minutes to talk with me today about Art Park.

As I explained, a group, including MOCA, the Japanese American National Museum, East West Players, the 100th/442nd/MIS World War II Memorial Foundation (my group), Frances Hashimoto, Dan Rosenfeld (formerly with the City, now with Urban Partners), the City of Los Angeles' own architect, and many others began work in 1997 to create "Art Park." Over several years, though numerous meetings, interviews, public hearings, research, studies and comparisons, this group of Art Park Partners has developed a concept for a park to be located on what is now City of LA parking on the tract between 1st, Judge John Aiso, Temple and Alameda Streets.

The result of all of this work is a Master Plan for Art Park created by architect Michael Maltzan that elegantly satisfies numerous stakeholder needs.

Art Park would be located behind the historic buildings along 1st Street, and stretch out in front of MOCA's Geffen Contemporary and the Japanese American National Museum (JANM). It would surround the Go for Broke Monument, and provide a parkscape between the spectacular new Children's Museum (designed by Morphosis and a team led by architect Thom Mayne) and the historic structure that houses East West Players. Art Park is designed to link the Civic Center and Little Tokyo, and provide a long overdue park for the Downtown Los Angeles Community.

The City has prepared a draft Mitigated Negative Declaration to examine the impacts of placing a Little Tokyo Recreation Center on the Art Park site, which would eliminate Art Park as it has been envisioned.

Any support you or anyone you know can give on behalf of Art Park will be greatly appreciated. We need written comments to be submitted to Los Angeles City Engineering. Unfortunately, signatures are needed for all comments from members of the public, and I am told that they will not accept e-mail. Letters can be faxed, however, as long as the fax is followed by a mailed copy of the original.

The public review period will end on Monday, June 17, 2002. (All comments must be submitted by that date.) Please address all comments in writing to:

Vitaly B. Troyan, P.E., City Engineer
Attn: Irene Paul
650 South Spring Street, Room 574, Mail Stop 939
Los Angeles, CA 90014

Comments can be faxed on or before Monday, June 17, as long as they are followed by a mailed copy of the original, to:

213-847-8689 - fax no.

And for a copy of the Mitigated Negative Declaration, please: click on link and find it about 1/2 way down page.

http://eng.lacity.org/techdocs/emg/EMG_Index.htm

A very short, simple letter in support of Art Park is suggested:

"The proposed Little Tokyo Recreation Center would overrun almost all of the space where a much needed park has been planned. The Downtown Community has been asking the City for a park for many years. I urge the City of Los Angeles to allow Art Park to be developed on this site as it has been envisioned. Please do not deprive us of this opportunity to have a park we can all enjoy."

In addition, if you have interest in reviewing the Final Mitigated Negative Declaration for the Children's Museum, please call Irene Paul at 213-847-8698 to request it.

Thank you very, very much.
Mary Graybill
Graybill Communications
310-441-2899 - tel, 310-441-2080 - fax. graybillpr@msn.com

LA Downtown Artists' District Stays Together

06-11-02: Dear Friends and Neighbors: It's official: The 9th District is maintained. Word came down from City Council today in front of a crowd that overflowed the overflow chamber -- 300 in the main chamber, 300 in the overflow chamber, and crowds clogging the sidewalk in front of City Hall.

Thanks for all your support in this effort and your great proactive hearts. Each of you has been a brick. What fabulous results we get when we hang together. I'm proud of all of us. As Jan says in the attached e-mail from her office on this date, thanks to all.
Katie McArthy

Dear Friends, Thank you for coming out to support the on-going efforts to keep the Ninth District intact. Today, the residents and stakeholders of the Ninth District demonstrated their commitment to their community, neighborhood, and the entire Ninth District. Your overwhelming support was instrumental in today's outcome in City Council.

After six months of fighting to keep Downtown in the Ninth District, the battle is over. Today, Councilmember Nick Pacheco withdrew his amendment to the Redistricting map; and, all our hard work paid off. The lines of the Ninth District will follow the original recommendations of the Redistricting Committee for the next ten years.

Now, I will continue to serve the diverse population of the Ninth District-the people who voted for me knowing that I would stand behind them throughout the next four years. Thank you again. Each and every one of you epitomizes the voice, strength, and determination that is the Great Ninth District.
Sincerely, Jan Perry

New Training Schedule

As of April 26, 2002

Sundays: Children's Class
(5-16 yrs) 9:00-10:00am &
Open Class 10:15-11:15am

Mondays: Open Class
5:15-6:15pm & 6:30-7:30pm

Tuesdays: Open Class
5:15-6:15pm & Inter-Advanced
(3th Kyu & up) 6:30-7:30pm

Wednesdays: Open Class
5:15-6:15pm & Intermediate
(4th Kyu & up) 6:30-7:30pm

Thursdays: Open Class
5:15-6:15pm & 6:30-7:30pm

Fridays: Weapons (Jo & Bokken)
6:30-7:30pm.

Saturdays: Open Class
9:15-10:30am & Individual
Practice 10:30-11:30am

Every Last Saturday: Open Intensive: 6:30-8:00am
Required for all Black Belts & Seniors.

Every 1st & 3rd Friday: Aikido Principles &
Discussion. Optional for all members.
6:30-7:30pm.

To All Seniors & Black Belt Candidates:

Recommendations:

Please attend all intermediate & advanced classes.

Please attend monthly early Morning Intensive.

*6:30-8:00am. Early morning training is to honor O'Sensei's
practice.*

*Please attend and assist Sunday morning Children's Class.
This is the best training to become a good Aikido instructor.
Strongly recommended for all Black Belt candidates and
Dan Promotion candidates.*

*Please attend Aikido Study Class on Fridays to gain essential
background knowledge in the traditions, roots, and philoso-
phy of Aikido.*

Building Our Membership

Students should make an effort to help build up our member-
ship. This is always an ongoing project with the Dojo. Students
come and go so there is always a natural attrition of the student
body. Expenses, as you know, are always increasing year by
year.

We do not need to hard sell or drag them in by force but an
enthusiastic awareness in each student is important in talking
with friends and family members to encourage them to begin
Aikido practice. An encouraging spirit to always help and build
up our Dojo is important and part of our practice and being a
good member of the Dojo. Please help to bring in a new student
whom you think Aikido will benefit. Many thanks.

Dojo Clean-Up

It is always appreciated if you come in early to the Dojo to help the
assistant instructors with the Dojo preparation before practice. Before
practice, the front entrance of the Dojo is always washed down and all
of the trash is picked up. It is not simply to clean the "physical
aspect" of the Dojo, but the clean & beautiful atmosphere of the Dojo
always creates a calm and focused spirit in each student. Splashing
water in the front of the entrance and in the garden purifies the Dojo
for all who come for training.

Need Current Student Membership Information:

There is a new form in the Dojo which we would like all members to
fill out so we can update our student membership information. The
information is strictly confidential for only Sensei's use. Please fill
out this form the next time you come to the Dojo. All students, new
and old, must fill out this form. Thanks for your kind cooperation.

Sensei welcomes all inquires about Aikido
Dojo email: aclafuruya@earthlink.net

Make The Question A Question:

06-27-02: Dear Sensei, Studying Aikido for over 43 years, 28 of which are in your own dojo is a mark of accomplishment. For myself, aside from my work, there is very little which I have continued for more then a decade.

Was there a point in your art where acquisition of technique took a back seat to execution? A musician first learns to play an instrument, and in the process of learning plays short, simple pieces. Eventually the emphasis moves to playing over learning. I suppose that I am looking for the parallel which describes the way of a martialist (Robert Smith's word). Some musicians teach, etc. and other make music. Most martialist learn, then become teachers, few that I know, play at their art all their lives (one I think of is Kyuzo Mifune, and I base this on a tape of him in his 70's demonstrating randori with various partners. Another is Harry Endo who was invited). We are told that real application is in our lives outside the dojo, and yet it is in the dojo that you find your home. So, what is a Aikidoist doing which is the parallel to a musician playing?

I started this letter thinking to ask, as I search for my own understanding, that over the extent of your experience, what were the relevant crystallizations in the technical development of your art. Say like grasping the notion of reflex, or breath power, etc., but arrived at the end of my thoughts before asking, so; If you can share with me, just what have been the relevant crystallizations in your technical development over 43 years, I would greatly appreciate it.
Sincerely, Wesley M. Yoshikawa

p.s. After about 8 years of weekly piano lessons, my daughter continues to play. She probably will never play well enough to be a concert pianist, but it gives her no limit of pleasure to play. Most of her teachers have been ladies who teach piano to children while raising their families. My gift to my daughter is to arrange for her lessons without expectation of her accomplishments. I have rarely asked her to practice, and there have been years, when aside from her lesson, that she hasn't. Then, her greatest accomplishment was that she has always wanted to continue. This year she blossomed and truly quickened my heart. If playing is important, perhaps one could take every opportunity to play their art, even to shopping center patrons. Let them take away an incredible experience that they can share with others. I am rambling again, don't forget my question.

07-04-02

Thank you for your inquiry. I have read your questions several times over the last several days and after thinking about it a great deal, I think before really trying to answer your question, maybe you could make yourself more clear and more specific. It would also be helpful to know why you are asking me and what your intention is to ask.

At the moment, I can only say to you that you are making a great deal of assumptions according to your own understanding of learning without taking into consideration that my learning experience (and others) and learning in respect to very traditional Aikido may be very quite different nad unique from your own viewpoint and experience. I think correlations might be drawn between "learning experiences" in various disciplines such as Aikido and music as you suggest but without first hand experience they will only exist in the world of conjec-



Kensta Hansson, Guest student from Finland. May 26, 2002.

Articles and photos related to Aikido and the Dojo are always appreciated from the students to be published in the Newsletter. Articles can be emailed to aclafuruya@earthlink.net. Many thanks. ACLA

ture.

I think my own learning experience was very unique and quite different from learning in the general sense in our society and culture, here, today. I also studied piano for nearly twenty years and this particular experience was quite different from my learning experience in Aikido in many ways although I could certainly draw some relations if I tried. I see similarities in the same amounts of commitment and discipline to practice but the approach and attitude was very different in many respects. I find that my experience in Aikido was much closer to my so-called learning experiences in Japanese calligraphy, tea ceremony, painting, and Japanese music and dance. Of course, they have all emerged from the same cultural and historical environment in Japan and naturally share many similarities.

Finally, in Aikido, in MY own experience and in the way I teach, there is no separation between study and execution of the technique. And there is no time, I think, when I moved from one progressive step up the ladder after another. I imagine that my learning experiences continued to become deeper and broader and I have moved from one area to the next in my studies but, not at any time, has one area of study such as "execution" ever taken priority over another aspect of the art. Aikido is an integrated art and cannot be divided or catagorized or sectionalized into neat compartments of "learning" and "experience" as we seem to be inclined to do in Western learning.

The other day, I was having lunch with my student and we were both having apple pie or something. He took a bite and I asked him about how did it taste. He said, "Delicious!" I then took a bite and immediately thought that it tasted awful. Of course, my student has a taste for sour, vinegary things so this sour tasting apple pie was very good from him. I like sweet tasting things so, for me, it was almost inedible! Can you understand how each person's experience over the very same thing can be so different?

Please make you inquiry a little clear for me in order to help me answer your questions. Thank you. Aikido Center of Los Angeles, Rev. Kensho Furuya

From Iraq:

06-18-02: First chance to write: Hi friends and family, VERY busy and not much time to write. Also VERY sensitive data and can't elaborate on too much. Sorry for the vagueness.

Having adventure of my life and VERY different land. It's a journey back through the time machine I can assure you. Not sure if we really want to invest in this country. Seems like Vietnam all over again. I'm honored to serve and it's a very team oriented environment here. There is more dust than anywhere I have ever been before. Days go by fast and there is only time to take care of yourself and job they ask us to do. Time goes fast it's strange to be waken up by Islamic prayer at 3:30 AM every morning. Bicycles are then big luxury here and women are definitely oppressed.

Catch up w/ all of you when I'm back. Thanks for all your support. I can only hope I'm making some kind of difference. It's an experience I'll NEVER forget.... Stay well and I'm watching my SIX constantly..... Lancer out. QRF

Sensei's Reply: Our prayers are with you for your safe return home.

To Memphis:

06-19-02: Furuya sensei: Good to hear that you will teach class tonight (6/19), that means that you are in good condition after suffering from bad cold. Please take care of yourself.

Today I am writing to you on my moving to Memphis, Tennessee, next month: I will be working at Childrens Hospital for the first two weeks in July, prepair for moving thereafter, and leaving town on July 24 by train.

I am very grateful to Dojo members and you for the teaching and everything: You changed my life, which had been caught up with hospital business, totally different (to a positive direction, of course!).

I would like to continue studying Iaido even after moving to Memphis. Could I ask you if you have any idea on Iaido Dojo in Memphis you are familiar with?

It would be wonderful if you could kindly help me out on this issue. Kind regards, Yuko Araki

06-29-02: Thanks for reading my letter. My name is Tom and I'm a college student in Riverside that is interested in learning martial arts. One night, I was watching The Learning Channel and saw Rev. Kensho Furuya talking about Aikido. Through the internet, I was able to find your web page and e-mail address. What I am interested right now is how the classes work. Do students come in every day or are they scheduled? I ask this because I have a busy schedule and probably will not be able to make it everyday. Does Rev. Kensho Furuya teach new students, or just advanced students? Do students pay for their own uniform and gear? Lastly, what kind of method do you use to teach? I am curious because I have never taken martial arts before and have no idea of what to expect if I decide to train. Once again, thanks for taking time to read this letter. Hoping for Your reply, Tom

From Viet Nam:

06-29-02: Dear Shihan, I am in Vietnam, I would like to purchase your video tape. But I do not know, Can I buy it from Vietnam. Please guide to me how to buy it, Thank you very much and hope soon to see your reply. Best regards, Tran Anh



In June, Sensei meets with Skip Holbrook of New Mexico, noted authority on Japanese sword guards. Sensei is also a well-known authority on Japanese art swords and sword fittings.

Mark your Calendars!

1st Wednesdays: General Membership Meetings. 7:00-8:00pm.

1st & 2nd Fridays: Aikido Study Classes. 6:30-8:00pm.

Last Saturday: Monthly Intensive Aikido Training 6:30-8:00am. Breakfast Meeting follows 8:00-9:00am.

Children's Class: Every Sunday 9:00-10:00am.

Afternoon Classes: Every Thursday 12:00-1:00pm.

Kenshinkai Iaido

2nd Saturdays: Monthly Iaido Intensive 6:30-8:00am.

No classes last weekend of the month.

Practicing One Thing Is Practicing Everything

Submitted by Jens Kruse

06-20-02: Dear Furuya Sensei, This is Jens Kruse, your new student. I just realised something very interesting that I would like to share with you. This message will be a bit long and I appologize if I am in any way intrusive. I read you daily messages every day and like them very much. There are other people in different walks of lifes who share your attitude and teaching style and make a big difference in their students' life.

I have been playing guitar for over 28 years (since I was 5), and used to be a pro player. For over 1 year I have been on the e-mailing list of one of America's top guitar teachers, Jamey Andreas. He wrote a book about practicing guitar to reach one's full potential as a musician and player. He has helped thousands of people getting down to the real practise and make them understand their instrument (similar to a sword in martial arts), even very seasoned players. The following is an excerpt from Jamey's latest e-mail newsletter. If he was into Aikido, he might be a terrific Sensei.

Sincerely, Jens Kruse

Here it goes:

PRACTICING ONE THING IS PRACTICING EVERYTHING!

The Basic Practice Approach ties together everything in The Principles into a working method for training the fingers to do whatever we want them to do on the guitar. At a recent workshop, I was demonstrating The Basic Practice Approach to the class by sitting there and practicing something I had recently been working on, a passage about one measure long from a piece I had just written for guitar.

In the workshop, it took me about ten minutes to bring that passage from no tempo, to slow tempo, to "up tempo", or performance speed. Now, it must be understood that when I first started working on it, I had to spend a few days **ONLY DOING NO TEMPO PRACTICE**, along with posing on the stress points. Only after a few days of building into my muscles the correct feelings and reactions, did I test myself by trying a slow tempo.

At this point in the practice process, the metronome comes in. The metronome is used here as a **TEST** of the efficacy and integrity of our previous practice. In other words, if I can't do it at the slow tempo of 60 at 4 clicks, **PERFECTLY**, then I have not done enough no tempo and posing, or I have not done it properly, (which means the bottom of my practice is not deep enough).

After a few days, I tried slow tempo practice, and the passage was holding up. I was getting all the notes, and I was comfortable, and everything looked and sounded good. Now, at this point, I begin a "work up".

Every day, I follow the first two steps of the Basic Practice Approach. I think, and review what I have previously discovered about this passage, so that I can apply it to today's practice. Then, and this is **EXTREMELY IMPORTANT**, I re-visit the bottom of my practice, and make it deeper if I can. In other words, I do powerful, no tempo

practice on the passage. Back to basics, always, no matter what level you are at!

This is key. Most people, in learning music, stop doing their slow practice on a passage after they feel they know it. They begin to only play it fast. If you only play your music fast, it will, after awhile, begin to "deteriorate". You must always clean, renew, and rebuild the reflexes and muscle memory by visiting the bottom of your practice. It is the intermediate speeds that can be condensed and compacted in order to save time as the amount of material to be covered gets larger.

Now, let me explain the "practicing one thing is practicing everything" concept. Many people, when told what real, correct practice is, still don't do it because they feel that it would take too long, they would never learn to play all the music they want to learn, and so forth. Of course, the truth is the exact opposite. If you don't do this slow, careful, and methodical approach that you think takes so long, then, you will never learn all that music. You will just convince yourself that you have learned it. But, it will be hard to convince other people if you happen to play for them!

It became clear to the workshop attendees who sat and watched me do real practice that my fingers were benefiting far beyond that particular passage. In fact, it became clear to them that my practice did not involve merely training my fingers, but rather, I was training my whole body. It became clear that this training would show itself in many other things I would attempt to play that had the same difficulties that I overcame here in this passage.

It became clear that my entire "playing mechanism" was being upgraded by the practice I was doing. And that is exactly right. That is why I get better all the time. That is why anyone who practices like this gets better all time.

Please realize this. If you can't play one scale correctly and cleanly, then, you can't play ANY scale correctly and cleanly. So, if this is the way it is for you, there isn't much use, from the point of view of technique, to practicing a ton of scales. It would be a much better use of your time to pick one scale and examine it minutely, and practice it correctly and intensely until you begin to get it clean. Then, you will see **ALL** your scales improve.

This is the meaning of "practicing one thing is practicing everything". Correct practice opens the door, slowly, one inch at a time to the world of music you want to play. Please realize that the opposite is true as well. Bad practice closes the door, slowly, one inch at a time, to the world of music you want to play.

06-20-02: Yes, Sensei, I will come as often as I can, since I consider myself fortunate to train at your Dojo. Reading your daily message about your plants and teaching the senior students how to care for them, makes me understand why the seniors care so much about our progress and correct every detail.

I wish someone would teach me about plants, since I can't seem to keep some of mine happy and healthy.

I hope to see you at the Kodo Study class tomorrow, sir.
Sincerely, Jens Kruse

Letters, Questions, Inquiries:

From Greece: 05-22-02: Dear Sensei, Thank you for your message of today. . . . I look forward to receiving the book and the videos and I will certainly come back to you afterwards. Although it has been 20 or so years that I physicaly and systematicaly practiced Aikido, the teachings not only never left me but have affected my thinking and my life significantly. Now, at 40, family man and overweight, more experienced in the ways of the world I ask myself, am I any wiser ?

Such questions come to my mind also because I have to act mental "sensei" to my two boys, who both are students of Okinawa karate, and I must be ready to answer many of their questions while I show them how important the mind is in all that they see around them and in all that they do.

I am certain that your book and the videos will be an important part of this effort. I hope that I have not tired you with this long e-mail and thank you again for your patience and help. With kindest regards,
Antonis Simigdalas, Greece

05-28-02: Thank you. It's become a GOOD habit for me to read your words. Mike Hatfield

05-29-02: Yes...I am "off the path" student in Malibu, my son is in your children's class. By the way, I am currently reading your book daily, finding the way back. I'm very interested in the KODO study class. - Mike Hatfield

06-02-02: Dear Sensei, Thank you for your e-mail. We have just received the videos and the book. We have started slowly viewing them and all of us (my wife, our two boys and myself) are very interested to absorb as much instruction as possible from the video. We are gratefull to modern information technology, but is is only a mediocre subsitute to the real teacher-student relationship. However, the excellent way you have presented them with slow movements, many repetitions, simultaneous explanation and error demonstration is helping us a lot. The most important of all, especially for me, is the book and your daily messages in the acla web site.

Although we are at the other side of the world, your teaching is already very important to us. Thank you for what you do for all of us. Kindest regards, Antonis Simigdalas & family.

06-14-02: I saw the show you did on the Discovery channel, and was impressed. I want to know what lead you to become a Zen priest. I would like to study and learn more of the Taoist religion, do you know where I can begin. J. Jones

Father's Day 06-18-02: Dear Sensei, (In regards to your latest writings.) Just yesterday I was telling a couple of my clients about a Father's day type experience. Each day before I leave for work I kiss my wife, my 9 year old daughter, and my 3 year old son. My son came running to my car to tell me that he "forgot" to give me a kiss.

Visit Our Website Daily!
www.aikidocenterla.com
For Sensei's Daily Message

He came to me and I could feel that his entire focus and attention was on giving me his hug and kiss. He gave me a tight squeeze and a sincere kiss. What a great feeling to receive another persons' undivided attention. What a difference there is when we are really with the other person, compared to going through the motions, or having other thoughts on our minds. I learned a lot in that moment, and hopefully will continue to learn the importance of giving those we love that type of attention. So much love from such a little package! If only all of us could express and feel that type of love.

Sincerely, Stephen Cooper, Altadena, Ca.

As of June, we have received a rent increase from our landlords so we do need to increase our membership. Please introduce our Dojo to your family and friends. Let's all help out to build up our membership. Many thanks!

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

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

Aikido Center of Los Angeles

www.aikidocenterla.com

06-02-02: Hi Furuya Sensei, it's Daryl from Vancouver. Recently you have emphasized not taking things for granted. Every day I read your message. But I wonder if I am taking your message for granted. Of course I hear the words "train hard" and "to understand aikido takes a lifetime". If someone asked me about aikido I could parrot those words back to them. But I wonder if I really hear what you are saying.

When you go into a bookstore today you see a huge shelf full of Self Help books. I believe if everybody really followed just one paragraph from just one of these books, everybody's life would be perfect. But instead we accumulate collections of "Chicken Soup For The Soul" or "Seven Habits Of Successful CEOs" and read them like cheap novels. Maybe if I read ten of these books I will be ten times as happy.

Similarly, I read your message everyday along with other articles and books. Maybe reading ten times as much aikido philosophy will make me ten times better at aikido. You see what I am saying here? Superficially I know everything, but really I know nothing. I read your message everyday but do I really understand? Or am I just accumulating more and more "wisdom" that I can parrot to my friends? If I force myself to sit zazen 3 times as long, does that make me 3 times as good?

Although I seem to be a serious aikido student and a good helper for Sensei, inside I am the same as before. I feel like nothing fundamentally has changed in my life. It is almost like I've "bought" my aikido knowledge, like some cheap trinket from the orient. For example when I try to help Sensei, it's like I'm giving "too much". I'm trying too hard to make him happy. Even saying this now, it feels the same, it comes from the same place. I'm still trying to "get" something by criticizing myself. Maybe I could say "you must stop trying to 'get' something." But that is itself an attempt to 'get' something. I can't trust myself, I can't trust my own motivations, even my motivations for writing this now.

Sorry to dump on you with these silly problems. I know you are busy. If you have any advice I would appreciate it. But if not, thanks just for reading it. Okay have a good weekend! Thanks, daryl

Sensei's Reply: Daryl: Thank you for your wonderful email. I may use it in my Daily Messages. You have many questions many people ask but you have all the answers too! Do not worry about results. Just keep trying hard but, as I also say, keep everything "natural." Confucius said that associating with good people (and good ideas) is "like walking through the morning mist in the garden. As you walk, the sleeves of your robes will naturally absorb the moisture from the mist," in the same way, you will absorb the teachings and instructions. Of course, you do not realize that the robes are getting moist from the dew or mist, it all happens very naturally.

When I was practicing Noh, we were told to sing the words as loud as possible. Of course, it was awful this way. If I sing in a more normal voice, much quieter, I can control the notes. At the beginning, it is important to sing very loudly, to develop the proper chords and strength, so everything to me seemed so exaggerated and out of whack and unnecessary. Gradually, however, everything begins to fall into place. If I had started off in my own way with a softer voice, I would have never developed properly. Can you understand? Sometimes, at the beginning, you may have to exaggerate everything, or everything may seem too exaggerated or out of place to

yourself. Gradually, everything will fall into place.

When I first started Chinese calligraphy, we wrote very big characters. No body uses such large characters in normal usage. However, from the big characters, we could easily develop regular characters very easily.

Aikido and Zazen is just like this. Everything seems out of place at the beginning. If you are on the right course, everything will make sense eventually.

When my mother had to cook for guests, or a picnic or for Christmas or Thanksgiving, she would always worry if it was good enough, or she made enough food, or if it tasted all right. She was never happy with what she did. As usual, it was always very good, it was always too much food, and it was always better than the last. We had an aunt who always prided herself as a great cook. Whenever it was her turn to cook, she just threw everything together because she knew how good she was. Sometimes, it came out good, but many times, it was quite horrible. Sometimes, it is better to worry - it means you "care" and you are "concerned" and sometimes this is all that matters.

Keep in touch, let me know how you are doing, best wishes always and hope this helps!!! Sensei

06-03-02: Hi again Furuya Sensei, thanks again for addressing my question. I hope it helps everyone a little bit today. This morning I was surprised that practice was "lighter" because my mood was not always worrying so much. Have a good day! thanks again, daryl

06-04-02: Rev. Kensho Furuya: Good to hear from you, If you can attend the United States Martial Arts Hall of Fame, I will pay your Induction Fee, Banquet ticket, and Saturday night Room at the Hotel. This is a great event with many attending the 3 day training camp and approx.400-500 attending the Hall of Fame Banquet. Please let me know soon and I will process your paperwork, It would be a great honor to have you, Sincerely, Prof. Cale

From Israel: 06-04-02: Rev. Kensho Furuya, How are you? I enjoy so much your daily writings !!! my students read them too, and we often talk about it. I see that you have changed the title from "word from sensei" to " By Rev. Kensho Furuya"... Is there any special reason? Anyway, I hope that this region will become a bit safer and then to invite you here to teach us. Please don't consider me rude, but this September when I visit Koyama Sensei in Kyoto, I will have to talk about this matter. I am almost sure he will be glad to know about you. Too bad your daily essays are not translated to Japanese.

By the way, if by any chance you have some information about you and about your dojo and activities written in Japanese, could your possibly please send them to me so I can show them to Koyama Sensei?

We all train hard, and I think that some of my students will deserve their SHODAN next winter. They have to practice hard though and realize the essence of Aikido and its applications in everyday life. Take care, and keep writing and teaching so many people all over the world ! Yours, Ze'ev Erlich.

06-05-02: Dear Rev. Furuya, Today I came across your website while searching for an Aikido studio to join near my home. There is one physical problem which make me apprehensive about joining, but

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06-05-02 Continued: I'm hoping you can give me some information which will make up my mind.

Some years ago I had shoulder surgery and have a pin holding it in place. Since I am double-jointed, the results are not quite 100%, so this is a concern. Should I be worried about this?

Also, I was so happy to read some of your past messages. Some recent events have made me question certain decisions and actions. I have not felt very good about this, and have even questioned myself over and over. Sometimes my emotions get the better of me and it clouds my judgement and behavior.

I do not only want to practice Aikido as an artform itself, but also as a means of meditation and balance. I would like to be your student. Sincerely, Rick Short

06-06-02: Hello sir, I just wanted to say that your art is amazing and I am truly inspired by what little I have seen and touched upon. Although I am not an active student of Aikido, I would very much like to learn more and experience this art first-hand. What would you suggest? Sincerely, Zack Infanger - Account Consultant

Sensei's Reply: Start Aikido training right now!

06-07-02: Hello again Sensei, Thank you sir for the quick and "to the point" response. I realize now that I failed to mention a key factor. I am unable to join your school right now (though I would love to do so). It would not be prudent as I could not commit to being there on a regular basis and I am already dedicated to my own Sifu.

I suppose what I am asking for is direction in a more scholarly sense. I would love to read more and, very much like to see more of this art. I must say that I have never seen anything else that flows as Aikido appears to do. It actually feels good to imagine those movements and endeavor to mimic them.

Would you suggest any particular book, seminar or demonstration that would allow me to better comprehend the art? I would like to learn more about its creation, history and place in the world. Perhaps in the future I will be able to dedicate myself to Aikido. I feel that it would be a logical move for me in the future. Until that time comes, I would like to satisfy my immediate curiosity. Of course, I am young in the martial way and perhaps this is not the right way of thinking. I appreciate any advice you would be willing to offer. Thank you for your time and consideration. Sincerely, Zack Infanger.

Sensei's Reply: Hmmmmmm! I am probably not the right teacher for you. . .

06-11-02: Dear Sensei, I have been reading your column for about 8 months now and really like the things you have been sharing. I have developed an avid interest in Aikido, but due to a number of obligations, I have been unable to start training. These obligations are rapidly coming to an end and I will be visiting several dojos in July in order to find a place to begin my training then. During this time I have read everything about Aikido I could get my hands on or find on the internet. (This may have caused me more harm than good, as I really don't know enough to separate the wheat from the chaff.)

My question to you concerns training methods. How does the

Yoshinkan training method differ from the Hombu training methods? Being physically large and uncoordinated and an average student at best the "scientific" approach of the Yoshinkan system is appealing, but the results their literature say are possible in such a short time don't seem to square up with other things I have read. Most authorities say that it takes longer than a couple years to reach blackbelt. I really don't care how long it takes. My main concern is to find a good dojo and the right teacher. Unfortunately I don't know if I even know enough to be able to choose well. (I suppose this confusion is what I can expect from reading and not actually training.) It is my desire to really learn Aikido well, and I realize this will take a long time, a strong commitment, and a laser like focus on the basics. After reading your column for awhile I feel I can trust you to not sugar coat the answer. On second thought, maybe I'm asking the wrong question. Any light you could shed on the matter would be greatly appreciated. sincerely, Patrick Kyle

Sensei's Reply: If someone were to tell me that "their method was more scientific," I would ask, "how?" It is not my job to criticize or comment on other dojos and we ourselves do not have any kind of sales pitch for you. We accept all interested and sincere students of Aikido. I think you already have some doubt in your mind about such things, otherwise you would not be asking my advice. Do you want me to clear away the trees so you can see the forest more clearly???

06-12-02: Dear Sensei, I presently live in Whittier C.A., not far from the border between LA and Orange county. sincerely, Patrick Kyle

06-11-02: Dear Sensei, I feel very fortunate to have found myself in your orbit. I enjoy your messages. One of your students is reading your words. Thanks again.

Oh yes, there is something else. I remember some comments of yours I read a little time back about how you enjoy hearing the sound of the dojo practicing while you are up in your living quarters. Eventhough I should probably just be practicing, I have thought how special it is that you are upstairs with an ear or eye on the practice. It is one of my pleasures in your dojo. K

06-20-02: Dear Rev. Kensho Furuya Please let me introduce myself. I am Robert Yarborough an Air Force Pilot (Lieutenant Colonel) and martial arts student living in Alabama. I had the great pleasure of watching the first two tapes of your Aikido series and have ordered the remaining tapes. I am a student of Hapkido and Taekwondo for 28 years, and I have taught both for 18 years. I have always had the desire to study Aikido but unfortunately due to my travels in the US Air Force I have never been stationed near an Aikido Dojo.

I hope that you can provide me the name of one of your students teaching in or near Alabama. Thank you for your time and assistance. In the arts, Robert

06-14-02: Dear Sensei I came across this quote that I thought you might like to read as it seems to capture the essence of many of your messages: "Discipline is my friend, my liberator. He sets me free from the ties that bind the common man. If I am true to him, he will teach me about myself and show me things unimaginable only a short time ago. If I had to pick just one virtue above all else, it would be discipline-even over love; for it is the ingredient necessary for all other virtues to grow and prosper. Thus I make discipline my constant companion." -- David Finley. Best wishes, Ambrose, England

Daily Message Fans Still Emerging:

06-26-02: Dear Revered Kensho Furuya:

I wanted to tell you how much I appreciated the messages you have written on your web site. I was especially struck by one thing which you wrote:

When the person attacks us or is aggressive to us, why do we follow so many rules and restrictions? - why don't we just kill him? We must harmonize, we must not injure, we must be gentle, we must not be aggressive. This makes defending ourselves very very difficult! This is not a sign of weakness or fear, however, it is a very high, noble and transcended way to live.

I have studied Kenpo karate for three years, and as much as I enjoy the artistic part of it; working towards the perfecting of forms, I am sometimes bothered by the violence inherent in it. I very much appreciate the way you have articulated the ideal of harmonizing.. An Aikido dojo has recently opened in my area, and I intend to look further into the art of Aikido. Thank you again for posting your writings. Penelope Padmore

A Cup Of Tea At Niagra Falls

06-23-02: Dear Sensei: Your daily message and your book -Kodo are showing me that I am not alone with my own thoughts. Thank you for being a rock in that streaming river, flowing faster and faster. We must be strong where people are very violent and destructive nowadays.

Together with my wife I immigrated the fall last year from Switzerland to Canada. 3 Months ago we opened a little tea house one ferry ride north of Vancouver. The start of the business is slow but we enjoy it very much up here. There was an incident yesterday with an elderly couple that came for a pot of tea. In our tea house one person can have a cup of tea or a pot of tea what comes then with a home-made cookie. They both ordered a pot of tea and the lady was very mad at me and my wife because they couldn't share a single one-person-pot. While my wife was preparing the pots I suggested the couple to have just a cup of tea each. But they refused. In the meantime the husband felt awful about the situation that his wife got so angry about the prices. She embarrassed me and my wife by shouting at us that she never will come again. I felt sorry for her behavior and I felt sorry for her husband that he didn't take a stand. First I tried to respond but I saw that there was too much anger in this person and I couldn't come trough. What can we do to help those people who are creating such a pain- full, angry world full of anxiety for themselves ?

I highly appreciate your work and I was hoping that you would send me your monthly newsletter. Thank you in advance. fabian@tea-house.ca Yours sincerely. Fabian

Sensei's Reply: 06-23-02: Hello! Many thanks for your interest. I am happy to hear you enjoy my book and website.

I don't know the situation since I wasn't there on hand but my feeling is that you shouldn't worry about this incident at all. I don't think, frankly, that this woman is angry about the tea, or the price of the teator whatever, she has something far more pressing than this which is bothering her. Because she doesn't really know how to deal with

real problem, I think she just lashes out at something which she thinks she can handle more easily or won't be so much trouble or have the same repercussions for her. We can only be patient and have pity that she is suffering so much within herself. I don't believe it has anything to do with you or your tea at all.

I do think that it is slightly "mean-spirited" of her to pick on a shop which is newly opened. She may think that because you are a new shop, you are more "vulnerable" than someplace else. This is mean spirited to me.

Her husband does not say anything means that this has happened before or many times before. if this was the first time, I think he might say something. If she realizes her problem, she may return and apologize to you. If she returns and says nothing, it means that she is more concerned with her pride than anything else and that we are right. If she never returns to your shop, you have one less problem customer to worry about.

This happens a great deal in America, but I am surprised that it happens in Canada.

You will probably be "tested" again in your shop so you should be prepared to just grin and bear it. There is really nothing you can do, but, at the same time, it is not your problem so you do not need to deal with it. Every one has their own suffering. Some of us can deal with it within ourselves and some cry out for help. We can only have compassion for others whether we understand their actions or not. In whatever case, its source is some suffering from within the person and we can only have compassion for it. Much good luck and success in your new enterprise and new life in Canada. I wish I could have a cup of your tea! Best wishes and keep in touch to let me know how you are doing, Always, Aikido Center of Los Angeles
Rev. Kensho Furuya

06-29-02: Dear Sensei

Thank you very much for answering so immediately. Yes, I would love to serve you a cup of my best tea at my Tea House at the Sunshine Coast. We are here close to the wilderness and blessed by such a beautiful environment. There is a little Dojo in the next village where I can practice Aikido four times a week; sometimes I would like to have the opportunity for daily training. Or to study in Japan or study under a great teacher like you...but there is a path which I have to follow and it isn't yet leading me there. But sometimes wishes comes true, isn't it ?!



The more I open myself to true learning the more the universe offers me to learn.

Now I don't want bother you any longer with my unimportant writings. I wish you a great time! Yours sincerely Fabian Staehli. That's me and my wife in front of our little Tea House!

Sensei's Reply: Glad you are well. Best wishes always.



Daily Aikido practice in the Dojo.

Getting Ready: Dojo's 30th Anniversary In 2004

We are getting ready to celebrate our 30th Anniversary of the establishment of our Dojo in 1974. Our Dojo was first established in Silverlake in a gymnasium where Sensei was studying gymnastics. The Dojo moved to Hollywood in 1979 when the old properties went up for sale and to Little Tokyo in 1984 when the Dojo required a full time training schedule. We should all help out in this project.

Dojo T-Shirts

We are looking for a graphics designer who can help the Dojo design and make new t-shirts for the Dojo. Any help or information is greatly appreciated. We need a good job done at a very reasonable price. Please see Sensei.

August 3rd: Dojo Clean-up

We will have a Dojo clean-up on August 3rd to prepare for our Nisei Week Demonstration on August 4th. Everyone, please help out with tatami cleaning, garden cleaning and vacuuming the 1st and 2nd floors.

August 19th: Karita Sensei From Tokyo

Naoji Karita Sensei of Tokyo will visit Sensei for several days. He will be bringing further research done on Sensei's rare portrait of Miyamoto Musashi discovered last year.

August 28th: Summer Party

We will have our Summer Party in the Dojo. Potluck and soft drinks. A good time to get to know the other members. Lotsa fun! Everyone welcome!

Sensei's Daily Message:

Trying to teach Aikido to my students has drawn me into the vast world of education and learning. It is not simply to show the technique and have the students imitate my movements but it has taken me far beyond into "What is education, learning and teaching itself?" the boundaries or parameters of which I still have yet to discover.

I think we tend to view education too simply, usually into basic functions of "positive reinforcement" and "negative reinforcement." The repeated or "learned" behavior of the student is either rewarded (Positive) or reprimanded (Negative). We also employ "incentive learning" or rewards of treats for a job well done (meaning that you should do well, or, at least, do what you are told to do) and another term I heard recently, "discriminatory stimulus" or knowing when to do it and when not to do it. All of these theories have been well tested on laboratory animals such as rats and cats. I think using such animals to describe human behavior is a "step up" for the animals but rather a "step down" for us humans!

With the exception of a few animals, the nervous system of us humans is allegedly far more complex than most animals. A cat may be motivated to cleverly move through a maze of plastic tunnels to catch a little treat because it is hungry. A human may move through the same maze with equal dexterity because he is hungry but not for the treat at the end, there may be much more complex motivations and agendas involved beyond our scope understanding and definitely not obvious to any of our acute observations or theories of the moment.

I somehow feel that the Eastern approach is much different or at least, has not followed this approach. It seems to me to be rather more "morally" or "ethically" oriented. What I mean is that simply reaching the treat at the end of the maze is not enough, there is another condition of whether it is right or wrong which also must be resolved.

Aikido practice is not simply a physical exercise as we know. There is another condition which also must be achieved - that of cultivation of our minds, or spirits, or ki or whatever we want to call it. This takes us beyond simply maneuvering down a maze but compels us to ask, "Why," and "What for?" At this point, we enter the "spiritual" aspects of the art.

For many of us, this spiritual aspect in our training is just a vague feeling inside - maybe noted by being a "good feeling" inside of ourselves and perhaps, for most, this is good enough and as far as it goes. I think that we really need to explore this area more. Because it is in this area, within our spiritual nature, that true learning, as in Aikido and many traditional arts, takes place. In Aikido, it is rather easy to train the body to do this and that, but the mind is much more subtle and complex and cannot be tested with mazes and treats at the ends of tunnels. We can understand the basics of human physiological movement, but how we begin to understand this mind of ours and how we use Aikido to flush this deeper aspect of ourselves into the open where it can be studied, I believe, must be the beginning of human wisdom.

The greatest fear of all, it seems to me, is fear of ourselves. We say that all fear can be dissolved by understanding but we know from our own real experiences that it is not that easy. This does not mean that we are weak, it only means that there is much more of ourselves we have yet to study. Please keep up your Aikido training!

Aikido Center of Los Angeles

www.aikidocenterla.com

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

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

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

Tuesdays: Open Beginning: 5:15-6:15pm.
Instructor's Advanced: 6:30-7:30pm

Wednesdays: Open Beginning: 5:15-6:15pm & 6:30-7:30pm. Intermediate-Advanced: 7:45-8:45pm.

Thursdays: Open Beginning: 12noon-1:00pm, 5:15-6:15pm & 6:30-7:30pm.

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

Saturdays: Open Beginning: 9:30-10:30am. Beginning-Intermediate: 10:30-11:30pm. Every 4th Saturday: Open Intensive: 6:30-8:00am.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba and the present Moriteru Ueshiba Doshu.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,

Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Thursdays: 7:45-8:45pm

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

No Classes on the last weekend of the month.

Intensive Iaido

Every 2nd Saturday of the month.
6:30am-8:00am

Private Classes Available.

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.

Aikido Center of Los Angeles
www.aikidocenterla.com

Welcome To The Aikido Center of Los Angeles



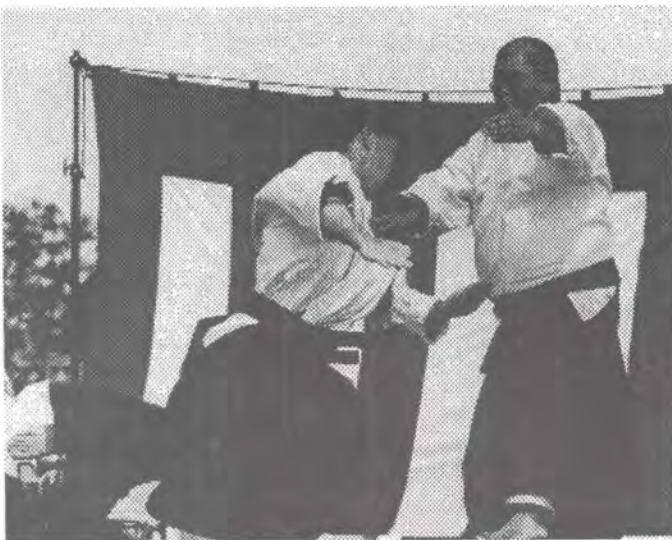
Aikido Center of Los Angeles

Our Dojo's 28th Year, 1974-2002.

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.

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords: Purchase, 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 SWORDS & BOUGHT & SOLD
By appointment only.*



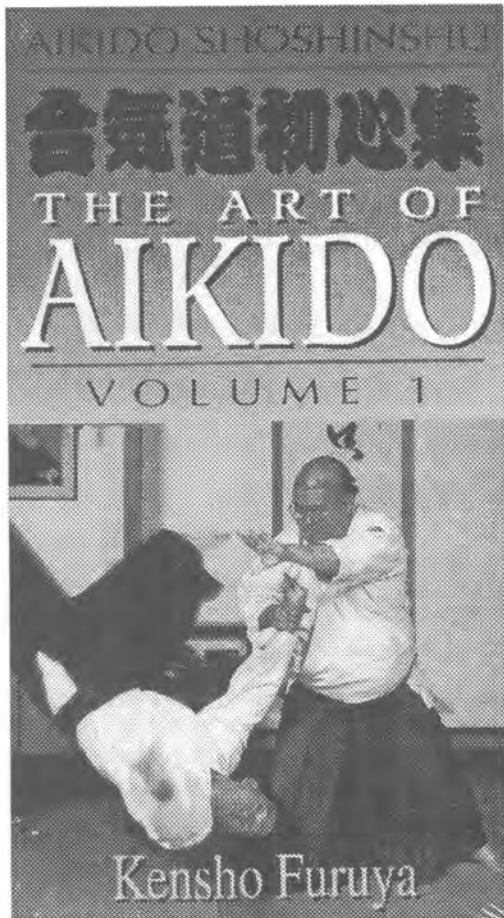
Japanese Swordsmanship: Musō Shinden Ryu Iaido & Toyama Ryu Battodo

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 one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

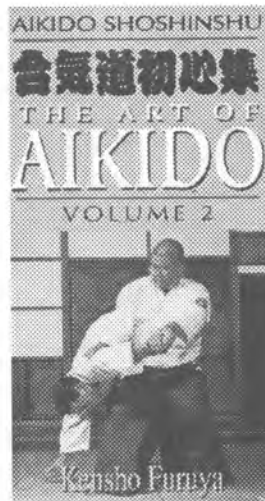
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

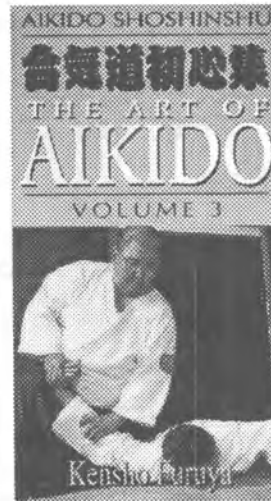
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



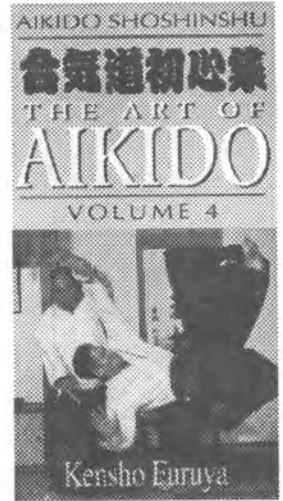
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his training at the age of ten and celebrates over 40 years in Aikido. He studied in Japan in 1969 and the Aikido Center was established in 1974. Rev. Furuya is also an ordained Zen priest, a Brody Multi-Cultural Grant recipient, and was honored with a federal grant from the Carnegie Project of the National Defense Act to attend Harvard University in 1969. He is listed in the Who's Who and a board member of the LAPD Martial Artist Advisory Panel.



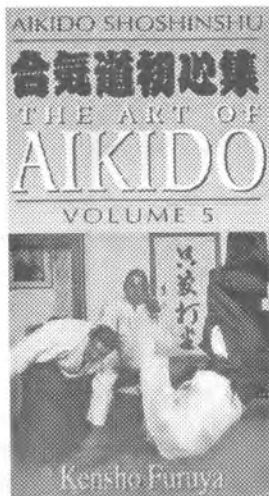
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



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



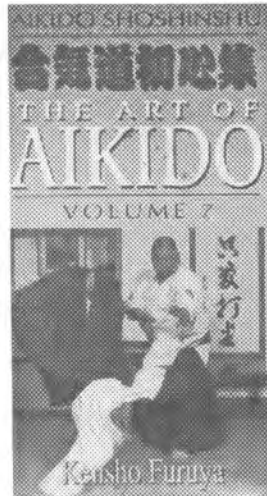
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



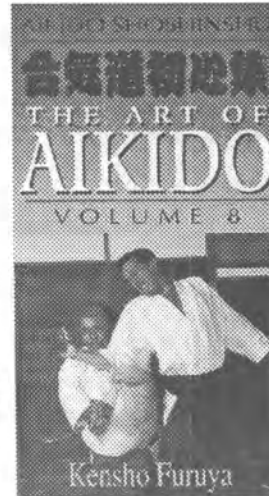
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder
Multiple attackers.
Five-man Freestyle.



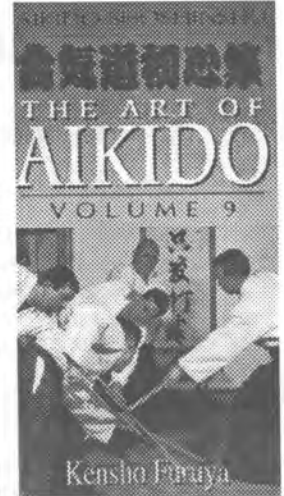
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro Katatetori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
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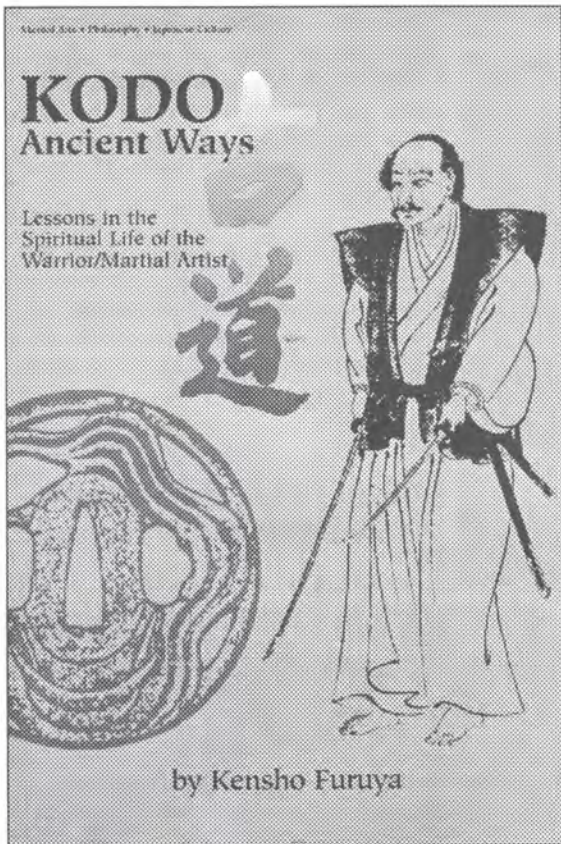


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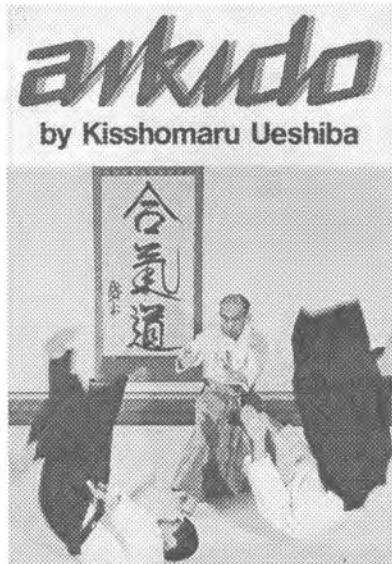
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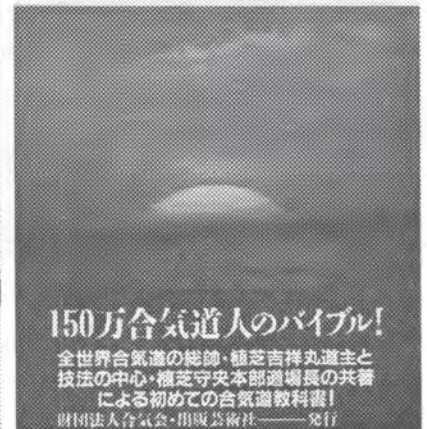
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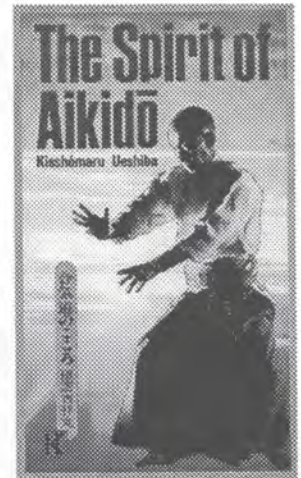
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The Aikido Center of Los Angeles
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