



The Aiki Dojo

道の為、世の為、人の為、合気道

2

Train Hard *by David Ito*

Ito Sensei explains what Furuya Sensei means by “train hard.”

4

Put in The Work *by Santiago Almaraz*

Almaraz Sensei discusses how he learned how to put in the work.

8

What a Legacy *by Dr. Kay Sera*

Dr. Kay Sera reflects upon Furuya Sensei’s legacy.



The Furuya Sensei Memorial Issue!



When I was a student, the best compliment that Furuya Sensei could give someone was to say, “That person trains hard.” I used to think that “training hard” meant that someone did something “with a great deal of effort.” Today, I realize that it is not just physical effort, as to “train hard” is really an attitude or mindset.

In Japanese, “mindset” is *mononomikata* (物の見方). Mindset is defined as “an established set of attitudes of a person or group concerning culture, values, philosophy, frame of mind, outlook, and disposition.” *Mononomikata* follows the western definition and literally translates to mean “how you see things.” Thus, to “train hard” is a mindset, and is really just our attitude about our training.

Sensei was a Japanese sword aficionado and would often give lectures or interviews on the subject. He would often equate the development of a student to the making of a sword. Sensei wrote: “In the process of polishing, there are two basic steps: the first is called *shita-ji* which literally means “ground work” and is the basic step of grinding away the flaws, correcting the shape of the blade, and giving it an edge. Although this is the first step, this step is the most important and takes the most skill. This is where all of the labor and hard work is put in. If the *shita-ji* work is good, then the *shi-age* or ‘final polish’ or ‘finishing step’ brings out the final beauty of the sword. The final step is much easier. If the ground work is not done competently, however one uses their skill, the final polish will never come out well. This process of *shita-ji* and *shi-age* can be easily related to our Aikido practice. If one masters the funda-

mental techniques of Aikido, it is rather easy to perform advanced or very difficult techniques because everything is based on the ground work of your practice. Even if we try to do difficult

or fancy techniques, if we do not master the basics, these techniques will never be executed expertly. Like polishing a fine sword, or applying lacquer, or creating a beautiful patina to metal such as a sword

guard, everything is based putting in the initial hard work, the *shita-ji*. If we think of ourselves as a sword to be polished, focus on the *shita-ji*, and put in the hard work and realize the beautiful finish, *shi-age*, in the future.”



by David Ito
Aikido Chief Instructor

When I was a beginner, I was a person who was angry and unmotivated. My life was moving in a direction, but not one that was my choice. When I started Aikido, I learned how to not only focus my mind but my efforts, too. I learned the value of “train hard.” For a little

while, I traded Sensei my tuition for washing and waxing his car. At first, it was easy enough and only took about two hours on a Sunday once a week. Then one Sunday, it rained really hard. As I was leaving thinking that I wouldn’t wash Sensei’s car in the rain, he stopped me and said, “Where are you going?” I replied, “Sensei it is raining.” He looked at me and said, “A deal is a deal.” Crestfallen, I took his keys and started to wash his car. As I began wiping it down in pouring rain, Sensei left to go to lunch. As he and another student drove away, I remember thinking, “He will never know if I did it or not – its raining.” But, then I thought, “What if this is a test and he’s next door eating sushi watching me.” Upset and wet, I washed and waxed his car in the rain. Sensei returned and didn’t even inspect the car. We didn’t exchange a word or glance. I gave him the keys and I got into my car sopping wet and left.



“Fear and doubt are only a natural part of our personality and our self. There is nothing wrong with it, we all have it. No one can deny this fact. As long as we stand away from it, or try to separate ourselves from it, we will never be able to conquer it. Just let it be a part of ourselves and accept it, without judging it or criticizing. Nothing to blame here and there is nothing wrong. Soon we will see that it is no longer there. Aikido is easy and Aikido is hard. It is not a medicine or a miracle cure for anything, nor will it solve any riddles or answer any questions. It can only show us that standing up by ourselves is fine and dandy. Nothing blamed and nothing to forgive. Nothing to seek and nothing to hold. Originally, everything is complete and good. Aikido is only a door or a window through which we can see this, everything else is up to us.”

–Rev. Kensho Furuya



One way to look at this story is that Sensei was oppressive and mean. Another way to look at it is that it taught me how to “train hard.” I could have just stood in the doorway and not washed the car, or I could also have just gone through the motions. After all, Sensei was gone and might not even have noticed. Instead, I chose to wash the car as if it were a sunny day. I also had to do a thorough job and clean the outside and not get the inside wet as I vacuumed it and wiped down the seats. In order to do a thorough job, I had to have the correct mindset or attitude. When Sensei says, “That person trains hard,” he is commenting that the person in question puts in the work and doesn’t take short cuts no matter the task or the reward. Perhaps that is why someone once said, “How you do anything is how you do everything.”

When a student enters the dojo, they are considered a beginner not only in skill but in attitude. They are a novice and so their training is more casual. For a little while, they motor along training when their schedule allows, they read books about Aikido, and

probably watch the occasional video. Then, something interesting happens. Somewhere after their third promotion, they begin to “train hard.” It is like this switch gets flipped and they get serious. Interestingly, one Japanese word for “serious” in Japanese is *shinken* (真剣) which also translates to mean “real sword” as opposed to an unsharpened or practice weapon.

Being a student of Sensei helped me to realize myself. I learned that the key to the mastery of any subject can only be found if I put in the work. For each person it is different, I cannot tell you how to “train hard” nor can I tell when that moment will arrive. Its arrival is just one of those weird watershed moments where one day everything changes and you just start to “train hard.” Studying under Sensei taught me that the only way to create real and lasting change in life was by putting in the effort. I believe Sensei was a great teacher not because he was good but because he somehow instilled in me this ability to “train hard” which forever changed my life for the better. •

“You can make many friends in life, but if you can make one real, from the heart, true-blue friend, I think that you are fortunate. You may love many people in life, but if you can find one true-blue forever love in your life, you are lucky. You can have many teachers in your life, but if you can find one true-blue true teacher in your life, you are blessed.”

– Rev. Kensho Furuya



Looking back, many things have happened since the death of Sensei Furuya in 2007. Time goes by so fast that it's hard to believe that it's been 17 years since that one afternoon in March, when I received a call in Spain from Los Angeles informing me of the death of my teacher.

I remember that the caller had to repeat it several times before I could understand what they were telling me. For some reason, I couldn't understand what the caller was saying. I was completely in shock, and I can honestly say that I can't even remember who called me. What is interesting is that it is incredible how the other details of that day remain engraved in my memory, and that I have not forgotten them with the passage of time.

I remember at that moment the feeling of disbelief and sadness but, at the same time I remember feeling helpless. I felt helpless because I was not able to be there in Los Angeles with everyone to mourn and grieve. I remember sitting on my knees in front of his photo in our *kamiza* and wishing him a good trip to the after life so that he can have a happy reunion with his friends and relatives. Thinking about it in this way comforted me and I like to think that he is continuing his Aikido practice with O'Sensei and Nidai Doshu Kisshomaru Ueshiba.

Maybe it was just a way to comfort me for his loss, but while I was in front of his photo it seemed as if he was telling me, “Everything will be fine, just keep working, just keep following the path.”

Today 17 years later, it is only natural that we take stock and see how life has gone on without him. The truth is that I feel very proud of how his dojo has been maintained and our group has stayed together, despite the setbacks and difficulties that his death brought about.

Many of Sensei's main students have left, but some of his main students have stayed and continued Sensei's work. In general, I think that Sensei would be very proud of how the group has worked and strived. Most of Sensei's students have assumed roles and taken on responsibilities, thus demonstrating that they have learned the lessons that Sensei was trying to teach.

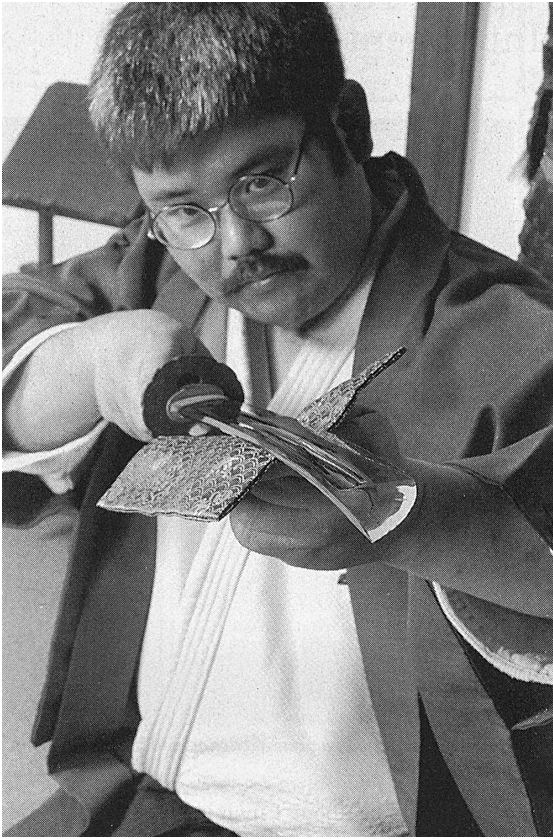
Put in The Work



by **Santiago Garcia Almaraz**
Chief Instructor, Aikido Kodokai

I always say that unlike the students in Los Angeles, I had the privilege of being able to see Sensei in another way. I also had the privilege of spending a lot of private time with him for a month every year summer when I came to train. I was given the great gift of seeing Sensei's ordinary life outside of teaching as we ran errands and cleaned up the dojo.

I never considered myself a person with special skills for the practice of Aikido, but I do think I was lucky enough to see what it takes to be a teacher as I spent ordinary daily life with him. I don't consider myself talented or more hardworking or disciplined than other people. I was just lucky enough that Sensei thought enough of me to dedicate his time to me.



“We practice martial arts much like the people of old did to some degree. However, it is only a game or pastime for us so there is no need to develop the art as a life and death discipline. Because of this, we too lose our edge and an appreciation of life’s finer points. More and more, as Aikido becomes a social activity, I feel its inner teachings will be lost. We will still have monolithic federations and very popular celebrity teachers, but something of the spirit will be lost. I really urge to people to redouble your training and try to pierce through to the inner essence of Aikido.”

–Rev. Kensho Furuya



Eating meals and having seemingly simple talks with Sensei were all lessons that today I regret not having paid more attention to and squeezed to the fullest. However, life is like that and that’s how I think it should be. With Sensei’s passing, I have learned to take advantage of every moment that is given to me because I now realize that these are the precious moments that will never be repeated.

Being around Sensei and seeing how he organized each seminar, how he wrote letters, prepared all the Christmas greetings, or how he came up with the topics in his Yahoo group, reflected his passion for Aikido and for teaching. Sensei never left anything to chance. I saw how he spent a great deal of time thinking about everything he had to do no matter how small, when it needed to be done, how it needed to be done, or who it needed to be done for.

I learned that even the simplest thing we can think of like opening a door, serving the food, where to place the guests, or where to park a car has to have a method. Everything we did together seemed like it was designed as a lesson. Learning from Sensei, I got to see his vision of how things have to be done. Sensei’s way showed me how the work that we do for others refines and polishes not just our art but our spirits too.

Looking back on those days, I don’t think that Sensei’s life was easy. It was a lot of work. I don’t think it made him suffer but I do think it made him resistant, hard, decisive, and unique. He was like all of us, a diamond in the rough. His work was a labor of love and I realize now that putting in the work is what creates the diamond.

I learned how to work from Sensei and still miss him every day. •



“NO Success, NO Failure: In Aikido practice, there is no success and no failure – this means that in Aikido, like in real life, you cannot make such snap decisions or conclusions. Aikido is “living practice” – step by step, and day and day as we live our lives. It is an organic, living thing and cannot be assigned such values as rich or poor, success or failure, or good or bad. What is important in life is living one day to the next – not how we are rich or poor. However, in Aikido, as in real life – our most important value is to live with Heart – in other words, with our whole mind, spirit and body. It is not a matter of success or failure in Life, it is a matter of not giving up. To fail, however, is the starting point of further study.”

–Rev. Kensho Furuya



The changing world makes memories of the past feel ever more surreal and ephemeral. It wasn't just the aesthetic of walking across those rickety stepping stones in that damp garden at Furuya Sensei's dojo to reach its antique Japanese interior. I look back on the challenges in Sensei's dojo and sometimes wonder to myself how I managed to stick it out. Certainly I wanted to do Aikido, but there were a few times I would feel a bit dubious about what I was chasing.

Most of all I recall being winded trying to keep up with our senior students; having my stamina plummet after a few mistakes when taking *ukemi*; and after all that being admonished on several points of my technique. Sensei fostered an environment of strict etiquette and because I've always been an absent-minded person it was so easy to forget when to bow or something similar. As a consequence, I would always get caught and draw attention to myself. I was confronted by the difference between the white belt I started my journey as and the people wearing the *hakamas*, especially during the classes Sensei himself taught.

As is the nature of the beast when it comes to a physical activity, whether sports or martial arts, sometimes I got hurt. Sometimes the dojo was an uncomfortable or scary place to be because once I bowed in, I was in Sensei's world. More daunting, I'd spent a

couple of years in another martial art which I'd hoped would help prepare me for the ideal one I sought, but it didn't give me as much self control and fortitude as I'd anticipated. “How do they do that?” was a frequent question a younger me asked myself while watching the techniques of my seniors with black belts. Looking back on my past I now sometimes find myself asking, “How did I experience all that and not get scared off?”

Furuya Sensei's World

by Mohammed Anwar, Aikido, Shodan

Perhaps I don't give that earlier me enough credit for pursuing the Way with tenacity. I may not have been as athletic or tough as the other students of that era seemed to be, but many of those that I trained with stopped showing up. For the five years that Sensei was my teacher I kept mustering the determination to step back into his world. Even though it might have meant a futile effort against his black belts, or Sensei being disappointed enough to raise his voice, or possibly sitting in *seiza* as I receive a real scolding, I somehow pushed myself to face it again and again, trying to stay on the path even if I had to crawl. In all fairness to my teacher, it wasn't always such a gauntlet, but each time I bowed in and entered his world I couldn't safely predict what kind of lesson I'd be receiving that day. That too was a lesson in preparedness; the classes that were hard meant we couldn't grow complacent, but the slower lessons that involved more listening meant that it didn't always have to be tense. •



This year marks the 17th anniversary of Furuya Sensei's passing, the founder of the Aikido Center of Los Angeles. On past anniversaries, I had written articles recounting important specific memories I shared with Furuya Sensei. Instead of writing about a particular moment or experience, I would like to honor the power of Furuya Sensei as a teacher of Aikido, Iaido, philosophy and purposeful living.

Furuya Sensei embodied the principle of excellence and demanded excellence from his students. Excellence is "the quality of being outstanding or extremely good." It is derived from the Latin verb *excellere* which means "to surpass." Be outstanding – stick out from the pack; extremely good – go above and behind what is required; and surpass – eclipse the rest of the world. Sensei didn't just demand excellence, he taught different methods to achieve it. It is difficult to achieve lofty goals without a plan. The core of that method of excellence was commitment and consistency. Sensei would exhort us all to come to class every day. I remember that after class was over and we were filing out one by one, he would often ask us specifically, "Are you coming to class tomorrow?" And then he would say, "good night." It was a small and short interaction, but inside that question was one key to achieving the goal of being an exemplary Aikido student: show up every day, focus on near term goals, and then almost as if by magic, weeks, months, years later, that accumulation of practice transforms you.

During practice, Sensei's commitment to excellence demanded the highest levels of concentration. I remember during one of our *bokken* classes, I was doing my best to follow Sensei's instruction, match the demonstration and get through with as few errors as possible. About 15 minutes into the class, he looked at me directly and roared out, "Why aren't you paying attention?" I tried to look more focused, but he only seemed to get more up-

set and boomed, "If you can't pay attention, there's no point in practice..." After a beat, he walked off the mat and went upstairs. Honestly, I thought I was paying attention. Now, as I actually look back on it, I don't think it mattered if I, as an individual student, was paying attention. The point of that interchange, as tough as it was, was to emphasize how important concentration was, and at the same time recognize that along the path of improvement we must accept failure. It must have worked because I still remember it vividly today after thousands of hours of practice.

There is a saying that "How you do anything is how you do everything." Sensei emphasized this philosophical foundation of excellence. An illustrative memory comes to mind. Every so often,

I would have a sushi dinner with Sensei at a local sushi restaurant called Sushi Gen in Little Tokyo, where we would talk

about philosophy and martial arts. This one night, we were at the sushi bar and a diner to our right had filled the small dish of soy sauce to the brim. And then the diner would dip his sushi deeply into the dish, the rice would get soaked and the whole piece would just fall apart, soaking the fish, and splashing soy sauce everywhere. I remember that Sensei admonished me and proceeded to explain the

proper way to eat sushi. I thought, "Even how you eat is important." For Sensei, and by logical extension, for every martial artist pursuing the

path of improvement, we have to maintain focus, concentration, commitment and right action at all times. There is no slacking off or relaxing for a person who follows the Way. Such levels of commitment are hard for most people, and they certainly are for me, but I am grateful to Sensei for being such an exemplary person, teacher, and martial artist to us all. Sensei showed us how to pursue the highest levels of achievement holistically in every part of our lives, beginning with Aikido. •

Exemplary



by **Bill D'Angelo**
Kyokai President



It has been almost 23¼ years since I first stepped into the Aikido Center of Los Angeles dojo in Little Tokyo on a crisp October night. It was dark, down sort of an alleyway with no real signage. Okay, there was a dimly-lit wooden sign at the entry of the alleyway posted high up on the corner of a long building which took me a bit of time to see. I realize now that the obscurity of signage was most likely intentional. With trepidation, I walked halfway along the length of the building. “This must be it,” I thought, as I climbed the perfect little wooden steps, past the open straw covered gate and through a small, lush bamboo garden with a stone path leading to the front. I was amazed when I entered. It was like stepping into another time and place – a 16th century Samurai mansion.

The first time I saw Furuya Sensei, I knew I had seen him somewhere before. I was racking my brain trying to remember where I had seen him when I remembered – Tokyo Gardens Restaurant in the Little Tokyo Village. He had walked in late one night and took a seat at the counter where the owner of the restaurant enthusiastically greeted him, “Ahh, Sensei! Irrashaimase!” She was really excited. I thought he was perhaps a college professor. I noticed that he ordered *saba* or “mackerel.”

During my early days at the dojo under Sensei, I was just trying to stay afloat learn the various techniques. Aikido had been recommended to me by an acupuncturist. I was told to practice “good Aikido.” I didn’t know anything about Aikido, but I found the dojo, joined, and never looked back. I loved it from my very first day of practice and I continue to love and appreciate the practice more and more the longer I do so. The classes were often taught by senior instructors but when Sensei taught, it was really special. When I would hear the swishing of his *hakama*

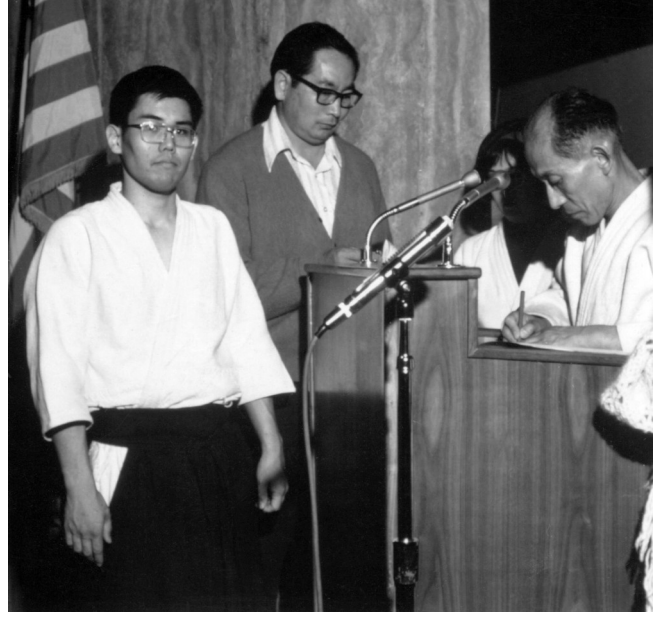
during the warm-ups as he descended the staircase to teach class, I was always excited and inspired to do my very best and to learn as much as I could during his class. I tried to absorb what Sensei was teaching – such as *ma-ai* or “spacing” – he made a big point about it, presenting our wrists so that the *uke* would have no choice but to grab it, entering deeply and trying to “catch the timing.” Sensei had amazing grace and fluidity when he moved as he demonstrated the techniques. Once, as Sensei was overseeing our practice of the just demonstrated technique, he presented his wrist for me to grab. I was astonished at the energy in his wrist. “Whoa,” I thought, “there is something here!”

I feel honored and graced that my first 6¼ years training in Aikido was with Furuya Sensei. Sensei was for me a formidable figure. He commanded tremendous respect. His teaching was impeccable and precise – all those little details! There was always a certain level of stress when I was around him. But at the same time, he would say such funny things. He had a great sense of humor and was quite comedic with occasional hilarious off-color comments. I found him to be quite funny! But he was deadly serious in his teaching – demanding, exacting, walking off in a huff when we just weren’t getting it. Somehow, this would just make me want to try harder around him.

As I reminisce about Sensei and the old dojo, I feel a twinge of sadness and longing, but at the same time this was the foundation that makes our dojo what it is today. I am immensely grateful that I found the dojo, for Furuya Sensei who created our dojo, and through his teachings and guidance, fostered our current teachers and community. What a legacy!

What a Legacy

by Dr. Kay Sera, Aikido, Sandan



Furuya Sensei's classes always followed a logical progression. As his *uke*, the student who helped demonstrate the techniques in class, I also had to learn these progressions. In terms of techniques taught in class, this was the introductory way in which I learned how to conduct Aikido class.

I remember being scolded in front of class whenever I made a mistake when taking Sensei's *ukemi*. These mistakes were things like when I lost focus, I missed the progression in the instruction and attacked incorrectly. In that moment, I would realize, "Darn it, he's right."

The great thing about Sensei's instruction was that it was always consistent; almost boringly so. The first portion of any regular class almost always began with *tenkan* exercise. From there, maybe back stretch, and after that, always *tenkan iriminage* (or *kokyū-ho*, depending on which terminology you follow).

After throwing our partner backward from *tenkan*, we would always switch to a forward *ukemi* technique like basic *katatōri tenkan kokyūnage*. Sensei would continue with the *tenkan* movement theme and maybe do *shiho-nage tenkan* or *sumi-otoshi*.

The first few techniques Sensei taught would always be the most basic ones from the *tenkan* movement. From *tenkan*, he would switch to an *irimi* movement from the same grabbing attack (with or without *atemi*), followed by either *sumiotoshi* or, if there's *atemi*, *tenchinage*. Often, we would continue the *irimi* theme and continue to *uchimawari kokyūnage* and *sotomawari kokyūnage*, or delve into whatever was being emphasized at the time, but always taking cues from the prior technique.

Sensei's progressions were not set in stone. They changed, depending on the content or context of the class, but to whichever way these progressions branched, they would always follow a logical sequence and keep to a particular movement. For exam-

ple, *shomenuchi* or "overhead strike." *Shomenuchi* might progress in this manner; *irimi* movement, to *iriminage*, to *kotegaeshi*, to *tenkan kokyūnage*. Another example would be *yokomenuchi* and its *tenshin* movement from the step back to *shiho-nage*, to *kotegaeshi*, to *udekime kokyūnage*, or some type of throw backward with *kokyū-ho*.

From these basic sequences, I was able to mentally organize and catalog the hundreds of basic techniques. Sensei wasn't trying to show how many different Aikido techniques there were; he was trying to show how similar the different techniques and attacks were to each other.

The Method



by Ken Watanabe
Shihan

What Sensei was able to do was to teach Aikido on both micro and macro levels. In his classes, we were instructed on many important fine points, but without saying anything about it, he showed how all the techniques related to each other.

In this way, I was introduced to his teaching method. As his main *uke*, learning the teaching method was mandatory to making sure the instruction in class proceeded smoothly, without any mistakes. In this way, I was forced to look at the techniques in the same way Sensei looked at the techniques, and take the appropriate *ukemi* depending on what attack or group of techniques was being emphasized.

This type of training was, I believe, how Furuya Dojo students were able to reach their skill level. I know for a fact it was how I was able to reach my skill level, and also, to continue to progress in my own training and understanding of Aikido. It is how I approach learning anything new. If we examine Sensei's teaching method, it not only showed how to get good at Aikido, but how to get good at anything.

One of the greatest gifts I ever received from Sensei was his teaching method. •

5th
Anniversary
1974 - 2024

The logo is circular with a purple center containing a stylized white flower with five petals and a central stem with three leaves. The outer ring is gold and contains the text "AIKIDO CENTER OF LOS ANGELES" at the top and "FURUYA DOJO" at the bottom, separated by two small dots.

SAVE THE DATE

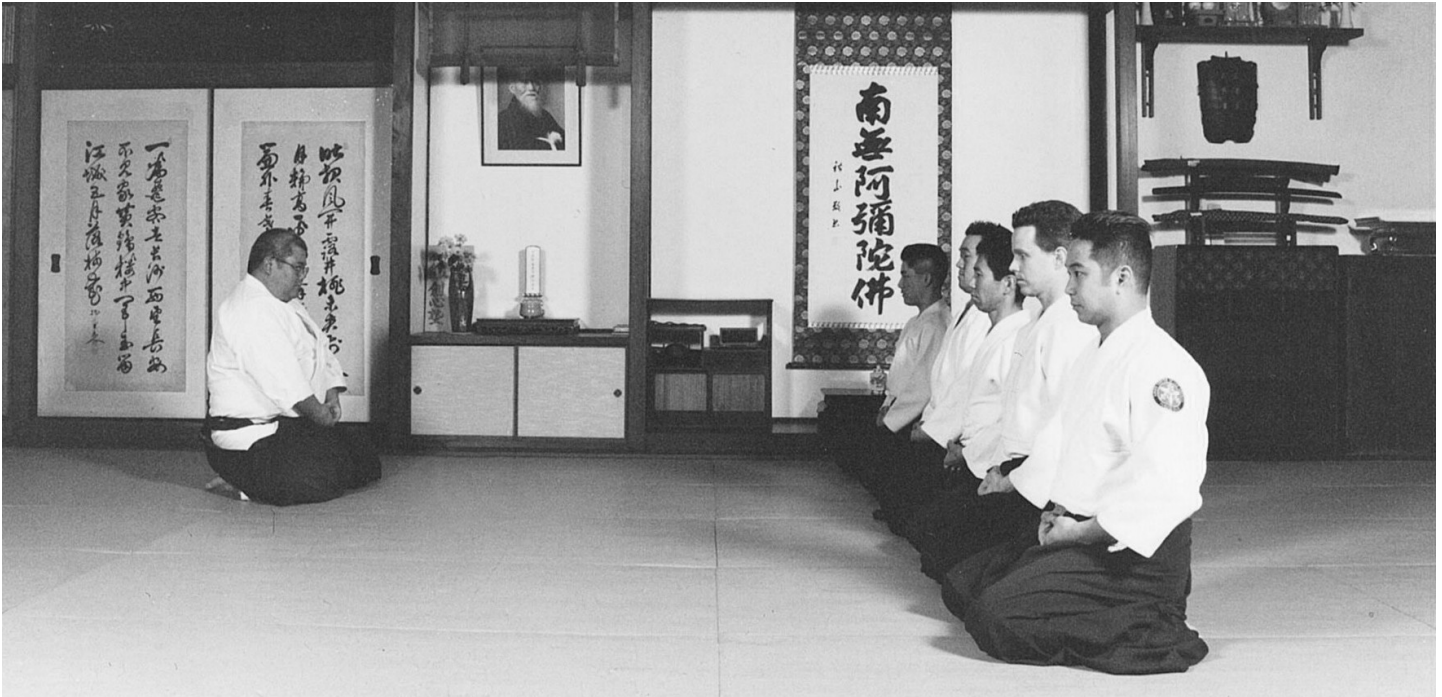
October 19th, 2024

Please join us!

Nishi Hongwanji Temple Kaikan

“There is nothing more precious than the relationships with family or friends. Everything must be done to maintain these relationships and preserve and nurture them – we are not on the battlefield! If we want a peaceful society of harmony and friendship, we must do everything to make it such.”

–Rev. Kensho Furuya



Steven Shaw
1974-2019

Remembering Steven
By David Ito

Steven Shaw and Furuya Sensei died the same week 12 years apart. Steven was a student of Sensei's before moving to Colorado and joining Kei Izawa Sensei's dojo.

Furuya Sensei once wrote, “Whether you are successful in this world or a failure. Whether people praise you or laugh at you.

Everyone of us will still grow old and eventually pass away. It is better to focus on a simple Life and try to do some good for others in the short time we are here. Just pursue what you truly believe in but be sure that it is not just for yourself but for those around you as well.”

The first time I read this passage I thought about Steven. To me this passage is the perfect example of who Steven was. In the picture which is accompanying this article, you can see Steven's smile. Steven was always laughing or trying to levy the situation. The thing I remember the most about Steven was that he was a person with a big heart. Steven was always there when I needed someone to talk to and lament about life. We often commiserated about teaching and shared the joys of parenting.

Today, as a parent, I try to think about Steven and spend more time smiling than getting mad. I will admit that I am not always successful. But, I always remember something that Steven said

when I had my first child. He said, “Enjoy it.”

Now as I read Sensei's passage, I remember something that Paramahansa Yogananda said, “Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.” This quote typifies Steven. Steven's smile and his big heart remind me to enjoy life and spread joy. •



UPCOMING EVENTS

行事

IMPORTANT DATES

March 9th: Furuya Sensei Memorial Seminar
March 9th: Furuya Sensei Memorial service 11:45 AM
April 27th: O'Sensei Memorial service 11:45 AM
May 27th: Dojo Closed Memorial Day
June 21-22: Ito Sensei will be teaching at Northcoast Aikikai's 10th Anniversary in Willoughby Ohio
July 4th: Dojo Closed 4th of July
September 2nd: Dojo Closed Labor Day
October 18-20: 50th Anniversary seminar
October 19th: 50th Anniversary Party

Aikido Training Schedule

合氣道 時間割

Saturdays		Wednesdays	
10:15-11:15 AM	Advanced	6:30-7:30 PM	Regular
11:30 AM-12:30 PM	Theory	8:30-9:30 PM	Fundamentals @Budokan
Sundays		Thursdays	
9:00-10:00 AM	Children's Class	6:30-7:30 PM	Open
10:15-11:15 AM	Regular		
11:30 AM-12:30 PM	Fundamentals		
Mondays		Fridays	
5:15-6:15 PM	Fundamentals	6:30-7:30 PM	Regular Class
6:30-7:30 PM	Regular		
Tuesdays			
5:15-6:15 PM	Fundamentals		
6:30-7:30 PM	Weapons		

NOTE: Visitors are welcome to observe our Fundamentals, or Regular Classes.

Iaido Training Schedule

居合道 時間割

Saturdays	
9:00-10:00 AM	Regular Class
Tuesdays	
7:45-8:45 PM	Regular class
Thursdays	
7:45-8:45 PM	Regular class

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The Aikido Center of Los Angeles is a not-for-profit, traditional Aikido dojo dedicated to preserving the honored values and traditions of the arts of Aikido and Iaido. With your continued understanding and support, we hope that you will also dedicate yourself to your training and enjoy all the benefits that Aikido and Iaido have to offer.

The Furuya Foundation and the Aikido Center of Los Angeles (ACLA) admit students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. The Furuya Foundation and the Aikido Center of Los Angeles do not discriminate on the basis of race, color, gender identification, national or ethnic origin or sexual orientation in administration of their educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

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The Aikido Center of Los Angeles has been awarded Official *Konin* recognition by the Aikikai Foundation, Aikido World Headquarters.

Our dojos are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and to his legitimate successors, Nidai Doshu, Kisshomaru Ueshiba, the present Doshu, Moriteru Ueshiba and Hombu Dojo-Cho, Mitsuteru Ueshiba.

Affiliated Dojos of the Aikido Center of Los Angeles



Only dojos on this list are directly affiliated with the Aikido Center of Los Angeles Kyokai