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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

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Special: Lotus Festival, Obon, 63rd Nisei Week & Tom Williams' Mexico Trip.

Nisei Week: Time & Tide

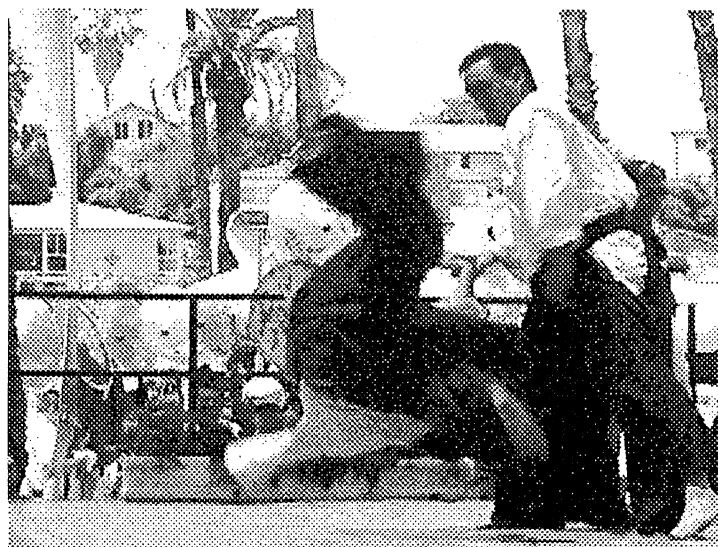
Along with the many changes in martial arts, one other great indication of change and the passing of time is the annual Nisei Week Festival here in Little Tokyo. I have participated in Nisei Week since 1965. It was one of the most important events in our Little Tokyo community. Over years however, it has grown smaller and smaller, not even covered by local tv stations as in the past. For local businesses and restaurant, it has become more of an inconvenience and source of complaints. In earlier days, they prospered on Christmas and Nisei Week alone, but not any more. The emphasis has shifted from the traditional Japanese arts and culture to more updated venues of tofu, jazz and arts and crafts. Volunteers no longer help out, For me, it is very sad Con't.

Lotus Festival. July 13.

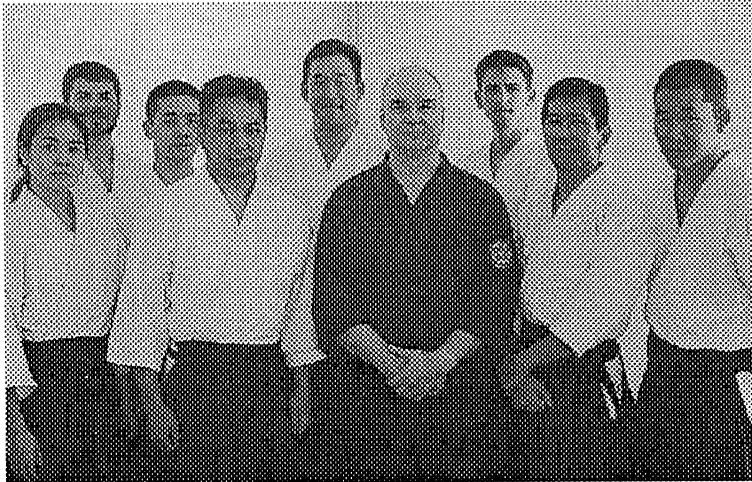
Many people gathered for the annual Lotus Festival in Echo Park in Hollywood. This is one of the largest Pan-Asian cultural event in this country. Ken Watanabe, Gary Myers, Mark Ty, Maria Murakawa, James Takata, Michael Vance and Steven Shaw participated.



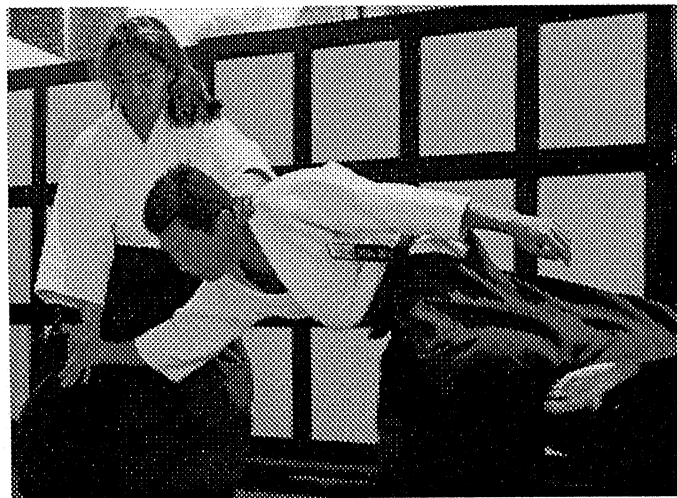
Maria Murakawa at Lotus Festival on July 13. Far left. James Takata. Below: Ken Watanabe.



Lotus Festival. July 13:



Maria Murakawa, Kenny Furuya, Gary Myers, James Doi, James Takata, Steve Shaw, Mark Ty, Ken Watanabe, Michael Vance.



Maria Murakawa, 1st Dan, demonstrating.



Ken Watanabe demonstrating Tanto-tori Gokyo.



Mark Ty - Kokyu Nage. Below: James Takata, Michael Vance.



Happy 100

Many congratulations to Fugetsu Japanese Confections in Little Tokyo now run by 3rd generation, Brian Kito, who are celebrating their 100th Anniversary celebration since their establishment in 1903.

Next year, the Nanka Yamanashi Kenjinkai, of which Sensei has been the President for the last 7 years, will celebrate their 100th Anniversary along with the Dojo's 30th Anniversary celebration.

Zen & Passion:

07-25-03: Dear Sensei Furuya: Thank you for taking time from your very busy schedule to read this. I hope this is appropriate, sending this e-mail to you. I've never done anything like this before and I hope you will forgive my boldness and ineptness.

I began studying Shotokan Karate a little over a year and a half ago, and am reading as much as I can about the martial arts in general. A few years ago, my sister "became" (not sure if that's the correct word, maybe "converted to being"?) a Buddhist, and with my reading occasionally about Zen and the martial arts, she and I have had many discussions on the subject, though in this case, I just don't "get" what she is trying to tell me.

I was truly fortunate to come across your book, "KODO Ancient Ways-Lessons in the Spiritual Life of the Warrior/Martial Artist" which I enjoyed immensely and learned so very much from. I didn't know who else to ask about this, so I hope you will forgive my boldness in "going right to the source" so to speak. I really appreciated your clear, direct and understandable style of writing, as well as very non-confusing way of communicating a philosophy I would like to learn more about, so again, I beg your forgiveness and indulgence. Here is my question.

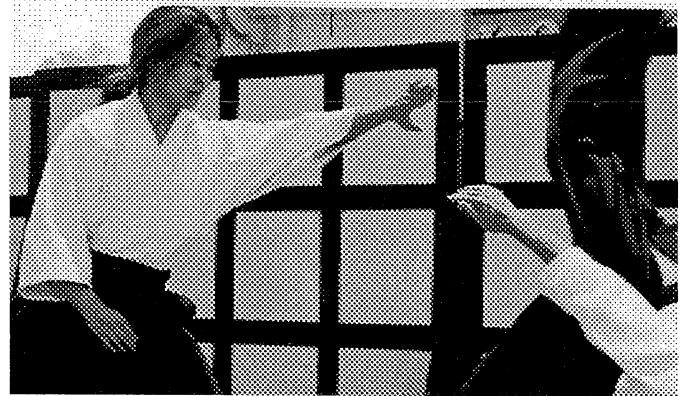
There seems to be an enormous amount of dialogue, teachings, sayings, lessons, etc., on the goal of what seems to me to be a removal or detachment of one from one's emotions and passions. This to me, is very difficult to "get", and while I understand that "artificial" goals will lead us to disappointment, maybe even despair, my passions are a big portion of who I am and what make me feel alive. I am extremely passionate about studying karate - it fulfills me in a way very little else ever has, I can't imagine the rest of my life without it. I don't expect I will ever be even remotely "good" at it, but I love it! If there was any realistic way I could practice a couple hours a day every day (aside from "practicing in my daily life" as you recommend in your book, which I try to do, though am very poor at it), I would do it without hesitation.

Am I misunderstanding the philosophy? Am I wrong to feel so passionately about things? -Maybe that's not the right question, - is it dangerous, or, incorrect, or unbalanced, to feel passionately about things according to Zen philosophy? - or rather, in your opinion? I respect your opinion, and hope I am communicating this in a way that is not too terribly stupid or silly.

I thank you greatly for your time, and would truly be honored to receive a reply. I give you my Best Regards,
Carol Jabeck, Quantum LaserMark Inc., 830-10 Seton Court
Wheeling IL 60090
ph: 847-465-1380 fax: 847-465-1382, email: carol@lasermark.com

"A conclusion is simply the place one decided to stop thinking." - Anonymous

Sensei's Reply: Thank you for your email and I really appreciate your kinds words and sincerity. Any questions in one's search for understanding can never be "stupid" so please do not worry. I only become angry when people are too caught up in empty cliches and popular fads and ask questions very carelessly. You are right to ask and I hope that I can answer your questions clearly in what I understand.



Your question is a difficult one and many people often wonder about this point.

No where in Buddhism does it say, "be detached from your emotions and passions," I think this is a misquote and the cause of such misunderstandings.

Emotions and passions are a vital part of one's character so there is no practical method to remove them, they are all a part of your Original Nature and should be recognized as such.

What "detachment" means in Zen Buddhism, if I can explain this clearly, is not to misunderstand that everything in this world is "permanent." It be attached to or misunderstand that everything is permanent is what is called "delusion." We look at the mountains and rivers, we see tall buildings and bridges and think that these will last forever and ever but we do know that they will not. Valleys become mountains, seas become deserts. Tall buildings are here today and gone tomorrow. You think your friend will be with you forever but leaves the next day. You want to have your job until to retire but you suddenly get laid off. That nothing lasts in this world - is the proper message and we must be continually aware of this. We think ourselves as lasting forever and are shocked and disturbed to know that some day we will even have to leave this earth ourselves. "Can you understand?"

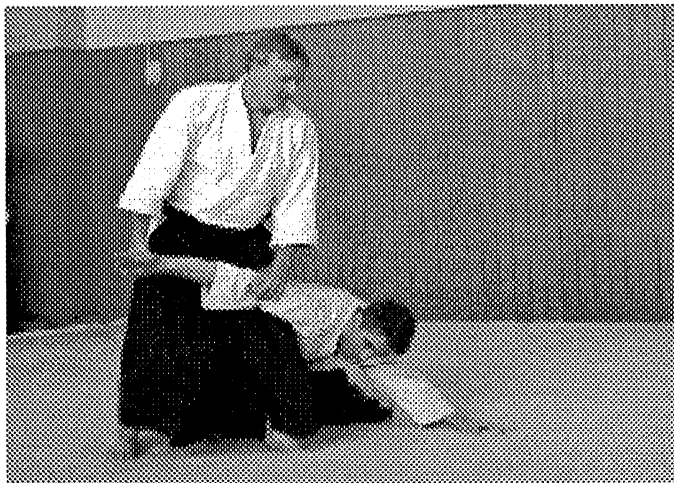
All people have passion and emotions = In Buddhism, it is important to use them properly - meaning positively and in a goodly manner. One of the rules in Buddhism is "right thought" and "right action." The aspiration to learn is one of the highest and most revered of all emotions. The idea to do good for others, to benefit other human beings and such are all good and prized feelings within a human being and we treasure them. Greed, laziness and selfishness, passions to kill or harm others are all negative and forbidden.

It is good that you have a great "passion" to train in your art. If this passion becomes unnatural in the sense that it causes you to harm others, neglect your family, lose your job, become out of control, etc. this is opposite of "right mind." Can you understand? This is a "negative:" attachment of the ego from which we must "detach" ourselves.

In your training, you must continually "purify" yourself meaning to keep everything in order (proper perspective), - your mind, your thoughts, and your actions.

I am very glad that you asked me this question and I hope this clears it up for many, many people who read this Daily Message here everyday. thank you!

Pasadena Obon Festival. July 19.



Each year we are invited to participate in the Pasadena Buddhist Church Obon Festival. As usual, we always attract a nice crowd of guests. This temple is the oldest Buddhist temple in the Pasadena area where Sensei used to practice Kendo as a young child. Participants were Sensei, James Doi, Ken Watanabe, Gary Myers, Mark Ty, Kenny Furuya, Mike Vance, and Bill Allen.

Nisei Week: Time & Tide continued:

to see our Nisei Week Festival suffer this way. Along with the changing of Little Tokyo itself with Office Depot, Subway and Starbucks, it is no longer a monument to the unity and strength and focus of the Japanese American community here in Los Angeles. Indeed, more and more it is no longer a "living" viable community which preserves its own precious heritage in this country for its own members and general public as well, but inevitably and tragically, merely a collection of a few old photos of times past to adorn the walls of our local museum. Little Tokyo is disappearing, and Nisei Week has become its annual measure of how much and how long. . . . Together with the community and Nisei Week, its so-called symbol, we will see the Japanese heritage in this country disappear as well, or, at least, evolve into something not what it should be, but merely the uneducated and ignorant manifestation of later generations of Japanese Americans thinking they are emersing themselves in what they "imagine" Japanese culture to be. Not enough study! For me, this is very scary! Well, this is only my singular, lonely opinion. This is actually the inevitable passing of time. However, like other Japanese communities throughout the country which have gradually shrunk to mere shadows, there may be a time when we all say, "and this is where Little Tokyo used to be!" This would be a shame indeed.

Aikido is changing too. As much as we want to insist it to be the "absolute martial art" which O'Sensei manifested in his lifetime, it is becoming a leisure past-time for weekend warriors and armchair samurai, and some who wish to fill their lives with the fantasy of a black belt, old Aikido videos, Mifune movies and sushi. Perhaps, I am too critical here but everyone knows that I am angrily outspoken in this. Yes, please don't take me too seriously but please do not ignore my words as well.

Ultimately, we must always keep in mind the treasures we already have, our community, our heritage, our Aikido, our Dojo, and the opportunity to practice together in harmony. . . .

The Aikido Center of Los Angeles 30th Anniversary Celebration

Date: April 28, 2004. From 6:00pm

Place: Hotel New Otani. 120 S. Los Angeles St., Los Angeles, CA.

All are cordially invited to attend our 30th Anniversary Celebration of our Dojo and Furuya Sensei's 45th Anniversary in Aikido. Please email in your reservation at aclafuruya@earthlink.com.

All branch dojo and friends, old students and new, are all invited to join our celebration.



Kenny Furuya demonstrating at the Pasadena Obon Festival.

Important Dates:

September 1. Labor Day. Dojo open for training.

September 6-7. LA Downtown Artist District Open Studio. From 10:00am-5:00pm.

September 13. Grand Opening Beverly Hills Aikido Center. Iaido Intensive 6:30-8:00am.

September 21. Harvest Moon Festival. VERB Celebrating Active Children. Arcadia County Park. Demonstration by Black Belts and Children's Class. Also, information booth.

September 27. Aikido Intensive 6:30-8:00am.

October 4. Yamanashi Kenjinkai Memorial Service at Zenshuji. 11:30am. Luncheon at Miyako Inn.

Pasadena Obon

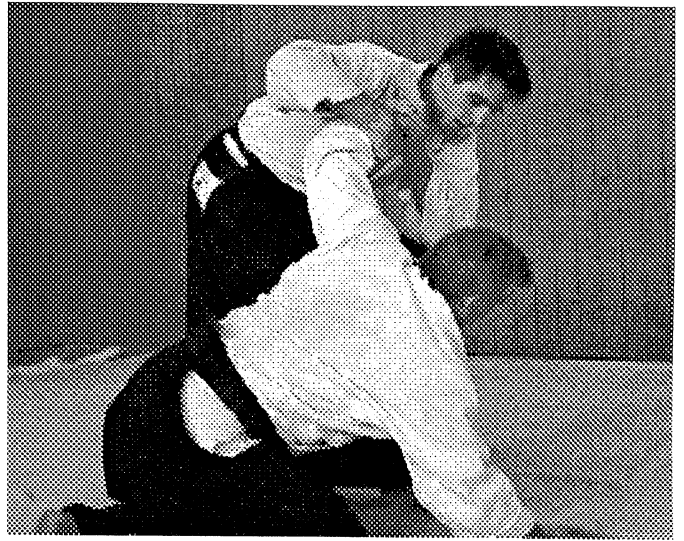


Above: James Doi, 5th Dan. Below: Bill Allen.

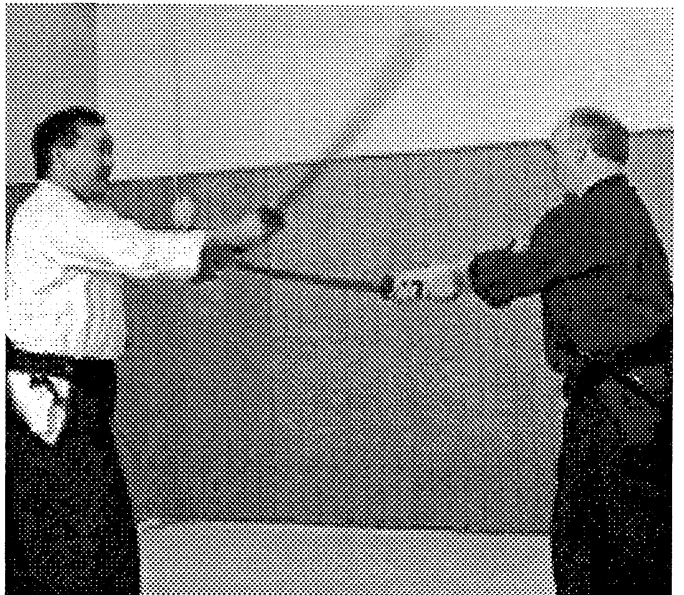
Pasadena Obon Iaido Demonstration



Ken Watanabe demonstrating Hasegawa Eishin Ryu Iaido.



Above: Michael Vance. 2nd: Mark Ty. Below: Ken Watanabe & Gary Myers demonstrating Toyama Ryu kumi-tachi form.



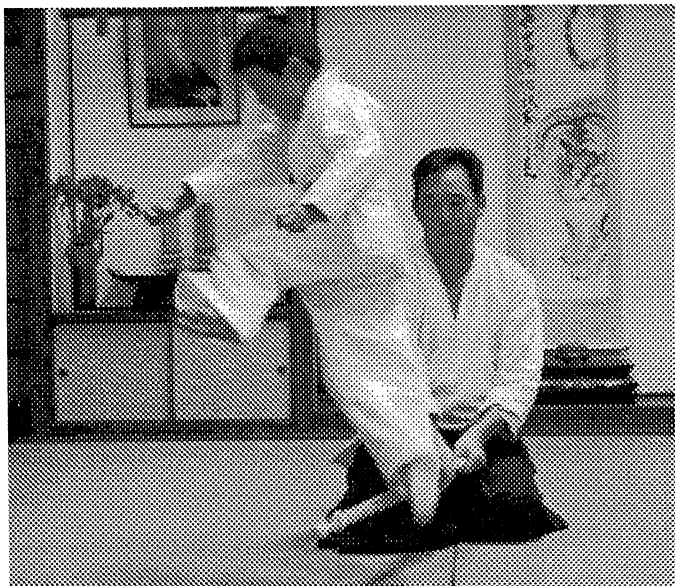
Nisei Week Aikido & Iaido Demonstration. August 17.



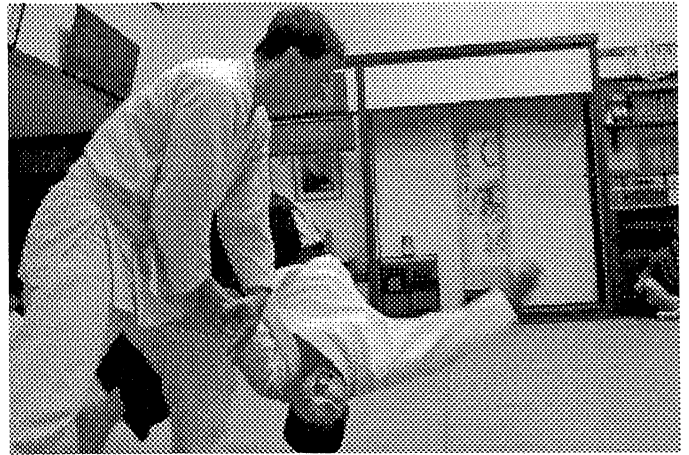
We enjoyed a very nice crowd at this year's Nisei Week Aikido Exhibition. Sensei is demonstrating.



This year, we also had a raffle and gave out dojo t-shirts, mugs and Nisei Week posters.



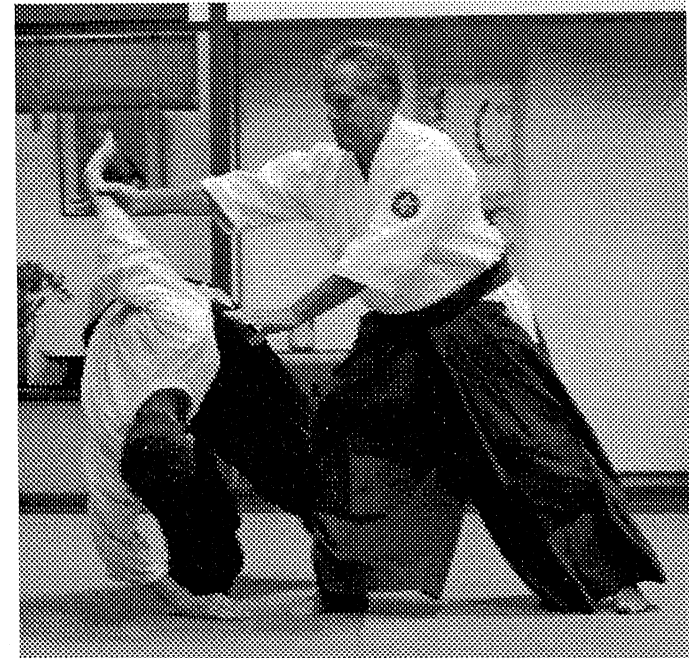
Our Children's Class also joined the demonstration. The class meets every Sunday morning from 9:00-10:00am.



Anatole, 2nd kyu, from Russia, demonstrating.



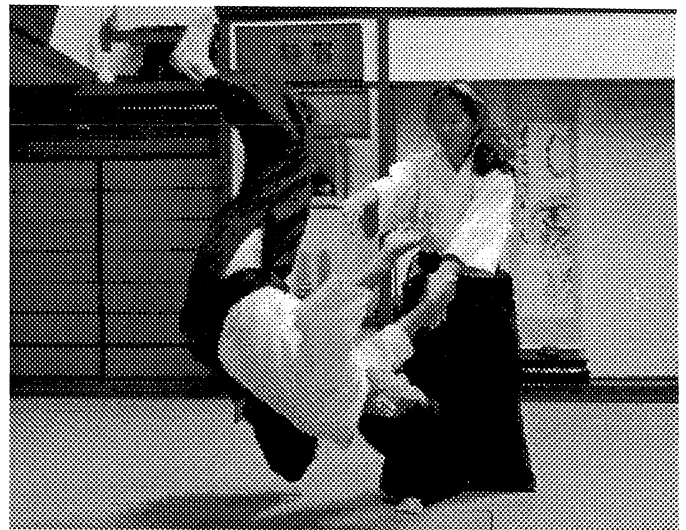
Ken Watanabe demonstrating Tanto-tori Kotegaeshi.



Tom Williams demonstrating Kaiten-nage. Tom recently returned from a trip to Mexico. Please see article in this issue.



Mark Ty.



Maria Murakawa.



Kenny Furuya.



Hasegawa Eishin Ryu Taki-Otoshi.



Ken Watanabe demonstrating Sunin-gake Randori.

Tom Williams Mexico Trip:



With Dr. Roberto Magallanes and Dr. Alvaro Meza

Now that I've had a week to recuperate from my trip to Mexico, I'm ready to try and sort out some of the details and put pen to paper (or rather, fingers to keyboard). Fortunately, I took copious notes so my feeble memory is well backed up.

In looking over these notes, I first notice the guest stationery from Sheraton Suites, Santa Fe, Mexico City, Holiday Inn, Boca del Rio, Veracruz, and Crown Plaza, Guadalajara. So I'll start by admitting that this wasn't too uncomfortable a trip for my wife, Eileen, and me.

We arrived in Mexico City, known in the indigenous Nahuatl language as Tenochtitlan, on Tuesday, July 8th in the middle of a downpour. We were met by our driver, Augustin, and crawled our way through the floods and traffic towards our hotel with a brief pit stop at the Taco Inn for tacos al pastor. The immediate consumption of good food was to be an omen for the rest of our stay.

The next day we went into tourist overdrive, visiting the Museum of Anthropology, the National Palace, where we saw Diego Rivera's incredible mural: History of Mexico, the Templo Mayor (the excavated ruins of Tenochtitlan's central city pyramid), and the main cathedral.

We lunched on chicken poblano mole and carne adobado at a very nice traditional restaurant in the Zona Rosa, complete with crowing roosters upstairs. Later we went to Coyoacan in the southern section of the city to see Frida Kahlo's house which has been turned into a museum. It's very colorful and bohemian, filled with a great selection of artwork from her collection.

Early the next morning, I made my way to Mexico Aikikai for a 2 hour workout. Class was very good, although the chief instructor, Sensei M. Moreno wasn't there. I did get to talk briefly with him by phone the previous afternoon. Even at 7 AM, it was warm and humid and the 7000 ft. + altitude made things interesting!

Then we were off again to Teotihuacan and the pyramids. We strolled the Ave. of the Dead and scaled the Pyramid of the Sun, but pooped out at the base of the Pyramid of the Moon. How awesome! An amazing culture and feat of engineering.

From there, we went to try a little pulque, an ancient beverage fer-

mented from the honey of the maguey (a type of agave). It helped a little with the aches and pains but aspirin was still self-prescribed later.

Friday, we took a day trip to Cuernavaca, about an hour south through the mountains which ring the city. We saw the cathedral (of course), Cortez's summer palace, and walked and relaxed in the zocalo or town plaza. After, we had an incredible lunch at Las Mananitas, truly an oasis of tranquility in the middle of this lovely, laid back pueblo. We highly recommend it.

Saturday, we tried to go to Taxco, famous for its silver industry, but were trapped in the "world's worst traffic nightmare", no exaggeration. So we escaped, barely, and went to the floating garden's of Xochimilco instead. Created by the Aztecs out of the swamps for agriculture, this system of canals still attracts families who gather to be slowly poled around the neighborhood on brightly decorated gondolas. Here the traffic jams were boats filled with mariachis and taco vendors competing for one's attention.

From here we bee-lined northeast and over the mountains again, this time towards Toluca. Mountain streams and pine forests welcomed us as we sought out a converted trapper's cabin for lunch. We dined on red chorizo quesadillas, not the green chorizo hanging in the window which is a regional specialty, nor on the rabbit which seemed to be abundant based on the number pelts drying on everyone's lawn.

Sunday we rose late, went to the movies (Los Angeles de Charley 2), and with a half million others went to Chapultepec Park to see Maximilian's castle set atop Grasshopper Hill. This is also the sight of the heroic last stand of the boy's at the military academy during Gen. Winfield Scott's incursion. From here there is a great view of the volcanoes, Popocatepetl (recently active) and Iztaccihuatl (the sleeping woman).

This marked the end of our stay in Mexico City. The next morning we flew over Popo to the gulf state of Veracruz. We were met at the airport by Dr. Roberto Magallanes, instructor of our branch dojo, Veracruz Aikikai, and Miguel, one of his students. At the hotel, we were joined by Dr. Alvaro Meza, the other instructor.

After settling in and walking down the beach a bit, we joined a group from the dojo for a Veracruz style lunch. Oh my gosh! Various fish, crab, sea snail, octopus all topped off with a potent local liqueur made from peanuts, cream and pure cane alcohol called a torito. Maybe you're getting the idea that Mexico is not a place for dieters!

That evening we went to the sports club where the dojo is located and had a very spirited training, emphasizing basic technique and center to center connection. After class, we retired to El Gaucho, an Argentine restaurant, for a late evening repast. We were done by midnight. Is there a trend becoming apparent here?

Early Tuesday morning, Roberto took us downtown to the Gran Parroquia for a very traditional Veracruzana breakfast experience. This place has served people their morning coffee for a long, long time as the giant 19th century Italian espresso urns attest. There is a whole ritual associated with getting your coffee just right! And the waiters all seem to have at least 40 years experience or more so you do get the good service.

Aikido Center of Los Angeles

www.aikidocenterla.com

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The day's touring included the port's Fortress San Juan de Ulua (needed for protection from the pounding this city has received from everyone over the centuries), the aquarium, tropical fruit ice cream (to cool off), the laundromat and Dr. M.'s office.

For lunch we drove south past the neighboring resort county of Boca del Rio to a lagoon side restaurant called (in English) "The Fisherman Arrives". This gives you an idea of how fresh the seafood is here. The fisherman literally arrived in his panga and off-loaded the catch of the day while we watch, like a group of hungry seagulls circling. We're talking fresh oysters, hand crabs, various mariscos like squid, octopus, sea snail etc., stuffed crab claws, washed down with cheladas (a beer, lemon, salt concoction) and topped off with fresh coconut/pineapple macaroons and of course the infamous toritos.

We were serenaded table side by local Jarocho musicians and were treated to Jarocho fandango, a lively dance including one done with a glass of water on the top of the young boy's head while he tapped away to guitars and harp!

Yo quiero siesta! A nap please! So after a brief swim in the sea we rested. We could definitely get into this lifestyle!

Back to the dojo that night, Oh yeah I'm here to teach Aikido, huh?, we met a group of students from the capital city of Xalapa. They drove an hour and a half to meet us and train together, so I gave them a good, vigorous 2 hour class that all seemed to enjoy.

With the sweat still streaming, we made our way downtown to the zocalo for tortas, sodas and music. It seems like half of Veracruz is out at 11 PM around the plaza, enjoying life. Jarocho, mariachi, marimba all competed while the smell of tacos and pescados filled the warm night's air. It reminds me of Latin American version of New Orleans. Made it home before 1 AM this night. Am I becoming a night owl?

A tropical storm blew through overnight, lighting up the sky and tousling the palms. So the next day was a perfect day to kick back, relax and catch up on post cards and stuff. We had nice relaxing lunch with Roberto and his wife where I got to try the local mole from Xico. Delicious! Batteries recharged, we were off to the dojo again.

On this night (Wed), five people came down from the mountainous, coffee growing region of Cordoba. Great people, again very sincere in their Aikido practice and appreciative of our interest in them and their training. Basic stuff, ikkyo, sankyo, shiho nage and so forth. After some photos, we were off again, well, you should be able to fill the after class agenda by now!

Again, all night the tropics put on an awesome display. We found out this is normal for summer: rain at night, beautiful sunny days. Oh yeah!

Thursday we traveled north along the coast with Roberto and Miguel to Quiahuiztlan (I think it means twist your tongue when you talk), where Cortez originally explored. We climbed through the coastal jungle to a hilltop over looking the beach at Villa Rica. Outstanding vista! The mosquitoes where white water rafting down the rivers of sweat on my legs.

The area is filled with archeological sites like the one we visited at Zempoala, where amidst jungle pyramids we saw descendants of the Totonacan and Olmec people perform a flying ritual suspended by ropes circling the top of a 100 ft. pole while a flute player saluted the sun and the four directions atop the pole on a tiny perch.

As for the local cuisine, it did not disappoint. Fresh fish, the local delicacy, *negrilla*, grilled in enough garlic to keep the mosquitoes and vampires at bay for a few days at least.

Nearby is the little village of Antigua where Cortez originally tied up his ships and settled in for the conquest. The first permanent European house and church still stand next to La Ceiba, the original tree used to tie up to after sailing up the Rio Huiztilapan. The image of these explores making way through uncharted wilderness is incredible. Love 'em or hate 'em, these guys had some stones.

Class this night, our last in Veracruz, was with the core group. I was very impressed with all of the students, their level of training and commitment, their teachers, Roberto and Alvaro, and particularly with some of the young people, like naval cadet Roberto, Johanna (the lone young lady in the bunch), and Rolando, a very young Aikido prodigy. All in all, a talented, sincere group of very nice people. I couldn't have expected a nicer time than what I experienced in Veracruz. I thank them all deeply. After a final visit to El Gaucho, we were ready to prepare to move to the final leg of our journey, Guadalajara.

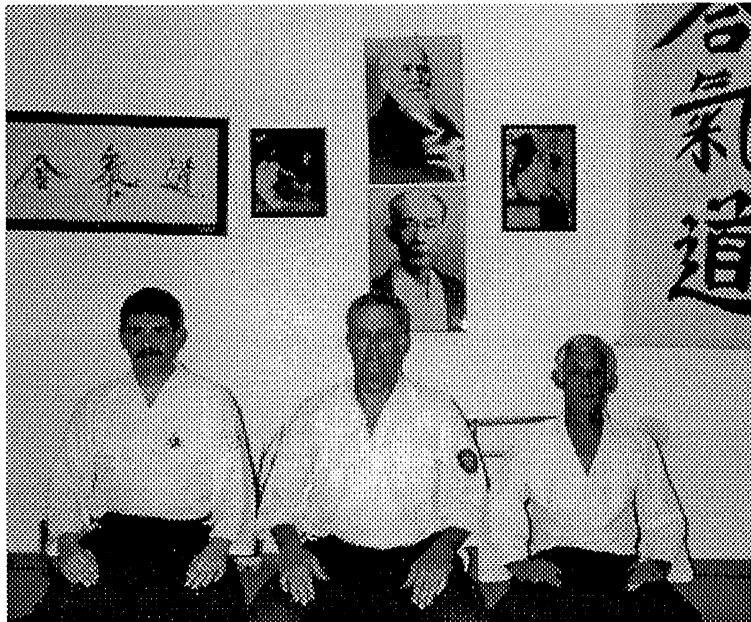
We arrived in town and made our way by taxi to the hotel. Knockout digs! Our room overlooked a lush courtyard with tropical birds and sparkling pool. Mexico's second largest city, Guadalajara is very nice, modern in an L.A. kind of way, filled with trees, plazas and fountains, truly the "Pearl of the West".

That night we met Raul and had a very lively class at Aikido of Guadalajara. A large group was there (for a Friday night), and seemingly they wanted more and more, so I kept going until my needle started tickling the big E for empty. Finally, near 10 PM, we all seemed satiated with Aikido, so we stopped and for once I forwent the *apres-keiko* food and drink session (gasp!) and retired gratefully our hotel.

Saturday, we did a bus tour of the town of Tequila, visiting a working distillery and the tequila museum. Of course, we had to buy a couple of bottles of tequila that looked interesting.

Sunday, we walked around the Plaza del Sol mall and stumbled upon a tequila emporium. Not only was their selection vast, but prices were lower than those in the town of Tequila itself (can we all spell *tourista*?). So we naturally had to buy some more!

Later that afternoon, the spirits of the Aztecs and the Conquistadors staged an epic battle in my stomach, so I was down for the count for the rest of the day and most of the next day as well. Fortunately, I had



Tom Williams with Dr. Alvaro Meza and Dr. Roberto Magallanes at their Veracruz Dojo who affiliated with us last year. Veracruz, Mexico.

recouped enough to survive Monday night's class, but just barely.

By Tuesday, I had recovered so we went to Lake Chapala, Mexico's largest, which is an hour or so south. The lake is pretty low on water due to rapid growth and development. We also visited a quaint little American and Canadian retirement community of Ajijic on the shore of Lake Chapala nestled at the base of verdant mountain slopes.

Tuesday night Raul taught class and I got a chance to see what they do. It was very interesting and somewhat different from what we are used to doing. It's an eclectic style gleaned from a variety of sources including some Daito-Ryu and quite compact and powerful, well suited to those of smaller physical stature. A lot of slamming breakfalls, from shiho-nage, kotegaeshi, koshi-nage and some ude-garami as well.

By Wednesday, we were pretty well toured out so we canceled our city tour reservations, relaxed and more or less packed our stuff as this was to be our last full day in Mexico. Our last class was very nice, a little smaller in attendance. I kind of riffed off of what Raul did the night before, showing our versions of some of his techniques. Raul is very quick at picking things up and seemed to really enjoy learning our "style" of basic Aikido. We all went out for tacos and stuff. We talked about food and Aikido and everyone agreed that it had been a great week!

I look forward to returning to Mexico, hopefully next year. I hope I visit our good friends in Veracruz and Guadalajara and possibly hook up with our new friends in Xalapa and Cordoba as well.

The hospitality and good will that we were shown by our new friends in Mexico was far beyond our expectations. We were treated so well by everyone! I hope that they got a lot out of our training together too. The interest in Aikido in Mexico is extremely high. We were very impressed with Mexico, its physical beauty and diversity, its culture, food and music, and especially with its warm and friendly people. Thank you all so much, muchas gracias, for everything!

From Vera Cruz, Mexico:

Great Training With Tom Williams In Mexico

07-28-03: DEAR SENSEI: I am sorry I did not write immediately after TOM visit to VERACRUZ CITY but had a busy week and also Judged in PUEBLA city and State this last week end , but here I am letting you know that We really had a good time and a good training and practice for 4 days with TOM, with the visit of the Instructor from XALAPA on tuesday and on Wednesday the dojo from Cordoba visited us as well.

We all practice what TOM told us to, making emphasis in BASICS like balance, deep entrance, body movement and good tenkan and irimi as well as ikkyo, nikyo, sankyo and yonkyo. The classes were held from Monday to Thursday about one to one and a half hours and each day they turned more interesting and more intense with good tenchinage as iriminage, kote gaeshi, shihonage throws. The students were very pleased and really enjoyed the practice especially the new comers which appreciated very much the way TOM guided them in their movements and falls.

During the day we visited the Veracruz City tradition as well as the SAN JUAN DE ULUA FORT ,the baluarte, the parroquia caffetria and obviously a very tasty sea food lunch in different places of the surrounding areas like the visit to CEMPOALA TOTONACA center where we even had the chance to see the fliers . We thank you for your support to our DOJO and our AIKIDO and we hope Tom and lovely WIFE had a good experience and vacation in MEXICO. Roberto M., Vera Cruz Aikikai

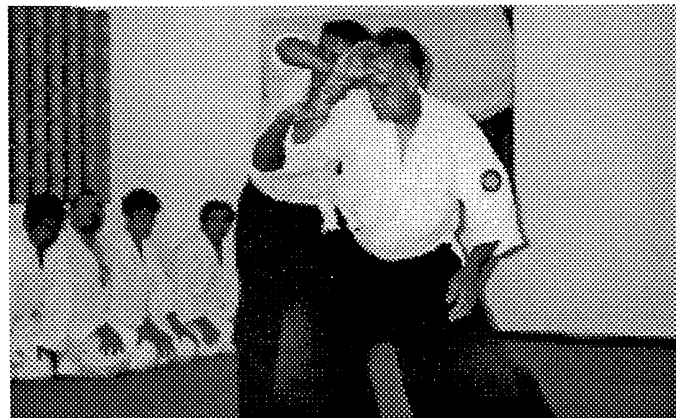
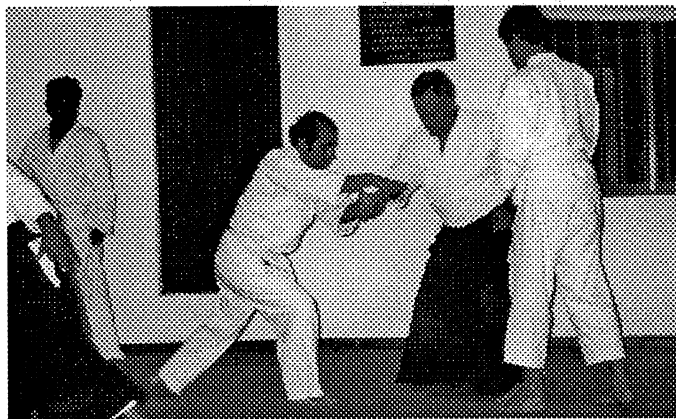
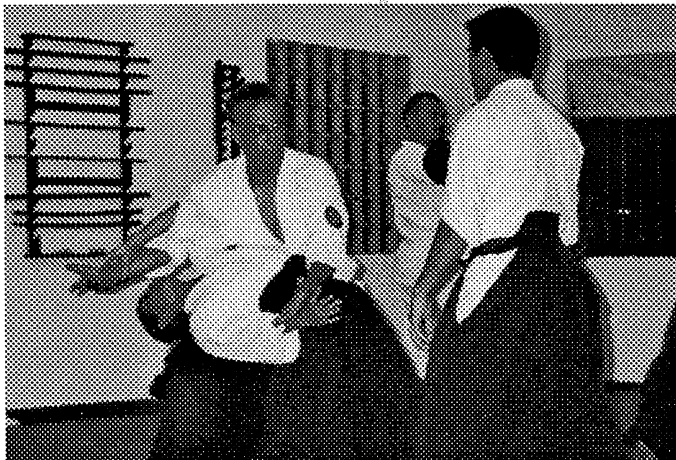
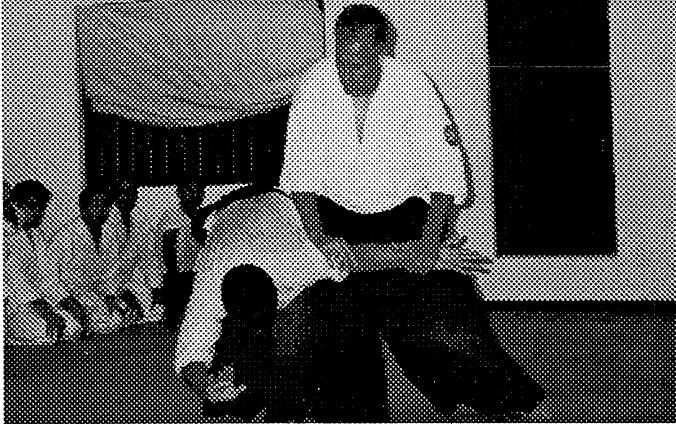


Roberto, Eileen (Mrs. Williams), Tom & Oscar in Veracruz.



Miguel's Girlfriend, Roberto, Martha, Miguel, Eileen and Tom at the "Fisherman Arrives" in Mandingo.

Practice In VeraCruz



Robertos, nephew of Dr. Roberto Magallanes, showing great potential and promise in practice.



Practice In Gaudalajara



Tom with Dr. Raul Blackaller.

Kodokai, Salamanca, Spain

07-04-03: Dear Sensei, Happy 4 of July !. How is the summer there?. Here is a little bored because many students have summer holidays, but is fine, a time to prepare new projects for the dojo.

Will be a seminar in Portugal, (26-27 of July) and will teach a sensei from Hombu, his name is Shijan Koichi Toriumi 7 Dan, and is send by Doshu. Do you know him? Because if I have some free days I would like to participate in this seminar.

I send you my "Kodokai News" I hope you like, probably looks familiar to you (sorry), but I think that your Dojo News is very clear and easy to read. I'm thinking about the trip to visit you, probably my brother will come with me. Always, Santiago

Aikikan Dojo, Israel

Suganuma Morito Sensei Seminar:

Suganuma Sensei Seminar: A remarkable seminar. Morito Suganuma sensei was invited in May 2003 to Israel and gave an intensive three days seminar. He gave two long classes every day. Each class began with a good warm-up which followed by a lot of attention on basic techniques. In the middle of each class, he invited us to sit around him and he let us ask him questions. His answers were always so meaningful and interesting. Suganuma Sensei spent years with O-Sensei and then he was sent to teach Aikido in southern Japan. He established many dojos inside and outside Japan. Suganuma Sensei is also an extremely talented calligrapher and sumie painter. He also practices Zen. His life experience and kindness are combined with a very sharp mind. You can see it in his outstanding Aikido Waza and teaching. I heard from Rev. Kensho Furuya Sensei that they know each other very well. I hear that Suganuma Sensei will visit here in Israel again in the spring of 2004.

Invitation to Israel:

07-15-03: Dear Sensei, How are you? It was very nice talking to you. I hope that I was not rude or too selfish. You must be very busy with Nisei week. Is it going well. Please feel free to reply my e-mail after you become less busy. There is really no rush. I can imagine that you are occupied with many many things to take care after.

I want to write to you some ideas regarding the possibility that you will agree to be invited by me and my dojo to Israel. Inviting means that that we will pay for your flying tickets and commuting. It also means that we will pay your hotel, meals and all your necessary expenses including travel insurance. (I used the word "we" as my dojo members will assist me in many things. I am going to be in charge and to be taking care of you personally, accompanying you during all of our activities.

A possible date: The Jewish holidays are according to the lunar calendar. There is a holiday here called "Hanukkah". (You sent me a "happy Hanukkah" internet greeting card last year :-). One good thing about holidays is the fact that it is easier for me to rent a big municipal gymnasium hall because most courses and clubs are on vacation. In accordance to this idea, I thought of the possibility to invite you here during Hanukkah 2004 which falls from : December 7th to the 12th 2004.

Here are some Ideas for your visit please feel free to suggest any ideas of your own.

About 5-6 days stay in Israel. We want to take you to see famous and beautiful places in Israel, and we will of course do it while consulting with you and according to your wishes. The basic idea is : Traveling in the morning. Returning to the hotel early in the afternoon to let you rest and relax.

1) One Idea is that you will teach Aikido or Iaido or Lecture in the evening from 19:00 to 21:00. We thought that you might want to relax an evening or two, so please let me know how much you wish to teach. 2) Another idea was that you will give a three of four days seminar in which every class will be divided to two parts. part one will be lecture or discussion, and part two will be Aikido training. 3) Last idea is that you will give during the weekend an intensive seminar.

Please let me know what you think. If you just want to come to Israel and enjoy a relaxed time here without giving a seminar it is also 100% ok. I will be very glad to hear your thoughts on the subject. Also, we want to pay you for the teaching. Please let me know how much we should pay so we will be able to calculate in advance how much each participant has to pay. Thank you in advance, Wishing you health. Take care dear Sensei, Ze'ev.

08-28-03: Dear Sensei, How are you? I was surprised to read that your newsletter is all your creation. Amazing. I am sorry it took me such a long time to reply. I had problems connecting to the internet. Really sorry, I hope you are not disappointed. I will send you photos by air-mail. I hope they will help. Thank you for always thinking and caring about our small dojo here in Israel.

I wish I could attend your lectures during Nisei Week. As someone wrote to you - I wish there was a recording or a video. But I understand that you don't have any. Maybe some day you will give these lectures here in Israel. How great this would be. Take care, Yours, Ze'ev. Israel

From Italy:

08-12-03: Dear Sensei, Last Saturday I have watched on "History Channel" your interview inside "Samurai". Every interviews are very interesting and many people know you. We are very honored to have a contact with you and we hope in your next and future visit in Italy. Please keep me informed about your news and soon as possible I'll send you our newsletter (we have little technical problems!).

Regards, Marco Giuseppe Marangoni

All Dynamics S.r.l. - Marketing Manager, Via Passerini, 6 - 20052 MONZA (MI) - ITALY - info@alldynamics.it

The Furuya Foundation:

Mr. Ken Watanabe - President

Mr. Gary Myers - Secretary

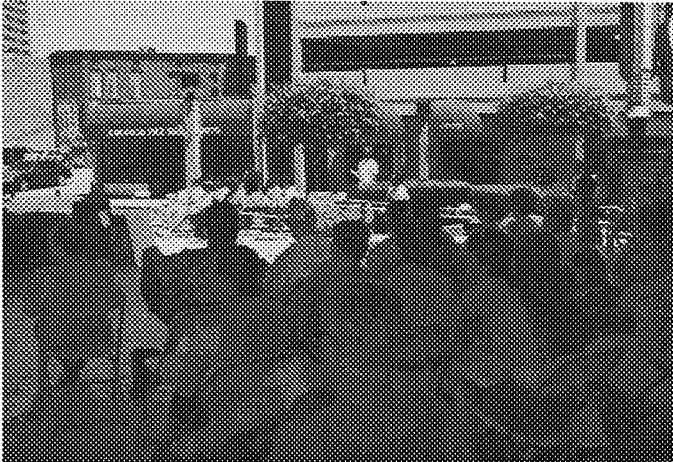
Mr. Mark Ty - Treasurer

Dr. Cheryl Lew - Counsel

Mr. Jonathan Altman - Legal Counsel

The Furuya Foundation is dedicated to preserving the Dojo and its continued operation maintaining the highest standards of practice and the work of Furuya Sensei in research and education in Aikido, the traditional Japanese sword and related arts and their history, culture and traditions. Your support, donations & contributions are welcome.

Nisei Week Aikido Demonstration Weller Court. August 16.



A second Aikido demonstration was presented at the Weller Court in Little Tokyo for the Nisei Week Festival. A very hot day - we thank all of the participants!



James Doi demonstrating Irimi-nage.



Bill Allen demonstrating Nikyo Tenkan.

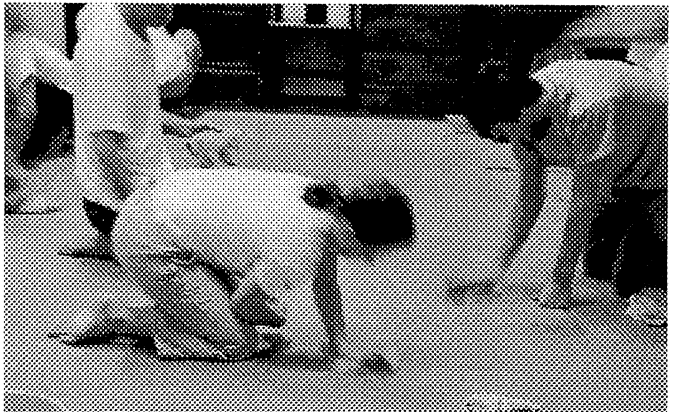
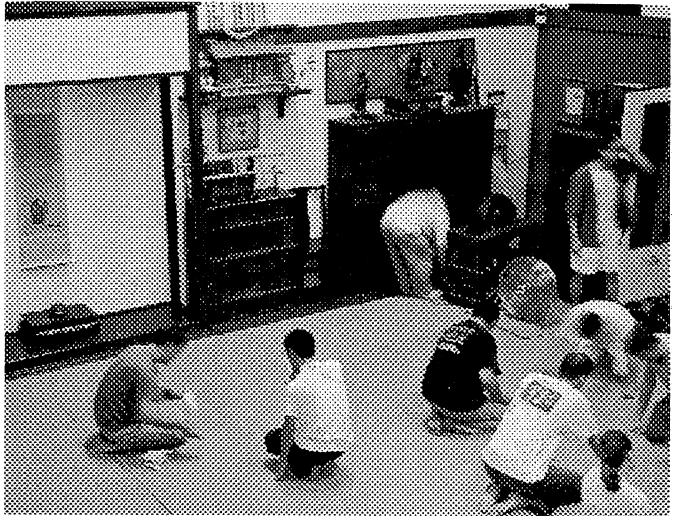
Nisei Week Japanese Culture Lecture Series: Aug. 3 & 17.



Sensei presented two lectures for our Nisei Week celebration. On August 3, a lecture of the life and art of the swordsman, Miyamoto Musashi. On August 17, Sensei presented another lecture of the art of Japanese sword guards, tsuba, with emphasis of Yagyū guards.

Summer Dojo Clean-Up. August 2.

Many students stayed after class on a very hot summer day to scrub the mats and do a general Dojo cleaning to prepare for Nisei Week. Many thanks to all of the students who did an excellent job this year.,



Letters & Questions:

07-02-03: **From Argentina.** Dear Sensei: Many thanks for your answer , I will keep it in my heart I'm very glad for your interest. I'm going to answer you with sincerity and I hope you can understand my poor English. My Sensei is Rolando Martin 5° dan a student of Katsutoshi Kurata Sensei 7° dan. Kurata Sensei has lived in Argentina since 1968 teaching Aikido to my Sensei since 1970. I live in Rosario a relative small city , I've been practicing Aikido since 1996.

I found this questionnaire in your page ..

1. What do you consider the most important aspect of your training and/or Aikido?

The everyday training . People who climb mountains achieves a goal when arrives to the top or the highest part of a mountain.. people who practice Aikido arrives to the highest in everyday practice...

2. What do you consider the most important characteristics of a good student?

Proper attitude, open mind and open eyes... Shoshin ...

3. What do you look for in a good teacher?

I don't know , but I always look him students . If students are humble, work hard on fundamentals (basic techniques), and there is a healthy respect between the teacher and students I consider he (or she) as a good teacher.

4. What makes a good dojo?

A good teacher, and good students.

5. Do you prefer traditional or more modern methods of Aikido?

I prefer traditional methods , the way that my sensei teaches me.

6. Do you prefer a more original Japanese version of Aikido, or a more Americanized and updated style of Aikido.

I guess Aikido is a Japanese Budo, It means not only techniques be a part of Aikido.

7. What attracts you to Aikido?

I've been interested in martial arts since I was a kid .I practiced Judo a couple of years but I left it when I was forced to fight in a tournament. Many years later I heard of a non-competitive martial art called Aikido. When I watch a class , I saw a lot of rules , a lot of reverences , a lot of thank you's and I think " These are Japanese customs, is like a little bit of Japan in my city .."

8. How important is Attitude in training?

Attitude is training....otherwise you are performing....

9. How much of the "spiritual" aspects of Aikido are most people interested in?

Although I can't response by other , Aikido changes my point of view.

I don't look life in the same way than before...I guess this is a spiritual change. Please, be free to ask other questions if you want.. With my best regards, Christian Leyes, Rosario , Argentina

07-03-03: **Grateful For Small Things.** Dear Sensei, This is Joe. I was an Iaido student in the Dojo last year. I thought a lot about your message yesterday, and again this morning. I felt pretty bad because I knew I was one of those students who disappeared then reappeared suddenly. A few days after I gave you that note I realized it was impulsive, childish and rather inappropriate. I appreciate you not accepting such a weak request to rejoin the Dojo.

I know I am poor at "proper manners" and my attitude in training and life is quite negative. I was diagnosed with chronic depression when I was in middle school. I never did anything about it or allowed anyone else to because I thought that not being able to fix it myself would show weakness. Now almost nine years later, I am finally taking responsibility for it. I am seeing someone and on medication. Things are starting to turn around. Also I met a girl and we have been dating for six weeks now. She is one of the most thoughtful and responsible people I have ever met. Every day I become more mindful of her and that inspires me to become more mindful of myself and others around me. The more I grow in this way the more little things that you've said in your writings, on the mats and at breakfast sink in a little deeper. It is not all the time or very impressive. Every now and again I feel that I see one more facet to small things, or understand something a hair's width better and that helps me keep working at it. Kodo has helped me a lot in this way and also as a sober view on proper action and attitude.

I hope this finds you well. You do your students a great service. There is nothing more valuable than a life well lived. You help them improve how they live their lives, one day at a time. For that alone they could never repay you enough. I am forever grateful.

July 4, 2003: **3-4 Months Iaido:** Hello, My name is dexter lee and I am interested in learning more about your iaido class. First off, I am currently in kendo and learning kendo I found that I would like to explore more in to the different ways of swordsmanship. due to the limited amount of time that I have, I tried to pick up some techniques from a eishin-ryu iaido manual and I found that, though I could pick up the movements from the book, I wasn't able to work on the details of the technique such as proper form. (Chiburi still has me a little confused) In either case, I think in order to learn, I'd probably need a proper sensei to teach me. Like I said earlier my time is limited due to work and obligations with kendo, family and computer training, so I would probably only have 3-4 months per a year to be able to devote to the class. I was wonder if I can still qualify to take the class, and if I do, what is the process do I need to go thru to sign up for the class? Many thanks. Dexter Lee

Sensei's Reply: You cannot learn Iaido, if it is not important enough for you to learn Iaido. I am very sorry, but I cannot teach you like that. Please find another dojo.

07-06-03: **Saw Discovery.** Hello Rev. Furuya, My boyfriend Charles and I enjoyed seeing you and your dojo on the Discovery Channel recently and wondered whether you could recommend an aikido instructor in the New York City area. We live in Westchester County, New York. We very much appreciate your time in making a

07-05-03 continued: reply, as you must receive many queries of this sort. With best wishes for the 30th anniversary of your dojo. Linda Fingerson & Charles Crompton

07-13-03: **Clean Dojo.** Aloha Reverend Kensho Furuya, I was strolling through the internet and came across your site. I recognized you from a tv program that was on the Discovery Channel and wanted to commend you. I particularly liked how your students were seen cleaning the dojo. Something as fundamental as this is often missed in many American dojos so it was nice to see it shown on tv. Sincerely, Guy Junker

07-14-03: **Another KODO Fan.** Dear Rev. Furuya, I have just finished my first reading of your book, "KODO, Ancient Ways". I know I will revisit its pages numerous times in the future.

I have never written to an author before, but your book has touched a special place in my heart. In my teens I began the study of Kodokan Judo which lasted 15 years. Although I loved Judo, impulsiveness, immaturity, and very poor choices took me away from training for many years. Now at the age of 50 I have returned to Martial Arts. I have recently begun the study of Tae Kwon Do. I am very fortunate to have the opportunity to train under Grand Master Young Seon Seo and his wife Brenda Seo. Master Seo is a kind, family man and is a great inspiration to me. I have a whole new perspective on training at this age. Hopefully I have gained some wisdom from my mistakes and can appreciate my training and balance my life. Your book has helped me to clear my mind to see more clearly where I have been, in order to see more clearly where I am going. Thank you for a truly inspirational work. Yours sincerely, Michael Murray

07-21-03: **Some Thoughts.** Dear Sensei, Your recent writings about how we use our time and our purpose in life remind me of some lines from the book, "The Power of Full Engagement". I'd like to share them with you. Best of health, Stephen Cooper

We live in a digital time. Our rhythms are rushed, rapid fire and relentless, our days are carved up into bits and bytes. We celebrate breadth rather than depth, quick reaction more than considered reflection. We skim across the surface, alighting for brief moments at dozens of destinations but rarely remaining for long at any one. We race through our lives without pausing to consider who we really want to be or where we really want to go. We're wired up but we're melting down.

Most of us are just trying to do the best we can. When demand exceeds our capacity, we begin to make expedient choices that get us through our days and nights, but take a toll over time. We survive on too little sleep, wolf down fast foods on the run, fuel up with coffee and cool down with alcohol and sleeping pills.. Faced with relentless demands at work, we become short-tempered and easily distracted. We return home from long days at work feeling exhausted and often experience our families not as a source of joy and renewal, but as one more demand in an already overburdened life.

We walk around with day planners and to-do lists, Palm Pilots and BlackBerries, instant pagers and pop-up reminders on our computers- all designed to help us manage our time better. We take pride in our ability to multi-task, and we wear our willingness to put in long hours as a badge of honor. The term 24/7 describes a world in which work never ends. We use words like obsessed, crazed and overwhelmed

History Channel "Samurai" Two-Hour Special Interviews Sensei

On August 20, the History Channel taped an interview of Sensei for a two hour special on the Samurai which is scheduled to be aired sometime around December of this year.

Subjects covered with the history of the Samurai, Japanese swords and the traditions of martial arts in Japan and this country. Demonstrations of Aikido and Iaido were included.

not to describe insanity, but instead to characterize our everyday lives. Feeling forever starved for time, we assume that we have no choice but to cram as much as possible into every day.

07-23-03: **Zendo Mugging.** Hello Sensei, I hope you are well and everything is going well at the dojo. You had asked me to keep you informed on my Zen training- I thought you might be interested in an experience I had at the Zendo. There is a Kenpo dojo which is loosely associated with the Zendo- the two instructors are young guys who are Zendo members.

One day during samu, I opened the door from the back of the garage to the garden, and the assistant instructor, who was standing on the outside of the door, threw a straight punch at my head! (Well, it was a training punch, no intent to injure, but it was a good training punch, and a complete surprise- by the way, he stands about 6' 6") I was standing in the doorway, with no place to move to. Without thinking or feeling anything, I blocked the punch with my left hand and simultaneously punched to his stomach with my right ("training punch" again- it did not land, but I hit the air an inch or two away like I meant it). He reacted as if he had been hit- I then stepped to the left, beside him, and patted him on the stomach-(I really do like the guy), and he flinched again! Then there was a cascade of emotions that ran across his face- he was afraid for a moment that I was offended or upset, but he could see that I was smiling at him, then a little "oops" expression- there is a "no horseplay" rule at the zendo.

The interesting thing for me was that it all happened with "no mind" -no time to think anyway- and I have become aware of that "mushin" happening more often. Also, there was a feeling of great clarity, as if time was temporarily suspended-I think I am beginning to scratch the surface of the meaning of Dogen's "Being Time". So, either you have not stopped teaching me, or I have not forgotten everything. I think it is both. Good Aikido story, I think, even though I don't know any "doorway techniques"- the "aggression" got turned back on itself, no harm was done, and it turned out to be a good training moment for both of us. Sincerely, David Kyokei Young

07-23-03: Hi, all . . . is information for the release of the movie I shot last year, "dopamine", that won a prize at Sundance Film Festival this winter. it's being released oct 10 in certain markets... if you are interested in seeing it, check below for details. take care, love Bruno Campos

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For Sensei's Daily Message

Aikido Center of Los Angeles

www.aikidocenterla.com

Bruno continued: Dopamine: Subject: Dopamine Update July--
Release Date Set: This is going to be short and sweet but we wanted to make sure you were aware of the progress we've made on the film. We have finalized a distribution deal with the Sundance Film Series for Dopamine later this fall. The release date is scheduled for October 10 in ten markets across the country (cities and theatres below). Other markets, and duration of release, will be determined by how well the film plays with audiences and at the box-office. We're optimistic about this release and look to our friends, families and supporters to help us spread the good word about the film and to get their tickets to see Dopamine on the big screen in early October.

The below link has all the information about the Sundance Film Series including the three other films being released as part of the series (and you should make efforts to see these as well!). More from us later. Dopamine Team Link:www.sundancechannel.com/filmseries

07-28-03: **Getting Better!** Hello Sensei I trust all is well with you? I have just returned from a wonderful week of peaceful rest and relaxation with my wife and 2 children. We stayed with my wife's parents in Canterbury and we enjoyed perfect weather and watching the children play with their grandparents.

Sam, my son who is 3, has been watching me practice my ukemi in the garden and has recently started to do forward ukemi by himself - no encouragement from father - just decided to copy what I was doing. I very very much hope that both Sam and Isabelle (and the 3rd if we are blessed with one more) will train in Aikido but I know I must not pressure them - they must find their own way. But it was great to see Sam start to do forward ukemi (not quite correctly of course!) by himself. I try to set a positive example with my training and commitment to practice. I often quote a line to myself from a daily message you wrote sometime ago when I find myself making excuses not to go or get up early - "Most of practice is one's devotion to practice."

You may remember that my business was struggling - I am pleased to say that things are looking much much better. Should all go well the next 6 months will be our best ever. Thank you once again for your words of support and encouragement - they really did help to see me through some dark times.

We (Cambridge Aikido Club) have a grading at our dojo soon and I will take some photos afterwards and send you some copies. I am glad to say that the numbers practicing have grown over the last year or so. At one stage there would only be 2 or 3 of us on a regular basis and there was a danger that the club would close after nearly 40 years! Now there is a core of 5 or 6 who train regularly with another 10 or so who train intermittently. Best wishes, Ambrose

08-03-03: Dear Master Furuya: Even though I don't know you in person I have had the rare privilege to read your book Kodo The Ancient Ways and by this, know about you and how you face the practice of the Way. Your book is one of the best books I have ever read about martial arts.

First of all I have to present myself so you can know about me and my life and may be help me in my problem.

I live in Uruguay South America, I am 51 years old, I have been married for 22 years and we have 5 children. I work as an Agricultural

I have practiced a branch of Shorin Ryu Matsubayashi Karate Do for 30 years and I am a Yondan black belt. I am the Sempai Dai of the School.

During all this years I have enjoyed the practice of the Art specially the practice of Kihon and Kata. Our School is a traditional one so we have never participated in tournaments. The name of the School is Okinawa Ken Ryu and is part of the Okinawa Karate Do Renmei. Karate Do is important to me and I enjoy very much to practice it. However I really don't feel Karate Do as my spiritual path. My Sensei is an 8th degree black belt Kyoshi and I know him since my early 20's.

On the other hand I have been practicing Zazen for the last 10 years in my home and in a Dojo that follows the teachings of Master Deshimaru Roshi. The Master is Kosen Thibaut a direct disciple of Master Deshimaru Roshi who received the Shiho a few years ago from Master Niwa Zenji head at that time of Eihei Ji. Of course Master Kosen lives in Europe and comes to South America once a year. I feel inside my heart that Zazen is my spiritual path. As a matter of fact I received Monk Ordination 2 years ago from Master Kosen in a Sesshin in Argentina. Now here is my problem:

As I said I enjoy the practice of Karate Do, the Art, the movements, and the beautiful Katas of Karate and Kobudo. At the same as I have told you I don't feel Karate as my Way. I know my Sensei for a long time. He is a very good Sensei but he doesn't allow me to practice Zazen in another Dojo. In our School we have Zazen but in reality we almost never practice it in the class.

On the other hand I enjoy Zazen as the practice of my life but at the same time I think is a partial practice in the sense that I miss the movements of Karate Do. The other thing is that I don't have any real relation with Master Kosen since I have told you he comes once a year to South America in summer time where I have my vacations with my family.

So I don't know really what to do. If I quit Karate and dedicate myself to Zazen I will miss my Katas, the Art, the movement and my Sensei. Thirty years is a long time. If I quit Zazen and dedicate myself to Karate Do I will leaving what I feel is my Path. At the same time I will never have a real Master since I know it will be very difficult for me to go again to a Sesshin with Master Kosen with whom I don't have any relation at all. I apologize for this long and may be not clear at all letter. Any help will very much appreciate. Thank you very much. Yours sincerely, Fernando Rodríguez

Monthly laido Intensive

The Iaido Intensive from 6:30-8:00am on the 2nd Saturday of each month is now open to all Iaido students. Everyone is encouraged to attend. Our breakfast-meeting follows.

Thursday Class Schedule Change:

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

7:45pm-8:45pm. Weapons Class, 4th Kyu & Up.

**Children's Class: Every Sunday morning,
9:00-10:00am sharp. All youths 7 yrs to 16yrs
are welcome to join us! Parents welcome too.**

Aikido Center of Los Angeles

www.aikidocenterla.com

08-01-03: **ALPA.** To Whom It May concern: I am going to be running in the AIDS marathon in Honolulu, Hawaii in December 2003. Accordingly, I am required to obtain \$3,000 in sponsorship.

I am going to be hosting a "party" and giving away items via raffle. All proceeds will benefit APLA- Aids Project Los Angeles, which is a tax-deductible charitable organization. (Information Card No. B1917 issued by the Los Angeles Police Commission Charitable Services Section). APLA is a qualified 501(c)(3) organization, tax id number 95-3842506.

Would your company consider donating a class to be raffled at this party? (i.e., a gift certificate for 1 person to take a complimentary class). Thank you for your time and attention. Yvonne
Yvonne M. Schulte, Barbanel & Treuer, 310-282-8088, Ext. 135
yschulte@btlawla.com

08-04-03: Liked Musashi Lecture: Dear Sensei: I have had the lecture on my mind. The thought that resonates with me afterwards is a remembering that Musashi was a human being...and that fact does not somehow lessen his celebrated stature, rather it, in my mind, grounds him and makes him stronger, more venerable and real. Thank you, JB

08-05-03: Dear Rev. K. Furuya, Thank you so much for your generous gift! I can't express how much I appreciate your generosity. You're right about the need to save so many good people from suffering. Aside from the people who have died from AIDS, I read a statistic last night that 8.2 million children world-wide have been orphaned by AIDS over the last 20 years. Such a tragic disease. In any regard, I appreciate your donation. Thank you. Best Regards, Yvonne

08-05-03: Dear Sensei, I am just taking a moment to write you. I enjoy reading your message board, but was away at the Rocky Mountain Summer Camp, so I am a little behind. I wish that I could have been in town to hear your Musashi lecture. I think he is a very compelling figure, although, after reading a little of Yamaoka Tesshu, I am much more impressed with him at the moment. Anyway, I am sitting daily, training almost daily (travel for work sometimes interferes, though I do visit dojo wherever I go), and, I think, slowly becoming more aware. I hope that all is well with you. Warmest regards, -NK

08-07-03: **Cleaning Message.** Sensei, How are you! It's been awhile and I thought I'd drop you a line. Actually, I've been keeping tabs on you via your website. I like what you wrote about cleaning the dojo:

"Cleaning is "responsibility" to take care of everything you use. It is "respect" towards everything you come in contact with. It is "caring" of everything around you. It is a job with no merit or reward - and teaches the purity of spirit. All of this forms the basis of our training."

Please, may I take that quote from your daily message and post it (with full credits, of course!) in my dojo? I think it would be inspiring for my students to read that. (Might make for a cleaner dojo too!) As always, James (Nakayama), Chushinkan Aikido Dojo, Orange County

Sensei's Reply: James Sensei, My pleasure always. Best Wishes.

08-09-03: **Russian Martial Arts.** Rev. Furuya, Hello. I am not sure you are familiar with our system (Kadochnikov System) or the Russian Martial Arts. Our organization represents the Kadochnikov System in America.

I read of your school on the internet. I have driven by the area the school is in as well while learning my way around LA (as I have just moved here). I have great respect for other arts, and enjoy learning about other arts and watching their training...it always gives me great insight into our system, especially since I writing our first book in the English language on our system.

I will be in LA a few evenings this week, and was wondering if I might be able to stop by your school and meet you, as well as observe some training for a few a bit? If that is ok, is there a particular day that would work best as not to interrupt the classes while observing? I hope all if well with you and your students, and wish you great success in the future. M. Powell

--

Matthew Powell, Director, Head Trainer
K-Sys, Inc., PO BOX 113102, Laguna Beach, CA 92651
Ph. 404-409-5797

08-10-03: Furuya Sensei, Thank you so much for your continued honesty regarding the martial arts and your personal philosophies. I have posted questions to you in the past and you have always replied in a most gracious timely manner. I was wondering if you would ever consider video taping your lecture on Musashi or perhaps posting it on your website for those of us who are not in your area to read and to enjoy? Best wishes to you for your week ahead. Thank you again for your time and consideration! Michael C.

08-12-03: Furuya Sensei, You have mentioned from time to time that when viewing some of the Japanese soap dramas on television, you notice that some of the costumes and behavior of the actors does not fit the period that they are trying to portray. What, in your opinion has lead this to occur? Do you fear that with the uneducated intructors that pop up from time to time pretending to be Aikido Sensei may have the same damaging effect on the art? Japanese culture is so vibrant and rich, its a shame to hear you describe these events and situations occurring. Just thought I would ask! Warm thanks, Michael C.

Sensei's Reply: Please see Daily Message for August 13. Thanks.

08-13-03: Hello Furuya Sensei! I wanted to let you know how inspiring your daily message is to me. I found it a few days ago and just can not stop reading . I went back to Jan. 03 and began reading and every time I should get off of hear I keep clicking on a new day to see what else you have to say. You have so many points to ponder and so much knowledge.. I hope in my life time that I can be Blessed enough to , at least , just a little , begin to grasp the wisdom and understanding you have on Aikido and life in general. I often keep your words in my thoughts when instructing my own class.

I hope I make the opportunity to meet you one day as it would be a great honor. I am going to purchase your nine tape aikido set and continue to read your daily message. With the combination of both I pray that I can come to emulate you in your teachings and in your Aikido techniques. Sincerely and respectfully , Chet

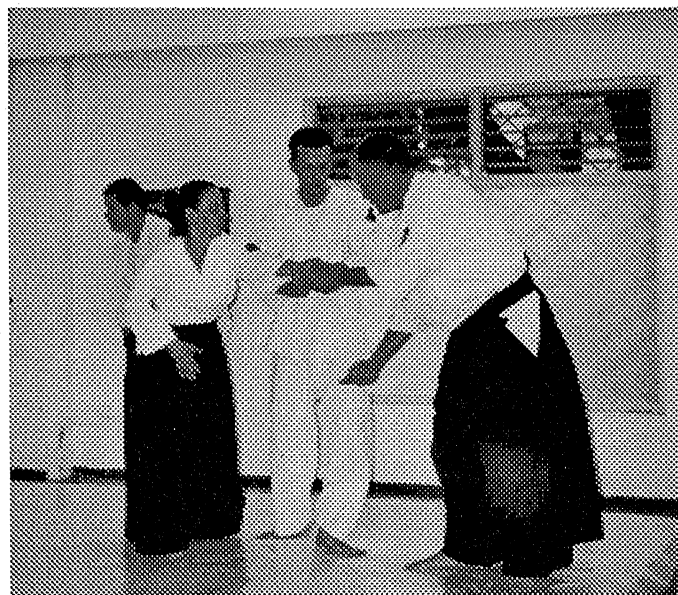
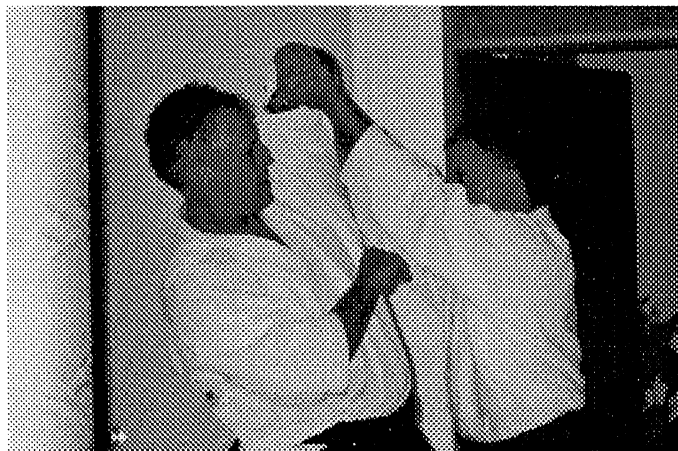
Chet C. Covely III

AKTF - Coos Bay , Oregon

Tom Williams In Gaudalajara con't.



With Dr. Raul Blackaller, Head of the Guadalajara Dojo.



Tom Williams first trip visiting affiliate dojos in Mexico was a great success and everyone enjoyed his clear instruction and hands-on teaching. Several other local dojos also joined his classes. Many thanks to the VeraCruz and Guadalajara dojos for hosting Tom and giving him a wonderful time.

08-13-03: Dear Furuya Sensei , I was reading a Review someone did on your nine tapes on Aikido. As he went on he said you made a excellent point on why NOT to count while stretching . But said we would have to purchase the tape to learn what that was.

I have always counted during stretching and have my students do the same. One because the JR kids like to count in Japanese. Second I was led to believe it is a good tool to teach the students not to hold their breath during exersizes. If you could please enlighten me on this as I do not want to continue in this manner is their is a better practice with out it. Thank you for your time. Chet

08-14-03: Furuya Sensei, Once again I thank you deeply for your thoughtful response to my last question! I asked about the culture because my own is dying slowly and is misunderstood by my generation. You see, my family is Acadian French. A people who came to the United States from France and eventually settled into Quebec. From there they came to this country to make a life. My fathers generation are the last that speak the Acadian language. All the traditional Acadian songs and values are unwritten and will be lost forever. How sad! A current worry is that years from now generations with this heritage may see less than accurate results from those who try to rebirth the culture. Incidentally, I don't even speak my families native tongue due to my parents insisting I speak english. Tradition, seems to be a dying, dare I say tradition! Warm thanks Sensei, Michael C.

08-13-03: **From New England.** Dear Kensho, It's been many years since we've seen each other. You may remember me, a student of Kanai Sensei since the mid-seventies. I was in LA about 15 years ago (at the time I had a dojo in Newburyport MA.), and I stopped by one night to train with you and your students and you graciously let me lead the class. I was so suprised, and probably only a Nidan at the time.

Many things have changes in my life over the past 15 years, but I still live in Boston. I visit the NEA and Sensei every now and then. But I've formed a very close and personal relationship with Dick Stroud. Do you remember Dick? An older Black/Cherokee man from Manhattan, (a painter), and the strongest student of Sensei's. He started the first martial arts dojo at MIT 30 years ago, and still continues there nightly. For so many years he encouraged me to come stop by for training some time, but I never thought much about it with Kanai Sensei just down the street, (and so many yudansha to train with there). but one day, about 10 or twelve years ago I stopped in one day, and never left (pretty much). I love training with Dick. It's always so intense, and deep. He just had his 70th birthday this year, and strong as ever. Anyways, Kanai Sensei is doing well. Slowing down a bit. He no longer leads the warm-up. Usually Yasu does, or occasionally Paul Keelen. You may also remember Bernie Mulligan? I started Aikido with him in Swampscott when Fred Newcomb was the chief instructor there, back in the 70's. Fred has disappeared from aikido, but Bernie is still the same jolly fellow (albeit, white hair, and smelly cigars). His dojo (Shodokan), now in Salem, MA, is one of the most beautiful dojos anywhere (except of course for your's and Harvy's in Woodstock, NY). I still enjoy hearing lovely opera, or symphonic music in the background during training there. I have such a fond place in my heart for Bernie. . . . And I also hope to see you again sometime before the next 15 years pass. Please take super good care. Till next time, I will continue to remain, Very warmly yours, Bob Toabe

Student Birthdays:

AUGUST

Lars Benthien August 7
Ty Tanita August 8
Robert Lew August 19
Peter Blood August 23
John Kwon August 25
Yerman Gur August 30
Mike Mitani August 31

SEPTEMBER

Minh Tran Sept. 1
Andrew Liang Sept. 1
Joana Chacon Sept. 3
Mike Hatsfield Sept. 16
Maria Murakawa Sept. 17
David Ito Sept. 22
Cheennglay Cox Sept. 27
Steven Anderson Sept. 29

Congratulations & Best Wishes Always!

New Branch Opening September 13

BEVERLY HILLS AIKIDO CENTER

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Los Angeles, CA 90048

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of basic Aikido knife
techniques and self
defense strategies.
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each.

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Salamanca, Spain
Santiago Garcia Almaraz

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Seymour Clay

Jalisco Aikikai
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Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares

Veracruz Aikido Dojo
Vera Cruz, Mexico
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni
Monza, Italy

All Black Belt Candidates & Senior Students Recommendations:

1. Please attend all intermediate & advanced classes. Maintain regular, consistent training schedule. Attendance is most important.
2. Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's Memory and is required for all Black Belts..
3. Please attend and assist Sunday morning Children's Class. This is the best training to become a good Aikido instructor.
4. Please help with the opening and closing chores and keep the dojo immaculately clean, neat and in good order.
5. Please be a good role model for junior students. Be helpful and friendly but modest and humble. Demonstrate by your actions, not words and idle chit-chat. Be a good example both on and off the mat.
6. You must develop good, strong, correct technique. Concentrate and master the fundamentals inside and out.
7. Please always keep in mind that Aikido is not competition in any form, in strength, rank, power, prestige, position, or social status. Practice correctness over strength.
8. Beyond physical technique, Aikido means goodness. Good technique does not come without good character. Practice benevolence in all aspects of training.

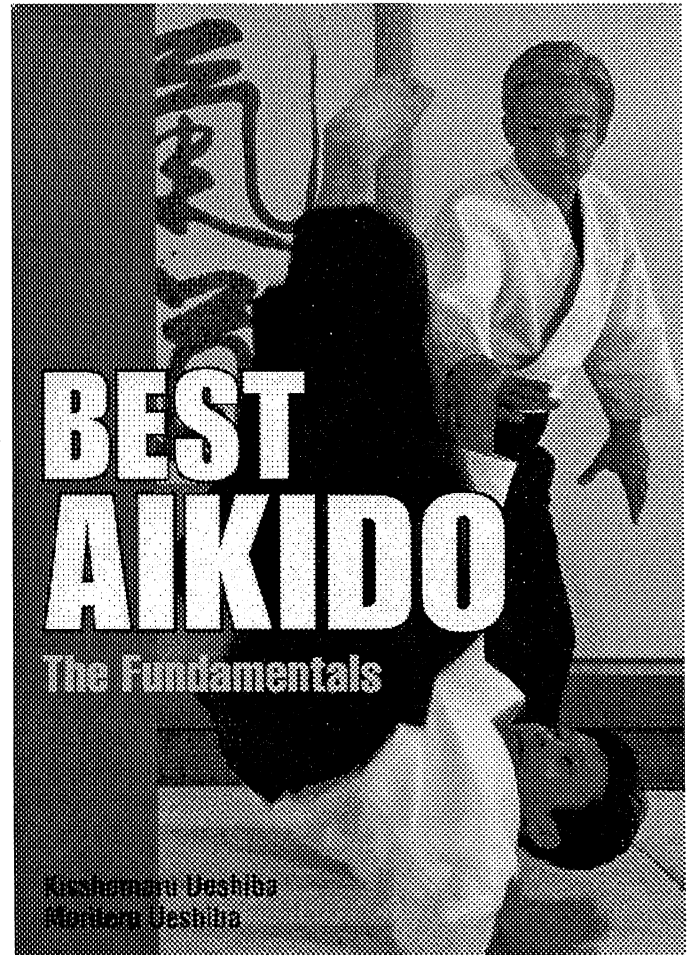
Help Build Up Our Dojo Membership

Students should make an sincere and concerted effort to help build up our membership. This is always an ongoing, very necessary and often neglected duty of all of the membership. Students come and go so there is always a natural attrition rate of the student body. Expenses, as you know, are always increasing year by year. It is not necessary to hard sell or drag them in by force but an enthusiastic awareness and good spirit in each student is important in talking with friends and family members to encourage them to begin Aikido practice. An encouraging energy to always help and build up our Dojo is important and part of our practice and being a good member of the Dojo. Please increase your efforts to support the fine practice here. Thank you.

Our Dojo's Mission:

We are not-for-profit, traditional Aikido dojo struggling to preserve the honored, old values and traditions of the art. We are always dedicated to maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training and do your best to support the work of the Dojo in every way you can. This is greatly, very greatly appreciated, Always, Aikido Center of Los Angeles, Rev. Kensho Furuya

3rd Doshu's Aikido. A Must!



Highly recommended reading by Sensei as today's best reference on Hombu Aikido. Available online or at your local bookstore. Please try Barnes & Noble, Kinokuniya and Amazon on line. The 2nd Volume is on available. Please use this as a reference for your training.

International Aikido Kodo-Kai. Affiliations Welcome.

We do accept all Branch Dojo affiliations with any dojo who practices and follows the Aiki Kai Hombu Dojo training, rules and standards. This also includes commitment to 3rd Doshu and the Ueshiba Family as the founding family and originators of our art.

You are welcome to make inquires by email or letter. Our purpose in this is to help and aid others in the correct practice of Hombu Aikido and to spread the correct interpretation of O'Sensei's teachings to the best of our abilities.

Requirements for Affiliation:

1. Practice correct Hombu Aikido with good spirit and energy.
2. Do not dabble in politics or intrigues and get along with each other in the dojo and other dojos in a friendly way.
3. Follow O'Sensei's and Successors Aikido with honesty and commitment, pursuing your training with a Beginner's Mind.
4. No competition. No unsuitable commercialism.
5. No drugs. No abuse. No inappropriate behavior.

Aikido Center of Los Angeles
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Welcome To The Aikido Center of Los Angeles



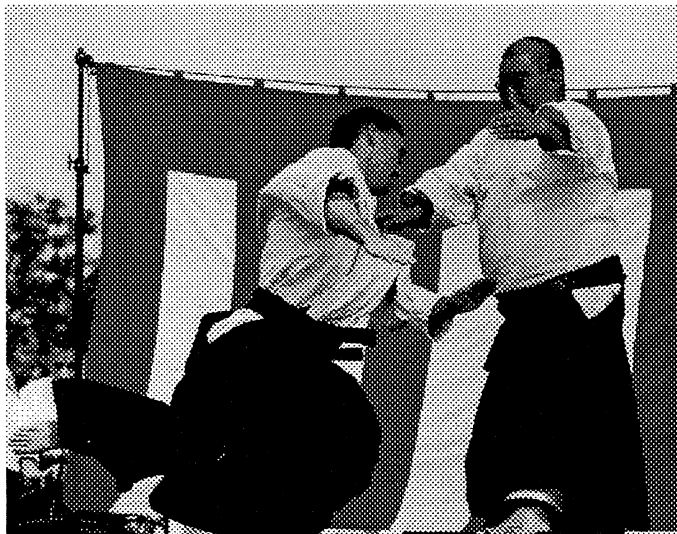
Aikido Center of Los Angeles

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

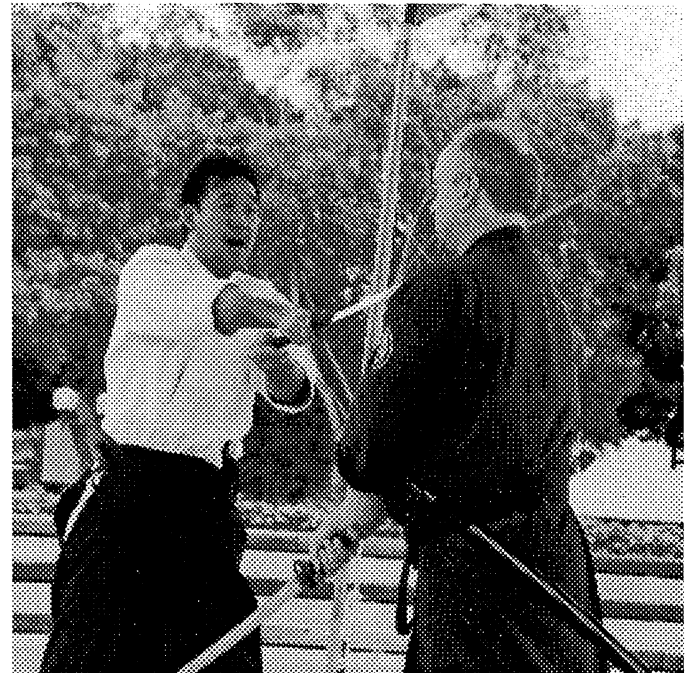
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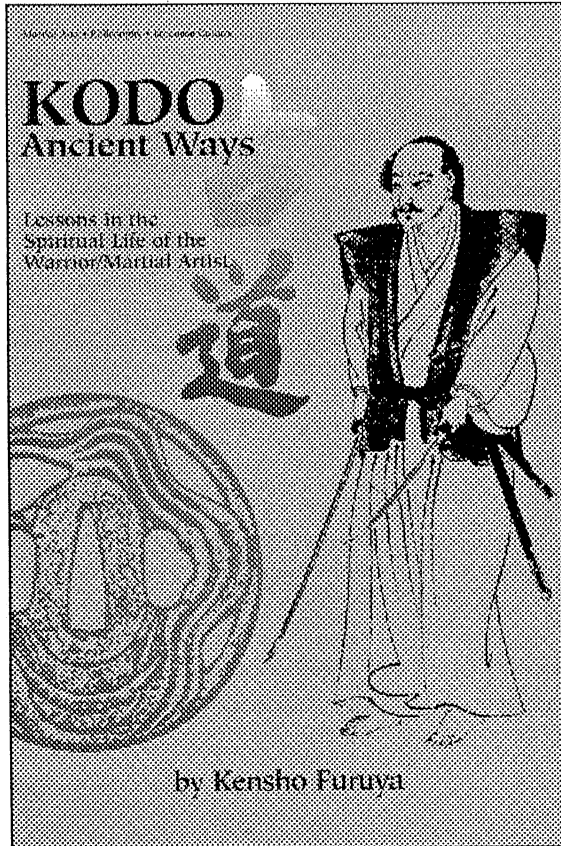
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KODO Ancient Ways: Lessons In The Spiritual Life of the Warrior-Martial Artist



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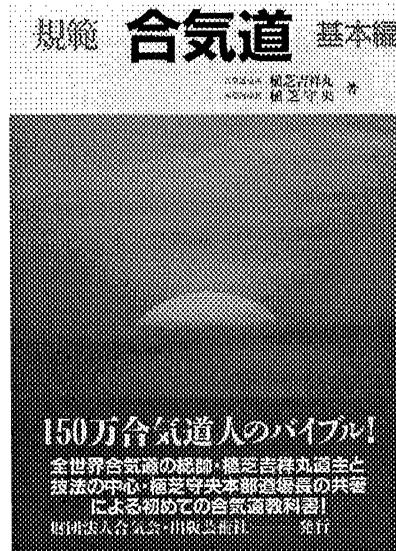
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Rev. Kensho Furuya

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Payable to Aikido Center of Los Angeles
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Recommended Readings:

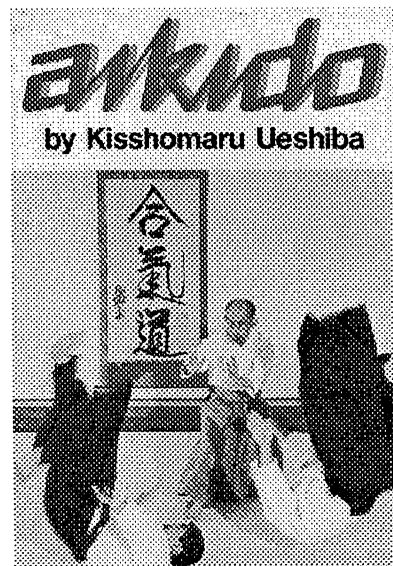


KIHAN AIKIDO

Fundamental of Aikido

By Doshu & Dojocho Moriteru Ueshiba

The latest reference book on Hombu Aikido by 2nd & 3rd Doshu with excellent photos on all of the basic techniques. Referred to as the "Aikido Bible."



Highly Recommended:

AIKIDO

By Doshu Kisshomaru Ueshiba

Other Readings Recommended For Students By Sensei:

Zen & Japanese Culture. D. T. Suzuki.

Anatomy of Dependence. Takeru Doi.

Anatomy of the Self. Takeru Doi.

Mind & The Sword. Hiroaki Sato.

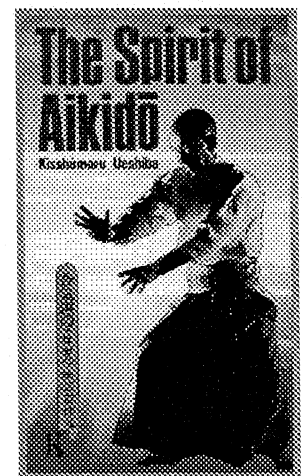
The Book of Five Rings. Musashi Miyamoto.

Records of Things Heard. Dogen Zenji.

Tenzo Kyokun-Lessons of a Cook. Dogen Zenji. Trans. Kosho Uchiyama.

The Unfettered Mind. Takuan.

A Flower Does Not Speak. Zenkei Shibayama.



THE SPIRIT OF AIKIDO

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An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*.

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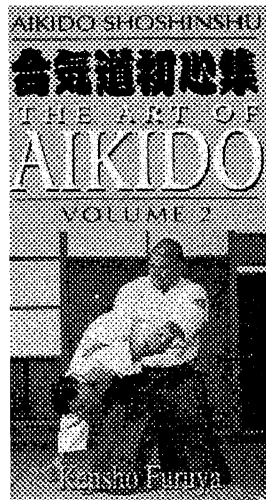
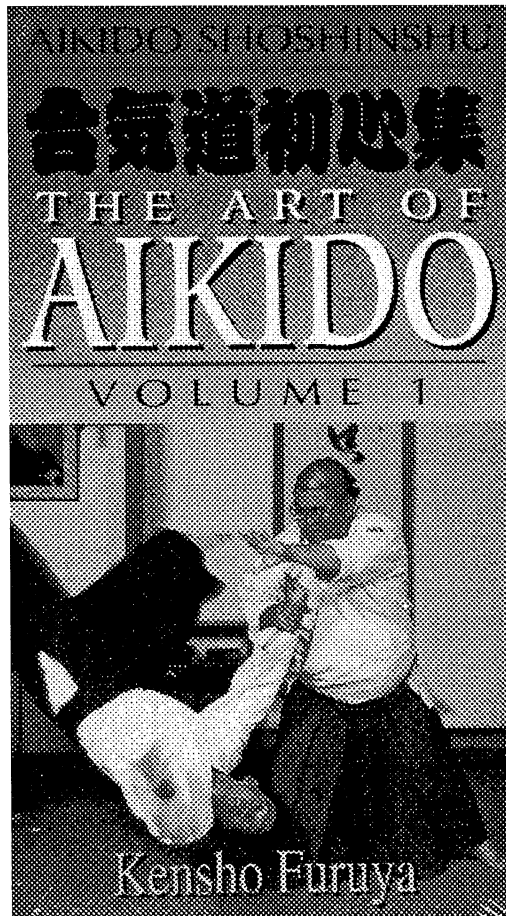
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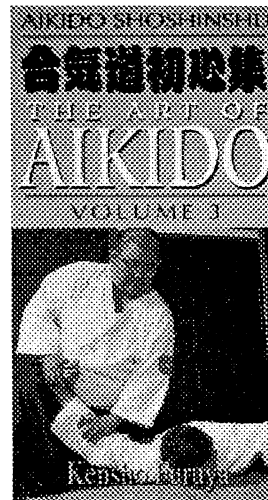
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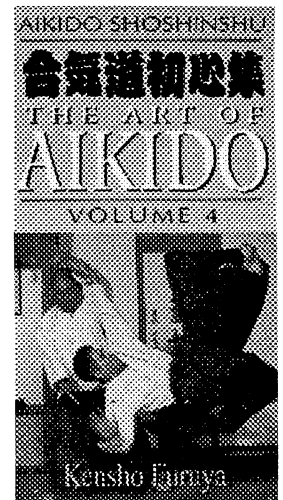
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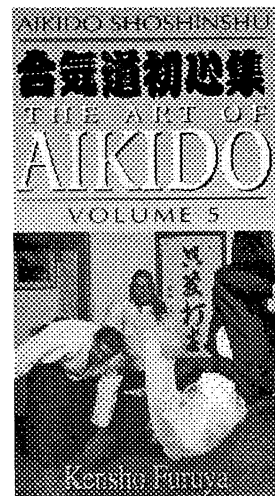
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



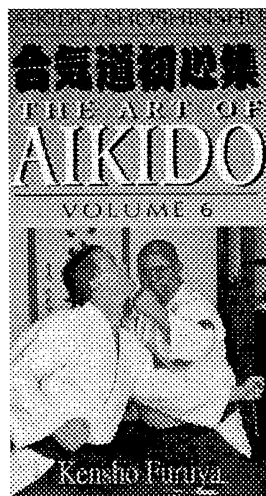
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Free Style Techniques
Tenshin. Ki. Breathing.



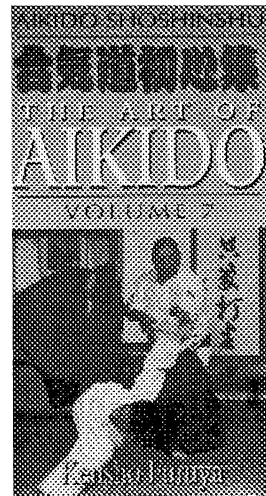
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Multiple attackers.
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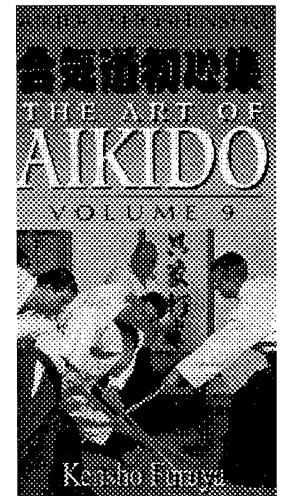
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Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.
Complete 1st Degree
Black Belt Examination

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
Intermediate 4th & Up: 6:30-7:30pm

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

Thursdays: Open Beginning: 6:30-7:30pm
Beginning Weapons, Bring Bokken & Jo:
7:45-8:45pm

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

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

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

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

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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.

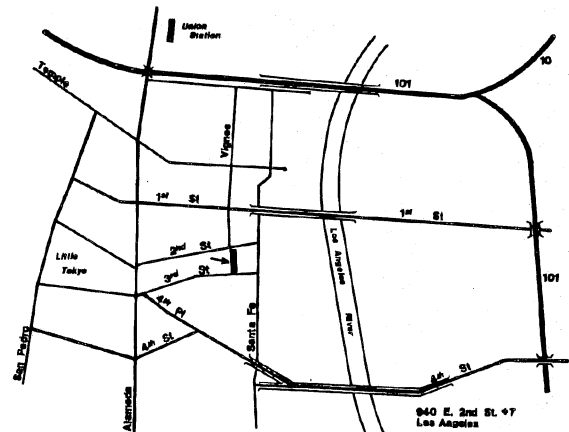
Intensive Iaido

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.