

Awarded "Outstanding Cultural Organization" 50th Anniversary Southern California Japanese Chamber of Commerce
Recipient of the Brody Multi-Cultural Arts Grant 1988

The Aikido Center of Los Angeles, 940 2nd St. #7, Los Angeles, CA 90012. Tel: (213) 687-3673. Website: www.aikidocenterla.com.

Aikido Center of Los Angeles

The Aiki Dojo

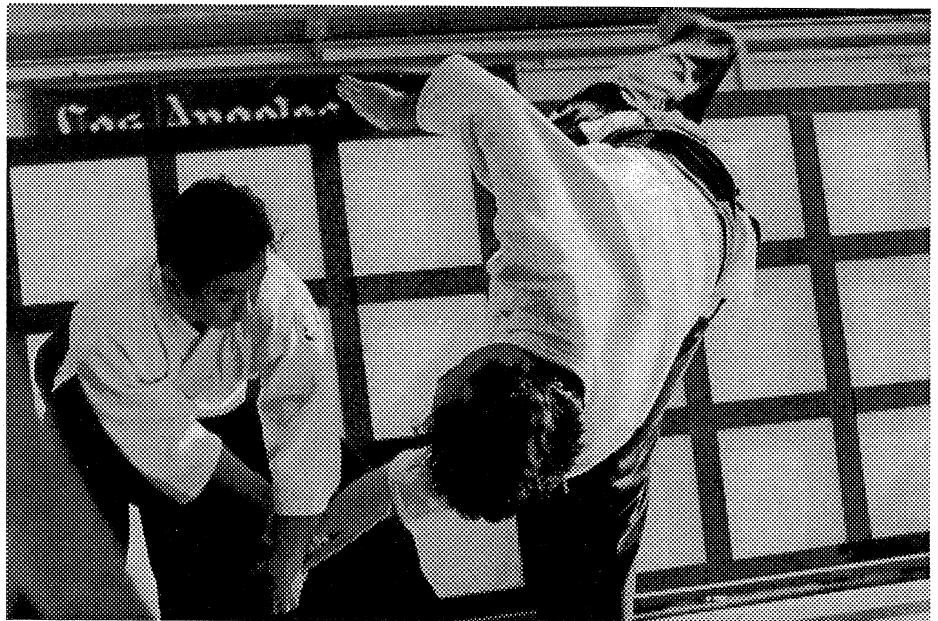
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

August 1, 2001

Volume XIX. Volume 8.

Nisei Week Japanese Festival



August 5th. Annual Nisei Week Aikido & Iaido Demonstration

August 12th. Lecture on Miyamoto Musashi, The Swordsman.

Open House & Japanese Antiques
Display. 1:00-2:00pm.

GRAND OPENING

**New Branch Opens In August:
Pico Aliso Aikikai in East L.A.
Will Serve The Community**

Under the auspices of the Pico Aliso Impacto Project, we will be opening Aikido classes in their new gymnasium in East Los Angeles from mid-August, this month. These classes will introduce Aikido to many of the youth in the area. Community activities are designed to keep youths off the streets and away from gangs and drugs. Our Dojo welcomes this opportunity to serve the community. We will be planning a Grand Opening soon. Everyone is welcome to join us, please tell your friends!

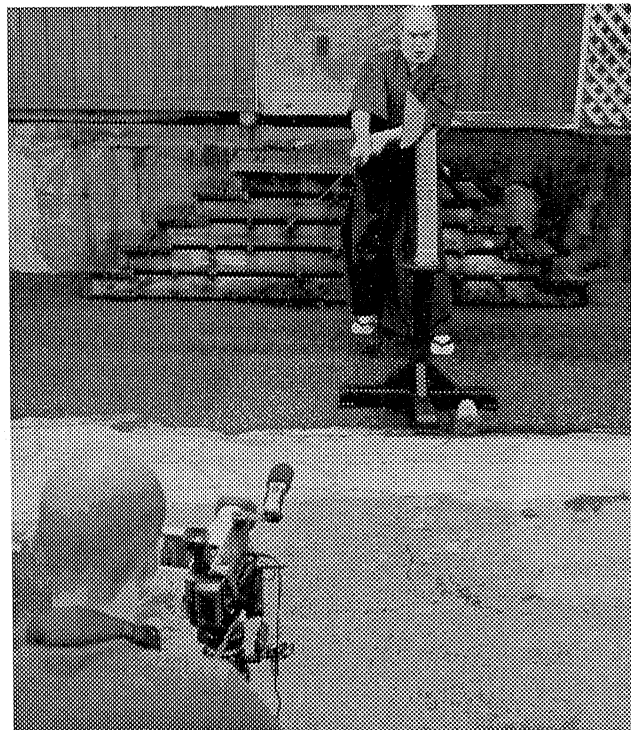


**Nisei Week Schedule:
August 5th. Annual Aikido &
Iaido Demonstration. 1-2pm.**

**August 12th. Sword Lecture:
The Life and Art of Miyamoto
Musashi, The Swordsman. 1-2pm
Also, Dojo Open House,
Japanese Antiques Sale. 2-4pm**

**Come early, seating limited.
Admission is free.**

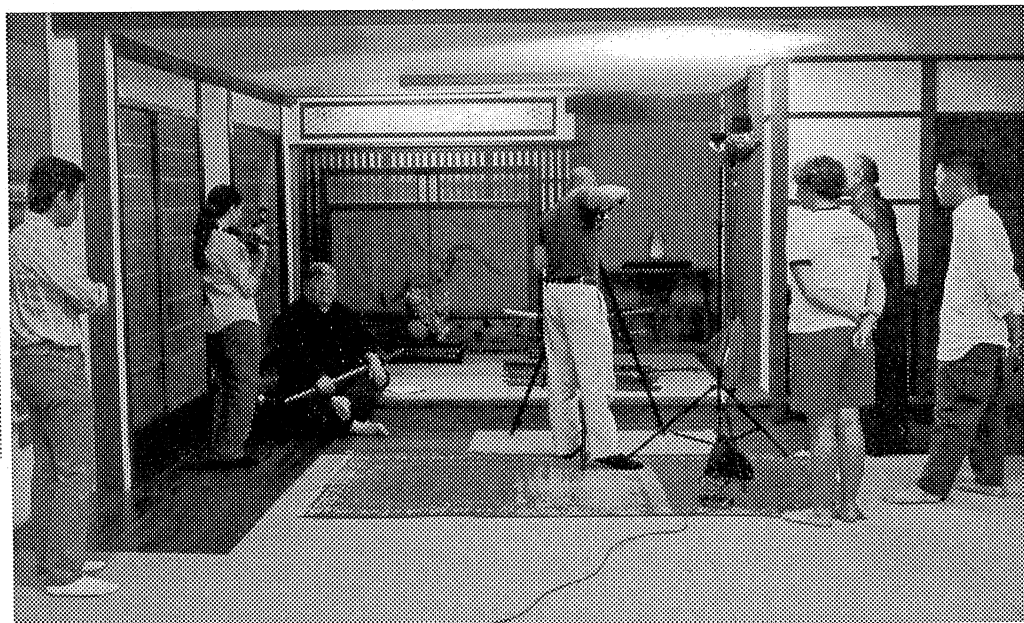
**Discovery Channel Tapes
Sword & Iaido. June 23th.**



Gary Myers cutting through wara in tameshigiri demonstration before Discovery Channel cameras.



One of the few traditional arts in this program, The Ultimate Ten Martial Arts, along with Aikido, members demonstrated Muso Shinden Ryu Iaido, Toyama Ryu Iaido and kumitachi, tameshigiri cutting, and Sensei explained about the tradition of the ancient Samurai sword.



Setting up and recording interview on Samurai swords with Sensei. In the Dojo, June 23.

Tell Your Friends About Nisei Week Aikido & Sword Lecture

Everyone is welcome to visit our Dojo for our annual Nisei Week Aikido and Iaido Demonstration on August 5th, and our Nisei Week Sword Lecture on August 12th. Please come early

because seating is limited and we always regrettably turn late-comers away. Donations are welcome. We will also have back issues of our Dojo Newsletter, The Aiki Dojo, for all guests.

This year's Sword Lecture will be on the life of Miyamoto Musashi, the great and popular swordsman of 16th century Japan. Sensei is a noted authority on the subject. Everyone welcome.

KCET "Life & Times Tonight" Documents The Samurai Sword With Sensei. June 25.



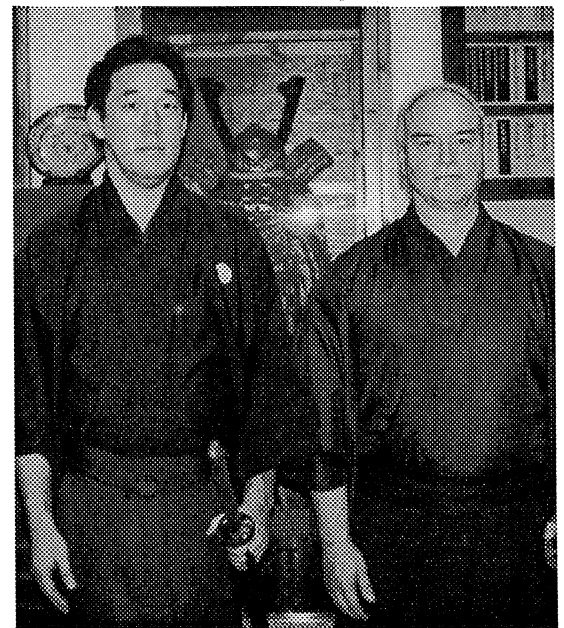
Recording Muso shinden Ryu Iaido with Ken Watanabe. Saul Gonzalez, the producer, won an Emmy the night before the taping. Below, with Saul on the right and cameraman on the left. Right: Ken and Gary.

It was a long and very tough Monday when the KCET producer, Saul Gonzalez and his cameraman arrived in the morning around 10:00am and did not leave until almost 6:00pm. KCET recorded Sensei and his collection of Samurai swords, including a demonstration of Iaido, Muso shinden Ryu Iaido, Toyama Ryu Iaido and Kunitachi.

Gary Myers demonstrated cutting and Ken Watanabe demonstrated. By the end of the day, they interviewed a tired Sensei.

The program aired on June 28th. Several more airing will take place in the future.

Gist of the program contents: Swords today are often looked as merchandise or the targets of treasure hunters or, on the other hand, batons to be twirled above the head in dance-like performances as in today's mo-



vies and martial arts performances of today. The Samurai sword is not only losing its meaning as a fine weapon and a symbol of the Samurai with its long tradition and history but its is losing its aesthetic value as a great work of art. This is a great shame. Furuya Sensei is trying to preserve its true meaning as a great work of art and as a profound spiritual tool for aspiring martial artists. This program documents our Dojo, with demonstrations of Muso Shinden Ryu Iaido, Toyama Ryu Iaido and a rare exhibition of swords from Furuya Sensei's Collection.

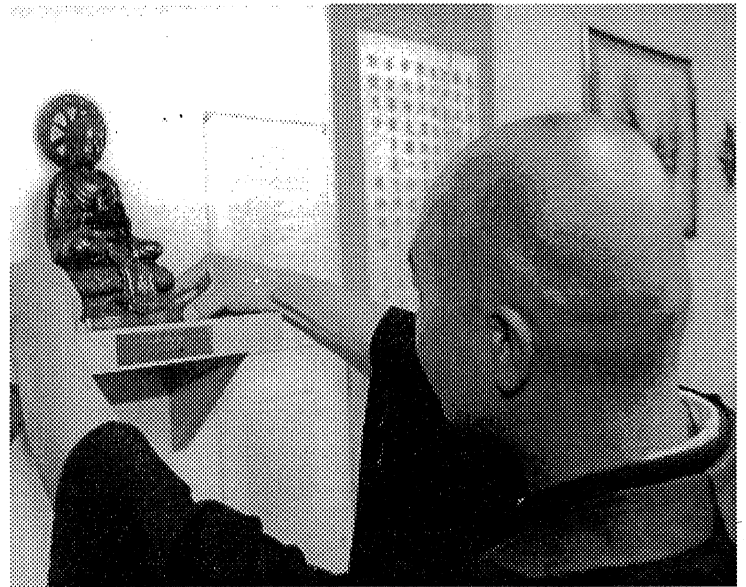
The Life & Times Tonight program aired on June 28th. The program will air three to four more times over the next several weeks. We will post airing dates on the website as we know about them. The next airings will also have our Calendar of Events and website address. Please watch for it.

In the Los Angeles area, KCET is on channel 28, cable is 50.

Eye Opening Ceremony For Buddha At Children's Hospital. June 28th.



Buddha donated by Rev. Kensho Furuya to the Children's Hospital on their 100th anniversary and the 750th anniversary of Dogen.



Rev. Kojima places the Buddha on its special stand in its new home.

About a year ago, Cheryl had mentioned that the Buddha in the Chapel of the Children's Hospital where she works had been missing and needed to be replaced and did I have any ideas on the matter. I thought about it for a long time and decided to donate this Buddha.

The Buddha was blessed on the 33rd Anniversary of O'Sensei's Passing at the service on our Dojo on April 26th this year. On June 28th, a special stand was prepared and Rev Kojima conducted an installation "Opening the Eye of the Buddha" ceremony for its new home. Many of the staff of the Chapel, which includes many ministers and nuns, attended the short service. Dr. Cheryl Lew, Larry Armstrong, Mark Ty and Sensei also attended. Afterwards, we celebrated O'Doki (luncheon after a service) at Farfella's in Los Feliz. Everyone had a great time and Sensei enjoyed his conversation with several Catholic ministers.

Sensei hopes the Buddha will bring peace and solice to many who seek his comfort in the hospital. Because it is a children's hospital, Sensei's imagines that many parents of children will come to seek serenity there. Blessed at O'Sensei's 33rd Memorial Service and installed on the occasion of the hospital's 100th anniversary and the 750th anniversary of Dogen Zenji, it is an extremely powerful and auspicious Buddha indeed.

Please ask Cheryl about visiting and viewing the Buddha at the Children's Hospital.

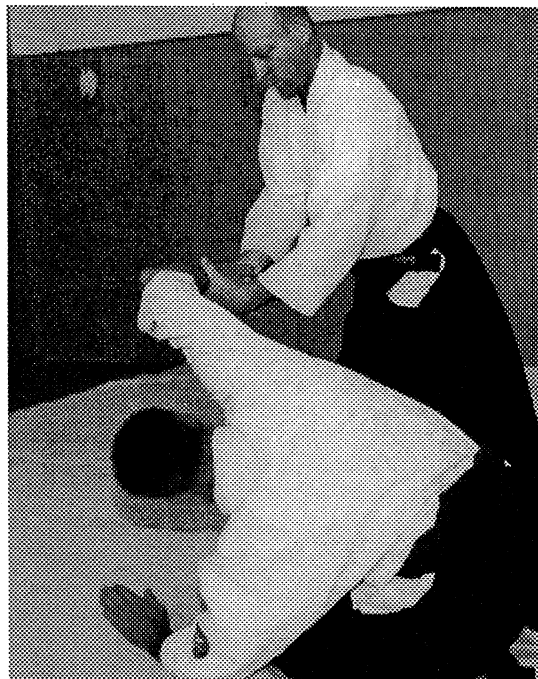


All of the chaplains and ministers of the Hospital who attended the ceremony in the Chapel.

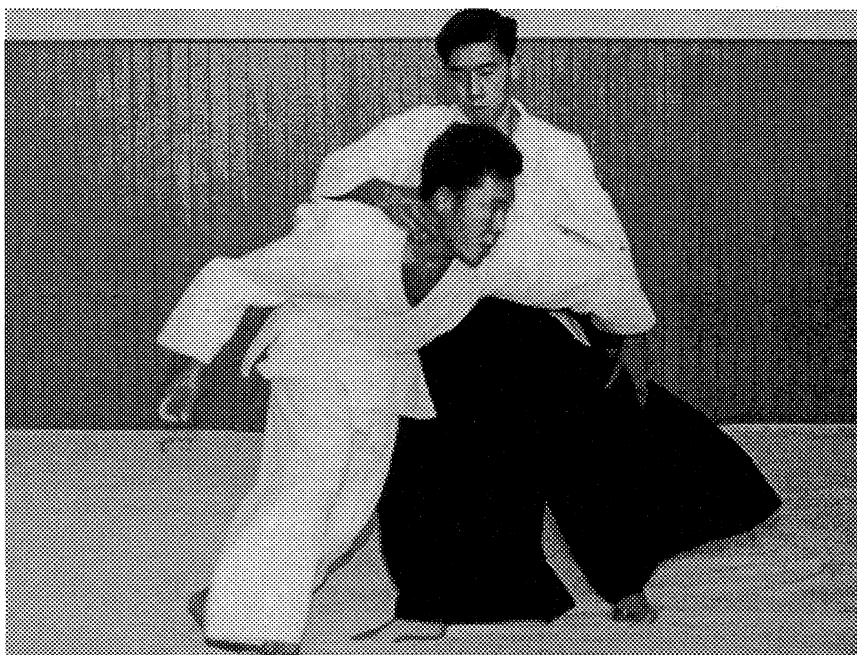
Pasadena Buddhist Church Obon Demonstration. July 14th.



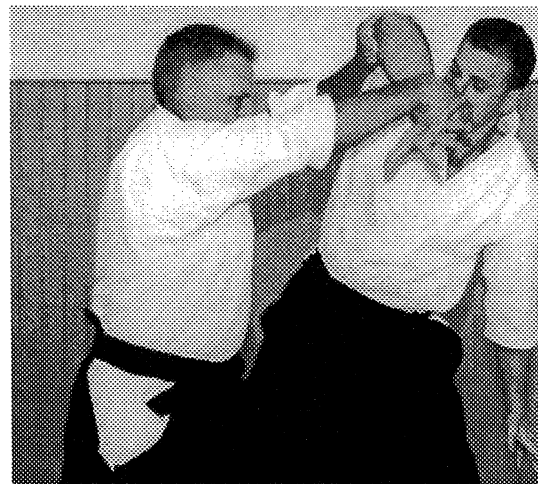
Nick Nicolic, 1st Dan, and Tom Williams, 3rd Dan.



James MacDonald, 2nd Dan, and Nick Nicolic.

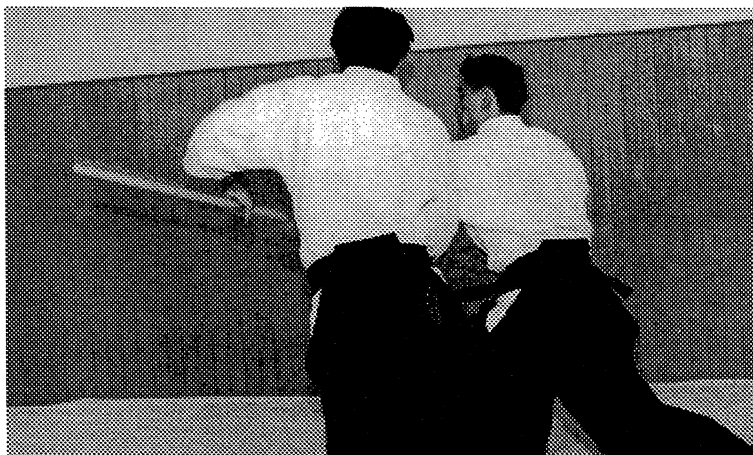


Mark Ty, 2nd Dan, and James Takata, 1st Kyu.

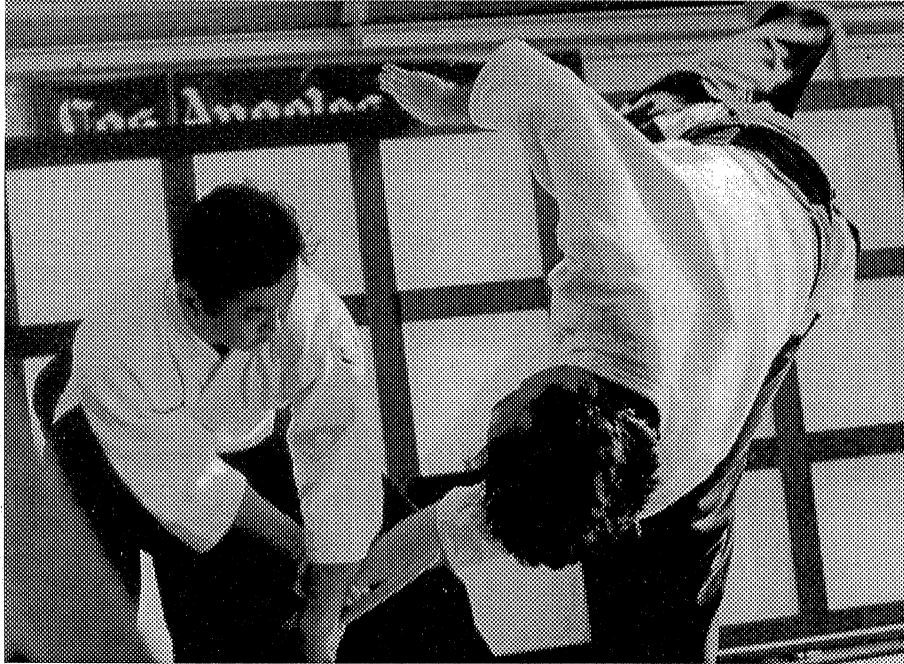


Once again, we presented our demonstration of Aikido and Iaido at the Pasadena Buddhist Church's annual Obon Festival at the invitation of Rev. Tets Unno. The demonstration went from 5:30-6:15pm to a pleasant crowd on a very nice Saturday afternoon. Many new members of the Dojo were present. Participants were James Doi, 4th Dan, Ken Watanabe, 4th Dan, Kenny Furuya, 4th Dan, Tom Williams, 3rd Dan, Mark Ty, 2nd Dan, James MacDonald, 2nd Dan, Nick Nicolic, 1st Dan, and James Takata, 1st Kyu. Iaido was represented by Gary Myers, 5th Dan, Cheryl Lew, 4th Dan, Ken Watanabe, 5th Dan, and Kenny Furuya, 4th Dan.

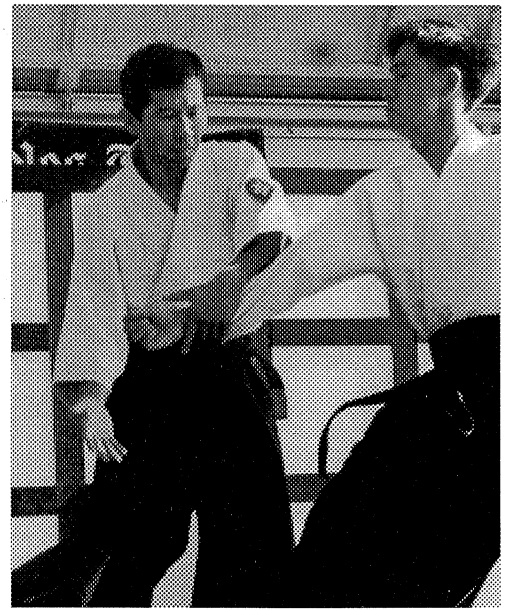
The demonstration was very well received. We have conducted this demonstration for a number of years now under the auspices of Rev. Unno.



Lotus Festival Demonstration, Echo Park. July 15.



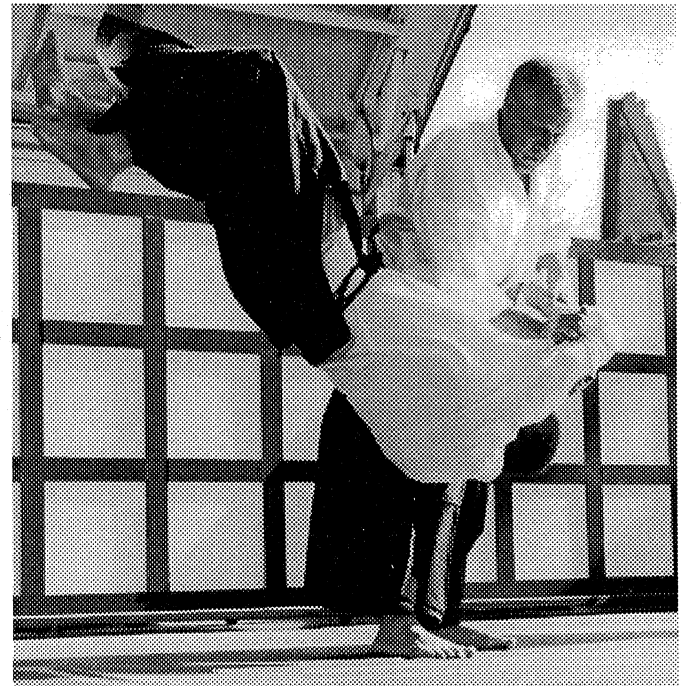
Kenny Furuya & Ken Watanabe. Kote-gaeshi.



James Doi, 4th Dan, and Mark Ty, 2nd Dan.



James MacDonald, 2nd Dan, and Tom Williams, 3rd Dan.

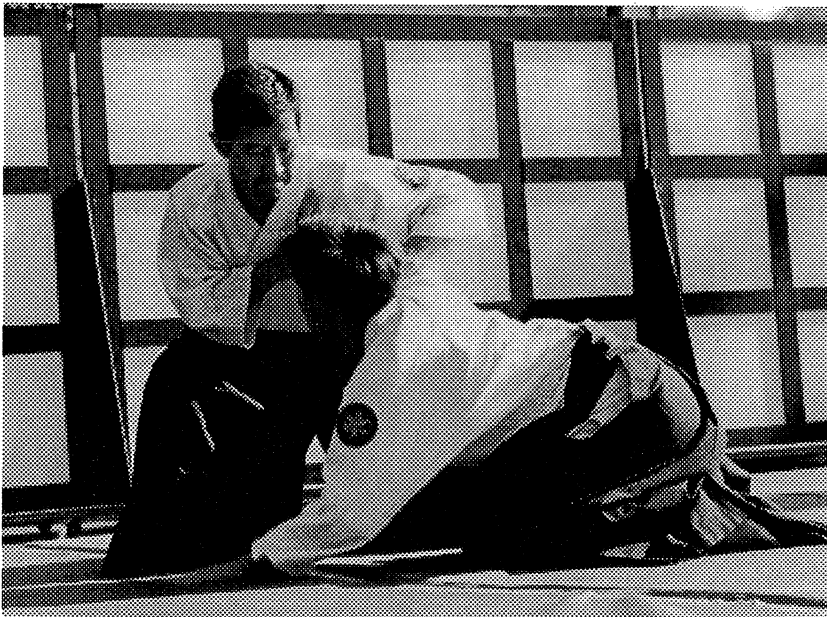


Tom Williams executing nice koshi-nage on Nick Nicolic.

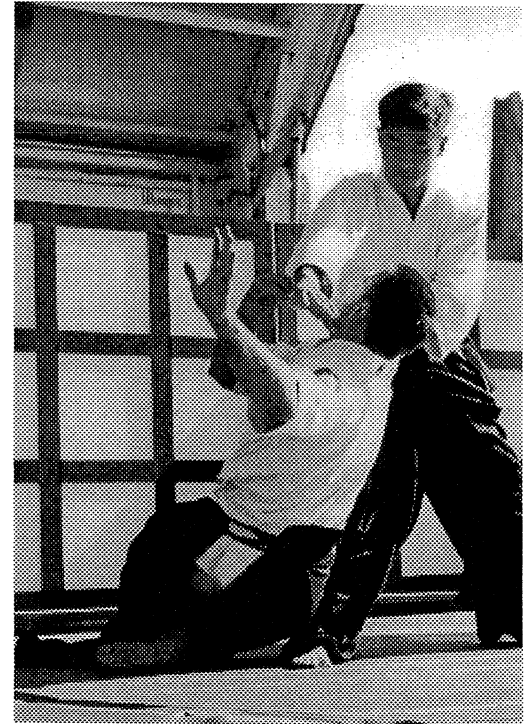
Our members demonstrated to a record huge crowd Sunday at Hollywood's annual Lotus Festival in Echo Park. Participants were James Doi, Ken Watanabe, Kenny Furuya, Tom Williams, James MacDonald, Mark Ty, and Nick Nicolic. Ken Watanabe and Kenny Furuya demonstrated Iaido. Our Dojo has demonstrated at the Lotus Festival from its very first demonstration about 20 years ago.

Today, the Lotus Festival is probably the largest Pan Asian Festival in the country and every year it gets bigger and bigger. This year the festival was extended over a three-day weekend for the first time. Many thanks to James Takata, Asako Tsunoda, Mike Vance and others who helped pass out flyers and help with the demonstration. Cheryl Lew took the video and Larry Armstrong took the photos. Every year our Dojo is busy during the summer months with a number of demonstrations which the Dojo presents as part of our community service program. This month, August, is always busy with Nisei Week.

Aikido Center of Los Angeles
NEWSLETTER



James Doi demonstrating nikyo-tenkan with Mark Ty at this year's Lotus Festival.



Mark Ty demonstrating with Nick Nicolich. Nick recently received his 1st Dan promotion.

Mental Focus In Training

By Rev. Kensho Furuya

It is probably harder to teach the mind, than the body. Because the body has form, there is an obvious way to handle it and work with it. The mind has no form so it is very elusive for us. The mind can and does play many tricks on us with the ego so this makes mental training even harder.

I think most students believe that mental training simply begins with dialogue - not only with the teacher but mostly in their own heads - asking themselves questions and answering themselves, "Oh, I think this is the best way, I don't like that, this is no good, that seems interesting," and so on.

Generally, this, more often than not, leads to more confusion and more problems. When a student comes with an open, questioning mind, it is very easy to teach and one can give him the very best answer one can think of. Many students come to ask a question, but they have already determined their own answer in their heads already. This is very difficult. They are not really looking for an answer, they only want me to confirm that their own answer is correct. Some students come to ask a question, but really don't care about the question or answer, they simply want to have some chit-chat or conversation with Sensei. Some students come not caring about the answer at all but are trying to test the teacher with the hardest question they can think of. Nothing the teacher says will satisfy them, they are only testing the teacher's strength or will.

Of course, none of these are serious crimes and mostly we can simply call it, "human nature." However, what I would like to point out is the inefficient way we go about learning - actually most of us do not know what "learning" is, we only what our "own" views on things are.

For the beginning student, it is actually better to stop all questions - just observe and learn. Learning may simply be imitating the movements without even knowing what you are doing! We assume that I

NEW TRAINING SCHEDULE Changes:

**LAST Saturday Morning
Intensive 6:30-8:00am:**

Open to all Kyu-grade students.

Tuesdays 6:30-7:30pm:

**Instructors' Education & Training Class REQUIRED
for all Black Belts and Black Belt Candidates.**

Wednesdays 7:45-8:45pm:

**Advanced Level Training for 2nd Kyu & up and all
Black Belts. Bring weapons.**

Fridays 5:30-6:30pm:

Open Beginning Class.

6:30-7:30pm:

**1st & 3rd Fridays: Aikido Principles, History
& Traditions. Lecture & discussion.**

Saturdays 9:30-10:30am:

Open Beginning Class

10:30-11:30am:

**Beginning-Intermediate. (All intermediate and ad-
vanced classes required proficient ukemi skills.)**

Aikido Center of Los Angeles
NEWSLETTER

Q&A:

06-27-01. Use of Feet In Practice. Hi Furuya Sensei, I hope everything is ok in L.A. I apologize for the stupidity of my question. I was told tonight that while practicing bokken I raised my feet naturally and that was wrong. They should slide one centimeter above the ground, they say.

It seems to me the real samurai preparing for a real battle didn't believe he would have time to think about the altitude of his feet during fight. You must be in leisure time to be able to concentrate on that part of the body. Besides not raising my feet entails risks of accidents on my toes, and therefore it is not a vice that nature tells me to raise them.

The criticism was made on me by someone who is far from being a professional so I would like to have your opinion.

I trained at ukemis thinking about outside the tatami and now I do it easily on cement. Why I should train bumping my toes on stones and whatever is above my imagination. Keeping natural movements and protecting myself make me quicker, stronger and more accurate.
Arnaud

Sensei's Reply: Hello! It is not a "stupid" question, but generally Zen people and old-fashioned teachers always answer questions with an "angry" expression, this is to make sure the questioner has his heart where his mouth is.

Your friend is correct to some degree. When you are trying to make a wide stride, your foot will naturally rise up to get momentum for distance.

However, in ancient battlefield techniques, the foot was kept low to the ground to prevent slipping or losing one's balance. Also, when wearing Japanese armour, the foot or leg was naturally prevented from coming up too high because of the weight of the armour around the waist and thighs. In addition, if you fall down wearing armour, it is difficult to get up again and usually means you are dead.

In modern techniques, raising the foot too high is not recommended because raising the lead foot causes you to shift your body weight and center of gravity to the back foot. This prevents forward motion and momentum and creates a weak forward movement, especially in cutting. Also in addition, shifting to the back foot and back to the front foot is wasted time and energy which you cannot afford in executing a technique where speed is essential. The shift also has the disadvantage of telegraphing your movement or intention to your opponent.

This shift to the back foot by raising your leg is common not only in sword techniques but in Aikido as well. In Judo, it is fatal especially against a foot sweep. Even Bruce Lee, did not recommended his students, in real fighting, to raise the foot higher than the level of the knee - too vulnerable and too off balance. He only did high kicks to make money in movies. Bruce Lee also studied Judo under his student, Kimura, while living in Seattle, for your information.

This is also why there are no kicks in Aikido and many older forms of martial arts - because they came from battlefield conditions, where keeping your balance was more important than trying to kick as many try to a cigarette out of someone's mouth in modern performances.

In traditional swordsmanship, the lead step is done with the toe first. Raising the toe or stepping with the ball of your foot, causes the backward weight shift. Keeping your toe low and forward, allows you to keep your center of gravity slightly forward as is recommended.

More than simply saying, "keep your foot low," he should recommended that you step with the toe first, not the ball of the foot.

In night fighting in Iaido, it is traditionally recommended to keep the step low and close to the ground especially in interior fighting, in outside conditions, the step is higher but the stride is kept very short, so one does not trip on uneven terrain or lose his balance - this is the same type of night walking recommended by American Indian shamans. One example comes to mind is Carlos Casteneda and his experiences with a shaman-magician in "Journey To Ixtlan" and others writings.

If you study the traditional Japanese Noh drama, the single step is divided into three parts: Jo, Kyu, Ha. The footwork in Noh comes directly from 15th century Japanese swordsmanship. And yes, contrary to your idea, they spent a great deal of time training each step, each movement with the ideal of bringing tremendous awareness to every part and every inch of their body with the proper mental attitude and focus. But this is another long and lengthy explanation. This is enough for now.

In defense of your teacher however, I should say that I don't know the circumstances of his comment so it is not fair for me to judge his answer. In addition, just because you do not like or agree with your teacher's answer, you can freely go to another authority like me and get an answer that suits you better. If he is your teacher, learn from him - right or wrong. Perhaps, when he made the comment, he was not actually trying to correct your footwork, maybe he was trying to point out something else - like something in your attitude or your mental state. To learn martial arts, you need to trust your teacher more. I hope you can understand this point because it is an all-persuasive attitude among students today.

06-29-01. Sensei - I don't know how to ask this question. Honestly, it's difficult for me, and I'm not certain that I should trouble you with it. I'd e-mailed you before (perhaps 8 months ago) inquiring into your studio, but decided to continue with my current Tae Kwon Do practice, as I felt that I still had much to learn.

Since then, I have begun pursuing zen studies (at the Santa Monica Zen Center, under Yoshin Sensei) very seriously (I'm waking up at 4AM every Tuesday and Thursday to attend dawn zazen, and attending Wednesday and Sunday mornings as well), and have continued to devote myself to Tae Kwon Do. Little by little, the technique has been coming. Little by little, my balance and "snap" have been improving. Little by little, my legs have been increasing in flexibility. But, I still have a long ways to go.

I still have a looooooong ways to go.

The teacher in the studio has been a friend, mentor, and organizing principle in my life until now. He's pushed me, prodded me, and encouraged me to "wake up", and to master myself. He's spent unlimited time encouraging me to understand that I need to measure my progress against MYSELF and my own effort, and not against anyone

Continued:

Aikido Center of Los Angeles
NEWSLETTER

else. He's had any number of conversations with me, and is always demanding that I push myself harder, and further. I really value him, and what he's done for me. I needed him. I probably still need him.

That being said, I'm sensing a parting of ways (intellectually/ mentally/ spiritually) approaching. My interests in zen, and in the way of thinking in the martial arts is becoming much deeper, and I'm becoming much more interested in exploring martial arts from THAT perspective. And, perhaps, in having a dojo with fairly like-minded individuals working together. The fact that I also lived in Japan for nearly 3 years, and remain deeply fascinated with the language and culture, probably also are contributing to my immediate attraction to your studio.

Anyway...I'm not sure what to do. My first degree black belt test is approaching in 6 weeks. As I said, I still have so much further to develop, and hate leaving something without some degree of mastery. Of course, even two years from now, I'll still be a "fledgling" in many respects. I've developed a deep relationship with this instructor. But, I sense differences beginning to emerge, and a certain disconnect.

I know that I should probably just sit with this, give it some time, and an answer will naturally arise. But, I was hoping that you, with years of deep experience in both the martial arts and zen, might be able to give your perspective. I don't know whether or not I should continue and focus on my current discipline DESPITE emerging...differences and dissatisfaction, or move to something which might enable me to more fully develop those things I'm finding increasingly important.

I'm sorry to burden you with this in any way. Whatever answer you feel free giving (could be no answer) will be greatly appreciated. In gassho, Lawrence M.

Sensei's Reply: I think you are ready to begin your training here in our Dojo. Good questions are those that arise from training, not from mental deliberation. Always act without hesitation.

06-07-01. Dear Reverend Furuya, Greetings once again from Montreal. I hope you are well.

Have you resolved your publishing woes with respect to Kodo II? I am anxious to hear that it is available as I am so looking forward to reading what I am sure will be a worthy follow-up to Kodo I. I have some connections with publishers here in Quebec who handle sports and martial arts books.

Would it be useful for me to speak to them to see if there is any interest. Also, one publisher I have in mind is very strong in the French markets (Quebec, France, Belgium, Africa). Have you given any thought to a French version of your work. I'm prepared to do the translation.

As for me, all is good. I've left my former Kyokushin Karate organization, for reasons I've sort of told you about, and have joined another group. My school is now Canadian headquarters for the International Karate Organization (Matsushima Group) (sometimes called IKO3), under Shihan Roman Szyrajew, 6th dan, Canadian Branch chief. He is a great teacher, and my students cannot believe how fortunate we are to have been able to link up with him. I only regret not having done it sooner.

The irony of it is that I feel a bit irrelevant. I have 2 partners, one who oversees the day-to-day office and she is thrilled with the renewed energy in the school. She obviously has a role to play. My other partner is more a finance person and he had invested in the school, and so he's also happy his investment is not in jeopardy. He used to be a silent partner, but now that Shihan Roman is present, he has decided to take a more active role. He will oversee advertising, and a number of other aspects having to do with marketing. Shihan Roman, rightly so, is now carrying the lion's share of teaching. Of course I defer to him, as he is not only a 6th dan, a branch chief and the Canadian representative of the organization and its version of Kyokushin Karate, he is also a great teacher.

And so, I'm down to teaching 1 class a week, and students are understandably more interested in taking classes with the Shihan rather than with me, so my attendance has dropped. So, the irony is that, in setting up my students with the best possible arrangement, I have become irrelevant and expendable in my school. It's OK, I need the break after all that had gone on with the old gang, and I like the idea of being able to go to the school to train as opposed to teaching. Still, the feeling is a bit odd, and I suppose time will iron out the certain discomfort I feel with the whole thing. I feel that my school is at the beginning of a great adventure, and that we will be extremely successful, not only financially in the sense that our rent and expenses will be paid but also, in the quality and proper spirit of Karate we will be teaching.

My Aikibudo teacher is also excited. His numbers are up and he wants to seriously pursue publicity and marketing efforts to publicize the existence of this art at our school.

I followed your advice and obtained Crooked Cucumber. It is a very good book and a fine introduction (if there can be such a thing) to Zen. I also bought Zen Mind, Zen Beginning by Rev. Suzuki. To show you the depth of my ignorance, I thought we were talking about D.T. Suzuki when in fact it is the "smaller" one that is the object of these books. Thank you for the suggestions.

My health is better now that the garbage is over. It was rough there for a few months and while the damage to my reputation and that of my school is very serious, I am looking ahead and not back. People in the know will realize just how empty the so-called leader of my former organization truly is, and how contrary to the real spirit of martial arts his alleged teachings are. Money is his god, and dictatorship his approach. So be it, who needs it and I guess all his years in karate never taught him anything meaningful. It is like a man of the cloth breaching the commandments. No one is perfect, but one would think that a person who dedicates his or her life to a higher calling would acquire a certain integrity and depth of knowledge and wisdom, as opposed to merely mouthing and monkeying words and deeds.

I may have told you that I am now a grandfather. The boy, Samuel, is now 9 months old and he is doing fine. Big and happy. Our son has just bought a new house and we've helped with the move, painting etc. Not much time, with work and my own house, and being present for my wife, and sometimes, just wanting to rest and not do anything, to think about karate. But I try and it's going OK.

We are planning holidays next year, Japan, England or, dare I hope, L.A. and perhaps we could finally meet. More on my plans as they firm up.

Continued:

Aikido Center of Los Angeles
NEWSLETTER

Continued:

Please take care, give my best to your associates and students, and I hope to hear from you soon. Best regards, respectfully, as always.
Ronald Auclair, Montreal, Canada

06-20-01. Sensei's Reply: Hello! Many thanks for your email. There are many difficult questions here so I hope that you can work out the arrangements in the Dojo to your satisfaction. Does your new teacher know that you would like to teach more than once a week? Maybe something can be worked out between both of you.

To "defer" is okay, but, generally, it is better to discuss things and have it out in the open. As long as everyone knows how the other feels and where he is coming from, if everyone is being fair, something can always be worked out. I hope sometime that you will be able to visit my school whenever you come to Los Angeles. Take care and try to be more open about your feelings. In Japanese: *Tou wa ichiji no haji, towanu ha matsudai no haji.* (To ask is but to bear a moment's shame, never to ask is to bear a lifetime of shame.) Best wishes always,

Sensei's Message: Mental Focus continued:

am beginning to learn so I "naturally" have a lot of questions - they are most usually not questions - just personal opinions which you don't need at the beginning because they will just interfere and confuse your learning process.

Of course, we argue, "How can I do it if I don't know what I am doing?" Well, actually, at the beginning, you really don't know what you are doing - even "with the all answers!"

As you stop all questions and opinions and just begin to observe, copy, imitate, visualize, remember, absorb; you will gradually begin to achieve some understanding. You will also find that as you focus on your practice - questions will arise naturally and be answered naturally within this focus.

This is the natural, true method of asking and answering questions in practice. As soon as your mind stops, it is not necessary to run off to the teacher nor begin this process of forming your own opinions and views. The teacher should be there to keep your focus concentrated so that this process of focus continues. Usually, as soon as our minds stop at something, we run off at a tangent and this only creates more obstacles.

This type of singular focus on practice - you will find - is important throughout your entire practice career. Even after forty years of practice, I find that it is important to maintain singular focus on what I am doing and if I can maintain this focus - the answer will naturally appear - I don't have to manufacture my own answers by my intellect or cleverness. This type of mental focusing will also help you to maintain a clear, open mind, and concentrate, always, on the task at hand. This is, in reality, the best way to learn.

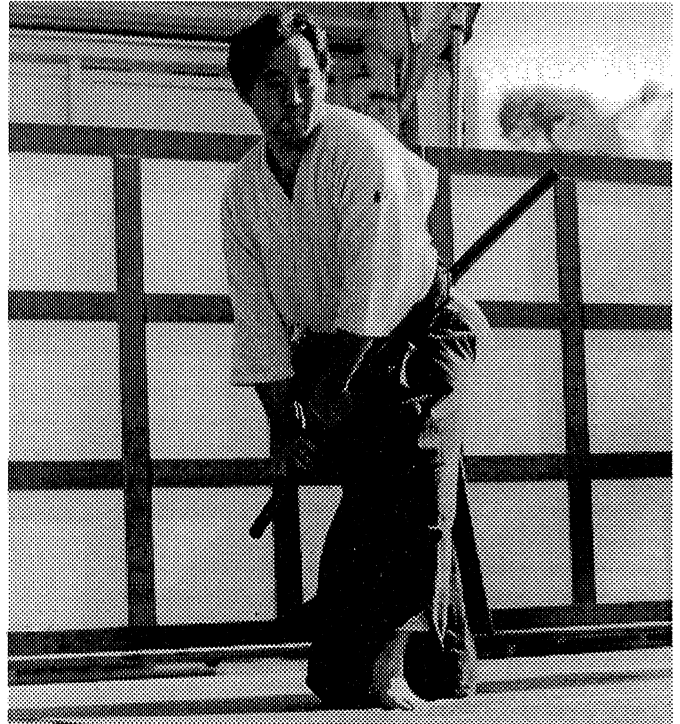
Ultimately, what this focus will teach you is "awareness" and the bottom line is that this awareness is what we are searching for from the very, very beginning.

Focus develops awareness but focus also demands discipline. This discipline to cultivate mental focus is the essence of our training.

Again and again, I would like to tell my Zen master's favorite story:

Bujin Publishes "Caring Heart" Many Thanks!

Many thanks to Hiroshi Ikeda Sensei and Bujin Magazine for publishing Sensei's article, "Caring Heart" in their July Issue of Bujin Magazine, online at www.bujindesign.com/nessletter/current. Please visit their website. We are looking forward to Ikeda Sensei's visit to our Dojo scheduled for sometime next year.



Ken Watanabe demonstrating Hasegawa Eishin Ryu Iaido.

Building Our Dojo:

Introduce a family member or friend to the Dojo and encourage them to join our Aikido practice. We would always like to build up our membership. Although Iaido swordmanship does require a preliminary interview, we are also looking for a few new students at this time. Aikido and Iaido both require a commitment of time and energy, but the infinite rewards are worth it!

Once a man was travelling and wanting to know how far it is to the next village, he stopped to ask an old man sitting by the wayside. "How far is it to the next town?" he asked. But the old man said nothing. He asked again and again and still the old man remained silent. Giving up on ever getting an answer, he went on his way. Suddenly, he heard the old man shout, "Half a day!" Angry, the man went back to the old man and complained, "Why didn't you tell me before when I asked you?"

The old man calmly replied, "How could I know how long it would take you until I saw how fast you could walk?"

See how fast you can walk before you ask how long it will take, in practice, you will find out naturally all by yourself. Sensei

Doshu's New Aikido Video: The Essence of Aikido Techniques.



Doshu Moriteru Ueshiba's new instructional video is out and it is excellent for studying the basics of Aikido technique. Although it is in Japanese, it is highly recommended for everyone. In addition, new information is included in this video so it is a must for all Aikidoists, beginning and senior students.

**Mark Your Calendars:
Aikido Study Class Every
1st & 3rd Fridays, 6:30pm.**

**Advanced Aikido Instructors
Tuesdays, 6:30pm-7:30pm**

Salamanca Aikido Seminar September 1-2, 2001

INSTRUCTORS: Kenny Furuya, 4th Dan
& Mark Ty, 2nd Dan

Hosted by the Salamanca Kodokai, Santiago Almaraz

On The Inside: The Martial Arts of Japan

September 14th, 9:00pm
On Discovery Channel

*Please check your local listings & times.
Our Dojo is featured in this special series.*

Deepest Condolences:

The Dojo would like to express its deepest condolences on the passing of Fumio Toyoda Sensei of the AAA on July 4, 2001 after a brief illness. Sensei trained with him in 1969 at Hombu Dojo. They alter met in 1973 but have not met after he left Hombu to join the Ki Society. Several years later, Toyoda formed his own organization.

Japan Asahi Shimbun News Interviews James Takata

An interviewer from Tokyo, Eiki Yano of the Asahi Shimbun Newspaper, visited the dojo to interview Jams Takata on his movie, "Remember Pearl Harbor," after reading of our preview in the dojo last year. On July 13, 2001.

Letters:

KCET Life & Times Tonight.

06-28-01. Rev. Furuya, Again, let me thank you and your students for all of y/our time and hospitality yesterday. It was an honor to both meet you and see your collection. Starting with the Lotus Festival, please let me know what public events you or your students will be at so we can let the audience know where they might be able to meet you and see pieces from your collection.

I've just been told this piece might air much sooner than expected, maybe even by the end of this week. So I better get to work! Thanks, Saul (Gonzalez, Life & Times Tonight, KCET)

06-29-01. Thank you for message. Sorry I could not show your book, but I think might have interrupted the flow of the story. Actually I feel worse that they did not get your summer lectures or website up, apparently the program was going over on time. But not to worry, there will be rebroadcasts in the next few weeks where we will put that information up on the screen. Thanks again. It was a pleasure meeting you and doing the piece. Saul Gonzalez, KCET

Aikido Center of Los Angeles
NEWSLETTER

06-28-01. Buddha At Children's Hospital Appreciated. Sensei: I wanted to reiterate my personal thanks for the gift of the Buddha to Childrens Hospital and for arranging the "eye opening". When we returned from lunch, we all went into the Chapel to look at the Buddha again and to note that the carpenter had already come by and put the securing screw into the base. The couple of folks from my division staff who attended the ceremony were thrilled to have been witnesses to it.

I have told the chaplains about the Life & Times spot tonight. Several of them would like to come to the Dojo to watch practice and I will give them the schedule of classes with a request that they let me know when they'll be by. I have also obtained from Fr. John Sigler his home address which I will bring tonight for you. The chaplains were all impressed by you--your knowledge, background--and were also inspired. Cheryl (Children's Hospital)

06-29-01. Article Posted in Bujin. Hello! I just want to let you know that your article (or one in which you appear) is about to post in the July issue of the Bu Jin Design online newsletter. We expect to launch the new issue around 6 or 7 pm Mountain Time today, so that it will be available to readers over the weekend. Thank you so very much for contributing your time and talent... it's great to be able to share your story with all our subscribers -- there are now just over 4,000!

If technology serves, tonight you will be able to find your article/seminar review at <http://www.bujindesign.com/newsletter/current/> Thank you so much, and best wishes for a happy summer holiday, Ginger Ikeda, Bujin Design

07-05-01. Furuya Sensei, Years ago, I had the pleasure of being at one of your book signing engagements. It was my intention to study your sword form--injury made it not to be so.

Yesterday, while driving around to look for lofts for rent signs, I got a glimpse of the entrance of your dojo. Congratulations on your 25th year! Thank you for the beautiful messages online. Remembering you, JoAnn Hattori

07-15-01. Tapes Pass Test. Dear Reverend Furuya, I wanted to send you a message of thanks. A sempai student at my last dojo knew that I was scheduled to take my 1st kyu examination in last month and thought that several of your tapes that he had would help me to settle down and provide so good ideas on perfecting basic technique. I graciously accepted the tapes and began watching them that same night. I was smiling the whole time and I must say that I was very impressed by your teaching and inspirational words...I passed my examination with the praise of my sensei. I had to sadly move from Tennessee and now live in Las Vegas, Nevada. It was sad to leave but I know that I can always visit. and when I start to miss my home school, I think of what you say on one of the tapes "Nothing goes the way you want it too". I press on and again Thank you for bringing into me the spirit of Aikido...

Kiwotsukete, Brent Hatcher

Next Issue:

More on our Pasaden Buddhist Obon and Lotus Festival Demonstration, including our annual Special Nisei Week Issue covering this year's Nisei Week events. Don't miss it!

06-08-01. Aikido At Pico Aliso Project in East Los Angeles. I was pleasantly surprized to find your e-mail and I agree this form of communication would be more convenient. Aside from myself, another staff member and four youth who feel eager to begin training, the other youth seem more curious then serious. In speaking with my co-workers, we feel to make this endeavor a great success, we want to pump up the kids and we also need to get permission to use the gym. Important details but i was real happy to know youwere still willing to teach us. Next month the staff has alternating vacations. I hope that you are patient with us and we begin our lessons in august. August 4th will be the first saturday in the month. And I hope to see that as our first day of training (if saturdays are still ok with you) Manuel (Rodriguez, Pico Aliso Project-Impacto).

06-27-01. From Discovery Channel. Dear Rev. Furuya, Thank you for all of your time and efforts. We are very happy with the demonstrations and honored by the unique experience we were able to have on Saturday. It was amazing to see the swords and their artistry.

I have been reading your book, Kodo, and have found it very interesting and useful, especially as it relates to my own practice of karate and just my outlook on life in general.

There are a few pictures in that book that look like they will fit nicely into our program... the photo of you in Japan, the photo of your Zen master, and the photo of your Aikido teacher. We would love to get the originals of these photos so that we can clearly represent them in our program. We are getting close to being in the editing room, so it would be great if we could pick those pictures up in the next few days. Please let me know when you have collected them. Sincerely, Elizabeth Kivowitz, Discovery Channel.

07-01-01. Thankful For Children's Class. Hello Sensei, . . . Also, Nick's cousin, Ty, will be observing the Dojo Sunday morning at children's class. They are interested in possibly joining. They went to . . . Dojo because it is close to their house just to see, but found them very unfriendly, and do not welcome children at all. It is such a shame...I am glad you have children's class because these young minds are the future of Aikido (I hope). Thank you again . . . the promotion. I will see again soon in the Dojo. C. T.

Branch Dojos

Kodokai Salamanca-Santiago Almaraz, 3rd Dan
Hacienda La Puente Aikikai-Tom Williams, 3rd Dan
Wyoming Aikikai-Tom McIntyre, 2nd Dan
Bahamas Aikikai
International Martial Arts Academy
Pico Aliso Aikikai (East Los Angeles)

Visit Our Website Often!

Be sure to visit our website often for the latest Dojo news and upcoming events. Also see Sensei's Forum for letters and correspondence from all over the world to our Dojo. Also, a special feature is Sensei's Message. Tell your family and friends!

www.aikidocenterla.com

**Aikido Center of Los Angeles
NEWSLETTER**

Welcome To The Aikido Center of Los Angeles



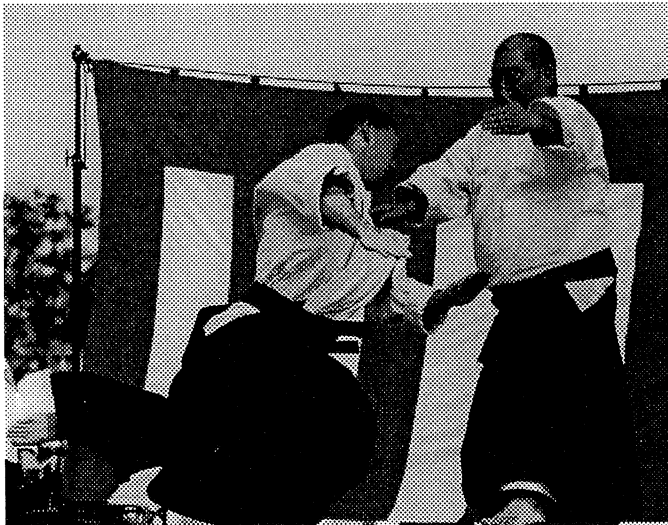
Aikido Center of Los Angeles

Our Dojo's 27th Year, 1974-2001.

Our dojo is dedicated to the practice of traditional Aikido as taught by the Founder of Aikido, Morihei Ueshiba and his legitimate successors, the late 2nd Doshu Kisshomaru Ueshiba and the present 3rd Doshu Moriteru Ueshiba.

You are very welcome to visit our beautiful, hand-crafted, traditional Japanese Dojo during posted training hours. All practicing Aikidoists are welcome to train with us or observe our training.

**Please Visit Our Website:
www.aikidocenterla.com.**



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords: Purchase, Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

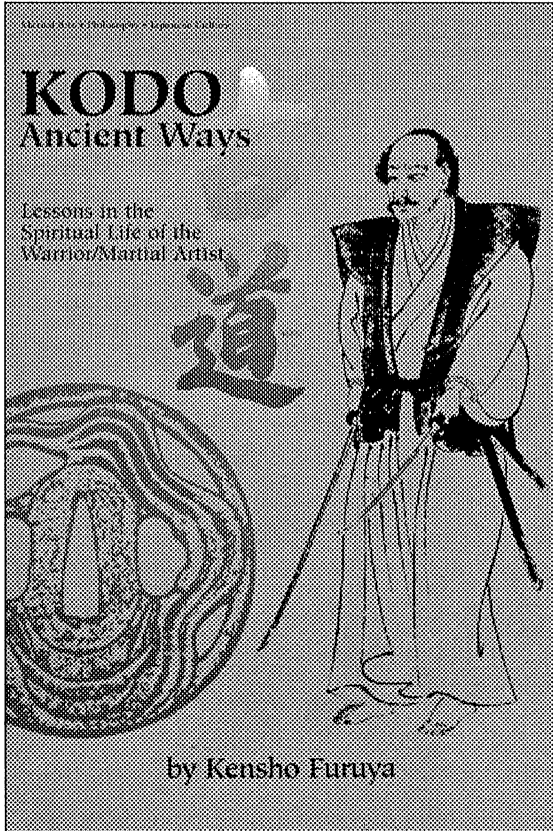
*JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.*



Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Battodo

We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

*Furuya Sensei's Bestseller
Highly Recommended For All Dojo
Students & Friends:*



KODO

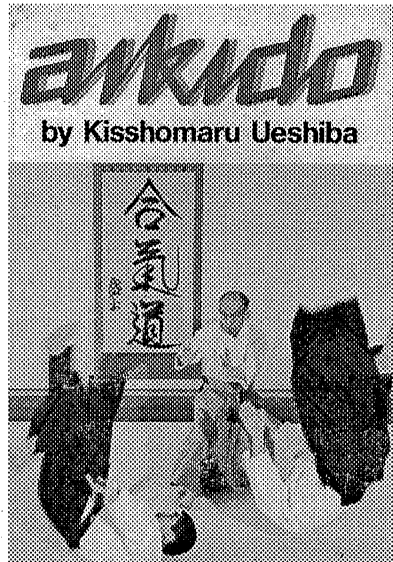
**Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist**

Rev. Kensho Furuya

Please place your orders through:
Aikido Center of Los Angeles,
940 E. 2nd St., #7, LA, CA 90012

\$16.95 + \$3.00 S&H
Payable to Aikido Center of Los Angeles
Foreign postage: \$5.00 S&H

Recommended Studies:



Highly Recommended Reading:
AIKIDO

By Doshu Kisshomaru Ueshiba

Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.



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."

羅府合気道学院古屋道場
AIKIDO CENTER OF LOS ANGELES
NEWSLETTER
The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tel: (213) 687-3673
Publisher: The Aikido World Development Center, 1118 Wilshire Blvd., Los Angeles, CA 90017, Tel: (213) 687-3673
Office of the Publisher: Los Angeles Office: 1118 Wilshire Blvd., Los Angeles, CA 90017, Tel: (213) 687-3673
April 1, 1997 Volume XV, Number 4 \$2.95

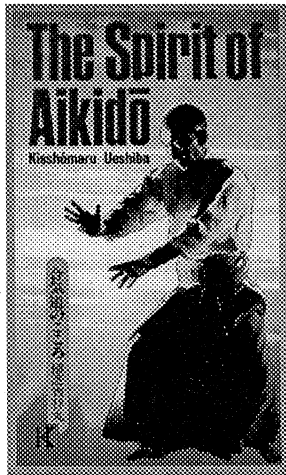
In This Issue:
Departments:
What's Hot:
Young People:
Dojo News:
Guest Columns:
News of the Month:
New San Francisco Aikikai:
Training: Sensei's visit with Master Hsu, he was able to visit the new San Francisco Aikikai. Sensei just before his return back to Los Angeles, Cal.

Visiting Master Adam Hsu:
Master Hsu returned to Cupertino from Taipei for a month visit to finish personal business and inspect the students and teachers. Alongside the San Francisco Bay area, Master Hsu is also working on his new book. Due to a personal call, Sensei returned Master Hsu to Los Angeles to coincide the Chinese New Year's with him and his school on Feb. 7th. Last year, he was able to arrange a trip from Feb. 21st through the 27th to meet with the book club from Taipei who was scheduled to meet with Master

Dojo Treasure Arrives From Japan
The book is the fan back in Kihano Sensei who presented it to Doshu with our request for his writing. Doshu is extremely busy and has many many requests for his writing, some people are waiting to Kihano Sensei, writing more than three in four years. Recently, Doshu finished the writing and returned to Kihano Sensei, the Chairman of the Dojo Doshu who recently moved to Los Angeles, had a call from Japan on February 26th. Chairman will soon be joining our practice as well as the setting down with the job in Toronto.

ACLA DOJO NEWSLETTER

Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students.



THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

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

Copyrighted © & All Rights Reserved.

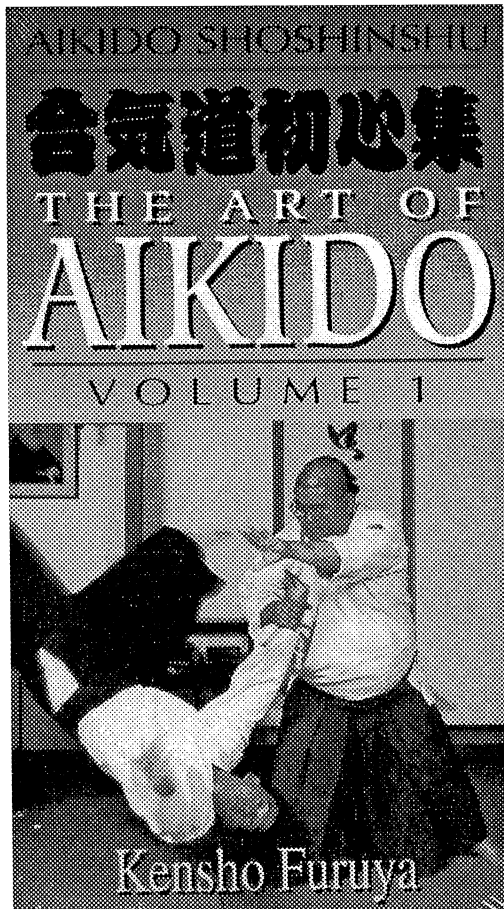
Published by Rev. Kensho Furuya
The Aikido Center of Los Angeles
940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673

No portion of this publication may be copied or reproduced without prior written permission from the Publisher.

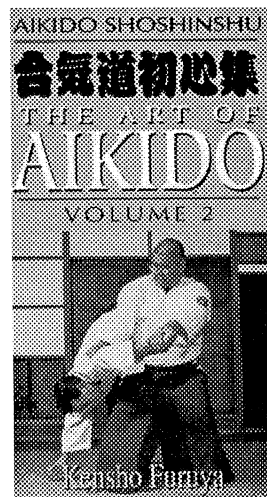
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

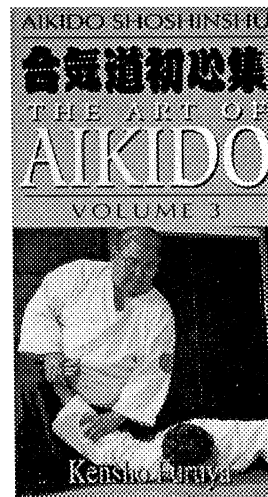
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



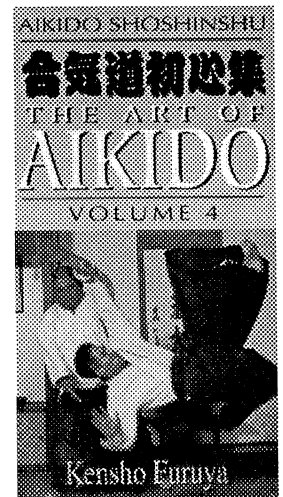
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



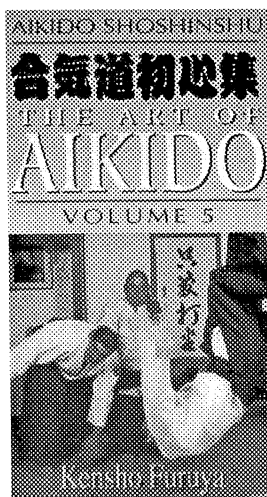
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



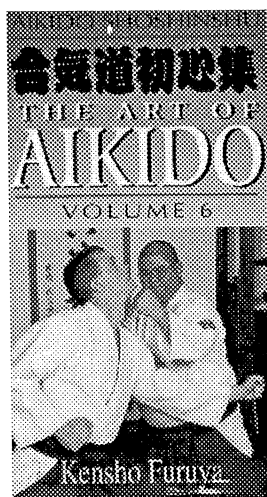
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



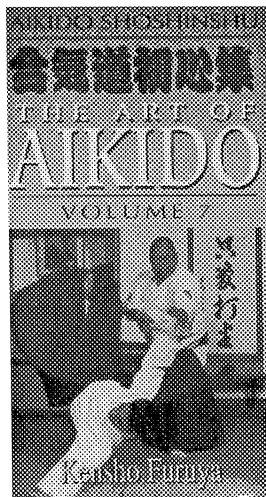
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



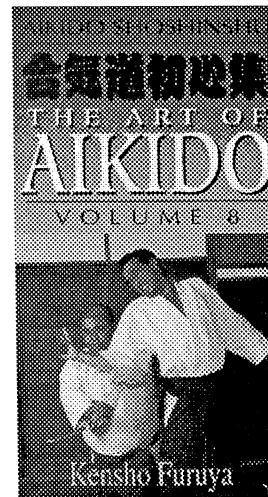
Suwar-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



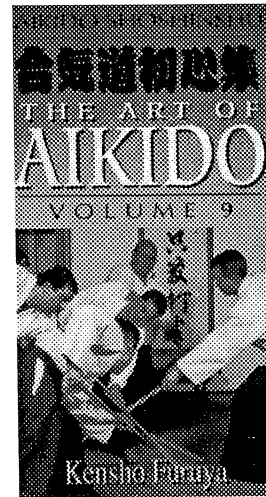
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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



Atemi-waza: Striking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



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

Aikido

TRAINING SCHEDULE

Adults OPEN BEGINNING

Tuesday, Thursday, Wednesday, Friday:
5:15pm-6:15pm

Monday thru Friday:
6:30pm-7:30pm (No Tuesdays)

Thursday: 12noon-1:00pm

Saturday: 9:30-10:30am, 10:30-11:30am

Sunday: 10:15am-11:15am

Open Beginning Intensive

Every 4th Saturday: 6:30am-8:00am

Instructors' Education & Training

Required for all Black Belts & Instructors

Tuesdays: 6:30pm-7:30pm

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho

Shinjuku-ku, Tokyo, JAPAN

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

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,
Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

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

Every 2nd, 3rd, & 4th Wednesdays:
7:45pm-8:45pm

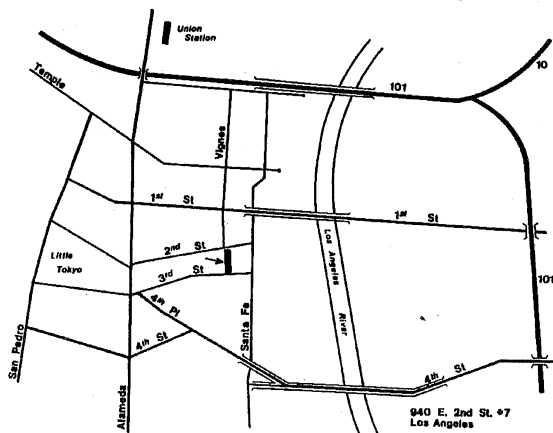
Intensive Iaido

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.