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

# The Aikido Center of Los Angeles LLC

# The Aiki Dojo

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

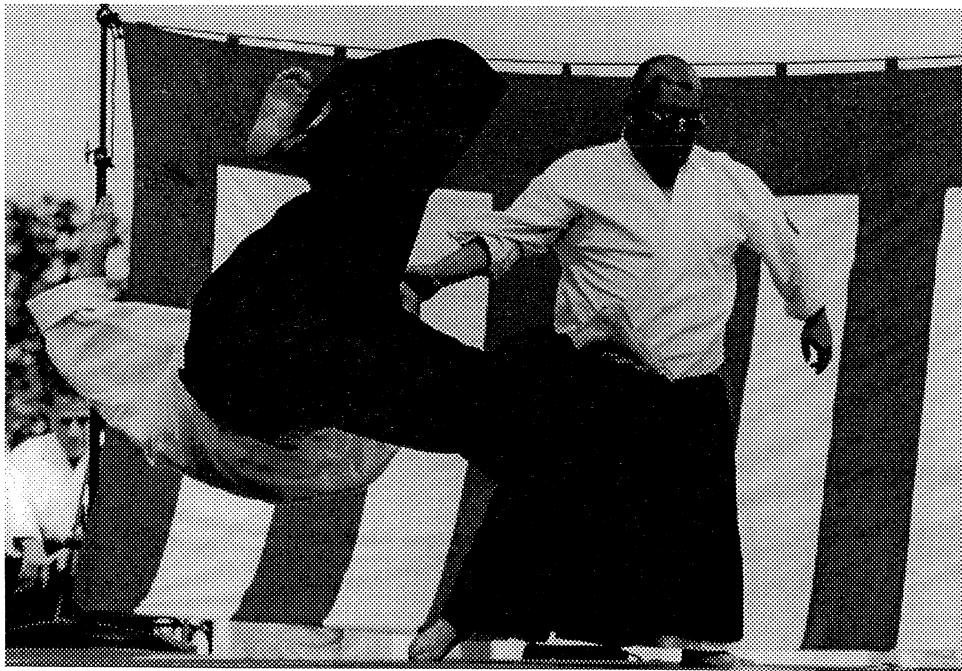
\$2.95  
Donation

August 1, 2002

Volume XX. Volume 8.

## 62nd Annual Nisei Week Festival

## Aikido Exhibition



August 4 & 11th  
From 1:00pm.  
In the Dojo.

Everyone  
welcome!

Seating limited, we start at  
1:00pm sharp.

### August 4th:

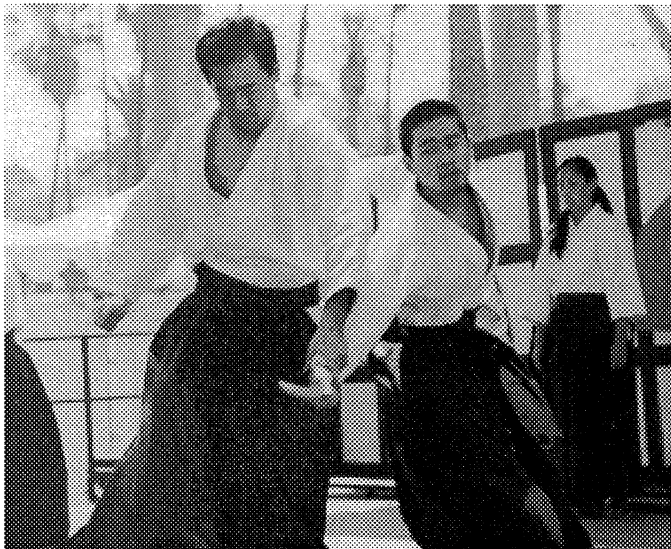
1:00pm. Aikido & Iaido  
2:00pm. Lecture: Musashi, Life,  
Art & Sword.  
3:30pm Dojo Open House.

### August 11th:

1:00pm. Aikido & Iaido  
2:00pm. KODO-Ancient Ways  
Book Signing & Dojo Open  
House.

September is our Special Nisei Week Issue. New Dojo T-Shirts coming soon, order now!

## Lotus Festival Aikido & Iaido Exhibition. July 14th.



Ken Watanabe demonstrating Tanto-dori, knife defense technique.



Ken Watanabe executing tanto-dori tsuki kote-gaeshi with Mark Ty as uke.

It was a beautiful but hot Sunday afternoon when members of the Dojo under the supervision of Ken Watanabe and Gary Myers (Iaido Kenshinkai) participated in the annual Lotus Festival in Echo Park in Hollywood. The Lotus Festival has now become one of the largest Pan Asian events in the country with tens of thousands of people attending every year. Echo Park is notable for the blooming of the beautiful lotus flowers in their lake and this is always coordinated

with this festival. Our dojo has participated in the Lotus Festival from its inception 21 years ago.

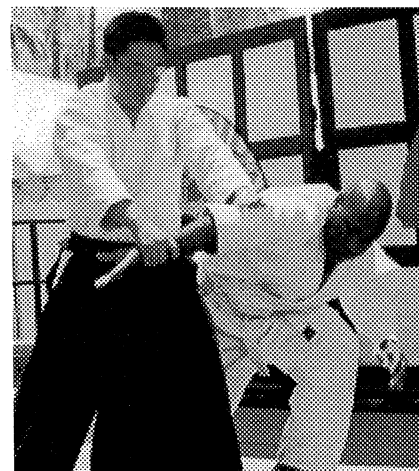
This year's participating members are: Ken Watanabe, Gary Myers, James Doi, Kenny Furuya, Cheryl Lew, David Ito, Larry Armstrong, Mark Ty, Maria Murakawa, Steve Shaw, Michael Vance, James Takata, Ron Drones, Delano Leslie, Steve Anderson, William Allen, Jerry Naito, Justin Naito, Sean Parsons, Mark Smalarz, Levester Williams, Maria Ferrarri, Jim Basset, and Kirk Thomas. Many thanks for a great job this year.



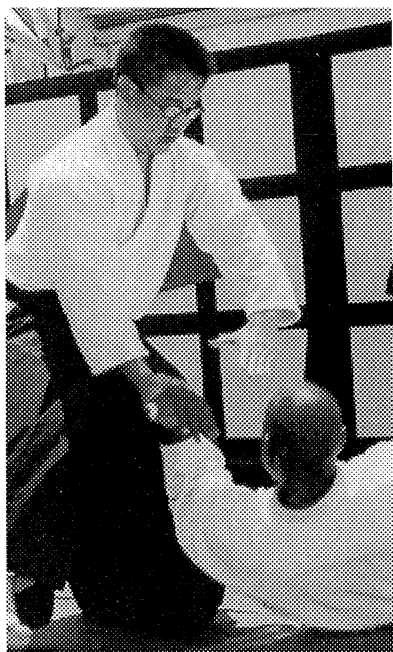
Left to right: Sean Parsons, Maria Murakawa, Mark Smalarz Ron Drones, Kenny Furuya, Ken Watanabe, David Ito, Steve Shaw, Mark Ty, Michael Vance, James Doi, Steve Anderson, James Takata, Levester Williams, Maria Ferrarri, Jim Basset, Kirk Thomas, William Allen, Delano Leslie, Jerry Naito, Justin Naito, and Cheryl Lew. Not shown: Gary Myers and Larry Armstrong



Steven Shaw, Ron Drones, Michael Vance, James Takata, Marie Murakawa, David Ito, Kenny Furuya, James Doi, Ken Watanabe & Mark Ty participating in this year's Lotus Festival.



David Ito and Ron Drones. Ikkyo.



David Ito demonstrating kote-gaeshi on Ron Drones.



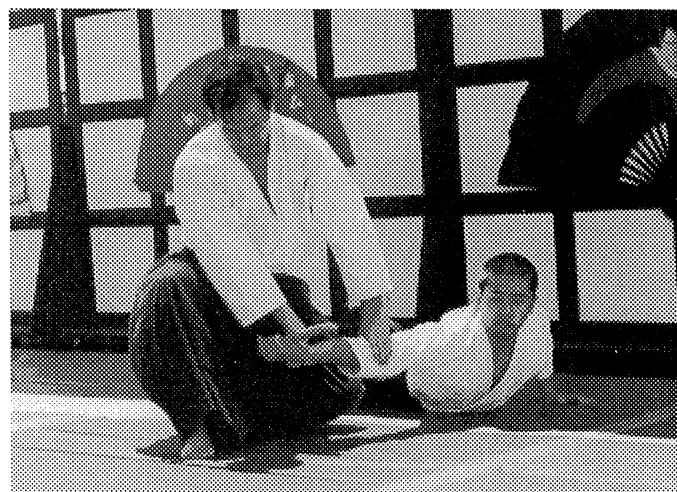
James Doi demonstrating shomen-uchi kokyu-nage (irimi-nage) with Steve Shaw.



Steven Shaw demonstrating.



Kenny Furuya doing irimi-nage with James Takata.



Ken Watanabe demonstrating ikkyo with Mark Ty.



Mark Ty doing kote-gaeshi with Michael Vance.

## New Training Schedule

As of April 26, 2002

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

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

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

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

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

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

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

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

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

## To All Seniors & Black Belt Candidates:

### Recommendations:

*Please attend all intermediate & advanced classes.*

*Please attend monthly early Morning Intensive.*

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

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

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

## Building Our Membership

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

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

## Dojo Clean-Up

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

## Need Current Student Membership Information:

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

**Sensei welcomes all inquires about Aikido  
Dojo email: [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net)**



## Inquiry From The United Kingdom: About Kiai

July 17, 2002

A friend from the United Kingdom made this inquiry:

Dear Sensei, If you have the time to discuss the use, meaning & application of Kiai in Aikido I would be very grateful. I know that you are very busy person, but any advice would be wonderful. Thank you for your daily messages. W., Bristol, UK.

*This is a difficult question because the actual definition of "kiai" is very general and vague and so many have given this word their own meaning and interpretation throughout history and within different schools of martial arts. It is composed of two Kanji characters, "ki" meaning "energy" and "ai" meaning "to bring together." "Aiki" is the reverse of "kiai" and so this may give a hint that kiai and aiki are perhaps related in meaning in some or many ways.*

*Perhaps, no one has a completely accurate definition, but, at the same, it is hard to say that any definition is incorrect with the exception of the most outlandish. In various records, it is used to mean, "power," or "spiritual power," or "mental energy;" perhaps, it is most popularly used to mean something in the manner of gathering all of one's energies and physical powers together in one moment. Just as one throws in Judo, or strikes or kicks in Karate, or attacks in Kendo, we hear a loud shout in which one tries to gather all of his energies and powers together into one concentrated moment of total power. In watching old tapes of O'Sensei, we often hear him using kiai, but, in general, today, Aikido practitioners do not use this so-called "shout" as they do in other Japanese martial arts. Many instructors have said, that the "kiai" in Aikido is silent or quiet. I have often heard that many interpret aiki as the Aikido equivalent to kiai. And on and on. . . . I think we should keep an open mind here and try to catch the "feeling" of the meaning of kiai without trying to pin down a specific definition merely for argument or discussion's sake.*

*In practice, in most all traditional Japanese martial arts, the focus of power in the movement or technique, whether it is vocalized as a shout or not, can be interpreted as "kiai." We also call this "aiki" in Aikido.*

*In actual practice, it more or less depends on how your teacher understands this meaning or how you wish to understand this idea. It varies greatly with the teacher and style. For example, we use a vocalized kiai in battodo, Toyama Ryu, but we do not use this "vocal kiai" in Muso Shinden Ryu Iaido. Of course, there is kiai, by definition, in all martial arts movements.*

*I have one Japanese sword inscribed with a body text and at the end of the inscription says, "kiai-nashi," meaning no kiai was used in making the cut. This means that the cutting edge of this blade is so extremely superior that "no effort" or "no concentrated power" was used to make the cut, the blade essentially cut on its own power.*

*In Aikido we use the terms, "kokyu," and "ki" and, in my own opinion, I feel that they have equivalent meanings to kiai or, at least, include the meaning or spirit of kiai.*

*In my own experience and practice, I somehow try to feel a "gathering" or "focus" of power within my movement and technique. I under-*

*stand, for myself, this focus of "ki" or gathering of energy is "kiai." As we expand and concentrate as we breathe, I feel, for myself, that this ki also expands and concentrates within the technique and this is what determines my timing (and movement). It gathers its greatest concentration at the moment of the throw but immediately expands as energy is released. Because energy is released at the moment it is focused into the technique, we use strong zanshin to maintain our focus and continuity in the technique. At least, this is how I feel when I myself am practicing and creating Aikido technique. I hope this helps to understand a little of "kiai."*

## Inquiry From the East Coast:

### A Question of Etiquette

July 15, 2002

A student from another dojo submitted the question below to me today. Because I receive this same question all of the time, I thought I would take this opportunity to answer it here where everyone can maybe understand this a little better.

Sensei, If you have time to answer my letter, there is a question of etiquette that I have some confusion about. In my own dojo when we bow in, we bow deeply to the shomen and then to Sensei. In my travels, however, I've seen many different ways of beginning class. Many instructors have a Kamidana to which they perform what I understand to be a shinto ritual of clapping. This is really my question. I have noticed that some instructors clap 4 times and others only 2. I know this may seem like a petty thing, but I am a stickler for detail and I truly wish to understand this custom properly. I look forward to your reply, but also understand if you are otherwise detained. Domo arigato-gozaimashita,  
J. (ni kyu)

*First of all, I should like to say that I am expressing my own personal opinion about this matter so other instructors may have different ideas and opinions regarding this matter. This is fine. My intention is to try to make it clear to the particular person kindly asking this question today and for my own students. I do not want to offend or contradict anyone with my answer.*

*Secondly, in the matter of bowing, it is customary to follow the manner decided by the dojo you happen to be in when visiting other dojos. Or, to follow your teacher's method in your own dojo.*

*Many Aikido dojos today follow a Shinto custom of clapping. In Shinto generally, it is customary to clap twice and make a bow before you make your prayer or more usually your request (to the gods) such as for good luck, a nice day, a new baby, marriage, to avoid car accidents, make money, better business and for any other personal requests one has and needs help from above. For example, geisha always pray at a small Shinto shrine in the Gion District before they go off to see their customers or perform at parties to insure good luck and success and for divine protection. In some temples today, the priests specialize in blessings for new cars to protect them from accidents and scratches. Some Shinto temples specialize in easy births, early marriage, better business, etc.*

*In some Shinto temples, one rings a bell. Usually they are "sacred" bells tied very high up before the altar. A long thick rope hangs down which the person shakes causing the bells to ring. The purpose of clapping or clanging these bells is to wake up or get the attention of*

### Etiquette Continued:

*or international presence. There is Amaterasu Ohmikami or what we call the "Sun Goddess" but even she is more important as the progenitor of the Japanese Imperial line of emperors. Religions scholars nowadays accept Shinto as a religion but technically it is not even a "religion" as we define religion today. There is not a main, important sacred text or dogma such as the Holy Bible or the Koran. Many priests are not ordained as a clergy but act as "official caretakers." There is not necessarily a distinct congregation with particular rules which define a member. These are three main characteristics of what we define as religion. . . .*

*Since I was ordained as a Zen priest, I have become more paranoid about my religion and do not want to be accused of using my own dojo as a place to "sell" my religion or beliefs so it has been my personal choice not to "push" religion of any kind. Of course, Japanese martial arts is highly influenced by Zen so as much as it clarifies or defines the spiritual aspects of the art, I try to explain Zen sans too much "religious" consciousness. This is just my own personal choice.*

*More traditionally, it is proper and appropriate to simply bow to the shomen or place of honor where O'Sensei's photo resides and then to your teacher. The bow symbolizes the fact that you are a student of O'Sensei and you do him honor or "pay your respects" as you do your teacher. In Japan, there are many types of bowing. A simple, dignified and noble bow to O'Sensei, I believe, is most appropriate. As we bow, bringing forward one hand before the other follows the tradition of the samurai warrior and we are following the martial art of Aikido so I feel this is very auspicious as we are, more than a religious member, - a warrior-trainee. This is just my personal interpretation.*

*I apologize! I didn't realize my answer was going to be this long and I have cut out many, many fine details!*

*As a Zen priest and as a scholar and as an Aikido teacher, for my own students, I have to think and reflect about what we do in my own Dojo. The custom of clapping in Shinto and in Omoto Kyo recognizes a "divine presence." I must consider if I want to introduce my students to O'Sensei as a "great teacher" or a "divine being." This is something we might need to think about more among Aikidoists. I also wonder if O'Sensei himself would want to be remembered as a divine being or a great teacher and martial artist. In my own heart, O'Sensei is a divine being - but this is only an expression of my own love for O'Sensei and his teachings. It is not a general custom yet. . . . It is similar to the situation in Zen, Zen people recognize Buddha as the historical being and great teacher, many other sects of Buddhism recognize his divine presence. . . .*

*Now that I have thoroughly confused you. Simply put, it is really not set in stone yet and it depends on your teacher's preference, I believe. There is the traditional bow (paying respect) and the two claps as in Shinto, and four claps as in Omoto-Kyo. There it is in a nutshell.*

*As a side note, it has been my experience that many Muslims do not bow in the dojo because it is against their religion to recognize any other "God." In Japanese tradition, the bow is a sign of respect to another person just as we shake hands in this country. There should be no religious connotation to bowing in the normal sense. We follow this custom in the Dojo, because the bow is what O'Sensei understands as a sign of respect - he may not understand "shaking hands." Would we dare to shake his hand? - Without good ukemi skills?*

### Letters:

07-03-02: Thanks for taking time to read my letter. I have one more question though. Naturally, I have very weak joints, especially my knees. I have dislocated my knee caps three times already. It is actually one of the reasons why I want to learn martial arts; to learn better how to use my body. But, will learning aikido be a good idea for someone with weak knees? I don't mind the pain, but my doctor told me that I can have serious permanent damage if I were to injure it again. What do you think?

Sensei's Reply: I think you should follow your doctor's advice and not risk physical activity which might further injure your kness. Best Wishes.

07-09-02: Dear Friends, I writing to you in hope that you will be able to help me. I'm founder of 'Aikido Centre & Library Project' in Kraljevo, central Serbia, Yugoslavia. The purpose of this Project is in collecting books, tapes, magazines or other materials about martial arts for future lending activity of this lending-Library in centre, and also in creating space in future Centre for Aikido trainings and courses. This future Centre will be under leadership of Judo and Aikido Master Blaza Ivanovski Maki from Kraljevo, Yugoslavia. I'm his student and founder of this Project, and this will be of great benefit in this area for all students and future members of this Centre & Library. Banks doesn't work properly here in Yugoslavia, and there is no connection between Yugoslav and other banks around the world. Also, social situation is very difficult, so I really need many helps for my Project in books and materials, as well as in financial donations. So if you are able to help me, please send me as a help free of charge anykind new or secondhand book, tape or some other material about Aikido, Jujitsu, Judo or other martial arts on english language to my correct address below through air-mail or surface-mail! I hope that you will be in position to help me. I will looking forward to your answer! For 'Aikido Centre & Library Project', sincerely your's, Dejan Banovic. ADDRESS: DEJAN BANOVIC, CIBUKOVACKI PARTI-ZANI 4, 36000 KRALJEVO, SERBIA, YUGOSLAVIA

Sensei's Reply: I donated a set of my videos and six copies of KODO Ancient Ways and many issues of our monthly Dojo Newsletter to you (which has a retail value of amost \$500.00) but we didn't receive an acknowledgement of receipt or even a simple "thank you" from you. I am afraid that we have to pass this time.

07-21-02: My name is Vincent Williams and I am considering starting aikido in the near future. Having read a few books on Aikido (including Kodo Ancient Ways, thank you to Kenso Furuya for an excellent insight) I am potentially looking forward to my study; but I have found that I have a conflict of interests. I am a loyal Christian and I may find the concepts from other religions go against my beliefs, these conceptst include the bowing to O' Sensei, the use of ki, zen meditation and shinto opening rituals on the tatami. May I ask your advise on this matter? My fear is that I will miss a great spiritual teaching method by not not practicing Aikido, but unfortunately that may well have to be the conclusion. Sincerely, Vincent Williams

Sensei's Reply: Follow your own heart! I have many friends who are Christians and many Catholics ministers are among my very close friends and students who are very devote. There has never been any conflict or contradiction in faith here. Not in my Dojo, at least. I am a Buddhist, but I also believe in God. It does not conflict at all.

## Aikido Center of Los Angeles

[www.aikidocenterla.com](http://www.aikidocenterla.com)

## Welcome To The Aikido Center of Los Angeles



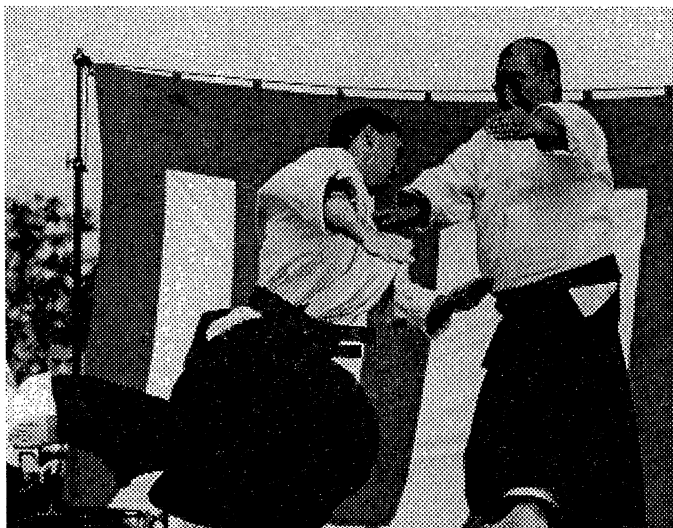
Aikido Center of Los Angeles

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

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

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

Please Visit Our Website:  
[www.aikidocenterla.com](http://www.aikidocenterla.com)



Reverend Kensho Furuya, 6th Dan



## Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Batto Iaido

We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over 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.

### 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

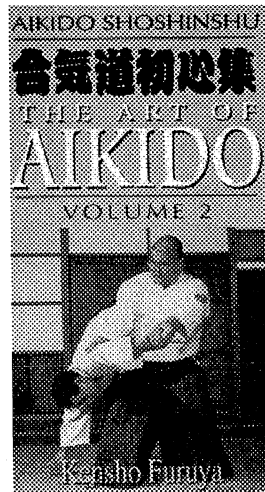
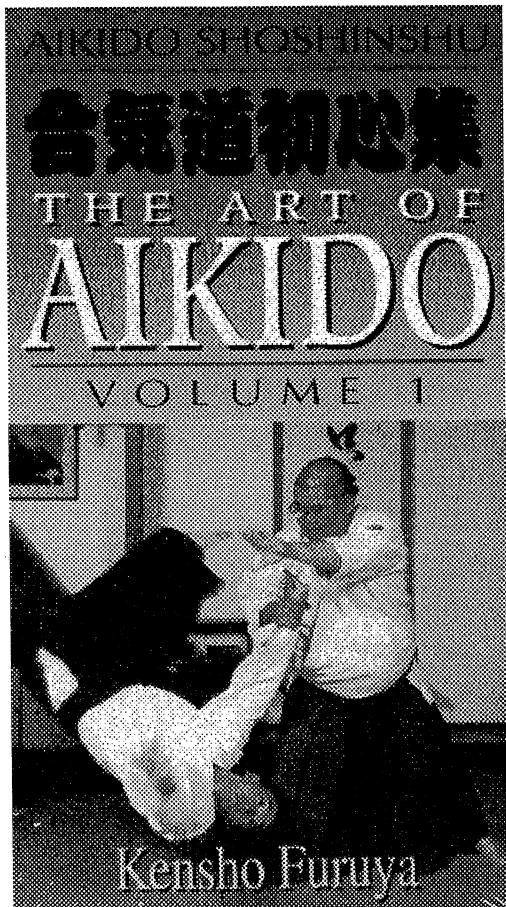
Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.

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

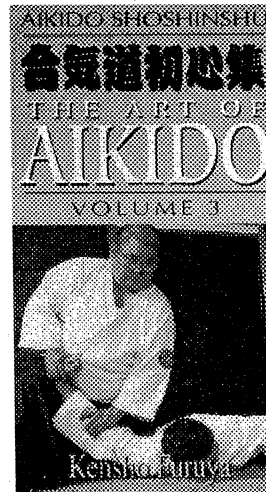
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

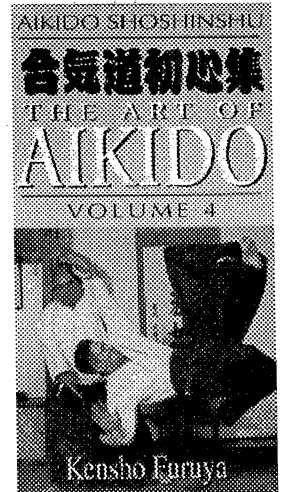
"Top Rated" - Karate Illustrated, "Impressive Scope" - Aikido Today, "Exhaustive" - Aikido Journal "One of the Best"



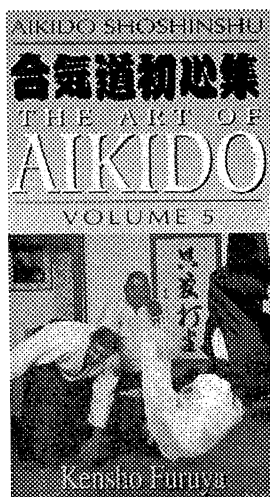
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo &  
Gokyo



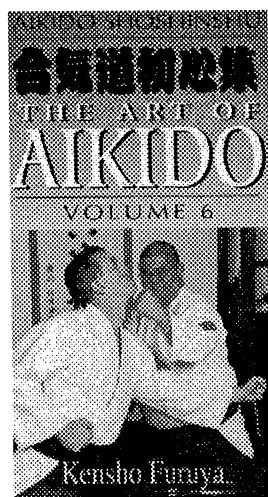
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



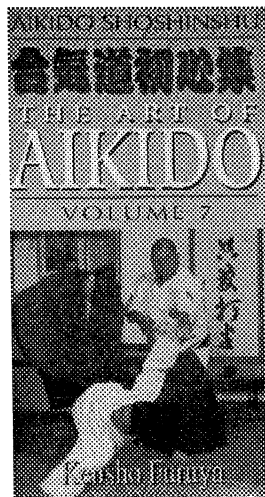
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



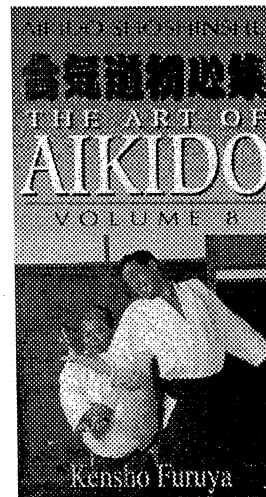
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



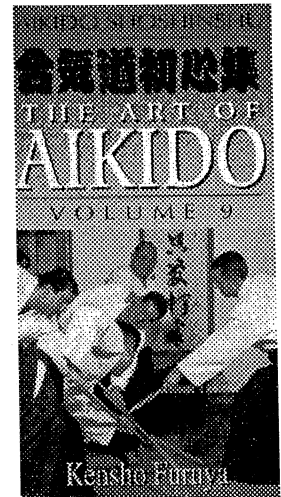
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



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