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



The Aikido Center of Los Angeles LLC

忘れられた心を探す合気道 合気道場

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

\$3.95
Donation

August 1, 2004


Volume XXIII. Number 8.

Congratulations Nisei Week 2004

Celebrating Our 30th Anniversary

NISEI WEEK

AIKIDO & IAIDO DEMONSTRATION
Arts of the Samurai




Place:
AIKIDO CENTER OF LOS ANGELES
940 E. 2nd Street #7
Los Angeles, CA 90012

Presented by
REV. KENSHO FURUYA

August 8, 2004
From 10:00am to 11:30am

*At the corner of 2nd & Vignes,
in Little Tokyo*



For further information: www.aikidocenterla.com

**Nisei Week Festival Aikido & Iaido
Demonstration. August 8, 2004
10:00am-11:30am. In the Dojo.**

Lotus Festival Aikido Demo. July 11.



Mark Ty & Ken Watanabe demonstrating at the Echo Park Lotus Festival.



Steve Shaw demonstrating Suwari-waza Ikkyo with Kenny Furuya.

Lotus Festival:



Participants: Marie Murakawa, Bill Allen, Steven Shaw, Jim MacDonald, Kenny Furuya, Mark Ty. (Ken Watanabe not shown.)



Bill Allen, Mark Ty, Ken Watanabe, Marie Murakawa, Jim MacDonald, Steven Shaw, Kenny Furuya, Arthur Dowling, Julio Hernandez, Marco Pena.



Kenny Furuya demonstrating Kote-gaeshi.



Jim MacDonald demonstrating Kokyu-nage.



Marie Murakawa executing Shiho-nage with Bill Allen. The Dojo has been participating in the Lotus Festival for the last 20 years.



Bill Allen demonstrating Tsuki Irimi-nage with Mark Ty.





Ken Watanabe demonstrating 3-man Randori Freestyle.



Mark Ty demonstrating Muso Shinden Ryu Iaido.

Pasadena Buddhist Church Obon Festival Demonstration. July 18.



Darren Okuno and Jonah Kim doing Suwari-waza Ikkyo.



Ken Watanabe demonstrating Irimi-nage with James MacDonald.



Bill Allen demonstrating Shiho-nage with Mark Ty. Every year, the Pasadena Obon Festival is an important event for us.

Photo Left: James Doi, Mark Ty, David Ito, Gary Myers, Ken Watanabe, Kenny Furuya, Bill Allen. Front row Kids: Darren Okuno, Patrick Lownes-Santos, Mackenzie Dowling, Tomi Ae Okuno, Dominick Hammerstein, Jonah Kim. Great Job!!

Pasadena Obon continued:



Kenny Furuya demonstrating Irimi-nage with Bill Allen.



Kumitachi with Ken Watanabe and Mark Ty.



Gary Myers demonstrating Muso Shinden Ryu Iaido.



Ken Watanabe demonstrating Hasegawa Eishin Ryu Iaido.



Gary Myers & Ken Watanabe demonstrating Toyama Ryu Iaijutsu.



Many thanks to the Pasadena Buddhist Church and Rev. Tetsu Unno for their continued support and friendship at their annual Obon Festival each year.

Livin' In the City Reality Show Taping June 17.

The dojo was the scene of a reality show taping of six young men who came to try their hand at Aikido as part of their "Livin' In The City" experience. They were not told beforehand that they were coming to practice a martial art so there was a great deal of hostility and "attitude" at first. However, as they got into the actual warm-up and practice of the techniques, it was obvious that they began to enjoy themselves and learn a great deal about what it is like to train in a traditional dojo, something that they had never participated in before.

After the one hour class, each member was interviewed individually for their impressions of the Aikido practice. The majority seemed to be impressed with the moves and with the discipline and order of the dojo - something, they said, they don't have in their own personal lives. Many of the dojo black belts participated and I think everyone learned a great deal.

Congratulations: Michael & Judith Vance's New Family 1st Addition:

Many congratulations to Michael and Judith Vance on the birth of their daughter recently, Rebecca Vance on June 28. Best wishes!



Congratulations! Little Amika: New Granddaughter for Dr. Roberto Magallanes, Vera Cruz Br. Dojo



Announcement: The Art of Aikido Videos Series Now In DVD Format.

On July 15, the Art of Aikido Video Series in nine volumes went to a new DVD format. These, like most DVD's, are more convenient than the video format in that they last longer. The image and sound is much clearer and there is an index at the beginning of each DVD so one can easily go to a specific technique as he chooses. There are also new subtitles and headings for each of the techniques demonstrated.

The DVD's are available in the Dojo. The publisher to produced our Aikido series first among an inventory of over 350 videos programs. Although produced in 1994, they are still selling very well all over the world. Highly recommended by Sensei for all students.

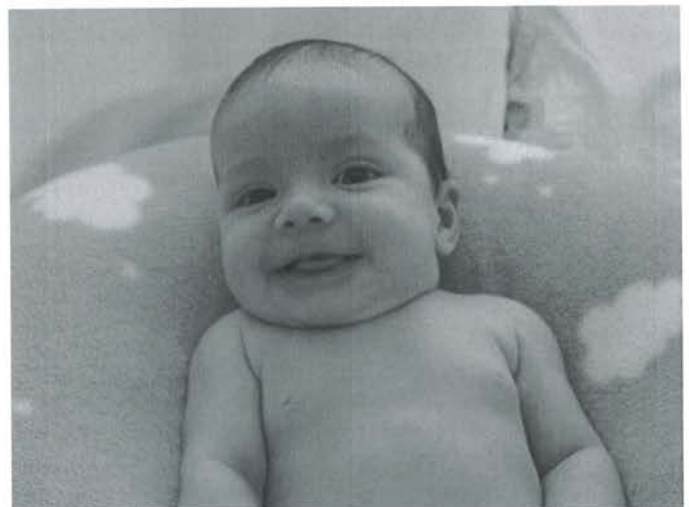
Please visit our Dojo website for details, prices and ordering.

Commemorative DVD Dojo's 30th Anniversary Celebration Now Available:

Now available on DVD for a \$25.00 donation to the Dojo. Please enjoy such a pleasant memory. Features performances Sambaso by members of the Kansuma Kai of Japanese Classical Dance, a performance of shishi-mai, lion dance, and Taiko drums by Johnny Mori and country blues by Jake LaBotz, also, greetings by various Honored Guests and Hideo Yonemochi Sensei from the Aikikai World Headquarters.

Please send in your check or money order and your address. Please add \$5.00 for overseas shipping.

Steven & Danielle Shaw: Cyan Luna Shaw At Six Weeks



Left: Dr. Roberto Magallanes with daughter, whom he delivered 35 years ago, and his new granddaughter whom he delivered on July 19th. Many congratulations and Best Wishes. "...I thought I should share this great happiness and event with you." Roberto Magallanes, Veracruz, Mexico.

Cinturon Negro Interview:

By Santiago Garcia Almaraz, Salamanca Aikikai

06-16-04: Sensei, I send you the article and some pictures that I used for the article for Cinturon Negro Magazine.

Last April, some representatives of Sensei Furuya in Spain fly to Los Angeles to assist in the 30th Anniversary of the Aikido Center of Los Angeles in Little Tokyo.

For this event, many, many friends, students, teachers and celebrities want to be with Sensei Furuya in this very special moment.

In all this time, something that never change, beside his teaching and diffusion of Aikido is his loyalty and the uncompromise with the O-Sensei's teaching, the late 2nd Doshu and the actual Doshu Moriteru Ueshiba for 40 years! This is not very usual today, that is the way because many dojo have big respect to Sensei and his teachings.

This good relation with the Hombu Dojo make possible that for his anniversary, one of the most important persons in Aikikai, Hideo Yonemochi Sensei, assist at this event. Yonemochi Sensei is 8th Dan in Aikido and he is the Managing Director of Aikikai World Foundation. He taught a seminar for two days and in this seminar he insist in practicing the basics, many many times because this is so important to know and practice the fundamentals of Aikido.

In this celebration, some branches around the world as Puerto Vallarta, Mexico, Washington, DC, La Puente Hacienda, Ca., Spain come to Los Angeles to be in this important day for Sensei. We met with other branch and was a very good time to know each other..

In this meeting with Sensei Furuya had a time to make some questions, and know a little more about this Sensei.

Sensei Furuya's Interview for the 30th Anniversary of The Aikido Center of Los Angeles in Little Tokyo

1. 30 years teach Aikido in this school Japanese style, so beautiful in Little Tokyo, Why did you decide to build a Dojo here in this style?.

I wanted for my students and for myself, to experience the training in a traditional Japanese style dojo and I wanted to train in the old atmosphere of the old style dojo. . . . It was in this way that was part of my desire to preserve the old ways in Aikido and martial arts.

2. Do you think that all those years dedicated to Aikido and your students to be worthwhile or maybe you think that the students sometimes doesn't know how much sacrifice a teacher should do in his life for there ?

I think most students do not realize the sacrifices of a teacher. Of course, I believe that the role of the teacher is to give of himself and his knowledge for the sake of others. Traditionally, in the arts, this is called "Bosatsu-gyo" which is the discipline of the "near Buddha" who attains enlightenment but stays back with a vow to save all others before he himself enters the final stage of enlightenment. Today, however, I believe that the role of teacher has changed as martial arts becomes more political and more commercial - I see that it is often treated like a business or politic and is losing its spiritual dimension. I think we should not forget that Aikido is not only about the body but

the mind and spirit as well. I hope students will realize the role of the teacher and student because within this profound relationship we find the basis for the transmission of knowledge.

3. In those 30 years I suppose that you saw many, many students. Do you think that have changed much in the attitude in the new students, if you compare with your first students? And do you think that you, Sensei, have changed since you start in this school?

I think that students have more choices today and therefore have a tendency to take dojos and teachers for granted. In my day, there was only one or two dojos and very few teachers so you practiced hard and really appreciated what you had. Today, if you don't like a dojo or teacher or happen to disagree, even on the tiniest matter, you can easily go somewhere else. We did not have this luxury in the old days. so I think the perspective is very different. In addition, in the old days, we only thought of O'Sensei as our teacher. Today, we have so many "great" teachers and organizations to choose from. . . . This "choice" creates a kind of "extravagance" and luxury which creates a different mentality and attitude towards this art.

4. Today there are many teachers in Aikido and many of the have his own style that call Aikido this or Aikido that, but you keep close to the teachings of O-Sensei, Why?.

There is an old saying, "The spring water is purest when you are closest to its source." In addition, O'Sensei's last wish when he passed away was that we support his Successors and Hombu Dojo. I think that even after 35 some odd years, we should all still honor his last wishes. Although martial arts practice today is far removed from the mentality of the warrior - I think that we should not forget that one of the most precious virtues of the warrior was his loyalty. Today, we do not think of loyalty anymore because, in this commercial, business environment, we only think of profit and loss. . . . What I mean to say, is that most of us have a "businessman's" mentality, not the mind of the warrior. . . . this has also changed martial arts drastically but I suppose this is a matter of the inevitable changing times. . . .

5. And why do you think that this teachers try to change or add something's to Aikido and still call it Aikido?

It is important that teachers find the best method in which to teach and convey Aikido. Each person has a different experience and different idea about how this is done. In teaching, even in olden times, we are encouraged to use "clever means" (Japanese: "hoben", Sanskrit: "upaya") in order to teach. This shows the mastery and skill of the teacher to transmit the teachings to his students.

Today, however, we change the art in order to attract students by showing something exotic or to promote or sell ourselves. I believe, myself, that this is an incorrect attitude towards teaching. Nowadays, (and I don't condemn this), many teachers want to make money, make a living, create a big dojo or big organization and become famous or well known. Although this is what is done in modern times today, it is very different from the great teachers of the past age. Of course, different motivation in teaching produces a different result . . . I see this in teachers and students today in general as I observe.

6. About your 30th Anniversary Celebration, One of your special guest was Mr. Hideo Yonemochi Sensei from Aikikai Hombu Dojo, Tokyo, Japan, could you tell us about this Sensei.

Yonemochi Hideo Sensei is one of the oldest and highest ranking officials today of the Aikikai, Aikido World Foundation at Hombu Dojo in Tokyo, Japan. He was a life long friend, student, personal confidant and secretary of 2nd Doshu, Kisshomaru Ueshiba Sensei, and today he advises 3rd Doshu and Aikikai in all important matters as the Managing Director of the Board of Directors of the Aikido World Foundation and as Director of the International Department of Aikikai at Hombu. He has been doing Aikido for 52 years. I met Yonemochi Sensei in 1969 just after I returned from Hombu Dojo and we have been associated together for these many years.

I was quite surprised and greatly honored when he said that he wanted to attend our 30th Anniversary because he is so busy with so many very important and heavy duties at Aikikai.

7. Do you have a guests from some of your branches too?

We had guests from Spain and Mexico and one friend who flew out from Washington DC for half a day just to attend our celebration. There were many others who wanted to attend but could not make it. There were also many more important representatives of the community who wanted to attend but it happened that our celebration came on the same day as a grand celebration at Dodger Stadium commemorating the 150th Anniversary of the signing of the Japan-America Treaty which finally opened Japan's doors to the West and the modern age. We had tough competition that day.

8. About you branch in Spain,?

I have many good students in Spain in Salamanca under the leadership of Santiago Garcia Almaraz who has been following me for many years. I am so happy that he is following me very closely although he is so far away in Spain. During our special practice with Yonemochi Sensei during our 30th Anniversary Celebration, he recognized Santiago's great advancement and complimented Santiago that he has grasped Hombu Aikido and used him extensively as uke in practice. I was very, very happy about this and Yonemochi Sensei was very happy that our dojo is passing on true Hombu Aikido. This was one of the happiest moments for me to hear this. This has been the goal of my life long work here in our Dojo.

From Israel: On Satori:

By Ze'ev Erlich, Aikikan, Israel

06-23-04: Dear Sensei, How are you? Every day I look for your daily essay and learn so much. Thank you. I didn't write to you for a while and I hope you are fine.

I have an unusual question. One of my students, a young woman - 24 years old. She is practicing Aikido at my dojo three years already. She said suddenly that she does not believe in Satori or spiritual enlightenment. I never thought about satori as a thing one has to believe in or not. I accepted it as a thing one reaches thanks to his training and practice...

What can you say to such a student... how can I teach someone like her... I am very interested in your point of view and teaching on this subject. Yours, Ze'ev Erlich, Aikikai Dojo, Israel.

Sensei's Reply:

I think that it is a rather odd thing to say to you. I wish I could be there to see the look of surprise on your face. I also wish I could be there at that moment to see what she is trying to say. Now, I can only go by the words you have quoted to me and there is no way to see into her heart or try to read her intention or purpose.

There are many aspects to this question so it is hard to say what is the best way to reply. It is really something between you as the teacher and this young lady as your student. I don't think she may be thinking this far - unless she said it just to see your reaction. Maybe she is testing or teasing you. I don't know.

Why did this question come up? And what was the occasion for such a remark to you?

First of all, I should say that it is her privilege to believe or not believe. No one can prove satori exists, but no one prove it doesn't exist either.

Maybe it is something not for her, maybe it goes against other beliefs she holds dear to herself. Maybe something like "satori" seems like much too much work and not worth the effort!

In general, it is her will and has nothing to do with you. She can take it or leave it and there is really nothing you can do about it.

A while back when I was participating in the Aikiweb forums, I was really enjoying myself but was so shocked to encounter a very conservative Judeo Christian ethic which rejects all things outside of the Christian faith. If it was a mere hundred years ago, I could have been branded as a heretic, tortured mercilessly and burned at the stake! There are many in this world who do not accept Zen or Buddhism or are more involved in their own religion so naturally, they would reject something like Zen and its idea of satori or anything like Buddhism. You might imagine, that everyone in this modern world are more knowledgeable or open minded about such matters but it is really not so. In my own Dojo, almost all my students are fairly well educated so I really don't encounter this type of problem. . . .

As far as I am concerned, if they do not like or abide by my method of teaching or teachings of Aikido and O'Sensei, they need to go someplace else where they will be more happy.

As Aikido becomes more international and involves more people of varying ethnic backgrounds and cultures, Aikido will become more generic. This is happening as we speak. In this sense, I personally am sad to see this because it means that it will lose some of its original character. However, many will welcome this transformation because it means that Aikido can be molded or adapted to one's own personal beliefs more freely and easily. How many people in the past have tried to tackle Omoto Kyo or Shinto or Esoteric Buddhism? Or Zen? Not easy at all. . . . I started when I was so young. At 8 years old, I was buying and reading books on Zen when I could get my hands on them, even writing to England at that age, looking for rare, out-of-print books. Still, 50 years later, I am still on the long path of my studies. . . .

Today, people comment that O'Sensei's image is fading very quickly - mainly, I feel, because he embraced a philosophy which is very hard and difficult for people, even Japanese today, to understand and accept. It is easy not to understand or grasp something like Satori.

Satori Continued:

Of course as a teacher, you are concerned for her and trying to teach her Aikido in the best way you can. Therefore, I appreciate and sympathize with your problem here.

If you are influenced by someone like me and Suganuma Sensei, you will naturally be influenced by the Zen outlook. Of course, I am strongly influenced by Zen and first became interested in it because of its long and strong connection to Japanese martial arts. Within the context of traditional Japanese martial arts and most traditional arts of Japan, there is a strong, underlying and very pervasive influence of Zen. Many times, we are not even aware of how much the influence of Zen is present and after a long history there is much which we merely take for granted and do not even distinguish it as Zen influence. Suganuma Sensei and myself were strongly influenced by Kisaburo Ohsawa Sensei of Hombu Dojo who also studied Soto Zen. It is because of our great admiration and respect for him, that we continue this path of study. . . . Probably you will receive a great deal of this influence if you continue to have contact with Suganuma Sensei or myself.

For myself, Aikido and Zen are very compatible but I do not try to mix it too much in the Dojo. Only in the sense that they both share the same cultural history and roots.

In America, you can pursue a sport like baseball or football, etc. or even skateboarding but such activities do not necessarily mean that they will improve your character or give you spiritual enlightenment. You can get good. Maybe you can become a professional and make a lot of money and be very successful but all of this, doesn't necessarily mean that you have improved your character, maybe you are only more famous and more rich.

In Japanese traditional arts, there is always the idea that as you develop in your art, you will also develop spiritually as well. Everything is looked upon as an art. In Japan, even a toothpick carver can be a master, have students and even speak of spiritual things in relation to how to carve the perfect toothpick! In ancient Japan, even a house thief can be a master and teach his students the art of robbery and even show the way to enlightenment! This is hard to accept in our own world today. It is very different in the West.

If you look at it, how can practicing hard everyday and throwing people to the ground bring you any peace of mind or self awareness???? How can becoming stronger in a self-defense art make you a better person??? Many people, especially, new students, will ask it today. In Japan, with such a long history of feudalism and a tradition of the Samurai warrior, we do see such a strong, compatible connection between a martial art and something of the sacred (religious nature).

In a way, it is a shame that she cannot see and appreciate your effort to teach and guide her. At 24, to already say, "I don't believe in this" or "I don't believe in that" is such an early time and way to close many, many interesting and valuable doors in her life.

If I believe in Heaven, maybe sometime, I will be able to enter Heaven. If I reject it, the doors of Heaven will close so tightly on me. If I believe in Hell, I may open the doors of Hell for myself. . . . I am Buddhist but I also believe in God, I also study many Christian writings. . . . I am not trying to betray one religion over another. In Zen, there is nothing that says that God does not exist. Zen helps me



Taru Wo Shiru: To know what is sufficient. Enlightenment is to know what is enough and what is not enough. These are very well known Zen words often used in the tea ceremony and often carved into the small stone wells that decorate Zen and Japanese tea gardens. This scrolls says, "To know what is enough welcomes the god of prosperity. Meaning the unblemished mind working efficiently and naturally.

in finding a deeper life for myself, but there are many great things in the Christian faith, in Hindu and others which I also find stimulating and thought provoking and valuable to my life.

Whether one believes in Satori or not is their own personal privilege like I said. This is not your problem. As your student, I would hope she could appreciate your own efforts to train and become a good teacher for her. Also, I would hope that she could open her mind to many, many wonderful things in this world. 24 is an age much too young to say, "I don't believe. . . ." Even at my age, I still say, "Oh my, I didn't know that!"

Whether a student believes in you or not, you must be true to yourself. Your job is to be a good teacher and follow your teacher, O'Sensei, and follow the Path of Aikido. Some students will follow you gladly, some students you have to force from behind and push them along. Some students will fall away by the wayside, and some will quit and leave. . . .

You cannot be discouraged because you cannot teach someone or that someone does not listen to you or follow you. . . . Even after 50 years like me, it still happens and I still have problem students such as this all of the time coming through my Dojo doors. . . .

You may feel bad because you feel the student reflects yourself like a mirror and that you have failed. I know this feeling very well. Like looking in the mirror - what is the difference between you and the person reflected - you are the one with the heart. Please continue to train and teach without change.

I wonder how I myself can believe in Satori when I know that I will never achieve it in my own lifetime! Hahaha! Best wishes always! Sensei

Letters:

Test? 05-30-04: Sensei, Yesterday I was given a true life test of my Aikido. We met some friends in the city for lunch at a restaurant we frequent in China town. We have been going there since I began training in the city and we know the Owner very well. As we were going in to eat I noticed a man sitting in front of the restaurant at the one small table they have set up outside. He was yelling profanities at everyone who passed by him and certainly did not look like a customer. This is not uncommon in the city so I didn't think much of it at the time. After we finished our meal we went outside and began to walk down the street. I just happened to turn around and see the elderly restaurant owner trying to wrestle the chair from the much younger and larger man. I immediately began running toward them. Before I could get there the man freed his hand and struck the owner in the face. When I arrived I was able to quickly take him down and pin him until the situation was diffused.

I am not telling you this story because I am proud of the fact that my technique worked when called upon, I am sharing this with you because I feel I passed a test of spirit. It was much more important to me that faced with a serious situation I did not hesitate to help someone in need. You never really know how you will act in these situations. We all think of it many times in our minds but you just never know until the moment is upon you. I am very glad that the warrior spirit is what came through in the middle of many on-lookers who where content to do nothing.

I realize that it is a very dangerous world these days and he very easily could have had a knife or even a gun. When you think about these things in retrospect you wonder what you were thinking. But that is just the point, it turns out you don't really think at all, you just act. I really learned something about myself yesterday.

The only negative to come out of this is in thinking about it afterward I feel as though I may have offended the owners honor or pride. He thanked me for my help but he seemed as though he may have been embarrassed at needing it. I guess the best thing to do is never speak of it again. Respectfully, Jason
P.S. I think "Now and Zen" is a great title for your new article!

Sensei's Reply:

Don't fight! Don't fight! Don't fight! Unless you are totally prepared to die or take the life of another person. . . .better not to go there in the first place. In this world, it is important to discover the way of Peace, not more violence. This not only the violence in society and the world today but in our own daily lives, behavior and in our minds.

Tameshigiri & Modern Swords: 06-01-04:Rev. Furuya, I would really like to ask your opinion about training in the use of the Japanese sword. I have been training in Bujinkan Budo Taijutsu as taught by Dr. Masaaki Hatsumi in Japan, for about 6 years now, and have moved from South Africa to England in the last year. At the dojo I am now training in, we have been learning how to draw and cut with the katana, and last week we did tameshigiri for the first time! What an eye opener!

What I wanted to ask you was how much of ones training time should one set aside for the practice of tameshigiri? I know doing test cutting is not the be all and end all of sword training, but it surely plays a major role? I have been given instruction in basic swordsmanship

before now, but am not adept at actually using a sword (as I found out after last weeks tameshigiri!) Could you offer some advice?

I also saw a 'modern' forged sword and didn't realize what patterns were actually made in the metal itself; I've only ever seen the '440 stainless steel - display' swords, so my interest in the blades themselves has been renewed! I remember from your book KODO that you are a sword collector, and was wondering how often you train/practice with swords? Thanks for your time! Regards, David Jansen

Sensei's Reply:

The purpose of tameshigiri is to test the strength of the sword and the trueness on one's cut. I do not really like or approve of continued cutting practice for the sake of cutting. It is not proper to develop the "taste" for cutting because this will eventually lead to the desire to cut another human being. We have transformed martial arts from "satsujinken," the sword which kills to "katsujinto" or the sword that preserves life. Finally, I am more concerned with Aikido and martial arts as the Way of Peace.

More About Swords: 06-01-04: Dear Sir, My name is John Shea, I am a student at Bryan Hawkins Kenpo Karate on Venice Blvd. and was recommended to contact you by one of my instructors Doug Parent from the same school.

I recently purchased a rather long Japanese sword from an estate sale here in LA, and I believe it is from the Genwa Period, 1649. After inquiring with my instructors concerning an appraisal, they recommended I ask for your advice. I would like to find someone here in Los Angeles who can appraise the sword and maybe verify some of the translations that I've had from the inscriptions.

I have some concerns about the swords authenticity, the blade is not sharpened for one, and there are no visible inscriptions on the naka-go. It is however a very long sword, nearly 52 inches, and very well decorated on the blade, as well as the dressings of the sword, which seems to indicate it was hand made as most replica Katanas are never that type of length. I would appreciate any information you could provide. Many thanks, John A. Shea

Sensei's Reply:

The only way for me to appraise a sword is to see it with my own eyes in my own hands.

From BC, Canada: 06-01-04: John Lindsay Please allow me to introduce myself, my name is Peter Lindsay and I live Victoria, British Columbia, Canada, where I am a professional real estate agent by choice, and a constantly learning Shotokan karate teacher by request of the students with whom I train.

Both of these journeys offer me wonderful rewards, and in each case I am honored to serve those who would have me in their lives. I am writing you today for two reasons. The first, is to express my great appreciation for your book, KODO Ancient Ways. In many ways it has helped me to be a better husband, father, grandfather, teacher, and student of the martial arts, and for that I do thank you.

The second reason is linked to the first, in that I would like to request your permission to use some quotations from your book on my web site in order that I might share some of your thoughts and lessons with my students as well as those students from around the world who visit

Aikido Center of Los Angeles

www.aikidocenterla.com

Canada: my karate web site each day, I would of course give you full editorial credit on my site for any passages, stories, or quotations I used.

In closing I would like to take this opportunity to thank you in advance for considering my request, if for any reason it is not possible for you to grant my request I do understand, and no explanation is expected. Should you wish to visit my karate web site my address is www.shotokan karate.ca All the best. Sincerely, Peter Lindsay

From Larry in San Diego: 06-16-04: Greetings Sensei, You may not remember me but I was a former student of yours so many years ago. I have enjoyed all your writings in your website. It was unfortunate for me to stop practicing Aikido in your Dojo. This was due to family and military life and all the moves everywhere that the military sent me. Though I have tried to practice where I can in other schools, I still could not forget the finer things that your school has taught me. Especially when I practice in other schools and they asked me where I studied Aikido, I was proud to say that I studied under your Dojo. They were impressed about the skills that I knew and how advanced I was in them for the rank that I attained with your school at that time I left, and the technique was more refined and fluid. I didn't think so because I felt that I was still a beginner. I still practice as much as I can with some of my fellow military people that also know Aikido, though we do not rank ourselves, we practice intently and aggressively because of the time allotted for us. This we do to get as much practice time. As I have settled myself now here in San Diego and soon to retire from military life, I will not forget the Dojo in Los Angeles and the humble beginnings I had there. I thank you Sensei for all that you have taught me and all the other people I have practiced with in your Dojo. Hilario (Larry) MoncadoMM1(SW), USN

Sensei Reply:

Nice to hear from you again after so many years have past. Surprise! Yes, of course, I remember you very well. Please come and visit the Dojo whenever you are in Los Angeles and I hope you will continue your Aikido with us soon. Best wishes always, Sensei

Satori: 06-24-04: Dear Sensei, Wow... how nice and kind of you to respond so quickly and to write such wonderful words. Your reply to my question regarding my student who said she does not believe in Satori made me understand several things. Thank you very much. I thank you from the bottom of my heart for your efforts and time that it took. Your reply was very detailed and clear. One can not follow for a long time a way that does not suit his heart... Sensei, I will go to Kyoto again this August. This time I will spend six weeks of intensive training under Koyama Sensei's instruction. I am very excited. Last time I saw him was in November. I truly wish that the two of you will meet some day. I want to send you a present from Kyoto this time. . . .

Is there a way to explain the meaning of the word "Satori" to someone who has little understanding in Zen and Buddhist practice? Do you think that the words "spiritual enlightenment" fit the meaning of "satori"? Please forgive me for asking and asking. If you are too busy please forgive me and do not feel obligated. I am writing here today about several things so please allow me to write . . . more questions. Ze'ev, Aikikan, Israel

06-25-04: Hello Sensei, You wrote about teachers who talk a lot in Aikido class. I see that in general, the more teachers are experienced the less they talk. I think one has to try to teach without teaching. Teach by practicing. Teach by leading the student through the waza. In class, if a student says: "I have a question", I simply practice with him the movement or waza and then ask him: "what is your question". The most common answer they give me is: "There is no need. You answered it". I think that Aikido teaching and Aikido learning are very strange to many people but after a while they learn how to listen to the words that are not said. In Hebrew we have a proverb "Dai Lehakima Beremiza", it can have two meanings. One is that a wise man needs nothing but a hint. Another meaning is that a wise teacher should just give a hint and let the student realize things by himself thanks to his own research, thought and practice. Yours, Ze'ev, Israel.

Ps: The complete proverb says: Dai Lehakima Beremiza Veleshatya Bekurmiza. It means that for a wise man a hint would do but for someone who is fool even sticks on the head wont do...

06-25-04: Hello Sensei I have been thinking about your comments and question on lots of talk from the teacher on the mat. I am afraid that in my experience it seems to be the people who are moving away from 'real' Aikido and are trying to make it into something it is not and add there own 'flavor' to it that do all the talking. I am lucky to have teachers who talk very little - but we have had a very senior guest teacher who has come to our dojo twice now and I have never done less Aikido and more listening to someone's ideas and interpretations. His Aikido was superb but it came with so much other baggage that it seemed more to be a lecture on the mat with some Aikido thrown in. And well recalled - my wife did recently give birth to our third child a beautiful girl called Gabbi. She is now almost 2 months old and is wonderful. Something interesting related to children and 'flavor' is how many children will describe taste using colours. So something sharp to taste they will visualize it as being 'red'. To me this makes sense as you can also imagine something sharp to taste as having a harsh sound to it as well. All the best, Ambrose Merrill.



Very nice form and power in the 2nd draw in Inyo Shintai. Without developing the basics and mastery of the proper technique, one cannot achieve such power in the cut. It is important to focus properly in Iaido and master the fundamentals well. Observe good Iaido and try to copy all of its good points. This is the best way to learn.

The Art of Aikido On New DVD Format. Nine Volumes.

The Art of Aikido, 9 Volumes, is now in DVD format. Please visit website for prices and ordering information. \$38.00 each (Reg. \$39.95). Complete Set: \$340.00. Easy index for technique and chapter headings. Clearer picture and sound. Available in the Dojo.

Muso Shinden Ryu Iaido Basics. Suburi. Shoden and Chuden. \$25.00. Special Order.

30th Anniversary Celebration DVD is now available. \$25.00. Special Order.

Don't Miss Our Dojo Newsletter

If you wish to continue receiving our Dojo Newsletter, please send in a small donation (about \$30.00) or more to cover the costs of printing and shipping. Due to the rising expense of publication, we will be limiting our mailing list to paid subscribers only. Many thanks for your support and your contribution.

Rev. Kensho Furuya

Aikido Center of Los Angeles

Do: The Path

People can be very motivated if there is something to gain. This is true of all physical training and effort. To be motivated and dedicated to something in which there is no merit or benefit at all, is the essence of all spiritual training.

If you compare yourself to others, you will lose sight of the Way. If you compare everything to the Way, you will find yourself all alone. . . . Enlightenment is the true battle of "the self making the self into the self."

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

The Furuya Foundation:

Mr. Ken Watanabe - President

Mr. Gary Myers - Secretary

Mr. Mark Ty - Treasurer

Dr. Cheryl Lew - Senior 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 & related arts and their history, culture and traditions. Your donations & contributions are welcome.

Affiliated Branch Dojos

Aikido Kodokai

Salamanca, Spain

Santiago Garcia Almaraz

Hacienda La Puente Aikikai

La Puente, California

Tom Williams

Wyoming Aikikai

Sheridan, Wyoming

Tom McIntyre

Bahamas Aikikai

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Valladolid Aikido Dojo

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Felix Ares

Veracruz Aikido Dojo

Vera Cruz, Mexico

Dr. Roberto Magallanes

Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni

Monza, Italy

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Our Dojo's 30th Year, 1974-2004.

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. Interested students and visiting Aikidoists are always welcome to join our practice. Directly affiliated with Aikikai Hombu, Tokyo.

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

Joining The Dojo:

Becoming a member of the Dojo is very easy. Please come to observe any of our Open Beginning Classes. You do not need to call to make an appointment, just check our Training Schedule and Calendar of Events for the current times. After class, you may speak with one of the black belts or assistant instructors. To sign up, one needs to fill out the application form and pay the initial fees. Please note that there are no refunds, no exchanges or make-up classes. Discounted Family rates are available. Welcome for the Dojo!



Rev. Kensho Furuya, 6th Dan



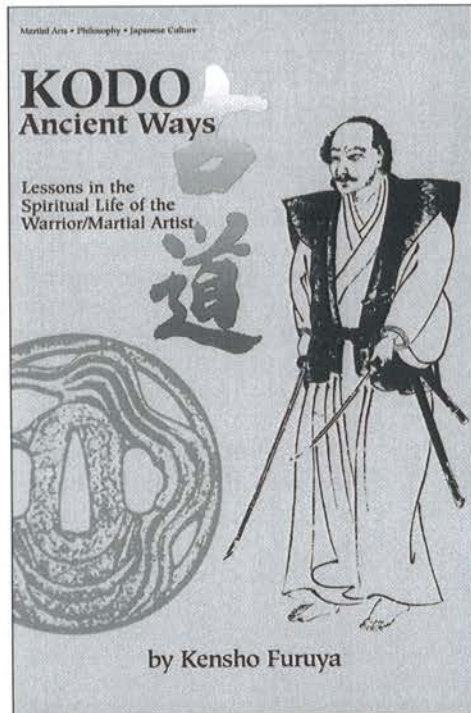
Japanese Swordsmanship: Muso Shinden Ryu & Toyama Ryu Iaido

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 fine hundred years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training. You will learn the proper etiquette and handling of the Samurai sword and its usage as a real weapon. This is not sword play, movie stunt action or performance-competition. This is a real, traditional martial art discipline.

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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.

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



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

Our International Aikido Kodo-Kai.

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 originator 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:

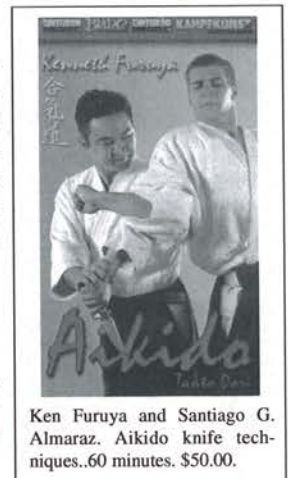
1. Practice correct Hombu Aikido with good spirit and energy.
2. Do not dabble in politics or intrigues. Please get along with each other in the dojo and other dojos in a friendly way.
3. Follow O'Sensei's and his Successors' Aikido with honesty and commitment, pursuing your training with the Beginner's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

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. This is greatly, very greatly appreciated, Always, Aikido Center of Los Angeles, Rev. Kensho Furuya

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 keeping 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.



Ken Furuya and Santiago G. Almaraz. Aikido knife techniques..60 minutes. \$50.00.

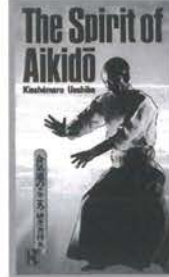
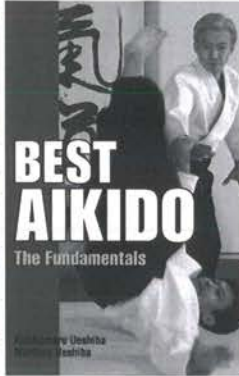
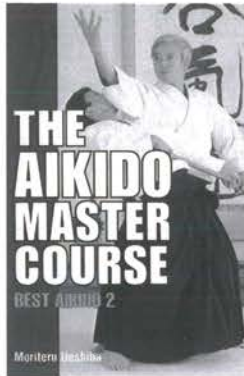
Life Learning:

Just because someone is very talented, young and strong, does not necessarily mean that they will be skillful in Aikido. Just because a person is slow with no athletic ability at all, does not necessarily mean that they will not do well in the art. Often, an average teacher can produce a very good student. Many times, a very good teacher cannot any good students at all. Teaching and learning do not go by any logical system nor can outcomes be predicted by a formula or reasoning. The human factor is always a major element in Aikido. More than going by material odds and ratios, we must emphasize these human qualities in practice. To be respectful, humble, hard working, loyal, compassionate, dedicated, helpful and all such qualities as these will determine the outcome of a student's training. Even a very strong, young student of exceptional skill will not do well or be respected if he does not have the qualities of respect, discipline, compassion and dedication. I think this is important to understand in all aspects of daily life.

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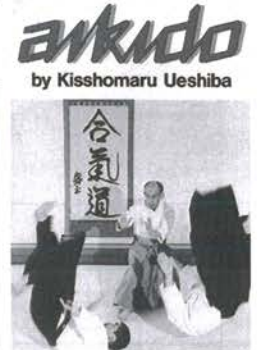
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Tel: (213) 687-3673. Email: aclafuruya@earthlink.net
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Sensei's
Recommended
Readings
On Aikido:
(Please use these
books and references
as a useful supple-
ment to your training
in our Dojo.)



In Japanese

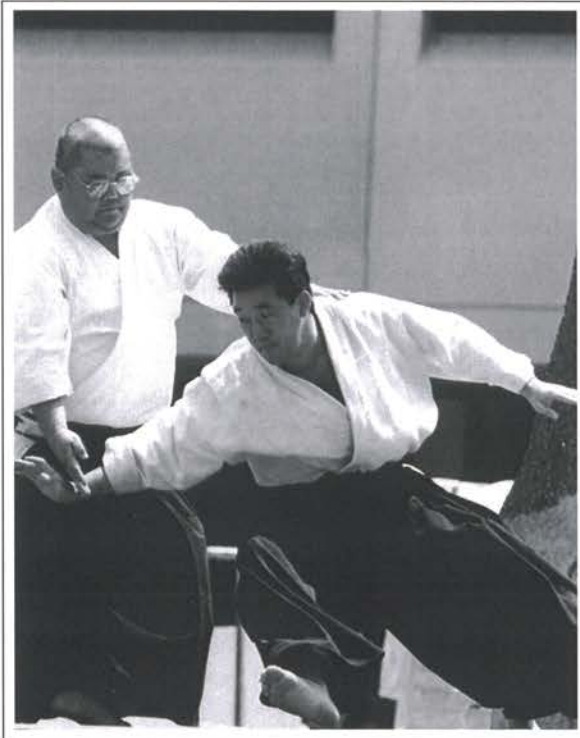
規範 合気道 基本編



Highly Recommended:

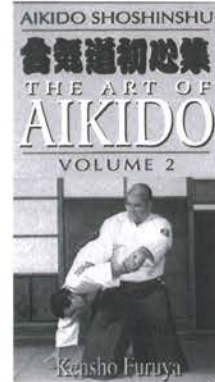
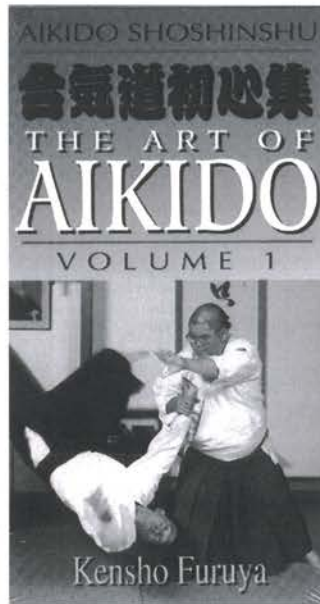
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

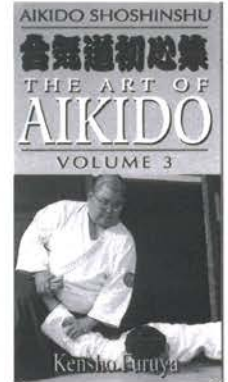


"Top Rated" Karate Illustrated "Impressive Scope" Aikido Today, "Exhaustive" Aikido Journal "

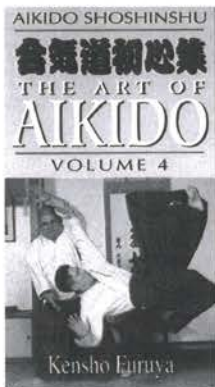
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points. Recommended for students, often used as an instructor's reference by many dojos.



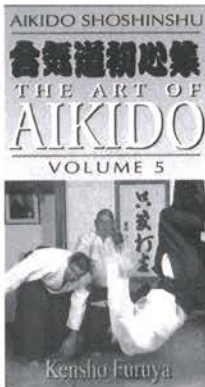
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



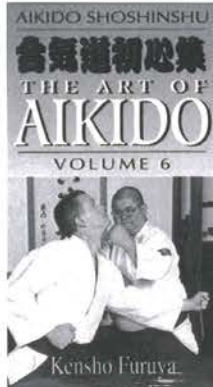
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin, Ki, Breathing.



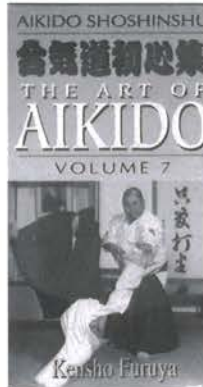
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



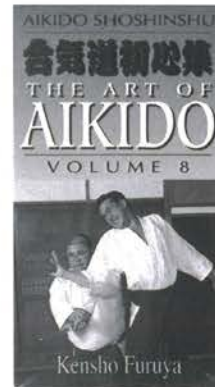
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



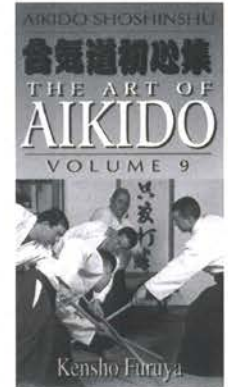
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to
the side of the head &
neck.



Shomenuchi, 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

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, 4th Kyu & up.

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

Saturdays: Open Beginning: 9:30-10:30am.
Open Beginning: 10:30-11:30pm.
Every 4th Saturday: Intensive Aikido:
6:30-8:00am. 3rd Kyu & up only.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

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

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

Aikido Center of Los Angeles

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

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Thursdays: 7:45-8:45pm (Weapons)

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

No Classes on the last weekend of the month.

Intensive Iaido Seminar

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.