

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

# 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

February 1, 2002

Volume XX. Volume 2.



Participants of the Harry Ishisaka Memorial Practice in Orange County. Sensei in back row right.



This year, many of the parents helped out with our Children's Class Christmas Party making it one of the very best ever. After practice everyone enjoyed the delicious foods prepared by the mothers. One parent donated a Christmas wreath. All of the kids had fun, and the Dojo gave out presents of Pez to each and every one. Many thanks and I hope we can do it again next year. Many thanks to all of the parents who helped out and participated. Children's classes are every Sunday from 9:00-10:00am and everyone is welcome to join us.

Next month we welcome Hiroshi Ikeda Sensei, 7th Dan, from the Boulder Aikikai in Colorado to our Dojo for his first weekend Seminar. Everyone is looking forward to the event. Sensei first met Ikeda Sensei last year.

**H. Ikeda Sensei  
Seminar  
March 16-17**

**Special Advanced  
Practice March 15**

Registration deadline March 1st.

## New Friends In Australia:

Dear Reverend Kensho Furuya,  
Hello. My name is Lindsay Hart. I live in Melbourne Australia and am a 25 year old student of Martial arts. Recently my master returned from training with his master in England. He Received a copy of your book Kodo from his master. He recommended reading this book to me as he really enjoyed it and said that he could relate so many things in there to himself. I recently bought a copy of this book and have never been so inspired in my 21 years of study. This book made me realize positives and negatives within my own training and Con't.I

Celebrating Our 28th Dojo Anniversary & 20th Anniversary of Our Dojo Newsletter.

## Special Black Belt Practice

### Hiroshi Ikeda Sensei

March 15, 2002  
6:30-8:00pm

Please email your reservation:  
aclafuruya@earthlink.net

Open to seminar participants only.  
\$20.00 per person

## MANY, MANY THANKS: William Allen Donates G-3 Mac Computer To Dojo

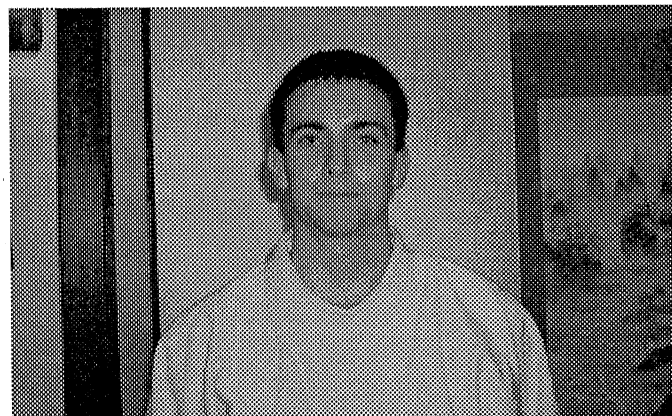
Many thanks goes to William Allen who kindly donated his used G-3 Mac computer to the Dojo as Sensei's computer began to fail. We also like to thank Michael Vance and Mark Ty for helping to set up the new computer. Sensei also used his Christmas present from the students to buy a new 21" Sony flat screen monitor. This will be a tremendous help in publishing our Dojo newsletter. This year marks the newsletter's 20th anniversary. Many thanks.



## Dec. 15th Dojo Clean-up

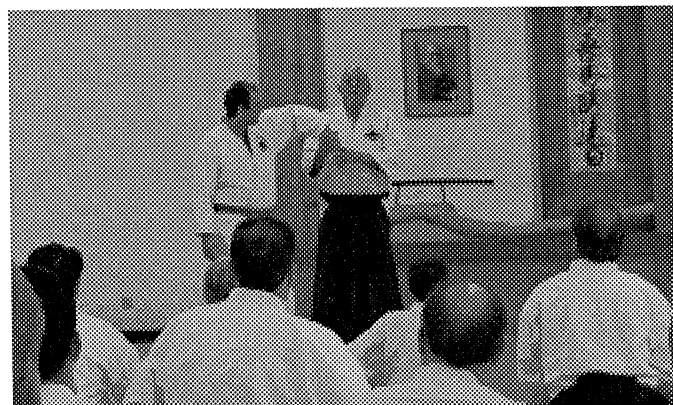
Many thanks to the following students who participated in our Annual Dojo Clean-up: James Doi, Cheryl Lew, Tom Williams, Ken Watanabe, Lisa Ito, Alan Hamai, Maria Murakawa, Jonathan Altman, James Takata, Delano Leslie, Jim Basset, Lawrence Mortenson, Steven Shaw, Jesse Landis, Andrei Maria, Bill Allen, Michael Vance and Mark Ty. Many thanks for all of your help!

## Jesse Landis Visits Dojo For One Month Training



Jesse Landis visited us for one months training from his home in Santa Cruz in Northern California, practicing hard and showing exceptional talent for Aikido. He plans to visit us again during spring break and school vacations.

## Harry Ishisaka Memorial Practice Orange County Aikikai. Jan. 12.



It was a very nice practice to commemorate the passing of Harry Ishisaka Sensei of the Orange County Aikikai. Sensei was accompanied by Ken Watanabe and Mark Ty for his first visit to their dojo.

# Aikido Seminar

*Hiroshi Ikeda Sensei, 7th Dan, Boulder Aikikai*

## March 16, 17, 2002

### Seminar Schedule

(Schedule is subject to change.)

March 16, SATURDAY

10:30am-12:30pm

1:00-2:30pm Lunch Break

3:00pm-5:00pm

March 17, SUNDAY

9:30am-11:00am

11:00am-11:15am Short Break

11:15am-12:45pm

12:45-1:00pm Photo

*Everyone is welcome.*

*RSVP by March 1st.*

*To: [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net)*

\$100.00/person both days.

\$65.00 one day.

Sorry but the Dojo has no seating space for observers.

All fees must be paid by March 1, 2001.

Seminar will be limited to 50 participants.

Please sign up early.

## **2nd Doshu's Memorial Service Incense Offering Jan 5.**

We observed the Meinichi or Memorial Day of the late 2nd Doshu Kisshomaru Ueshiba on Saturday, January 5th. This year we conducted an incense offering by all of the students after practice.

## **1st Intensive Practice of the New Year. Jan. 12.**

We had our first Intensive Practice of the New Year on January 12th from 6:30-8:00am. With many students attending, it was a great way to start the New Year.

## **Sensei at Orange County Aikikai. Jan. 12.**

Sensei attended Harry Ishisaka Memorial Service Practice at the Orange County Aiki Kai on January 12, at the invitation of Chief Instructor Henry Oshiro Sensei. Many of Ishisaka Sensei's former students and local instructors attended the event and everyone had a great time. Sensei used to train occasionally at the Orange County Aikikai in the mid 60's. From Orange County, Sensei made greetings to Hiroshi Ikeda Sensei who was conducting a seminar at the Musubi Dojo in Claremont.

## **Congratulations Sifu Stanley Wong's New School. Jan.19.**

Sifu Stanley Wong celebrated the Grand Opening of his Kung Fu and Taiji School in Glendale on January 19th. Sifu Wong presents the Asian Cultural Evening at the Pasadena City College which we participate in.

## **Our Best To Jim MacDonald**

Congratulations to Jim MacDonald on the new addition to his family. Jim is an actor and 2nd Dan black belt in the Dojo, currently on leave of absence due to a back injury. Best Wishes & Speedy Recovery.

## **Deepest Appreciation To Madam Kansuma Sensei**

Our deepest thanks goes to Madam S. Kansuma Sensei, Head of the Kansuma School of Japanese Classical Dance, for her generous New Year's donation to the Dojo. Kansuma Sensei has been teaching Japanese dance in this country for over 50 years and has contributed greatly to the cultural arts over the years.

## **Deepest Condolences:**

Nobu Iseri Sensei, Chief Instructor of the Moving Center Dojo in Ojai passed away on December 26th. Our sincere condolences to the family and students.

## **Ex-President Ronald Reagan 91st Birthday Celebration Demo In Simi Valley. Feb. 6.**

Sensei will be participating with a cultural event including the planting of Japanese cherry trees and other events in celebration of Ex-President Ronald Reagan's 91st birthday. The event takes place in Simi Valley at the Ronald Reagan Library.

## **Welcoming Sword Polisher Naoji Karita Sensei. Feb. 11-14th.**

Naoji Karita Sensei, Tokyo, Japan, will be visiting the Dojo during his trip to the United States. Karita Sensei is a well known sword polisher. He will be accompanied by his son, Naoki, who graduates university this year and has finally decided to succeed his father as a polisher, becoming the family's third generation artist. He begins his formal training with another polisher in Tokyo before returning to his father. Generally, apprenticeship in sword polishing takes about 13 years. Once he trains with his teacher, he will return to his family and learn his father's technique to complete his studies. Many congratulations. This type of succession in the family art is getting rarer and rarer in modern Japanese society today. This trip will be Naoki's last vacation for a long time before he enters his training.

## **The Late Bishop Kenko Yamashita Memorial Incense Offering. Feb. 20th.**

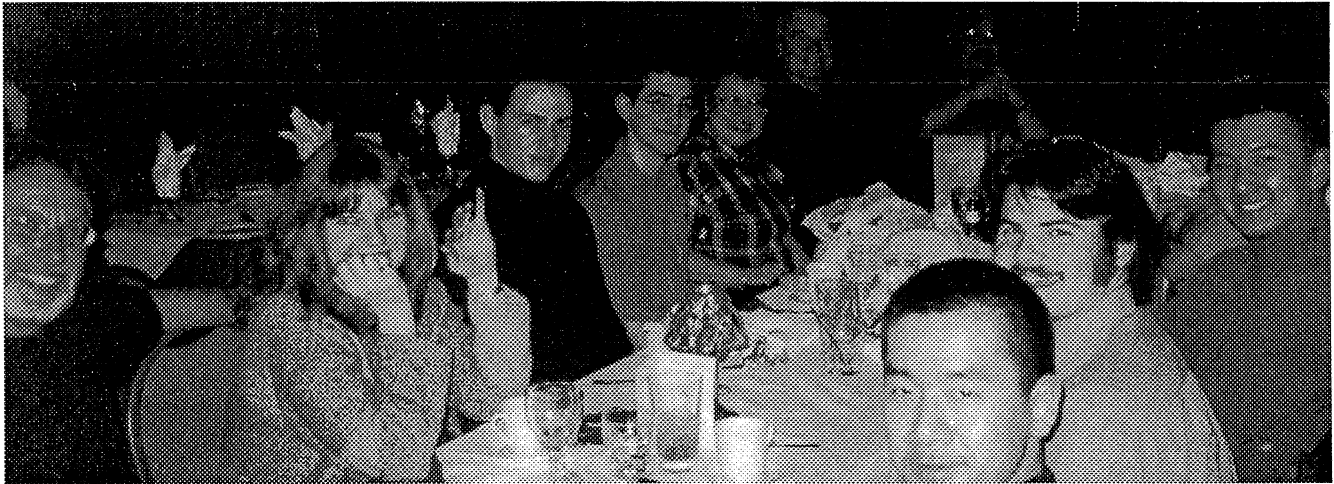
We will commemorate the passing of Sensei's Zen master, the late Bishop Kenko Yamashita, with an incense offering after practice. Bishop Yamashita was the head of the North American Headquarters for Soto Zen Buddhism in America and the Zenshuji Soto Mission and held the position for over fifty years. He was also considered a leader of the Japanese American community and was once honored by the Emperor for his outstanding contributions. Sensei was ordained as a Zen priest in 1988, the Bishop's second student.

## **Annual Joint Practice at Whittier Aikido-ai. March 9th.**

Due to the popularity of last year's Joint Practice held in our Dojo, we are continuing this tradition with another Joint Practice at the Aikido Ai Dojo in Whittier under the direction of Frank McGouirk Sensei. Participating instructors are Frank McGouirk Sensei, James Nakayama Sensei of the Chushinkan Dojo in Buena Park, Henry Oshiro Sensei of the Orange County Aikikai in Santa Ana and Sensei of our own Dojo. Next year will be hosted by Nakayama Sensei in Buena Park. Our Dojo representatives are Sensei, Ken Watanabe, Tom Williams, and Nick Nicolic. There will be regular class schedule in our own Dojo here.



## Kenshinkai Iaido



Kenshinkai Christmas Party at the Smoke House in Burbank. Gary Myers and Sensei in the back and James Doi is off to the side.



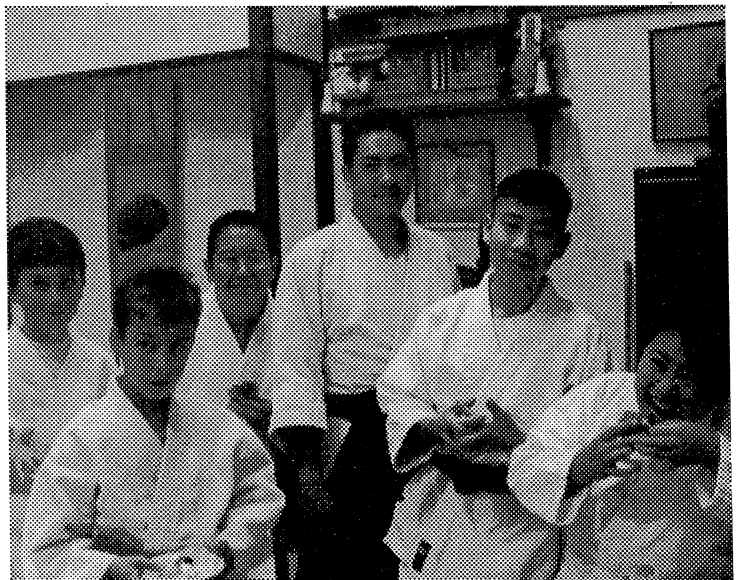
First practice of the year: Larry Armstrong, James Doi, James Takata, Cheryl Lew, Michael Vance, Gary Myers, Jim Healy, Ken Watanabe, Andrew, Mark Ty and Steve Shaw.

Kenshinkai Iaido meets on Thursday from 7:45pm, Saturdays from 8:00am and Sundays from 7:45am and there is a Monthly Intensive Seminar every 2nd Saturday morning of the month from 6:30-8:00am. This year's program will cover Muso Shinden Ryu, Toyama Ryu kata and kumitachi and Aikiken.

## Children's Class Christmas



Left to right: Kathryn Hirayanagi, Frances Burr, Crystal Armendariz, Jocelyn Okamoto.

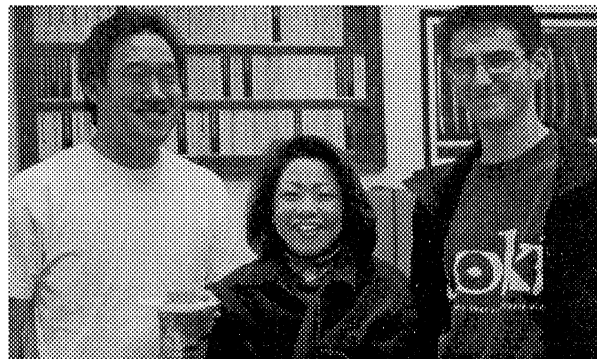
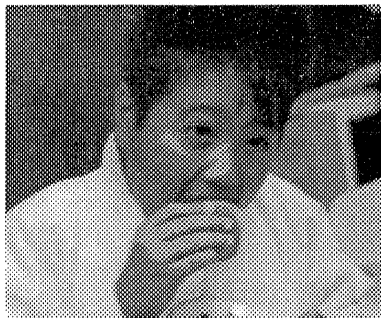
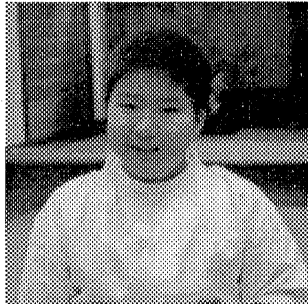


Left to right: Trevern Hatfield, Eric Kvammen, Nicholas Tanita, Douglas Lew 1st Dan, Mitchell Okamoto, Ricky Kusayanagi.

Many thanks to Mr. Naito for the Christmas wreath, Mrs. T. Tanita, Mrs. Carol Tanita, Mr. Holstein, Mrs. Kusayanagi, Mrs. Hatfield, Mrs. Hirayanagi and many others for all of their help and contributions of delicious food and snacks for our Children's Class Christmas Party. Regular instructors are Ken Watanabe, Norman Lew, Mark Ty and Douglas Lew.

Dojo email: [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net)

### Our Children's Class



### Family Album

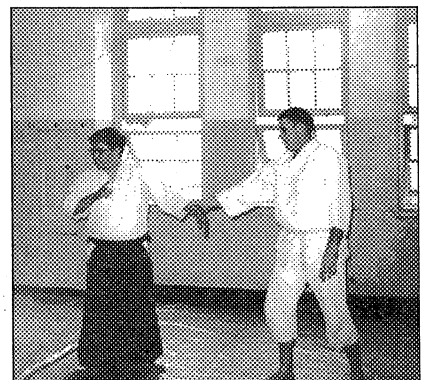


Dr. Jeff Johnson, 3rd Dan, family gives their season's greetings.



Greetings from the Toshiro Nishida family of Kumamoto, Japan, student of Suganuma Sensei of Fukuoka, Hakata City. Nishida visited our Dojo about ten years ago with a group of other students from the southern area of Japan and have remained friends since.

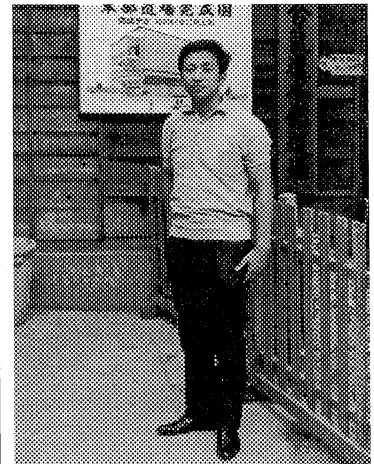
Furuya Sensei teaching at the University of Southern California Aikido Club around 1967. Sensei attended both USC and Harvard during his college years. He directed the USC Aikido Club between 1966-1969 until he graduated and left the school. James Doi is one of the original student from these days.



### Guess Who?

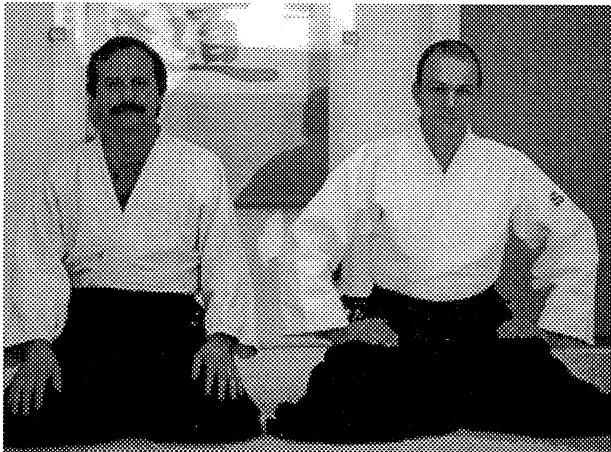
In front of Hombu Dojo Aikikai during its construction in 1967. Shinjuku, Tokyo, Japan

Masatake Fujita Sensei will be passing through Los Angeles for a few days on his way to South America in March. Sensei first met Fujita Sensei at Hombu Dojo in 1969.



## We Welcome Our New Branch: Association D'Aïkido Pour Demain

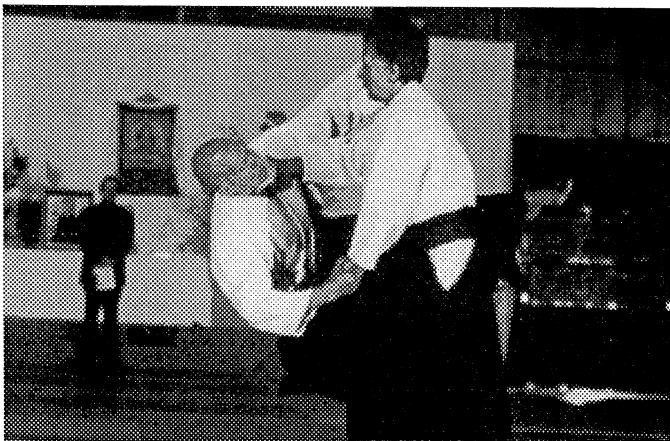
At 66, Rue de Hauteville, 75010, Paris, France. Welcome to our organization!



Cy ril Danan and Richard



Blaise Gerard Sensei, Cyril's former teacher during demonstration.



Recent seminar and demonstration in Paris, France.

### Practice Makes Perfect:

What I notice in practice in many schools that there is generally a lack of solid training in katame waza or joint techniques. Among my own students and branch Dojos, I would like to strongly recommend that students practice ikkyo, nikyo, sankyo yonkyo and gokyo continually in succession both from irimi and tenkan from numerous (all) types of attacks, such as katatetori, katatori, menuchi, ushiro waza, etc. I notice that students who practice them separately or are spotty in practice do not see the relationship between all of these techniques. All of these techniques are deeply related and one must see this relationship within their training. In other words, we should see how closely related ikkyo and nikyo are, and sankyo, yonkyo, etc. Ultimately, they are all the same technique.

It is good to theorize and conjecture about each technique but there is such a thing as going overboard. Explaining too much of the technique is just as bad as not explaining enough. A good instructor knows how to balance this well. Just like a cook who either puts in too much salt or not enough into the stew. Either way, it will not taste good.

Just practice without any explanation or advice is just as bad as too much talking and the student never has a chance to practice.

Today, students have less time to practice, less patience and less commitment, less sense of protocol and sense of formality that we used to see in Aikido and martial arts in general. I suppose that, as teachers, we have to take this into consideration. But, at the same time, I cannot understand how we can allow current tastes and fads alter the course of training as established by O'Sensei. If we can get to the heart of Aikido and the essence of its training, there is no old or new, Japan or American, or whatever.

The art may change by time and tide but true change comes from our enlightenment and revelation within practice. More often than not, we create change or see differences in the art through our lack of training and experience. This is not real change, this is only distortion.

One must make an effort in his training - No, one must make "correct" effort in his training with the "correct" attitude and mental posture. This is important.

**Please mark your calendars! Early Morning Aikido Intensive every last Saturday of the month. 6:30am-8:00am. Everyone is welcome.**



## No Sweat: New Guidelines For Moderate Exercise

Reprinted From Harvard Men's Health Watch.  
Volume 6. No. 5., December, 2001

### Part I

For years, men have been asking how much exercise is enough. Now many are asking *how little is enough*. In most cases, the change is motivated not by sloth, but by new studies that show important health benefits from low-intensity exercise. It's a change in emphasis that has led to new exercise recommendations, and it's opened a wide range of options, particularly for men who have never worked out and for older men.

### IN THE BEGINNING

Most Americans know that exercise is good for health. Performed regularly, it improves cholesterol levels, reduces blood pressure, cuts body fat, and lowers blood sugar. Physical activities improves bone and muscle strength. And if that were not enough, exercise even dissipates anxiety, counters depression, and promotes good sleep. All in all, men who exercise regularly have a lower risk of heart attack, stroke, diabetes, obesity, osteoporosis, and colon cancer. They also have fewer gallstones, better intestinal function, and, perhaps a lower risk of prostate cancer. All in all, people who exercise live longer - and they also live better.

Exercise has earned its place as a basic element of preventative medicine, but it has attained that lofty position only recently. Just 25 years ago, many doctors scoffed at exercising for health. But that began to change in the 1970s, as research began to demonstrate that exercise really works.

An early landmark was the Harvard Alumni Study, a detailed investigation of 16,936 male graduates of Harvard College. In 1978, Dr. Ralph Paffenbarger and his colleagues reported that exercise reduced the risk of heart attacks in these men by 36%. They also found that optimal benefit was attained with high levels of exercise, amounting to 2,000-3,000 calories burned each week. And the study demonstrated that peak exercise in the form of strenuous exercise enhanced the benefit of low- and moderate-intensity exercise.

Along with other research, the Harvard Alumni Study established the value of exercise. It also set a high standard for optimal gain, calling for 3-4 hours of vigorous activity each week.

### THE AEROBICS REVOLUTION

Although he was not the first to recognize the importance of endurance exercise, Dr. Kenneth Cooper of Dallas was certainly the man who got the message out in the '70s and '80s. The theory of aerobic exercise was based on the observation that cardiovascular function improves best when exercise uses large muscle groups in a rhythmic, repetitive fashion for prolonged periods of time. The practice of aerobics emphasizes the importance of elevating the heart rate to 60%

-85% of maximum, then maintaining that rate for 20-60 minutes or more. It's an excellent plan, but it sets a high goal for optimal exercise.

### THE OLD STANDARDS

Research in the '70s and '80s served as the basis for the recommendations of the American College of Sports Medicine and other authorities. They called for 20-60 minutes of aerobic exercise three to five times a week, with a warmup before each session and a cooldown afterward. This gold standard has not tarnished with time, but it has been supplanted by broader, more flexible standards based on newer research.

### SECOND OPTIONS

In their rush to get Americans into shape, doctors nearly overlooked some fine print in the major exercise studies. For example, while the Harvard Alumni study demonstrated maximal benefit from 2,000-3,000 calories of exercise per week, it also showed important gains for 1,000 calories a week; while it reported the best results from vigorous sports, it also recorded real improvements from climbing stairs and other daily activities. Similarly, the Cooper Institute for Aerobics Research found that while three or more hours of weekly exercise produced optimal fitness and health, the first hour was the most important of all. Clearly, doing some exercise is much better than none.

### WALKING TO HEALTH

In the '70s and '80s, doctors were telling Americans to run; in the '90s, they have been asking people to walk.

Walking can be a moderately intense aerobic activity; just a look at race walkers will prove the point. But even at a more relaxed pace, walking has enormous benefits. For longevity and health, the distance seems more important than the pace - and it doesn't take heroic distances to get real benefit. In 1993, 15 years after its original report, the Harvard Alumni study found that men who walk just 1.3 miles a day have a 22% lower death rate than those who walk less than 0.3 miles a day. A 1996 study from Washington State provided confirmation. Researchers evaluated 1,645 men and women over the age of 65 who were free of heart disease and serious disability at the start of the investigation. After four years, the people who walked at least four hours a week enjoyed a 31% lower risk of hospitalization for heart disease and a 27% lower risk of death than people who walked less than one hour a week. (Continued next issue.)

## Australia Continued:

teaching. I have made learning and teaching my full time career, and have always found it difficult to balance my study with the material world. Your book has given me a breath of fresh air. I have asked my students to purchase your book as I believe this will help them greatly on their journey. I would love to come to Los Angeles to meet, talk and learn from you and I hope one day I will be able to. If you ever wish to come to Australia, for a Holiday or to teach, please contact me as I can supply accommodation and seminars for you. Thank you for your knowledge and experience,

Yours in Bushido

Lindsay Hart

P.O.Box 1376

Frankston, Victoria, Australia

03 9766 2034 / 0416 059 889

susumuryu@hotmail.com

## Renewal Time!

### Dojo Membership & Subscriptions

It is this time of year, all students need to renew their Annual Dojo Membership Fees. All of your dues and membership goes to supporting the Dojo and is always greatly appreciated.



**Sensei's Message:**

**Back To Back:**

December 13, 2001

One of the greatest ailments suffered by most martial artists, including Aikidoists, and almost all athletes is back-pain. Several years ago, I read a medical report indicating that about one-in-six of Americans today have some type of back pain or trouble. I am sure that those numbers have gotten worse, not better, since then. We have many reasons why we seem to have more back pain today than ever before. We attribute it to our modern, more sedentary, lifestyle, diet, lack of proper exercise, more stress and tension in our lives, and on and on, but no one has really come up with a solution. Perhaps, this is just of symptom of life today which we must endure - still it can be extremely debilitating at worse, and at the very least, a constant pain-in-the-but, if you pardon my pun.

The other day, a student wrote to me the following: "It's been really tough healing properly because I have no sick leave at work and I've come to realize just how physical my job actually is. I've been training at home a little but have had to stop when my back pain kicks in. (Note: Back injury occurred in another sport, not Iaido.)"

Iaido is much more strenuous than I thought previously too. Swinging a sword is essentially throwing a huge lever with control...that control exerts tremendous force on the paraspinal musculature in order to stop...especially "on a dime." I've come to have an even higher level of respect for iaido from this injury."

I am sure that this must all sound very familiar to everyone and every single one of you are probably sympathizing with this person in your hearts. This particular student is a young, active, all-around athlete and well-known chiropractor so his knowledge of such back ailments is much greater than most of us. I seen so many careers in Aikido cut short because of back-pain.

Of course, Aikidoists suffer from the same modern life-style ailments as anyone else. This is the first thing to understand. And, whatever I may say here, in regards to any and all ailments or pain or troubles, you must see your doctor and follow his orders. This is the second important point to understand.

Many people attribute back-pain in Aikido to ukemi practice, making the assumption that "rolling on one's back" must irritate it. As this one student assumes here, "swinging the sword" causes pain because he uses his back for power and stopping the blade in the cut.

So coming "back to back" or rather "back to the back,"

I come, once again, in defense of traditional training both for Aikido and Iaido. If anything, proper training should strengthen and enhance your performance and especially your back. Why? Because more than any other sport or physical activity, traditional Aikido and Iaido training emphasizes three essential points to a good, strong, healthy back. These three points are 1. Good posture. 2. Relaxing the shoulders and neck muscles. 3. Keeping your focus and strength at your center of gravity, not in your upper body.

Generally, we have a modern "sports" oriented perspective on all physical activities and as you know, as I have said many times in the past, sports and martial arts are two completely different animals. In

executing Aikido and Iaido techniques, we are not using the primitive principle of a "lever" and the focus of power is not in the back. Today, we like "abs" and "v" shaped bodies (me, too, although I am not blessed with them), and we like to carry our strength and power in our upper body in the shoulders and neck. This is also caused by concentrating our mental focus and processes "in our heads" and not "in our centers (tanden)" as prescribed in ancient training. Power should be focused in the legs and feet and at the center of gravity in the lower part of the abdomen (for which it is designed) allowing the upper body to remain relaxed and steady. With good posture, the upper body is allowed to relax, the internal organs stay in good natural, proper order, the neck muscles ease and the head shifts back into proper position and the thinking clears. Concentrating the power in the upper body and shoulders and neck, one cannot generate full power.

Most people, I see, with bad backs, usually are very weak in the legs and hips. Many people misunderstand training and stiffen the legs and hips and use the back to swing back and forth and/or generate power. This always causes problems. The back is a "support" system for the body, not a power structure. Quite on the contrary, one should use the legs and hips as much as possible and allow the back to remain relaxed with its only function to remain balanced, relaxed and properly straight.

In Aikido ukemi, the movement will only strengthen and enhance the performance of the back. Generally, we come into ukemi practice with old injuries, bad habits and an already stiff and aching back which is only aggravated by ukemi. Then ukemi takes the so-called, "bad rap."

In cutting with the sword, the power is in the tip of the blade or mono-uchi where the cutting process takes place. This can only be achieved if one keeps power in the legs and hips. Because this may be hard to conceptualize or materialize in our heads, it is best to simply follow the old maxim, of focusing on one's center. The sword stops "on the dime" naturally and a expression of "full power," one does not stiffen the back to force the stop. Of course, full power is never realized if one uses the back in cutting. The power, again, is always in the legs and hips. It is hard for us to understand these principles, I believe, this is why training takes so long and one must be patience and go slowly. Just because one can imitate the appearance of the technique or one can duplicate the movements, do not mean that one understands the art itself. This misunderstanding and superficial view of martial arts is at the heart of the problem here.

Follow your teacher's advice, go slowly, and really try to understand how to put your mental focus and power into your legs and hips and concentrate on your center of gravity. Don't tell me you think this is easy? Don't tell me you think you can do this after a couple of practice sessions? Don't tell me that you have mastered this every second of the day after only a few years of training?

This is the purpose of long arduous, devoted and conscientious training in traditional arts! Seeing the technique, and imitating it couple of times and saying to me, "Okay Sensei, what's next?" Oh my, you even have a longer ways to go than I first imagined!

12-17-01

**Subject: Your writings!**

THANKS for them . Wonderful. Really appreciated your addressing back-issues in your December 13th writing. For me, the Con't.

## Aikido Center of Los Angeles

www.aikidocenterla.com

### Back To Back continued:

ongoing challenge is flexibility. I was blessed with a tremendously stiff and tight body. Been working out/ stretching for Tae Kwon Do for nearly 3 years (around 10+ hours/ week), and still haven't been able to make it budge very far. I'm still very limited in my motion.

Somehow, someway (ego!), I've always thought that I needed to be objectively really good at something. The things I was naturally good at, I managed to talk myself out of pursuing because they were too easy. Which left me with the struggle with things that I'm not terribly gifted at. Of course, my Tae Kwon DO teacher always laughed, and said that I don't get credit for those things I do well/ correctly naturally anyway. I only get credit for those things I achieve through sweat, perseverance, and blood.

I very much appreciate that perspective. Completely agree with it, in fact. And, a part of me relishes throwing myself against a wall time and time again, and watching it slowly move over time. Of course, a part of me gets really tired doing it, and tries to sabotage the process. As one of my instructors once told me, "Jinsei wa jibun to no tatakai". These days, I'm "getting" that more and more.

My initial goal was to be a great martial artist. To overcome my limitations through sheer willpower, and to achieve the flexibility, agility and skill necessary to be truly skillfull. I'm beginning to realize that some of those limitations are there to stay, and that I have a choice - either to work with what's really there, or to walk away. If I want to progress, I have to just accept where I am and who I am, and embrace those limitations. Maybe there's a lot of space in between those barriers to create a really full practice. And, over time, maybe those barriers will move a little more than I first thought.

I've been struggling with these issues recently, which is why I'm bringing them up.

So...I may never be a great martial artist, but I'll be the best martial artist that I can be. It's a shift in priorities - maybe it's about time! Thanks for being there.

There were presentations from the jukai class yesterday at the Santa Monica Zen Center. Amazing how much people have gone through, and amazing to see what they've overcome to just be there. I don't know what I did to deserve this (my zen and martial arts) practice, but here it is! Gassho, Lawrence Mortenson, Infiniti Division Sales Operations

### Sensei's Reply:

12-16-01

Thanks for the very nice email. In Aikido practice here in our Dojo, we will find that your flexibility will increase. In arts like Karate and Tae Kwon Do, you tend to become too stiff so your efforts towards more flexibility may have been "plus-minus + 0" or sorts. Find your own pace and a more natural timing to your training. Trying "too" hard (in the wrong way) is just as bad as not trying enough.

(Please refer in KODO to the episode of Confucius and the archery tournament.) It doesn't take much to become a "great martial artist," it does take a lot to achieve the devotion to do so. Many best wishes, Sensei

## From Our Bahamas Aikikai:

01-21-02

Happy Newyear Sensei, I received all of your newsletters from your dojo. I am happy to tell you that luckner and i still train all the time. And we still watch the video tapes. We will be sending our membership before the month ends. As well as the fees for the tape by Second Doshu, we want to request your second book on Kodo. Tell the rest of the family we said hello. Sincerely, Clay (Seymour)

Hello Sensei, this is luckner saying hello to the class for the first time. And to let you know that me and Clay will be sending our membership fees soon. I just wanted to say hello to the class and wish them well in there Studies and Training. Hello Sensei, this is luckner saying hello to the class for the first time. And to let you know that me and Clay will be sending our membership fees soon. I just wanted to say hello to the class and wish them well in there Studies and Training. From, Luckner Timothee

## Affiliated Branch Dojos:

**Aikido Kodokai**  
**Salamanca, Spain**  
**Santiago Garcia Almaraz**

**Hacienda La Puente Aikikai**  
**La Puente, California**  
**Tom Williams**

**Wyoming Aikikai**  
**Sheridan, Wyoming**  
**Tom McIntrye**

**Bahamas Aikikai**  
**Grand Freeport, Bahamas**  
**Seymour Clay**

**Jalisco Aikikai**  
**Jalisco, Mexico**

**Aikido of Guadalajara**  
**Guadalajara, Mexico**

**Aikido of Puerto Vallarta**  
**Puerto Vallarta, Mexico**

**Association D'Aikido Pour Demain**  
**Paris, France**  
**Cyril Danan**

For information about training schedule, etc., please contact the Dojo by email.

**Visit Our Website Daily!**  
**www.aikidocenterla.com**

## LETTERS:

12-12-01

dearest sensei furuya i am 29 years old and ive am born and raised in new york city. i come from a life of struggle to survive i want to tell you that your book kodo has encouraged me to pursue my lifes dream. growing up my family would make fun of me and my "kung fu shit" as my father would say after throwing away a new book i spent my allowance on. i was always being told that the martial arts would get me no where. my dad would preach about donald trump and ted turner and i would think about basho, takuan, musashi, o sensei., monks and sages have always been my idols. men complete in themselves without the comments of so called family. so its very nice to read kodo and see you carrying on the anciant ways. my favorite story is about o sensei and how he died after practice my prayer is that i die the same way. my interest are aikido, kendo,iaido, kyudo,zazen i am at ny aikikai and new york zen center, sensei would you teach me i will try hard to fill the barrell with the bottomless bucket, all my research i have not found sensei with same veiw. also im sorry to bother you with my measly request but to me my budo is life for without it i would just be another loser from the streets. if i was to come to la tosee you where would i sleep what would i eat i could work but where but to train with you i think would helpme on the path i am trying to walk taukuan style. sorry for my inexperienced writing agape love matthew.

12-24-01

Dear Furuya Sensei, Have a very blessed, joy-filled season, and the best to you for the upcoming new year. I enjoy reading your thoughts and lessons; thank you. You are able to say so much, with few words. Those carefully selected words have become a solid foundation for so many who are intending to learn the way of martial arts. From my kokoro to yours. Respectfully, Deborah Daiek

12-27-01

Thanks for the thoughts. Happy Holidays to you as well. I saw Russell (Wong) yesterday. He's been in China training. I may be leaving for Haiti later today. they had an attempted "Coup". The president has requested me, so I may be going. Just waiting to get the final word from State Dept. Hope things are going well for you and If I don't go this week I'd like to get together w/ you for some food and dialogue. One of my clients tells me her son is studying at your Dojo. Tai Tanita. Small world..... Stay well and in awareness, L.

### **WARNING! No Ephedrine In The Dojo:**

Recently there has been much publicity about the adverse effects and risks of the drug ephedrine (also called ephedra and ma huang) available over the counter in health food stores and in some over the counter "medications." People are often interested in using ephedrine for increasing apparent energy, weight loss and increased physical performance. There are no longer any legitimate medical uses for this drug and the potential side effects include sudden death, heart failure and stroke. Because ephedrine increases stress to heart muscle and may interfere with blood circulation to other important organs such as the brain, it should never be used in association with vigorous exercise. This drug may be "natural" but it is dangerous. Since the practice of aikido involves vigorous cardiovascular training, no student member of the Aikido Center of Los Angeles should be using this drug. Further, ephedrine interferes significantly with brain function and concentration. Therefore, any student practicing laido while under the influence of this drug represents a significant danger to himself and to the other students in the class. In general, because of the potential dangers to self and to others, no member of the Aikido Center of Los Angeles should be using ephedrine or any other so-called performance enhancing drugs. Use of such substances is completely counter to the spirit and the internal discipline intrinsic to the practice of the traditional martial arts.

12-26-01

Dear Sensei, I just wanted to send you my most sincere wishes for this time of the year. Thanks so much for your daily words of wisdom. I try as well as I can to apply your teachings in my everyday life, and I am certain that my life is better for having read your words. For some reason the "holiday season" is an odd time for me. It makes me wonder why we are not all "nicer" and more connected to our families and friends throughout the entire year, not just for a few prescribed days. I wish you much success in the New Year, and most importantly the best of health. Sincerely, Stephen Cooper

12-27-01

I recently happened upon your book, Kodo - Ancient Ways, it was a great pleasure to hear a voice of tradition that seemed effective in these times when everyone wants things to happen fast. I myself have been teaching the martial arts for about 15 years now, and find the words in your book ringing so true. It gave me great comfort to know that an instructor of your calibre feels many of the same frustrations and difficulties that I do. I teach an instructor training course every four to five years and this year I am going to make your book and a discussion of it a madatory part of the program. I hope that this is acceptable to you as I have just ordered 13 copies of your book for the participants. Thank you again for the contributions you have made to the numerous people that you may not even know about. We appreciate it. Sincerely, Michael Weingartz

01-05-02

Thank you very much for contacting me in return. I cannot explain how appreciative I am that you take the time to communicate with me out of the goodness of your heart. I use you and your book as an example and it has been very helpful. Everytime I read it I find that I learn something new as my life experiences change. The more I change the more the book's meanings change to me.

I just built a small school of my own after teaching in various locations for 15 years. It is very gratifying having my own training hall although it is nowhere near as grand as your dojo (from the pictures I have seen). I teach Tang Soo Do and I also began teaching Tai Chi and the Praying Mantis style of kung-fu after I recently became certified to teach these styles after a trip to China, I also have a large appetite for reading material on Japanese martial arts and Eastern philosophy.

I grew up in a rural area in Michigan and the closest martial arts school was 45 miles away. It took a considerable effort to convince my parents to drive me to class. It has been a hard road finding the kind of instructors that I wanted to learn from. Instructors who lead by example, who are skillful and humble. I attempt to be this for my students. Sometimes I wish that I could move to an area where I would have more access to this kind of knowledge. But now I am married and have a child on the way. I also believe that the largest change and understanding comes from within the mind and heart and not a geographical location.

I am so grateful for your book and for your contacting me, it is so beneficial to my growth as a martial artist and as a person. It is a great resource for me and if you have any other suggestions I would be appreciative if you would inform me of them if you get the time.

I just began my instructor training program today and handed out 13 of your books to my students. They were asked to read the first three

## Aikido Center of Los Angeles

www.aikidocenterla.com

### 01-05-02 Continued:

chapters and we will have a discussion on them in three weeks. If you would like I will inform you of how they went.

I love teaching but often get frustrated with how different things are from the old stories I have read. I imagine though, that it has always been like this to some extent. In a book by Richard Kim I remember him saying that one of his instructors said that an instructor talking is often like a person yelling into an empty canyon. I also remember that in another story after a student had become enlightened he told a fellow student that he felt as miserable as ever. Perhaps enlightenment is becoming content with and within the process?

I apologize for rambling and carrying on so long. Thank you for all that you have done and thank you for being an example in a time when there are not many good ones out there. Sincerely,  
Michael Weingartz

01-07-02

DEAR SENSEI FURUYA. My name is ROBERTO i AM A 58 YEARS OLD GYNEACOLOGIST AND OBSTETRITIAN and I have been an AIKIDO practitioner for the last seven years, the first two of them under KURITA JUKU ORG, and the last four under CARLOS CORDERO 4 th DAN AIKICALLI ORG UNDER SHIHAN YUKIO KAWAHARA ,but at the same time I am an AMERICAN KENNEL AGILITY DOG EVENTS JUDGE and have been invited to judge in LOS ANGELES this coming february the 2 and 3 rd so I am asking you the oportunity to take one of your DOJO classes thursday the 31 of january at 17.15 hrs if that is ok with you ,any way I would like to visit your DOJO .I understand it is one of the most beautiful DOJOS in the world,and have entered your web site and watched some of your videos. Looking forward to visit you soon DR ROBERTO MAGALLANES MOLINA, 1 st kyu AIKICALLI MEXICO.

1-21-02

I am contacting you with interest in the Dojo. I have been investigating martial arts for a long time now and have not found an interest in one specific discipline until I came to the Daito-ryu Aiki Jujutsu site. Specifically, I was excited to read, "Daito-ryu goes beyond being a simple means of self-defense, and aims at putting mind and body in balance with the spirit that pervades the universe, developing oneself as a person, and contributing to society." Unfortunately, I cannot study in Japan and this seems to be an art with little international exposure. I was lead to your web site from a link on a Kodokai page. The relationship between the physical aspects of martial arts and the balance of mind and body is what I am seeking to explore. I have some reservations: many studios and teachers I have stopped in and talked with have been unwilling or reluctant to offer advice. The overwhelming majority in my area saying, "We do not teach adults." I am 33 years old and 6'3" tall. This seems to be somewhat of a detriment for a student wanting to begin to study as I mentioned above!!

I am an engineer who also has degrees in music. I am trying (unsuccessfully right now) to learn the Japanese language in my spare time and I am a father of two very young daughters. I spent three years business tripping to Osaka, Japan for Universal studios and during that project developed an interest in (specifically) Japanese martial arts for reasons too numerous to go into here.

I am seeking a method to help me regain focus in life, to train both mind and body, I fear I am losing that ability. Would the Aikido Center be the right place for me to study?

I look forward to speaking with you, thank-you for your time. Frazer T., Project Manger - GUSD

01-27-02

### Report From Puerto Vallarta:

Dear Furuya Sensei, Upon my return to PV from a recent trip I received the ACLA Dojo Newsletters and Your beautiful Christmas card. It was a wonderful surprise. Thank You very much for taking time from Your busy schedule and mailing them to me. I apologize for not sending You a card by mail.

I was very happy and touched to read about the affiliation of the three Jalisco Aikikai Dojos with Aikido Center of Los Angeles. My heartfelt thanks to You for welcoming them.

I have not had the pleasure of meeting Dr. Blackaller Sensei. I have heard of Him through Erik Saracho. Erik is a very good friend of mine and devoted to Aikido. So is His student Jesus Arizmendi from Dojo Aikido de Puerto Vallarta.

I sincerely hope that You can visit us in Puerto Vallarta soon. It is a very beautiful, peaceful, harmonious and creative place. The months from November through April are the best. From May on the humidity starts rising and it starts to rain on and off from the latter part of June until mid October. I wish You and all the Members of ACLA a very happy New Year full of life's blessings. With humble gratitude,  
Raffi Badalian

01-28-02

### Report From Hamburg, Germany:

Dear Sensei, thank you for the December newsletter. The articles of you and Ken, and all the Others were very interesting. Non-Sence is very werth to think about. Here everything is going fine and again we are looking for another place for our Dojo, a little bigger than the old one, and with a apartment where I can live. All this car driving nearly every day to the job and then to the keiko is tiring and not necessary, i think. In th end of the year we will do a demonstration for a sayonara-event in a museum, where was a exhibiton about Japan in ancient times. Soon I will send a Videotape( sorry, only in VHS), which we made in spring with Shimizu Sensei in Hamburg. I takes 18 minutes with an interview, demonstration and practising in the one week seminar he hold in Hamburg. I hope you will like it. So I hope this letter will finds you well and happy christmas and a wonderfull new year. My plans for coming to America are difficult, because money is rare. But I will keep in touch. Sincerely yours Eckhardt

(01-16-02)

About my Dojo: The Dojo is located in the center of Hamburg in an old factory building. The adress is "Aikido Dojo Seishinkan",Glashuettenstr.79, 3rd floor, 20357 Hamburg. web: www.Aikido-Dojo-Seishinkan.de Keiko: Monday 20.15h-21.30h, Wednesday 20.00-21.30h, Friday 18.00-20.00h, Sunday 15.00-17.00h. The keiko is three times a week for adults and one time for kids. Once a month there is a open keiko for everybody who likes to join, mostly Tendoryu-members of Dojo's nearby. Now I have 40 addults members and 10 Children. Last Sunday we had kagami biraki with 45 people on the mat, and 50 for dinner. See the picture. Here every serious Aikidoka is welcome. And some pictures below. Thank you very much for presenting me in your newsletter. I always tell my friends and students about the warm welcome and nice atmosphere in your Dojo. Soon more. With the best regards, Eckhardt



## Welcome To The Aikido Center of Los Angeles



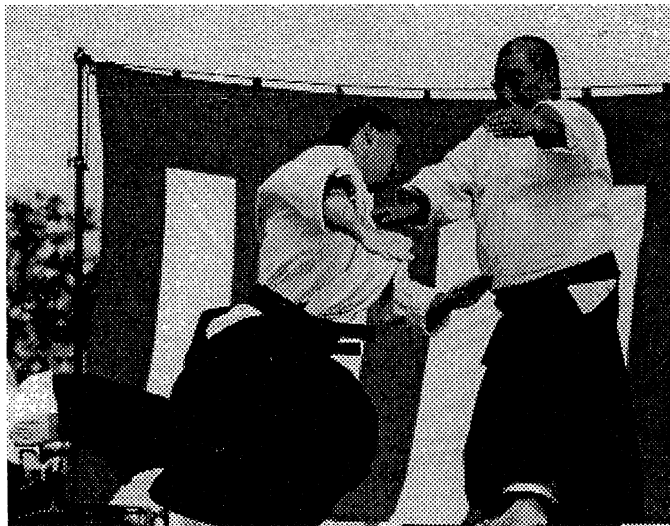
Aikido Center of Los Angeles

## 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

### 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.

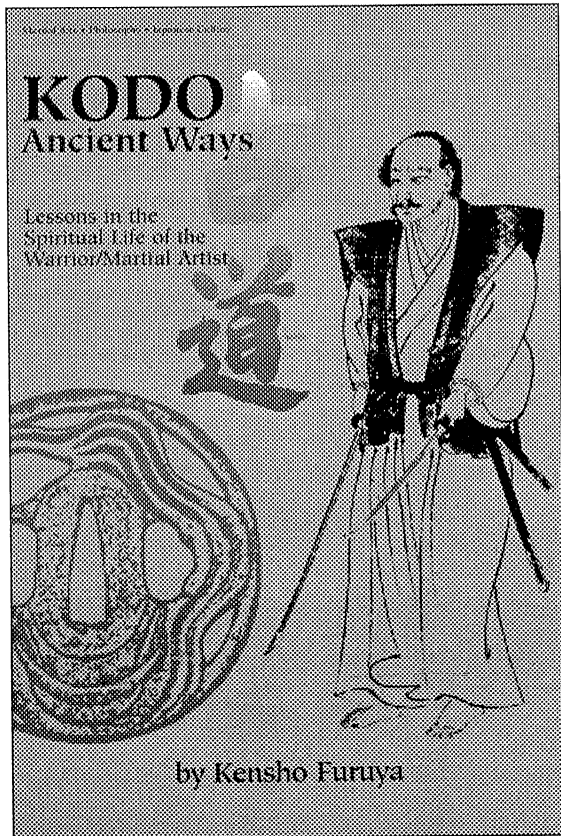
*JAPANESE SWORDS & BOUGHT & SOLD  
By appointment only.*



## 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:*



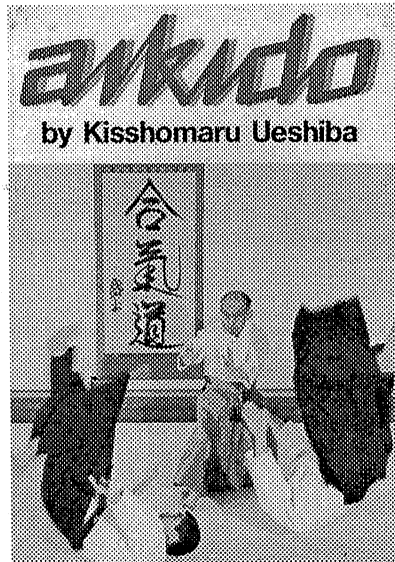
**KODO**  
Ancient Ways:  
Lessons in the Spiritual Life  
of the Warrior-Martial Artist

Rev. Kensho Furuya

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

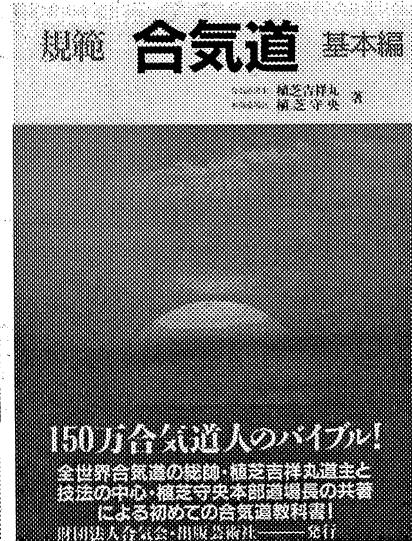
\$16.95 + \$3.00 S&H  
Payable to Aikido Center of Los Angeles  
Foreign postage: \$5.00 S&H

## 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.

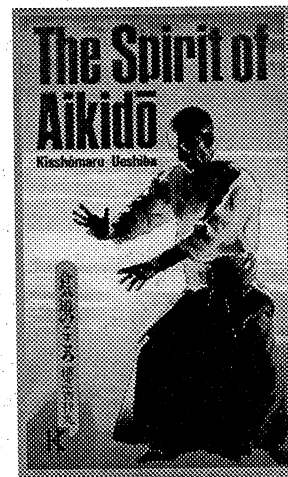


**KIHAN AIKIDO**  
**Fundamental of Aikido**

**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."



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ing 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*.

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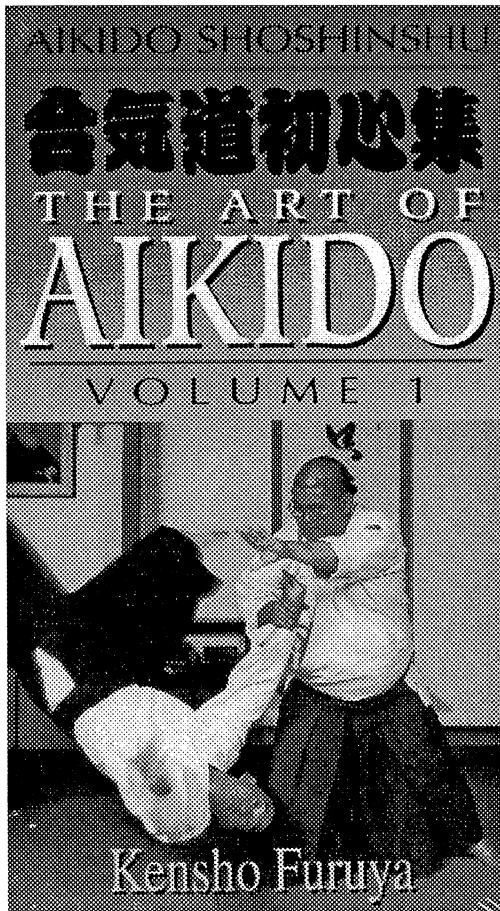
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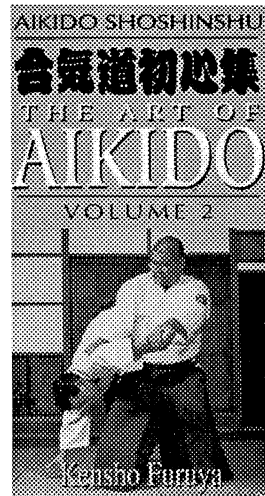
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

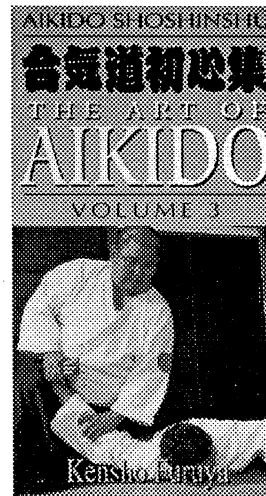
*"Top Rated"* - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



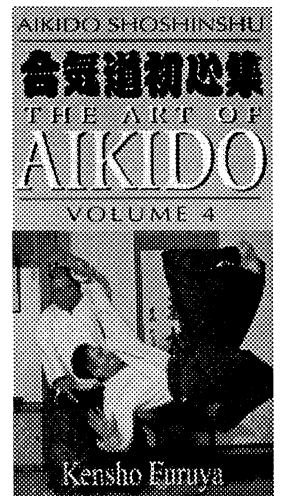
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his 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.



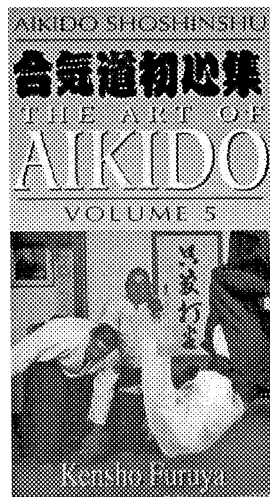
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



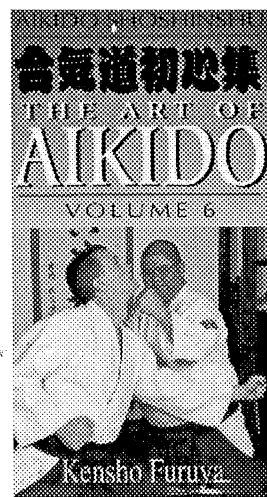
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



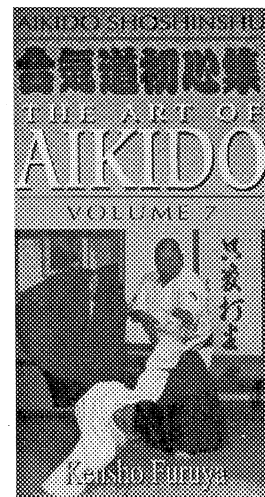
Katatori Ryotemochi:  
Ryotatori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



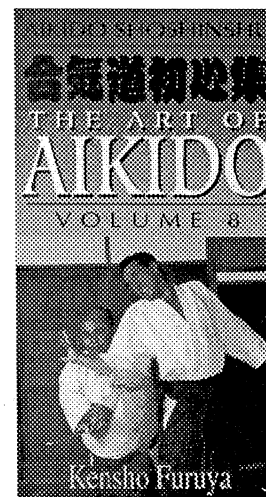
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



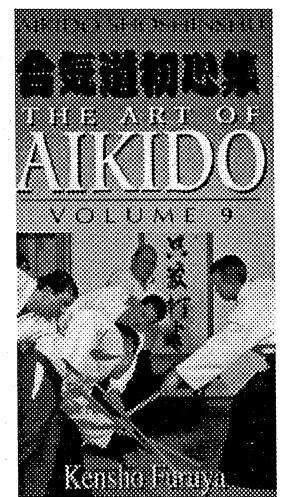
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro Katatori Kubishime:  
Chokes from behind.  
Ushiro Ryotatori, 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: 6:30-7:30pm.

**Tuesdays:** Open Beginning: 5:15-6:15pm.  
Instructor's Advanced: 6:30-7:30pm

**Wednesdays:** Open Beginning: 5:15-6:15pm & 6:30-7:30pm. Intermediate-Advanced: 7:45-8:45pm.

**Thursdays:** Open Beginning: 12noon-1:00pm, 5:15-6:15pm & 6:30-7:30pm.

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

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

## 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](mailto:aclafuruya@earthlink.net)

**www.aikidocenterla.com**

# Iaido TRAINING SCHEDULE

## TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

**Thursdays:** 7:45-8:45pm

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

*No Classes on the last weekend of the month.*

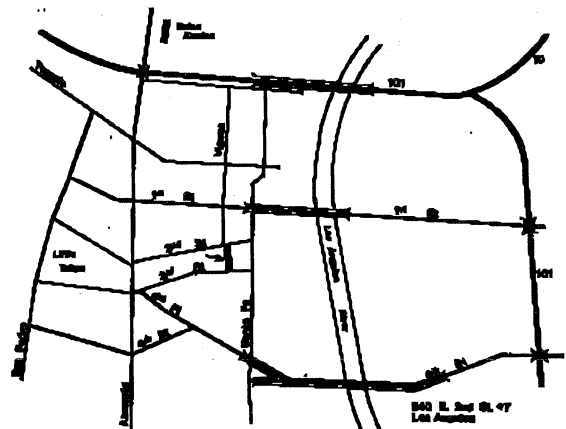
## Intensive Iaido

Every 2nd Saturday of the month.  
6:30am-8:00am

**Private Classes Available.**

## Finding Our Dojo:

*We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.*



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. The **Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.