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The Aikido Center of Los Angeles LLC

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, T okyo, Japan
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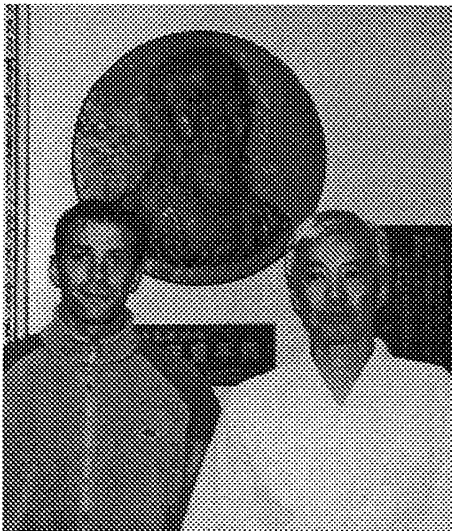
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Hombu Training & Honeymoon!

Santiago and Susanna spend their hooney-moon in Japan and practice at Hombu Dojo. Santiago meets 3rd Doshu.



With 3rd Doshu, Moriteru Ueshiba Sensei



Creating Balance

We always talk about Balance in Aikido practice without realizing sometimes that Balance is an important aspect of every part of our lives, physical, mental, emotional and spiritual.

My concern is to balance the old with the new in our training. Old methods to meet new faces, attitudes and skills. It is not to toss away the old for the new but to transform the old into the new without losing its character, wisdom and profound depth.

My young assistants bring a new attitude to their instruction without sacrificing the traditional methods. I like this, it is something that I cannot do. At the same time, I like to see the new student appreciate these

"old" traditional methods as something valuable and important to their futures. I would like to see this blending continue in our Dojo.

Our Children are at a crisis as our modern lifestyle is destroying their health and their minds. From this year, I need to concentrate on the proper education and training of our children and encourage more to participate. In this, I need the help and assistance of all my black-belts and senior students.

More and more I see how important Aikido can be in contributing to the fullness of your lives. Please do not treat Aikido by superficial standards of convenience and self-absorption as we do almost everything in our society today. Find depth, meaning and substance in our training which you can bring to your everyday lives. Aikido is not simply a technique or past-time, it is a Way of Life and it is our Way of Life which needs the most work today. Thank you. Sensei

On January 4th: 2nd Doshu's Day

We commemorated the Passing (Meinichi) of 2nd Doshu Kisshomaru Ueshiba. It is not only because he was my teacher but also a great leader and major contributor to the growth of Aikido in the modern world today. He was a quiet, unassuming teacher of such an illustrious position. I think we can do him honor by following his example.

We live in a "me, me, me" world but it doesn't have to be that way, if you examine closely your Life and really throw yourself into your Aikido practice. In Aikido, you learn the virtue of etiquette, commitment, patience, modesty, perserverence, loyalty, hard work and giving. Of course, we know these to be honorable qualities, but where do we find them in our society today? Here, we polish them in our Dojo and through our training with each other. It is in this way, more than anything else, do we practice True Aikido in the way it was meant to be. Please continue to practice well.

Children's Class & Children's Fitness

Recent studies and statistics on children's health and fitness, especially in California have educators staggering. It has really become a problem of epidemic proportions and I have noticed this over the last ten to fifteen years in the abilities of children and youths today.

It is because of this that we have increased stamina, coordination, flexibility exercises in our Children's Class. Lately, we have also included strength exercises as I have notice the gradual lack of these activities in the public school system. I feel that by the time this problem is remedied, one or two generations will have slipped by and this will have negative effects on their entire lives.

The latest shocking statistics of "unfit" children in school as of January 30 are as follows:

UNFIT CHILDREN in Public Schools:

5th Grade 83%

7th Grade 84%

9th Grade 88%

Recently, I was surprised to find that children no longer do sit-ups or push-ups in school. This type of basic exercise not only develops strength in the arms and abdominal muscles but effectively increases stamina, breath and focus.

Most of our exercises emphasize flexibility - something we lose as we enter adulthood. Also, hand-eye and hand-foot coordination is extremely important and often neglected. Balance, focus and and breath are aspects of physical education not yet approached effectively in most popular sports. In Aikido techniques, the child is encouraged and taught to move his entire body as a single, integrated unit. All Aikido techniques require mental focus, direction and well-centered balance.

We would like to encourage you to maintain your children's regular attendance in our Children's Class and hope to encourage your friends and family members to also participate in our program. If the demand increase, we are also considering to open a 2nd Class on Saturday. Please keep your children in class on a regular basis, without missing class. And please come to class early or on time!

Daily Message: "Step" Aikido

Several years ago, someone created "step" exercise and I think it is still popular today. Each person has a small platform and exercises involve stepping up and down. This is actually very good for your cardio-vascular health; of course, it is nothing that cannot be accomplished by using the staircase instead of an elevator wherever you go.

Some people practice "step" Aikido as well. No, I don't mean "stepping away" or quitting from Aikido or "stepping forward" or moving along ahead in Aikido. I come to see that there are two methods of "step" Aikido. Both are good but one is slightly better than the other and carries you much farther in your training. One is "step-by-step" Aikido. The student follows each step, one step at a time until each

step in completed. Generally this is how most students practice. In this way, one can be very diligent and conscientious and advance as one should in their training. There is nothing wrong with this at all and is highly recommended. Quite on the contrary, it is a problem when students try to jump ahead too aggressively or those who are always looking for short-cuts and the easy way out and cutting out each step. Those students who go step-by-step are greatly preferred.

In Aikido training, however, there is one more, more recommended method, the "one step ahead" method. One follows the recommended "step-by-step" but always manages to take it one step further. This requires a little more effort, a little more effort to make something not nice, but really nice.

Many years back, during one of our dojo clean-ups, I happened to ask one of the black belts to clean the top of a table that was quite dusty. In a flash, he came back to me and proudly announced that he was finished and walked away to do something else. I happened to take a quick glance at the table and noticed that he had wiped the top of the table very nicely just as he was instructed but did not take another minute to wipe the sides and legs which were also very dirty and dusty as well. How odd it looked to see this table with a nice shiney top and dirty, dusty sides and legs. I asked the black belt to take another look at the table and see if he noticed anything odd about it. He looked and looked and suddenly asked, "Sensei, would you like me to wipe the sides and legs as well?"

In our training, we can do everything right and still be wrong. It is our job to make it right, but not if we can make it "righter!" This is my Aikido style "step" exercise.

You Are Also Judged By What You Don't Do:

Throughout our lives we are judged and do judge ourselves by our accomplishments and deeds. Everything we are, it seems, depends on our abilities and what we can do. This is the rule of the physical or materialistic world.

In the spiritual world, however, we are judged by what we don't do. Maybe this sounds very strange to say but if you think about it, you will see that it is so. Man is judged by his abilities and deeds but man is also judged by what is does "not" do as well.

We set up rules and standards for ourselves and we admire those who adhere to those ideals faithfully. Today, our view is so distorted that we admire only those who so-called "break" the rules. No! We do not admire those who break the rules, we do admire and respect those who can surpass or transcend them.

During breakfast today, my student told me of a highly respected educator who, long retired, at 78 years old, was passing by a school yard watching the children at play and a young kid came up to her and spit on her. She was very shocked at this and managed to trace who the kid was and filed a complaint with the school. Of course, the kid was caught and the mother called in and apologies were made. When they asked the kid why he would spit on this elderly lady, his only reply was, "because I thought it would be funny."

As much as I like going to the movies, I actually dread the experience nowadays. When I go, I am so surprised at how badly mannered peo-

ple are. In the theater, they talk loudly and cause a commotion with no thought that they might be disturbing others. They throw food on the floor, run around, and sneak into the other theaters. Not only do they shame themselves, I think, but they shame their parents and their whole family and friends. "Is this the kind of people you associate with?" "Is this the way you raise your children?" These are the questions and impressions that come to mind. . . .

In society, we can only live together if we all follow the same rules and standards, we agree to drive on the same side of the street. We do not kill others. We do not steal or lie. We do harm our neighbors and on and on.

In the spiritual world or world of spiritual training, it is even more severe. Do not lie, do not smoke, do not swear, do not think bad thoughts, do not be lazy, do not, do not, do not, do not! We are judged by what we do not do, we are judged by the strict ideals we bind ourselves to in order to develop and train ourselves. This is the meaning and foundation of training.

Of course, we are free to do whatever we want. If everyone feels this way, we only have anarchy, chaos and eventual self-destruction of ourselves and others.

In martial arts, as warriors we live by a strict code of honor, respect and manners. Warriors and samurai are distinguished by the strict code of ethics and morals they bind themselves to. This is what makes them very special and this is where their inner strength and spiritual energy come from.

We have no respect for those who have no discipline or rules to live by. At the same time, we associate this carte blanche of morals to the way we do business. Anything goes as long as we make a profit, or, in other words, no-profit or loss means failure and this is wrong and not acceptable! What we have encouraged is a generation of people who think they can do anything they feel like as long as they can get away with it and as long as it fulfills their immediate goals.

In this way, a young kid can justify his action - to get a laugh, let me spit on this elderly lady! To make a little money, let me kill this person and take his money. I want some fun, let me rape and abuse this young girl. The movie is boring so let's make a lot of noise so people will know who we are. It is all the same thing. It all comes from a sad, undisciplined mind which has no direction to go and can only occupy itself by feeding on its own indulgences.

Teachers too have a strong ethical perspective and I was taught that there are many things we shouldn't do in order to maintain our dignity, honor and respect. Today, this no longer holds true. Teachers are not real teachers, warriors are not real samurai, students are not real seekers of knowledge. I see a lot of money hungry people who will do anything for a few dollars. I see many power hungry people who will not let anything stand in their way to accomplish their own thirst for fame. We are all here to grab what we can and "screw" everyone else! We are raptors! We are cannibals! We are ghouls! Because this is how monsters, not human beings, behave.

In the Dojo and in your training, you must follow the strict rules of the art. I know that you do not like to be told what to do. I know that you do not like to have restrictions or rules in your lives. Of course, you do realize that because some people think that they can do any-

thing they please, we may be going to war and throw our whole world into deep chaos. . . . for exactly this same reason.

Dog-Gone Learning:

This morning I was watching an interesting program about how a veteran dog trainer teaches dogs. I thought that he was an excellent teacher. He says that in teaching dogs, there are two important elements in teaching. They are "understanding" and "respect." Dogs respond the best if they understand what is being taught and when they "respect" what is being taught. I think that it is the same with humans as well. Both understanding and respect are required in all aspects of learning; in teaching dogs, it is quite clear that this is the most effective method.

I think that, in the case of humans, it is easy to make the instructions very clear, but it is up to the student himself whether he respects them or not. In the case of dogs however, according to this expert, the dog is so eager to be your friend, that respect comes almost naturally. It is not so with humans. Sometimes, gaining respect of the student is the hardest task of all and never happens at all. Humans play much more complex mind-games than dogs! Humans respect you only according to each situation and time, dogs will respect and love you unconditionally, and therefore are always the better student!

Of course, humans are much smarter than dogs but, from this program, it seems that dogs catch on to learning much more quickly. The dog has a greater sense of affection and respect for humans than most humans do for each other. . . . and because of their eagerness to be your friend, they respect and learn very quickly. I find this so interesting!

Sensei's Poems:

The sound of ukemi breaks the silence,

But only heightens the peaceful quiet,

The happy sounds of the students training,

Nourishes my spirit and makes me smile,

The quiet of the dark, empty Dojo at night,

Is even colder than the cold, dark night outside.

The Aikido mysteries are open to all who seek it,

Secret to those who do not want to see,

Hidden from those who will not hear,

Beyond those who continue to fight and conquer.

Seek it with an open heart, bow your head humbly,

To see the heavens above!

A SMALL GESTURE, IT DOESN'T TAKE MUCH:

Most teachers, like myself, don't expect much in return for our efforts. A little "thank you," or small gesture of thanks, like a nod or smile, from the students and we are so happy. But many times, more often than not, we do not even get this. Sometimes I hear, "Well, Sensei knows we are grateful, so why do we have to say anything?" Students come to the Dojo and most we get is "hello" and "goodbye." Sometimes, I think that even when you pass the salt at the dinner table, they at least say, "thank you," so is it such a task to say "thank you" in the Dojo?

Often we get students who just come and take what they can get and take off, I often feel like I have been robbed by a thief. Some students come in and are unhappy about something but never say or discuss anything and just take off. Are we "mind readers?" Sometimes, it is so discouraging when students cannot observe the even minor points of general courtesy and etiquette or freely give "tude" to everyone around them.

I was observing my students in class the other day and there were several students that I have been after for this or that in practice for years. I am surprised that they put up with me but I refuse to be defeated by such simple mistakes in their training. . . . Sometimes I think they will never correct it. It is not that I want to force them or control them, I am always thinking that if you move just a little way, it will be so much easier for you and your technique will be soooo much better. These are only fine points but really, I feel, make such a difference in their training. A slightly wrong angle of the foot, the distance between both feet, a straighter, better posture, more extension of both hands in the technique can make such a big difference and they are such simple things to do! As I was watching a few of these students the other day, I was so surprised to realize that all these years, it is finally getting together and somehow, catching on, they have made instant progress in one giant leap and bound! It took so long and the correction is so subtle, do they even know how much progress they made in themselves. Maybe not!

Whatever the case may be, "thank you" or "no thank you," we still go on and try to do our work the best we can.

I remember my own words in Kodo, and we should pursue our Aikido for love of the art and nothing else. But sometimes, we teachers, are not so enlightened and transcended as you would like. We can be so human as to think that we deserve a "thank you" once in a while. . . . Shame on us! Please pass the salt?

REAL WORLD, OTHER WORLD:

Occasionally on Fridays, the "bentoya-san" comes by the Dojo. She brings by Japanese-style box-Inches which she is selling all over Little Tokyo. Usually, she stays by the door or outside, but when she comes to the Dojo, she always wants to come inside to show me what type of lunches she has for the day.

She loves the Dojo and everytime she comes, I can always hear her say quietly to herself and to her various assistants, "Bessekai" or "it is just like another world here."

I always have to chuckle to myself, because she it seems that she never gets tired of saying it, everytime she comes by, she always says

the same thing, looking around, slightly wide-eyed and her mouth slightly open. . . . so excited and so hapMany people say this about the Dojo. I think it takes a lot of people back to Japan. I think it takes people back to a Japan of many years ago. Some people go back to a different age a long time ago. Many go back to the golden age of martial arts. . . . so many years back.

Although I am so happy that so many people enjoy our Dojo, this was not my plan or purpose. My purpose was to make a good Dojo for my students to practice Aikido. I wanted to create a quiet, private atmosphere for training in an environment that would take the student back to the days of O'Sensei. . . .

Definitely, my plan was not to create "another world," but create the "real world." A real world where we can study our lives and our selves to become our "true" selves. When I go outside into the so-called "real world," I see so much cheating, lying, hate and envy. How can this be the real world? People lose their manners, pride and morality. People are greedy and cheat. This is not the real world, this is only the world we have created with our untrained minds, a product of ignorance.

The Dojo is strict, the rules are many, the standard is high and the training is hard. Not unlike a fine sword brought under the master polisher's stone.

No party here, no social club here - for that, you must go outside into the "real" world! Sometimes students try to bring their cheating hearts into the discipline of the Dojo. Such things never work against the virtue and wisdom of the Aikido teachings themselves. In all matters regarding training, if you do not approach it with an honest, open and sincere heart, you will never understand it at all and always be doomed to failure.

Only a fool will think this Path is easy,
It is what the merchants say,
Selling their wares and fancy words!

To forget the past is to forget the future,
Live for today this say,
Watching this world pass by. . . .

I come, I go,
Where nobody knows,
I'm here, I'm not,
I am never caught,
I'm up, I'm down,
I'm still not found
I'm front, I'm back,
I offer no tact,
Today, tomorrow,
It's only you to sorrow!
I pin, I throw,
It's Aikido!

“Oh?” “O!”

Jan. 22: Dear Sensei, I am curious as to why O'Sensei is referred to with an "O" in front of his name. I have never seen this type of association before, or perhaps I have not looked for it :|

On another note I was able to watch one of the most fascinating shows on television last night. It was called *The Journey of Man*. It chronicled the real life journey of a scientist on the trail of human evolution. The scientist travelled from the very first known recorded human in Africa to the travel and migration/evolution of humans all the way around the world. In particular it was quite fascinating to see a tribe of Russian settlers called the chuchki who live 200K inside the arctic circle. Their main basis of life concerned reindeer and they are nomadic herders. The temperatures that they endure are as low as -60 C and very little sunlight at all. It totally blew my mind to see these people working as a team in such a small group and enduring temperatures like that like it is no big deal to them. Such a desolate and grey life it seems for them. But they have survived for more than 2000 years....amazing. The human spirit is such a wonderful thing. If you have the chance to see this program I would highly recommend it especially since they travel all around the world! Have a good day Sensei, and I promise to write more whacky questions that will get you to scratch your head saying " what is this person thinking" :) Will

Sensei's Reply: The "O" in O'Sensei is a "long O" or "Oo" meaning "great" as in "Great Teacher," in Japanese. It is perfectly normal and common practice to address someone of O'Sensei's stature in this manner in the Japanese language. This "o" also has the nuance of "o" an honorific particle meaning respect.

Honorifics are used often in Japanese language which is known as a considerably "polite" language. Slightly different from "ordinary" everyday or "familiar" Japanese language, "keigo" is a super polite form of Japanese which is used in many social situations and in everyday custom.

Although Japanese language also distinguished class or rank and locality in feudal society, it is an interesting sidenote that even commoners or the non-samurai class spoke their own more informal dialect but also were well versed in the very polite "keigo" as well, especially vital when communicating with members of the Samurai class. In O'Sensei's case, considering his age, stature, reputation and as The Founder of Aikido, it is appropriate. Someone of lesser stature or of younger years or position, it is very inappropriate and almost considered rude. In the Aikido world, this "O" is only used for O'Sensei and no one else.

As a further example of the Japanese language, the simple command "wait" can be said in Japanese in many, many graduating levels of politeness such as "matte," "o-machi," "matte morau," "matte kudasai," "o-machi kudasaimase," "o-machi ni natte kudasai," "o-machi ni natte asobase," etc, etc.

The form changes when talking with one's good friend or dose friend, another sibling, co-employee or classmate, parents, teacher, person of high position or authority, age, etc.

Many very so-called "primitive" societies have also no violence and a wonderful and deep sense of unity and harmony within the family unit and community. This is something that we have forgotten in today's society and need to study more. . . .

Mail of 01-27-03: Dear Reverend Furuya, When ever you make fun of your self, or emphasize beliefs through self criticism, it leaves me with an uneasy feeling. I wish you well on you book projects. You must have considered that the time spent on this forum to be a contribution to the arts. Books only seem permanent. I have tried for years to buy a reasonable priced English copy of Mifune's "Canon of Judo". Finally got to read it off a closed library shelf. Understanding the translation however, turned out to be another thing.

My query is of the original meaning of the Japanese phrases translated as "the sword of death and the sword of life". Is "the sword of life" standing a hairbreadth's from being struck, poised to strike the enemy should he attempt, or striking down one to save many, or something entirely different. Are any of these meanings traditional ones from Japanese culture? Both explanations were offered to me by different persons. The first being a native Japanese person and the second a occidental student who spent time in Japan.

Sensei's Reply: I do not understand your "uneasy feeling," it is my nature to often kid about myself, and self criticism, along with self-reflection, is an essential and fundamental discipline in the spiritual life. This is not only limited to Buddhism, but to many, almost all, faiths, religions and spiritual practices. Please do not feel uneasy about me or my writings. I try to be as honest as possible and express my feelings as clearly as possible without thought to who I might offend or alienate. This is also my personal training to express my most inner and most immediate feelings more clearly. . . . My intention is certainly not to make you uneasy! Quite on the contrary, it is you, the reader, who are always a constant and alarmingly faithful source of uneasiness for me!

I do hope I can make more progress in getting these books out but I have no intention of halting this Daily Message, I just don't have confidence that I can devote as much time to it as my book projects become more busy.

Regretably, the English translation of the Canon of Judo leaves much to be desired as do many books introduced to the English speaking peoples around this time. Attempting to find a one on one word correlation and come out with exactly the identical meaning is far too unrealistic and naive. Please try to find a rather rare book by Arthur Waley on translation, it is excellent and in 50 years has not been surpassed in explaining translation as art. Arthur Waley first translated the monumental *Genji Monogatari* and many literary works both from the Japanese and Chinese. I have always admired him as a true scholar and artist!

For a discussion of "Sword of Life, Sword of Death," you might want to break open my *Kodo* because I refer to it obsessively here and there in the book.

I should like everyone to appreciate that in trying to understand someone, it is quite advisable to more or less, "stand in his moucasins" for a moment. It is quite true in this case as well. This quote does not have an earlier source and must be, I conjecture, from Yagyū Sekishūsai's own genius. I do not think he meant it in its most literal sense but to be taken just as it stands and used as a device to deepen and intensify our mental processes. . . . Indeed, it is meant as one of those inexplicable Zen koans.

We continually stand, whether fighting or not, in the midst of this sword of Life and sword of Death in everything we do, every minute of the day. The swordsman is to see this clearly in all of his actions - but, as in real Life, there is almost never a clear-cut reason, rythme or solution - it is just it as it is. And that is all!

We should not look for equivalent words in our language nor should be simply take wild stabs at it and hopefully hit the mark someway. It is like throwing the bow and holding on tightly to the arrow!

And, of course, like the Canon of Judo, we should not lose what we are searching for by merely matching equivalent pieces of the puzzle from one great puzzle to the next.

Report From Salamanca

January 17: Dear Sensei, How are you?, hope well. Here in Spain, it's cold and rain, but is very usual in this time of the year. The Dojo is fine, a couple days ago the TV come to make a interview and record a class of aikido. About the students I have some news students that work hard and train very often more that some old students should. But every things go at the same way that others years. I usually think in the future at the dojo, and make plans and I have the impression that all my life I'm waiting for something that never comes, but this feeling makes me frustrate sometimes, because the things doesn't go at the way that I want, but I guess that is the life. And I try to start every-day with no plans and no future, just live the moment because you know the past and you can't change it you doesn't know the future so can do anything so I live the present and try to do it well.

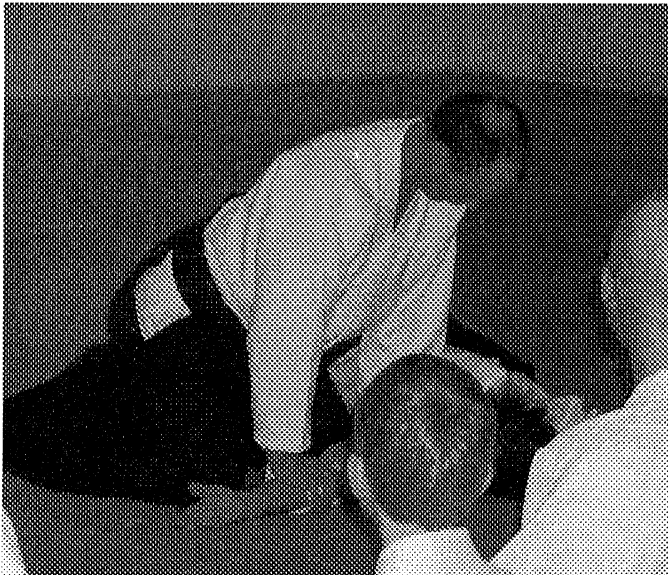
My Best, Santiago Garcia Almaraz, Chief Instructor

Report from Hamburg, Germany

January 17: Dear Furuya Sensei, Sorry for do not writing so long. I hope the new year started well for you and the Dojo. Again thanks for the newsletter, this means that you are thinking of us. The 4th of January we started our new Dojo with a celebration and a kagamibiraki. It was a lovely meeting of Aikidoka and their relatives and some guests. Everybody was very satisfied with the building of the Dojo, even it is not really finished. My friend and older student in Aikido, Peter Haase said in a speech, that the Dojo will form the student too, so it must not be a sporthall, it must be a real Dojo, even the people and the teacher is really good and try hard to do good budo, the Dojo will form the student like the oven the ceramic, which we can see in the classical pottery, where the oven is closed for several days, and the master can not change anything anymore. I think, our Dojo can do it. I hope you enjoy the pictures and the best regards from the Seishinkan, Hamburg, Germany.

Sincerely yours,
Eckhardt

Bitte besuchen Sie: www.aikido-dojos-seishinkan.d



From Denmark:

January 19: Dear Mr Furuya, I have just sat up late night and watched the special program on Discovery channel about martial arts. This particular programme ended with some impressive and interesting

shots from your Dojo, with an amazing display of your skills. I have become very interested in the spiritual and developing part of martial arts and would very much like to study Aikido. I live in Europe and therefore – unfortunately – cannot enjoy the teachings of yourself. As a beginner in the field I would like to ask you which form of Aikido (not the advanced “flying form” of course) was demonstrated in the program and whether this form indeed is taught in Europe? I am not particularly interested in the weapons side of Aikido, but more the (seemingly) effortless art-form of the self-defence, joint-locks etc. I have seen there are different forms of Aikido (Aiki-Budo, Yoseikan, Aikikai, Shin-Shin Toitsu etc.) but it is not easy to determine from the descriptions given of these forms, which one was the one I saw in the mind-boggling display you gave in the program. I’m “smitten” and ready to embark on the journey. Hope you can help me. Thanks
Jorgen Hansen, Denmark

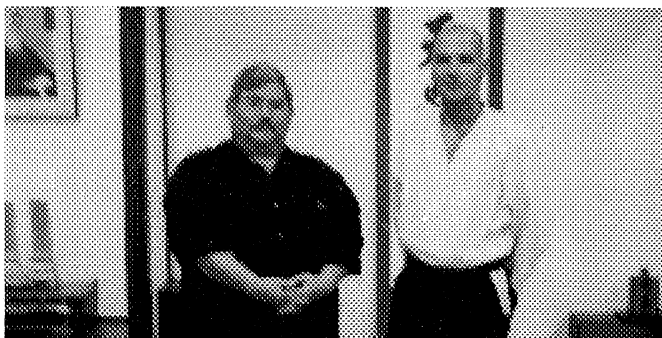
January 20: Dear Mr Furuya, Thank you very much for your quick and precise response. I have already contacted a couple of clubs for further information and will not hesitate to get started (can't wait in fact). This is no doubt the martial art for me and I know I have found what I have been looking for. Thanks again and best regards.

Jorgen

From Fukuoka, Japan:



From the Nishida Family in Fukuoka, members of the Shoheijuku Dojo under M. Sukanuma Sensei. Below, Eric from Jalisco, Mexico



6 Ways To Boost Your Energy

A nearly universal lament of anyone over 35 or so is that they don't have as much energy as they used to. Though fatigue isn't inevitable, certain age-related factors may make you feel less energetic.

For one thing, middle aged adults commonly play several roles - employee, parent, caretaker of than aging parent - which may lead to overwork. In fact, overwork is one of the major factors in ongoing fatigue. Older people also spend less time in deep sleep, when energy is most restored. And insomnia is more common among the aged. As you age, you're also more likely to have illnesses or be on medications that may interrupt sleep.

What You Can Do:

No matter what cause, there are lifestyle changes you can make to boost your energy:

CONTROL STRESS. The most common cause of persistent fatigue is stress and the emotional response to it. Stress-relieving techniques include exercising, talking to others about your feelings (or writing them in a journal), and meditating.

LIGHTEN YOUR LOAD. Combat overload by learning to say no to social invitations and optional work assignments.

EXERCISE. Exercise increases the amount of time you spend in deep sleep and releases stress hormones in amounts that make you feel energized.

SLEEP BETTER. Try to develop good sleep habits like avoiding naps, going to bed only when sleepy, going to sleep and waking up at the same time everyday, and using the bed only for sleep and sex.

EAT FOR ENERGY. To keep your energy high, eat a balanced diet that includes a variety of carbohydrates, proteins, and fats, and drink enough water. Small frequent meals will provide your brain with a steady supply of nutrients. Limit caffeine (if you are sensitive to it) and alcohol (especially before bed).

DON'T SMOKE. Nicotine can make it hard to fall and stay asleep.

Excerpted from Boosting your energy, a special health report from Harvard Medical School. Volume 2. Number 1. Winter, 2003.



The Dr. Jeff Johnson Family sends their New Year's Greetings!

Have you ever noticed?

TWO IN THE BUSH!

It seems like there are TWO general categories of peoples. Ones who are satisfied with what they have. And there are those who only obsess on what they don't have. The ones who are happy with what they have seem to live in a much smaller world, but they appear to be the most content. The others do indeed live in a much bigger world, but their world is also more complex, continually swinging from the worlds of "having," "not having," and "yet to have."

Many, Many Thanks!

My deepest thanks to all my students and friends for the Christmas and New Year's greetings and gifts presented to me this year. Also many thanks to everyone for their continued support and friendship. Please continue to practice well and support our Dojo. Please continue to devote yourself of Aikido's teachings.
Rev. Kensho Furuya, Chief Instructor

Need Current Student Membership Information:

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

**Sensei welcomes all inquires about Aikido
Dojo email: aclafuruya@earthlink.net**

**Children's Class
Every Sunday Morning
9:00am Sharp -10:00m
Protect the health of your children!**

Letters & Questions:

From Italy: December 9, 2003: Dear Rev. Kensho Furuya, It's a great pleasure answer your mail. In these days my job is very hard, and I have many difficult to write (because I need to translate in english!!!). But I'm very happy to hear you and I have many news about next year. In fact, if is not possible find a good dojo, I have decided to build a new dojo together my friends. Dream? I'm sure to build a new place where many fans can learn the traditional AIKIDO. In this dojo, we'll invite many international Masters. I want to organize the group and search italian masters, but our mission will be learn AIKIDO through the real dojo rules. What do you think about this? I hope positive! Dont' worry we'll remain in contact! Thank's for you presence, and I wish you Merry Christmas and Happy New Year!
Marco Marangoni, Italy

A Small World-Two Students Meet At Sesshin: December 15, 2003: Dear Sensei, I just got back from Rohatsu- There was a woman sitting next to me who I had never seen before, who had flown out from New York for sesshin. Afterwards, she introduced herself as Fushu Nolan, and asked me where I had began my training. Imagine the look on our faces when I told her who had given me my first sitting instruction in the dojo!

I hope you are doing well. David Kyokei Young, Colorado

Sensei's Reply: David is an old student of mine and a master bow (violin) maker now living in Colorado and practicing Zen. Fusho Nolan is a member from New York and an old acquaintance of our Dr. Cheryl Lew.

December 16, 2003. Greetings! Rob De Wolfe, Netherlands.

From Spain: December 16, 2003: Dear Sir, Mr. Joaquim Almeria and Mr. Sebastian Deibe are the editing managers of the largest digital Martial Arts magazine in the Spanish speaking community, which is distributed in more than 30 countries and has thousands upon thousands of readers.

In the past year this magazine has experienced an astonishing growth and because of this expansion we are currently working on the English edition. We hope to reach a worldwide market with this new edition and offer a better service to our readers.

We will be very pleased to have you as a collaborator, writing articles for our publication and reaching every single person interested in Martial Arts on a global scale. We are offering all our support to reach such a goal. We will be honored to have you as a regular columnist/reporter. We hope to hear from you soon.

Sincerely: Artes Guerreras.com executive team

December 16, 2003: Dear Sensei Furuya - (or Furuya Sensei, I believe is the more proper form after seeing it written this way on the website).

Hello. It's me, Sergio. I visited your dojo and spoke to you and your assistant (I forgot his name, Tim?), a few weeks ago. Thank you for your hospitality and allowing me to see the class and the dojo. I liked everything a lot.

There is no doubt in my mind that I want to practice Aikido. In fact, I want to be best Aikidoist I can be. I had also looked into Judo, but I

can see now that if I ever do train in Judo, it will only be secondary to Aikido. I will visit your dojo again when I return to Los Angeles. I have a few additional questions that I want to personally speak with you about. Right now, I am in San Francisco, working. I often travel because of work. Will the dojo be open during any dates between 12-23 to 12-31? Also, thanks for the new "Daily Message" calendar-format, I find it much easier now to catch up by simply clicking the days - this was a very good upgrade to the website, I think!

Before I leave I wanted to ask you one question. Often, I feel behind. I feel like I haven't accomplished what I really wanted to do physically and spiritually with myself and also at "work". I feel that, even if I make a little progress, I'm still going to be behind. This creates frustration with myself, and my question is, have you felt this way before and what does Zen teach us about feeling this way? Thank you so much. w/ Best Regards, From : Sergio Fidalgo (Spain)

Christmas Spirit? December 18, 2003: Dear Sensei, You have mentioned several times that this season is not really for you (my words for the meaning I interpreted from what your postings seem to indicate), and today you indicated you "still feel no Christmas spirit". From your point of view this may be true and I would certainly not try to dissuade you.

I am interested to know if you believe the "Christmas spirit" is the spirit of giving? I was always taught that "Christmas spirit is the spirit of giving". This time of year people are running around giving gifts to others and singing and being happy. The problem is that the spirit of giving is not a sometime thing in it's true form, it is an all the time thing. Your postings seem to show that you give year round and that you have the moral strength to give the hard lessons as well as the soft ones.

I wonder how much energy is spent by one person who gives only at Christmas compared to someone who gives every day throughout the year.

Sensei, your giving year round has you expending more physical and mental energy day after day after day than the average person. Then when "Season of giving" is here the society we live in calls upon you to give even more and I have trouble visualizing what more you would have to give sense you already seem to give everything.

It is just my opinion, but I believe that giving year round has to be much better than giving only during the Christmas season. On a separate issue, I am very pleased with the new web format, thank you and your staff. Raymond Young, Yonkyu Nihon Shuji (Japanese Calligraphy Class)

From Washington, DC: December 19, 2003: Dear Sensei, You keep writing about the holidays and how people become busy and stop training so much. I find myself doing the same, much to my own frustration. Now, however, I am noticing how I get into these traps, overcommitting, making too many exceptions, instead of just continuing to live my life as I would.

Sorry, a little conversation, but let me stop wasting your time and ask you the question: You mentioned once that some people think the number of sessions of zazen is more important than the total length of time. One scenario you suggested was three twenty-minute sits with two three-five minute

Continued.

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Washington DC continued: periods of walking meditation breaking it up. I tried this and did, indeed find it to be far more effective for keeping me present than one longer session, though it also takes more time. Additionally, I have normally timed myself using incense sticks, and couldn't find any twenty-minute sticks. So, I used a watch with a timer, which doesn't have as much aesthetic appeal as the incense, and may disturb others in the house.

So, lately, I've been breaking the incense sticks in half and sitting for three fifteen-minute sessions. It doesn't seem to be quite so effective, but is substantially shorter and allows me to time with incense. I wanted to ask your advice re: a. do you think the shorter time is much weaker, and b. do you know where I can get twenty minute incense sticks. Of course I would appreciate any other commentary you can give me.

Please stay warm and take care of yourself Sensei. Your current and future students need your wisdom, so please try to stay around for us. Happy holidays and best wishes, -Nick P.S. Is there a significant Buddhist winter holiday that you celebrate? Though I have been reading about Buddhism and Zen for many years, I have never followed the holidays. Thanks again,-N

December 19: Furuya Sensei, It is with great gratitude that I write you this letter. I have learned something of considerable value from training in your dojo.

I have learned that Aikido is complete and utter rational and calm movement in the presence of an irrational force in an unpredictable environment (an attack or conflict).

And I have for the first time ever in my training, been able to apply and integrate this into a recent circumstance in my life.

I have been under incredible stress and pressure lately in my work environment. Things were very productive as I was also working with friends. Certain 'unpredictable' events occurred recently which set some highly unpleasant forces in motion. Now at work people are getting fired and are very upset and are thinking irrationally when trying to solve this problem.

I felt threatened and under attack. Not physically, of course, but with my emotions since I was working with friends and with my 'job' position as well.

This is an environment that I have been in before, but this time I felt something click inside of me that was different.

I started to feel with my emotions and think with my mind. The second I was able to do this, I noticed that all my decisions and actions immediately became calm, efficient, and rational. And indeed, all though all 'hell' was breaking loose around me, I found myself in the calm center of the hurricane as I watched with sorrow all my friends around me behave quite chaotically and irrationally and thus harm themselves.

I now understand how irrational I have been in the past and now understand my problems of focus in the dojo. I was thinking with my emotions and feeling with my mind! No wonder it was so hard and has been so hard for me to concentrate my entire life!

I cannot tell you how valuable this has been for me to discover. I then realized that this has been the essence of the dojo and Aikido the whole time. The Dojo creates a complete rational environment so one can build the strength and knowledge to make rational, calm efficient movements in the face of the chaotic and unpredictable irrational forces in our environment in our daily lives.

So I feel deep gratitude to you for this. My life feels like it is immediately changing and recreating itself around me and this has been one of the most profound moments in my life.

I hope one day I can give to you something so valuable as you have given to me. This certainly is more valuable to me than just 95 bucks a month!

Thank you so much. Hope to see you in the dojo for training soon. Best Wishes for the Holidays and New Year! And I really mean that! Your student, Rome Viharo

December 19: Dear Sensei, Yes, I am a calligraphy student. I am registered in the correspondence course offered by the Kampo Center in New York (www.kampo.com) I live in Boise Idaho with my small family and I study Shodo on my own from books and the material sent me via the Kampo Center.

I also participate in Kei Shin Kan karate and your site has given me several valuable insights on my own training. When I have my own school I plan to introduce Aikido to my students and perhaps help them round out their training a little better.

As far as Shodo goes, my work so far has gotten me promoted several times, but I am starting to plateau and have found it necessary to revisit the basics of the various strokes (an insight gained from your site). My work is typical of Americans, it is mechanical and straight instead of fluid and alive. Time, effort, practice, and concentration should resolve that. I thank you for your wisdom. Raymond Young Yonkyu Nihon Shuji

December 21: greetings. My name is Nicholas winter. I just recently picked up a stick and felt my soul grasp a hold of my hand. I have begun to read recently more about old aikido. I will be returning to new York in mid-January. Until that time i believe it would be wise to seek further growth, through swordsmanship. Could private classes be arranged. i would only be part of your family for a short period of time. Let the length of my stay, in no way, indicate the ability of myself to commit. I am a student with discipline, and understand its dire importance. If we could be of mutual assistance to one another, i would be honored to learn such a old tale, will a passion still brews. Be

Sensei's Reply: Aikido training here in this Dojo is not like a buffet where you just pick and choose what you want going down the line of many choices nor is it a 7-11 market where you dash in and out for wherever you need. Aikido is a living, growing process of physical and spiritual development. Training involves time, commitment, sweat, heart and faith. You say, be," I say, "get real." Thanks anyways, but no thanks.

December 21: Dear Reverend, Your message for 12/20 was excellent. Do not worry about being "mean" whatever that is to these particular students. They do not understand authenticity yet. In this country we

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Continued: are to afraid of being honest in our thoughts...we are really soft when it comes to receiving truthfulness which is not what we expect to hear. Thus getting tangled up in our own expectations about the way something should be. Some part of them may only wish they could be so quick witted and honest in their own appraisals of situations.

Just be yourself...people who are supposed to be at your Dojo will come and stay...the others will go onto some other path up the mountain.

I really liked your bird story. It reminded me of a natural experience that I had about 13 years ago in Plymouth Massachusetts. I was in emotional crisis and was sitting on my car near a beach in the rain...there were several ducks floating amongst the waves near the shore...as the rain fell, and the waves rolled the ducks kept paddling...they were swept in and out with the waves...and kept paddling. It made me realize that at this point in my life that we need to keep paddling through our own storms and through life in general. It was a nice allegory. Making it even nicer...in the rain on the beach there were two individuals practicing with a bo stick...(or some kind of martial arts stick)...I watched them intently and vowed to myself that someday I would learn how to do what they were doing...they had a uniform on that I later discovered to be Aikido...it was a very spiritual few minutes...and it's only taken me 13 years to get to the beginning of my martial arts part of my journey...lucky 13!

Life is so much easier when we can healthily respond to the cues of creation. Mindfully yours, Lisa Gambuzza 9W Tae Kwan Do

From Germany: December 22: The Aikido Dojo Seihinkan sends the best wishes, merry christmas and a happy new year,
Sincerely yours,
Eckhardt,

Das Aikido Dojo Seishinkan w_nscht allen Aikidofreunden ein frohes Fest und einen guten Rutsch ins neue Jahr.
Wir er_ffnen unser neues Dojo am 4.1.03 und laden alle ein die Zeit finden uns zu besuchen.
Beginn 18.00h training dann feiern wir.
Bitte meldet euch aber vorher an. Bis 1.1.03 sollte reichen.
Gr_ue, Eckhardt und die Seishinkaner

December 24: Hello Sensei.. your daily message is enlightening.. such Words of Wisdom... Thanks for Always Being such a Special Friend,
Sifu Harry Wong, Burbank , CA.

December 28: DEAR SENSEI. I HOPE YOU HAD A PEACEFUL AND JOYFUL CHRYSTMAS AND THE BEST FOR THE UP COMING YEAR 2003 FOR ALL OF YOU.

This coming JANUARY i will be visiting SACRAMENTO CALIF AS WELL AS SAN FRANCISCO from the 24 th to 30th and would like you to recommend me a place to PRACTICE at least for 2 days in SAN FCO from the 27 th to 28 th and on friday the 24 th in Sacramento. I am really sorry and wont be able to go to LA other wise I certainly would visit you , but maybe this year you could come to VERACRUZ and give us a SEMINAR in our DOJO , think about it and let me know. if that would be possible, While in SAN FRANCISCO I WILL SEND A DONATION that still owe you

AND WILL ASK YOU FOR SOME OF YOUR TEACHING VIDEO TAPES AS WELL AS YOUR BOOK. I will write soon again.sincerely yours
Roberto Magallanes, Mexico

December 29: Dear Reverend, Could you please forward me the subscription information on your newsletter? I've loaned your book to my instructor...he said...Oh yes, I know of him he is very famous! Even here in the hinterlands of Massachusetts you have a legacy! He is loaning me the "Five Rings" book this week...a great way to start out the year! Let us pray for a speedy peace in the new year. Thank you again, Lisa Gambuzza 9W

January 5: I have just been perusing your website based upon a recommendation by a fellow Martial Artist and very good friend of mine Sensei Lindsay Hart of the Susumu Ryu here in Australia.

Here is what he wrote to everyone in his address book...

"Hi everyone, Happy New Year!

Check out this link <http://www.aikidocenterla.com/> go to Senseis daily message

His name is Reverend Kensho Furuya, He is a Zen priest and Aikido and Iaido 6th Dan and is just an awesome master. He wrote a book called Kodo- Ancient ways and has released 9 videos on Aikido. He is a great guy that answers your emails if you have a question for him. He writes a daily lesson every day on his website that is like Kodo and they are absolutely great

Do yourselves a favor and check this guy out even if you dont study martial arts as masters like this dont grow on trees. see you all soon Lindsay"

From Raffi Badalian, Peurto Vallarta. January 6: Dear Sensei, My heartfelt wishes to You and to all the Members of ACLA for life's blessings with the New Year and always.

My new mailing address is:
Raffi Badalian
Condominio Solamar
Carretera Mismaloya km. 4.4
A.P. 500
Puerto Vallarta, Jalisco
C.P. 48300, Mexico

With gratitude always, Raffi Badalian

January 9: My friends Carol and Kaoru were recently promoted to first Dan. I have heard that when this happens, there is a special ceremony that will be held for them.

I want to show my support for their achievements, but I don't know whether I should ask them about the ceremony in case Continued:

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For Sensei's Daily Message

it is just for family or teachers. It would be rude to invite myself to a private occasion, but it also seems rude to ignore a public one!

I don't want to make anyone uncomfortable. Can you tell me what to do? Many thanks, Maria Ferrari

Sensei's Reply: Ranks will be presented in class when they arrived from Hombu Dojo in Japan. Maybe the students can arrange a little celebration for them?

To Australia? January 10: Dear Rev. Furuya, My name is Lindsay Hart from Australia. This is my 3rd time writing to you.

I have been speaking a lot with some of my Australian martial arts friends about bringing you to Australia. There are a lot of us that are very keen at the idea but I thought it might be best to ask you first if you do wish to come here and if you did when would be the best time for you?

I can co-ordinate and organize seminars, training sessions and so on with you with all disciplines in the states of Victoria, New South Wales, Queensland and South Australia.

Being a Martial Arts instructor I am not wealthy and would not be able to primarily fund the trip but I am sure there can be something worked out with others. Accommodation will be no problem nor will transport and showing you the sites in each state.

I am only 26 years old and in my 23rd year of study and have a great amount of good contacts in martial arts. I know this would be a great opportunity for us to learn from your well of knowledge and wisdom and for you to see our beautiful country and pass on your wisdom to people who will cherish it forever.

If you wish to discuss this further, please contact me by email or phone on the list below.

Thank you for your time and your ongoing inspiration of your book Kodo and your daily messages that so many of us here now study daily. Yours in Budo, Sensei Lindsay Hart, POBox 1376 Frankston 3199. Telephone Office (03) 9766 2034. Cellular 0416 059 889
Email sensei@susumyuryu.com

January 22: Dear Sensei, I am curious as to why O'Sensei is referred to with an "O" in front of his name. I have never seen this type of association before, or perhaps I have not looked for it :!

On another note I was able to watch one of the most fascinating shows on television last night. It was called The Journey of Man. It chronicled the real life journey of a scientist on the trail of human evolution. The scientist travelled from the very first known recorded human in Africa to the travel and migration/evolution of humans all the way around the world. In particular it was quite fascinating to see a tribe of Russian settlers called the chuchki who live 200K inside the arctic circle. Their main basis of life concerned reindeer and they are nomadic herders. The temperatures that they endure are as low as -60 C and very little sunlight at all. It totally blew my mind to see these people working as a team in such a small group and enduring temperatures like that like it is no big deal to them. Such a desolate and grey life it seems for them. But they have survived for more then 2000 years....amazing. The human spirit is such a wonderful thing. If you

have the chance to see this program I would highly recommend it especially since they travel all around the world! Have a good day Sensei, and I promise to write more whacky questions the will get you to scratch your head saying " what is this person thinking" ;) Will.

Affiliated Branch Dojos

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Santiago Garcia Almaraz**

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

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

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Guadalajara, Mexico
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**Aikikan
Rehovot, Israel
Ze'ev Erlich**

**Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares**

All Black Belt Candidate Recommendations:

Please attend all intermediate & advanced classes.

Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's practice.

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

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

We're Getting Ready! 2004: Our Dojo's 30th Anniversary

We are getting ready to celebrate our 30th Anniversary of the establishment of our Dojo in 1974. Our Dojo was first established in Silverlake in a gymnasium where Sensei was studying gymnastics. The Dojo moved to Hollywood in 1979 when the old properties went up for sale and to Little Tokyo in 1984 when the Dojo required a full time training schedule. We should all help out in this project.

Building Our Membership

Students should make an effort to help build up our membership. This is always an ongoing project with the Dojo. Students come and go so there is always a natural attrition of the student body. Expenses, as you know, are always increasing year by year. We do not need to hard sell or drag them in by force but an enthusiastic awareness in each student is important in talking with friends and family members to encourage them to begin Aikido practice. An encouraging spirit to always help and build up our Dojo is important and part of our practice and being a good member of the Dojo.

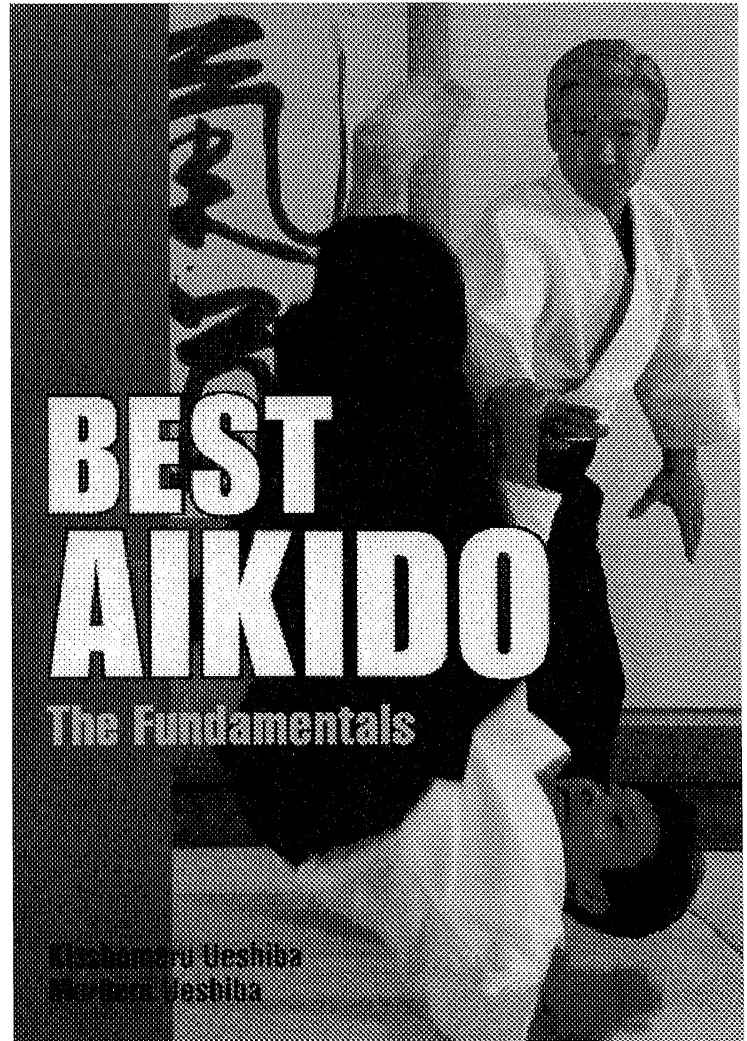
Rates Change From Jan 1st.

After over five years, we are forced to raise our rates to \$105.00 for adults and \$115.00 for Black Belt Holders. Children's rates will remain the same. Thank you for your support & understanding.

To Membership:

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

3rd Doshu's New Book



Highly recommended reading by Sensei as today's best reference on Hombu Aikido. Available online or at your local bookstore.



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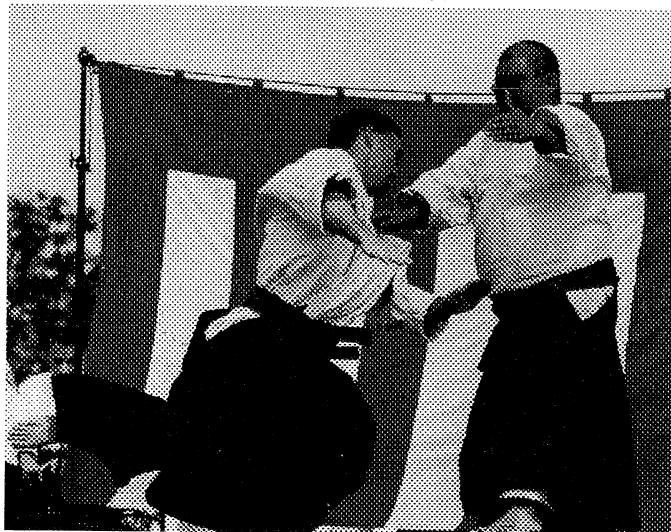
Aikido Center of Los Angeles

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:
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Reverend Kensho Furuya, 6th Dan

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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.

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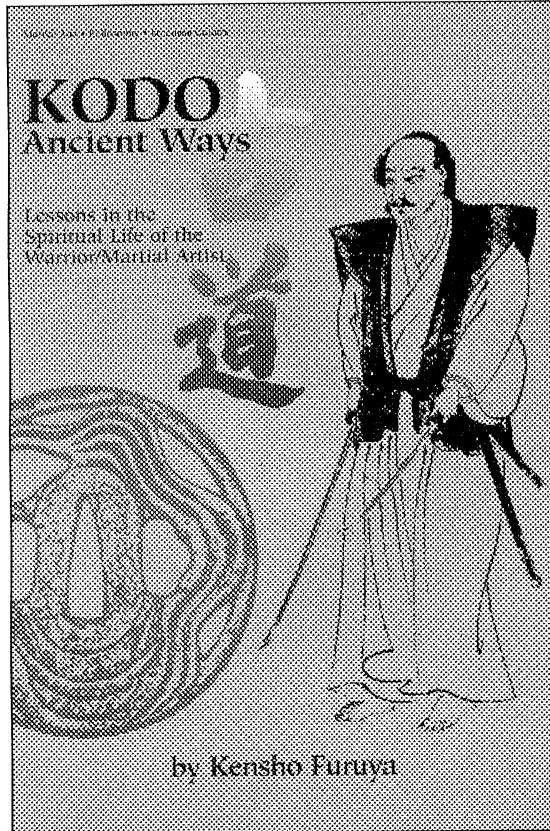
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KODO Ancient Ways: Lessons In The Spiritual Life of the Warrior-Martial Artist



KODO

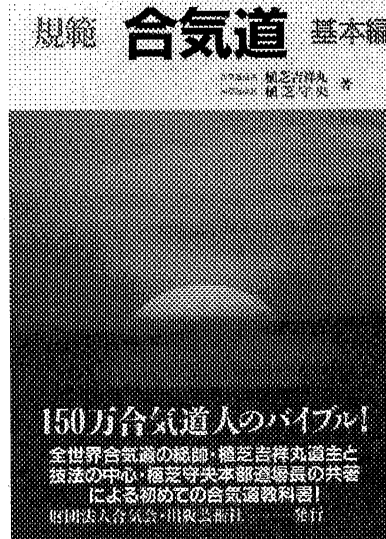
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

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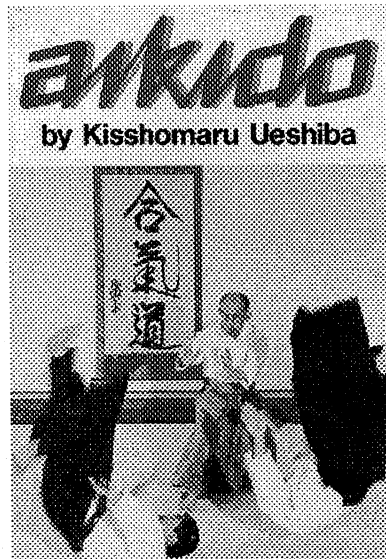
Recommended Readings:



KIHAN AIKIDO

Fundamental of Aikido

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



Highly Recommended:

AIKIDO

By Doshu Kisshomaru Ueshiba

Other Readings Recommended For Students By Sensei:

Zen & Japanese Culture. D. T. Suzuki.

Anatomy of Dependence. Takeru Doi.

Anatomy of the Self. Takeru Doi.

Mind & The Sword. Hiroaki Sato.

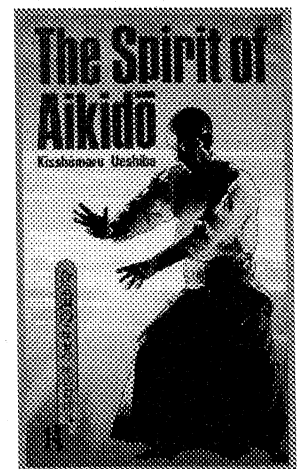
The Book of Five Rings. Musashi Miyamoto.

Records of Things Heard. Dogen Zenji.

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

The Unfettered Mind. Takuan.

A Flower Does Not Speak.
Zenkei Shibayama.



THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

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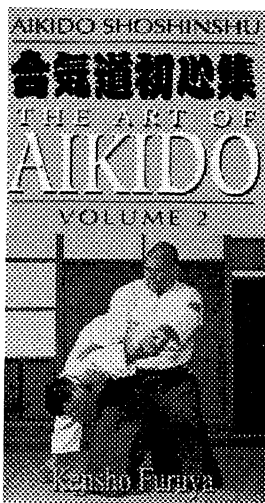
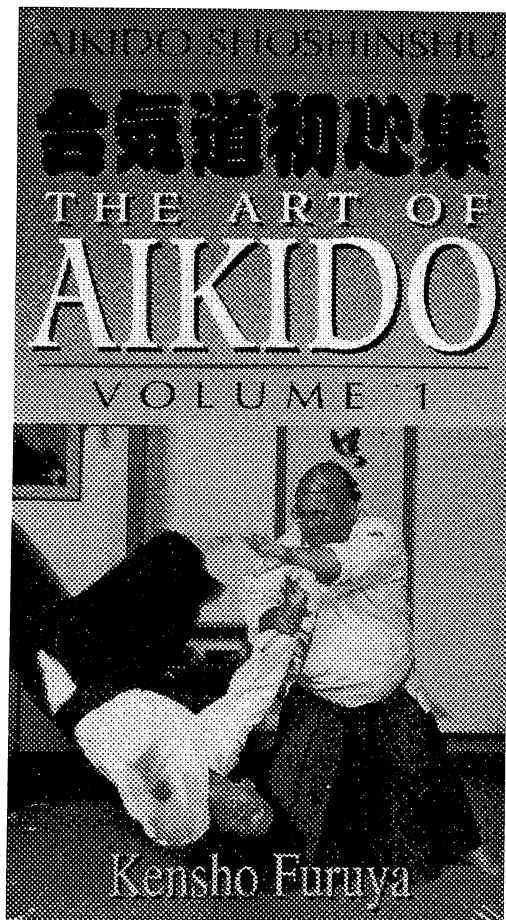
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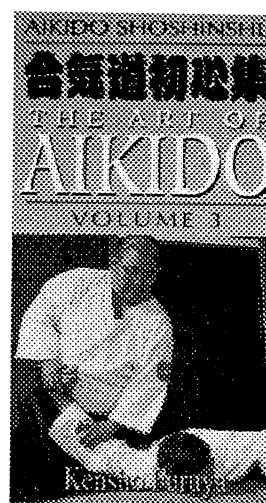
Aikido Instructional Video Series in Nine Volumes

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

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



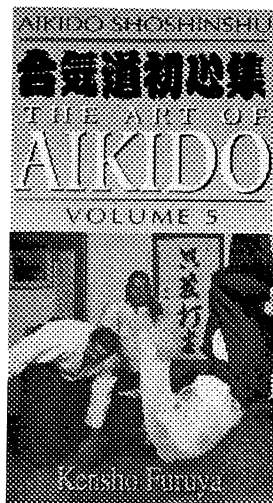
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



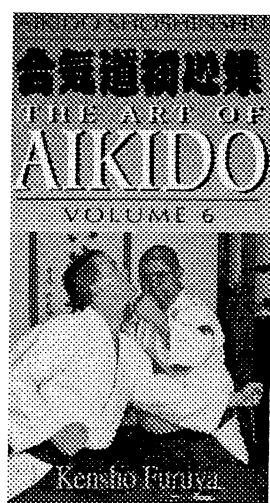
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



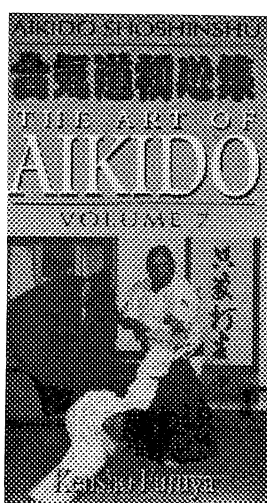
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



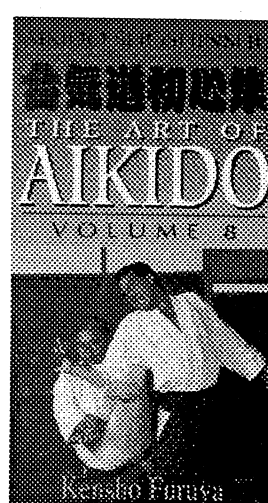
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



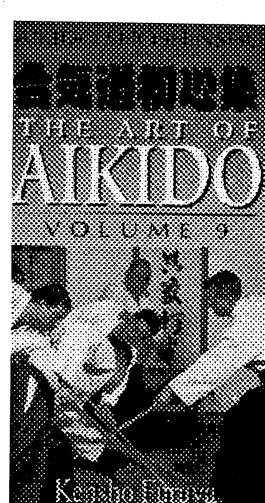
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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



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



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

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.
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: 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

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.

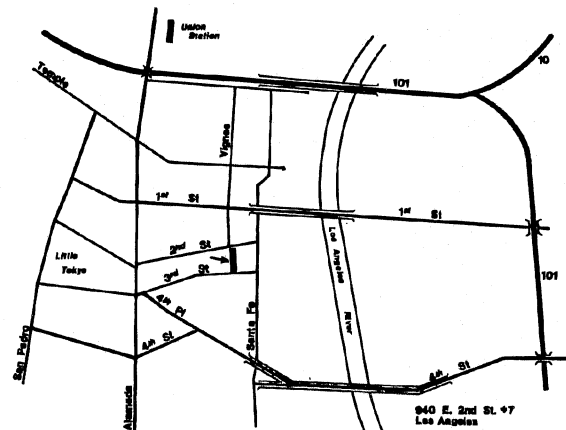
Intensive Iaido

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.