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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, 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

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# Happy New Year 2003!

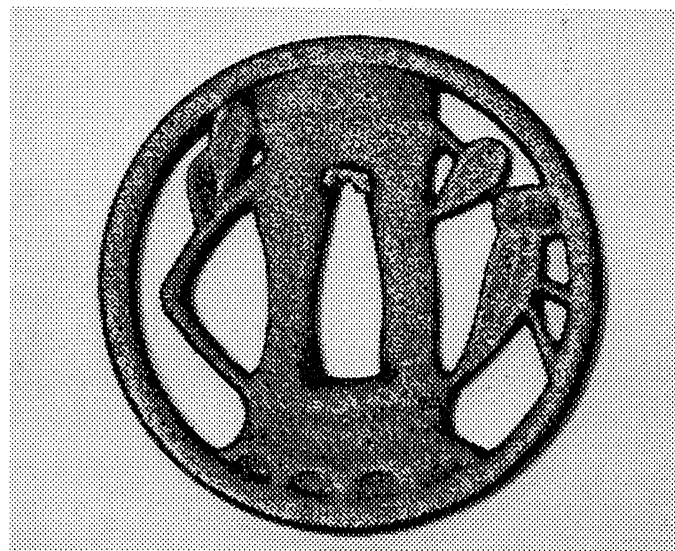
## Sensei's New Year's Greetings: A Very Rare Thing!

*I would wish everyone the very best of the Holiday Season and a very Happy New Year 2003. I thank everyone for all of their continued support, friendship and encouragement throughout the year and hope to see more of all of you in the coming New Year. In these complex times, I wish everyone will fulfill their dreams and fondest hopes and somehow realize peace and happiness. My only hope is that the Dojo will continue to grow and be a cherished oasis to all sincere students of Aikido. I wish the very best for all my students and beg their continued understanding and patience with their Sensei. Happy New Year and many more to come!*

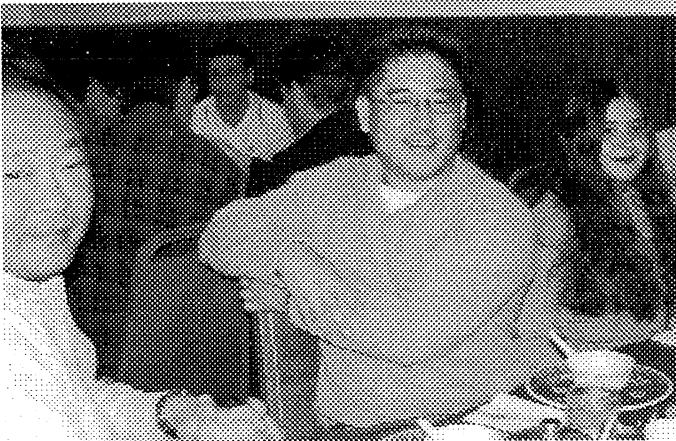


*Although it may be hard to tell in this above photo, it actually hailed in Los Angeles the other day - who would ever expect the Dojo to be covered white like snow? In Los Angeles? Downtown? Such a rare and unusual occurrence! At the same time, this year, my 30 and some odd years search for the mysterious, rare and elusive Yagyū Single Bamboo has come to an end. I never thought it would ever happen in my lifetime. So many rare occurrences this year! Indeed, I see over the years, that Miracles are actually quite common affairs. Miracles just don't happen with events and things, they happen with people too. Everyday, I see students growing, maturing, transforming themselves. I see Aikido living inside so many of you. This is indeed a great miracle too.*

*I am very happy with the progress of the Dojo and level of training. I am very grateful for this. But please don't ask me*



## Dojo Christmas Party



David Ito & Jerry Naito (left) enjoying themselves.

December 7, the Dojo celebrated its annual Christmas Party at Paul's Kitchen in downtown Los Angeles. With close to 40 students attending, everyone had a great time and enjoyed the great food served. There was a gift exchange among students and Sensei was presented with a tremendous X'mas present from everyone.



Paulina Kawasaki and friend chatting with John Katagi, an old student who now works for the Japanese American National Museum



Kay Sera and Andrew Marie

*where we can improve, you will get me to on and on and on again. . . . Of course, there is so much more work to do! At the same time, however, I want to plan ahead to see my students taking over the Dojo more and more. It is not to shirk my responsibilities but as a next step to everyone's training and development. As the students begin to take more and more responsibilities in the Dojo they will begin to understand the consequences and the difficulties of realizing "peaceful means" in real life! The real test of our Aikido training.*

*The Dojo is a product of my humble efforts but it is also a gift to everyone who enjoys Aikido and enjoys training in our Dojo. How we can all get along together, work together, and be an example for others is the next step we venture forth into.*

*2003 will be a New Year of many new adventures and tasks, many more miracles to look forward too. I never cease to be amazed at Life.*

*I have made one mistake in life which I realize at this late date. Never set your goals too low, keep them high and keep them out of your reach and keep them unattainable.*

*My long search for the Yagyū Single Bamboo comes to an end, a great accomplishment for me - which only brings sadness, not happiness at all! Ultimately, it is the quest itself, the journey itself that is important! Happy Trails! Your Sensei*

## New Website Format From December 1st.

After many months, Michael Vance has worked hard to produce a more efficient and effective website format which we hope everyone will enjoy. The Daily Messages are now on a Calendar format which is easier and faster to download. Enjoy!

*12-08-02: Hello, The calendar message style is excellent. The messages have been a pleasure to read and absorb. It's like having a new chapter of the book almost everyday! I am finding the philosophy and wisdom very inspiring as I study my Tae Kwan Do. (no Aikido in my area) It's like getting a shot of extra adrenalin before class...I have a great traditional style class that is very noncommercial. The atmosphere is very supportive, men women and kids train together, belts are EARNED...and every one is treated the same. We are very fortunate to have a warm, intelligent, tough, master to assist us on this path. My immediate teacher is a man of few words but has encouraged me very directly to reach higher goals than I would have thought I could. At 43 I feel that if I do not explore physical potential now I may be to old later...it is very different than academic and business pursuits.*

*I treasure the connection with the past as I study...I do wish though that more was said about the deep meaning of martial arts...let's face it we are learning to protect ourselves and deepen our connection with the true self. It is necessary however to understand that ultimately we may learn to kill another human being and must recognize the tremendous responsibility that goes with that knowledge. Some of these commercial schools I see advertised seem frivolous about the ultimate knowledge of martial arts study. Best regards, Lisa Gambuzza 10W*

## New Year's Greetings

### Gary Myers, 5th Dan, Iaido Kenshinkai

Happy New Year 2003 First, I want to wish Sensei, the members of the Kenshinkai, and the Aikido section of ACLA a very happy, healthy and prosperous New Year. I also want to thank Sensei for his continued guidance and encouragement this past year. It hardly seems possible that we're approaching a new year so soon. I often reflect on how our perceptions of time change as we get older. Oh, to have that same sense of long summer days that we had when we were just kids, now it seems that a month goes by as quickly as a day did back then. Logically, I know that the earth still takes 365.25 days to circle the sun. It's a common feeling we all experience as we get older, but it doesn't make it any easier.

The new year is always thought of as the time to "throw out the old and bring in the new". It is considered a time for a new start, another chance, an opportunity to change things for the better. But it seems that the next year zips by and we find ourselves doing the same things we did the prior year. We are creatures of habit, the same routine comforts us, because we feel are in control; we know what's going to happen next. We become resistant to change because of that fear of the unknown. But the reality is that we never really can be sure what's going to happen from one minute to the next. It's that uncertainty that makes life both fearful and at the same time, exciting.

This upcoming year may be a year of change in the dojo. We may become a non-profit organization, we may organize ourselves to make the management of the dojo more streamlined. All of this has been discussed in the past, but now it appears that it MAY actually happen next year. At this point, we don't know if it will or not. There are many good reasons for it to happen: Sensei can focus on his teaching and his writing, the organization positions the dojo to survive in perpetuity, important cultural artifacts can be maintained and preserved. All positive things, right? With so much going for it, what would prevent it from happening? But along with the positives come some potential negatives. Perhaps, in the process of making the dojo run in a more business-like manner, it many actually turn into one. Not that being a business, by itself, is a bad thing. But in most businesses you have to contend with egos, political power struggles, greed and deceit. The larger the organization, the more potential there is for these negatives to occur. Some organizations are so consumed with these negatives, that they lose sight of why they are in business in the first place, i.e. to satisfy and fulfill a need to the public. Are these potential negatives a reason not to reorganize? I'd say no, because I believe that most students in the dojo have the right mind set and understand the mission and vision of what Sensei wants the dojo to be, now and into the future.

Like those aforementioned businesses, sometimes our practice gets out of focus, for a number of reasons. It may be that we fall into a routine and we no longer use our minds during practice. It may be that we enter some fantasy world. It may be that our egos are so large that we believe we couldn't possibly be doing something wrong. But for whatever reason, even though we continue to practice our progress is hindered. We've lost sight of the vision, to continually strive to improve ourselves. We all know that to improve, we have to think about the corrections made until we have made them more instinctive in our movement. It may not take hold the first time, or the next or the next, but if we continue to think and work at it, eventually the movement will become ours.

It's always a pleasure to say that the members of Kenshinkai, both the newer and more seasoned students, have improved their technique over the year. There have been a number of promotions this past year marking those improvements. But there is still so much more to improve upon. Grasping the basic techniques is just the initial first steps in understanding movements. There is so much for us all still to learn. The new year ahead presents us with the opportunity to approach our practice with renewed enthusiasm and commitment. Happy New Year everyone and continue to diligently practice through 2003.

## Holiday Greetings

### Bill Allen, 2nd Kyu

Your web column for today spoke about being aware that one is here because of one's parents, and their parents, and so on, and to realize and be thankful for how much others have done in order that we may be here. I know this is not the first time you have said this, and you often encourage us to be mindful of the awesomeness of being here.

Today, Maya Angelou was being interviewed on one of the morning shows, and I happened to catch the end of the interview. I thought it was very interesting. The interviewer asked her, "What is the most important thing you want to teach to people?". I will have to paraphrase her answer, which was, "Each person should realize that he is here because of love. Not the romantic or sentimental kind of love we usually associate with the word, but the kind of love that makes our hearts beat and the blood to flow through our bodies. The kind of love that brought your ancestors here, against hard odds, to make a new life; the kind of love that allowed them to survive for weeks in the hold of a slave ship, covered in their own urine and feces, and surrounded by death. This power has allowed each of us to be here. This is what every person should know, that nobody is here without love."

Her words struck me deeply (of course, she is a great poet), and I thought of your words. Anyway, thank you, and Happy Thanksgiving. --Bill

## Winter Greetings from Israel

### Ze'ev Erlich

Dear Rev. Kensch Furuya, How are you? Today I wrote something for my students. I felt like sharing it with you. I wonder if you think it is worth sharing it with your students too or with your daily message readers... If you have time, please read it. I would be glad to have your opinion. Yours with great respect,  
Ze'ev.

### Winter:

We do not have an air-conditioner in our dojo in Kyoto. Instead, on the wall, there is a thermometer. In summer, it sometimes shows 100f and in winter it sometimes near 30f. We all complain about the weather, but then, after Keiko, we feel so proud to have overcome and train well. Training in Aikido forges us. Aikidoka become sensitive thanks to training, but at the same time, our ability to overcome very hard situations and feelings increases. Pain, fatigue, heat, cold, hunger, bad feelings, and laziness...overcoming such feelings and training well through them will bring us one step higher on path. This path can sometimes be very steep and sometimes moderate and enjoyable. I remember stories about Buddhist monks who decided to protest against their government policies. How did they protest? Continued:

11-23-02: Dear Sensei, Today we arrived to Japan, so tired!, and I will write some word about our trip to Japan. Susana and Santiago, honney moon Hawaii and Japan.

This last 26 of October as you know we celerate aour wedding and the 28 of October, we fly to Hawaii to spend about one week and half, There, we have a friends, Professor Kimo and his wife, Kiko.

Our hotel was in Waikiki in the island of Oahu, the time in Hawaii was very nice and the place and the beach are so beautiful, (the food is great too!). we visit many places there and we see the Big Island, where is the Kilauea Volcano, very impressive.

After that, we fly to Japan, our friend from Hawaii, decide come with us to Japan because Ms. Kiko is fron Nagoya and she want to help us in Japan because we don't speak a word of Japanese and would be so difficult to move there.

The first day that we arrived to Narita, we will go to the Hotel it's take around 3 hrs to Tokyo, after this we check in our Hotel and we did a little round close to the Hotel. The next day we move to the Kaminari mon to see the temple of Senjoji, it was so expectacular, this day we move around this area, Shinjuku, and Ginza.

The next moring we wake up early to visit and train at the Hombu. We leave the hotel about 4:45am because the class that Doshu teach is 6:30am. The class was very good arund 60 people was trained and Doshu, talk a while with us and ask me about where I from and which is my teacher and how many times I will spend in Tokyo, so I bring a very good impresion about Moriteru Sensei, after that I have a time to buy his new book Basic Aikido, and take some pictures from the Hombu. He spend the class teaching and practice with all the students.

We leave the Hombu around 13:30 and we went to Kamankura to visit the Daibutsu (The Great Buddha, see photo above.)

Next day we move to Kyoto and we could see the Mt. Fuji because the day was so clear and sunny. in Kyoto we visit the Kinjakuji Temple and the Ginkaku Ji Temple, we also spend this day walking around this area, For me this city was the most beautiful place in this travel.

The following day we went to Osaka and we visit the Osaka Castle, how this travel to Osaka take us around 4 and half hour, we can't stay much time in Osaka, so we visit some place close the castle and we go back to Tokyo.

The next we went to Nara and the last two days we stay in Tokyo this last to days we was walking and looking many areas and temple in Tokyo. From Santiago, Kodokai, Salamanca, Spain.



## Santiago & Susanna Honeymoon in Japan



Kaminari-mon in Asakusa, Tokyo.

## 2nd Doshu's Memorial Service January 4, 2002

After practice in the Dojo.  
Please attend our incense offering.



Mt. Fuji on a clear day.

### Winter From Israel Continued:

They committed suicide setting themselves on fire. They did so as they were at a crowded square in deep meditation, sitting with their back straight and calm mind. Here is a photo of such a monk who did so in Vietnam during the war in 1963. Please look at his perfect posture... The most amazing thing is that as his body is burning, he is sitting in a perfect meditation posture maybe saying a sutra in his heart.

When something disturbs my training, I remember this picture and immediately realize how tiny our problems are. Train Train Train.  
Ze'ev Erlich.

Sensei's Commentary: Sensei's Reply: Thank you for sharing your essay. Hombu Dojo doesn't have air-conditioning either so everyone is a victim of the hot, humid summer days and cold winters. The men's shower is only cold water, no hot. Doshu recalls training during the wartime when everything was bombed out, you could see the stars in the sky when taking ukemi because there was no roof. Ohsawa Sensei recalled in his training days during this time that there was snow on the mats in the winter. We forget the hard times that our seniors teachers suffered through in the old days.

Those were very desperate times in the late 60's (photo of burning monk was taken in 1968 as I recall) in Viet Nam and many monks did make public displays of burning themselves in public to protest the Diem government which was backed by the United States. The Diem government was French and comprised of only 3% of the population. In addition, the Diem regime was Catholic, in a country that was almost totally Buddhist. The general population felt that they were not fairly recognized and discriminated against.

I hope that we can find more peaceful means to settle matters. There are examples of self-immolation of priests in Japan during the 16th century. 30 monks were burned to death in protest of feudal warlord

Oda Nobunaga who insisted that they turn over refugee enemy warriors taking sanctuary in their temple.

The commotion and uproar caused by the priests were a contributing factor to much public unrest which eventually led to the Viet Nam Conflict in which many people suffered and died and which was never really resolved.

Even a so-called "non-violent" act which causes violence is still the "seed" of violence in my book and only violence can beget violence.

In everything we do, we must study it thoroughly and act in an enlightenment way. Priests who commit suicide are eternally damned to Ashura, a kind of hell for those who die violently and whose souls who can never find rest.

Goodness is goodness and evil is evil. It is not necessarily that one is stronger or "better" than the other. Each has its own separate Nature. It is too simplistic to think that

one can conquer the other, it is not so in real life. It is like saying that day conquers night because it is brighter. When it is night, it is night and when it is day, it is day. It is the Path we choose. One meaning of enlightenment means that we know clearly what is good and bad - more often than not, we do not understand this clearly enough. We see that evil begets evil, we can also see that goodness begets goodness. It is unnatural to make a public display on one's death. Even a dog will hide when he knows its end is near. This is not good at all. As Mencius said, "Man has both natures of good and evil, but, like water seeks its own level, man is naturally inclined towards goodness."

To look at a burning monk to encourage yourself in your training might be a good method at the moment. But, ultimately it is like holding an apple in front of a donkey to encourage it to go faster. You, my friend, are so much better than this. . . .

Other than a picture of a violent act, base the encouragement of your training on your own inner spirit. Make your training the product of a violent act is not good karma. Goodness begets goodness. Purify your training. . . .

My Very Best Wishes for a safe and happy Holiday Season to you and your students.

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## Greetings From Salamanca, Spain

Sensei: How is everything?, Here in Spain is cold and rain, very bad whether. How is Mark and Ken? I will write an email for Christmas. Some of my students won't write some for the aiki-news, so, I tell them that you are working in the January aiki-news so they should finish the article soon. About the pictures, I could send you in better quality, because I send you in the more low quality, because it is faster, but if you need better pictures I will send you. Continued:

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### **Salamanca continued:**

For January, we prepare a meet with others universities of Spain to do a seminar. About the Valladolid people I have not many information, because the honeymoon, so I hope this month, we stay in contact to practice together, before end of year.

I supposed that you are work a lot of, I hope read you Kodo II soon. My Best, Santiago Garcia Almaraz, 3rd Dan, Chief Instructor Salamanca Kodokai, Spain

### **Aikido: Way of Life**

**Cesar Daniel Pascual, 5Kyu Aikido  
Aikido Kodokai Salamanca.**

The first thing that a beginner estimate in the presence of the Aikido teacher in class is the moderation and the balance in every movement, and the most, the fluidity and the silence. Is like a dance, with a big portion of efficacy and firmness, two quality characteristics in a true martial art. The students also, perceive the calmness with the master wait the attack, a very important thing, because if no attack no technique.

After my first year at the dojo and doing balance of this time, all the beginner students, observe that something has changed in our personality, through the silence during the practice, we start to understand things so important as the respect for the others students and for ourselves. Every time that we give thanks to our Uke, I show that Uke is very necessary for me to learn, and that without Uke for me will be very difficult to learn anything. This respect for the advanced students is the same respect that the teacher give to their at first day of here practice, so you learn to value the tradition in the aikido practice. When the teacher show the technique, is a special moment with a different dealing of the teacher, you have to use your five senses in the explanation with the true that the things that you learn is not only for your benefit, will be useful for the people around you.

The same when the time goes, the dojo is not only a room with a soft floor, is a special room where all we have in our mind 24hrs a day. Still we have many things to learn and this far to be a problem make us full of energy in the present. Merry Christmas & Happy New Year Aikido Kodokai

### **From England:**

Dear Sensei,  
I know I'm a little early but I would like to wish you the warmest Xmas greetings & happiest of new years. I enclose a picture (sorry its a bit blurry) from our Dojo, I am to the right, my friend James is to the left (short hair) & our Sensei Mark Thompson is in the middle. All the very best. Warren

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wspencer@bristolzoo.org.uk, www.bristolzoo.org.uk

### **Reply From Israel:**

12-07-02: Goodness begets goodness. Purify your training... Dear Rev. Kensho Furuya, Thank you for the honest and detailed reply. I fully understand your answer about the results of suicide. I also understand

better now why showing the photo of a monk committing suicide to encourage my students is a negative thing.

Your daily words are my daily Aikido and spiritual lessons. All the best, Ze'ev. Israel.

Sensei's Comments: Dear Ze'ev: It is destiny that you write to me on the anniversary of the day the Japanese military sent suicide bombers to attack Pearl Harbor in Hawaii. Many, many lives were lost. Our country is still reeling from the infamous 9-11 attack which was also using suicide attackers. I am sorry that these poor priests in Viet Nam in the 1960's did not set a good example to follow.

### **From Our Friends In Italy:**

12-08-02: 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 it 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! Don't worry we'll remain in contact! Thank's for your presence, and I wish you Merry Christmas and Happy New Year!

Marco Marangoni

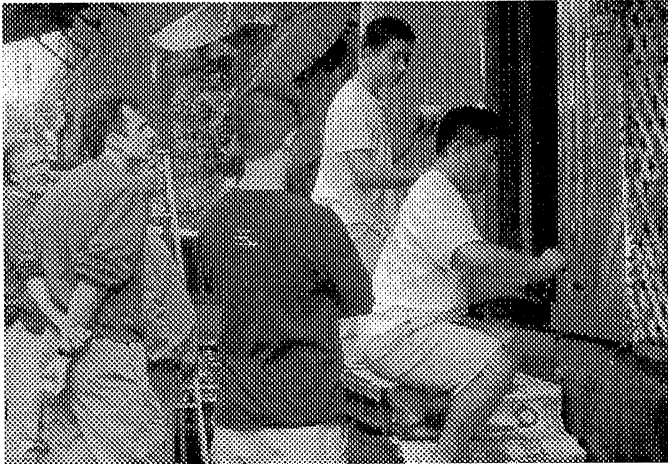


Visito, Cliff Wallshein, from Long Island, New York, visits Dojo for training.

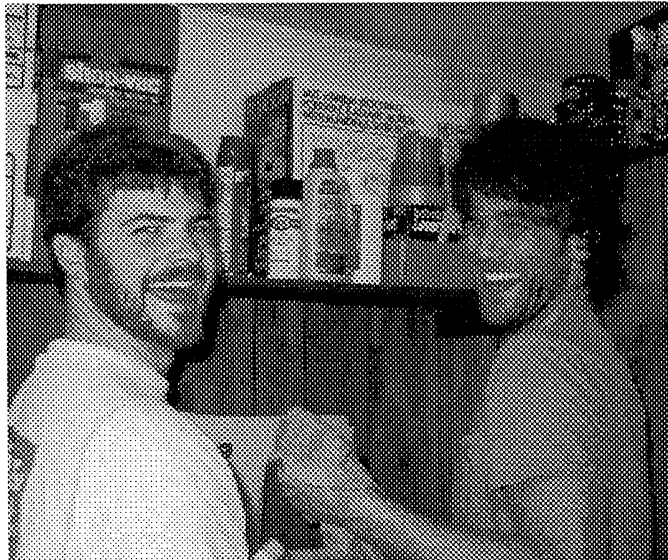


Old student, Morgan Weisser visits Dojo. With Ken Watanabe.

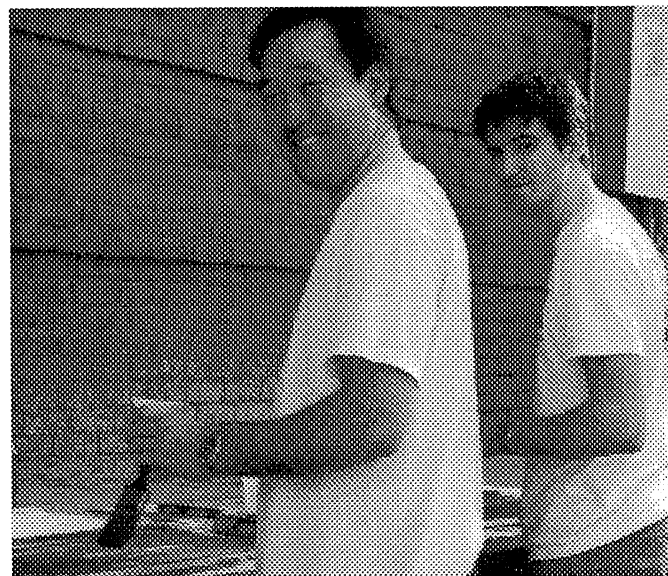
## Annual Dojo Clean-Up



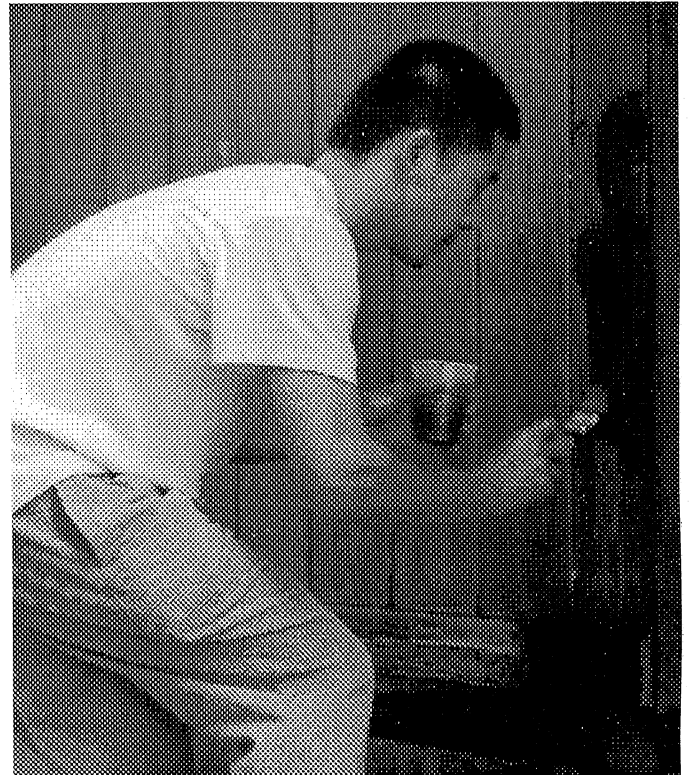
Refinishing the outside fence.



Steve Shaw and Eddie Cahill.



Ken Watanabe & Michael Vance.



Good focus. . . .



### Need Current Student Membership Information:

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

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

## Letters & Questions:

11-20-02: Dear Sensei, . . . It has been with tremendous joy that I return to your Dojo, my classmates and instructors, and most of all Aikido practice. Many thanks. All of my best, E. C.

11-21-02: Dear Sensei, I recieved your email last night, thank you for the kind words and support. As you know my chosen profession is acting which in my heart I believe is a very special art capable of incredible potentials and deserving of respect, especially by those of us who choose to practice it. Sadly this art has been exploited nine ways to Sunday and back again. And I, due to a lack of understanding and business-like endeavors, am just as guilty of this as any one. When I was 16 I saw a play and everything about it inspired me to explore the performing arts. I couldn't and still can't really explain why, but I had to become a part of that world and it had nothing to do with a career! Not too long after that I thought, "hey wouldn't it be cool if I actually could make a living doing something so awesome?" So I eventually worked my way into an acting school, studied for a year and a half, dropped out, and began my "career".

With some leg work and some luck I have been very fortunate in business. But this fortune has coupled itself with a misery that is spawned from ego. Suddenly I am chasing that elusive "respect" that you wrote of the other day, and I didn't mean to which is more troublesome. Oh the powers of denial. I have told myself time and time again that it was, is, and always will be about the work and the joy of acting. Last night as I prepared myself for a movie audition I fought my nerves with a mantra. "It's about the work and the joy of working". Finally I caught myself, "if this is about joy and "the work", why have you been so crippled with nerves? Ah, it's about yourself. Now what? This morning your essay on Shokunin and your printer friend hit me like a ton of bricks. It seems so simple. I think it's where a lot of us begin. How do we keep it pure? I think there's a way but I'm not sure. Sensei thank you for your time. Whether your with us on the mat, typing on your computer, or watching, thank you so much. All of my best, Eddie Cahill, Student.

11-24-02: **Kodo Saved Me From 9-11.** Dear Rev. Furuya, I will try not to be an over-running teapot.

Thank you for writing your Kodo book. It is wonderful! I was going to start AIKIDO 5 years ago in Boston but found out I was pregnant and felt it was not a good idea to be bouncing around a room. Now we live out of town and there is no AIKIDO in my immediate area.

I found your book shortly after having a "soku-taku" experience with a local TaeKwanDo black belt. Thank you for inspiring me through the first 3 months of my education! (and explaining the "chicken and egg" experience which I have been very grateful to have more than once in my life.) Your philosophical information and inspirational words have invigorated me along with my twice weekly classes. My previous studies in holisitc philosophy have been deeply satisfying and I'm am surprised that beginning studying martial arts is much the same.

Each week I try to remember your advice.."put on your gi and throw yourself into your training"...pardon the paraphrase. It has helped very much with focus!

A year ago I was experiencing panic attacks, nightmares, and anxiety

after personally just missing the World Trade Center attack by only 25 hours. My life, my son's and husband's could have been gone...or very debilitated. Meeting my TKD friend was one of those cross-roads where the GONG of the universe sounds and we have NO choice but to listen! Now I just take one class at a time and try not to dwell to much on achievement but on experience and grounding.

Thank you for listening to the universal advice to write your book. It still brings enjoyment!

Continued peace and success! Namaste,  
Lisa J.M. Gambuzza, MA Holistic Counseling  
Tae Kwan Do 10-W

PS: Harvard Square is not the same...becoming very commercial and much less eclectic...but still a great place for bookstores and interesting magazines!

Sensei's Reply: Many thanks for such kind words and best wishes in your training.

11-24-02: **Old Student.** Dear Sensei, I'm not sure if you remember me. I took aikido and iaido classes for a few months in the spring of 2001. I just wanted to contact you and say hello. I think of the dojo often, but unfortunately do not have the time to attend classes. I left the dojo to do research in New Mexico. Last fall I returned to LA, but was teaching two classes at Glendale Community College in addition to working on my PhD thesis at Caltech. My plan was to return to the dojo last January, but my reserve unit was called to active duty in support of Operations Noble Eagle and Enduring Freedom. We are stationed at Camp Pendleton, near San Diego.

Hopefully, I will be able to return to the dojo next spring, but given world events I may have to put it off again. Let's hope that I do not find out first hand what it means to be a warrior. All in all the last year has been more difficult than I had anticipated. I read your web page periodically and wish that I had more strength to practice the lessons of life and martial arts you present. My deepest respect to you for maintaining the dojo to such a high degree of excellence.  
Best regards, Joe Akins

11-26-02: **Not Too Hard!** Dear Furuya Sensei, I know you must get lots of thank you's for your website and willingness to share your time with others. I also want to thank you for those things as well. The Japanese culture has always been a wide interest for me, there is so much that I simply do not understand! Your messages and your book of ancient ways has taught me so very much. I have always wanted to study Aikido but there is not a single dojo where I live! I guess you could say that you have been my guide through your words! I am looking forward to buying your videos very soon and having the chance to see you teach. I realize that i cannot learn Aikido just by video but I hope to one day journey to Los Angeles in the hopes of joining your dojo. I read an email that was sent to you that you posted regarding a reader asking that his Sensei teach him compassion, love etc. I like the fact that you said Aikido is Aikido and what makes him think that it is a cure for the world! Furuya Sensei, I know that your human and I like the fact that you are a hard teacher. Thank you so much again for your teaching and willingness to share with others! In hopes of one day meeting and training with you, Michael Chamberland



"hard" teacher, I try to teach as correctly as possible. That is "hard!"

I know I have gotten a reputation to being a "hard teacher," but this is mostly from those, I hate to say, who look at Aikido too self-indulgently and as a form of entertainment. As you must well know I am very critical on this point. Some people teach this way and that it ok by me, but I don't teach that way in my own Dojo. As I have mentioned so many times before, I am trying to pass down what I have inherited from my own teachers and not necessarily my "own thing," so I have an obligation to teach which reaches far beyond myself. Of course, over the years, my teaching naturally begins to become more and more from myself but I only feel that I am understanding my own training more and more. Change doesn't necessarily mean that we have to be innovative and create something new and exciting, it could also mean that we have discovered deeper meaning into something.

11-27-02: Dear Sensei, Thank you very much for your reply to my e-mail. I am still not certain what "all the crud" is that I must lose, though I suppose it is all my attachments, fantasies, etc. . . . .

Sensei's Reply: Crud is crud. The "uncertainty" of what is crud is also crud. . . . !

12-01-02: **No Samurai.** Dear Furuya Sensei, I read your response to my email on your website. As usual your thoughts and insights are of great education for me! You mentioned not knowing why your site generates so much attention due to the fact that it lacks all of the so called "goodies" other sites feature. That's why I visit your site daily! Kodo Ancient Ways made a huge impact on my life as a man and as an aspiring martial artist. My question to you is how do you feel about people using the title of Samurai when they refer to themselves? I have seen many people call themselves this and tell tales of being trained by their teachers in private. I am sure you have had similar encounters! It's just that I see the image of the Samurai being used in the context of business and corporations. What are your thoughts on this? Please take all the time you need should you desire to answer my question! Many thanks, Michael Chamberland

Sensei's Reply: I am not sure about Japan today but as late as a few decades ago, or at least by the older generation, they still recognized families by samurai class and otherwise. You are born into the samurai class. During wartime in the feudal ages, it was possible to be elevated to the rank of samurai by being recognized by a daimyo or feudal lord and given a fiefdom or annual stipend. Samurai comes from the root word "samurau" meaning "to serve a feudal lord." The samurai age came to an end with the restoration of Emperor Meiji in 1868 and the Haitorei or Abandonment of Swords Edict a few years later. Within the next few decades, Western clothes and Western hairstyles become popular in Japan and the last visual vestiges of the Samurai, his topknot and hakama were abandoned.

People use the term "samurai" for everything nowadays. - mostly inspired, I imagine, from the popular Samurai or "chambara" movies of the 60's and 70's. The age is past, there are no samurai today - unless in heart and/or spirit.

I personally don't like the word bandied about as they do nowadays. When I was a small kid, my grandfather emphasized my samurai roots and the pride and history that went with it. Even today, I still feel a small amount of pride at the deeds and honorable lineage of my ancestors. I don't personally like it cheapened or belittled. I think

ancestors. I don't personally like it cheapened or belittled. I think everyone has a little pride in their roots and culture.

I remember one person who named his son, pet cat and dog after famous samurai of the past. I think his son suffered in school to be Caucasian, with an unusual Japanese samurai name. He also had a daughter and found the name of a famous female figure in history and named his daughter after her. I was so surprised because it was the name of a famous courtesan! If you do "adopt" a culture, please study it carefully and thoroughly. Most people do not have the slightest idea what being a samurai means. . . . .not easy at all!

12-02-02: **No, No, No, Not Again!** Sensei, Is meditation a part of your daily practice? As both a zen priest and an Aikido teacher what type of meditation do you do? Do the ideals of a buddhist meditation and a "martial" meditation all serve the same end? Sometimes when I sit I am torn between meditating on the teachings of the buddha, or those of O-sensei. Or is it all really the same thing? I have read that teachers like O-sensei and the master tesshu attained enlightenments during their lives which profoundly changed them forever. This does not, however, seem like the same enlightenment discussed in buddhism. Will it all eventually lead to the same place? Thank you, Jason

Sensei's Reply: If you are interested in studying Zen meditation, you should find a competent expert and begin studying under him. Just reading bits and pieces here and there and looking on the internet is only making you confused. I think, even my website may be a source of confusion for you! You should probably stop reading me. You cannot take these bits and pieces and just throw it together and make hit and miss guesses as to what is what. Aikido training is Aikido training. Meditation is something else. You were asking questions about the sword the other day, that it something else again. You only ask me because it is free here on the internet and you have no responsibility and you don't have to do anything except press a few buttons. I have replied to you so many times here and you still don't seem to get the message. I am reminded of a popular saying in Japanese martial arts: "Nama hyosha wa okega," or "It is the raw student who sustains the biggest injury." I recommend that you stick to the program of study in your dojo and listen to your teacher more carefully. People who have access to the internet think that they can move ahead of their teacher. I am not here to teach people how to be rude in their dojo, not am I here to break the training routine or instruction of other teachers. I don't even know what you look like, how can you ask me such personal questions about what I do myself? What is this "martial" meditation" you are speaking of, you just made it up yourself in your own head. Your questions doesn't even make sense and there is really no way to answer it - I have read your question honestly several times and all I feel like is that I am looking through a great big trash bin full of garbage looking for I don't know what. Wasting all this time on the internet and asking me these questions, spend more time on the mat, please!

12-03-02: Sensei, You are right sensei! Somtimes I am a very slow learner! I will not stop reading your daily messages, I will however stop asking questions. Since this is the last time I will write to you I would like to express a sincere thank you for all of the advice you have given me over the last year, and for all of your advice in general. You are truly a treasure to the Aikido world, and lazily pressing these buttons has given me a chance to meet you. (Something that the 3,000 miles between us would have otherwise prevented.) Have a happy and safe holiday season and good luck in the new year. Jason

## Aikido Center of Los Angeles

www.aikidocenterla.com

12-04-02: **More Samurai?** Dear Sensei, I have read from the hagakure about the ideals of the samurai in the fading meiji era. I also know that (according to hagakure) samurai were among the most devout of followers to their masters or lords. And yet, something in my mind still asks "What if the lord were to express ideals and beliefs that were negative to those of the samurai? Would this samurai leave his master? And yet, his own (the samurai) ideals are to be devout to his master till death." I am aware of the fact that there were ronin or rogue samurai as well (pre-meiji). Did they leave their masters or were they "hired guns" so to speak? You will have to forgive me as I am not totally aware of what or who the ronin were about and I only know a very brief bit about them (if that is even true at all).

I suppose I have come to my own answer on this. The samurai would stay with the master to honor and uphold his contract with his lord. No matter what the cost. Giving of himself freely. I am curious as to what your thoughts are on this subject, since you have much more experience than I when it comes to this matter. I have only come to this conclusion from training and books. I appreciate very much so your thoughts on this. More questions...or rather discussions to come =)  
Thank you, Will

Sensei's Reply: Sensei's Reply: He threatens me with more of this same stuff? Oh, My God! (Sorry, just teasing!) The Hagakure was written in the Genroku Period in the mid-1700's, not Meiji which was over one hundred years later. What is significant about the Hagakure is that it was written at the height of chonin (merchant class or commoners or non-samurai) culture and art. At a time when authors like Ihara Saikaku were putting up the samurai to literary ridicule, the Hagakure came along retelling the glories of samurai virtue and heroism. The Hagakure was written to inspire and educate the samurai of the Nabeshima Clan in southern Japan as to the proper mental and spiritual state the samurai warrior must understand.

The Samurai world is far, far different from ours. Ronin are not "hired guns" - you might be a victim of too many 60's chambara films like everyone nowadays. Ronin are samurai who have lost everything - home, stipend, work, as well as their lord and family and family honor. Usually as a result of their clan being abolished by the central government. They were a sad, tragic lot and victims of society who by training would walk around with a toothpick (out of pride to hide their shame) in their mouths even though they were starving to death (from an old, popular Japanese saying).

For the samurai, if their liege lord said: "This white piece of paper is black." As far as he was concerned, the paper was black and he would believe it and would die for that belief. This is what made them such ferocious and indomitable warriors. If the lord said, "Cut off our hand," or "Kill yourself," it would be done without hesitation. We don't do this today.

We live in a different world and we have choices today - so we can say, "This is right, this is wrong." As much as people talk and pose, I have yet to see anyone who even comes close to the great samurai warriors of the past.

My ancestor was a victim of Toyotomi Hideyoshi's famous "water attack (mizu-zeme)." Hideyoshi attacked our castle but couldn't penetrate its defenses and the siege became quite prolonged and a big problem. It had been strategically built in a low valley, not on high ground as was the custom. Somehow, there was no way to attack it effective-

ly. Hideyoshi eventually had thousands of workers laboring night and day to have an entire river re-diverted to flood out the castle but they still did not give up and many died from starvation and sickness within its walls. Finally, through clever, underhanded politics and deals, the castle was given up in a treaty and the upper ranking samurai were all forced to commit suicide at the lord's command. My ancestor was one of them and the surviving family members were exiled to another province, some disbanded and became ronin. As a kid, I grew up hearing this story from my grandfather almost everyday. . . . . Such was the life and fate of many samurai. . . .

12-06-02: Sensei, I just wanted to again say thank you for responding to my email and enlightening me once more on why I should not mix up Rouroni Kenshin anime (which takes place in the meiji era) with Hagakure. It's funny that I mix up so many things so much, but oh well. Perhaps I should slow down a bit and take a break...but then again I would miss so much in life...or would I miss more by trying too hard not to miss. Hmm. Forgive my ramblings. Again, I say thank you and I wish you a very happy holiday season and many years of training to come =) Will

12-07-02: **First & Last:** I have all but given up on all of my other Aikido web sites for info. This is the one I go to first and last. The new format is good, there is so much stuff in here! One can read for a long time. Thank you Sensei.

Jeff Veltman

New Heights Aikido of Zeeland, Michigan.

12-08-02: **New Website Feedback:** Sensei, I like the new layout, it's a lot easier to keep track if you go away for some time. It's much better for recalling previous messages, but remembering what date you read them is a little more difficult!

We are mid way through redesigning our site, I'll send you the link when it's ready. Bye for now, Warren Spencer, Head of Invertebrates, Bristol Zoo Gardens, Clifton, Bristol, BS8 3HA

12-08-02: Allow me to introduce myself - my name is Dale; Dale Rossetti. Douzo yoroshiku. I hail from near Calgary, Alberta, Canada and practice Aikido from the Nakayama kai. Yesterday (Saturday the 7th) as I was laying in bed before class, I had an idea of visiting your dojo for a few days over the Christmas break (I'm a computer tech at a high school).

I was made aware of Furuya sensei when I watched the TLC special "Top Ten Martial Arts". My sensei, Fr. Douglas Skoyles also watched the special. I'm not certain whether they know each other personally, but Skoyles sensei says that Furuya sensei is great at Aikido.

I've been practicing since the summer of 1997 and have a great appreciation for iai katta, although our routine may be different from yours. I also enjoy the naginata and jo. If there's anything else that you need to know, please ask me and I'll try my best to answer. Thank you for your time and attention. Jyaa matta!

Dale

Calgary, Canada

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

## Aikido Center of Los Angeles

www.aikidocenterla.com

12-08-02: Dear Sensei I am sorry, I should have thanked you for improving the Web site sooner. It is much easier to navigate and should be an improvement that people with slow connections much appreciate. Thank you for sparing the effort to improve the site.

I often consider writing to you but I am conscious that you are very busy and I do not want to impose upon you. As you point out, with this modern technology it is very easy for people to send chat, to write the first thing that comes into their mind without really considering it.

I am struggling to achieve the balance that you stress is so necessary and I know I must find. What do I need and what do I want? Where do needs end and wants begin? Surely this is all relative? My perception of 'needs' and a member of the Dinga tribe are likely to be very different. But then I also have a wife and two young children - how do I balance their needs and wants? Do my children need more toys for Christmas? Of course not but can I deny them?

I look at my life, my possessions, my job. I consider that I am certainly wasting 80% of time on pointless things. I am miles away from anything like the amount of Aikido practice I should be doing. I find it so difficult to get the right balance.

Still you said that balance was vital - not that it was easy to find! So I will continue to search. As ever, thank you for your daily messages they are very important to me. Yours sincerely, Ambrose

12-08-02: **From Old Student:** Ok. We all get enough junk email, ads, jokes and yes - even sweet stories. BUT this one I truly wanted to share as it expresses my sentiments. I have not been very good the past few years at communicating. Life at Disney kept me busy and so does my personal life. Each and every year, I write down a list of my friends that I want to stay in better touch with but I never seem to get anyone checked off. Now that I have started my own business, I have been even busier. I just want you all to know that I am thinking about you and that I do love you and care. Each and every one of you have made my life richer and more fulfilled. I will write that list again this year - but no promises! John Pugsley

### **NAIL IN THE FENCE**

*A Good Story for Great Friends.....*

*Make sure you read all the way down to the last sentence!*

There once was a little girl who had a bad temper. Her mother gave her a bag of nails and told her that every time she lost her temper, she must hammer a nail into the back of the fence.

The first day the girl had driven 37 nails into the fence. Over the next few weeks, as she learned to control her anger, the number of nails hammered daily gradually dwindled down. She discovered it was easier to hold her temper than to drive those nails into the fence.

Finally the day came when the girl didn't lose her temper at all. She told her mother about it and the mother suggested that the girl now pull out one nail for each day that she was able to hold her temper. The day passed and the young girl was finally able to tell her mother that all the nails were gone. The mother took her daughter by the hand and led her to the fence.

She said, "You have done well, my daughter, but look at the holes in the fence. The fence will never be the same. When you say things in

anger, they leave a scar just like this one." You can put a knife in a person and draw it out. It won't matter how many times you say "I'm sorry" the wound is still there. A verbal wound is as bad as a physical one. Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to us It's National Friendship week. Show your friends how much you care. Send this to everyone you consider a FRIEND, even if it means sending it back to the person who sent it to you. If it comes back to you, then you'll know you have a circle of friends. Happy Friendship week! You are my friend and I am honored. Now send this to every friend you have!! And to your family. Please forgive me if I have ever left a hole in your fence. John Pugsley

## **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  
Raul Blackaller**

**Aikido of Puerto Vallarta  
Puerto Vallarta, Mexico  
Eric Jaracho, Raffi Badalian**

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

**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.

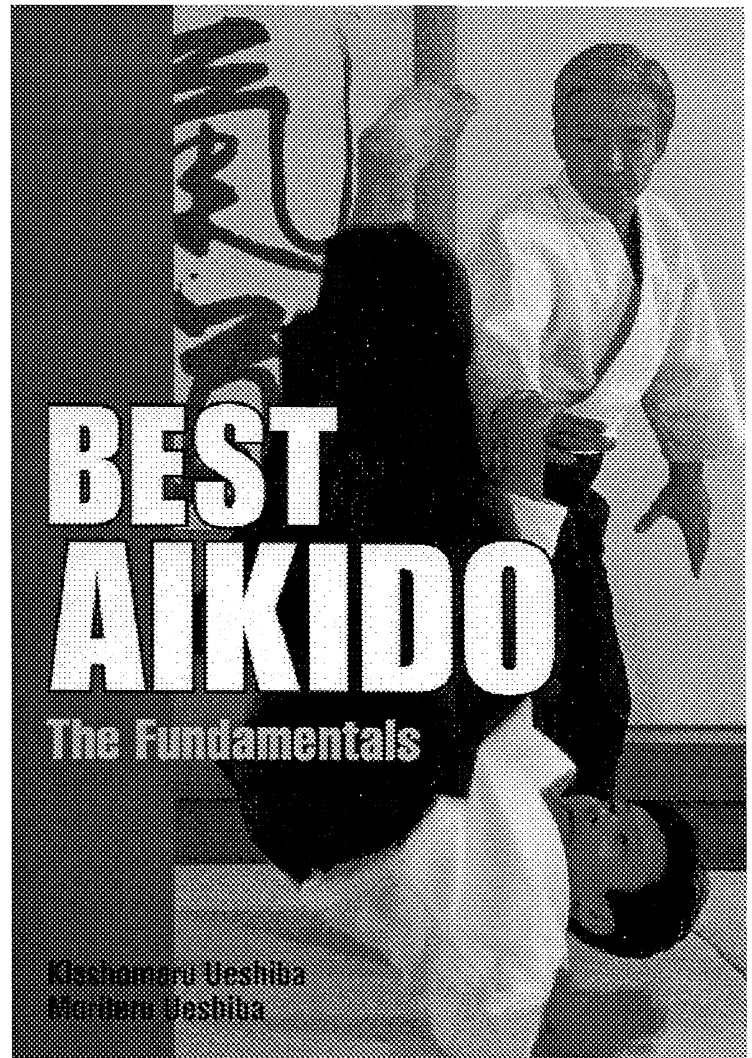
## Rates Change From Jan 1st.

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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## Welcome To The Aikido Center of Los Angeles



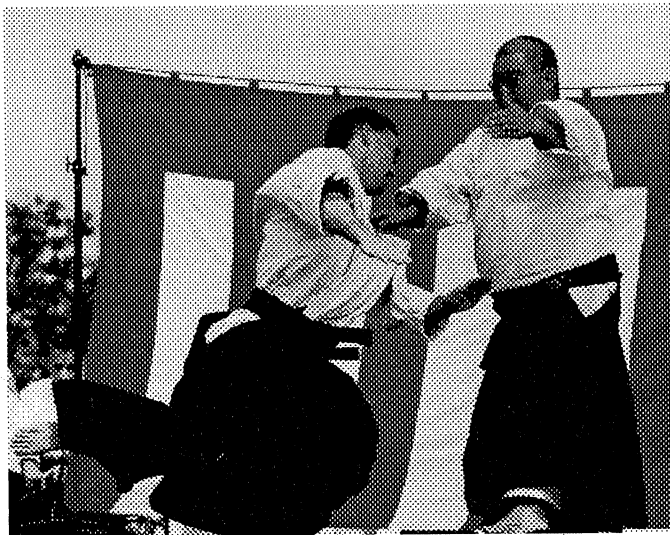
Aikido Center of Los Angeles

## 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

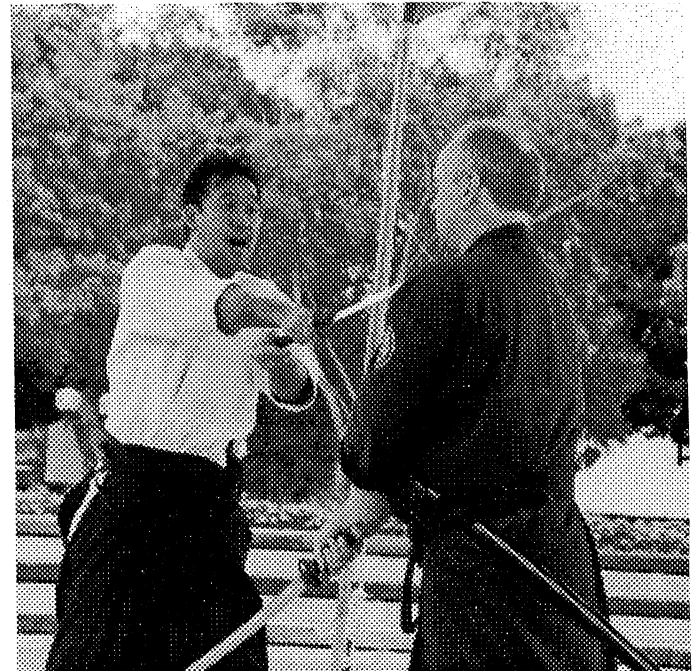
#### Official Dojo Jackets

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

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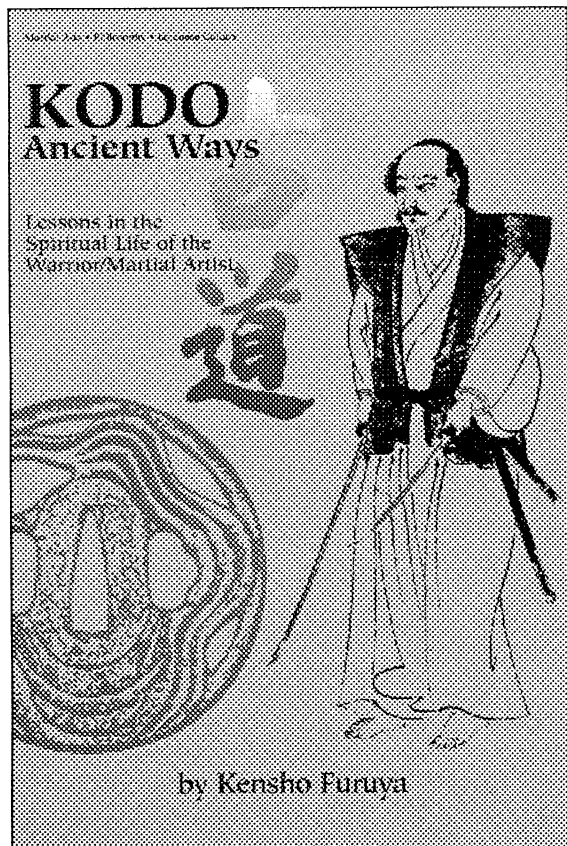
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## KODO Ancient Ways: Lessons In The Spiritual Life of the Warrior-Martial Artist



# KODO

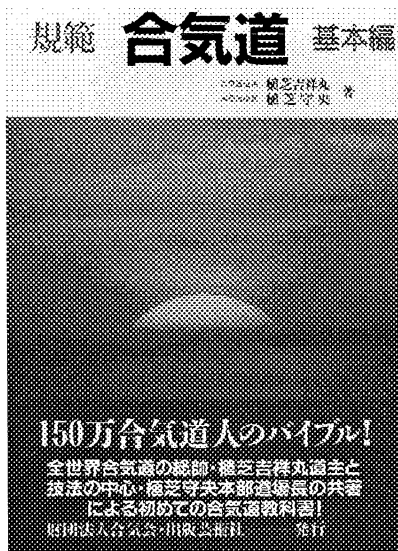
Ancient Ways:  
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Rev. Kensho Furuya

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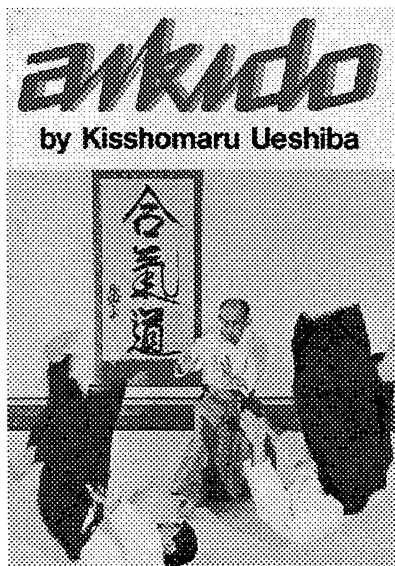
## Recommended Readings:



### 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.

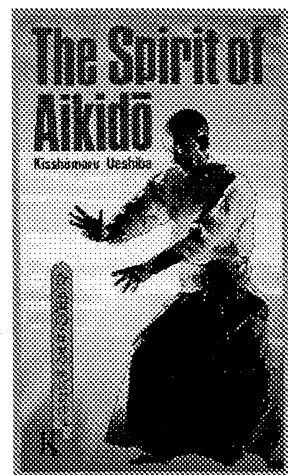
*The Book of Five Rings.* Musashi Miyamoto.

*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

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

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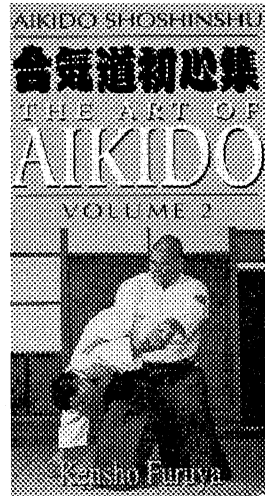
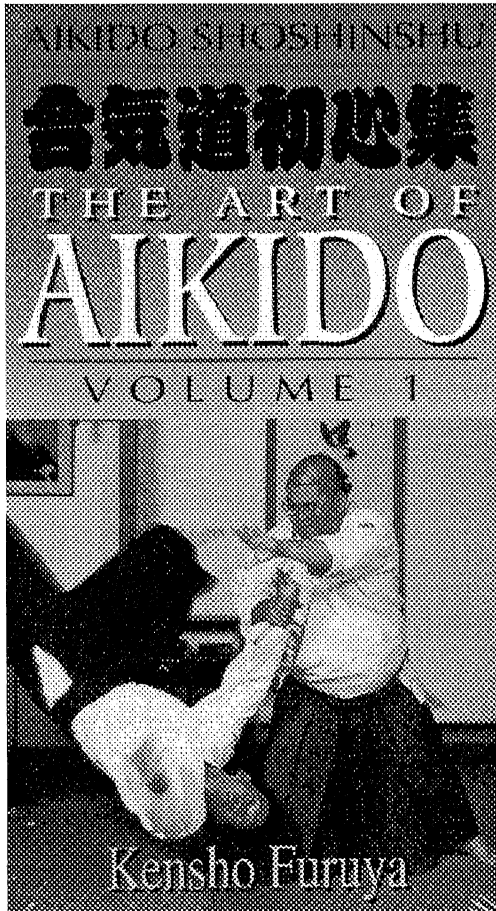
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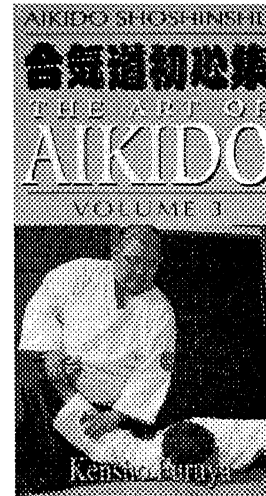
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

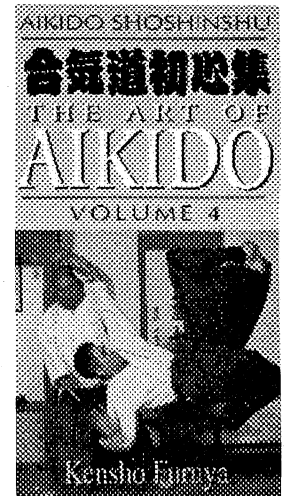
*"Top Rated"* - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



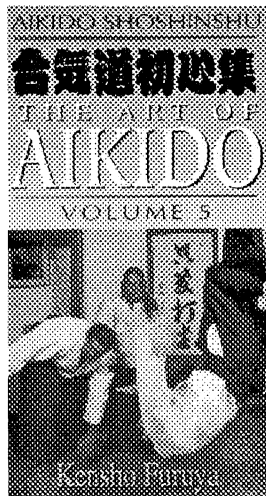
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



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



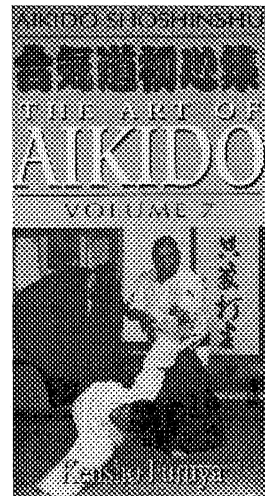
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



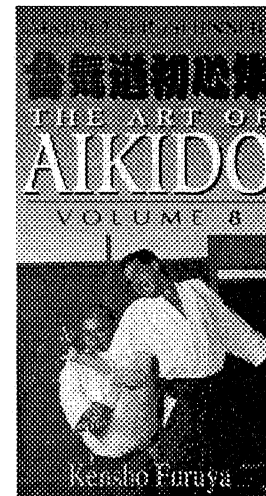
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



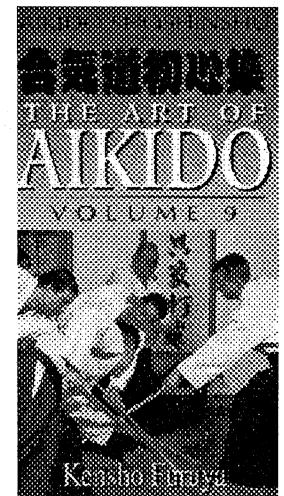
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



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

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.

# 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.*

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**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.*

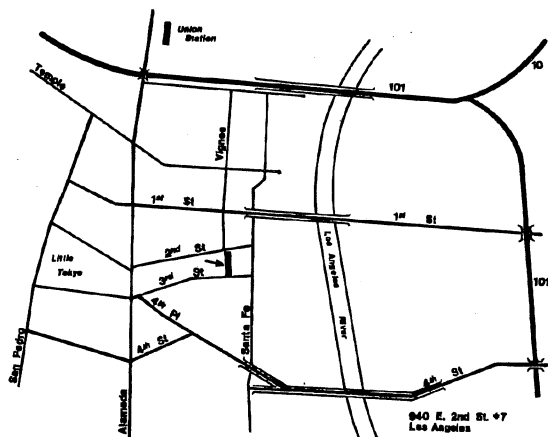
## Intensive Iaido

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.