

Aikido Center of Los Angeles

The Aiki Dojo

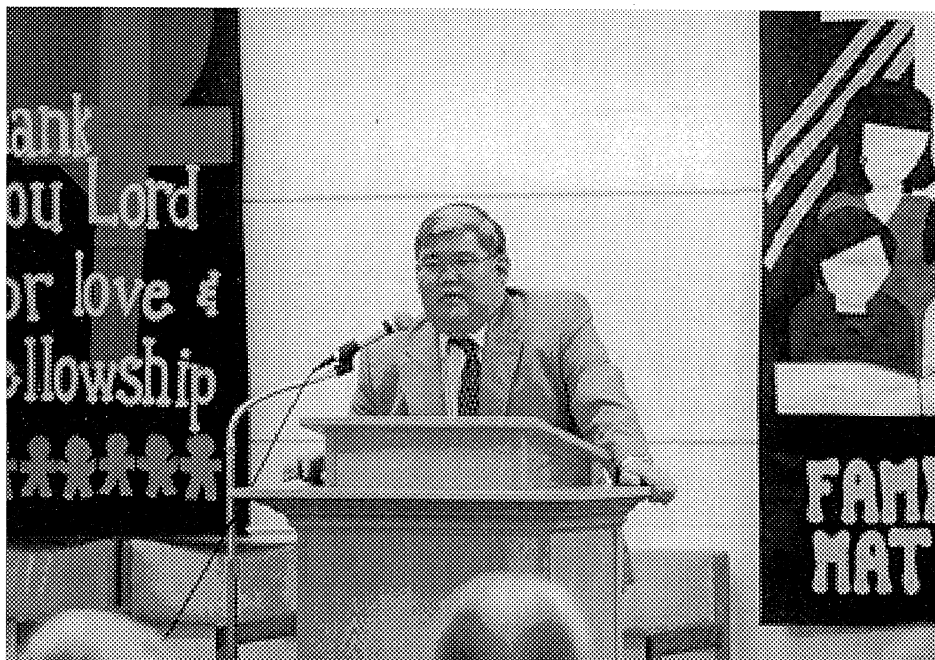
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.
Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

July 1, 2000

Volume XVIII. Number 7.

Friends of Little Tokyo Library Author Recognition Luncheon



Sensei speaking at the Author Recognition Luncheon on June 17. Centenary Church.

On a very beautiful pre-Father's Day holiday, Sensei was honored at the annual Author Recognition Luncheon sponsored by the Friends of the Little Tokyo Branch Library on June 17. About 60 people attended for a Japanese style "bento" luncheon followed by a talk by Sensei. Sensei spoke on Japanese culture, the traditional arts, the Japanese mind and spirit, about Aikido and many various topics leading to the main point of not losing the identity of the Little Tokyo community and the preservation of the cultural heritage among the younger generations of Japanese Americans. He also spoke about the commercialization of the arts and how this may bring about the eventual de-humanization of culture and how the modern age has de-emphasized the importance of education. A very nice 28 copies of KODO were sold. Sensei donated 50% of all the sales to the Little Tokyo Library Fund Raiser.

Summer Schedule:

July 9. Lotus Festival in Echo Park. 1:35-2:05pm.

July 15. Pasadena Obon Festival. 5:00-6:00pm.

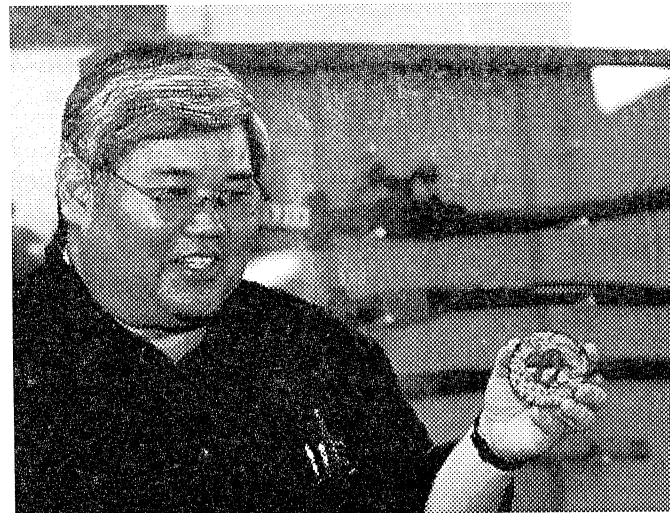
July 23-23. Higashi Obon Martial Arts Exhibition. 1:00-3:30pm

August 6. Nisei Week Aikido & Iaido Exhibition. 1:00pm-3:00pm.

August 20. Nisei Week Sword Lecture: Secrets of the Yagyu Sword. 1:00pm-2:30pm.



Little Tokyo Library Japanese Sword Lecture May 27.

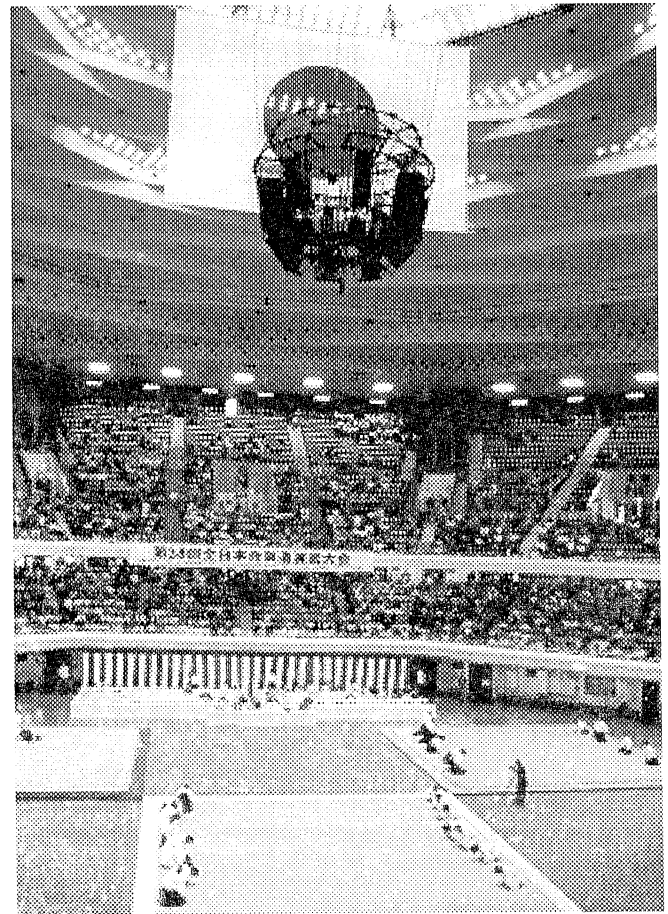


Sensei presented his third lecture at the Little Tokyo Branch Library on May 27. This lecture introduced the beauty of Japanese swords to a small audience on this Memorial Day holiday weekend. Sensei also signed KODO. Members who helped Sensei: James, Cheryl, Larry, Mark Ty, & John Pugsley.

Author Recognition Luncheon Talk. June 17.

This is a rather a time for celebration because I am so honored to be here for this special honor but, at the same time, the news of Empress Nagako's passing on Friday (June 16), leaves me a feeling of sadness and loss. I think you must wonder Con't.

38th All Japan Aikido Demo



The Aikikai presented its 38th All Japan Aikido Demonstration on May 27 with 5,500 participants and over 12,000 guests. At the Budokan, Tokyo.
Photo: Midori Munakata

NEW Open Classes:

Tuesdays 5:15-6:15pm

Thursdays 12:00noon-1:00pm

**New Open Weapons Class:
(Introduction to Sword & Jo)**

Saturdays 9:30-10:00am

Weekday Iaido Classes:

1st, 3rd & 4th Wednesdays

7:45-9:00pm.

Dojo General Meeting:

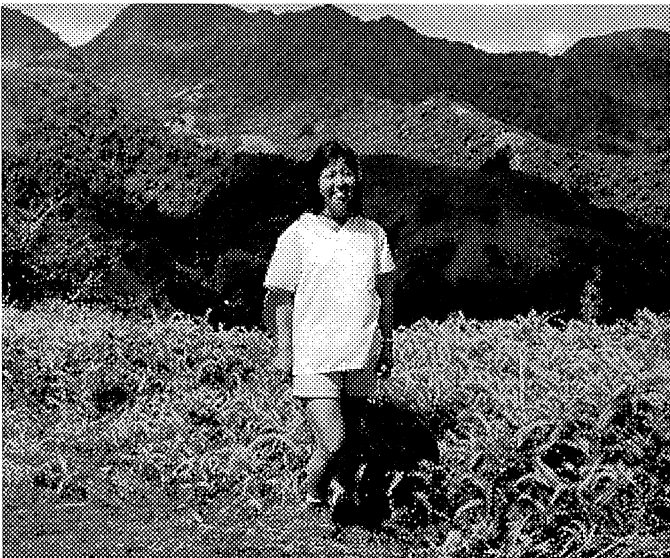
2nd Wednesdays 7:45pm

Paulina Kawasaki: Lab Scientist Volunteers on Cook Island:

Reprinted from the Rafu Shimpō, May 19, 2000.

Paulina Kawasaki spends three weeks in service project.

Cerulean water crashes onto palm fringed beaches. The mercury seems to have a set-point in the upper-80's. Exotic flowers carpet the ground, fluttering down like butterflies in the gentle breeze. For all intents and purposes, Rarotonga is earthly paradise.

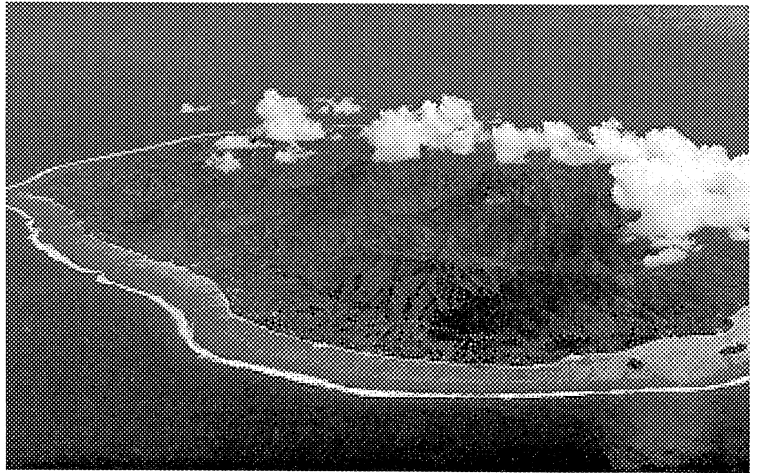


Paulina Kawasaki in paradise enjoying a free moment.

Soldiering on despite the warm, turquoise water and jasmine-scented air, Paulina Kawasaki, a clinical lab scientist from Los Angeles, discovered another side to paradise—the one in which jobs are scarce and low-paying, the economy is struggling and consequently, health care and education lack resources. As a volunteer, Kawasaki was able to enjoy the charms of the Cook Islands while at the same time helping local people toward their goals.

This service program, coordinated by Minnesota-based Global Volunteers, was the result of a partnership with the Ministry of Health in which volunteers lived and worked on the island, affording them a unique non-tourist perspective of this tropical eden.

Kawasaki used her lab skills working in the hospital lab on Rarotonga, but also dug into work at the Maire Nui Botanic Gardens during the three-week program. Other volunteers on the team worked with senior citizens, cataloged and preserved



A beautiful island paradise - Rarotonga, Cook Islands
Islands Conservation Area.

“The instruments in the hospital were. . .different. I was asked to run a complete blood count on an instrument that had no controls or calibrations,” remembered Kawasaki.

Perhaps the Volunteers’ most important accomplishment, and one that is surprisingly difficult for “product-oriented” North Americans, was that of simply slowing down, taking the time to talk to local people, to learn about their lives and their culture.

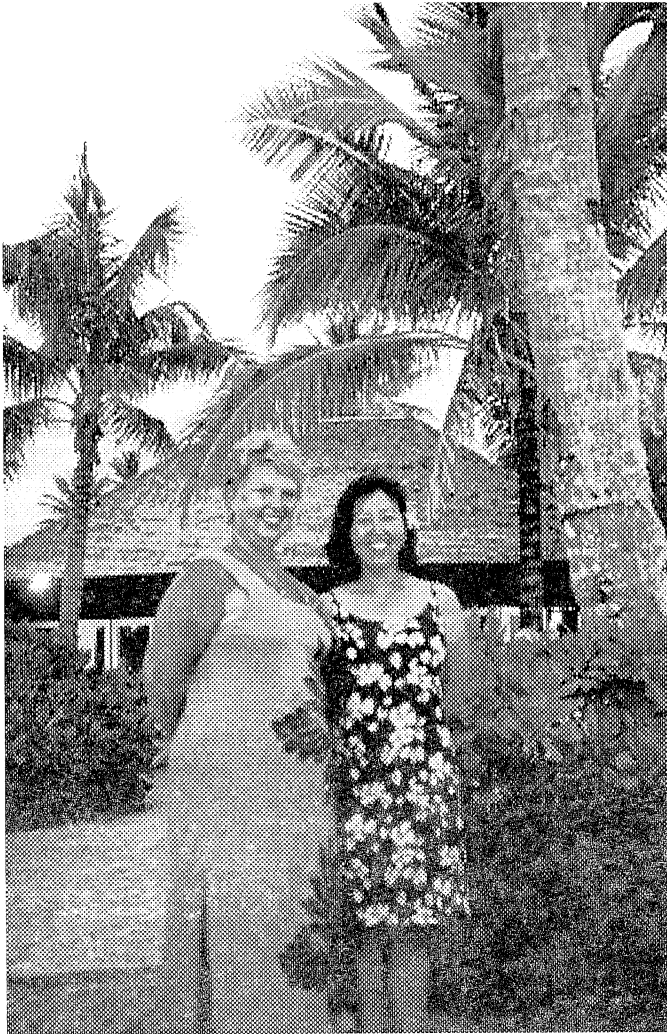
Family and friends are much more important on Rarotonga than they are in the U.S.,” said Kawasaki, “like the tight family tradition they have.”

To enhance intercultural understanding, the volunteers had the opportunity to sit in on discussions led by local professors, doctors, wood carvers and pearl merchants. A native dance performance and the beautifully harmonized voices of the people at a local church service were some of the volunteers’ highlights.

During free time, volunteers took in the beauty of this volcanic island with its lush vegetation, interior mountains and tranquil reefs. They snorkeled the expansive coral reefs, hiked through wild growths of frangipani and orchids, visited the island of Aitutaki with its renowned lagoon and shopped local markets for woodcarvings and other crafts.

This service program was coordinated by Global Volunteers, a non-profit, nonsectarian international development organization based in St. Paul, Minn. Founded in 1984, Global Volunteers attempts to build bridges of understanding between people of diverse cultures by involving them in short-term service projects.

No special skills or background are required to volunteer, only a desire to experience and learn about life in another culture.



Paulina enjoying the sights as well as working very, very hard.

Global Volunteers is not affiliated or subsidized by any religious or governmental agency.

Global Volunteers will send eight teams to the Cook Islands in 2000. Two- and three-week programs also are scheduled throughout the year to China, Indonesia, India, Tanzania, Vietnam, Poland, Romania, Jamaica, Costa Rica, Mexico, Spain, Ireland, Italy, Greece and Turkey., with one-week programs offered in the U.S.

International service program fees range from \$995 to \$2,395 excluding airfare. USA programs are \$450. All service-program expenses, including airfare, are tax-deductible for U.S. taxpayers. Included in the service program fee are all meals, lodging and ground transportation in the host community, volunteer orientation materials, project expenses and the services of an experienced team leader.

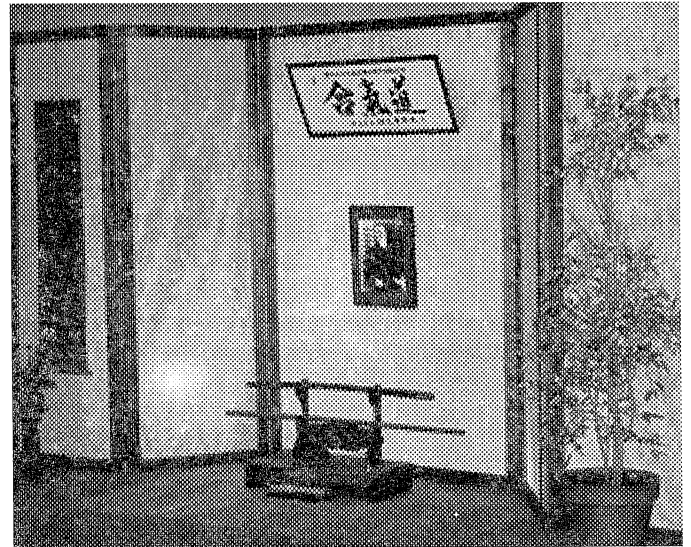
For more information, contact Global Volunteers at 1-800-487-1047 or write to 375 E. Little Canada Rd., St., Paul, Minnesota 55117 or visit the website at www.globalvolunteers.org.

Aikido Demonstration At The Grand Opening Of Japan House, Salamanca, Spain

Reported by Santiago Garcia Almaraz

On May 11th & 12th, the members of the Kodokai Dojopresented a successful demonstration at the Grand Opening of the new built Japan House in Salamanca, Spain.

About twenty students of the dojo under the direction of Chief Instructor Santiago Garcia Almaraz, presented Aikido and a special class open to the general public. In a special room, the University of Salamanca prepared tatami and a *kamiza* just for the occasion with the help of Santiago, Carlos, Jose, Tomas, Fanuc and Susana.



A special "dojo" was prepared for the Aikido demonstration.

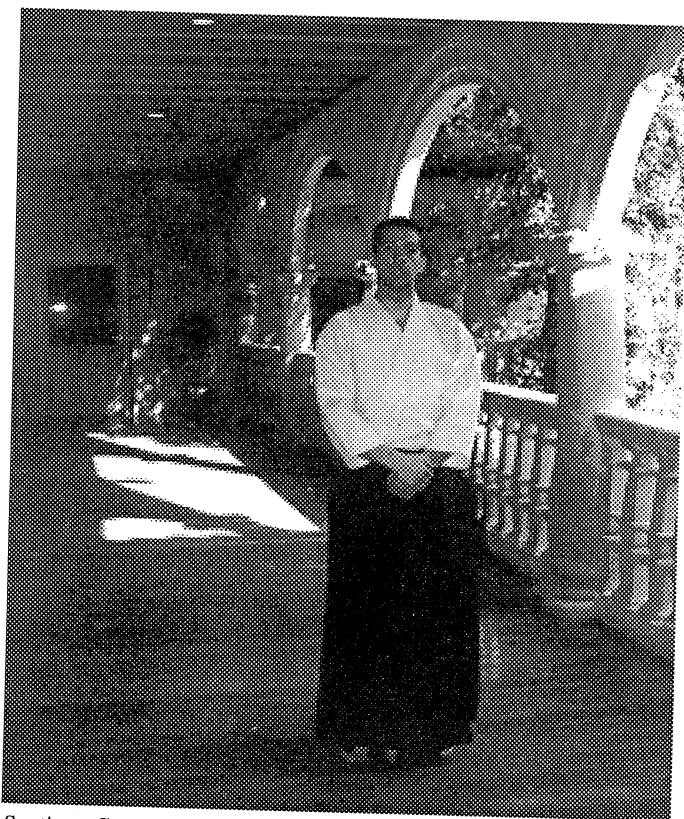
In the kamiza, We hung a photo of O'Sensei and the framed writing of 2nd Doshu (*tenugui*) presented to us by Furuya Sensei. We wanted to create an environment similar to our dojo. The peace and serenity with the beautiful Japanese classical music and the smell of the incense all helped us to enjoy the feeling, spirit and moment of our presentation.

We started with our Aikido demonstration. Some of the students demonstrated basic techniques and Aikido principles and we moved into more advanced techniques. We demonstrated the jo kata and jo techniques and finished with a demonstration of self-defense techniques using Aikido.

In part 2 of our demonstration, we asked the audience to join us in an Aikido class. All of the dojo members helped each "new student" and everyone seemed to enjoy themselves very much. It was a nice day and a great experience for everyone for both Kodokai members and all the guests as well.

Aikido Center of Los Angeles
NEWSLETTER

Kodokai Demonstration cont.



Santiago Garcia Almaraz at the Grand Opening of Japan House.

This was our first demonstration at the Japan House which was co-sponsored by the University of Salamanca. We hope to continue to work with them in the future.



Kodokai students practicing along with members of the audience in a creative group practice.

Our branch dojo also hosted Tetsutaka Sugawara Sensei, 7th Dan, from Hombu Dojo on June 7, 2000. This event will be covered in up-coming issues.

Reported from Salamanca, by Santiago Garcia Almaraz.

Sensei's Author Recognition Talk continued:

why a third-generation born Japanese American sensei may have such feelings by such a distant event. But, indeed, her passing may mark the final end of a symbol of the Showa Period and one of the last important bastions of Japanese culture. A recognized poet and artist herself, she was a great patron of the traditional arts.

Quite a few years later, I was given a dying last request which I couldn't refuse. A friend had passed away and his last request was that I take over his Japan tour which was only two weeks away. I had not been to Japan for years, my visa had expired, I had to buy suitcase. It was terrible! When we got there, the Emperor had taken ill and all events and our entire schedule were cancelled. Everyone was closed down in honor of the bed-ridden Emperor and I had to create a new tour, day by day, and fortunately it turned out to be a success. I was so impressed at how an entire could suddenly come to a halt. Soon afterwards, Emperor Showa passed away. Another friend was in charge of making the sword for the ascension ceremony of the succeeding Emperor and he told me how shocked and honored he was when the new Emperor came to his house to see how the work was in progress. Following these many years, I have been touched and influenced and feeling their passing with great remorse. More than anything, I suppose, I feel the dying gasps of a culture which is gradually disappearing into the past with no inheritors or saviors coming to its rescue.

We are all connected in some way. There is a story of a small fishing village which was destroyed and disappeared. Suddenly, after many hundreds of years, the fish in the bay that was their survival strangely disappeared. No one knew why. Finally, a scientist investigated this very strange event and found that the fish had disappeared because this little bug they fed on had disappeared as well. These little bugs disappeared because the algae they fed on had disappeared from the waters. Without this algae, no bugs and no bugs meant no fish. Why did this algae suddenly disappear from the waters? This algae thrived on nutrients from the soil that washed into the waters from a nearby mountain. When they started to cut down all the trees on this mountain, the soil became bare and lost these nutrients which washed into the waters. The lack of nutrients killed the algae which eventually killed the bugs which eventually killed the fish which eventually killed the village that had relied upon them from their livelihood. It was hard to believe that a tree cut down on the top of a mountain could cause the death of a fish at the bottom of the bay. This is how our karma works in a way. We are all connected. We have lost this concept in our modern world and only value things that we can put a price on.

When I was very young, about 9 or 10 years old, the Crown Prince and his wife, now the present Emperor and Empress came to Little Tokyo. And sitting up on my father's Con't.



Members at the Author Recognition Luncheon: Left to right: Joe Akins, Tom Williams, Rome Viharo, James Doi, John Pugsley, Mark Ty, Cheryl Lew, David Ito, Lisa Ito, Paulina Kawasaki, Shelley Santo, Sensei and Kenny Furuya.

Sensei's Author Recognition Talk continued:

shoulders, I was told to wave the American and Japanese flags. I had no idea what I was doing or what it met. My arms got tired and I put the flags down. When I did this, I was severely scolded by my grandmother. I was quite surprised and puzzled at her reaction. This was one of my first lessons in the important of paying respect. I realized how really my thank-



Twenty-eight copies of KODO were sold and Sensei donated 50% of all the proceeds to the Little Tokyo Library. It was a very successful event. Many thanks for everyone's help and support.

ful my grandparents were for being able to immigrate to this country to start a new life. However conservative they were in their views and upbringing, they were able to transfer these feelings to their new home without compromising their traditions and heritage.

Continued in the Next Issue.

**Nisei Week Festival
Aikido & Iaido
Demonstration:**

August 6 from 1pm

Please invite your friends and family to our annual Nisei Week Festival Aikido & Iaido Demonstration. In the Dojo.

**Annual Nisei Week
Japanese Sword
Lecture:**

August 20 from 1pm

Sensei will present another lecture on Japanese swords during this year's Nisei

Week Japanese Festival on "Secrets of the Yagyu Sword." A very rare and unique lecture on a mysterious, little known subject, everyone is invited to attend. Please invite your family and friends. Seating is limited. In the Dojo.

Our Upcoming August Issue:

- * Author Recognition Lecture Continued: "Japanese Culture"
- * Lotus Festival Demo
- * Higashi Obon Demo
- * Pasadena Obon Demo
- * Teaching Aikido Series

**In Daily Touch With
The Dojo? Go To
[www.aikidocenter-
la.com](http://www.aikidocenter-la.com). Click On
Sensei's Message.**

Need a touch of Japan in your Life?
Come to the dojo and practice or buy a
Japanese antique for your home! Visit and
shop at Gary's (Iaido Dept.):

Yoshino Japanese Antiques

1240 E. Colorado Blvd. At Colorado & Chester Sts.
Open Tuesdays thru Fridays 10am-5pm. Saturdays
& Sundays 1pm-5pm. Closed on Mondays..

Martial Arts In Martial Arts Movies?

I have Been Telling You It's Not Real: It's Now Official?

Ang Lee's director of the martial arts film, "Crouching Tiger, Hidden Dragon," which was debuted at the Cannes Film Festival made an interesting statement which appeared on the front page of the Calendar Section of the Los Angeles Times on May 20th. "Martial arts films have very little to do with martial arts and a lot to do with . . . choreography. In spirit this is about musical cinema rather than beating someone up." This is not new news but something everyone knows about except people in America. As much as I enjoy kung-fu and chanbara movies myself, and I consider myself a veteran buff in this area, it is hardly the place to learn "real" Chinese kung-fu and Japanese swordsmanship. Kudos to the LA Times!

Letters & E-Mails

05-29-00

Sensei:

Cheryl recommended that I visit your new "Daily Messages" section of the website. What a wonderful recommendation!

I liked this:

One should look at ukemi as a way to develop a fine sense of how the opponent moves as he executes his technique against yourself. Nowadays, many complain that they cannot take good ukemi because their joints are too stiff or are too painful. This is not a unique or uncommon symptom. Everyone has some kind of joint problem. In this case, one should concentrate on moving their "whole" bodies more fully in sync in taking ukemi, not just your joints, arms or legs. One should develop a fast, light-feeling but strong ukemi. It doesn't mean to become weak and loose or yielding in a flimsy, surrendering way. In developing more total body movement in one's ukemi, one begins to understand the point of ukemi, and ultimately, one begins to comprehend the point of Aikido technique as well.

I feel that if I can take ukemi properly for a technique, then I can find my center as nage and execute it properly "from that side." Not really two sides, 'eh?

This is a spiritual teaching essentially, and it forms the basis of the "do" rather than the "jitsu" of aikido-do. To have a sword that both kills and gives life, we must understand the functioning of the sword through and through; being killed and being brought to life. This is not our functioning as an individual, self-concerned ego-entity. It is ai-ki, the harmony of the ki - an essentially undefinable, ungraspable mystery.

I'm especially struck by the joyousness of children in this: they love to fall!

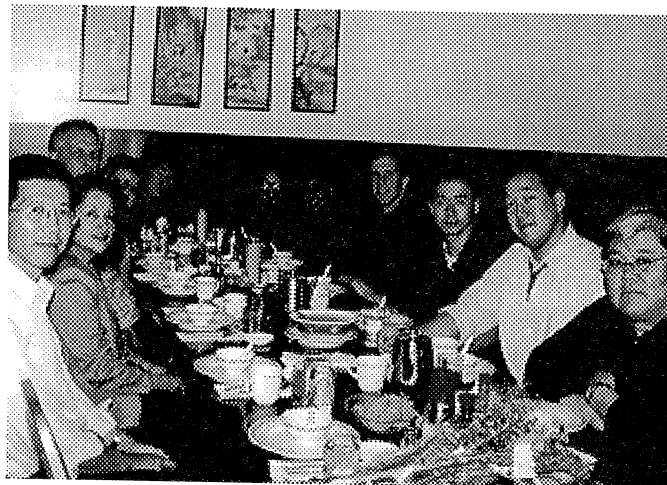
Please forgive me for going on: I got a real charge from the energy of your remarks and perhaps have taken too much advantage of the opportunity to share my thoughts on this. With trust in your listening ukemi.

Rev. Fusho Nolan, New York

Editor: Many thanks!



Our beautiful receptionists at our recent Japanese Sword Lecture, at the New Otani Hotel. Left to right: Shelley Santo, Lisa Ito, Mari Masumori and her mother, Mrs. Kyoko Masumori.



At Sensei's birthday party at Paul's Kitchen in downtown Los Angeles recently. Left to right: James Doi, Mr. & Mrs. Tom Williams, Cheryl Lew, James Takata, Kathleen Takata, Shelley Santo, Joe Akins, Mark Ty, Ken Watanabe and Sensei. Larry Armstrong is behind the camera as usual. "Had a really great time," Sensei.

Appreciations & Thanks:

To John Puglsey who helped out with our Members Name Board and this year's beautiful Nisei Week flyers and posters. To Norm Lew for helping with the Dojo electrical repairs. To Adam Bennett and Joseph Vaughn-Perling for helping with the Dojo computer and DSL installation. To Tom Williams and Mike Van Ruth with picture hanging on the north wall. To Cheryl Lew for keeping up on our attendance records and paperwork. To Bill D'Angelo with our legal paperwork. To Mark Ty with the Dojo chores. To all our members who have helped greatly with our regular Dojo clean-up. Thanks.

Dojo Donors List Life Members

Katsumi Kunitsugu , Madam S. Kansuma , Shrfu Adam Hsu, Mark Ty \$1,300.00, Hon. Peter Liehman \$1,000.00, James Doi, PhD. \$1,000.00, Dr. Cheryl Lew \$1,000.00, William D'Angelo \$500.00, Larry Armstrong, Rev. Tetsuo Umino, Dr. Taitetsu Umino, Norman Lew, Teru Ikeda

Honored Members & Friends

Dr. George Nakashima, Jim MacDonald, David Ito, Peter Kirsch-Korff, Ken Watanabe, Tom McIntyre, Mari Masumori, Paulina Kawasaki, Tom Williams, Lisa Ito

Visit Our Website Often!

Be sure to visit our website often for the latest Dojo news and upcoming events. Also see Sensei's Forum for letters and correspondence from all over the world to our Dojo. Also, a special feature is Sensei's Message. Tell your family and friends!

www.aikidocenterla.com

New Dues Policy

Monthly dues are due at the first of the month. If you cannot be in the Dojo by the 1st, please mail in your dues directly to the Dojo.

Monthly Dues: 1st of the Month.

Late Fees:

If not paid by the 5th: \$20.00

If one month dues are missed:

First & Last Month's Dues required to rejoin Dojo.

Leave of Absence:

Leave of Absence notice is required for absences more than one week. This is strictly required for Black Belts. For Black Belts: Months counted as late will NOT be counted as attendance towards their Dan promotion. No exceptions. Attendance at monthly seminars, meetings, events and Budo Study Classes will also be counted towards your promotion. Please communicate your concerns, so they can be resolved.

Affiliated Branch Dojos

Kodokai Salamanca Branch Dojo
Salamanca, Spain
Santiago Garcia Almaraz, 2nd Dan

Hacienda La Puente Aikikai
La Puente, California
Tom Williams, 3rd Dan

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntyre, 2nd Dan



Sensei with Mr. Shigeharu Higashi and his assistant at Radio Pacific Japan during a radio interview at their station in Torrance recently. Mr. Higashi has done much to support our Dojo events in his newsletter, Cultural News, his bi-monthly publication.



Birthday dinner at Sushi Gen with Cheryl Lew & Bill D'Angelo.

Aikido Center of Los Angeles
NEWSLETTER

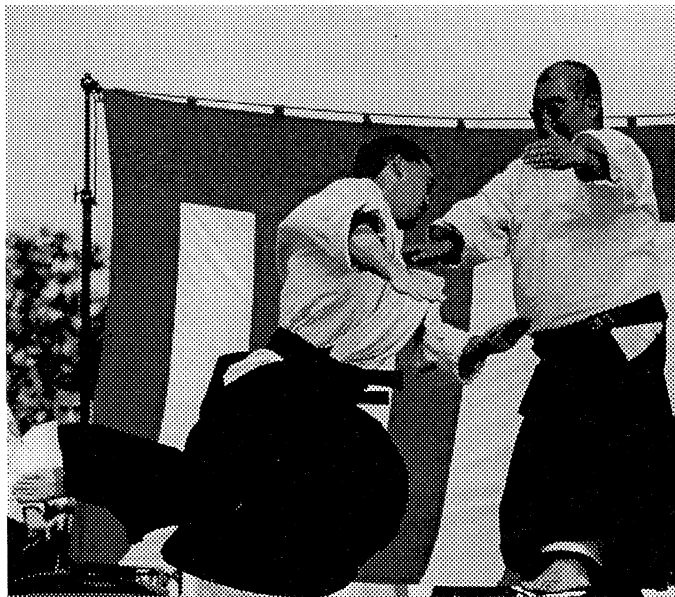
Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

This Year Is
Our Dojo's
25th Year
Anniversary
1974-1999.

Our Website:
www.aikido-centerla.com.
Come see us!



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

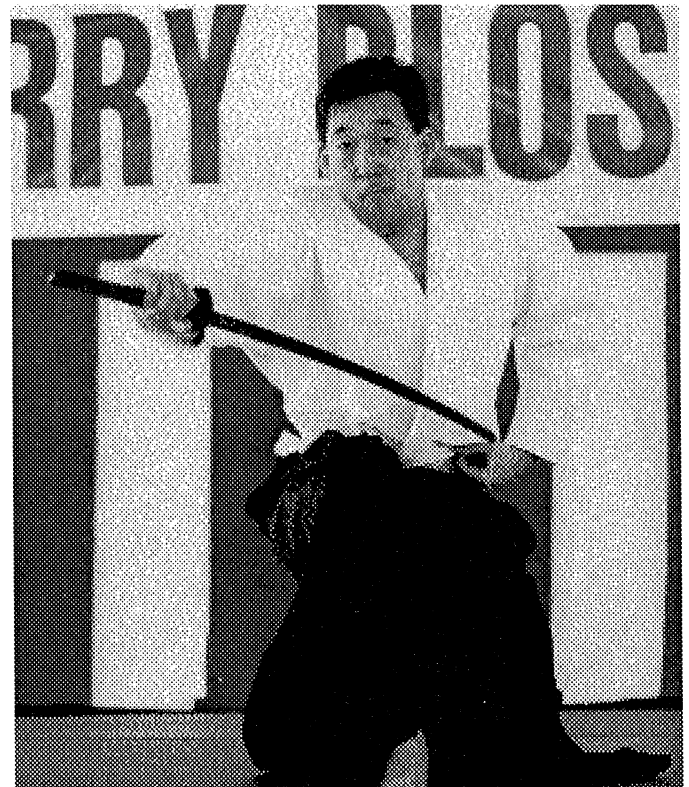
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

Japanese Swords:

Purchase, Appraisal & Restoration

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

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



Japanese Swordsmanship Muso Shinden Ryu Iaido

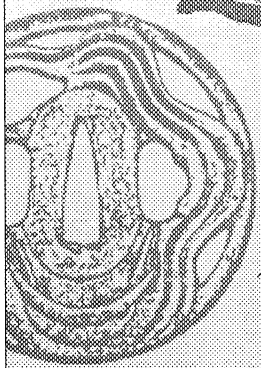
We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

Aikido Center of Los Angeles
NEWSLETTER

Martial Arts • Philosophy • Japanese Culture

KODO
Ancient Ways

Lessons in the
Spiritual Life of the
Warrior/Martial Artist



by Kensho Furuya

KODO

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

Rev. Kensho Furuya

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

Copies signed by the author on request.

aikido

by Kisshomaru Ueshiba



Highly Recommended Reading:

AIKIDO

By Doshu Kisshomaru Ueshiba

Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.



**ACLA DOJO
NEWSLETTER**

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規範 **合気道** 基本編

著者 植芝吉洋丸
訳者 植芝守央

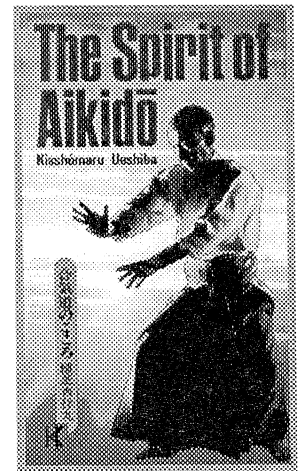


KIHAN AIKIDO

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."



THE SPIRIT OF AIKIDO

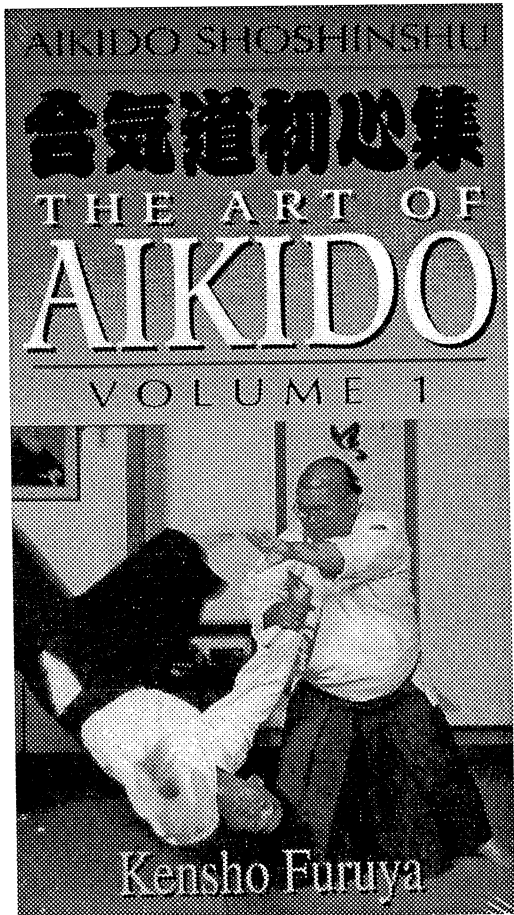
By Doshu Kisshomaru Ueshiba

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

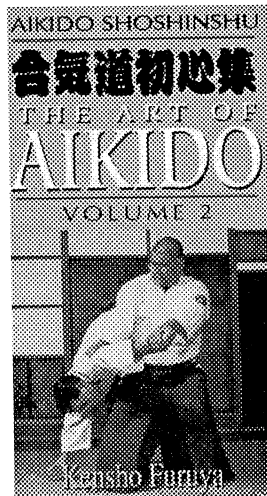
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

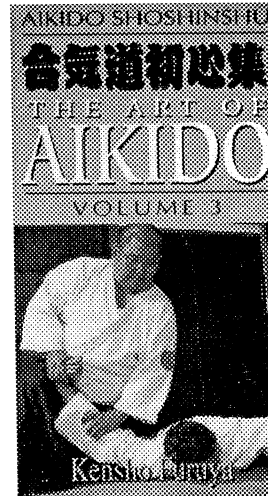
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



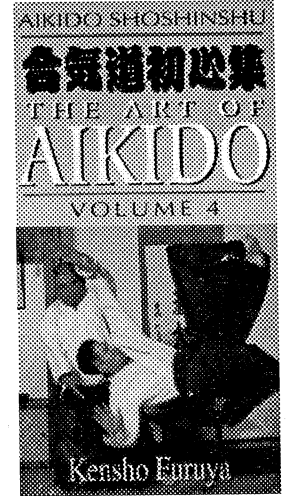
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



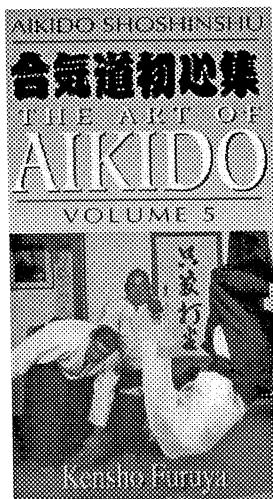
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



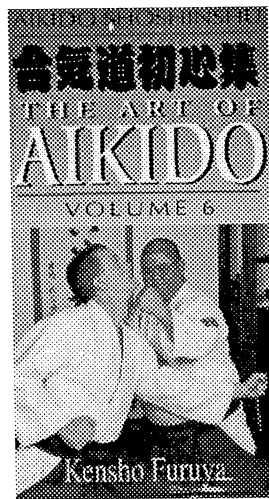
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



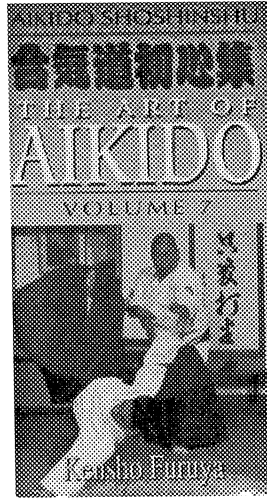
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



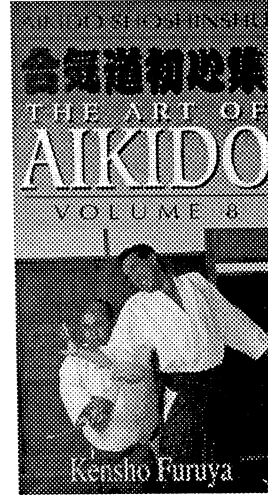
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



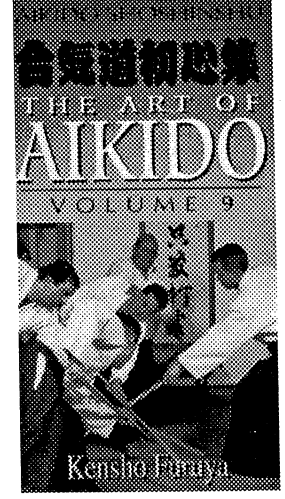
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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

Adult

BEGINNING & OPEN

Monday thru Friday Evenings
6:30pm-7:30pm

Saturday & Sunday Mornings
10:15am-11:15am

CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings:
9:00am-10:00am

AIKIDO & BUDO DISCUSSION GROUP

Every 1st Wednesday of the month.
7:45pm-9:00pm

Group Study & Discussion

Aikido philosophy, Japanese art & culture, martial arts, & Japanese sword appreciation. Everyone is welcome.

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 Doshu and the current Moriteru Ueshiba Doshu. All Dojo members are members of Hombu Dojo Aikikai.

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,
Los Angeles, CA 90012
Tel: (213) 687-3673

www.aikidocenterla.com

Iaido

TRAINING SCHEDULE

**TRADITIONAL JAPANESE IAIDO
SWORDSMANSHIP**

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

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

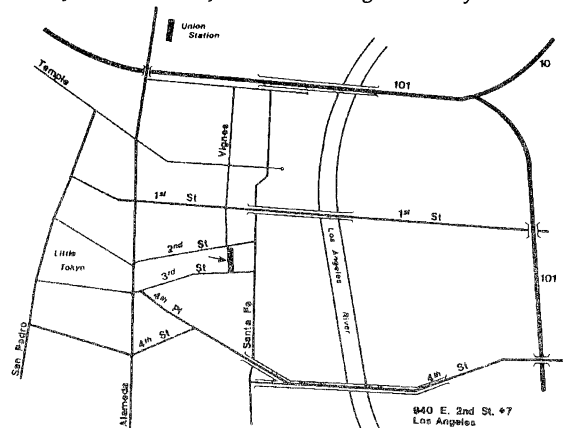
**2nd, 3rd, & 4th Wednesdays
7:45pm-8:45pm**

IAIDO INTENSIVE SEMINAR

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

About the 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.