

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

Aikido Center of Los Angeles

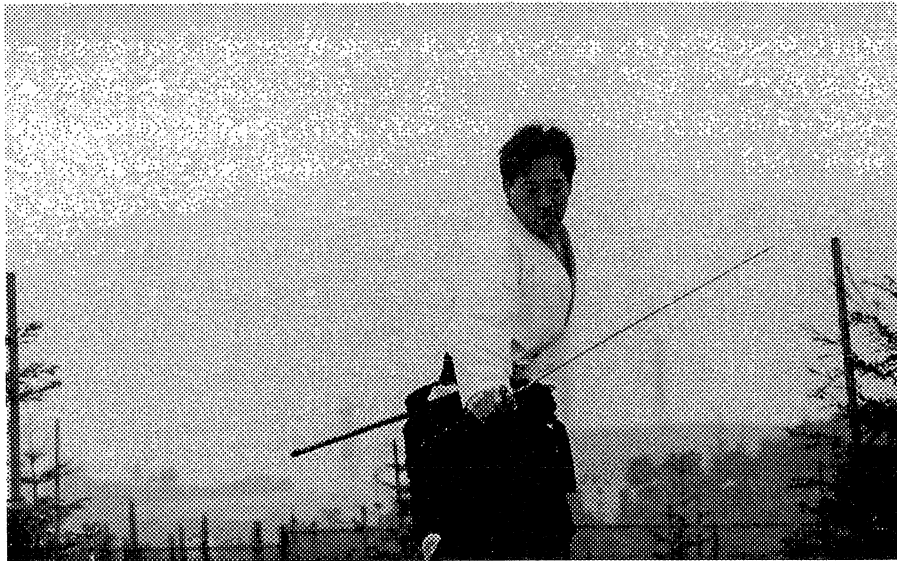
The Aiki Dojo

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

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Ken Watanabe demonstrating Hasegawa Eishin Ryu Iaido. Evergreen Baptist Church.

Searching For Truth: New Level In Training

A dojo must always continue grow and develop, but this task is easier said than done. Our training cannot become too experimental and go off on tangents until we are completely lost, at the same time, we must not become too rigid in an established routine and stagnate and wither. With an eye to the future, we must never lose our sense of tradition and the principles of Aikido created by the Founder, and we must carefully study the evolution and refinement of Aikido techniques through 2nd and 3rd Doshu while never sacrificing the art for fad and trends and current tastes. Aikido should never lose its character of true Aikido, the form of practice must never lose its spirit and the Dojo must always provide the perfect environment for serious study and training. In a nutshell, we can sum this up as our continued search for Truth through the wonderful gift of Aikido.

I would like to see my students take a more active role in the Dojo and I would like to see my black belts continue to develop themselves as fine instructors, gaining more experience in teaching without sacrificing their own training.

Kodo II is finished and I will begin a new period of study and research to develop my own skills and knowledge. We have completed, this year, two programs for the Discovery Channel and one for KCET. We have my biography pending as a future project. Somehow, more than a sense of accomplishment to participate in such opportunities to disseminate Aikido, I am only left with an empty feeling of despair that I can no longer communicate well with the general public and only seem to represent the older form of martial arts practice which is old, half-forgotten, and largely ignored. We, especially myself, need to turn our attention back to our own practice.

I am happy that we can begin to contribute to the youths of East Los Angeles through the Pico Aliso Project. We seemed to have become an irrelevant part of the Japanese American community of Little Tokyo and this gives up an opportunity to continue to give to the community. I still believe that we can only understand O'Sensei's compassion for human beings through service to others, especially in the community. at the very least, it is good karma for us and our Dojo.



We begin an outreach program for youths in the East Los Angeles area, teaching Aikido at the Pico Aliso Gymnasium beginning in August.

Aikido Center of Los Angeles NEWSLETTER

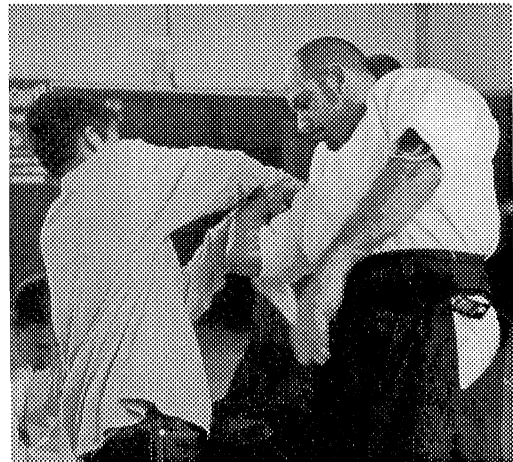
Searching For Truth continued:

While continuing to devote my time to the students, I hope I can spend more time developing my instructors who will eventually carry on this Dojo.

We are now offering many new classes. Tuesdays will be for black belts and instructors. Every 1st and 3rd Fridays, I will begin our study group again. I truly hope these two classes will do well and develop. Please support them.

From now and with in the next decade, I hope to write ten books - my life long dream and one of my last jobs.

I hope everyone will work together. As the world changes, Aikido will change. Is the world becoming a better place to live? Change is inevitable, making change for the better is always the difficult job. Whatver you do, capture Aikido right now.



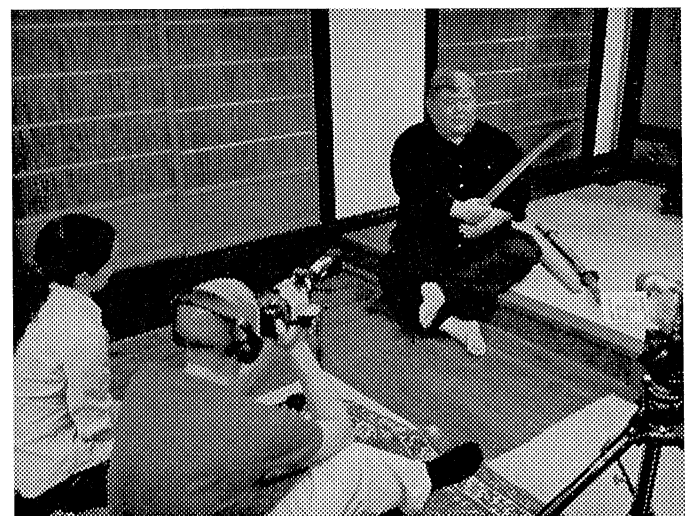
Victor Moyano, 1st Dan, working with Pico Aliso youth in April. A new Aikido program for youths begins in August.

Santiago and the Kodokai Dojo demonstrate for special youths,



Ultimate Ten Martial Arts: Iaido

On June 23, the Discovery visited the Dojo once again to do the Iaido and Sword segment of their special, The Ultimate Ten. Our Dojo is one of the few dojos representing the traditional side of martial arts.



Aikido Center of Los Angeles
NEWSLETTER

“Discovering” The Media:

On September 14th, later this year, they will air a Discovery Channel special program which was shot last year in the Dojo, as everyone may recall, called, “On the Inside: Martial Arts Japan. It’s original airing schedule was for mid-April. We are featured prominently in this program along with Okinawan Karate, ninjutsu, and something called, “combat ki.” On June 1st, the Discovery Channel also video taped our Dojo for another special program entitled, “The Ultimate Ten Martial Arts.” There are plans for yet a third program this year, a 60-minute biography on yours truly, your Sensei.

This is not the first time we have been featured on television. We have appeared on A&E, other Discovery Channel programs, the History Channel and actually quite a few, very likely more than most other dojo or martial art in this country. It is long before your time so I am certain you are not aware of it, but I have appeared on television many times, especially on local television since the early 70’s, demonstrating Aikido. This has always been a great puzzle to many of my friends in the martial arts because of all the martial artists who dream to be on television and the movies, I am the one who has the least interest and pointedly refuse all offers. Yet, by some odd fate, I appear on television more than most teachers. Even I, myself, find it very strange. I do not want to be an actor or appear as an actor or extra. (I truly believe the camera doesn’t like my face.) But if it is a chance to introduce Aikido to the general public, then I am all for it

Of course, it is a tremendous opportunity for the Dojo to build its membership. My own personal reasons for consenting to do these programs is to publicize Aikido to the general public and hopefully we can do a decent job at this. We have had many compliments in the past and I think this has contributed to Aikido’s growth (I would like to think) over the country, although the direct impact to our tiny Dojo is very small. And, with a little pride (please indulge me) we always look very good and I think Aikido always comes off looking very good with all respect to the other martial arts represented.

You maybe surprised to know that I do not solicit these projects but they always manage to find me despite the very quiet life I lead, secluded in the very safe walls of our Dojo. We do not receive a penny in compensation and I regard it, as I have mentioned before, as my duty to help to publicize Aikido to the general public. There is no benefit for me; perhaps a few students may trickle into the Dojo. Indeed, I risk great jeopardy in these projects because my greatest fear is that I will look like a complete fool or say something completely stupid.

Most of these people come to me with the desire to show the “real” martial arts or the authentic history of the martial arts to the public. but as always, by the time it passes through the cutting room floor and receives final approval from the producers, the sponsors and the marketing geniuses, more often than not (hardly ever “not,”) it becomes very sensationalistic hype because ultimately, “this is what sells,” this is what the public wants,” and “this is the best we can do in an hour.”

In the most recent program to be seen on September, I gave my students the opportunity to see a “rough cut” or unfinished version of “On the Inside,” and reactions were mixed. Some liked it, some thought it trivialized the martial arts. One students remarked, “Sensei, they taped your wonderful interview for over three hours,

is that all they could get from it?” Sadly, this is so. After taping in the Dojo, there is nothing you can do once they get their hands on it. They best we can do is try to show the best Aikido we can. I can talk until I am blue in the face about Aikido, traditionas, history and its philosophy but always, - ninjutsu and Shaolin Temple always sells. TV thinks that the public only wants high kicks, screaming and faces scrunched up in pain. Yet, we will continue to try to educate the public in Aikido, but first, it seems that we will have to educate television first.

When I saw the rough cut of “On the Inside” myself, I expressed my concerns to Discovery Channel:

(05-15-01). *Dear Rev. Furuya, It was wonderful to meet you yesterday. I will definitely contact you soon to talk more about aikido. I think the program represented aikido well. I don't think you looked mean, just strict, precise, and rigid, in order to make sure the techniques are passed down properly. I really think it looks and sounds great.*

I look forward to speaking with you soon regarding our program. I do wish I had had a chance to take the class, but I really appreciated your taking the time to talk to us and perhaps I can try a class another time. Thanks and speak to you very soon. Sincerely, Liz.

05-15-01/ Sensei: I was disappointed--with all the hours and hours of materials you provided to the production team, I feel that the end result was a trivialization of everything the Dojo and you stand for. Obviously, the demonstration of superb skill is not as important as extended interviews with people who talk about (and show) killing (or attempts thereof) and brutalizing their students (including children). This show was much worse than the previous shows done for A&E. . . . Cheryl

05-15-01. Sensei, it was hard to judge because i really did not get to see the whole segment. The overall "production" of the piece was a little disappointing from what I could see, just in terms of editing, shooting, and layout. But maybe it was a rough cut, because that is what it looked like.

It seems that the only flavor of Japan in the whole piece was our dojo, however. I know you didn't like how they cut the piece with you correcting the students allot, but I think it really showed an aspect of training that was missing in the other pieces. I thought that this was good, it showed real training. You have a very gentle presence, so I didn't feel you came off mean at all, just precise in the training. Cheryl speaks very well, so her small interview came off good, even though, she said, it was the least interesting thing she said in the interview. I think our dojo has a different quality of students overall anyway. Artistic, educated, professional. This came across as well. Looking forward to seeing the whole piece. Rome

05-15-01. Our dojo kicks major ASS!!!!

05-16-01. It made me happy and grateful to be learning at the civilized (and beautiful) Aikido Center L.A. ... no kicking, punching, choking, biting (a la Mike Tyson!), blindfolds, shuriken and other scary stuff! Kaoru

Editor’s Note: The Discovery Channel is very happy with the program. It is all a matter of perspective, isn’t it?

A Cry For Help!

June 18, 2001

The other day I met a student I hadn't seen for a while. When I asked why he hadn't been in practice. He replied, "You 'yelled' at me the other day so I quit!" This makes me sad but I don't know who to feel sorry for, him or me! I wish he could understand that no one is 'yelling' at him, but training in the Dojo is very intense and requires great attention and concentration on everyone's part. At the same time, I feel sorry for myself because I don't have the ability to talk to these people like they expect me too and am too old-fashioned.

Today, teachers must act "professionally" as in a health spa or work-out gym. Be nice and never correct them or say that it is wrong or you will chase them away to another spa. (It is really not a matter of training or teaching the individual nowadays, it is always a matter of keep that money rolling in! I always hate this so much I don't care if I kick out a student from the Dojo - I would never want him to think that I am only teaching him for money. In teaching a student, it is quite worth it, in the old days, to starve to death as a beggar than make a compromise of one's principles. At least, this is what I was taught and this is the way I must be as a teacher!)

An old crazy dog like me was trained so differently in the old ways. We used to say, "Asking your teacher a question, is like riding on the back of a tiger. Once you get on, you are in danger of losing your life if you try to get off." Or, we used to say, "Asking a question is like entering the dark cave of a lion or bear. We were always careful how we approached the teacher and always careful about what we asked. It was never a matter of smart or stupid questions and it was never a matter of right or wrong, it was always a matter for showing our sincerity and demonstrating our strong aspiration for learning. If we approached too casually, or if we presumed to chit-chat with Sensei just be "friendly" or get intimate to him, we were always in danger of being attacked by the great tiger, lion or bear. This is what happens to most people today.

This is why some students talk to Sensei so easily, this is why some students can't get too close at all. It is all a matter if you know what an angry tiger looks like or not!

As everybody knows, all humans have ears and a auditory system connected to the brain in order to hear. As science will agree, we don't hear with our toes or fingers or even with our belly-buttons. In the Dojo, we have three ways to hear, believe it or not. We hear with our Ears, our Egos and our Hearts.

When we hear with our Ears, we say, "I hear noises from Sensei I wonder what he is talking about?" When we hear with our Egos, we say, "Sensei is scolding me again, he hates me! I did nothing wrong because I am always right!" When we hear with our Hearts, we don't say anything, we get right to work to the task at hand because hearing with our hearts always creates spontaneous action. (When we say "hearts," we mean listening with our whole body, mind and soul - including your belly-button and each and every strand of hair on your head!)

We can also say the same thing about speaking. We speak with our Mouths, our Egos and our Hearts. A good teacher, I believe, will only listen to your Heart - be very careful what you say! A mediocre teacher will listen to your Mouth - "How much am I getting paid for

NEW TRAINING

SCHEDULE:

4th Saturday Morning

Intensive 6:30-8:00am:

Open to all Kyu-grade students. Adequate ukemi is required.

Tuesdays 6:30-7:30pm:

Instructors' Education & Training Class
REQUIRED for all Black Belts and Black Belt Candidates.

Wednesdays 7:45-8:45pm:

Advanced Level Training for 2nd Kyu & up
and all Black Belts. Bring weapons.

Fridays 5:30-6:30pm:

Open Beginning Class.

6:30-7:30pm:

1st & 3rd Fridays: Aikido Principles,
History & Traditions. Lecture & discussion.

this?" He thinks. A bad teacher will only listen to your Ego - "This guy thinks I am so great!"

One day, the great swordsman, Yamaoka Tesshu, was introduced to a great speaker who then gave a wonderful recitation of a famous story. After this speaker was finished, he looked at Yamaoka's face for some kind of recognition or approval but got none. Not standing for this and not able to bear it any longer, he finally asked the swordsman, "What did your think of my recitation?" (Very rude in those days!)

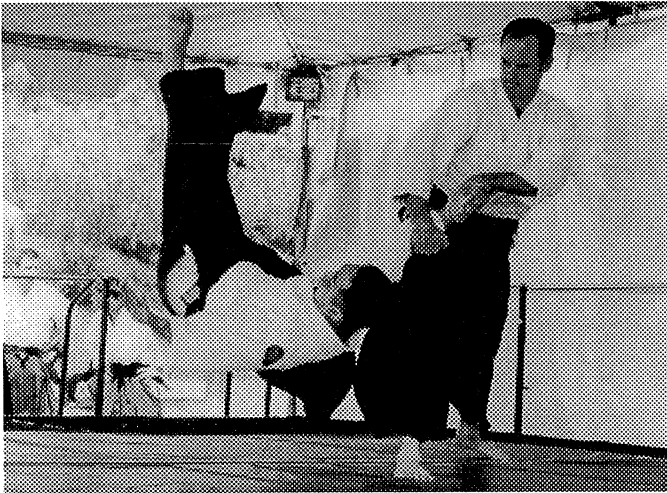
"It was okay," Yamaoka replied, "but you use your mouth too much!"

The speaker was quite stunned at this but thought about these odd words for a long time and tried to practice speaking without using his mouth.

The next time, the speaker performed before Yamaoka, the swordsman immediately exclaimed, "Wonderful performance!"

This type of narrator in Japan uses their facial expressions and mouth to tell a story and can cleverly portray several characters at the same time by how they speak. They often use a fan and their hands. This type of speaking is very difficult because they are wearing a kimono and sitting on a cushion and cannot move around or stand up or dance around or anything else - just sit and talk. I think Yamaoka tried to teach this person to tell the story from his heart rather than rely on the usual tricks of the trade.

I like this story very much because this is exactly how it should be in the Dojo, everything is from the Heart!



Mike Van Ruth, 3rd Dan, at the Cherry Blossom Festival recently.

I Am Thankful. . .

I AM THANKFUL FOR . . .
THE SPOUSE WHO HOGS THE COVERS EVERY NIGHT,
BECAUSE HE/SHE IS NOT OUT WITH SOMEONE ELSE.

THE TEENAGER WHO IS NOT DOING DISHES BUT IS WATCHING
TV, BECAUSE THAT MEANS HE/SHE IS AT HOME AND
NOT ON THE STREETS.

FOR THE TAXES THAT I PAY, BECAUSE IT MEANS THAT I AM
EMPLOYED.

FOR THE MESS TO CLEAN AFTER A PARTY, BECAUSE IT
MEANS THAT I HAVE BEEN SURROUNDED BY FRIENDS.

FOR THE CLOTHES THAT FIT A LITTLE TOO SNUG,
BECAUSE IT MEANS I HAVE ENOUGH TO EAT.

FOR MY SHADOW THAT WATCHES ME WORK, BECAUSE IT
MEANS I AM OUT IN THE SUNSHINE.

FOR A LAWN THAT NEEDS MOWING, WINDOWS THAT NEED
CLEANING, AND GUTTERS THAT NEED FIXING, BECAUSE IT
MEANS I HAVE A HOME

FOR ALL THE COMPLAINING I HEAR ABOUT THE GOVERNMENT,
BECAUSE IT MEANS THAT WE HAVE FREEDOM OF
SPEECH.

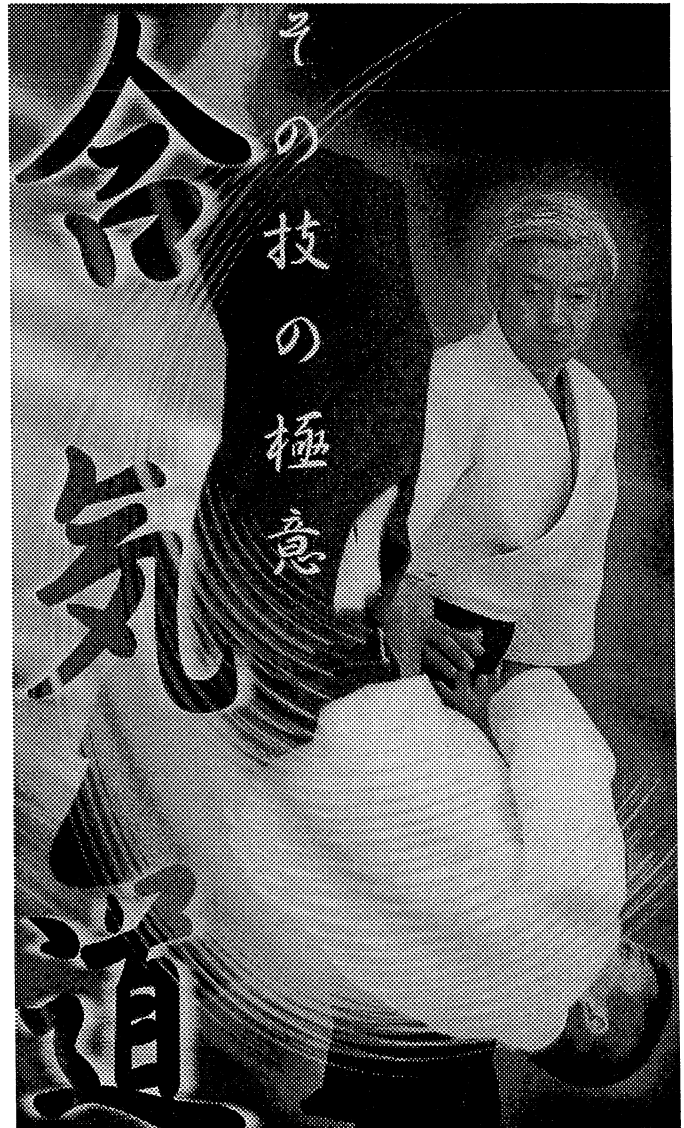
FOR THE PARKING SPOT I FIND AT THE FAR END OF THE
PARKING LOT, BECAUSE IT MEANS I AM CAPABLE OF
WALKING AND THAT I HAVE BEEN BLESSED WITH TRANSPORTATION.

FOR MY HUGE HEATING BILL, BECAUSE IT MEANS I AM
WARM.

FOR THE LADY BEHIND ME IN CHURCH THAT SINGS OFF
KEY, BECAUSE IT MEANS THAT I CAN HEAR.

FOR THE PILE OF LAUNDRY AND IRONING, BECAUSE IT

Doshu's New Aikido Video



Taking orders for excellent video by Doshu. See Sensei.

MEANS I HAVE CLOTHES TO WEAR.

FOR WEARINESS AND ACHING MUSCLES AT THE END OF
THE DAY, BECAUSE IT MEANS I HAVE BEEN CAPABLE OF
WORKING HARD.

FOR TOO MUCH E-MAIL, BECAUSE IT MEANS I HAVE
FRIENDS WHO ARE THINKING OF ME.

FOR THE ALARM THAT GOES OFF IN THE EARLY MORNING
HOURS, BECAUSE IT MEANS THAT I AM ALIVE.

AND FINALLY..... FOR TOO MUCH E-MAIL, BECAUSE IT
MEANS I HAVE FRIENDS WHO ARE THINKING OF ME.

(Submitted by Ken Watanabe)

AND FOR STUDENTS TO GUIDE AND TEACH AND WORRY
OVER BECAUSE IT MEANS I HAVE A FAMILY. (Sensei)

Aikido Center of Los Angeles NEWSLETTER

Q&A:

05-30-01. Weapons Training. Rev. Kensho Furuya: First, I must apologize after reading your answer. I understood that I was asking entirely the wrong question. I was supposed to ask, "What are the benefits of training with weapons in Aikido?" Then I went and purchased, "The Aikido Student Handbook" by Greg O'Connor. His chapter on weapons answered my question. I'm very sorry about asking the incorrect question.

As to answering your question, I practice AUSKF Iaido and Kendo during the week and Kyudo on Sundays. I have observed two Aikido training sessions at two Aikido dojos here in Boston and in DC. I have a least two more dojos to observe, before I make a discussion which one to join. I also have to make myself available for the practice times. Thank you. Sincerely, Jörgen Fägerquist

Sensei: Although its application and relevance has been largely ignored or forgotten nowadays, weapons training is essential in all traditional Japanese martial arts. Originally, bare-handed techniques arose out of the necessity to defend one's self against an armed opponent or to defend one's self when one lost his weapon. Today, weapons training is the most excellent method to train one's body and develop mental focus and concentration. It teaches precision in the execution of techniques - with or without weapons and spacing and timing in all techniques. However, as martial arts loses its budo applications, timing and spacing become side issues, precision is not a requirement against ineffective or weak attacks and a sensation of pleasure take precedence over the mental tension created by strong focus and concentration. Finally, sword training allows us to reach back and touch the ancient masters and somehow see a glimmering of their thinking and attitudes in a life and death encounter. O'Sensei often said, "I practice, execute Aikido techniques as if wielding a sword." This is the most important teaching of all.

06-03-01: Tattoos? Rev. Furuya, I have some questions I'm hoping you can help me with. I have seen many pictures of Japanese tattoos that are quite beautiful pieces of art work. In movies they are often depicted as representing membership in the Yakuza. Do you know if there was any form of tattooing connected with the Samurai? If so what sorts of images were used and what was the significance. In Japanese culture is there such a thing as "spiritual tattoo" acknowledging some transformation or spiritual growth? Any help you can provide will be most appreciated. Sensei, Thank You for your time. Respectfully, Mark Gerardi

Sensei: Today, tattoos are the trend and the Japanese art of tattooing has been long well known over the world and is still practiced today in Japan. The ancient Ainu aborigines in the northern part of Japan used to tattoo their faces in ancient times much in the manner of the South American Aztecs and Incans and the natives of the South Sea Islands such as Polynesia and Micronesia. I do think there is an ancient connection here in the pre-historic migration of peoples between South America, the South Sea Islands and the Northern area of Japan. This is also given support by the fact that among the early inhabitants of the Easter Islands, the higher social class of nobles also tattooed their faces.

A related refinement of this practice is facial scarring among African peoples which has been practiced since before the age of the

Egyptians who also wore facial make-up as a sign of social status and beauty. Facial tattooing and scarring may all be an evolution of the early practice of wearing heavy facial make-up practiced by peoples in the fertile valley long before the age of the Greeks and Romans.

Among some cultures, tattooing or marking was a sign of social rank or status. Among other cultures, it marked a rite of passage or initiation. Early circumcision rituals signifying initiation or acceptance, may be the first stage in the later developments of body markings.

In Japan, however, body tattoos evolved because tattooing was essentially a forbidden art and was worn concealed under the clothing. Tattooing was the official process to permanently mark prisoners and criminals. Body tattoos were worn only by the untouchables in Japan and, later social rebels such as gangsters.

The Samurai were not allowed to wear tattoos and this offence was punishable by death and abolishment of one's family and household. Tattooed persons were not allowed to handle swords, it was considered bad karma for a sword to come in contact with a tattoo - the reason why criminals especially favored tattoos.

This concept was justified by the Confucian ethic that the body was a gift from one's parents and any manner of mutilation or disfigurement of the body was considered a crime against one's parents. Such a crime would also not allow a person to enter Paradise in the afterlife. Japanese tattoos often took on a religious motif but this was only a sign of the individual's bravado or machismo and not a significant or deep, fervent religious practice.

In modern times, the Japanese tattoo is still a status symbol among gangsters but the practice is dying out as gangsters try to assimilate into normal society. Tattooed persons in Japan are not allowed in many public bath houses, swimming pools or spas. People showing tattoos may be asked to leave many restaurants or public places. At the same time, Western style tattoos are becoming popular in Japan imitating our country's fashion. Among old fashioned traditionalists, however, anything less than the traditionally Japanese full-body tattoo (which may cost up to \$20,000.00 and take ten years) was considered cowardly and shameful. The word, "tattoo," is a 19th century English corruption (popularized by sailors) of a Polynesian word which imitates the sound of the tapping of the tool as the ink is applied. A true samurai, swordsman or traditional martial artist would never be tattooed.

06-06-01. Sensei, The bluntness of your answers only helped to better illustrate how strongly people of the time felt about the subject of tattooing. With today's more relaxed attitudes I was unaware that had been the historical view in Japanese culture. Thank you again for taking the time to educate me.

Many Thanks

Much appreciation to the Discovery Channel and the KCET for covering our Dojo in their special programs. For Discovery, we taped the On the Inside: Japanese Martial Arts and the The Ultimate Ten Martial Arts. And for KCET, we taped for the Life and Times Tonight Show which aired on June 28. The KCET program will air several more times in the future. Many thanks.

Aikido Center of Los Angeles
NEWSLETTER

Q&A Con't:

06-05-01. How many kinds of Aikido? Hi! I am interested in starting the martial-arts and Aikido is going to be one that I am interested in as my basis. I have bought a couple of books on the subject and will eventually buy some videos still I know that some teachers' of Aikido eventually put or make some form of signature of it to make it distinctly their own.

1. What I really want to know is the basics the same no matter where or who I learn the art form from?

2. There are many types of Aikido would that be similar as there are many different types of Kung-Fu?

3. I went to the Amazon website and was reading a bit of the page on KODO and saw a little commentary of yours about KODO Vol.2 is there a possible release date in the near future?

I already have KODO and I am anticipating for the next one. Thank You! For Your Time. Al. maulsidious@hotmail.com

Reply: 1. In Aikido, the training is very different from one teacher to the next and one group to the next. Unfortunately, there is no standardized training form and the level of training varies greatly from very good to very mediocre. One should always judge the training by the teacher and his lineage. Since no one has even come close to O'Sensei's level and since he is considered the "Founder" of Aikido, I believe that for these two reasons alone we should stay close to the source of Aikido itself.

2. Nowadays, there are many types of Aikido and more springing up each day. In the days of the Founder of Aikido, his Aikido overshadowed everyone else's and we could say that there was only one Aikido that he taught with a few off-shoots. Today, there are many groups each trying to be recognized as #1. Although variation is good to insure continued growth and evolution, we have forgotten the very important element of quality and the virtue of maintaining a high standard of training.

3. KODO II will be a while before it is finally published.

06-15-01. When do we start? I was pleasantly surprised to find your e-mail and I agree this form of communication would be more convenient. Aside from myself, another staff member and four youth who feel eager to begin training, the other youth seem more curious then serious. In speaking with my co-workers, we feel to make this endeavor a great success, we want to pump up the kids and we also need to get permission to use the gym. Important details but I was real happy to know you were still willing to teach us. Next month the staff has alternating vacations. I hope that you are patient with us and we begin our lessons in August. August 4th will be the first Saturday in the month. And I hope to see that as our first day of training (if Saturdays are still ok with you) Manuel Rodriguez. Aliso Pico Impacto Project

Reply: I cannot wait to start this project with you and I hope we can contribute greatly to all of your youths and that they can grow and develop through Aikido practice.

05-30-01. I am attracted to my teacher. Dear Reverend Furuya, I have enjoyed your book, and I love reading the articles on your web

site. I began my practice in Kung Fu and Tai Chi just over a year ago, and I enjoy them both very much. While I strive to appreciate and practice very hard these martial arts, I find that I am bothered by a problem of mine that I haven't seen addressed much and would very much love any insight you may have that can shed some light on my situation.

I find myself feeling quite attached and attracted to one of my instructors at the dojo. I work very hard to not let it show or express such a thing because the last thing I want to do is to dishonor my instructor, my Sifu, and the dojo. There have been times that I wanted to give up my practice because of this but because this is such a great place I don't want to leave. I try very hard to focus on the art, and to meditate, but it is very trying. This person's presence sets my soul on fire and it is very tough on me. What can I do? I've not said a word to anyone about this in a long time. I did talk to my Sifu about it once last year, but don't want to bother him again with it. I had hoped my feelings would go away. But they don't.

Rev. Furuya, I love martial arts and I want to be a good student. This is the one thing, though, that seems to get in my way. Any insight or wisdom you may have would be of big help to me. I appreciate what you give to the world of martial arts. Maybe someday if I make it to Los Angeles, I would love to visit your dojo and meet you. Thank you for your time. Sincerely, Doreen Cole P.S. if you happen to put this on your website, please just use my initials. I am aware that several people from my dojo visit your website all the time and frankly, I don't want anyone to get wind of this. Thank you! D.

Reply: Don't even go there! As much as the student should expect the teacher to act respectably and professionally. So should the teacher expect the student to act appropriately as well.

You are in danger of ruining your career in the martial arts as well as that of your teacher. If you cannot control your own emotions and must express such feelings within the environment of the Dojo, I think you should leave the school or quit your training. You are not a good student.

Although "love" can blossom anywhere, if that love is destructive and harmful to either or both parties involved and will cause much suffering and harm - how can that be real love?

In almost 90% of the cases in a relationship between a teacher and student, most have failed and caused great harm. Some have worked out, but somehow it is like trying to find love in your doctor's office, in a temple, or at work or any other professional environment.

05-18-01. Rev. Kensho Furuya: Would explain the use of weapons in the practice of Aikido? Sincerely, Jörgen Fägerquist

Reply: No! Why?

05-30-01. Rev. Kensho Furuya: First, I must apologize after reading your answer. I understood that I was asking entirely the wrong question. I was supposed to ask, "What are the benefits of training with weapons in Aikido?" Then I went and purchased, "The Aikido Student Handbook" by Greg O'Connor. His chapter on weapons answered my question. I'm very sorry about asking the incorrect question.

Continued:

Dalai Lama's Visit To LA:

05-26-01: Sensei, I just wanted to pass along my thoughts about today's conference here in Pasadena with His Holiness. At one point in the talk the Dalai Lama was recounting a story about some Buddhist characters meditating in a cave, and then he paused, took off his glasses, put his head in his hands, and began to cry. He must have cried for a minute or two. As he cried, his friends/older monks began to cry with him. As he composed himself he seemed ashamed that he could not remember the story, and that he had to ask another monk for help with the rest of the story.

Some observations that I had were, knowing all the good that he has done, and his excellent work and dedication, he was in deep pain because he could not express the teachings as well as he thought that he should. The other thing that touched me was the reaction of the other monks. It is not very often that you see grown men crying out of compassion for their other male friends. It reminded me of last year's lecture when Geshe Teple, a friend and Tibetan monk here in Glendora who was chanting and making an offering to the Dalai Lama. Geshe was doing that deep, low sounding chanting of blessing for his friend the Dalai Lama, and this 60 or so year old man was crying while he sang. That type of commitment, humility, and emotion really inspire me. I just thought that you might want to know. Sincerely, Stephen Cooper

05-26-01: Well, I took some very haphazard notes when I saw Dalai Lama; for me it was heartening just to be in the presence of him and to see about 8,000 others who wanted to come and listen to someone speak; nothing glamorous, no special effects or music or sexy or violent stories; no visual aides or accessories other than a large screen so everyone could see his expressions, and an interpreter for when he got stuck trying to express something in English. It made me feel good just to be around some positive people who wanted to listen to someone talk and who wanted to actually think.

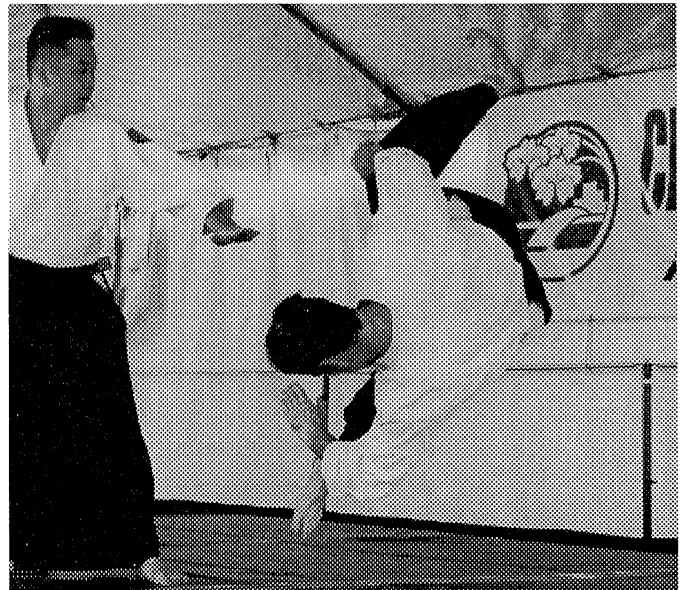
There was some discussion about "internal disarmament"; a term I have read he has used before; discussion about the ultimate goal as global de militarization; how all those resources could be used for something constructive... And he drew a lot of applause pointing out how obsolete and impractical war is in modern times. And villainization of one person like Hussein is "unfair" and disguises the involvement of many "all totalitarian regimes require powerful military and equipment, which involves many countries arms trade"; to blame 1 leader is unfair.

He discussed some global economics problems that sounded a lot like the ecopsychology I've been reading about; how the gap between the rich and poor is not only morally wrong but is practically wrong as well. He gave an example of how prisoners are so rejected by society that they lose all hope and we offer them no incentives at all to become responsible.

Perhaps my favorite part was his views on how Anger, jealousy, self centerdness are mental illnesses which damage health. He pointed out that "any doctor or therapist" would advise the same thing: that to harbor resentment and bad feelings is negative for health. He made no claims about being 'above' feeling emotions; but advised to one to be reluctant to partake in negative emotions, no to foolishly welcome that into life. And to understand Peace of Mind as a means and a result.

I think his views on tolerance was excellent too; not just "oh, we should all get along"; but he pointed out how he had struggled to understand and accept other religions; but how the existence of warm, kind, dedicated people such as Mothere Theresa and Martin Luther King Jr. proves that there are leaders to be found in every religion and that there is more than 1 route to creating good; as in medicine where there are differetn types of treatments that all serve to maintain health.

Meanwhile the Jesus freaks were outside yelling at people that they would "burn in hell". sigh. At any rate-there was more but those were the highlights I jotted down while lying on the grass at Shoreline ampitheatre listening to Dalai lama speak... Sensei- you could do a Kodo book/speaking tour... HHH



Q&A: Jorgen continued:

As to answering your question, I practice AUSKF Iaido and Kendo during the week and Kyudo on Sundays. I have observed two Aikido training sessions at two Aikido dojos here in Boston and in DC. I have a least two more dojos to observe, before I make a discussion which one to join. I also have to make myself avaiable for the practice times. Thank you. Sincerely, Jørgen Fägerquist

06-06-01. Rev. Kensho Furuya: While training in Kendo, some may say a very formalize art form, both a martial art and sport, although I found so it can both and neither at times. Although it may be not my path, its a path that allows me a train my mind and body into one and understand the use of space around me and through me. I do get the feeling that space is a dimension of the one. Timing and the control of space are two factors that I'm learning about. At the same time, its learning to focus on the coordination of my feet with my arms to control the shinai. Many times my angry bursts forth at my inability to perform a waza correctly. I've had more than one senior admonish to relax. And still I practice. For what reason do I practice; any number of reason: truth, learning something difficult, satori, or stretching my boundaries. Yet often my intuition tells its none of those reasons, the reason that you practice will come to me through practice. Maybe people and teachers can tell a reason and maybe it will be the reason I do practice. And yet answer lies in one waza after another, and in Nukitsuke, Kirioroshi, Chiburi and Noto again and again. Maybe some day I'll understand. Right its the choice to practice. Thank you. Sincerely, Jorgen

Further Tragedy of Hans Nguyen Bauer

05-12-01. Dear Furuya Sensei, Since my contact with You several events passed. There was written an email full of bad and offensive 'rumours' and lies about my person; in private and as an aikidopractitioner and - aikido-teacher by a person behind an unverifiable emailadres (again), to several international and national organisations and dojo's. The email of Mr. Jonathan, is an unverifiable emailadres either and I nor my acquaintances did ever hear of him nor met him; I 'm a kind of uspicious on his identity, since so many events under false emailadres and correspondance have passed by already.....

I sent him an email with the request to contact me or mr Wilbert Sluiter. Mr August Dragt, chairman of the Dutch aikikai-representing organisation and Mr. Wilbert Sluiter of Aikido Renmei Netherlands, whom I send a copy of this email hereby, are cooperating to research and report more 'independent' about rosen issues; . . . Hombu Dojo Aikido World Headquarters has written me a reply on my request on Mr. Hung Bauer. The research is in full speed now and there can be a report within short period. I forward you the mentioned respons from Hombu dojo too. We stay in contact, Kind regards, paul janssen
----- Oorspronkelijk bericht -----

05-14-01.

paul janssen

----- Oorspronkelijk bericht -----

Van: "aikikai" <aikido@aikikai.or.jp>

Aan: <p.janssen0@chello.nl>

Verzonden: vrijdag 11 mei 2001 4:58

Onderwerp: Info about Nguen Trong Hung

Dear Mr. Janssen, This is in response to your e-mail of April 24 concerning the subject matter.

Please be informed that; Nguen Trong Hung does not have any Aikido dan grade legitimated by Aikido Doshu, which means he is not registered at Aikikai Foundation Japan - Aikido World Headquarters, and we have no information at all about him. So, what is stated in the documents, papers, posters he or his supporters prepared are not true.

- He has no authority to conduct dan grading examination on behalf of us - Aikikai Foundation and request diploma for his students. So, people ested by him will never obtain Aikido Foundation's dan grade.

*- We have no liability/responsibility for what he has done and does.
Regards,Hombu Dojo Aikido World Headquarters*

05-22-01. Dear Kensho Furuya Sensei, The case is our "guest-teacher" seems to be far more complicated as I hoped and thought. Since I told You he and maybe some of his disciples started a personal offense on me in person I hoped there can be a quick investigation and report on what has happened.

There are several sides on this issue and several people and dojo's are involved but that also leads to "political" issues as always and everywhere. There is a first concept of a report, in dutch now. It has to be commented and returned and there will be a second, maybe third round. In the meantime I am in close contact with Jonathan Grewal

via You and this is a very interesting cooperation indeed. I just wanted to contact You so you know we are still working out and I'll contact You as soon as there is/are more concrete results to report! In the meantime I visited your website several times and I feel inspired several times by your daily columns too; The Rembrandt-falsification-story off the 12th of May was into the heart of the issue; I also feel the confrontation with "good and evil" in myself because the truth can appear to be so hard to accept and is like the mirror our wonderful arts of Aikido is about in its means for me! Thank You very much!
Sincerely, regards, paul janssen

05-12-01. Dear Reverend Kensho Furuya, Thank you for your quick reply ! However, in your email you refer to the letter of Nguyen Trong Hung/Hung Bauer to you, but it isn't included in your mail. Is it possible to send it to me as soon as possible ? You write that Nguyen/Bauer is claiming that he never said that he was your student, but I have prints of his website plus of a dojo where he was teaching until recently, mentioning you as one of his teachers. I don't know if you have checked his site when it was still there ? In case you need it or just want to see it confirmed I can mail the page to you. In the meantime I received an email from Paul Janssens of Shoshin Dojo in Amsterdam. I understand from your other mail (Thanks for forwarding that to me!) that he has contacted you as well. I will exchange information with him and see what he can add to this case. I'll keep you updated ! Thanks for your cooperation so far ! With regards,
Jonathan Grewal

05-14-01. Dear Reverend Kensho Furuya, At this moment I'm receiving interesting news from Paul Janssen Sensei (who emailed to you) about the activities of Nguyen/Bauer. Next to that this case also has a "business" side, the person in question was temporarily financial manager of an internetcafe last year. The business went bankrupt due to his activities. I got in contact with one of the other managers. First impression is that Nguyen/Bauer has been working the same way; lying, falsifying documents etc.etc. I expect that these both sides will come together in the near future. I'll keep you informed! With regards,
Jonathan Grewal

05-19-01. Dear Rev. Kensho Furuya, Paul Janssen Sensei brought your message of May 12 under my attention, in which you tell about the fake Rembrandt. I am very impressed by the way you can think and write about this issue. I have already suggested Paul Janssen that if this case ever will reach the court, we will preach this message to the accused and the audience ! My compliments ! At this moment we have joined forces and are working hard to synchronize all the information we collected separately on Nguyen Trong Hung/Hung Bauer. This case is of a size bigger than we ever believed ! I'll keep you informed ! With regards, Jonathan Grewal

Recent Developments: I have received copies of letters written by Hans Bauer to various people under the allegedly forged signature of Doshu. This, along with receiving monies for bogus ranks, makes this incident a very serious matter. As I understand, the Dutch Aikido Federation will take legal action against Hans Bauer, as has been reported to me. Apparently, however, Hans Bauer has gone underground and cannot be located as of this printing.

Incidents of using Furuya Sensei's name, without approval, has happened before. We are in the process of taking steps to protect Furuya Sensei's name and the name of the Dojo. We don't want to be misrepresented nor do we want the Aikido name damaged.

Training Hours:

January to April, 2001

Black Belts	Hours
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- | | |
|------------------|-----|
| 1. Mark Ty | 166 |
| 2. Nick Nicolic | 112 |
| 3. Mike Van Ruth | 106 |
| 4. Jim MacDonald | 82 |
| 5. Cheryl Lew | 77 |

Kyu Holders	Hours
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- | | |
|------------------|----|
| 1. Ron Drones | 72 |
| 2. Jonathan Tien | 67 |
| 3. Steven Shaw | 51 |
| 4. James Takata | 50 |
| 5. Carol Tanita | 47 |

Training Hours Evaluation:

As the class population grows, we find more kyu-holder students practicing a greater number of hours per week which is very good and encouraging and we cannot emphasize enough to keep a regular training schedule.

Sadly, among the black belt-holders, there is a recent decline in the number of hours per week per student, due to work, injuries, etc., many of our more hardcore trainees have dropped their training hours very considerably. As I have tried to emphasize more advanced training among the black belts in preparation of future teaching assignments, these efforts have been met with a rather cool response from our advanced group, despite the original request for more advanced and rigorous training.

About six months ago, we initiated a weapons class with emphasis on bokken. But with waning interest and participation and very little progress among the remaining students, these classes will no longer be held for a while at least. I have found that because Aikido deals with energy, I think people assume that Aikido is more like a free-style, free-form dance or movement-exercise and were not prepared for the very precise and methodological approach I take in weapons training. Because of the dangerous nature of weapons training, this precision is a fundamental requirement in my personal thinking.

I also think that my black belts are looking for a more "exotic" or "updated" modern form of training and my old-fashioned training methods are finally becoming too dated for even my long-time black belts. I have always known this to be a losing battle but I was determined to preserve this ancient tradition as long as I could. Am I meeting my own Apocalypse now? Con't.

Correspondence:

Chicken Or The Egg?

From: "Dan Crisp" <dan.crisp@Diverseylever.com>

Date: Mon, 21 May 2001 10:18:33 +0100 (GMT Daylight Time)

Dear Furuya Sensei, I am reading Kodo: Ancient Ways - it was a Yule present from my wife. Thank you for giving us the benefit of your experience and knowledge so lucidly and well articulated. I just reached "You Never Get Good in the Martial Arts" where the sidebar says, Everyone struggles with the age-old question of philosophy "Which came first, the chicken or the egg?" The martial artist would answer "Is it important?"

As with all philosophical matters, I agree with you AND I disagree. In the sense that people tend to treat this as a difficult, fundamental problem whose resolution will give us some profound insight - like a philosophical Holy Grail - you're right: there's no point concerning ourselves with it. The people who pose the question think it's unfathomable because they can't begin to penetrate it - it's a conceptual toy with no practical significance. But on the contrary, I see the chicken-and-egg question as a no-brainer. A little straight thinking DISsolves the question - and martial artists, like everyone else (if not more so), are entitled to exercise a pragmatic attitude to dispense with this nonsense. The question is dismantled according to your world-view. If chickens were created then the chicken came first: eggs don't hatch themselves. (Adam and Eve were created as adults, not babies.) But if you have a mythology where eggs CAN hatch themselves (Chinese, perhaps?) then maybe it was egg first. Either way, any question that remains is a historical, not logical or metaphysical, one. If chickens as we know them arose by evolution, then you have to clarify the question:

If you mean a chicken's egg, i.e. one laid by a chicken, then the chicken came first, obviously. If you mean a chicken egg, i.e. one from which a chicken hatches, then the egg came first, laid by something that, for whatever reason, you are not prepared to call a chicken. "The" chicken and "the" egg imply some starting point, somewhere you want to draw the line between modern chickens and their progenitors. If you don't want to draw such a line - because you DO have the faintest idea about evolution - then you don't understand your own question... and I hit you! -) Simple, huh? At least, that's what I think. If anyone knows of another perspective from which to dismantle this question, please send answers on a postcard... Bless and blessed be. Dan Crisp.

05-21-01. Sensei's Reply: I am glad to hear that you are enjoying my book. The statement in the book was for making a point of sometimes, it is necessary to cut through all of the red-tape. Essentially, it all hinges on whether or not you think Adam and Eve had belly-buttons. If the book makes you think and stimulates your thought processes, my job is accomplished, best wishes, Rev. Kensho Furuya Aikido Center of Los Angeles

06-05-01. Postpone Training. Dear Sensei, After discussing with my wife my desire to study with you, she was very disturbed to think that I could spend money on such an "activity". I had cut my expenses so that I could afford the monthly dues, but to her it is critical that we pay off our credit card debt first. Rather than make her upset and go to your dojo, I will once again have to postpone my studies with you until the credit debt is paid up. I apologise for any inconvenience. Stephan C.

Aikido Center of Los Angeles
NEWSLETTER

Letters:

05-12-01. Furuya Sensei, Osu! I'm not sure if you remember me or not, it's been a while since I last wrote, but my name is David, and I train in Okinawan Goju Ryu Karate.

I just recently got finished with a big move, and now, I live on a mountain, with little contact in town at all, so I spend most of my time training, when I am not pursuing my academic studies.

Anyways, I have been a devoted reader of your daily columns for a while now, I make it a point never to miss anything on your site, I find it to be the highlight of my day, because I usually read your columns before Zazen practice, which is the first thing I do every day.

Your columns have inspired my training in many ways. In Kata training, the last few months, I have been training the very first Kata I have ever learned, though I feel I am slowly approaching beginner on this, I am also more aware of form now, than I was, say, three years ago... Even three months ago.

I'm slowly starting to understand the true importance of form... One thing I've learned, the restrictions of form are there for a reason... I just haven't found all the reasons, and probably never will, but oh well, it is a great thing to emphasize, rather like the form of posture when one sits Zazen.

Anyways, I guess the real point I wish to make, many enjoy your articles, and I constantly tell those who come to train with me, that they should read your book, and I turn them on to your articles, as my teacher did for me... I feel it would greatly benefit everyone's training, regardless of style, or, lack of a better term, profession... It promotes great harmony in everything people do.

I hope this sheds some light on the good people are doing out there, and overshadows the bad... Those people just miss the point. Arigato! David. Sho-Rei-Shobu-Kan Budo.

PS: I am so inspired, I am thinking about starting articles on Goju Training...

05--14-01.

Reverend Furuya, I have read about the "no stopping mind." The way that I have been applying this, right or wrong, is in my "flow". In the wing chun school I attend we rarely practice hard sparring. Instead my teachers call it "flowing". The constant exchange of blocking and striking. What little sense I have made of Takuan I feel that "the no stopping mind" can be applied to the flow. However, does my writing about this and thinking about this mean that my mind has stopped on this aspect of the arts?

I can not thank you enough for all of your replies. My teacher's school is located in the Kentucky School for The Blind. I assist there on Tuesday and Thursday nights. I teach children ages 10 - 15 after school on Monday, Wednesday, and Friday, at the Middle School that I work during the day. I look forward to your words. Thank You.
John Baldwin

05-16-01. Sensei, On the way home from Aikido this evening I was in a pretty bad car accident. The accident was not my fault, and it was after aikido, so my body was pretty loose, so i'm sure i'm fine. my car, however, is completely totaled beyond repair. The person driving the

other car was a gang member, who did not even have a drivers license on him. he was timid at first, because he was by himself, but he called his friends on his cell phone, and some of his gang showed up. This was a pretty fearful and hectic situation to be in as you can imagine. once his friends showed up he immediately became enraged and started mouthing irrationalities. I was afraid, and knew there was nothing i could really do. a cab pulled up and I hopped in as he and his friends were crowding around. the whole time, as afraid as i was, the only thing I was aware of was spacing. I constantly kept putting my self in a place where i would be out of reach of an attack that seemed imminent. I was too afraid to do anything else, but this is something aikido came in hand with. I knew that the attack was what i was concerned with. I am so thankful that I escaped this situation without harm.

Anyway, I am going to be without out a car for a bit, but i can get to class by either Nick or the subway. I'm going to see how my body feels tomorrow when i wake up to determine when I will come back to class. Thank you. Rome Viharo

Gratitude From Michigan, Sifu Robert Brown:

05-19-01. Dear Sensei, Please allow me to introduce myself. I have studied tai chi under Sifu Robert Brown in Berkley, Michigan, for the past 5 years. Under the impetus of his advice (and urging), I have studied kung fu under his guidance for about a year.

Sifu has included your website as a link with his new website, zen-martialarts.com. Sifu speaks of you and your dojo often, with great respect. He carries a few books in the dojo, as recommended reading for his students, and yours sits prominently displayed. O Sensei's picture is displayed on the wall with pictures of other great martial arts masters, and he speaks of Aikido with great respect. Sifu has at times read aloud from your book during meditation class in order to explain a point about becoming a true martial artist. He speaks of you with such respect and affection that it almost seems that you are another teacher here in the dojo, and we are blessed by your generosity in sharing your experiences and philosophy.

Please accept my thanks for all of the wisdom that you offer the students of martial arts. With Sifu's blessing, I have recently begun reading your notes to your students. I hope that you do not mind that a student of kung fu and tai chi, rather than Aikido, is reading your website. I am grateful for your candor and your wisdom, and I hope to incorporate your philosophy of true practice into my life, as it resonates well with the philosophy of practice Sifu so patiently offers his students. As a beginner in the martial arts, I am so very thankful for guidance along what is at times a difficult path. With grateful respect,
Marcella Chapman

Sensei's Reply: Best regards to your Sifu and many thanks for your very kind letter and kind thoughts. I know KODO is required reading your teacher's school.

05-19-01. Thank you very much for the information it will be most helpful. I also would like to express my appreciation to you for your wonderful book Kodo Ancient Ways. I recently checked it out from the library and it has been most helpful in my training and day to day activities, it has also restrengthened my philosophies about martial arts training and it's true way of life. Thank you again. I hope that one day perhaps I may be able to visit you and your dojo. Andrew Rogalski

Aikido Center of Los Angeles
NEWSLETTER

05-04-01. Dear Rev. Furuya: Greetings! I hope this email finds you well. I read the entries of your "Daily Message" with great interest and right away felt such a connection to you. I am brand new to the practice of Aikido (one week) and currently enrolled at Aikido. While I haven't even scratch the surface of learning the art of Aikido, I realized that would like the opportunity to meet w/you and perhaps be consider a future student of your dojo. I now realize that I should have been more thorough in my research and not just look at geographical convenience in searching for a teacher.

While I would love to tell you the journey on how I got to selecting Aikido -- it is much too long and not really essential and I feel it would not be respectful to waste your time. Thank you in advance and I look forward to hearing from you. Respectfully yours, Guia

Dojo's Great Approach!

05-21-01. Sensei: I visited your dojo Sunday and met a couple of your senior students (Mark & Mike). They were very kind and informative and made us feel very welcome. I am impressed by what I saw. As I was observing the class I noticed that the black belts students were very patient w/ the beginners. I was also impressed that teachers are not named on any particular days -- that what's important is the practice and learning. What a great approach. Already at the current place were I attend classes, I avoid certain days due to the feeling of intimidation by the senior students and teacher. I just need to figure out my schedule and get started at your dojo.

I have one other question: I have a 5 year son who was diagnose with the Autism Spectrum Disorder. I'm not quite sure if you know anything about this disability. In any case, I would love to see if the Sunday class might work w/ Lorenzo. He has great coordination and excellent gross motor skills. The issue is his focus might not all be there. It takes 25 reps for a "typical developing" child to get a routine down, it might take children w/this disorder 50 times. Physical activity is best and enhances there sensory skills. Your thoughts. Regards, Guia B. Antonio

05-22-01. Dear Sensei, I wanted to share an experience that I had recently. Last Saturday night I was playing basketball in my backyard with a couple of friends. There were also some other people at our house hanging out and just having a good time. It wasn't a party, but we were probably being too loud for 11:30pm. In our minds it wasn't outrageously late for a Saturday night. Suddenly, a man appears in our backyard, very agitated and confrontational, and starts speaking loudly to me about how we've woken his little girl and inconvenienced him. This man is our neighbor who I hadn't met since moving in 3 months ago. I didn't like his attitude, but realizing that we'd made a mistake, I apologized. He made a snide comment about "not living in Westwood" and started to storm off. I stopped him and said that it's important to me and my roommates that we have a good relationship with our neighbors and offered him a handshake. He said "allright" and turned to leave. Maybe he turned before he saw my hand, but anyways, he didn't shake it. Now, some of the other people who were there said that they would've handled it differently - perhaps violently (physically or verbally). But I knew that this would only make our neighbor dislike us even more and cause more problems. I went to talk to him the next day, but they weren't home. So I left a note with our phone # and an apology. Tonight my roommate saw our neighbor as he was coming home. The man came over and said that he really appreciated the note that I left. He admitted that he was young once and it's just that it takes an hour to get his baby girl to

sleep. He added that he has no problem with us having parties, but late night random noise wakes up his baby. I feel good about the outcome because there were so many possibilities for bad feelings or even violence to occur and it ended in better understanding and harmony. I'm sharing this with you because I think that my handling of the situation has some roots in my aikido training. I agree with you that there is so much senseless violence in the world, and although this incident was quite small it is the sort of thing that could escalate into something much worse. Your student, James Takata

05-23-01. Dear Sensei: I just wanted to thank you for the hospitality I was shown when my wife and I visited your dojo. You have a truly impressive dojo. As I mentioned I was given your book "KODO Ancient Ways" by my current sensei. The book is excellent in its reflection of an art and tradition of a true master. I also wanted to ask you to pass along my gratitude to Ken Watanabe for introducing us and to you for taking the time to speak with us.

In addition to Shorinryu background I started studying Omori Ryu Iaido a couple of years ago. I felt that I gave you an inadequate response to your asking who taught Omori ryu in Cleveland. We actually train with sensei Joe Doles of Ishin Ryu background who trained with Kotaka sensei in Columbus, Ohio. Thank-you, John Helland. Yodan Shorinryu, Sandan Kobudo

From New Student:

05-27-01. Dear Furuya Sensei It's been wonderful days since I started. I thank you so much. If there is something I can help with for your dojo, I am very happy to contribute myself in a small way voluntarily. Sincerely yours, Asako Tsunoda

Thanks.

06-01-01. Well, Dear Shihan Furuya, Who am I is not important but I just wanted to tell you how important your book Kodo is for me. I imagine and I hope you get a lot of these letters often, you deserve it. I must have read it, who knows.... many times! but every time I read it I think that I haven't read it enough, I have to get it really inside my head because it is already in my heart. I must be a little stupid and I forget a lot of the times the lessons so I have to keep on it. So thanks again for writing this beautiful work and sharing your knowledge with us. Sincerely.....Joseph

Reply: Who you are is very important. This is the message in my book. Many thanks for your kind words, Sensei.

From Munich, Germany.

06-03-01. Dear Sensei, thanks for the new newsletter again. I will try to send one more time some money, or can you send me a bank account number? This story with "Thong Bauer" is very interesting. Why all tis people are involved in relations with wrong names, websites, and so on. Don't they practice, what have they learned from Aikido? I'm surprised that in all countries exist such problems. I say I was three day in your Dojo, but not that I was your student, of course I've learned a lot, I'm still impressed of the spirit of your Dojo. So it seems the story is finished, we have an similar here with the Tendoryu- Aikido. there is someone who is not allowed to have this name, but soon it will be solved. The people don't know about shoshin, the beginners mind. I'm happy to be in touch with in this friendly atmosphere, and I try to keep this for everybody. Thanks again and best regards yours, Eckhardt.

Aikido Center of Los Angeles
NEWSLETTER

Letters Continued:

Hello again. I'm trying to catch up with all that amazing reading in your message board. As a student of Philosophy in a European university (though I'm in my 30's I went back to school) I enjoy very much the readings of people that put some time in giving or sharing their thoughts with us.

Both, as an Aikidoka and as a student I have to say that I like your message board a lot, I did say that I love your book KODO. It is a must for me to say THANK YOU for sharing all this information, it makes me think of all this, and it is important that you know that very far from your house , far from your Dojo, and not being one of your students, you DO touch peoples life, at least mine.

Thank you again.....Joseph

06-08-01. I wanted to take a moment to thank you for your daily messages. I have visited your dojo and would love to study there at some point, however, right now I have far too much on my plate. (I am studying Chinese medicine and massage, working, as well as studying Tai Chi.) To add on Aikido or Iaido at this point would be to treat all of it like hobbies instead of integral parts of my life. At the same time, I've felt drawn to your dojo and so appreciate being able to read your messages - I feel like I'm getting the essence of your teaching even though I am not attending your classes.

A few weeks ago, I bookmarked your website on my Internet browser, and started reading all the messages from the oldest until the current - I felt like I could respond to each and every one - they all touched me on some level. Then I realized that if I waited until I had time to respond to as many of them as I wished, I'd never get the chance to simply thank you for being there and for reaching out to all who are called to the way. Today's message struck home, because it was on my mind as well - I have not attended zazen at my temple in several months, and finally made it twice this week, including this morning. It's so easy to forget the impact it makes - it's not the same as meditating at home - it serves as such a poignant reminder of what I want to be the priorities in my life. in the path that I've chosen (or that's chosen me). Thank you! When I go to zazen regularly, it keeps me on track in a way that nothing else matches. And reading your daily messages further keeps me anchored. Maureen Santucci

06-18-01. Up the Wrong Tree? Greetings Mr. Furuya, my name is Colin Korbela. I am an aspiring actor living in Studio City. I just moved up here from Orange County 3 weeks ago, and love it! A little background about myself, I used to play sports mainly Baseball when I was a kid. I was very active in other sports as well, I took GoJu Ryu at the West Covina Dojo for about a year, then had to stop due to school and work. After High school I went onto junior college to study Computer Science but became very bored and started to take acting classes. I loved every minute of it, so I transferred to The American Academy of Dramatic Arts. I learned alot, acting/singing/dancing. But my main focus was Film/TV whereas the school offered more of a Theatrical background. After a year I left the academy and started getting coaching from my uncle who is also an actor. Now that I am finally up in LA I can pursue my business with full force. But I'm sooooo out of shape. :(- My muscles are weak, and I'm not as active as I used to be. I'm looking for a personal trainer to get me fit, but would like to take up some form of karate again. Thing is, I'm looking more for the spirtual approach as well as the fighting/fit. I'm unsure if Aikido provides this, but a friend spoke about it, and so I searched the net and found your site. Can you give

Salamanca Aikido Seminar
September 1-2, 2001

GUEST INSTRUCTORS:

Kenny Furuya, 4th Dan

Mark Ty, 2nd Dan

Hosted by the Salamanca Kodokai

Santiago Almaraz, 2nd Dan

On The Inside:
The Martial Arts of
Japan

September 14th

9:00pm

On Discovery Channel

Please check your local listings & times.

Our Dojo is featured in this special series.

me some more details about what Aikido teaches? All the help is greatly appreciated. Thank you, Colin Korbela

Reply: I received your email and you can check the Training Schedule in our website and come to observe any of the Open Beginning Classes to see if it is what you want. You sound like you are looking for a gym - ours is a very traditional martial arts dojo and the discipline is very strict and formalized. With the strict form of the training, the spiritual essence of Aikido can be discovered. I am afraid that my Dojo may not be trendy or up-to-date enough for you, but you are always welcome to observe class.

Thank you, Aikido Center of Los Angeles

From Bermuda Aikikai:

06-03-01. Dear Sensei; I apologies on not writing you sooner my respect to you; I wish to thank you on allowing us to practice in your dojo i told all of my friends about the japanese artifacts and the feeling of being in a traditional dojo. Thank you also for your book KODO it was very inspiring. Luckner and i practice every day along with two other students we hope to see in Sepetember or October to train with you and your students again see you soon. Sincerely Clay.

Aikido Center of Los Angeles
NEWSLETTER

Training Hours continued:

In the bokken class, I tried to warn and, at the same time, encourage everyone about how hard the class was to prepare and challenge them in their training. Most simply become discouraged and quit. I fear I may have taken the wrong approach by doing this. I then let my assistants teach the class for a while because they are much more patient than me in presenting weapons. However, a more patient and tolerate approach has not produced any better results outside of the fact that my assistants now completely understand how difficult weapons training is to teach. We will put the weapons-bokken class to rest for a while until I can understand a better approach to teaching this art. This will be very difficult.

In teaching the black belts, I think there is too much supply (my teaching) and very little demand. Perhaps, "familiarity breeds contempt." But the result is that I feel we will put the advanced class to rest for while along with the weapons class. The Tuesdays class will now become an Instructor's Class for all Black Belts who aspire to teaching Aikido. This class will be REQUIRED for all of those who wish to teach. Black belt candidates and senior students, 2nd kyu and above, must have prior approval from Sensei. After so many years of getting after my senior students to wake up early in the morning, I finally will put our monthly advanced 6:30am class to rest as well. With so few black belts interested in my advanced teachings, I am embarrassed and ashamed, it is better to take it to the grave than continue making a fool out of myself in front of an empty class. The last Saturday of the month 6:30-8:00am class will now be open to all interested students. Please be on time and please be consistent if you wish to take this class. Traditionally, everyone has breakfast with Sensei after practice. If you wish to join us for breakfast please understand that it is Dutch treat.

This should not discourage you. I hope my new students will realize what can happen and devote themselves to their training more than ever before. I urge the black belts to devote themselves to their training and, at least, keep up their training hours. It is proven over and over that it is your training hours that make the greatest impact on your progress and understanding of Aikido.

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.

Correspondence:

06-06-01. Hello again. I'm trying to catch up with all that amazing reading in your message board. As a student of Philosophy in a European university (though I'm in my 30's I went back to school) I enjoy very much the readings of people that put some time in giving or sharing their thoughts with us. Both, as an Aikidoka and as a student I have to say that I like your message board a lot, I did say that I love your book KODO. It is a must for me to say THANK YOU for sharing all this information, it makes me think of all this, and it is important that you know that very far from your house , far from your Dojo, and not being one of your students, you DO touch peoples life, at least mine. Thank you again.....Joseph

06-06-01. From Evergreen Baptist Church: Dear Sensei-YOUR group was awesome! I saw your group from afar, but got soooo busy that day, I'm sorry I didn't get a chance to meet w/ you personally. We want to express our gratitude for your participation in our Open House Cultural Day 4/28/01. Thank you to all your faithful students who came that day to perform some "tricks" and defensive moves. Hey, you're pretty funny too! That's entertainment! Thank you and May God Bless YOU all! Love, Sheri Lee (Co-Chair).

06-11-01. Violence in America. I feel in America, people are always seeking the inspiration for entertainment or creation in foreign cultures. And they take only parts they want, and don't so much understand the meanings from root and try to capitalize it. I feel this way from my dance work experience. I really feel at least for me, to understand Aikido or dance, I need to commit to it, and keep continuing. Also try to be open to advices from others. I can be violent in Aikido practice, when I do not understand the partner's body or situation.

I remember when I was little, once my mother hit me on my face, and my nose bleed, but I didn't find it violent, because I don't feel her intention to hurt me, but there was caring love. What is hurting me like an violence, even it is not physical, is when somebody formally talks to me back with no caring or no heart. Thank you so much for your taking time in this. I everyday read your message, always I want to write back, but I don't want sensei to be too busy... But sometimes I would like to write back. Thank you very much. Asako Tsunoda.

New! Dojo Email Express:

Join our new Dojo Email Express and get all the latest news in the Dojo. Just email to Sensei at aclafuruya@earthlink.net. Please include your current address, tel. #, and birthday.

Affiliated Branch Dojos

Kodokai Salamanca

Santiago Garcia Almaraz, 3rd Dan

Hacienda La Puente Aikikai

Tom Williams, 3rd Dan

Wyoming Aikikai

Tom McIntrye, 2nd Dan

Bahamas Aikikai

Seymour Clay

International Martial Arts Academy

Member Affiliate

Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



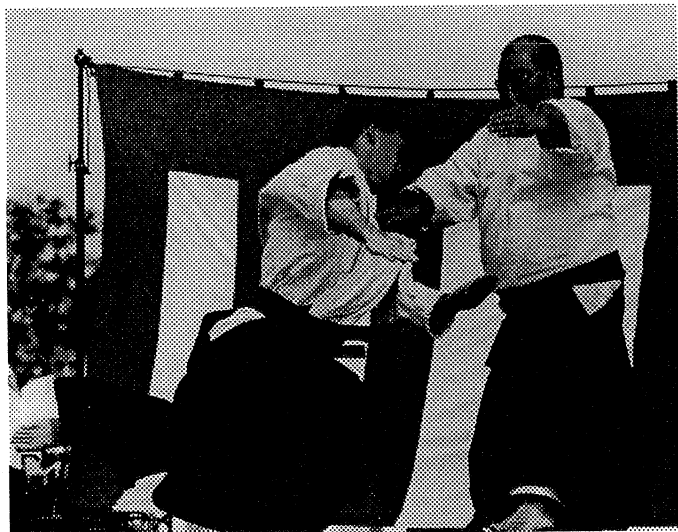
Aikido Center of Los Angeles

Our Dojo's 27th Year, 1974-2001.

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



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.

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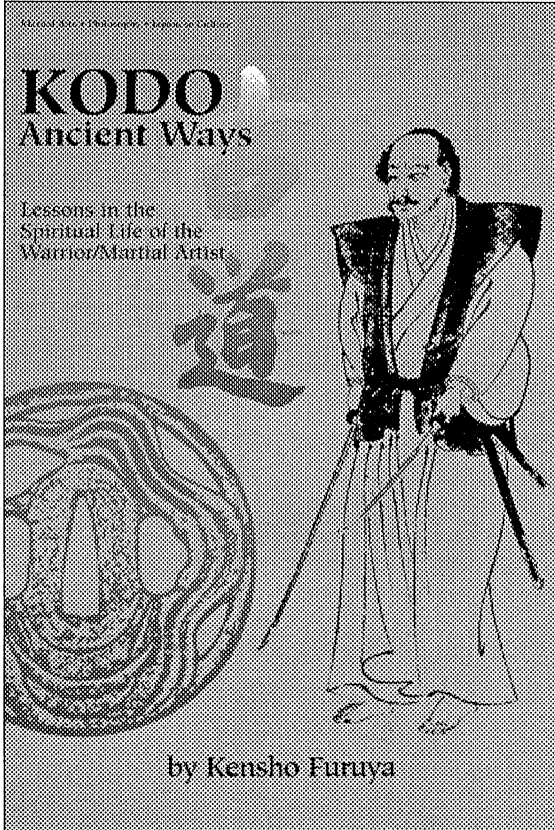


Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Battodo

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

Aikido Center of Los Angeles
NEWSLETTER

*Furuya Sensei's Bestseller
Highly Recommended For All Dojo
Students & Friends:*



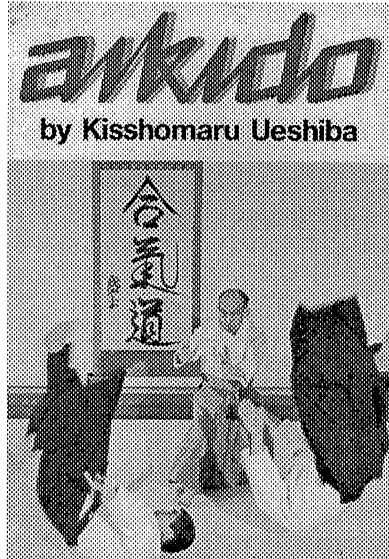
KODO
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

Rev. Kensho Furuya

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

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

Recommended Studies:



Highly Recommended Reading:
AIKIDO

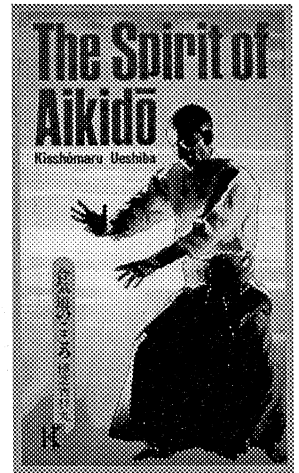
By Doshu Kisshomaru Ueshiba
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.



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



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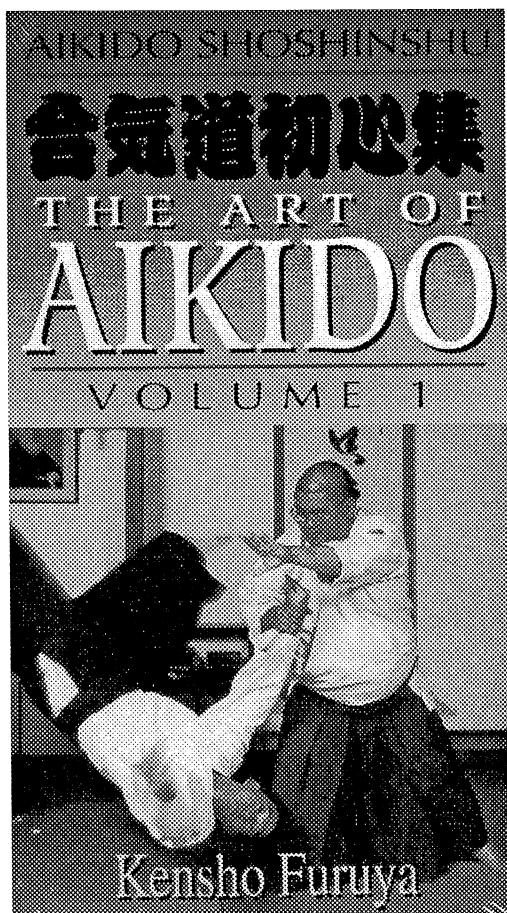
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The Aikido Center of Los Angeles
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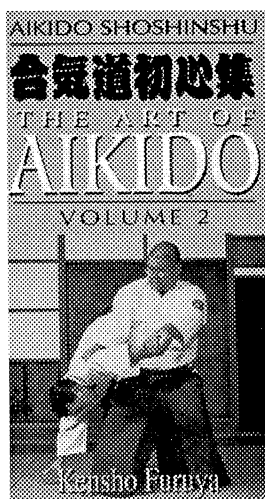
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

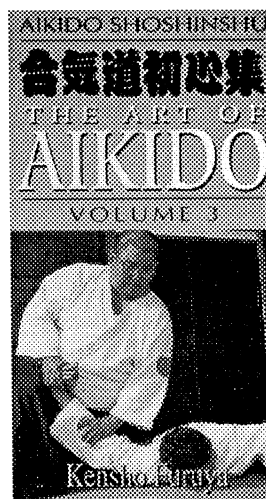
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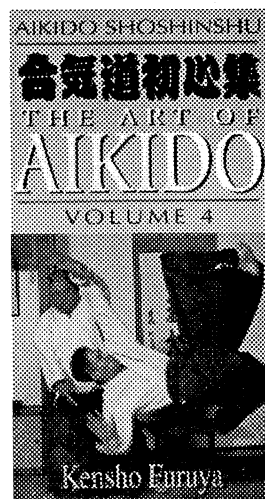
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



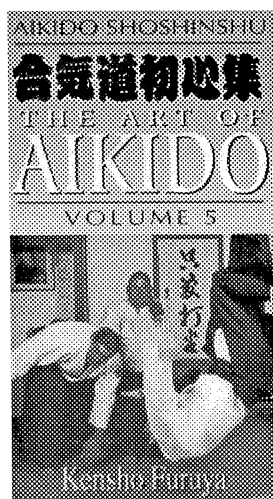
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



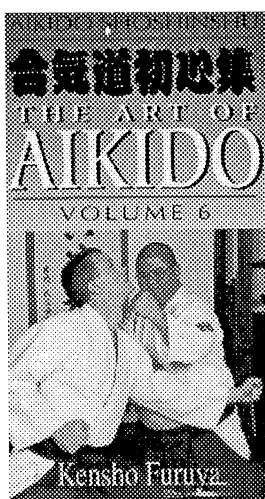
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



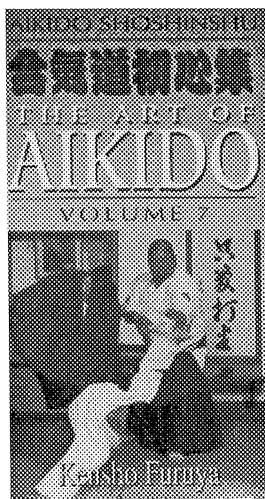
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



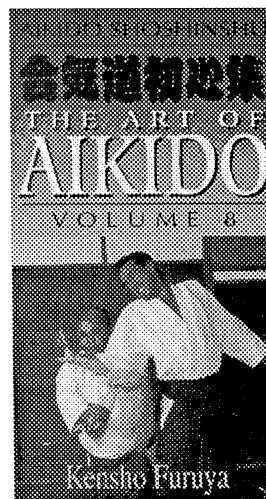
Suwar-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



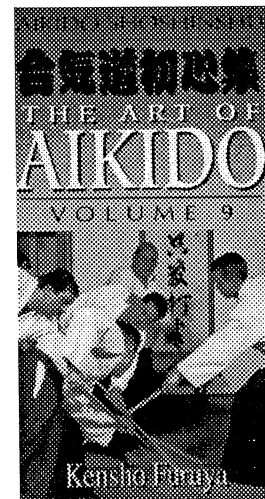
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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

Adults OPEN BEGINNING

Tuesday, Thursday, Wednesday, Friday:
5:15pm-6:15pm

Monday thru Friday:
6:30pm-7:30pm (No Tuesdays)

Thursday: 12noon-1:00pm

Saturday: 9:30-10:30am, 10:30-11:30am

Sunday: 10:15am-11:15am

Open Beginning Intensive

Every 4th Saturday: 6:30am-8:00am

Instructors' Education & Training

Required for all Black Belts & Instructors

Tuesdays: 6:30pm-7:30pm

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho

Shinjuku-ku, Tokyo, JAPAN

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

Aikido Center of Los Angeles

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

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido

TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

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

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

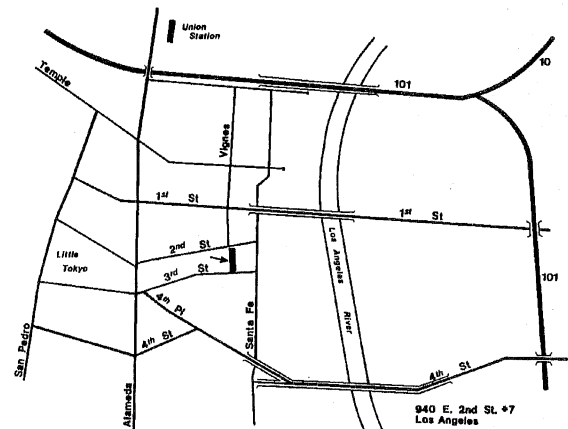
Intensive Iaido

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.