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# Aikido Center of Los Angeles

## The Aiki Dojo

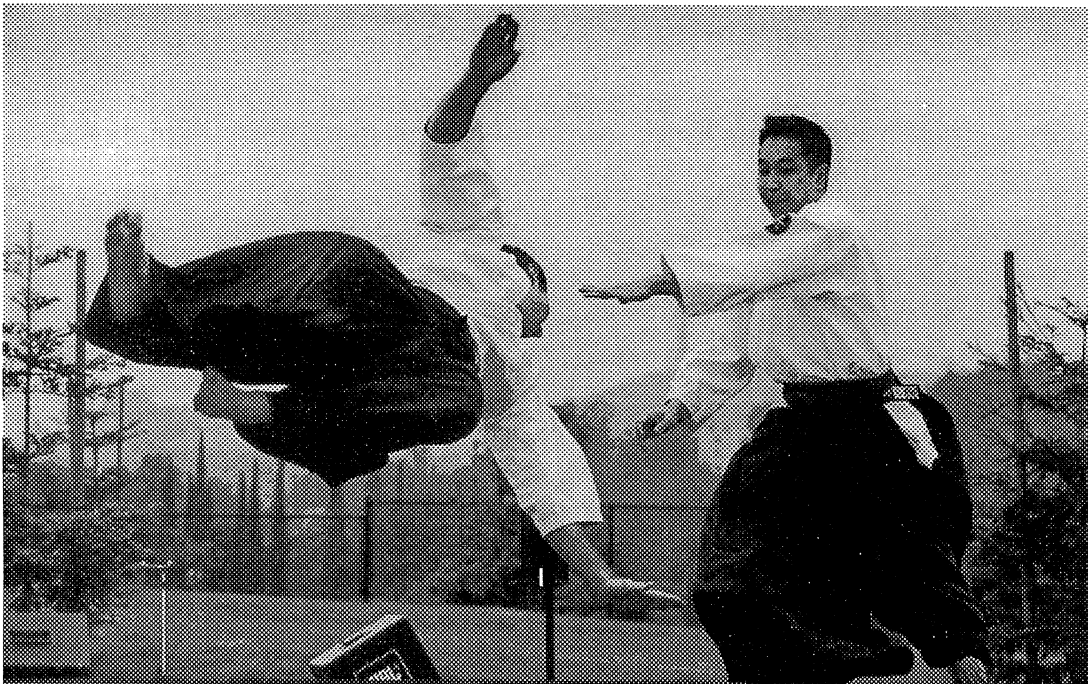
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters  
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.  
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\$2.95  
Donation

June 1, 2001

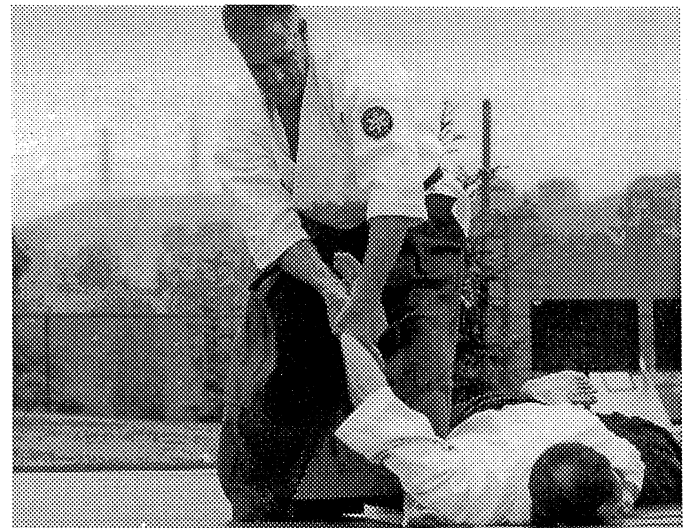
Volume XIX. Volume 6.

### Evergreen Baptist Church Culture Day April 28.



Although we had expected very hot weather for this demonstration outside, it was slightly overcast and cool and very comfortable to demonstrate at the Culture Day and Open House at the newly built, very beautiful Evergreen Baptist Church in San Gabriel. With over 2,000 members, it was a great event with a lively and very friendly atmosphere. We preceded the famous jazz band, Hiroshima.

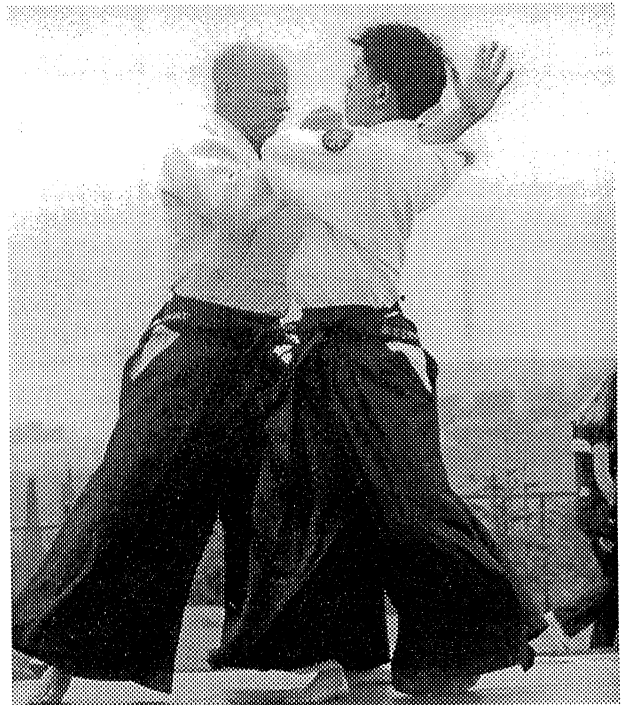
The Evergreen Baptist Church was co-founded by Rev. Cory Ishida who was coincidentally a schoolmate of Sensei and junior high and high school in Pasadena over 35 years ago. It was very nice demonstration by all the members of the Dojo and it was very, very well received. Thanks for a job well done! Congratulations to the Evergreen Baptist Church!



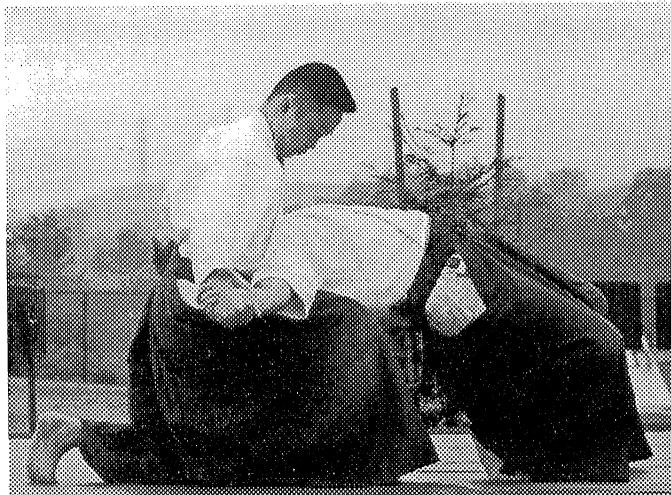
**Aikido Center of Los Angeles**  
**NEWSLETTER**



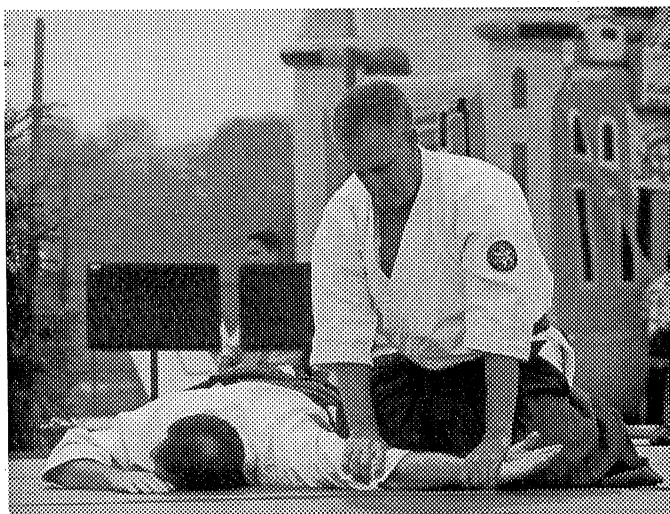
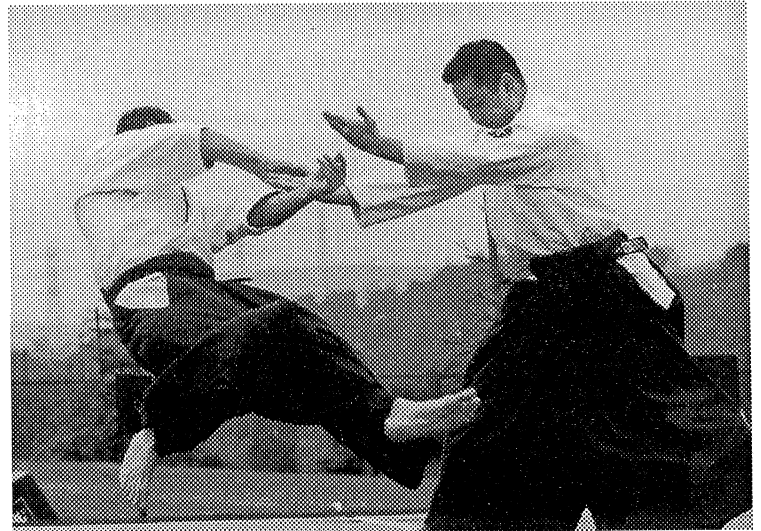
Ken Watanabe, 4th Dan. Jo-tori technique.



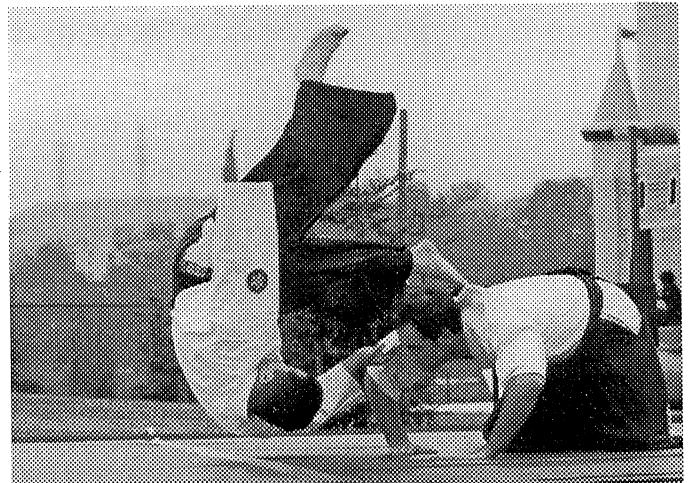
Jim MacDonald, 2nd Dan.



Kenny Furuya, 4th Dan.

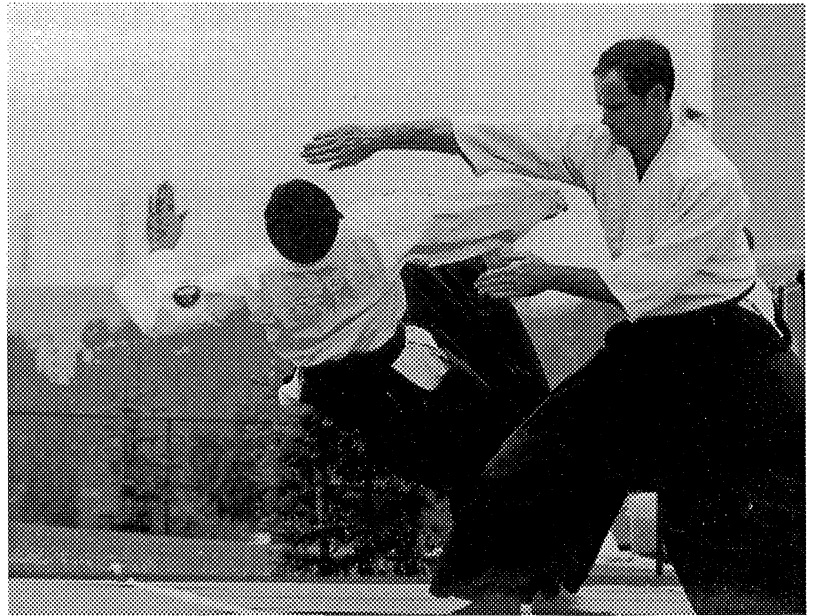


Tom Williams, 3rd Dan.

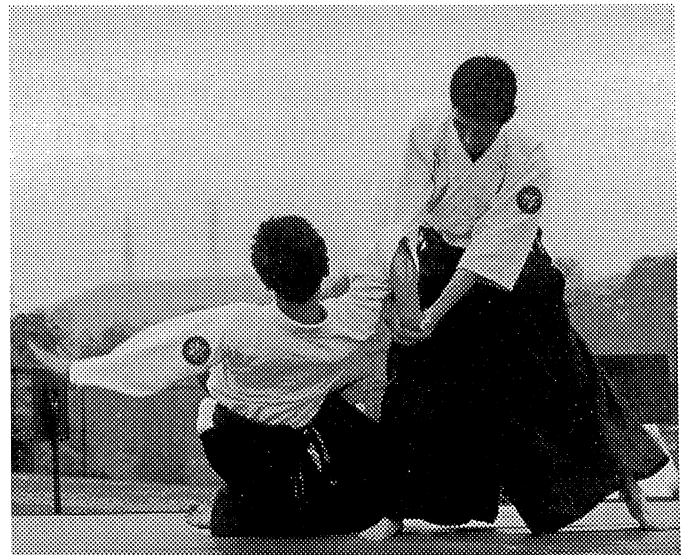
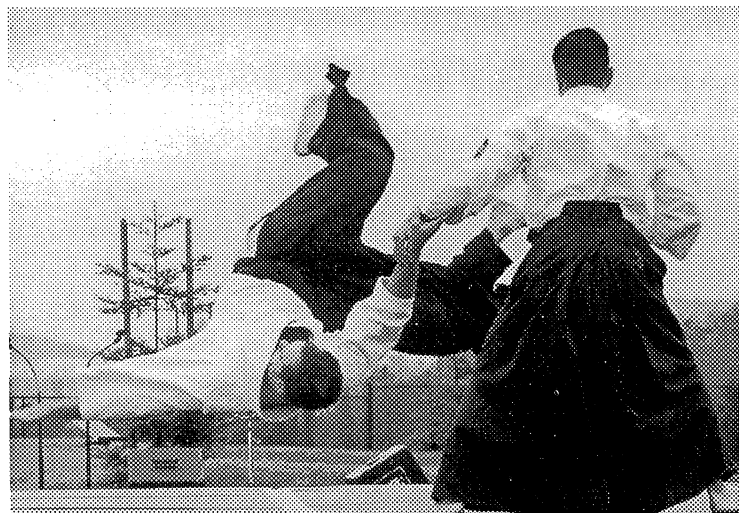
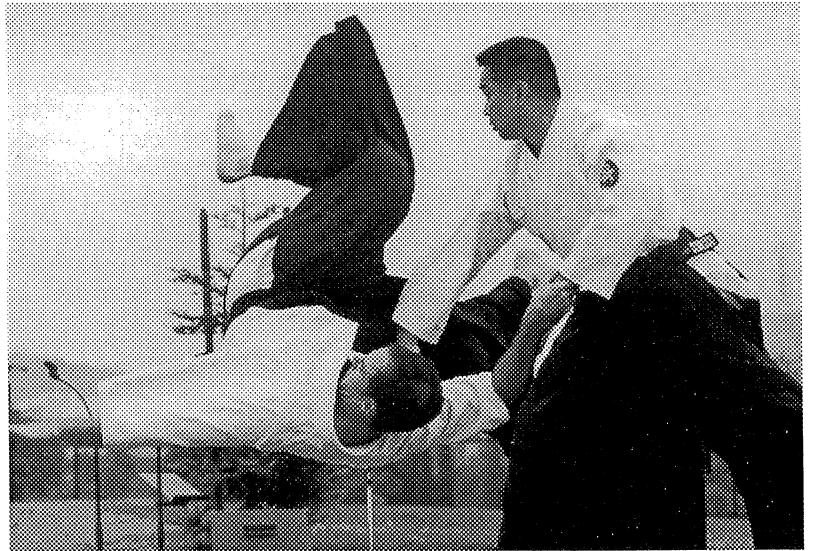
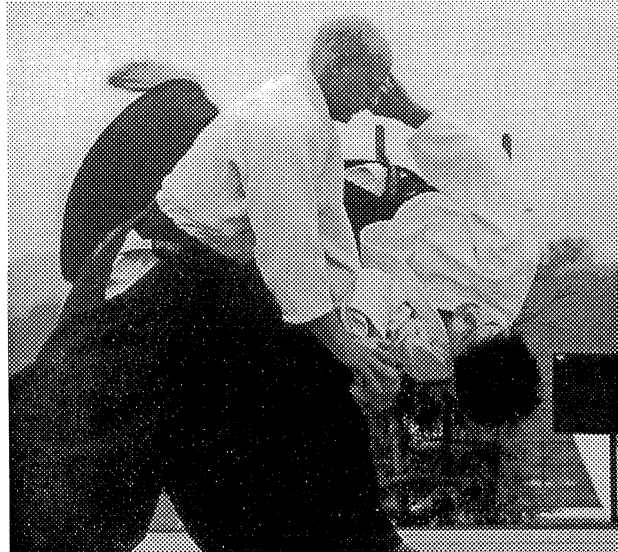




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Mike Van Ruth, 3rd Dan. Irimi-nage.



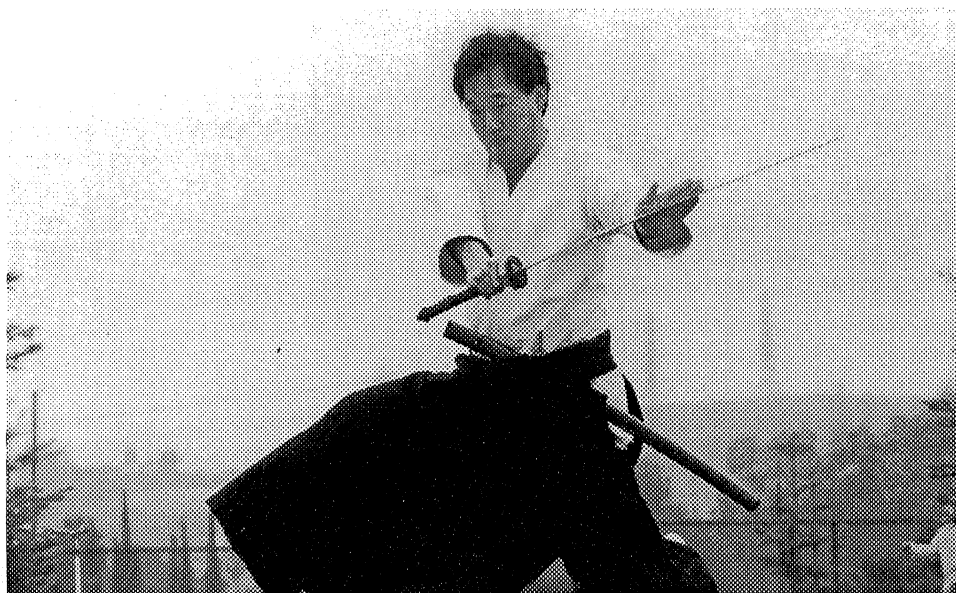
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Participants of the Evergreen Baptist Church Demonstration. Left to right: Ken Watanabe, Mark Ty, Cheryl Lew, Kenny Furuya, James Doi, Tom Williams, Jim MacDonald, and Mike Van Ruth.



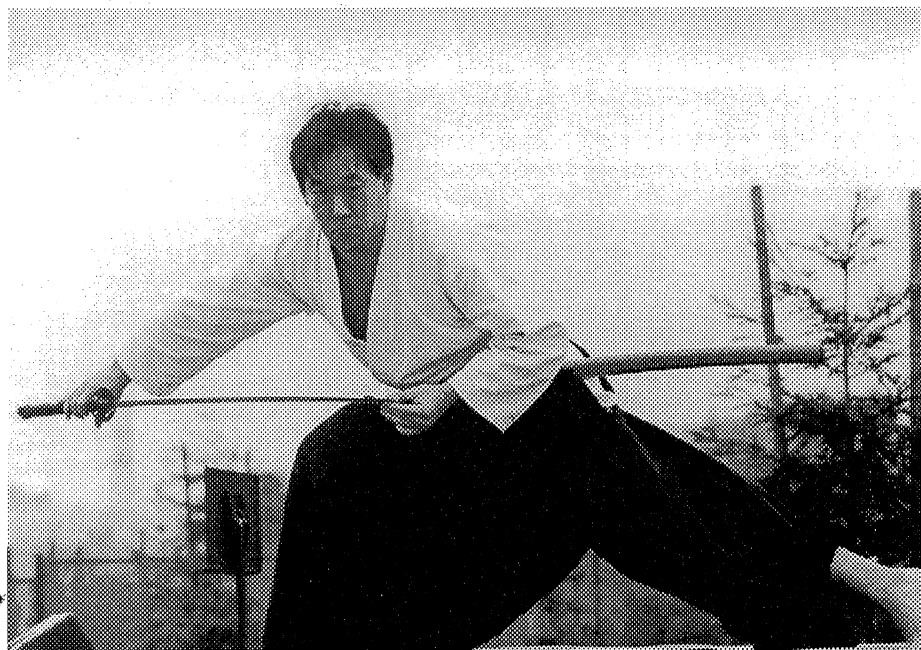
Cheryl Lew, Iaido 4th Dan.



Ken Watanabe, Iaido 5th Dan. Hasegawa Eishin Ryu.



Mike Van Ruth, Iaido 1st Dan.



Mark Ty, Iaido 2nd Dan.



# Aikido Center of Los Angeles

## NEWSLETTER

### Sensei's Message:

## Caring Heart:

An instructor may be at a high level or low, he may be a very tough teacher or very gentle. He may teach in a very vigorous manner or very slowly. In any and all cases, a teacher must have a "caring heart" for his students. Although it is our highest ideal, just to love one's students is not enough. A teacher must also teach with wisdom.

As everyone knows, love without wisdom can lead to tragedy, just as wisdom without love can be disastrous too.

If a teacher is too gentle, for some students, it is very necessary. But in some cases, it may spoil a student or make him too willful. If a teacher is too tough, it may make a student too hard and inflexible, but, in some cases, this is the only way to teach a student who needs a great deal of encouragement and energy.

In martial arts today, the teacher's personality is emphasized and, indeed, a student should seek out a teacher who he believes can do the best for him. However, our personalities should never overshadow O'Sensei and Doshu and the teachings of Aikido. As an example, if I am a math teacher in school, do the students come to me to be entertained by my "charming" personality, or do they come to learn mathematics? Perhaps, a little of both is necessary, but, for the aspiring teacher, one should make sure that he himself is focused in teaching something beneficial, important and necessary to the student's growth and development in each and every class.

I remember one episode during my days at the university. I had one teacher who was very "wonderful" and occupied our minds in class and I really thought this was one of the greatest classes I had ever experienced. But later on, as much as I enjoyed the class, I realized that I had been "entertained" quite well, but did not learn anything and this had a serious effect on my following classes. I had a terrible time later on. I had another teacher who was very serious and quite "boring," I didn't enjoy his class very much because it didn't have the "sparkle" and "charm" of the other class, but later on, I realized I had learned so much and, even today, I am still grateful to him. I will never forget this.

Of course, a great teacher is both and everything. Some of us, like myself, only have a "little of this" and a "little of that," so we have to concentrate our ourselves to do the best we can.

For my younger instructors, they should take a moment before class to settle and focus themselves. Think about what you want to do but, more than this, think about what the student needs. Observe the dojo, feel the atmosphere, see who has come to class, remember what you taught in the last class, analyze what you think will be the best for them. In one class, it is not necessary to teach the "entire" art of Aikido. Give them one good thing, however small or insignificant it may seem to others. Even if you don't have a good idea of what you are going to do, first and last, cultivate, within yourself a "caring heart." Make this very strong in yourself in the moments before you begin class.

An honest teacher will develop honest students. A lazy teacher will develop lazy students. A wise teacher will develop wise students. Show your sloppy self, and your students will all become sloppy. If you are confused and unfocused, all of your students will become

confused and unfocused too.

Like myself, your talents may be humble, but if you faithfully follow the correct teachings of Aikido, you cannot be far from the correct path. And although many do not like it when I emphasize this point, form is very important. Form is the "measuring stick," the "ruler," and "straight and true line" by which you measure the course of training.

There is a secret to making a little pond in your Japanese garden. If it is an open pond the koi or goldfish will tend to stay in the same area. But if you put a stone in the middle of the pond and create a circle "like a donut" or a course to move in, they will swim more and grow bigger and stronger. Just by the "form" of the pond alone, one can encourage the growth and develop of the fish that live in it.

Sometimes, before I teach class, I wonder how can I put that tiny "stone" in the middle of my students training, to make them grow and become strong. This stone is what I like to call, "caring heart."

## The DNA Of Aikido

Why is the Form of Aikido so important? Because the correct Form of the technique is the DNA of the art which must be transmitted from teacher to student.

A child may grow up and behave differently from his parents but as unlike his parents as he becomes, there is still an essential link which always remains and which he will eventually pass on to his children. It is the basic structure of what he is composed of and what makes him who he is.

Between teacher and student, the link is the Form of the technique through which Aikido can only be passed on. This is accomplished through the correct methods of teaching, training and understanding.

These three elements are extremely important and must be understood integrally.

If a student's training and understanding is correct, but the teaching is faulty, he will encounter all kinds of difficulties in his progress.

Even if the teaching is correct and the student's understanding is correct, but the training is inadequate or insufficient, correct Aikido will not develop or prosper.

Finally, if the teaching and training is correct, but the student is unable to grasp it, progress is greatly hampered and the art can be lost.

Both the teacher and student must be aware of fulfilling these three elements in every moment of practice and the Dojo itself must be strongly focused on these three elements. Within these conditions, we can finally transmit the proper DNA of Aikido for generations to come.

It is sad when the teacher fails to understand the student, it is also sad when the student fails to understand the teacher. There must always be a strong bond or connection between the two.

Nowadays, the teacher makes the stronger effort to link with the student. But in traditional arts, this was greatly discouraged. The teacher Continued:

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## Letters:

**04-29-01.** Hello Sensei, Yes, it's me again. I hope that you have some time to answer my questions. Now that I am 35 years old it seems that I have reached a point in my life where I am sort of happy with my profession in that I can make a significant impact on the health of my clients. I however feel somewhat empty and lacking a deeper purpose or understanding of life. Whenever I read your comments, your sentiments ring true in my mind. When I re-read books such as "Training With The Master" and view the photos of O'Sensei, I really feel that I'm missing a great opportunity to train in Aikido, and to learn from you. I would like to re start my training at your dojo in June. I've found ways to cut down on my expenses and will make it happen this time. I know that these questions may be dumb or redundant for you, but please beg my ignorance....

How does someone at my age with a wife and kids, best approach trying to live life like an Aikidoist?

Is there a special path for one who would like to become an instructor? Or at least aspire to be one?

At least I can work towards a goal, eventhough I may lack the ability to actualize my dream. Please send me any other comments which you feel may be helpful. I look forward to seeing you in June, if not before. Sincerely and many thanks,  
S. C.

**Sensei's Reply:** I am glad to hear that you will return to your training. Try not to have too many expectations for yourself at the beginning. The main point is to keep an open mind and be sensitive and open to everything. You won't understand many things, especially at the beginning, but if you have too many desires, these will become confused with what you know, what you want to know and what you are not ready to know yet. Do you understand my point?

My life is rather odd because I have always had a calling to the priesthood even when I didn't have a clue as to what it meant. Although I am a teacher, I also try to live like a priest and, of course, this is always difficult in the secular world. This is why everyone finds me rather distant and detached from this world. You live a normal life with a job, home and kids. This is the ideal and you should always view it as such. I am the exception to the rule, not yourself.

Always keep your practice natural and let it grow naturally on its own. Come to practice and try your best. That is all. Anything more that you add to this process will make it harder for you to understand and learn. This is what is meant by "beginner's mind."

I will say again that your first job is to drop all of your expectations you make of yourself. When you don't know the way, you pull out a map and humbly follow the directions. No one will start drawing in their own lines and creating their own roads on the map as they see fit. This would only lead to disaster or misunderstanding. . . . See you soon and best wishes always, Sensei

**04-27-01.** Hello, Sensei! I celebrated the Memorial for O'Sensei by taking videotapes of him and his descendents to my class at the high school. Our dojo holds no practice on August 26th, but Harvey Sensei does not hold a special service. I would like doing a memorial and will do one on my own, at least, from now on.

Thank you for your message of April 23rd, and the message of today (April 27th), which spoke to me even more loudly. I suppose I appear to be stubbornly loyal (or at least, stubborn!!). Or needy. Perhaps I am. Still, I know I have been arrogant, and in my latest residency, I simply failed to fulfill my commitment.

I have recently had my mentally ill sister in my home for two months. I know I would never have been able to work with her and help her in this way but for the teachings I received at the Monastery. The principle is takemusu aiki, but I was shown its application in my heart through cutting away right and wrong in my relationship with the Monastery and the seniors. I see how much I criticize and judge, and I see how damaging it can be to my sister's fragile spirit ... and to all beings.

I have vowed to serve my sangha. For now, I consider myself to be still discovering what that vow means. Surely, I welcome the invitation to practice with you, and perhaps the manifestation of my vow may one day include that, too. With all best wishes for the coming year (and a belated "Happy Birthday"), F.

**Sensei's Reply:** When we take the Bodhisattva vow to save all sentient beings it does not necessarily mean that we should discard or neglect our selves as well. We may not be able to take care of others as we like and we may not be able to keep our commitments as we like, but we can keep our selves well first of all. We too are sentient beings and we must be saved as well. Not in a selfish way but to take care of ourselves so that we are ready when the time comes. Perhaps, you feel frustration and failure at the moment but it could be that the timing is wrong and maybe it is not your turn at bat. Until the time comes when you can show your true power and virtue, you need to take care of yourself and continue to train and nurture yourself. Beating yourself up will not do you (or others) any good at all. I can say this to you quite frankly and honestly because it is exactly the same problem I have and have been struggling with for so many years now.

Everything exists in emptiness. You are wrong only because you believe you are wrong. You are right only because you believe you are right. Since there is not that much difference between the two, except goodness humbly. Give yourself a little more credit, it doesn't matter if others recognize you are not. Who can know what you can do better than yourself? It doesn't matter if you feel that you cannot live up to your commitments to your sister or Monastery people or not. You know you have already tried your best, and that is more than they should expect.

Mentally challenged people find a happiness that we do not understand and I am sure she finds a fulfillment somewhere where we cannot go. Your Monastery people are taking a different road than you care to travel. Nothing wrong with that, you are simply going in a different direction, travelling a different path.

Your only failure is to be obsessed with the notion of failure. Let it go! Best wishes always and good luck.

PS: In the typical Memorial Service for O'Sensei, read the Hannyo Shingyo and offer incense. It is very simple. Even something as simple as that can be so fulfilling and wonderful.

PPS: There is an old, silly joke about a stupid person who loses the



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**PPS: Continued:**

car-keys outside in the dark. His wife asks, "If you lost your keys outside in the dark, why are you looking for them inside the house?" He answers, "The light is better inside!" In Zen, this is actually true. I believe, Look for happiness where happiness is. Look for failure where failure is. Sensei.

**04-30-01.** Reverend Furuya, Thank you for making the Kodo book available to common folks. I am a middle school teacher going through hard times. The book is allowing me to see a little more. Thank You. John Baldwin

**Sensei's Reply:** Mr. Baldwin: Many thanks, your kind words are just as encouraging to me.

To let you in on a little secret, I had the first copy of the book blessed by a very famous Russian psychic and healer, so that all people who read or touch a copy will be blessed with his healing power. I am absolutely certain that things will be better for you, please hang in there. Please let me know how you are doing and always stay in touch, With my best wishes, always and faithfully,  
Rev. Kensho Furuya

**05-01-01.** Thank you. Wow! Reverend Furuya, Thank you for replying! I know that you are a busy person. So I hope it is ok to ask you a question from time to time. I read a small part of Kodo every night before I go to bed. I have done this for a long time. From your book I have ordered and read *The Record of Immovable Wisdom* by Takuan Soho. Could you please provide some input on this book or Takuan. I feel that these books hold many great humble meanings. These books put things in my head which hold a great value but are hard to place and make sense. Please feel free to E-mail me anytime. I am honored that you e-mailed me back. Thank you!! Have a beautiful day! Thank You, John Baldwin

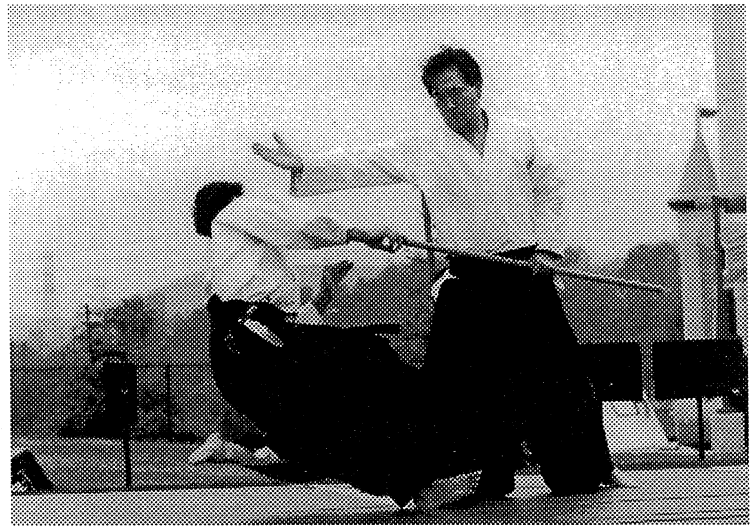
**Sensei's Reply:** This is a famous letter written to Yagyū Tajima no Kami, fencing instructor for the Tokugawa Shogun, Iemitsu, by Takuan. It is very famous and must be read many times before one can get its true meaning. There is not much written in English on Takuan or the Yagyū, just a few sentences in books on Japanese history or Zen. Please keep studying it and various meanings will appear according to your understanding. Good luck, always, Sensei

**05-03-01.**

**Learning About Swords:**

To Whom It Concerns, I have long been interested in Japanese swords, their history and manufacturing techniques. I would like to get more information about your organization and what you do. I am interested in obtaining information on any classes, apprenticeship programs, upcoming seminars on the Japanese sword that you may offer through your organization.

I am also very interested in finding someone who is classically trained and currently involved in the actual art of swordsmithing. I would like to possibly learn the art of forging and folding actual Japanese blades in the traditional Japanese method of sword making. I am a Los Angeles resident, and look forward to the opportunity of visiting your facility in Little Tokyo. I can be reached at the following address and information: Phil (Takao) Sato, c/o: Edge/PTS Group, Inc., 215 Pier Ave., Ste. B, Hermosa Beach, CA 90254 Thank you in advance of your response. Sincerely, Phil Sato



**Sensei's Reply:** We do have occasional seminars, discussion groups and lectures on Japanese swords. You can find out the schedule by visiting our website from time to time for upcoming events.

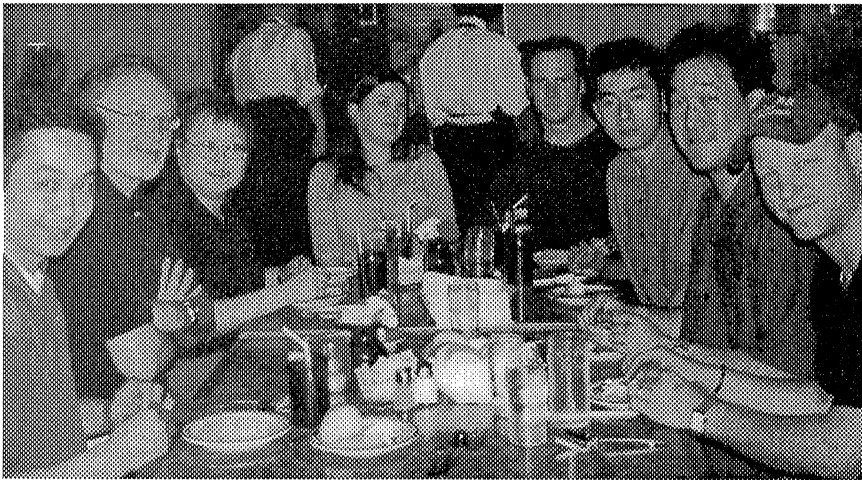
I think before you think about making swords or going to Japan, you need to study swords a great deal to understand their art and nature and the many fine characteristics that make each sword. They are very much different according to school, style, age, country, etc. and these differences occur not only by design but by methods of forging.

Unfortunately, there are more misleading books and experts around than real, reliable information so it is very easy to become very confused about this subject. Although I personally know many sword makers in Japan, I can't imagine them taking on any students who are not well versed in sword arts and totally dedicated to the art.

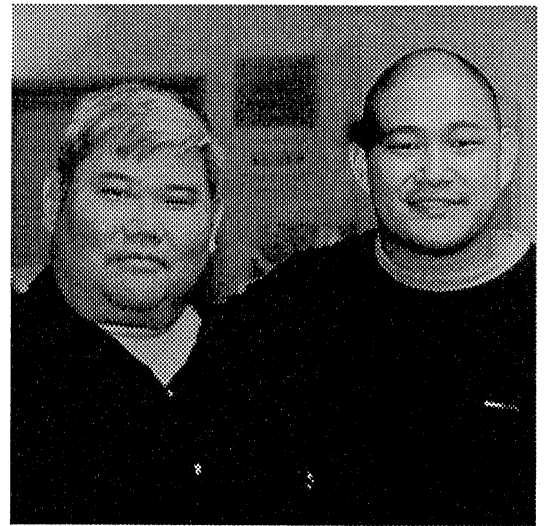
**05-05-01.** Konnichi wa Sensei, I am an Italian Martial Art's student, in particular I practice Okinawa Goju Ryu - Okinawa Kobudo and I'm trying to learn Ju-Jitsu, and I'm a teacher too (it is not a very easy position). I have read your book "Kodo, Ancient Ways" that is indicated in our training program (I am a member and Italian President of Yudansha Kobujitsu Karate-Doh Federatin founded by Ron Yamanaka Shihan, I think You know him). I think that it can really open the mind and give an answer to most of the questions and doubt that very students have in his head. I also read every day your daily message and often You give me something new to reflect on. I really love and respect my Sensei, Giovanni Di Meglio Shihan, and our leader Ron Yamanka Shihan, they are really great person, at the same time I think that there is nothing bad in appreciate and respect other serious teacher. I think that is a great thing to know that other people in the world practice Martial Arts with the same spirit to follow the precepts of Love, Compassion, Altruism, Respect, Justice and Peace. So I want to thank You for all that You're doing to preserve e protect the Spirit of Budo. Your in Budo, Luciano Hartsarich Sensei  
P.S. to Your Students...thank to help your Sensei.

**05-08-01.** 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 R.

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After the PCC demonstraton at Gus's in Pasadena. Left to Right: Kenny Furuya, Larry Armstrong, Cheryl Lew, Christie, Mike Van Ruth, Mark Ty, Ken Watanabe and Jim MacDonald.



With Stanley Wong, Pasadena City College Asina Coalition. April 20.

## **Inquiry On Swords: A Very Strict Etiquette Indeed.**

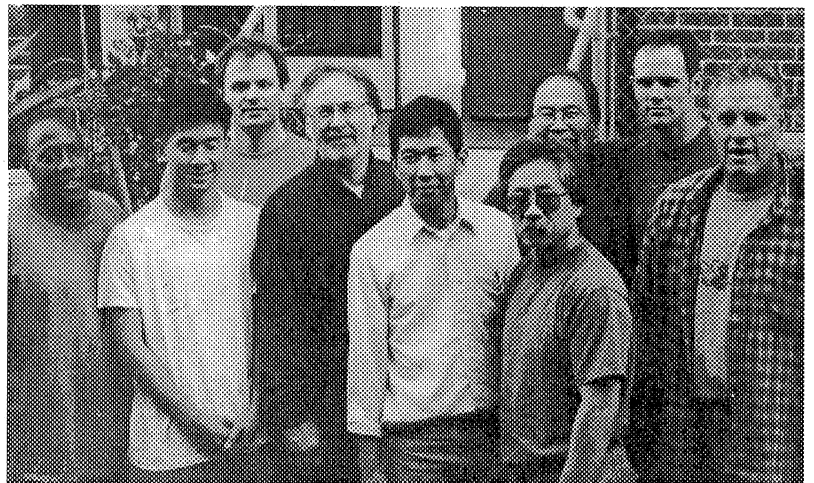
05-10-01 Sensei, Good morning. For a number of weeks we have communicated by E-mail with my goal of setting up an appointment with you to look at sword of mine. Unfortunately, so far, our schedules did not allow for a mutually convenient time to meet. As I previously mentioned, I leave on Saturday for a 8 day trip to China and upon my return I will once again contact you with the goal of setting up an appointment.

In my E-mails I also asked the question pertaining to the sword you already looked at, the Muramasa copy. (I even left a phone message) I have no interest in selling the sward but I am in the process of reviewing my home owners insurance policy and am wondering what do you think the value of the sword is and should I even worry about insuring it. When we meet you said it is not worth much. At the time I should have asked more specific questions. Sensei have you not answered the question because it is an inappropriate question? If so, I apologize. I look forward to your response. Sincerely, Alan F.

Reply: As I explained to you, the signature on the blade is a fake so it has no artistic value and cannot be insured properly. Tthe sword is not a "copy," it is a misrepresentation. There is a tremendous difference here. Also, asking for further information about a blade which is not what it is supposed to be is also inappropriate because some people might misunderstand that I have represented the blade as real. It is like asking the value of a counterfeit dollar bill. Of course, I do not mind researching or giving approximate values on worthy and appropriate blades with correct signatures as works of art. It is not my policy to reply to inappropriate inquiries. Thank you for your understanding and cooperation in this matter. Aikido Center of Los Angeles, Rev. Kensho Furuya



At Evergreen Baptist Church. Left to right: Kenny Furuya, James Doi, Sensei, Ken Watanabe, Jim MacDonald. Top: Cheryl Lew, Shelley Santo, John Katagi, Mike Van Ruth, Mark Ty, Jonathan Tien and Tom Williams.



At Dojo garden cleaning and replanting on April 21. Left to right: Ron Drones, Mark Ty, John Taylor, Larry Armstrong, James Doi, Norman Lew, John Katagi, Mike Van Ruth and Tom Williams. Thanks for a great job!



## Regarding Nguyen Trong Hung aka Hung Bauer

**12-04-00:** Dear Reverend Kensho Furuya, It has been several months ago that I contacted you following a journalistic research I was working on. It concerned a certain Nguyen Trong Hung/Hung Bauer who is (still) working as aikido teacher here in The Netherlands, who claims to be a student of you and says to have the rank of Shihan as well as teacher at Hombu Dojo. During the past months I got a bit stuck in the research because either people weren't willing to talk about him or didn't know him. And I wanted to wait with contacting him personally until I had gathered more information. However he seems to, consciously, hide himself in a mist of secrecy. One may question what the exact reason for that is, of course !

Around July you had put a message on your site about him, telling that you were looking for more information on him, soon after that you informed me that so far either nobody had replied or people didn't know him. I was wondering whether since then you had managed to get information, or maybe even Nguyen Trong Hung/Hung Bauer had contacted you personally following the call on your site ?

On his own website ([www.angelfire.com/zine/marubashi](http://www.angelfire.com/zine/marubashi)) of his (so called ?) Marubashi Dojo, it's mentioned that he has (several) dojos in Los Angeles which, during his absence, are supervised by somebody who via email is to be contacted under the name Nakayama S..

Now recently I checked your own site again and noticed an announcement for a special gathering by you and somebody called Nakayama James Sensei ! As you might understand I immediately wondered whether this is the same person as the Nakayama S. (Sensei ?) on the Marubashi site, or that Nakayama James Sensei knows this Nakayama S. (assuming that this dojo really exists or at least this Nakayama S. really exists!) ! I hope that you can inform me if Nakayama James Sensei indeed (personally) knows Nguyen Trong Hung/Hung Bauer, or if he can give more information on him.

As I wrote above, Nguyen Trong Hung/Hung Bauer is still active in The Netherlands, frequently teaching in two dojos. One of these dojos has recently updated there information on him on their website, not calling him Shihan anymore but only Sensei (but this change can be meaningless) and they maintained his biography as well mentioning that he started with aikido at the age of 7 in the Aikido Center of LA under your care. Next to that Nguyen Trong Hung/Hung Bauer has opened a new website called [www.hombu.com](http://www.hombu.com) which, according his information is about aikido in Europe (the site name is a bit misleading because it creates the impression to be directly related to or sanctioned by Hombu Dojo). An interesting detail is that Nguyen Trong Hung/Hung Bauer himself uses the emailaddress [shihan@hombu.com](mailto:shihan@hombu.com), not in combination with one of his two names but with Aikikai. So the full email address including writers name becomes: "Aikikai" [shihan@hombu.com](mailto:shihan@hombu.com) (instead of for example "Nguyen Trong Hung" [shihan@hombu.com](mailto:shihan@hombu.com)) This definitely supports the impression that he "is" a shihan and associated with the Aikikai So Hombu !

Anyway, it remains an interesting case and I'll keep on working on it. I recently found an emailaddress of Hombu Dojo ([aikido@aikikai.or.jp](mailto:aikido@aikikai.or.jp)) so I'll contact them again about the new

developments, and to check again whether Nguyen Trong Hung/Hung Bauer really studied and/or worked there (he keeps on mentioning several names of Hombu Sensei as his teachers, like Endo Sensei). In case you happen to really contact Nguyen Trong Hung/Hung Bauer I would request you to treat this information with utmost discretion, not mentioning my name and background. I rely on your cooperation in this.

Last but not least I'd like to wish you Happy Holidays (in case you do celebrate them in some way), and a happy, healthy and spiritual New Year. Looking forward to your reply I remain, With regards, yours sincerely, Jonathan Grewal, Freelance journalist ([jona\\_grewal@hotmail.com](mailto:jona_grewal@hotmail.com))

**12-24-00 Sensei's Reply:** Hello! Thanks for your email. As I mentioned to you before, I have already confirmed with Hombu Dojo about this person and they have no record of him. I wish you wouldn't bother them about this guy mentioning my name because it will just create more confusion and misunderstanding. I think you should have finally surmised by now that this person is misrepresenting himself.

I will report to Hombu dojo about this person myself explaining how he might be misrepresenting himself and me and also using the Aikikai name of which unauthorized use is illegal.

James Nakayama is no relation to S. Nakayama. I was born in Los Angeles and grew up in Los Angeles and have been practicing Aikido. I think you must eventually reach the most obvious and inevitable conclusion.

From: "Jonathan Grewal" <[jona\\_grewal@hotmail.com](mailto:jona_grewal@hotmail.com)>  
Date: Sun, 24 Dec 2000 16:39:29 +0100  
To: [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net)  
Subject: Nakayama Sensei

**05-05-01 Sensei's Note:** From more correspondence regarding this matter as of the above date, S. Nakayama refers to Saori Nakayama in the Netherlands. This person's website is <http://www.webspawner.copm/users/saori/> His email address is [saroi\\_nakayama@hotmail.com](mailto:saroi_nakayama@hotmail.com).

According to his website, he is a student of Hung Bauer and also lists various information. This website also states that Hung Bauer studied at the Aikido Center of Los Angeles when he was 7 years old.

The following information was received between May 4th and May 5th, 2001, from another dojo in the Netherlands. I am publishing all of this information in our Newsletter here as a permanent record of these events for everyone's information and elucidification. The result of this letter and a notice on our website restating that we have NO RELATIONSHIP with this person has also brought on a response from Mr. Hung Bauer himself. In his letter, as you will read, he states that he is NOT student of mine but an admirer of mine. However, his website does state that he claims to be my student. Whatever is the result of this, I am publishing all of this information here for the record and for future reference as this issue continues. This problem is complicated by the fact that I am receiving much incongruous information from various people. . . . I must state again to all parties involved that I have never known or met this person, nor has he ever trained in my Dojo, the Aikido Center of Los Angeles.

**Aikido Center of Los Angeles**  
**NEWSLETTER**

**Hung Bauer Continued:**

**05-04-01 Paul Janssen, Netherlands :** Dear webmaster, I tried to phone Mister Furuya Sensei via the telephonenumber as mentioned on your homepage. I wish to contact Mister Furuya Sensei urgent about some serious matter happening in the Netherlands, Let me first introduce myself, my name is Paul Janssen, I am a dutch aikidopractitioner and -teacher in Amsterdam with a small Dojo of myself. (I practice Aikido over 20 years as a student of Tamura Sensei). I wish to contact Mister Furuya Sensei in person about some serious confidential matter; the shortest line is via telephone because par email I have to write a very complex history first before I can explain the clue of the story and my questions Can You please give me a telephonenumber where I can try to reach Mister Furuya Sensei in person? Mathe his personal emailadres? Thank you so far Kind regards paul janssen

**05-04-01:** Dear Rev. Kensho Furuya, Thank you for your accurate fast reaction; To avoid to write You a long history, although I can explain the means of my question of You wish, I have an urgent question about a questeacher in the Netherlands who has told and wrote me to be a former student of You; His name is Hung K. Bauer, or in his original vietnamese name Nquen Trong Hung. He might have been a child of 6 years when he entered the Dojo over 29 years ago.... He told and wrote me You are his first teacher and after he was a student of Saotome Sensei and later on left to Japan to study and practice at the Hombu Dojo my telephonenumber is 0031206182760 Thank You so far Kind regards, paul janssen

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

Van: Kensho Furuya <mailto:aclafuruya@earthlink.net>

Aan: paul janssen <mailto:shoshin@worldonline.nl>

Verzonden: vrijdag 4 mei 2001 16:43

Onderwerp: Re: Contact Furuya Sensei

**05-04-01:** Dear Rev Kensho Furuya, It is a long and complicated history. I write a report about this matter including copies of documents I received in person and via email attachments I am surprised he is unknown in your dojo too. Because of a very destructive appearance in my own dojo by him intriguing, dominating my students my dojo was ruined because of a very 'professional' falsification of documents and identity. Somehow I hoped he was known by You because I look for solutions to stop this man from these destructive events. on his falsifications he was a guestteacher in my dojo, calling himself 6th dan aikikai so hombu shihan, via me he was introduced in the dojo of my teacher Fortunato dos Santos Sensei, he did graduate my teacher Fortunato dos Santos Sensei yondan aikikai so hombu to offer 'rehabilitation' for (political) events from the past and students of my teacher shodan aikikai so hombu.; made them pay aikikai-fees and payments for graduations;

He let me do demonstration in my own dojo in front of my own students and offered me my 'yondan aikikai so hombu' etc At the moment I questioned his identity he created a war in my dojo and several students left my dojo etc Since one year I was still waiting for the diploma's. nothing appeared and Mr. Hung Bauer could continue teaching under a false profile of Aikikai-So Hombu Shihan. In the period of January 2000 till June 2000 I received several emails, undersigned by Doshu Moriteru Ueshiba, which appeared now to be falsifications either. I write my more detailed report and send it to you as soon as possible too. Thank You so far Let us stay in touch pleased to meet and talked to You I linked your homepage in my interactive homepage and did download your 'diary' in which I find very interesting and supportive texts and aikido-knowledge. Paul Janssen

My address is: Paul Janssen, Kanaalstraat 7 hs, 1054 WX Amsterdam, The Netherlands. tel 003120612760

Sincerely Yours, Kind regards, paul janssen

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

Van: Kensho Furuya <mailto:aclafuruya@earthlink.net>

Aan: paul janssen <mailto:shoshin@worldonline.nl>

Verzonden: vrijdag 4 mei 2001 17:47

Onderwerp: Re: Contact Furuya Sensei

**05-04-01 Sensei's Reply:** Mr. Paul Janssen: First of all, he was NEVER my student and I don't know him or have known him was he ever my student. Someone else from your country contacted me about him, so I have had this conversation before. This other person who asked me about him also reported to me that Saotome Sensei does not know him, nor does Hombu Dojo have any record of him. I have also checked with Hombu Dojo as well as they have no record of him. I have asked this person to tell this Hung Bauer to contact me immediately if he really is my student but he never did. If you have contact with him, please tell him to stop using my name.

Please tell me what other problems this person is causing. You can speak freely because everyone knows about this guy. I really don't like him using my name and please let everyone know that he has no relationship or connection with me or my dojo, please let me know what is going on, Rev. Kensho Furuya

**05-05-01 Pieter vander Baart:** Dear Furuya Sensei, I would like to respond personally on your notice. My name is Pieter van der Baart and I am the one who has spread these rumours and stories on Nguyen Trong Hung, not he. Hung Sensei is a quiet and friendly man.

If there is anyone to blame, it is me. Furthermore I would like to mention that the man who "informs" you, Mr. Paul Janssen is claiming all the time that he is one of your students, as he claims he is student of everyone. I used to be his student and I left him after he threatened me on the street and after seeing him beat students on the tatami. He fights women in public, is nothing more than an alcoholic, has beaten up his former girlfriend. That is all I want to say. Please rectify your notice. Kind regards, Pieter

**05-05-01:** From: Kensho Furuya <aclafuruya@earthlink.net>

To: "peter v.d. baart" <pydbaart@hotmail.com>

Subject: Re: your notice

Date: Sat, 05 May 2001 06:41:15 +0100

**05-05-01**

Hello! Many thanks for your email. I have received several letters about Mr. Hung over the past six months or so. I have never met him nor do I know him. I do know that he was never my student as he claims. I did request that he contact me or communicate about this with me and he never did. This opportunity is still open to him. In addition, he claims to have trained at Hombu Dojo in Tokyo and received 6th Dan. I verified this with Hombu Dojo and this statement is also not true.

Not only Mr. Hung but several other Aikido teachers are using my name without authorization around the world, and this is very inconvenient for me because I try to be very quiet in my Dojo and stay out of the political arena. Although people may know me from my books, etc., I am also a Zen priest as well as Aikido teacher, so I prefer to stay away from these worldly controversies and lead a quiet life. I hope you can understand and appreciate this. I hope you will

Con't.



**Aikido Center of Los Angeles**  
**NEWSLETTER**

**Hung Bauer continued:**

convey this message to Mr. Hung to no longer use my name in his resume, or submit proof that he was my student as he says. Is this fair? Many thanks and please stay in touch,  
Aikido Center of Los Angeles  
Rev. Kensho Furuya

From: "peter v.d. baart" <pvdbaart@hotmail.com>  
Date: Sat, 05 May 2001 14:01:23 +0200  
To: aclafuruya@earthlink.net  
Subject: your notice

**05-05-01:** Dear Furuya Sensei, Thank you for your email. I have talked to Hung Sensei and he never received that invitation to talk to you. He does not know where you have send this invitation to.

I will explain my email better.

As far as I know (and many others) is that Hung Sensei likes your aikido. He told us numerous times that he has all your videos and had watched them for hours. Thanks to him, many people have bought your book KODO and videos.

I know for sure that Hung Sensei has never claimed to be your student. He only has claimed that your videos and book have inspired him a lot in his development of aikido. So Hung Sensei is not using your name in any way other than referring to your book and videos. I know that he wished in the past to have joined your dojo, since aikido and it's philosophy are his life.

Regarding Hombu Dojo. Hung Sensei has spoken to the Dutch Aikikai rep. and has told him that he was not connected to Aikikai Hombu Dojo. Many people around Hung Sensei's back have made it sound like this and (to my great regret) I have also contributed to that.

All these letters only say what Hung Sensei (might) have said. Just earlier, he has tried to call you, but there was an answering machine. He will try to call you later again.

I hope this answers your questions and worries better. I respect your wish to lead a quiet life and so does Hung Sensei. Hope to hear from you soon. Peter

**05-011-01 Jonathan Grewal**

From: "Jonathan Grewal" <jona\_grewal@hotmail.com>  
Date: Fri, 11 May 2001 00:09:11 +0200  
To: aclafuruya@earthlink.net  
Subject: Re: Nguyen Trong Hung aka Hans Bauer

Dear Reverend Kensho Furuya, I'm pleased to receive your email and surprised to read that you have new information. Indeed I'm still working on Nguyen Trong Hung/Hung Bauer's case. I recently checked one of the other teacher's he mentioned in his (fake?) CV, namely Endo Shihan (of Hombu Dojo), without mentioning your name, so don't be worried. As expected, he also had never heard of the man. Nguyen/Bauer had also told somebody that he was one of the men behind Aikiweb, but Jun Akiyama had never heard of him as well. Last week I heard that Nguyen/Bauer has had trouble with the Dutch Aikido Federation, but so far I haven't be able to find out what exactly happened. I'll keep you informed. Now I'm very curious to hear what news you do have about him ! I hope you can inform me

soon ! With regards, Jonathan Grewal

Sensei's Comment: How sad! What some people go through to fool people and all they do is cause trouble for others and themselves.

**05-05-01. From Hung Bauer:**

**Dear Furuya Sensei,**

**I have tried to call you but you were not there. Please let me know when is a good time to call you and I will.**

**I did not receive your first request for communication, otherwise I would have done that.**

**Let me start that I have a great respect for you. I have been reading your columns for many years and that has resulted in buying your book and videotapes.**

**I have never claimed to be your student other than referring to you during my teachings. You have always been an inspiration for me in my own search for aikido and I wished I would have shared the tatami with you. I am very sorry if you have been mixed up in this. I am nothing more than a simple guy trying to find his own way. I cannot be held accountable for what other say what I (might) have said. And I cannot help if people twist my words or statements.**

**I know where your dojo is since I have lived for may years in Los Angeles. I have a great respect for you and aikido that I would never do anything to harm it. I do not really know why so many people want to hurt me. You will stay an inspiration for me at all times and I hope that you can forgive me if I am the cause of trouble at your dojo.**

**If you want, you can call me at +32 654 716046. I will then return your phonenumber immediately and I hope we can than talk to help this misunderstanding out of the way. I would appreciate it. With kind regards,**

**Hung K. Bauer**

**Email: Hung K. Bauer <h.k.bauer@zonnet.nl>**

**Homepage of Hung Bauer:**

**<http://www.angelfire.com/zine/marubashi/>**

**<http://www.webspawner.com/users/saori/>**

Editor's Note: Furuya Sensei has not replied to Mr. Hung of the above date of the letter because information in his letter contradicts what he states in both of his websites and from what other sources have quoted him as saying. Although Furuya Sensei understands that this is the reality of the Aikido world today, he is extremely disappointed with everyone's conduct in this matter and wishes to refrain. Furuya Sensei also expresses the wish that he hopes people will give him, his Dojo and his work a little more respect and not abuse it in this manner. Everyone's utmost cooperation is requested.

## Dalai Lama Personality Test

I don't know if you really have to send this on, but I thought it was an interesting test. It takes about 5 minutes but it is fun.

You may find the results interesting. The Dalai Lama said read it to see if it works for you and I will tell you PERSONALITY TEST Very interesting. Just 4 questions and the answers will surprise you.... Do not cheat by looking up the answers. The mind is like a parachute it works best when it is opened. This is fun to do, but you have to follow the instructions very closely. Do not cheat. **MAKE A WISH BEFORE BEGINNING THE TEST!**

Answer the questions as you go along. There are only four questions and if you see them all before finishing you will not have honest results. Go down slowly and do each exercise as you scroll down. Don't look ahead. Get pencil and paper to write your answers as you go along. You will need it at the end. This is an honest questionnaire, which will tell you a lot about your true self.

Put the following 5 animals in the order of your preference.

a. Cow b. Tiger c. Sheep d. Horse e. Pig

Write one word that describes each one of the following:

a. Dog b. Cat c. Rat d. Coffee e. Sea

Think of someone (who also knows you and is to you) that you can relate him or her to the following colors. (Please do not repeat your answer twice. Name just one person for each color.)

a. Yellow b. Orange c. Red d. White e. Green

Finally, write down your favorite number and your favorite day of the week. Please be sure that your answers are what you REALLY feel... Last chance... Look at the interpretations below. But first before continuing, repeat your wish. Continued:

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## DNA continued:

aggressively seeking out the student was too much like a merchant going after a customer. The teacher of old always avoided this so it was always necessary for the student to aggressively seek out the teacher. From ancient times, the student always sought out the teacher to show (and to develop) his aspiration to learn and seek out knowledge.

Between the teacher developing a merchant attitude and the student developing the mind of a seeker of knowledge, I prefer the older method. Many don't understand this today. They want me to welcome them and hug them when they come into the Dojo like a health spa instructor or a clever businessman when he spots a wealthy customer at the door.

In olden times, great teachers used to say, "You have to steal the art from me," and used to hide deep in the mountains where they were almost impossible to find or build obstacles so that it was very difficult to enter their schools. Only the most devoted students would seek them out and find them! This is how the arts flourished in olden days and there were so many great master and teachers.

Today, modern teachers run after their students like fisherman using

large nets and talk like the so-called used-car salesman. What is very bad, is that students today expect this kind of treatment. They expect the teacher to act like a greedy merchant acts when somebody with a fat wallet walks through the door of their store. They want the teacher to act like a good waiter in a fancy restaurant. I remember one student who considered himself as "expert on Japanese culture," and was so disappointed with me because I didn't greet him at the door of the Dojo, like the sushi-chefs in the restaurant yelling, "welcome, welcome! (irasshamase! irasshaimase!), in a big voice. (Well, duh! The Dojo is not a restaurant!)

Open solicitation of the student maybe the best way to do business today and maybe this is what everyone understands and maybe this is how to connect with the most people, so probably, I am doing it all wrong by today's standards (I know this!). But as much as I think about this, as a teacher, do we follow the example of great teachers of the past, or do we follow the example of Donald Trump?

(Still, everyone doesn't understand what I am talking about, do we?)

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## General Meeting May 9th.

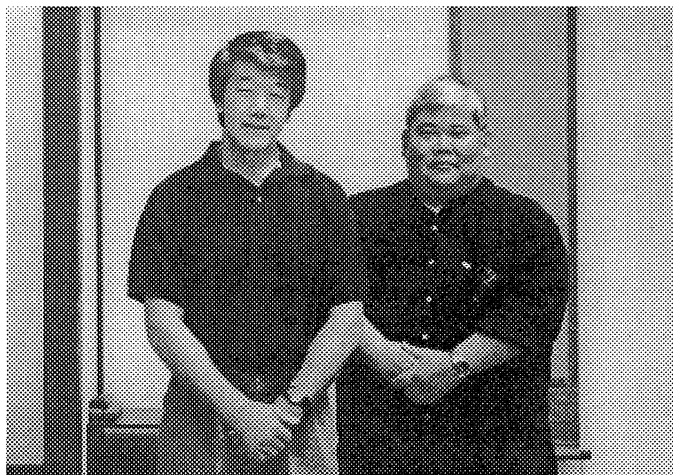
Sensei: Carol, Cheryl, Nick, Mike, James, Larry, and Tom participated in the discussion. I asked Mark to go over the Dojo Calendar in the beginning of the meeting. The rest of the people maybe said a few words. One thing brought up was that we should have some functions that were casual and inexpensive. Examples given were pizza and bbq's. Some black belts thought more people would attend functions that were less formal and inexpensive. This was about all I could really get out of everyone except for what I already shared with you. Carol was wondering what happened with new students when they stopped attending class and we briefly discussed that people were encouraged to call each other to come to practice.

Also, I think that maybe other black belts run the meeting once so they can feel how uncomfortable and discouraging it is when hardly anyone participates in the discussion. Either that or a black belt has to have something prepared to report to the general membership (that would make him/her take ownership in the meeting.) After running the meeting I feel I should make it a point now to be there sometimes so I can participate. I didn't realize it was that bad. Kenny Furuya, 4th Dan.

Sensei's Comments: It was fortunate that I had to be away that evening because I thought it would be a good time for students to talk openly without their teacher present. I thought an open discussion might take place. But, it seems that whether I am there or not, it is basically the same - no one speaks up, no one talks and no gets involved. I think it is a good idea to have various other people head these meetings but not just to see how frustrating it is for me. It would be nice to get some dialogue going. Many thanks to Kenny.

It has always been the policy that members should encourage each other in their training. Sometimes, if we get lax in training, it takes a call from another classmate to get the energy up. This is why telephone numbers are listed in the attendance book. If you haven't seen a friend in class, find out why? I would like to have bar-be-ques and pizza parties "occasionally" in the Dojo, but, in the past, they have not been well attended and very quickly, everyone loses interest. Unfortunately, we are a "dry" Dojo and no liquor is allowed. I am sorry but that policy will never change but parties are fine!





Hiroshi Ikeda Sensei, from Boulder, Colorado. April 19, 2001.

## From Our Friends In Mexico:

05-08-01. Dear Sensei: Reciba cordiales Saludos desde El Norte Barbaro de México, Its been a while since I wrote , I have just opened your news letter and have enjoyed it very much, congratulations on Jonathan Tien's article about the virtues of a martial artist, its a great thing to know that from a great teacher come great students.

As I wrote to you before, we are still waiting patiently yet to see a Spanish version of KODO and would hope KODO II also would have a Spanish version, lately I have seen a growing tendency in my beloved Mexico of forgetting what Martial Art are, and conscience of not being an expert or a great example in the Virtues of a Martial Artist, these articles in your news letter and your book(s) illustrate more and more what they should be.

Lately I have started to read a popular martial arts magazine published in Mexico (Artes Marciales) and while enjoying a great quality in material (paper and covers), some articles are leaning more and more on "gung ho combat martial arts" rather than the virtues and ways of a martial artist; This is not just a blunt criticism of this wonderful magazine, which is not, but rather a request to send exerts or full translation to this magazine from Jonathan's Tiens article, as well as exerts from your book, this is a humble request and full credit would be given in each case.

Forgetting what martial arts are is just one of the reasons I believe articles like these should be in Spanish, the native language of my beloved Mexico and also our Mother Land Spain, I'm certain that mass media has a lot to do with cases like the one mentioned above and realize there's an audience for all events, also I'm very aware that this is not just happening in Mexico, but all over the world.

Abusing your kind courtesy, I was wondering if it is possible to write to Señor Santiago Almaraz in Spain, if so, could you give me his email address?

PS: I'm taking the liberty of coping this letter to Mr. Juan Chia, editor-in-Chief of Artes Marciales magazine Muchas gracias por su tiempo en leer mi carta, se despide como siempre, su amigo en México. Su Atento y Seguro Servidor, Luis Fernando Villa Wences, Ingenieria de proyectos/Project Engineer.  
email : fervil@smallpartsinc.com

## 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

Coming Soon!

## *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.*

## Upcoming Special Events:

**July 8.** Lotus Festival in Echo Park.

**July 14.** Pasadena Buddhist Church Obon.  
5:30-6:30pm.

**August 5.** Annual Nisei Week Festival Aikido  
& Iaido Exhibition. 1:00pm-2:00pm

**August 12.** Annual Nisei Week Samurai  
Sword Lecture. The Life of Miyamoto  
Musashi. 1:00-2:30pm

**Aikido Center of Los Angeles**  
**NEWSLETTER**

**Dalai Lama Test:**

This will define your priorities in your life.

Cow: signifies CAREER

Tiger Signifies PRIDE

Sheep Signifies LOVE

Horse Signifies FAMILY

Pig Signifies MONEY

Your description of dog implies YOUR OWN PERSONALITY. Your description of cat implies the personality of your partner. Your description of rat implies the personality of your enemies. Your description of coffee is how you interpret SEX. Your description of the Sea implies your own life.

Yellow: Someone you will never forget

Orange: Someone you consider your true friend.

Red: Someone that you really love

White: Your twin soul

Green: Someone that you will remember for the rest of your life.

You have to send this message to as many persons as your favorite number and your wish will come true on the day that you put. This is what the Dalai Lama has said about the millennium just take a few seconds to read it and think. Do not put away this message, the mantra will come out from your hands in the next 96 hours. You will have a very pleasant surprise. This is true, even if you are not superstitious SEND THIS E-MAIL MANTRA TO AT LEAST FIVE PERSONS AND YOUR LIFE WILL IMPROVE 0-4 persons: Your life will improve slightly. 5-9 persons: Your life will improve to your liking. 9-14 persons: You will have at least 5 surprises in the next three weeks. 15 or more persons: Your life will improve drastically and all that you have always dreamed will take. If at any time you do not receive the smile you were expecting, be generous and give that person a smile. Because nobody has as much necessity of a smile than the person that does not know how to smile at others. People are what you make them out to be.

Submitted by Sifu Marvin Quon, Int'l Martial Arts Academy.

**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](http://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.

**New Training Schedule:**

**Mondays**

6:30-7:30pm Open Aikido

**Tuesdays**

5:15-6:16pm Open Aikido

6:30-7:30pm Intensive (Approval req'd))

**Wednesdays**

6:30-7:30pm Open Aikido

7:45-8:45pm Advanced 2nd Kyu & Up.

**Thursdays**

12noon-1:00pm Open Aikido

5:15-6:15pm Open Aikido

6:30-7:30pm Open Aikido

**Fridays**

5:15-6:15pm Open Aikido

6:30-7:30pm Beginning Weapons

**Saturdays**

8:00-9:00am Iaido

9:15-10:10am Intermediate Weapons

10:15-11:15am Open Aikido

**Sundays**

7:45-8:45am Iaido

9:00-10:00am Children's Class

10:15-11:15am Open Aikido

Please try to maintain a regular training schedule. If you will be away from the Dojo, please do us the courtesy of filling out a "Leave of Absence" form. Monthly dues must be paid for unexcused absences. Please pay your dues on time at the beginning of the month. Many thanks for your cooperation. ACLA

**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](mailto:aclafuruya@earthlink.net). Please include your current address, tel. #, and birthday.

**Affiliated Branch Dojos**

**Kodokai Salamanca**

*Santiago Garcia Almaraz, 2nd Dan*

**Hacienda La Puente Aikikai**

*Tom Williams, 3rd Dan*

**Wyoming Aikikai**

*Tom McIntyre, 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



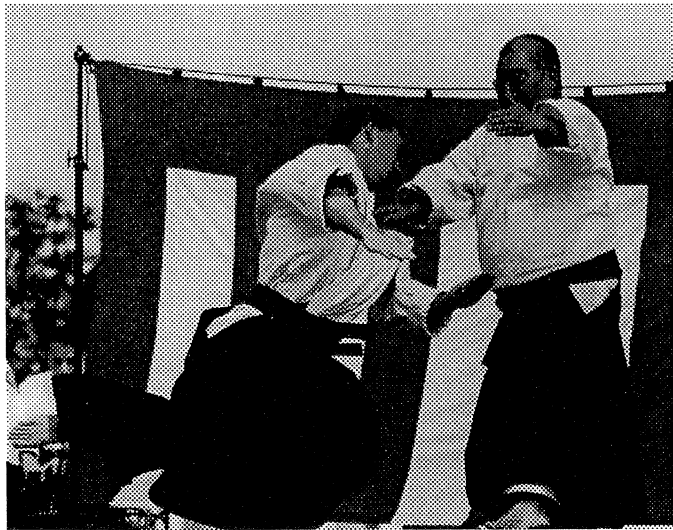
Aikido Center of Los Angeles

## 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](http://www.aikidocenterla.com).



Reverend Kensho Furuya, 6th Dan

### Dojo Supplies

#### Official Dojo Jackets

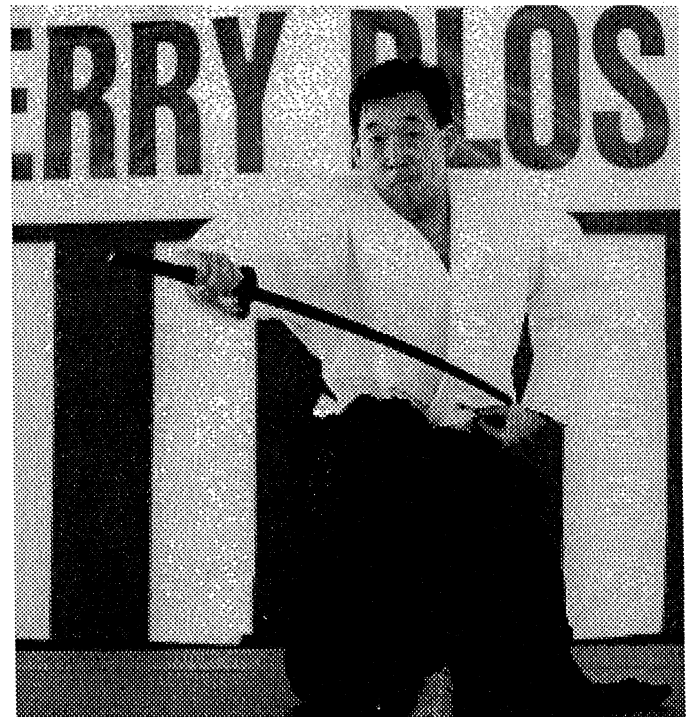
Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.

Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

### Japanese Swords: Purchase, Appraisal & Restoration

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

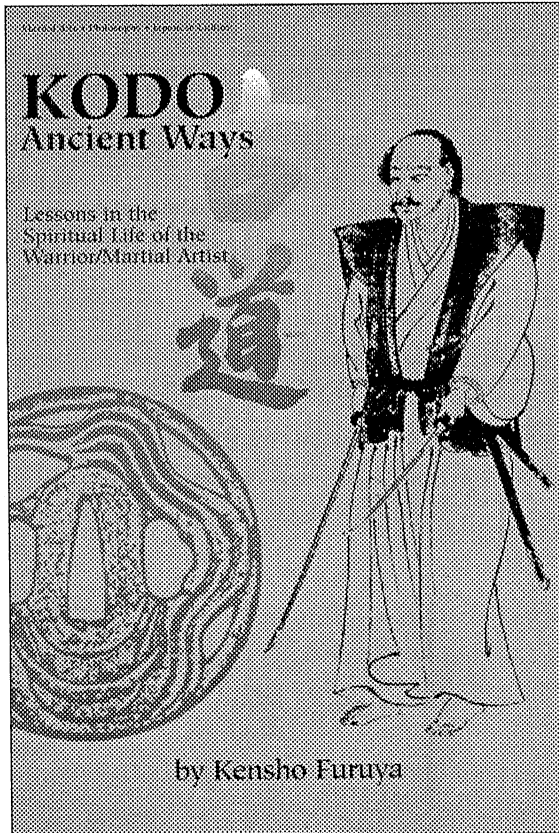
*JAPANESE SWORDS & BOUGHT & SOLD  
By appointment only.*



## Japanese Swordsmanship Musō Shinden Ryū 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.

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



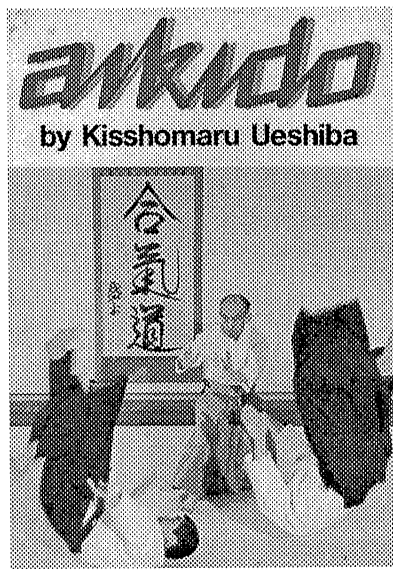
**KODO**  
Ancient Ways:  
Lessons in the Spiritual Life  
of the Warrior-Martial Artist

Rev. Kensho Furuya

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

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

**Recommended Studies:**



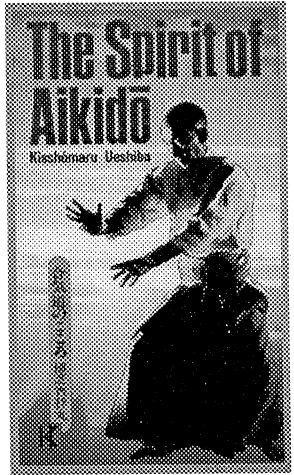
*Highly Recommended Reading:*  
**AIKIDO**  
By Doshu Kisshomaru Ueshiba  
Doshu's book is one of the best books available today on Aikido technique. Strongly recommended.



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



**ACLA DOJO NEWSLETTER**  
Published monthly by the Aikido Center of Los Angeles. Annual subscriptions are available for a donation of \$36.00 which will be used towards printing costs and supporting the practice of the students.



**THE SPIRIT OF AIKIDO**  
By Doshu Kisshomaru Ueshiba  
An important book on the philosophy and historical background of Aikido's development. Translated from the Japanese - *Aikido no Kokoro*.

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Published by Rev. Kensho Furuya  
The Aikido Center of Los Angeles  
940 E. 2nd Street #7, Los Angeles, CA 90012  
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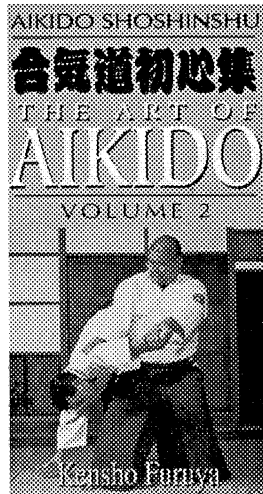
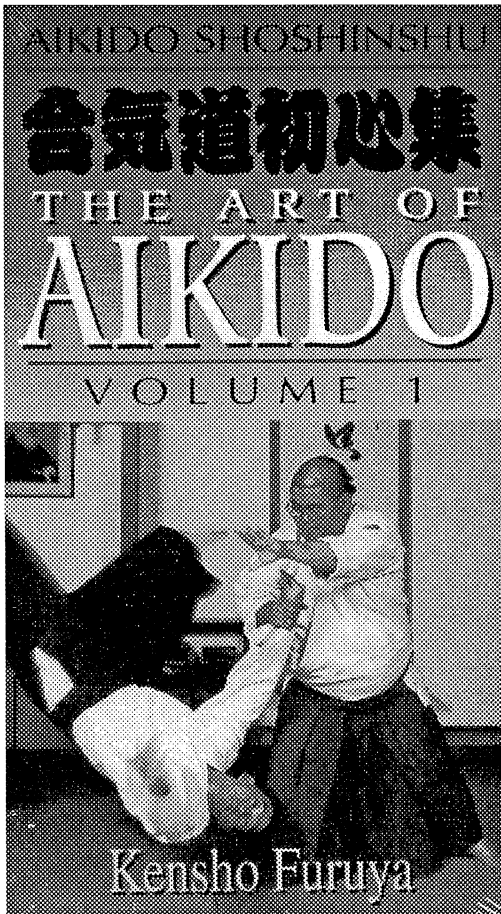


# The Art of AIKIDO

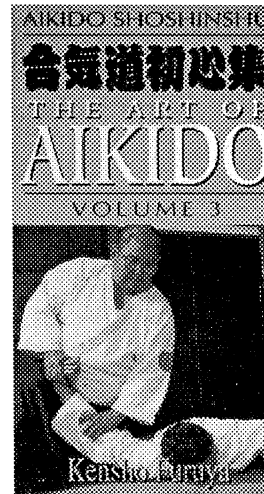
## Aikido Instructional Video Series in Nine Volumes

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

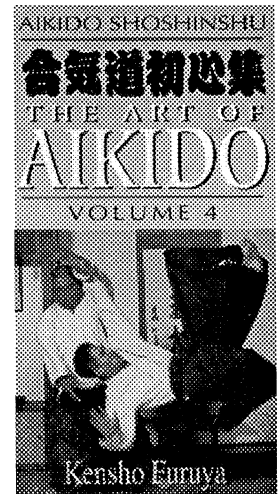
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



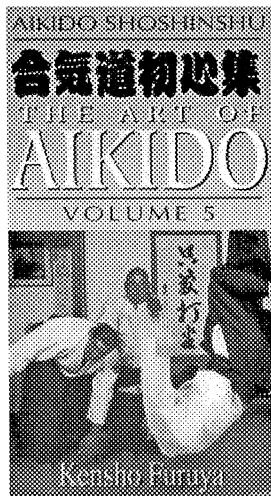
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



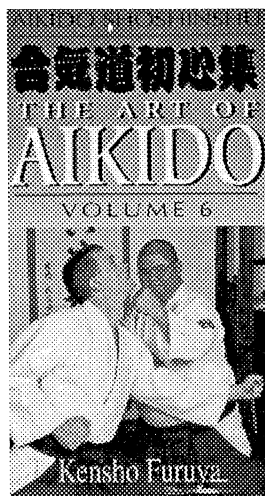
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



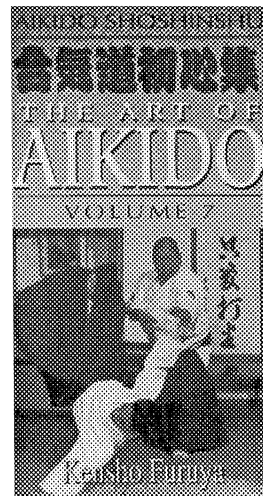
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



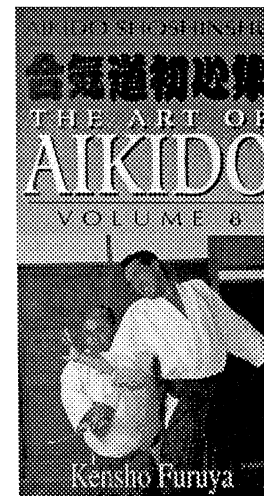
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



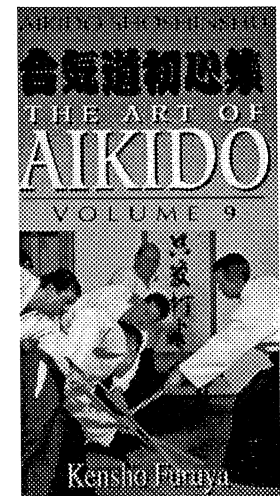
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side of the head & neck.



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

### Adults OPEN BEGINNING

Tuesday, Thursday, Fridays:  
5:15pm-6:15pm

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

Thursdays: 12noon-1:00pm

Saturday Weapons:  
9:30am-10:10am

Saturday & Sunday Mornings:  
10:15am-11:30am

## CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings 9:00 10:00am

*Affiliation*

### AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai  
17-18 Wakamatsu-cho  
Shinjuku-ku, Tokyo, JAPAN

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

### Aikido Center of Los Angeles

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

Email: [aclafuruya@earthlink.net](mailto:aclafuruya@earthlink.net)

[www.aikidocenterla.com](http://www.aikidocenterla.com)

# Iaido

## TRAINING SCHEDULE

### TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturday Mornings: 8:00am-9:15am

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

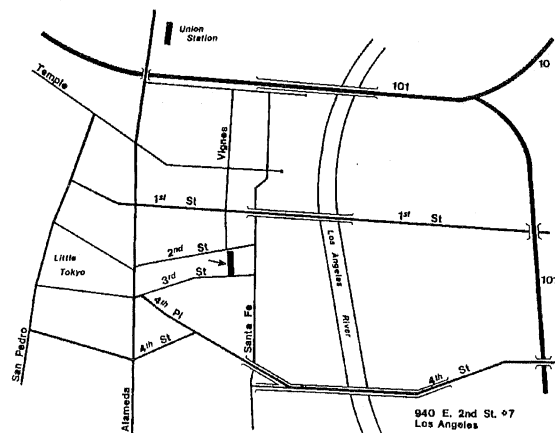
Every 2nd, 3rd, & 4th Wednesdays:  
7:45pm-8:45pm

### Intensive Iaido

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

## 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.