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

The Aikido Center of Los Angeles LLC

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist Advisory Panel

\$2.95
Donation

March 1, 2002

Volume XX. Volume 3.

Welcoming Hiroshi Ikeda Sensei

Seminar March 16-17



Rev. Tsuyuki of the Konko Church officiating Presidential Birthday.

**Congratulations! President
Ronald Reagan 91st Birthday
& Dojo Aikido & Iaido
Demonstration. Feb. 6.**

Everyone Welcome!

**Hiroshi Ikeda Sensei
March Seminar**

Make your reservation now by emailing the Dojo to
aclafuruya@earthlink.net. A few openings left.
We welcome Ikeda Sensei for his 1st Seminar with us.

Haskell Middle School Visits Dojo. Jan. 29.



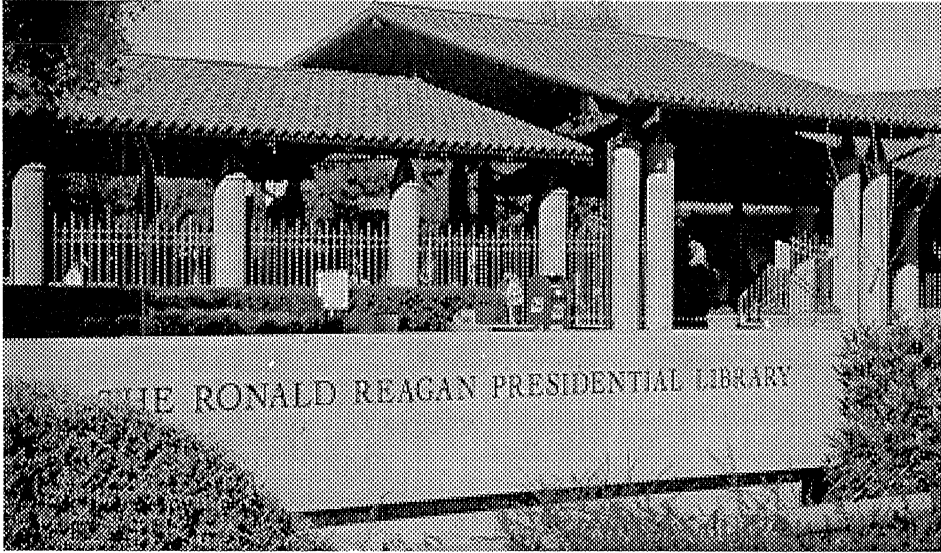
Lucky high school student gets 1st. Aikido lesson from Sensei.

Sensei's Greetings: Aikido Seminars

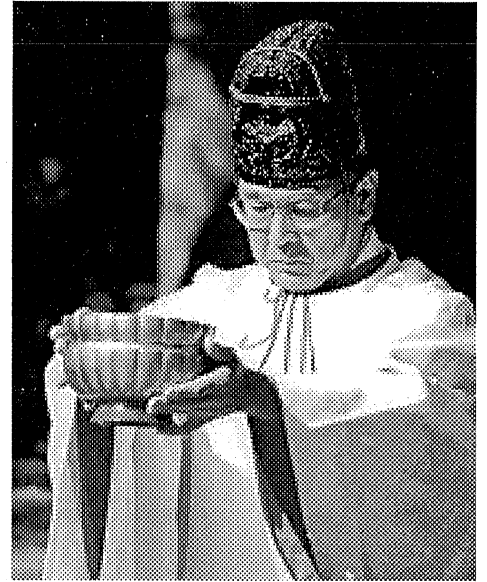
This month we are hosting our first seminar with Hiroshi Ikeda Sensei of the Boulder Aikikai, in Colorado. This will be his first visit to our Dojo and we all look forward to his visit and welcome him. At the same time, we expect to have many visitors from all over the area and look forward to meeting our guests as well.

Last year we hosted several neighboring instructors, Frank McGouirk Sensei of Aikido Ai in Whittier, James Nakayama Sensei of the Chushinkan in Santa Ana and Henry Oshiro Sensei of the Orange County Aikikai in Orange County. It was so well received that we decided to make this an annual event and this year it will be held at the Aikido Ai in Whittier on March 9th.

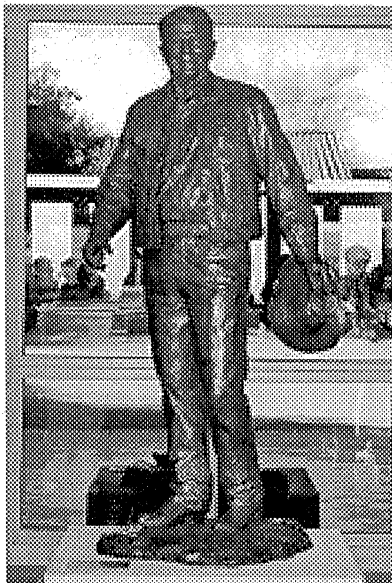
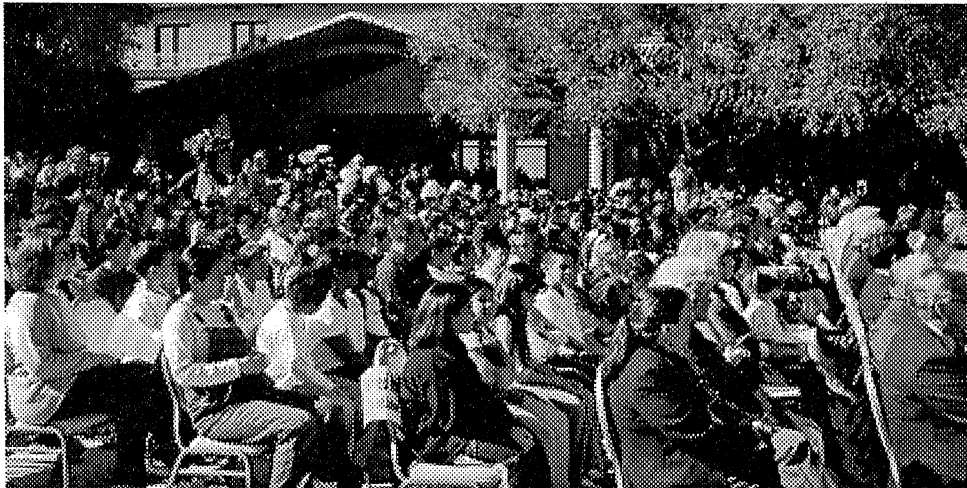
We have always had many visitors who stop by our Dojo for training and we always enjoy sharing our Aikido and practice with Con't.



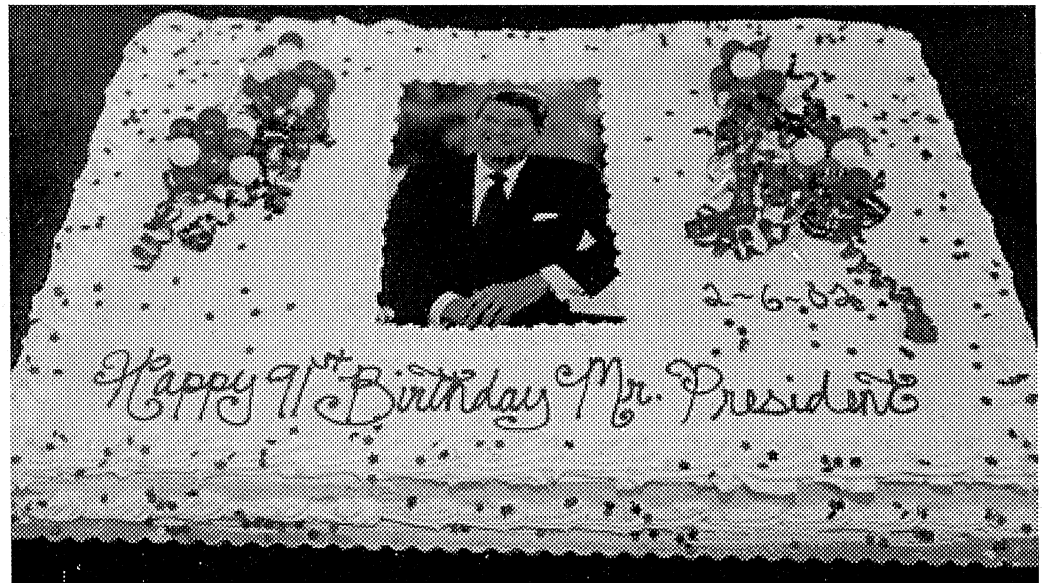
Ex President Ronald Reagan Library in Simi Valley where 91st Birthday Celebration was held.



Rev. Tsuyuki blessing cherry trees from Japan planted in the library on this occasion.



A life-sized bronze sculpture of the ex-President adorns the entrance of the main foyer of the library.



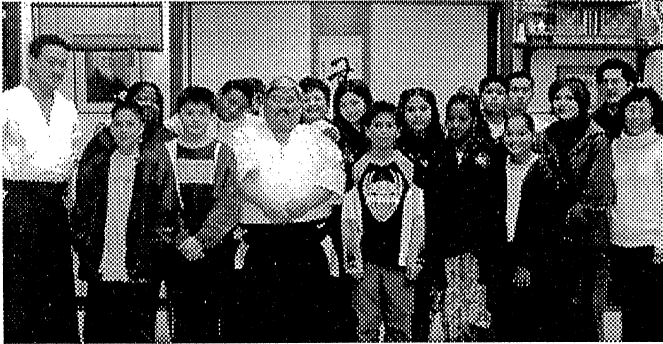
Ronald Reagan birthday cake with enough to feed about 400 guests. Cherry trees from Miyajima, Japan, were planted in honor of the occasion as well as a blessing by the Konko Church and our Aikido and Iaido demonstration. Sensei, Ken Watanabe, Mark Ty, Nick Nicolic and Larry Armstrong participated.



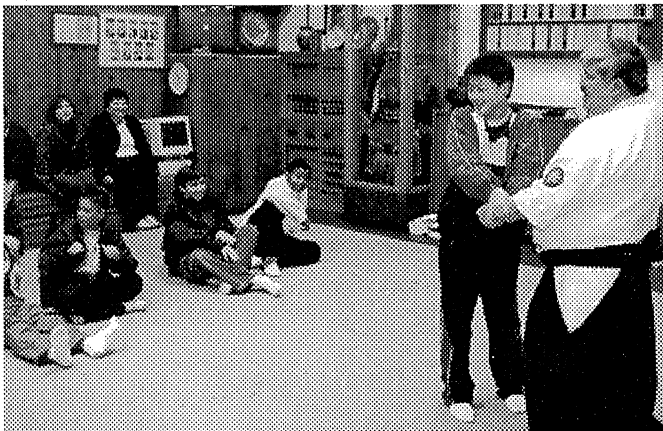
Sensei with the Director of the Ronald Reagan Presidential Library and Rocky Mori, head of the Miyajima Cherry Tree Planting Association who helped to coordinate this event. Sensei also donated one copy of KODO to the Library Archives.



Haskell Middle School, Cerritos, Visits Dojo. Jan 29.



Members of the Haskell Middle School in Cerritos who came to learn about Aikido and Japanese Culture.



Sensei using one of the students to demonstrate Aikido.



Mark Ty demonstrating Nikyo-tenkan.

About 30 students and parents of the Haskell Middle School came to the Dojo for a demo on Aikido, Iaido and Japanese culture. they also visited JAMN and had lunch in Little Tokyo. Event was under the direction of Mr. Wayne Osako. From Cerritos, Ca.

Special Black Belt Practice

Hiroshi Ikeda Sensei

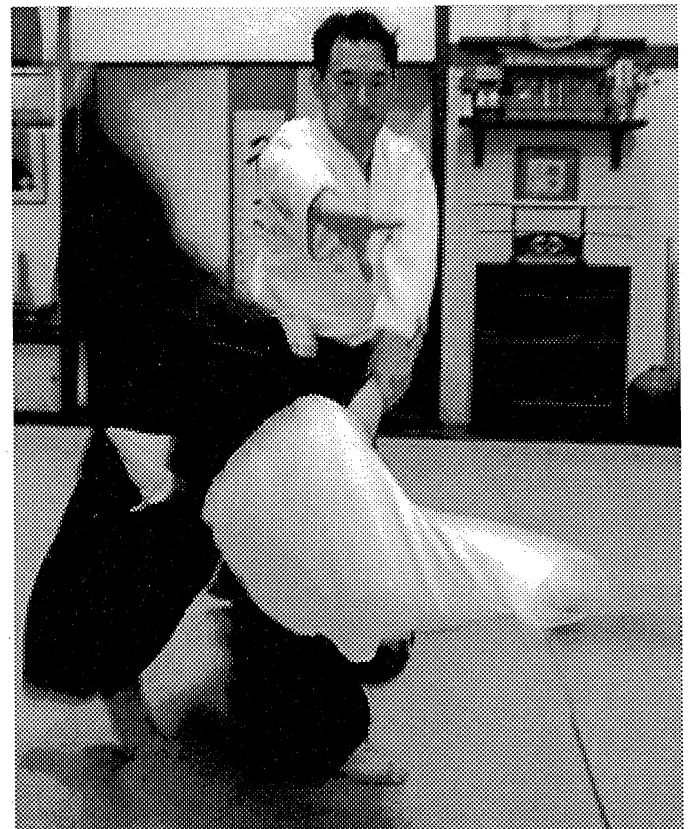
March 15, 2002
6:30-8:00pm

Please email your reservation:
aclafuruya@earthlink.net

Open to seminar participants only.
\$20.00 per person

Happy 87th Birthday! Teru Ikeda Sensei, Hombu

Happy Birthday and many Happy Returns to Teru Ikeda Sensei of Aikikai Hombu Dojo who just turned 87 years old. She stills works at Aikikai. Sensei first met her at Hombu in 1969. Congratulations!



Ken Watanabe demonstrating Irimi-nage on January 9.

Aikido Seminar

*Hiroshi Ikeda Sensei, 7th Dan,
Boulder Aikikai*

March 16, 17, 2002

Seminar Schedule

(Schedule is subject to change.)

March 16, SATURDAY

10:30am-12:30pm

1:00-2:30pm Lunch Break

3:00pm-5:00pm

March 17, SUNDAY

9:30am-11:00am

11:00am-11:15am Short Break

11:15am-12:45pm

12:45-1:00pm Photo

Everyone is welcome.

RSVP by March 1st.

To: aclafuruya@earthlink.net

\$100.00/person both days.

\$65.00 one day.

Sorry but the Dojo has no seating space for observers.

All fees must be paid by March 1, 2001. Seminar will be limited to 50 participants.

Please sign up early.

Sensei's Message continued:

them. Lately, we have had even more visitors so the Dojo has become quite busy. At the same time, after a self-imposed isolation of twenty years, I am going out to visit local dojos again. Next year, I plan to travel to visit some of our branch dojo in other countries.

In my early days of training, I attended a great many seminars because there were not many top ranking instructors around and very few dojos to train in. Seminars were a great necessity then. These seminars were very intense and concentrated. Since those days, I have seen seminars become more social events for students and political platforms for instructors which caused me to turn away from them. Seminar became popular and soon everyone was doing seminars as social events and informal get-togethers, than intense or concentrated learning venues.

Today, I see seminars in a different light again. I still don't want to see them as purely social events but if they help to bind us together in friendship perhaps they do serve this purpose well. I hope we can keep in mind that seminars must always serve the primary purpose of learning and teaching. Secondly, they are opportunities to connect and communicate with others. This must always be a secondary consideration I believe. In this day and age, we must cultivate this important and necessary sense of friendship with each other.

I have more confidence in my students as I see them greatly advance in their training. I am growing older and more tired and now begins the 2nd phase of learning in which student begin to expand their knowledge and skill. However, however - this can only be accomplished on a solid foundation of basic skills learned in one's mother dojo. Without this, one is simply wandering around lost and homeless.

It is like a vacation. We love vacations to go out and experience new places and new things but there is no feeling like returning home. No matter where you go and who you meet, home is always home. Family is always family. And your Dojo is always Your Dojo.

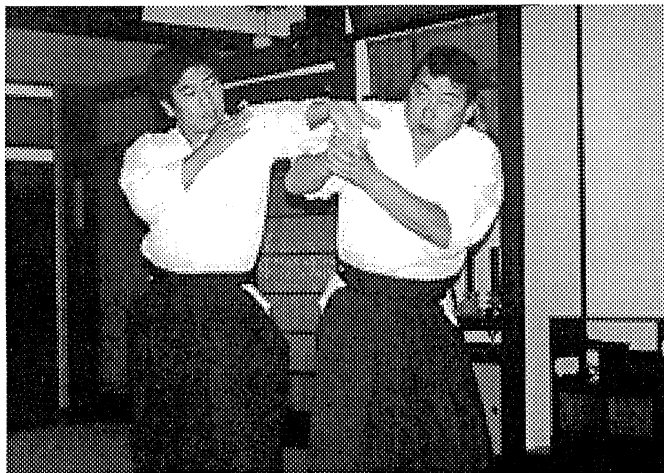
Please train hard under Ikeda Sensei and try to absorb as much of his Aikido as you can, train hard and be sure to welcome our guests in a warm, friendly and sincere way. The best way to make a friend is to share the effort, pain and sweat with your partner on the mats.

Sensei

Fumiyasu Daikyu, 5th Dan Sendai, Japan. Feb. 8-11



James Takada, Nick Nicolic, Victor Moyano, Jonathan Altman, Ron Drones, Kaoru Tamura. Bottom: Cheryl Lew, Ken Watanabe, Fumiyasu Daiyu Sensei, Jin Ito (also from Sendai) and Mark Ty.

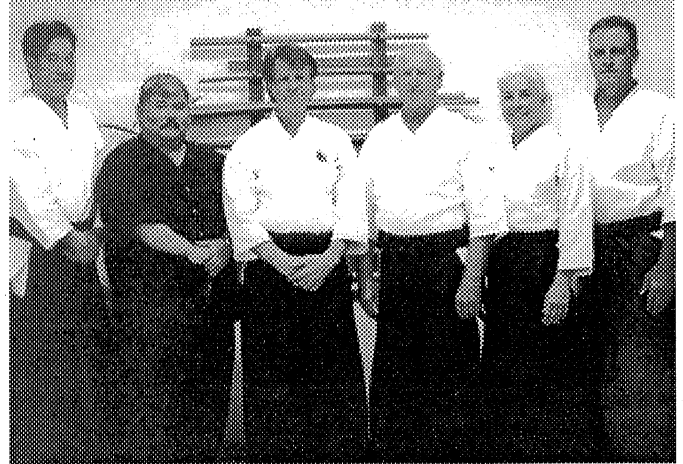


Jin Ito, 1st Dan, and Fumiyasu Daikyo, 5th Dan.



With Lisa Ito and Ron Drones during practice in the Dojo.

Frank Doran Sensei Seminar At Aikido Ai, Whittier. Feb. 9



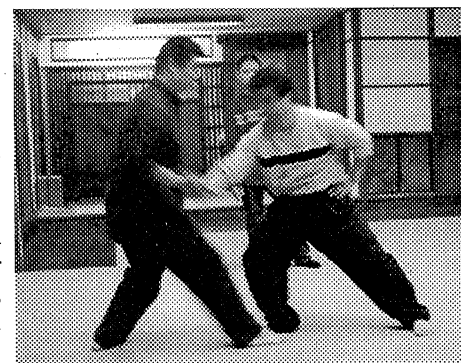
Left to right: Ken Watanabe, Sensei, Frank McGouirk Sensei, Frank Doran Sensei, Daielle Smith Sensei (Monterey) and Tom Williams at the Aikido Ai during a seminar with Doran Sensei. Feb. 9.



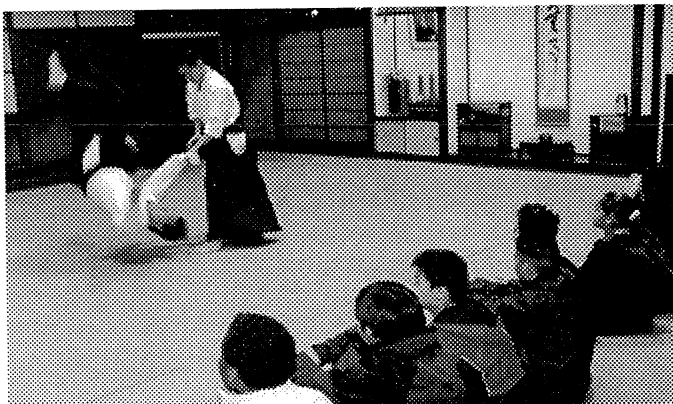
Left to right: Lisa Ito, Mark Ty, Stanley Sung, Maria Ferrari, our guest Dr. J. Roberto Magallanes from Vera Cruz, Mexico, Bill Allen, Sensei, Bill Dunwoody, Ron Drones and Nick Nicolic.



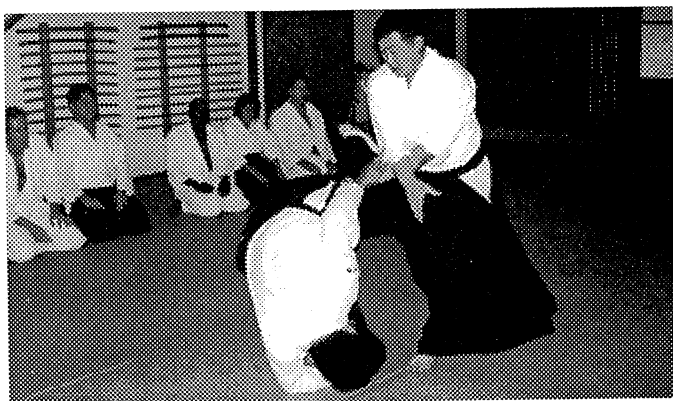
Naoji Karita & Naoki Karita (son) from Tokyo, Japan, Sifu Helen Zhu, Mark Ty, and Sifu Wang Lijun, from Mainland China.



Sifu Wang Lijun and Naoji Karita practicing Taiji applications. Karita Sensei is a noted sword polisher from Tokyo, Japan, who visits Sensei several times a year.



Mark Ty before Haskell School students. Below: Daikyu Sensei.



Aikido In Israel: Interview with Ze'ev Erlich



02-12-02. Dear Rev. Kensho Furuya, You always reply so quickly. Thank you so much. You asked me about Kyoto-ben. (o--kini) When I was 16, I began to training in Krav-Maga. It is an Israeli fighting method. It is non-competitive and quite effective. My Krav-Maga instructor here in Israel was a very good one. He always taught us how to be relaxed and how to use the opponent's power, and how to control him mentally. He also was very interested in Zen and he always talked about Japan. He never went there. As years went by, I read some books about Japan and saw Kurosawa's movies. I was fascinated by the idea of learning directly from a Japanese sensei. After I read the book "Zen In The Art of Archery" by Oigen (sic. Eugene) Herrigel, I was sure that I must go to Japan. Before taking off, I had to finish two things. I had to finish my compulsory army service and I wanted to achieve black belt in Krav Maga (takes about 8 years). I trained every day, and luckily enough I could leave almost every evening for training from my army camp. The dojo was in my home town about 1.5 hour from the army camp. When I was 23, I could finally go.

I landed in Tokyo and took the night bus to Kyoto. It was my first visit to Japan. It was the beginning of autumn and I could smell the KIN-MOKUSEI. 5 days later I began my training at Koyama Shihan's dojo in Kyoto. He is now the head of Kyoto Aikikai. In 1999 I married Miho (from Nagaoka Kyo). After spending 7 years in Kyoto, training every day in Aikido and Iaido (some Shukuhachi too - Tozan Ryu) I had to go back to Israel to help my father in some trou-

Dojo email: aclafuruya@earthlink.net

ble he was going through.

I began teaching and now, three years later some 40 people come here every evening to train.

We practice Iaido twice a week and Aikido 5 evenings a week. My life is dedicated to realizing the true heart of BUDO. I am glad to know you because I believe I have a lot to learn from you. It is nice to read you saying that one must first learn how to hold the Bokken or Katana properly, and then practice a lot the basic moves and cuts and only then practice Aikido with Bokken or Katana. I always tell my students the very same thing.

I miss Japan and I think that sooner or later I will go back there to continue my practice. Here in Israel I am busy teaching children self-defense (afternoon club), There are about 150 children from 5 years old and up. and then from 20:15 the Aikido adult classes begin. It is great to have these Aikido classes. I have many friend that became my students and many students that became good friends. How nice.

I hope to visit your Dojo some day. It is a bit difficult now because Miho and I have a 5 months baby-boy. His name is Kazuki. (Kazu - Peace/harmony Ki- shine) He is a charming baby. You can see the photos.



After Kazuki grows a bit, Miho and I may go to Travel and to practice Aikido in the USA, I hope it will be at your Dojo. Miho is a POTTER (TOGEI-KA), and also a dancer. She dances Classical Indian dance called Bharatanatiam. A very beautiful and spiritual dance. Maybe when we travel to the USA she will perform in front of your students and friends. It will be a nice gift from us to pay you for your kindness.

I wanted to ask for your permission to translate from time to time your daily essays (Word From Sensei). It is much easier for Israelis to read them in Hebrew. I will print everything tomorrow, and send you. Wishing you all the best, Ze'ev Erlich Israel.

From Israel, Interview #2:

By some odd twist of fate, I received two questionnaires from Israel from two entriely independent sources. This is the 2nd Interview, I hope it is interesting to you. These are my personal answers:

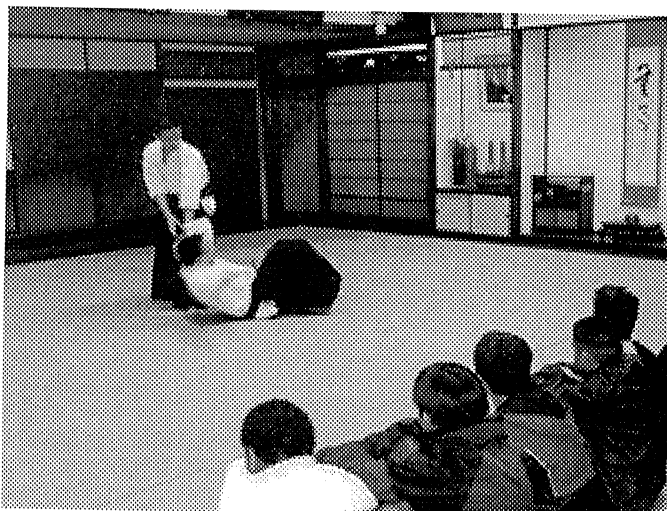
02-15-02

Kensho Furuya Sensei, greetings, First of all, let me apologize for the bad attached file. As for your question - no, I did not get your e-mail from Ze'ev Erlich Sensei. I got it from the the "Aikido Today Magazine" website, at URL: <http://www.aiki.com/>. (it has dojos contacts list). If you have sensei Ze'ev Erlich's e-mail address, I would be very pleased if you can send it to me. Thus, I would be able to contact him, and ask him if he'll be willing to contribute to the research.

I am not a martial artist of any kind. As explained, I am a computer science student in the University of Haifa, in Israel. This Con't.t



Sensei with Rev. Tsuyuki of the Konko Church. Both are long-time neighbors in Little Tokyo. Konko-Kyo is on 1st St. in East L. A.



Mark Ty demonstrating before Haskell Middle School students on their recent excursion to Little Tokyo & the Dojo.



Sensei enjoys young people who come to the Dojo to learn more about Aikido and Japanese culture. Young students from Cerritos get a "new twist" on learning.

Israel Interview #2 Continued:

last semester I have attended a course called "martial art of the orient", guided by Sensei Yaron Ben-Shachar (Goju ryu, karate). Within the context of that course, student have to submit a paper, regarding the issue of martial arts. I have set my title to be "The Martial Arts' Ethics", and have decided to prepare it as a research work, not as a regular theoretical paper. I have decided to focus on the Japanese martial arts, mainly because year and years ago, I use to practice a japanese art (Shotokan karate), but not long... Hence, I am just abit more familiar with the terminology and history. This is all I can tell about my self. I'd love to recieve your answers. The questionnaire as follows: Thanks for your concern and willingness, Ohad Raz, 972-(0)53-702277, OhadRaz@hotmail.com

Personal Information

Questionnaire

1. How would you define and describe the "Ethics of martial arts"?
For me, they are the principles of Aikido and the way of life taught to me by my teachers.

2. How would you put the above into practice, outside your martial arts training (i.e. in your daily life)? If possible, give an example.
These principles and practices apply to daily life and our specific martial arts practice without contradiction. It all depends on how much the individual is willing to compromise one for the other. As a teacher and priest, it is the goal to maintain the unity of practice and one's daily life, despite all of the obstacles which contradict this.

3. It is assumable that there is a "clash" between the martial arts ethics, and the modern, materialistic, competitive society. How do you deal with this "clash"? If possible, give an example.
We are aware of this so-called "clash" because we don't understand our practice deeply enough. One goal of practice is to cut through such contradictions.

4. As a student, how did you acquire the ethics?
The student acquires these principles through his teacher and through his understanding of Aikido.

Where was the emphasis put?

The emphasis is always on the self and how he relates to others and the world.

5. As a sensei, how do you pass on the ethics to your students?
All of the teachings are contained within the practice.

Do you put the same emphasis in the same way you were taught as a student; do you put the emphasis on different aspects; or do you put the emphasis on all the principals, equally?

I try to teach specifically as my teacher taught me.

6. How do you get your students to live by the code of ethics (i.e. behavior outside the martial art training)?

You can bring a horse to water but you can't make him drink nor can you tell him how much to drink. Hopefully, all the students who come to me are thirsty.

7. How do you notice that your students have digested and put into use the ethics?

I don't know if they have really digested what I teach or not, but I observe them very closely in their training, on and off the mat. Con't.

Rare Portrait of Musashi Discovered By Sensei



Quite by some miracle of fate, I was able to discover this rare portrait of Miyamoto Musashi and also obtain it (the hardest achievement of all). There are several portraits of the famous swordsmanship, the most famous of which is of an older Musashi held by the Shimada Museum in Fukuoka, Japan. This depicts Musashi shortly before his death while he was in his sixties. This is a rarer portrait of Musashi at middle age around his 40's. There are several other versions but these are all painted much later towards the end of the Edo Period, around the late 1800's. This portrait was done sometime in the early 1700's shortly after his death. It was found in a collection of old Japanese armour and its condition was very bad. However, most of the damage was done to the outer mountings and not much to the painting itself. In the description, as fate would have it, the description of the text at the top of the painting was attributed to the wrong person which caused people to shy away from it. Luckily, it fell into my hands and with expert repairs to the mountings, the painting is better than ever. A very rare discovery and now a Dojo treasure.



Israel Interview #2 Continued:

8. Assume you have noticed a student who does not put into force these said ethics - how would you react?

On the mats and in the Dojo, everyone must follow the same rules. Would your reaction be based on the students' age, rank or general behavior?

Everyone in the Dojo must follow the same rules regardless of the age or rank or "behavior" including myself as the teacher.

9. What is the connection, if any, between the physical workout and its ethics?

In our Dojo, there is no contradiction between the rules of practice and ethical values, they are one and the same.

10. Assume that two of your students are the same age, same rank, and that they have started training at the same time. Also assume that one's techniques are better than the others'. Therefore, do you think his understanding of the said ethics would be better as well? If so - why?

From a narrow point of view, students with natural ability are admired but this does not necessarily mean that they understand the art. I do not reward or give special consideration to a student because God blessed him with athletic ability or because he happens to be a little younger or stronger than the others. Understanding depends on each individual himself. The only thing I can say is to quote the ancient teachers who say, "The stronger the aspiration to learn, the greater the enlightenment." This holds true today. In reality has nothing to do with better or worse, weaker or stronger.

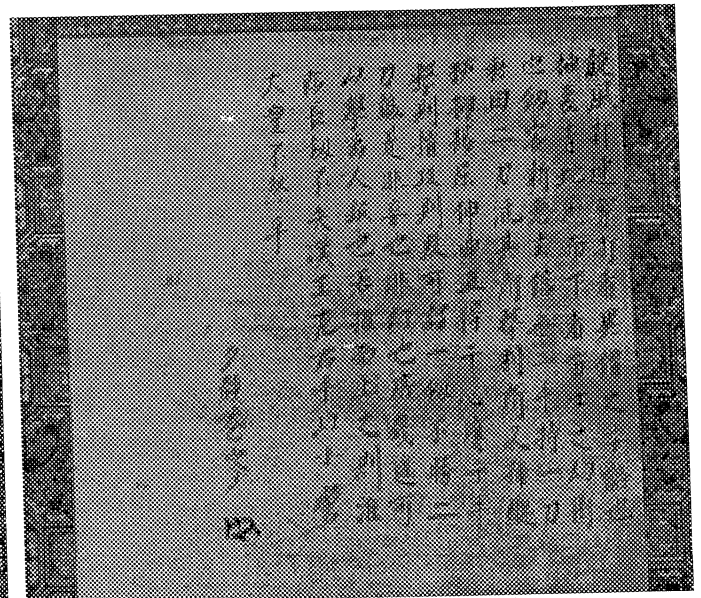
11. What factors affect on the way of understanding and putting into force these ethics by your students (i.e. age, sex, rank, the students' length of training, etc.)?

As in the preceding question, it is based on the student's aspiration to learn.

Why are the above the deciding factors?

From my experience, students are usually hindered by ego, self-pride, laziness, lack of accountability and lack of self-worth. Students who do well in my Dojo tend to be those who are exceptionally thoughtful of others, and very giving people.

Con't.



The upper text explains the meaning of the Two Sword School.

Important Dates

March 1. Study Class. 6:30-8:00pm. Kakushi-buki: concealed weapons throughout Japanese history.

March 9. Joint Practice at Aikido-Ai in Whittier. Regular classes in the Dojo.

March 13. Monthly General Meeting. 7:00-8:00pm. Everyone is requested to attend.

March 14. Pre-Seminar Dojo Clean-up. 6:30-8:00pm

March 15. 5:15-6:15pm Regular Class.

6:30-8:00pm Special Advanced Class with Hiroshi Ikeda Sensei. Black Belts only.

March 16-17. Special Seminar with Hiroshi Ikeda Sensei.

March 30. Monthly Intensive Aikido. 6:30-8:00am. Breakfast Meeting follows.

April 25. Sensei's Birthday.

April 26. O'Sensei's 34th Memorial Service. Incense offering during practice.

Notice:

Please bring your own weapons, jo and bokken, to practice. Especially to advanced and intensive practices.

Israel Interview #2 Continued:

12. How have the past events (i.e. September 11th) had impact on the understanding of the said ethics, if any?

It only proves that we have to teach more, nothing has changed as far as my teaching is concerned. It is just that now, I feel, that it is more critical and urgent than before.

13. If possible, give an example how you or one of your students put these ethics into force in a practical way.

I see students advance when I see them become more caring and thoughtful of others, when they are more concerned about the quality of their lives, and when they begin to see the "value" of things meaning that they begin to take everything around them, including themselves, more seriously. I also see maturity when they begin to see more in the world than materialism and instant rewards.

14. Please add any additional information that you'd like to add.

Pardon me but your questions have too many "assumptions" and clichés and indicate a lack of understanding of the deeper aspects of the martial arts, or, in other words, a lack of personal training. Do not be offended, this is what I would say if you were my student and asked me these questions. Many thanks for your interest. Sensei

This Issue contains two interviews from Israel which happened to come to Sensei this month. One interview is online in Hebrew. Please enjoy Sensei's personal responses.

Aikido Health: Sleep

Recently, I published an article in this newsletter about research concluding that each person should get the required 8 hours of sleep per night and that some people even need 9 to 10 hours of sleep. Now another article was published in the Los Angeles Times, February 15 Issue, Page A-28, stating that 6-7 hours of sleep is better and that people live longer. Among a study of 1.1 million people, those who sleep 8 hours or more had a 12% more chance of having a heart attack. Of course, it states that there are many outstanding factors to consider. Please consult your doctor if you think that you are not getting enough sleep or if you are having problems with your sleep habits. Sleep affects your health as well as your energy levels and performance at work, etc. Nowadays, they do have specialists who deal specifically with sleep related health problems. Always consult your doctor first.

Congratulations! Dr. Helen Hsu Engagement Feb. 16.

Dr. Helen Hsu, daughter of our good friend, Master Adam Hsu, of Taipei, Taiwan, celebrated her engagement party in San Francisco on February 16th. Sensei has known her since she was a little child. Sensei regretably could not attend the celebration

Aikido Friendship Foundation, Garden Grove

02-12-02

Dear Sensei:

It has been a long time since last time we contact via email, on behalf of our organization I would like to send our best regards to you, your work and all aikidoka at Aikido Center of Los Angeles. I was moving to a new place last month so there were a lot changes and until today I have a chance to sit down and set up my pc and check emails ...really apologize for that. Please allow me to tell you more about our organization. My brother and I started to study Aikido since we were kids in Vietnam, almost twenty years now, the way we walk has ups and downs through oppressions, hardship and also sickness ...but our love for Aikido grows stronger and stronger day by day ...we came to US and we were still practicing Aikido in our garage, with a very small group of friends for eight years....there were times we almost make the garage collapse by our throws and ukemiwe decided to rent an office suite and make it become a dojowe have nothing but a portrait of our O'Senseiwe still have a lot of difficulties for every month's rent ...sometimes I sit at kamiza represent my little students, friends ...in front of O'Sensei's portrait and I wonder if next month we can survive to keep this dojo so everybody can have a place to practice? Until now our organization is six-month old, and day by day our dojo looks better and better, we look at each other after each class with sweats on our heads and hope the way of Aikido will help us through ups and downs ...I hope with one and only desire which is a place for everybody still can learn, experiment and know the message that O'Sensei pass to us, we will be okay! Sorry that my English is not so good so the way I describe our organization will be confused sometimes! Thank you for letting me know the up coming seminar, we are looking forward to that and please let me know the fee for participation, time frame .etc.... Thank you very much and respectfully yours,

Nhan Ly and Aikido Friendship Foundation .

Israeli Aikido Interview:

From: "Miho, Ze'ev and Kazuki Erlich"

<erlich@agri.huji.ac.il>

Date: Fri, 25 Jan 2002 12:48:43 +0200

Subject: Dear Sensei

Dear Rev. Kensho Furuya Sensei,

My name is Ze'ev Erlich and I am the editor of an Israeli Aikido magazine. It is a free internet magazine and all of our activities are non profit and only for the promotion of Aikido and peace.

As you may know, the situation in Israel and the middle east is very bad now, and very few sensei dare to come and teach here since the 11th of September 2001. We used to have several seminars every year with foreign sensei and they usually also gave us the opportunity to interview them and learn so much from them.

If you don't mind, I wish to have an E-mail interview with you. I can promise you that your words will be translated to Hebrew in the best way possible, and that your interview will be freely available to all of our Hebrew readers on-line.

If you agree to cooperate with us, I shall ask you some questions. If you think there are any more things you wish to convey to us, please feel free to do so. Of course, if you consider any of my question inappropriate, please feel free so ignore them. Thank you on behalf of the Israeli Aikido community.

E-Mail interview with Rev. Kensho Furuya Sensei.

Profile of Reverend Kensho Furuya

Rev. Kensho Furuya is a 6th Dan in Hombu Aikido and 6th Dan Kyoshi in Muso Shinden Ryu Iaido, with over 40 years experience in martial artists. Furuya Sensei earned his degrees in Asian Studies at the University of Southern California and Harvard University. He trained at the Aikido World Headquarters in Tokyo, Japan in 1969, under the late Kisshomaru Ueshiba Doshu and established his Dojo in 1974. Furuya Sensei was ordained as a Zen priest in 1988 and received the honor to speak at the United Nations in the following year. He is the author of many articles on martial arts and has appeared on many television programs speaking on the subject. He is the author of the book *Kodo: Ancient Ways*, <<http://www.aikidocenterla.com/books.htm>> and the acclaimed video series, *The Art of Aikido* <<http://www.aikidocenterla.com/books.htm>> which is in nine volumes.

Credits: "Outstanding Cultural Organization Award" Japanese Chamber of Commerce, President of the So. Calif. Yamanashi Prefectural Organization, President of the Los Angeles Sword and Swordmanship Society, Member of L.A. Police Dept. Civilian Martial Arts Advisory Board, Member of Soto Zen International, Past President So. Cal. Sword Society

Ze'ev Erlich: Furuya Sensei, how did you first come to aikido?

I was born just after the WWII and my parents were interned in a concentration camp in Heart Mountain, Wyoming. My mother was very young at the time and never spoke about her experiences so I know that it was very tough. My father joined the US Army, the famous 442nd, and fought in Italy. After the war, it was a difficult time of transition for Japanese Americans in America who were trying to relocate and settle down once again and we, the younger generation,

were forbidden to experience anything Japanese in an effort to assimilate us into American culture. Even though my grandparents immigrated to the United States in the early 1900's, I was still looked upon as the "enemy" so as much as I was obligated to assimilate and become all-American, I was continually reminded that I was different from my friends. It was a very difficult time for me. My parents were poor and we lived with my grandparents at the time. My maternal grandparents came from a very illustrious samurai family and were very conservative and "Japanese" in their outlook and my paternal grandparents were involved in many traditional Japanese arts. They all had a tremendous influence on me and although my parents did not approve, I had a strong interest in my cultural heritage very early on. I started kendo when I was about 8 years old. I started Aikido sometime very shortly after that, learning from a Japanese exchange student from Tokyo who had studied at Hombu Dojo. At that time, there are only one or two dojos in the whole West Coast and almost none throughout the country. I had read about Aikido somewhere and was so anxious to start. At that time, hardly anyone had heard of Aikido or knew what it was.

ZE: This may look like a strange question: What is Aikido?

For myself, I must say that it is a Japanese martial art created by Founder Morihei Ueshiba O'Sensei. So I think that we must first understand Aikido as such - as a martial art. Of course, nowadays, Aikido means many things to many people and I think this is also very good. There are now, as you know, many kinds of Aikido today. I myself am concerned with Aikido as established by O'Sensei and his successors, the late 2nd Doshu Kisshomaru Ueshiba and the present Doshu Moriteru Ueshiba.

In my own dojo, I would like to emphasize the "martial arts" aspects of Aikido more and more, as I see that this aspect is concentrated on less and less nowadays. I don't consider myself to have any special talents in Aikido although I have been in Aikido a long time. More than an innovator and interpreter of Aikido, I am more of a transmitter of Aikido as I learned it from my teachers and prefer to pass on Aikido to my students "exactly" as I have learned it from them. I hope my own students will receive the same message, meaning and benefits that I received during my youthful days of training.

I think that as we interpret Aikido we, at the same time, begin to "specialize" or focus on particular aspects of the art. I think as a traditional martial art, Aikido covers a very broad spectrum of study and discovery and I would like to keep that open to my students. What is important to me is to give them Aikido as close to the Aikido I received from my teachers.

ZE: If someone calls you up on the telephone, and asks you the above question, how will you answer?

I have to admit that I am very bad at business and still have an old fashioned attitude about this. I do not have any special "sales pitch" for the prospective student and I do not try to convince him to study Aikido. I only invite him to come and observe the practice and join us if that is what he is looking for. I also instruct my students to be encouraging but not forceful and pressure the prospective student into joining. The student must make the decision to join on his own. In the old days, the student implored the teacher to receive instruction. Today, it seems to me, the teacher often must become like a merchant and treat the student like a "customer." For myself, the dojo is never a business. Perhaps this is a very old-fashioned, obsolete and naive attitude to take, but it is way the my teachers taught me and I feel this

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is proper for Aikido. I don't know if this applies to everyone but I still feel this way, even today.

ZE: Sensei, tell us about your approach to aikido.

My personal approach is to provide the optimum training environment to practice. I offer classes seven days a week and rarely close only on special holidays and usually by student consent. When I was very young, there were not many dojos to practice and I had to travel all over the area to find a dojo so I could practice every day of the week. Many schools in those days shared with other martial arts and sports so it never felt like we had a dojo just for Aikido. It has always been my dream that my own students would never have to suffer like I did trying to find a place to practice so, with my Dojo, I tried to provide the ideal place for them to come and train everyday without a worry.

Everything in Aikido must be seen from the perspective of his training and I inspire the student to master the correct form and understanding of how to practice Aikido. Once he understands this, he has the foundation to grow on his own. My aim is to give the student a solid foundation in Aikido so I only teach very basic techniques. Once he masters this, I believe he can grow strongly and correctly in whatever direction he chooses or is inclined.

I don't travel too much as I used to many years ago and this seems to be changing again as I am getting many invitations to visit different dojos recently. Ideally, I believe I have to be there every single day, every moment, for my student and prefer to guide my students on a daily basis, watching each student's practice very carefully, guiding, correcting them every moment, each day. I want to see their progress over an extended period of time. Even the slightest mistake in teaching a student can have dire consequences later on. Teaching is very hard work and patience and demands tremendous commitment and a caring heart by the teacher for the student to see that he develops correctly and properly and attains good skill and understanding in the art.

ZE: What teacher had the greatest influence on you?

Of course, O'Sensei was my greatest inspiration. I met 2nd Doshu in 1962 and began training at Hombu in 1969. I think the late Kisshomaru Ueshiba Sensei was the greatest inspiration for me in his own quiet and humble way. I owe a great deal to the late Kisaburo Ohsawa Sensei and Seigo Yamaguchi Sensei, whose Aikido I have always aspired to. It was through Ohsawa Sensei's Aikido that led me to become a Zen priest many years later in 1988. All of these instructors were not flamboyant or ostentatious but very quiet and humble and I have always admired this. I believe Ohsawa Sensei could have been one of the most well known teachers of Aikido, I believe, but he preferred to stay by Doshu's side and advise him and never became independent. He loyally fulfilled O'Sensei's last will and testament to support 2nd Doshu. One time, I was watching Ohsawa Sensei demonstrate Aikido and I turned to a very well known, high ranking Sensei, who was standing next to me and asked, "How can Ohsawa do Aikido like that?" This great teacher simply replied, "Afterall,

Ohsawa Sensei is enlightened, isn't he!" Another great teacher in the United States, I believe, is Mitsunari Kanai Sensei whom I met in 1968 while I was attending Harvard University. I have always thought his technique was so wonderful. In Aikido, these have been my main inspirations.

ZE: Would you describe your teaching methods and the general attitude at your dojo?

Although I don't consider myself very strict, most people in my area consider me very strict and demanding. I think I am demanding because I am trying to squeeze the very best out of each of my students - it is the inner potential they have but don't even realize it themselves. I don't think that I am strict because I am never as strict as my own teachers were on me. I think times are changing and the atmosphere and attitude in Aikido nowadays is too informal or maybe, I should say, more "user friendly," - because of this, I think I appear "strict" to everyone - but I haven't really changed much over the years. In fact, I am very much less strict than before.

I think another reason people think I am strict is that the discipline and etiquette in the Dojo is very strictly observed. I believe this is an important and essential aspect of the art to develop the person as a good, upright human being. This is part of the discipline.

As a priest, I live a lonely life of solitude and simplicity so I am not a very sociable person and do not party at all. But everyone in the Dojo seems to be very happy and practices very well and very hard. Many of my students make tremendous progress in the Aikido and always continue to surprise and impress me with their commitment, attitude and energy. I consider all these wonderful students I have a great blessing in my life.

ZE: Did you come up with any unusual training methods of your own?

My teaching is very straight forward and I teach very orthodox Aikido. Nothing strange, exotic or unique - just plain everyday Hombu Aikido. I only teach what I have confirmed in my own training and I do not "try out" any new ideas on my students. My students are human beings, not laboratory mice, I believe, and I must give my very best by all means. What may be considered different from other teachers is that I emphasize learning the very fine detail of each technique - because each and every technique has its own special characteristic and property. Sometimes, I may go into too much fine detail for each technique and the technique becomes too complex requiring more training from the student. I don't know if this is bad or good.

The only other aspect of my teaching methods is that I emphasize the traditional teacher-student relationship as in a Zen temple or old time dojo for teaching, and seek out the "heart to heart" transmission of knowledge between teacher and student. I think this relationship is the basis for the transmission of knowledge in the martial arts and Aikido as well. So much in Aikido cannot be communicated by mere words so it is essential that we all work together and train together in harmony. It is through this that we can truly understand the other person and make a connection with him. It is this connection that we can create with each other that is the beginning first step to understand this concept of harmony and peace.

I believe that Aikido students as part of their training must contribute to society so I do, along with all my students, much volunteer service work in the community. Students are also required to work in the

Renewal Time!

Dojo Membership & Subscriptions

It is this time of year, all students need to renew their Annual Dojo Membership Fees. All of your dues and membership goes to supporting the Dojo and is always greatly appreciated.

Dojo keeping it in good order and immaculately clean. In addition to Aikido training on the mats, this teaches how to work together for others, this also teaches how to do things for others without thought of personal merit or reward, that we can do something merely because it is good and the right thing to do. Although we must become strong in Aikido, this strength must be well tempered with compassion and we can only learn this by helping and caring for others.

In my own personal thoughts on teaching, I often tell my students that no one can develop on his own. Everyone must develop himself as everyone around him develops. It is just as true happiness does not belong to a single person. If we achieve happiness as everyone around achieves happiness at the same time, perhaps this is true happiness.

ZE: Do you have any memorable training or teaching stories ?

I am not a great person or celebrity so I don't have many personal stories that are amazing. Everyday, however, I see miracles. And lately, in my later years, I believe there is nothing more important than faith - to have faith in one's self and others around you. I don't think that I can be here where I am without many miracles I have experienced and this never ceases to amaze me. There is much in this world that we don't know about, but through Aikido, we can peak at a world which is completely wonderful and amazing. When I came to this realization, many things changed for me all at once.

ZE: Could you please tell us about your book "KODO"?

Kodo Ancient Ways: Lessons in the Spiritual Life of the Warrior, is a compilation of over 40 articles I wrote over a period of fifteen years for a column entitled "Ancient Ways." It was voted two years successfully as the "most popular" and "most widely read" column of martial arts magazines in all of the BlackBelt Publications according to their annual survey of the readership. It is also one of the longest running columns in any martial arts magazine to date, I am happy to say. Most of the episodes are stories that I heard personally from my teachers. All of the stories are teachings that have helped, guided, and inspired me in my own training over the years. I never forgot one story or lesson my teacher ever taught me. Many of the stories cannot be found in other books so I thought to record them for my students and keep the honored memory of my teachers' wisdom alive.

As an interesting footnote, just before Kodo went to press for publication, I took the draft to a famous psychic and healer to bless the book. As per my request, every owner of each copy of KODO receives a blessing of healing. It was very interesting experience because when I first handed him the book, he immediately said, without even opening the book or knowing what it was about, that there were many, very many ancient people surrounding the book and myself. He said this is very rare to see. Apparently, these ancient persons were all very happy and giving the book their approval, according to him. Then, the psychic told me that he saw a black spot on page four. When he sees a black spot, it means that there is something wrong or there is a mistake that must be corrected. I returned home and there was already a message on my telephone from the publisher. She said that she was making a last final perusal of the book just minutes before it went to press but she noticed a mistake everyone missed on page four and not to worry because she corrected it! I thought this was very amazing and auspicious.

Anyways, it is a very simple book but so many people all over the world, beyond my wildest expectations, have read the book and sent

me grateful letters and emails. I really appreciate everyone's support and glad that so many people are enjoying its reading and getting some benefit from it. KODO II is getting ready for publication. This is composed of 365 lessons, one for each day of the year.

ZE: Could you please tell us about the concept of KI ?

I think O'Sensei's idea of "ki" is difficult to understand and nowadays many people have formulated many interpretations of "ki." If we go back to study how this term was used throughout history in China and Japan in many schools of thought - there are enough books to fill a large room. "Ki" is one of the essential concepts in traditional Asian thought but must be studied carefully and thoroughly to understand it. Its definition changes throughout different periods in history and according to the school of thought or particular philosopher. Much study is need here I believe. Today, we generally give "ki" a "psychic" or "mental" interpretation but it is a little different than that. "Ki" is something which exists between the physical and non-physical world - either existing in between or connecting these two levels of existence. In the East, "ki" is equated with "ri" meaning "reason" or "laws of nature." We should look at ki as the energy contained within the laws or operation of the universe. What we do in Aikido is to try to reestablish or enhance this "connection" which we call, harmony. I think this is what O'Sensei meant by "becoming One with the Universe." I think it is very important to understand how ki works as it is important to understand the technique itself. Both are integral to Aikido as O'Sensei taught it.

ZE: Is ki no nagare (flowing technique) important in your aikido?
Very important. There is no Aikido without it, I believe. We cannot "will" ki to move. If we follow the proper form and execution of the technique, ki will flow naturally. To allow ki to flow naturally within the technique is what we are trying to discover and master in our training. Without this, I think the techniques are like any other martial arts techniques. I think this is one reason I emphasize the basic techniques so much because it is through these techniques which O'Sensei selected that one can develop the strongest and clearest sense of this ki.

ZE: What are your thoughts on training with the sword?

I have always loved the sword ever since I can remember. I started kendo when I was about 8 years old. I bought my first sword around that time, saving lunch money from my parents and money given to me by my grandparents. My mother was very upset with me, but I was allowed to keep it. I have collected and studied swords all my life. When I was very young, my grandfather's good friend from the old country, Japan, was a kendo teacher and he taught me kendo and Itto Ryu and also started me on Iaido training as a child.

Sword is very important in Aikido. O'Sensei said, "Execute the Aikido technique as if you are holding a sword." I teach sword in my Dojo but it is often very hard and my students get discouraged and stop. I have a separate Iaido Department in which I teach pure traditional Iaido. My Iaido students are doing very well, I am happy to say.

I hate to comment on Aikido sword because I think my views are maybe too personal. At great risk, I just say that I am concerned that many Aikidoists study sword but do not yet understand that simple basics of sword. I would hate to see someone practice Aikido sword yet be easily defeated by the simplest sword attack by a swordsman. In addition, I often see people practicing and the basic grip for hold-

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ing the sword is incorrect and basic cuts are not executed well. I believe O'Sensei taught sword at such a high level that it is difficult for normal people like us to understand. We do need to understand at the very least the rudimentary elements of sword to study Aikido sword. Generally, many Aikido students study Aikido sword to enhance their own Aikido training and not particularly to study swordsmanship itself. Also, there is a safety factor here in training, swordsmanship is very dangerous, even with a wooden practice sword. I think this is okay but I am not too comfortable with this for my own students. I would like them to learn "actual" swordsmanship and apply this to their Aikido training.

Finally, what a Kendo man may appreciate but many Aikidoists do not is that the sword moves very fast, faster than the eye can move in many cases. I think we go too slow in our techniques. If a real sword is coming, it is so fast that we cannot even see it coming. When I was very young, I trained under the famous Torao Mori Sensei, also nicknamed "Tiger Mori." When he took a point or hit your head or wrist, it was so fast that after he hit us he would have to tell us that we have already been hit. We didn't know ourselves because we didn't even see it coming. Training in this kind of environment, I have to see Aikido swordsmanship against this kind of opponent. What this means is that we must develop our precise, exacting sense of ma-ai, timing and spacing, and our "ki" in order to deflect the opponent's sword and execute the technique. I think swordsmanship is all mental sense, awareness and ki or, at the very least, the acute and precise functioning of it. At my students' request, I am teaching more sword nowadays in my dojo, but it is very difficult to teach. Japanese swordsmanship is an extremely sophisticated art with a long history of refinement by many generations of great masters. Sometimes we oversimplify sword techniques in Aikido and there is a caution here. I apologize to everyone for my comments of sword.

ZE: What plans do you have for the future?

I have no real ambitions, I just teach in my dojo everyday and continue my studies. I am committed to the few students who come to train under me. I am very happy and content with this and my students make my life complete. Over the years I have lost my ambition for fame and success. I think I will always be a poor teacher until I die. Yet, recently, I have had many requests to visit other schools so maybe it is time or destiny again to help students outside my tiny school here in Little Tokyo, Los Angeles. I will go wherever I can help and be of some use. I don't want to get into the usual politics and competitiveness that exists in the world. I don't want to be "famous" or "popular." But nowadays, I have a great deal of confidence in the students who are training under me and they can help me a great deal if I begin to travel again or take care of the dojo very nicely if I am away. Because I am blessed with a strong core group of students, I feel that I can travel more freely. I have isolated myself in my own studies in my own dojo for over twenty years now, maybe it is time to get a bit of fresh air.

ZE: What is your message to the Aikidoka in Israel?

Everyone who can practice Aikido is blessed, especially to make this connection with someone like O'Sensei, even though he has passed on he is still alive in our art. As the late Ohsawa Sensei always used to say, I say to you, "Practice good Aikido!"

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I think more than many countries, I think, we are very concerned with peace and harmony in this world. Yet, as you also know, no country has achieved this in the history of mankind. Take a look around. We, as human beings, do not fully understand what this "peace" means yet. I think this is why it is so hard to grasp or achieve it in this world. Yet, O'Sensei's Aikido can give us a hint to what it is and how to achieve it. This is why Aikido, I believe, is so important in the world today. Please continue your Aikido training and never give up. Aikido, above all things, teaches us the value of our lives.

I feel honored that I have been asked to do this interview for you. I hope that there is something here to benefit you. That I have friends in your country is a great honor for me and I am very happy about this. I was so surprised to know that my book, KODO, has reached your country so far away as well. I hope that you will continue to make contact with me and that we can continue to be friends and one day we can all train together. It goes without saying that you are always welcome to my Dojo for training. Always with my best wishes, Respectfully, Aikido Center of Los Angeles, Rev. Kensho Furuya

ZE: I would like to thank you very much for your time.

Bring a friend to the Dojo and introduce him to Aikido practice. Volumes of KODO, our instructional videos and back issues of the Newsletter are also available in the Dojo. Please see one of the Black Belts.

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Guadalajara, Mexico

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

LETTERS:

02-01-02

Sensei,

Though I cannot read it, the scroll you put up this afternoon is very beautiful. The design and coloring of the border, and the placement of all the characters within, gave me a sublime moment before practice. --Bill

02-02-02

Dear Furuya Sensei, I have enjoyed your writings. Many times your thoughts have helped give my questions direction. Today in your statement about hard vs. easy I would like to share my own observations on teaching and "hard vs. easy". I taught ceramics (pottery, tile making and sculpture) for about 7 years and always had students who would say "this is hard" or "you make this look so easy". One night we ended up having a discussion about belief and the idea of hard vs. easy. I tried to convey to them that I really don't believe in hard or easy. That I believed, somewhere, inside of me was the piece of pottery I wanted to make and in order to get to it I had to work through all the piece of pottery I did not want to make. Some people understood that analogy. Another way to think of it was the idea they would only make the piece wrong so many times. That might be 4 times, it might be 400 times or it might be 4 billion times. All they had to do was decide if they were willing to have patients to wait themselves out. Our discussion concluded with the a observation about Shoji Hamamda. I said, "Look at Hamamda. In some respects all he has done is talk. When he started to make pots he wanted to "say" one thing and the clay wanted to "say" something else. He just kept talking to the clay and then listening to what it said. And after a lot of conversations they had a relationship. A great harmonious relationship and that is, I believe, how they(the students) should be approaching making pots or really doing anything. I do not know know if anybody understood what I was saying, but after all my words will only fall on deaf ears so many times. Furuya Sensei, thank you for listening. Marcy Lloyd 02-02-02



Our friends, Heraldo Yuvini and son, in El Salvador.

From El Salvador:

Hello! How are you? Sensei are you busy? Don't forget us... Heraldo Yuvini (22 years old, Santa Ana, El Salvador, C.A.) in the picture are my son (he had 1 year) and me.... take care. I wish you the best. god bless you

01-31-02

What Is Spiritual?

Dear Sensei, First, I would like to say thanks for the great website. I read your updates every day. As a Christian and someone whose interest in Aikido has recently been rekindled, I found the question you posed of great interest. I have studied the Christian faith and doctrines for 20 years and would like to try to answer your question from an historical angle.

Until recently (the last 150- 200 years ago) spirituality and religion in the Christian context were basically viewed as the same thing. "Spiritual" denoted anything having to do with the faith- prayer, doctrine, the bible, worship, liturgy, etc.

In more recent times our culture has so mixed together many different ideas and religions. This has resulted in the word "spiritual" taking on a much more self centered focus. Today this word refers more to moral qualities or pursuits such as the acquisition of honor, integrity, courage, moral discipline, wisdom, or a warm feeling of connectedness to God or the universe. In other words having to do with self improvement or very often emotional well being. The various nuances of a particular spirituality are dictated by whatever religious context or lack thereof.

Many Christians still hold to the old view of spirituality and are highly suspicious of "non-Christian" varieties. We are strictly enjoined against idol worship, praying to the dead, ancestor worship, etc. Some churches warn against various kinds of meditation.

So the answer to your question will depend on who you ask. As for myself, I will commence training in aikido this spring after having fulfilled several obligations that thus far have not allowed me time to train. O'Sensei talked about the path of aikido imparting courage, wisdom, discipline, and unifying your body, mind, and spirit. These things are valuable no matter which faith you belong to. I agree with your statement about not coming to the dojo to be converted to another religion. Apparently, even O'Sensei's best students admit they understood very little of his religious philosophy.

I think that the reason people aren't committed to the spiritual aspects of aikido are the same reasons people really don't commit to their churches. The Christian churches are dealing with many crises concerning the commitment and quality of it's members. Our culture wars against long term commitment and anything resembling obligation or responsibility to anything other than ourselves and our immediate need. In the bible the apostle Paul wrote " For the time will come when men will not endure sound teaching, but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance with their own desires" This time has come upon us. It is especially difficult for teachers who are faithful to their disciplines and really attempt to impart knowledge through discipline and hard work. Our culture teaches us that it is our right to have what we want when we want with little or no effort. This causes resentment against the people and institutions that go against the flow.

Anyway, these are my thoughts on the matter. Thanks again for the great website. Also, the Aikido demonstration on Feb.6, where is that being held? I would like to see it. I am in the process of finding a dojo to join this spring. Sincerely, Patrick Kyle patkyle63@aol.com

We welcome all inquiries about Aikido, Aikido practice and our Dojo. Interesting letters will be published in this Newsletter for everyone to enjoy and learn.

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02-03-02

"How Do You Do It?"

Dear Reverend Sensei: My son and I paid a visit to Borders books today and I happened to pick up a copy of Kodo which I read with interest. I did not buy it due to a lack of funds but came home with the intentions of writing you with questions. The most of important of which are as follows: the point you made with regard not sacrificing the traditional and correct approach to martial arts while still attempting to keep a Dojo funded and occupied with sincere students, certainly is the biggest question I need answered. A tiny bit more information: I am a third Dan black belt in Shorinjiryu Kenyukai Karatedo and my Sensei for many years is Watanabe Sensei seventh Dan. This art for me is the basis of my life but I encounter problems in location, funding, and student quality where ever I turn. Reverend I don't mean to use you for Ann Landers but I feel as if I can ask these questions of you. Very Truly Yours, John Schmidt Sensei P. S: My address is 9894 North Kendall Drive, Miami, Florida 33176 and should you have anything in the way of reading/learning material relative to Zen Buddhism its being sent to me would be immensely helpful.

Sensei's Reply: 02-03-02

Thank you for your interest. Unfortunately, there is no formula for this and it is the eternal challenge which everyone must face. Good luck and best wishes, always, Aikido Center of Los Angeles, Rev. Kensho Furuya

02-04-02

Reverend, We are in receipt of your response with regard my question being the eternal question. Reverend I sincerely understand that there is no one answer to this one issue so lets be more direct and specific: #1 How did you do it? #2 How would you do it if you wanted to focus on children in the day time and adults at night? (the children are at need.) Enclosing, do you find or do you use the martial arts festivals I read about for publicity and good will, or marketing, or all the above. Very Truly Yours, John Schmidt

02-04-02

MacDonald Baby Arrives!

Hi Sensei, Yes the baby is here finally. Arrived Thursday afternoon at 1313 military time. She great. 6.6 pounds a tiny little thing. I forgot how tiring it is the first few days. Whew! But were really happy she's here. Talk soon. Be well, Jim (MacDonald)

Late Postings:

01-02-02

Sensei, Thank you very much for your greetings. Please have a Happy New Year. This year our kendo dojo held a Memorial Tournament for Shimoda Masaharu, your old kendo sensei. Shimoda sensei always remembered you. My mother is in better health. She has a small female dog that she enjoys and treats as her baby. I always enjoyed learning about swords and Japanese Culture from your budo classes. Do you still conduct these sessions? Please enjoy the New Year! Take care of your health. Thanks, Guy Urata, Oxnard.

01-11-02

alot of respect for you and what you are. i have been reading your daily writings. thank you for being you just when i see you elevate and i have to ponder another daily writing. this is good stuff thanks alot. ladyinsemiya.

01-18-02

Dear Kensho Furuya Sensei. My name is Ze'ev, I am from Israel. I

have your book (KODO) and I like to read your daily words on Aikido and Life. You are a great Sensei. My sturents and I love your book. I Teach Aikido in Israel. I was in Kyoto for seven years and spent most of my time there practicing Aikido and learning about Japanese culture. (See interview.) Miho, Ze'ev and Kazuki Erlich.

01-27-02

Hello Sensei, I meant to write last night (Monday) to thank you for the wonderful class Monday night. I really appreciated your explanation of focusing our ki, the direction of the energy, timing, etc. The corrections you made for me were very very instructive and enlightening and although I get frustrated when I do things incorrectly the corrections guide me and help me to develop my awareness of where the heck my energy is and try to focus. Aikido is such a wonderful practice and the finer aspects you pointed out in class Monday really underscored that for me. Thank you very much! It is all so wonderful to learn, develop, try to improve and to carry that spirit and focus into our daily lives. That being said, I know the only way to develop and learn is to practice. See you at the Dojo! K.

02-13-02

Dear Sensei , It has been a long time since last time we contact via email , on behalf of our organization i would like to send our best regards to you , your work and all aikidoka at Aikido Center of Los Angeles . I was moving to a new place last month so there were a lot changes and until today i have a chance to sit down and set up my pc and check emails ...really apologize for that . Please allow me to tell you more about our organization , my brother and i started to study Aikido since we were kids in Vietnam , almost twenty years now , the way we walk has ups and downs through oppressions , hardship and also sickness ...but our love for Aikido grows stronger and stronger day by daywe came to US and we were still practicing Aikido in our garage , with a very small group of friends for eight years....there were times we almost make the garage collapse by our throws and ukemiwe decided to rent an office suite and make it become a dojowe have nothing but a portrait of our O' senseiwe still have a lot of difficulties for every month ' s rent ...sometimes i sit at kamiza represent my little students , friends ...in front of O' sensei portrait and i wonder if next month we can survive to keep this dojo so everybody can have a place to practice? Until now our organization is six-month old , and day by day our dojo looks better and better , we look at each other after each class with sweats on our heads and hope the way of Aikido will help us through ups and downsi hope with one and only desire which is a place for everybody still can learn , experiment and know the message that O'sensei pass to us , we will be okay ! Sorry that my English is not so good so the way i describe our organization will be confused sometimes! Thank you very much and respectfully yours, Nhan Ly and Aikido Friendship Foundation .

WARNING! No Ephedrine In The Dojo:

Recently there has been much publicity about the adverse effects and risks of the drug ephedrine (also called ephedra and ma huang) available over the counter in health food stores and in some over the counter "medications." People are often interested in using ephedrine for increasing apparent energy, weight loss and increased physical performance. There are no longer any legitimate medical uses for this drug and the potential side effects include sudden death, heart failure and stroke. Because ephedrine increases stress to heart muscle and may interfere with blood circulation to other important organs such as the brain, it should never be used in association with vigorous exercise. This drug may be "natural" but it is dangerous. Since the practice of aikido involves vigorous cardiovascular training, no student member of the Aikido Center of Los Angeles should be using this drug. Further, ephedrine interferes significantly with brain function and concentration. Therefore, any student practicing Iaido while under the influence of this drug represents a significant danger to himself and to the other students in the class.

Welcome To The Aikido Center of Los Angeles



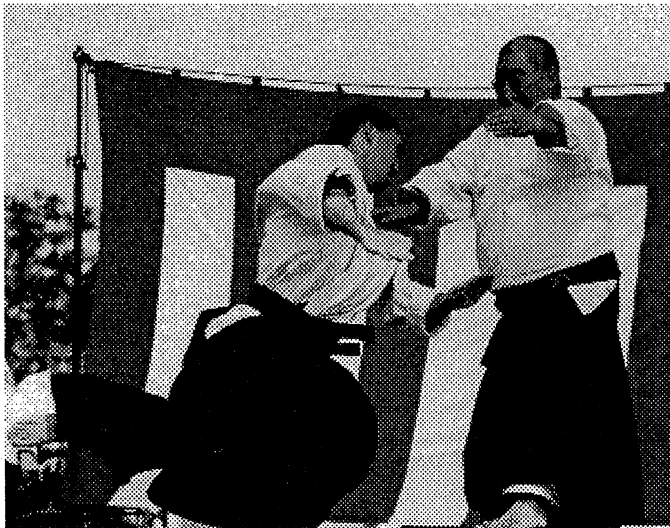
Aikido Center of Los Angeles

Our Dojo's 28th Year, 1974-2002.

Our dojo is dedicated to the practice of traditional Aikido as taught by the Founder of Aikido, Morihei Ueshiba and his legitimate successors, the late 2nd Doshu Kisshomaru Ueshiba and the present 3rd Doshu Moriteru Ueshiba.

You are very welcome to visit our beautiful, hand-crafted, traditional Japanese Dojo during posted training hours. All practicing Aikidoists are welcome to train with us or observe our training.

Please Visit Our Website:
www.aikidocenterla.com.



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.

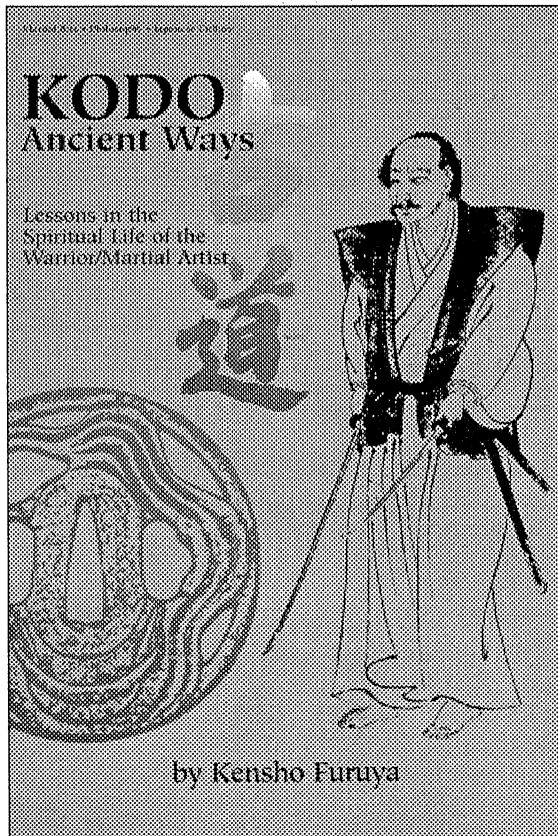
*JAPANESE SWORDS & BOUGHT & SOLD
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Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Battodo

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.

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



KODO

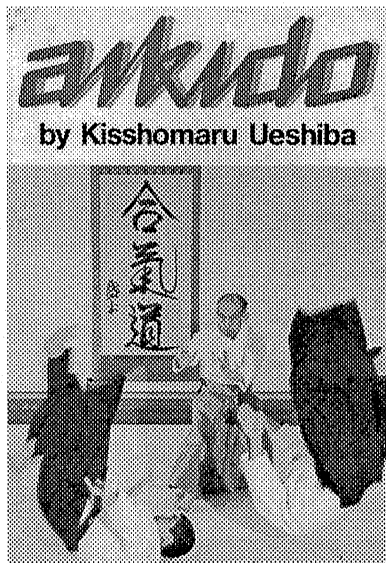
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

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:

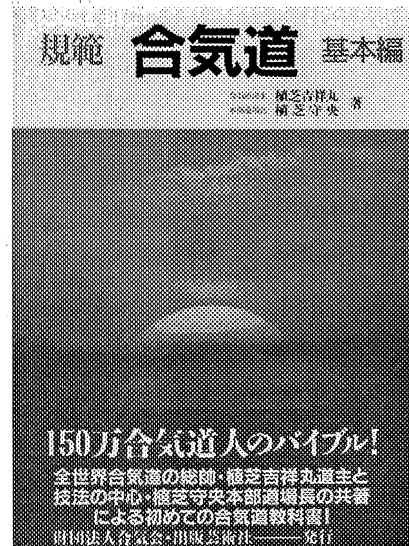


Highly Recommended Reading:

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

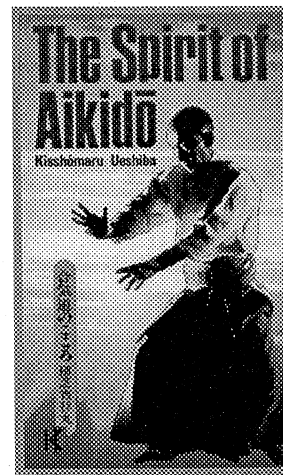
By Doshu & Dojochō Moriteru Ueshiba

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."



ACLADOJO 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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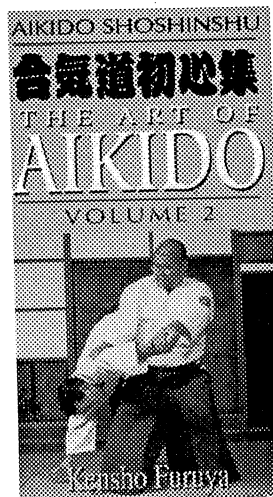
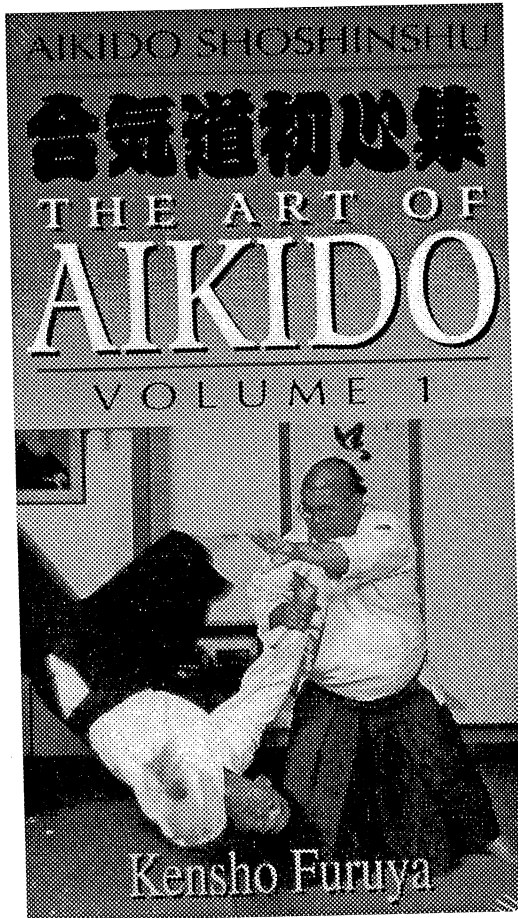
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The Art of AIKIDO

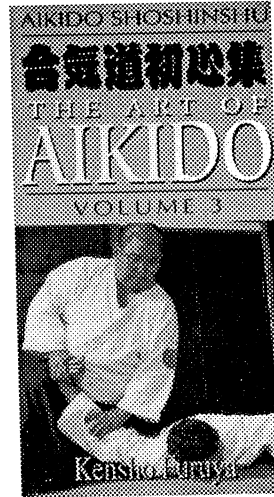
Aikido Instructional Video Series in Nine Volumes

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

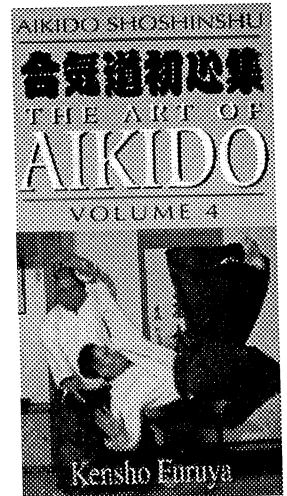
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



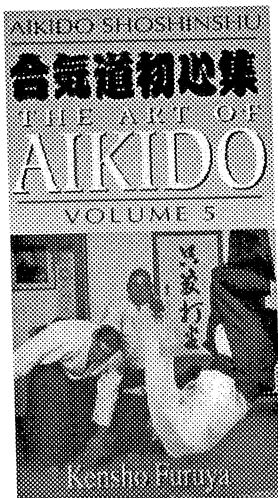
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



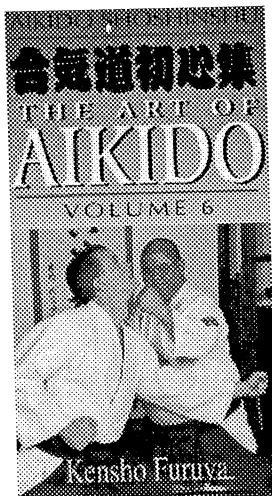
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



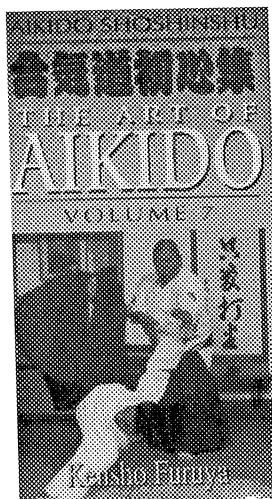
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



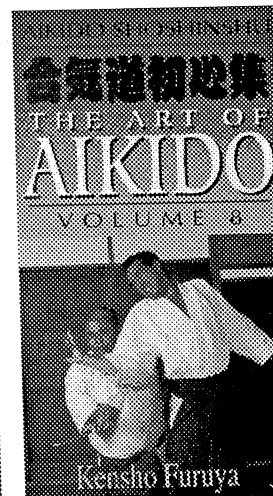
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



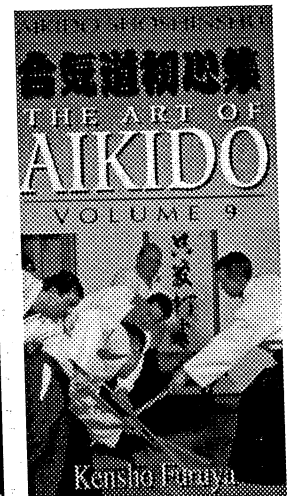
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



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

AIKIDO for ADULTS

Sundays: Children's Class: 9:00-10:00am.
Open Beginning: 10:15-11:15am.

Mondays: Open Beginning: 6:30-7:30pm.

Tuesdays: Open Beginning: 5:15-6:15pm.
Instructor's Advanced: 6:30-7:30pm

Wednesdays: Open Beginning: 5:15-6:15pm & 6:30-7:30pm. Intermediate-Advanced: 7:45-8:45pm.

Thursdays: Open Beginning: 12noon-1:00pm, 5:15-6:15pm & 6:30-7:30pm.

Fridays: Open Beginning: 5:15-6:15pm & 6:30-7:30pm.

Saturdays: Open Beginning: 9:30-10:30am. Beginning-Intermediate: 10:30-11:30pm. Every 4th Saturday: Open Intensive: 6:30-8:00am.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, JAPAN

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

Aikido Center of Los Angeles

940 E. 2nd St. #7, Little Tokyo,

Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Thursdays: 7:45-8:45pm

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

No Classes on the last weekend of the month.

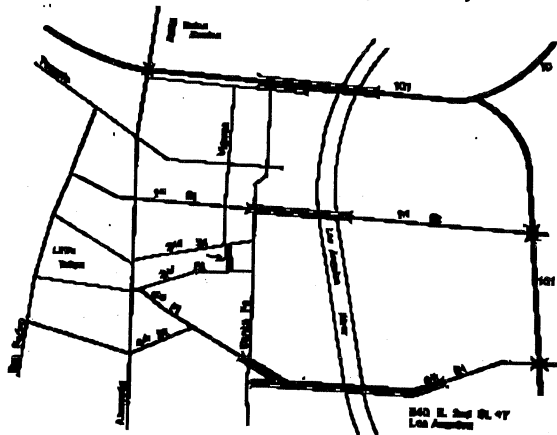
Intensive Iaido

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

Private Classes Available.

Finding Our Dojo:

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. The **Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.