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The Aikido Center of Los Angeles LLC

The Aiki Dojo

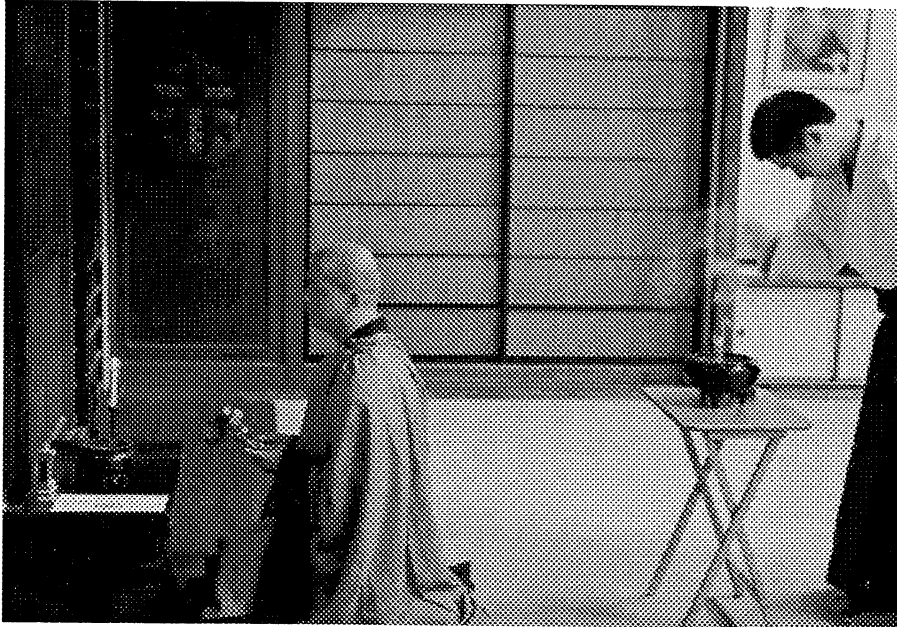
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, T okyo, Japan
Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist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

\$2.95
Donation

May 1, 2003

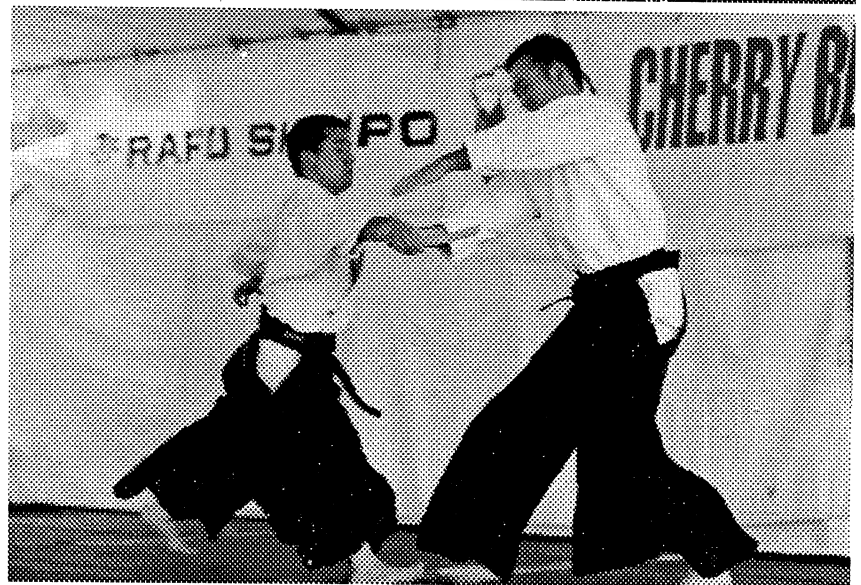
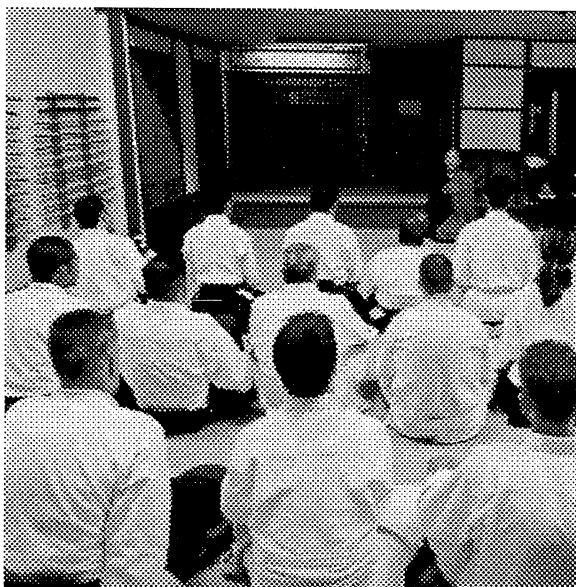
Volume XXII. Volume 5.

O'Sensei's Memorial Service & Special Practice. April 26



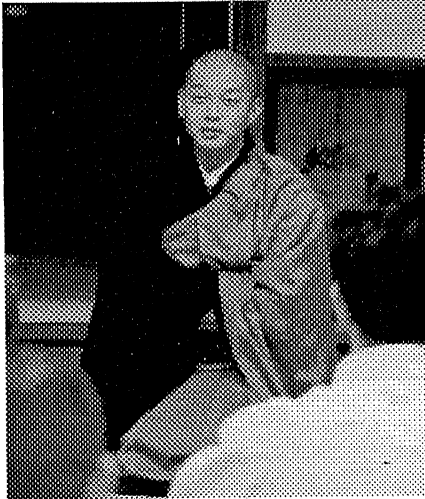
Rev. S. Kojima conducting service & giving Zen talk.

Cherry Blossom Festival



Ken Watanabe at the Cherry Blossom Festival. Above: Marie Murakawa.

Memorial Service & Practice



**O'Sensei's Memorial Service Zen Talk
By Rev. S. Kojima**

Yesterday's Memorial Service for O'Sensei was so nice for me on such a beautiful day. I hope that everyone enjoyed the Special Practice and Memorial Service too. It was a beautiful opportunity for everyone to come together and remember O'Sensei. Many students came to the Dojo to practice. My two most senior assistant taught the first two classes, Mr. James Doi and Mr. Ken Watanabe. During each 15 minute break between classes, I had a chance to talk a little about O'Sensei, Memorial Service and answer various questions from the students. I taught the third class.

Rev. Kojima then arrived and I had a chance to talk with him before the ceremony and this was very nice too since hadn't seen him for a long time. Rev. Kojima then conducted O'Sensei's 36th Tsuito Hoyo Memorial Service. Along with O'Sensei, we also honored 2nd Doshu, and my late Zen master Kenko Yamashita Roshi. In addition, a word was said for Nur Brown, 29, a young student who recently joined the Dojo but tragically lost his life last month.

The following is just a gist of Rev. Kojima's sermon after the service: Today we just conducted and offered incense for O'Sensei's 36th Memorial Service. All of us experience many hardships in life and we feel that these hardship always take away from ourselves. These are the negative elements of our lives that we can do without. We do not need any more trouble than we can handle. But actually, we should look at these hardships in a different light - not as something we must run away from or deny but something which is important and necessary to our lives. This may seem strange to you but here is an interesting story recently.

Japanese love to eat sea-eel and fresh-water eel and it is considered a delicacy that everyone enjoys. Lately, however, Japan does not have enough eel to supply all of its consumers so eel has been imported from China and Taiwan. Lately, these supplies have also been exhausted and Japan has searched other sources finding a great source in Canada.

There is one problem with this. Eels are raised from infant eels, not from eggs. Importing these baby eels from China and Taiwan in a three-hour trip is not too bad and there is not much lossbut they still

There is one problem with this. Eels are raised from infant eels, not from eggs. Importing these baby eels from China and Taiwan in a three-hour trip



is not too bad and there is not much lossbut they still lose about 40%. These baby eels are very delicate and are hard pressed to survive in a longer airplane trip. Although Japan has found a better source in Canada, the 8-hour trip is much too much for the delicate creatures and only 40% can survive in transport. The loss of 60% of these eels in transit makes it not practical to take advantage of Canada's great supply. Studying these shipments for a solution, they inadvertently found one bag of baby eels from Canada with a 80% survival rate. They could not understand with all their efforts to keep them alive, how this one bag of baby eels had such a high survival rate of 80%. What they found in this bag, to their complete surprise was one catfish which had mistakenly got in. The catfish are natural enemies of the eel so with the presence of the catfish, the survival rate of the baby eels should have been around 0%. All eaten up by their enemy! However, contrary to logic, the eels survived at 80%. What they realized is that the presence of the catfish, their natural enemy keeps the eels busy escaping it and this effort of survival is what strengthens the baby eels and thus more survive.

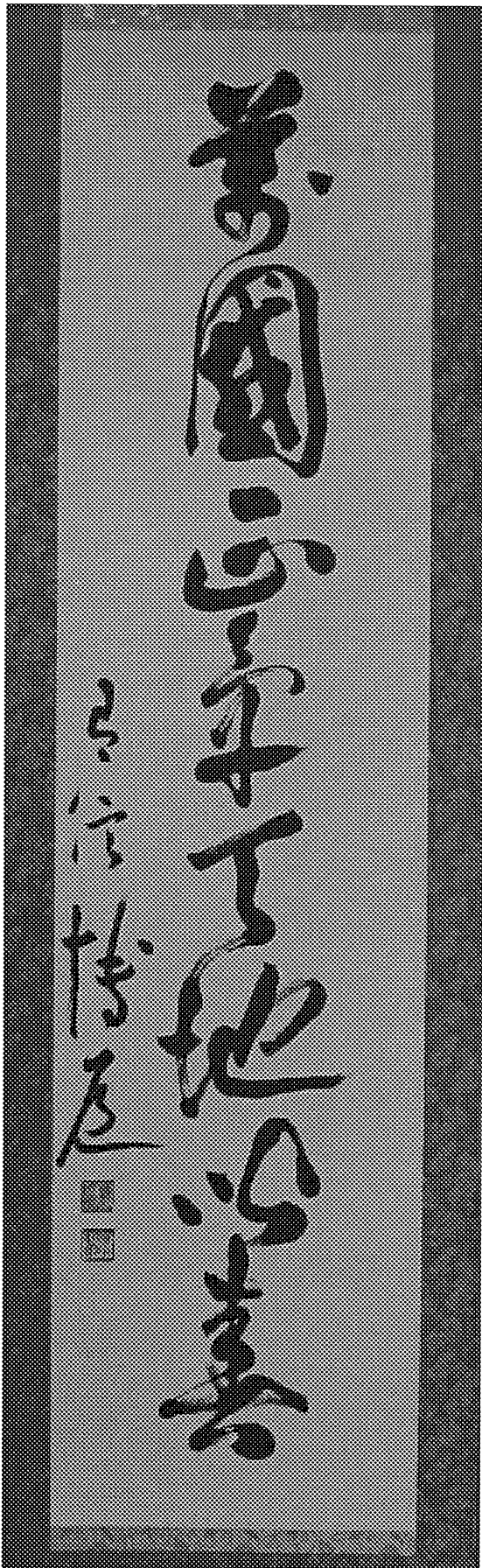
As with the baby eels, many hardships in our own lives do not detract from their lives but actually support and strengthen us. In this light, our hardships can be regarded as necessary strength building and empowering elements to our own survival in life.

The Furuya Foundation:

On April 15, we convened our inaugural meeting of our new foundation at Traxx's in the Union Station and have decided on the name, The Furuya Foundation. Our newly elected officers are:

Mr. Ken Watanabe - President
Mr. Gary Myers - Secretary
Mr. Mark Ty - Treasurer
Dr. Cheryl Lew - Counsel
Mr. Jonathan Altman - Legal Counsel

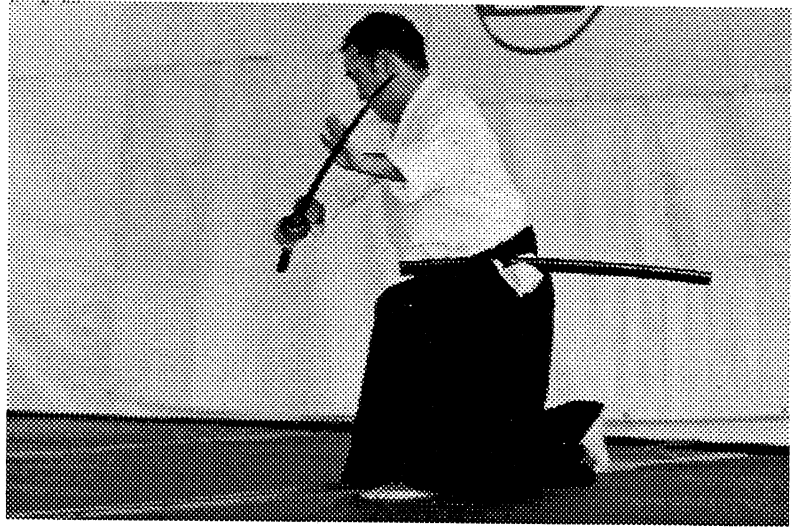
The Furuya Foundtion is dedicated to preserving the Dojo and the work of Furuya Sensei in research and education in Aikido, the traditional Japanese sword and related arts and their history, culture and traditions. We ask for your support and approval. Many thanks, Rev. Kensho Furuya



Nakayama Hakudo Words:

"The true spirit (Correct Ki) of all Nations is to manifest Peace."

Brushed by Nakayama Hakudo, Founder of Muso Shinden Ryu Iaido.



Watanabe executing Hasegawa Eishin Ryu Iaido.

A Strength Does Not Cancel Out A Weakness:

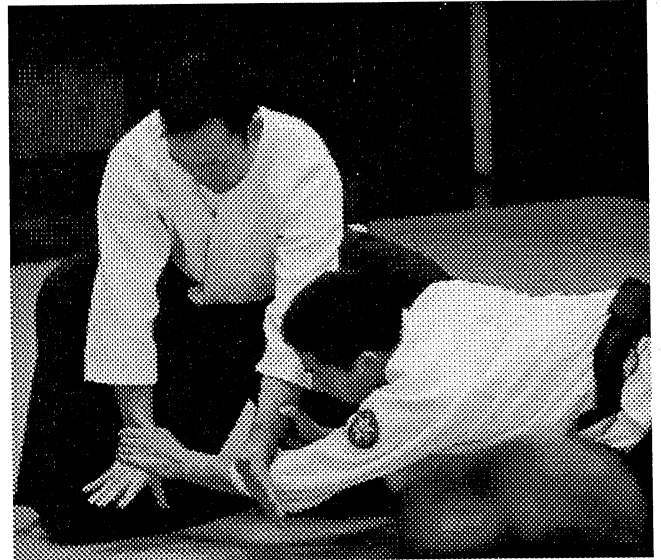
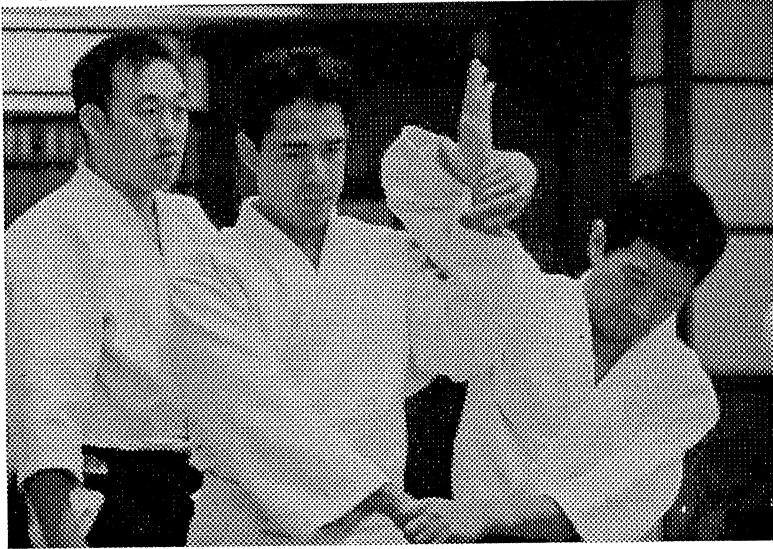
We often live too much in a world of duality but we must understand that the world of objects do not necessarily correspond to the world of human beings. For example, we can say to remove one apple from a basket of three apples and place it in a basket with only one apple and now we have two baskets of two apples each - they are now equal and balanced! This is easy to do with coins, money and poker chips but it doesn't really work with humans. Your living room floor is too high over there, so we will make it a little lower over here. High and low do not necessarily balance each other. One cannot say, he is a nice man, although he beats his wife and child at home, he treats his employees very nicely at work.

Perhaps, we can say to ourselves, "I am bad at mathematics so I will excell in painting." Although we might consider this a kind of balance, in reality, it is not. In reality, you are only weak in math and strong in painting. To balance a weakness in math at school, one must become better at math, not better in basketball. We always get this confused! Although in the accounting books, and in the games we play with each other for play or deadly seriousness, we can make deals in our lives. But in Life - there are no deals, compromises or easy way outs! This is most easily confused.

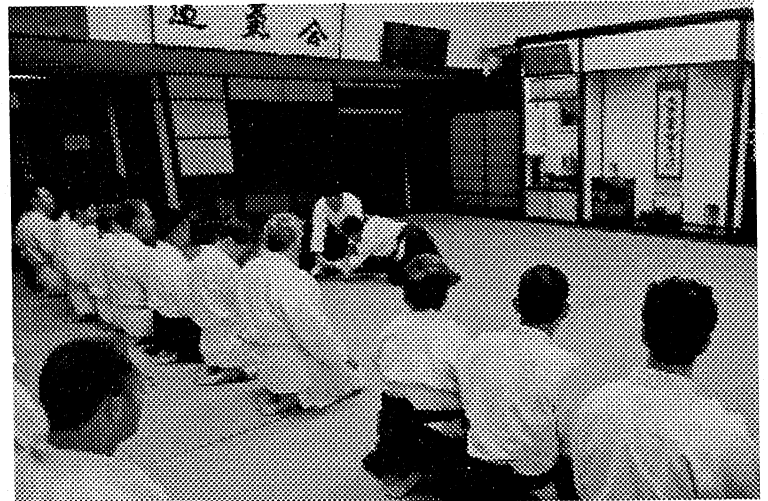
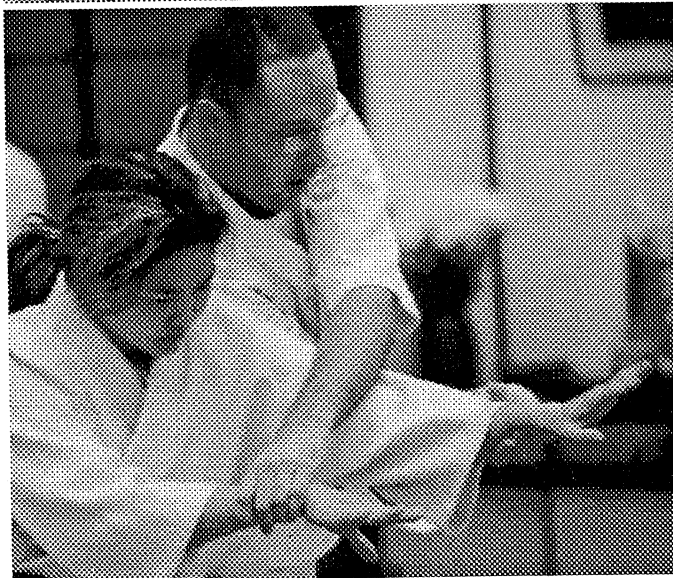
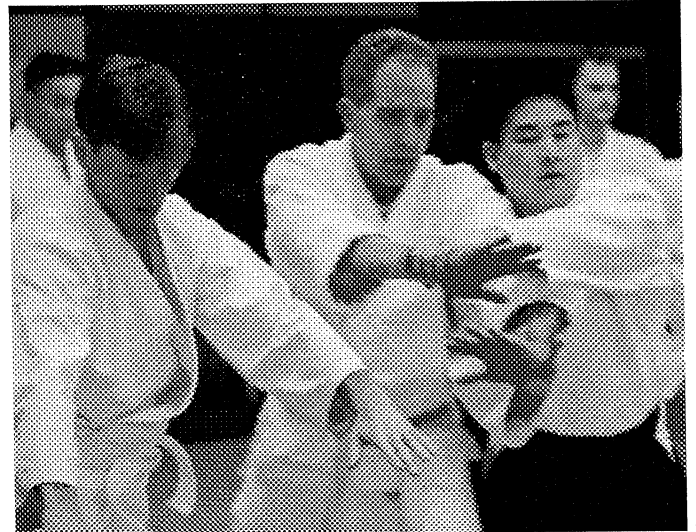
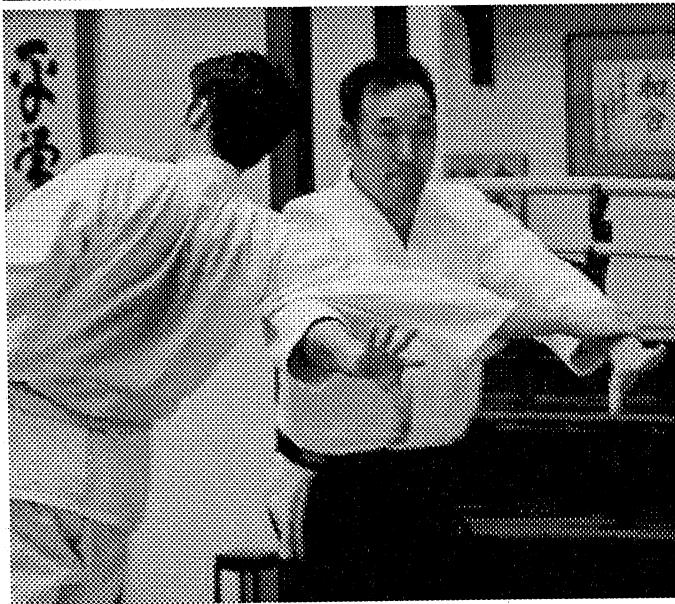
From Letter of April 24. Someone, the other day, complained that I enjoy my birthday and put a wish list on Amazon. I think that, like many of you, Aikido teachers or Zen priests are not supposed to be human, but super beings. Actually, I thought so too and for many years I never celebrated my birthday - mostly because it happens to fall on the day before O'Sensei's Memorial Day, I always thought it inappropriate.

As I get older, now 55 this year, and thinking that there are not many good years left in me, I feel I would like to have a few birthdays and celebrate them with my students. Of course, in teaching, many students would like to give me a small something on my birthday but this was refused from many years ago. It became a custom in the dojo to collect money on my birthday and call it a "birthday present" when it was all known that it would be used to help pay the bills Cont.

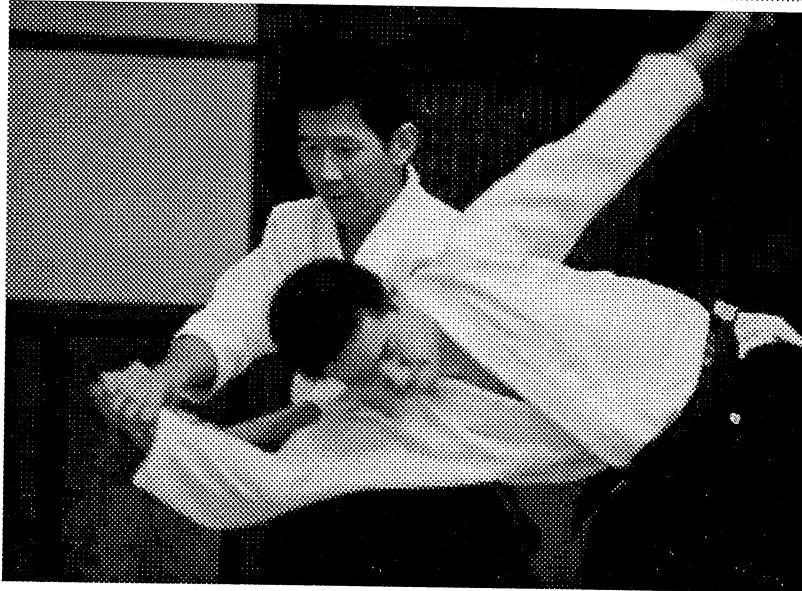
Special Practice April 26.



Ken Watanabe teaches first class of Special Practice.

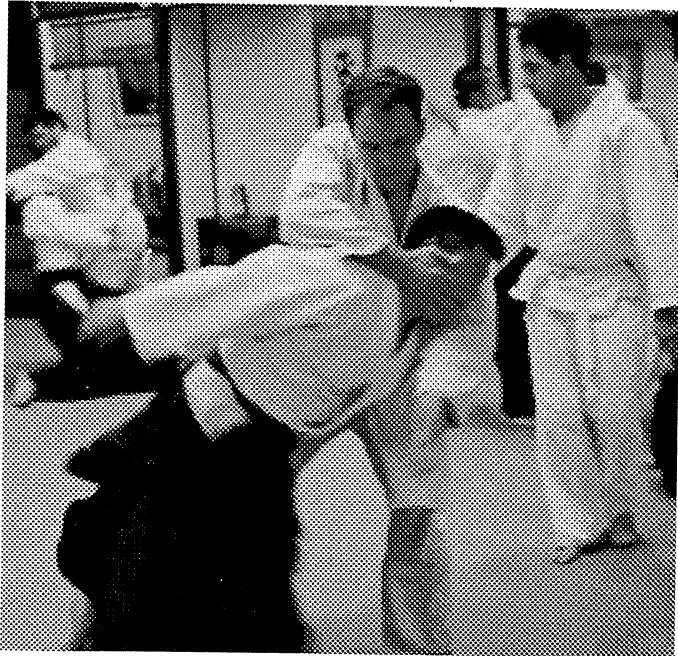


Preceding the Memorial Service, Ken Watanabe conducted the first class followed by James Doi and Sensei. The Service was performed by Rev. S. Kojima of the Zenshuji Soto Mission. Afterwards, about 12 members joined Sensei for O-Doki at a local restaurant.



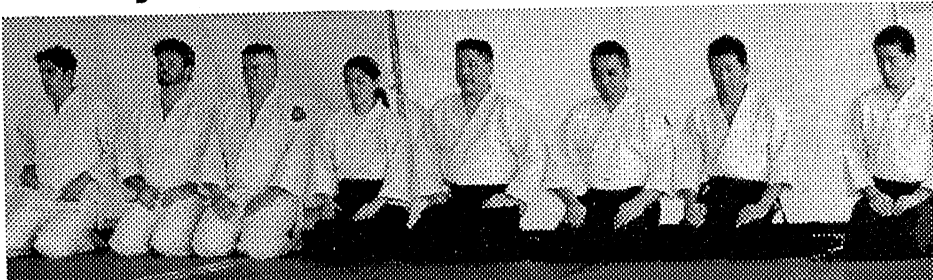
James Doi in 2nd session. Here executing Shiho-nage.

Furuya Sensei teaching the last, 3rd class.

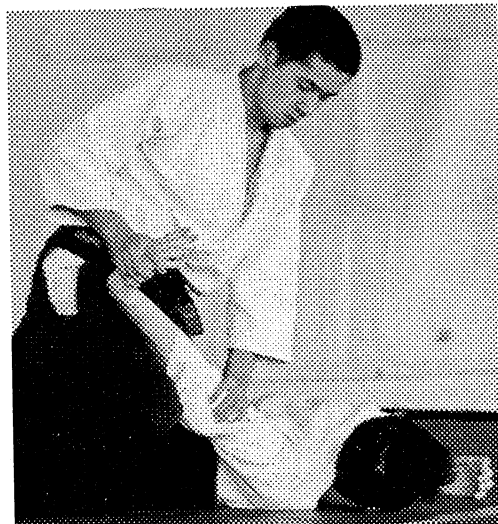


Anatole, our student from Russia.

Cherry Blossom Festival. April 13



Left to right: Michael Vance, Steven Shaw, William Allen, Marie Murakawa, David Ito, Kenny furuya, James Doi, Mark Ty, Ken Watanabe (not shown).



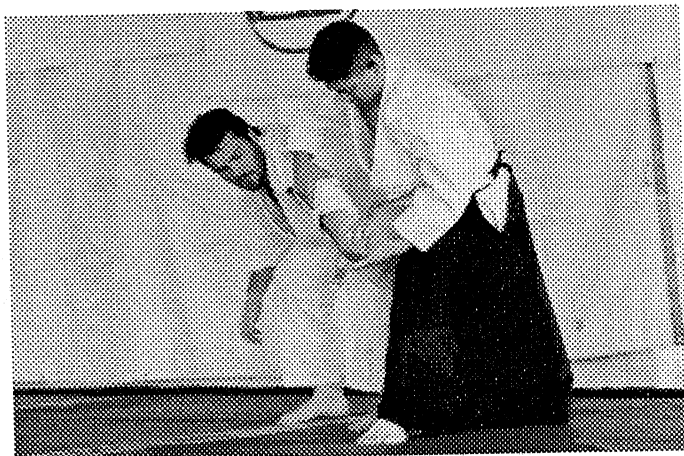
Mark Ty



James Doi, 5th Dan



Ken Watanabe executing tanto-dori



David Ito, 4th Dan

Dojo members under the direction of Ken Watanabe conducted a great demonstration for the annual Cherry Blossom Festival in Monterey Park this year. This is our fourth turn-out.

Morito Suganuma Seminar

May 9, 10, 11

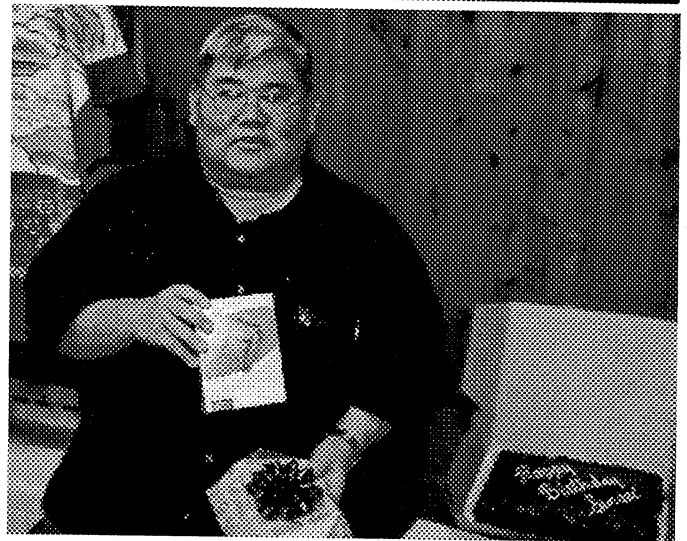
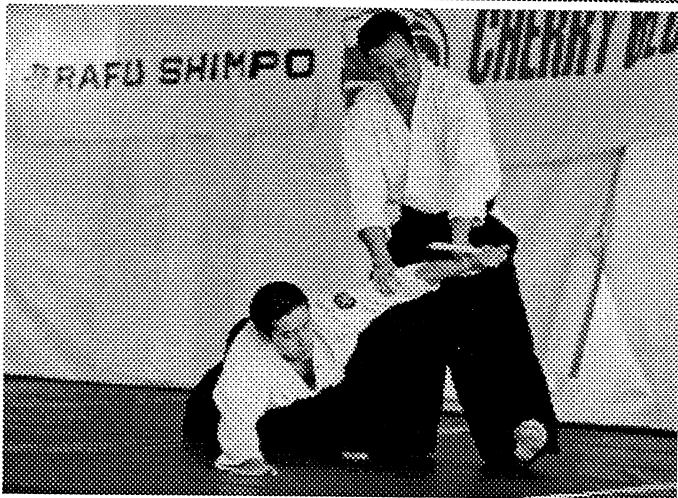
Sponsored by Shohei Juku Aikido
Canada & Vancouver Shomonkai

aikitamachan@excite.com for more information.

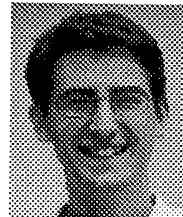




Sensei's Birthday Party. April 23, In the Dojo.

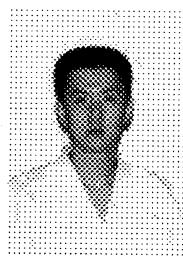


Everyone celebrated Sensei's birthday in the Dojo with a yellow cake and chocolate frosting and a present to Sensei. Although quite simple, everyone had a great time. Sensei says, "Many thanks for the wonderful party and gift!"



Michael Vance Announces Engagement To Judith

Michael has announced with engagement to Jude and they are planned to tie the knot in September of the year. We wish them the very best in their new life and hope he continues his Aikido!



Jonathan Tien To China

Jonathan Tien relocates to Shanghai, China, on April 30, to teach English at the University of Shanghai. Jonathan was born in Taiwan, and lived in Hawaii and here in Alhambra. He will work there for one year or two before deciding whether to return to the United States. We wish him all the best. He is 1st kyu in Aikido.

Children's Class (6-16 yrs.)
Every Sunday 9:00-10:00am

From Kodokai:

Salamanca, Spain

Since I meet With Furuya Sensei in Summer 1997, I had the feeling, that he will be my Sensei for all "DO" in my life. The way he teach and explain, and the way he transmit and fell Aikido and of course his loyalty to the Hombu Dojo, told me the I was in the correct Dojo.

This was very important for me because I was practice Aikido for a five years, before I meet him and I had the opportunity to see enough "master of Aikido" that have no idea about Aikido .

Probably for many people this is not very important but for me and when you have a Dojo, found a good Sensei is very important, because you teach and you have to do it right. Maybe you can't do it very fine as Sensei of course, but You have to know what are you doing, and with years of practice you will be a good Sensei, because you learnt from one.

What I explain all this, because for me was a pride when he accept me as a Branch of his Dojo, because he me a chance to be a part of his Dojo and a part of his students.

I don't know very much the others branches of Furuya Sensei but I hope that they feel the same.

Because be a Brach or be affiliate, is any thing more that have a parch in your Gui, or used a t-shirt of that dojo, or write just for Christmas or birthdays. For me represent that my work and my actions represent the way he teach, and every time I used the Gui with his patch my behavior should be agreeing with the teachings of Sensei.

We should keep closer the contact with our Sensei, and show our work in Aikido as a Branch, it's very important if is much or just a little but try to do it, because we accept this responsibility and is our contribution to our Sensei, who trust in us. Santiago G. Almaraz
Aikido Salamanca (Kodokai)

24th Letter continued:

of our poor dojo. This custom goes on today. Many of my students are quite senior now, and there are many all around the world, who express that they want to celebrate my birthday so it is of little hope to say, "no," all of the time without offending you. Some people understand, "no," means "I don't like you and don't want anything from you!" Hardly the case here.

Only a few months ago, a few friends introduced me to Amazon Wish List for their birthdays and I thought it was a clever idea. I could get them something they really wanted without having to guess at all! An old friend, almost like my niece, put her wedding list as a Wsih List too so i thought this is a nice and popular thing to do and tried it myself. Students know I like books so they buy me books but usually it is not the type of books I read - I read very specialized materials for my studies and have too many books to have extra. It is the same with music, which I love, it is very specialized in classical and Japanese classical music - no one would think to buy me Noh utai music, hahah. And even in this, it must be certain ones.

Finally, howver small the gift or whatever, I should express my thanks openly and sincerely. It IS a big deal for me to receive something from my student because I appreciate his effort and gratitude. With no fam-

O'Sensei's Memorial Service continued:

Sometimes our lives are like this lighted candle here (in front of the butsudan). We see the candle burn and get smaller and smaller and we think that our lives get shorter by the day until we finally die and are no more. Although the candle disappears as it burns, while it is burning, it is giving off valuable and useful heat and light which we use and take advantage of. It the same with humans in a way. We think that humans die and are gone, but while they are alive or while we are alive we contribute greatly to the world and all the other lives all around us. We think that O'Sensei has passed away and is gone. But while he was here, he did many things and because of his great efforts to give us Aikido, we are all gathered here today. Although we might think he is gone, actually through his efforts, he survives in all of us. Without him, we would never be here together. This is true with all humans who pass away. never think that they are gone. Thank you, (Rev. S. Kojima, Zenshuji Soto Mission)



After Rev. Kojima's sermon about 12 of us all went to lunch and enjoyed conversation and each other's company. For me, this is an important day to remember O'Sensei but it is also a day to come together with all my students to offer incense to him. This one day is the most important day of the year for me and I am always so happy to commemorate his memory with my students and hope that my students will always remember O'Sensei although they have never met him and he is only a memory of many years ago. . . .

ily and few friends outside of the Dojo, these gift become important for me - otherwise, I feel how alone I am in the world. Then, I must say to you, that many of you think I am a great teacher or Zen priest, but I am not. No way! No great genius or talent here - maybe, just I am a hard worker more than most and that is all. In my last years here which I count from 55 on. . . . I consider the final stage of my training is not to become more famous or more illustrious or more powerful as you may think or assume, quite on the contrary, I would like to become more human and more "just the ordinary person," - what I consider my ideal of the most profound and highest teaching. If nowadays I try to act too human and a little too ordinary, please forgive me! (Please refer to Letters)

Note: In subsequent emails, it appears that this matter has been cleared up. Please understand that all letters to Furuya Sensei are considered as part of one's training and in the context of training on the mats so there are no "personal" or "private" matters to be discussed or accepted as private.. Evereverything in is the open and shared by everyone as part of our learning experience as on the mats.

Save Our Downtown Neighborhood

04-03-03 SAVE the Downtown Arts District. LARABA is being assaulted on multiple fronts. We, as a neighborhood have been instrumental in rediscovering and rescuing historical, abandoned warehouse structures that make up the Downtown Arts District (1st to 7th, Alameda to the river) and turning them into unique live/work spaces that enhance the experience of living in a city. For 20 years now Artists have struggled to resurrect our neighborhood by fighting blight, planting street trees, organizing studio art tours, being good citizens with something to offer back to society, the arts and our urban culture.

Now, after those 2 decades of striving to uplift our community of some 2000 artists, we find ourselves faced with the old demons of petty crime, urination, prostitution and general abuse of our neighborhood by the swelling homeless population being forced into our neighborhood (primarily under the 4th St. bridge, and nearby areas) by the attempts to clean up other more politically connected parts of downtown with building improvement districts and private security patrols. We appear to be the neighborhood of least resistance to this problem and so are forced to live with the squalor in our midst.

The one thing the homeless issue does is to threaten the gentrification process in the arts district and perhaps that is useful, however it is unconscionable that simply because we are less powerful politically that we should be made to suffer the consequences of having the homeless dumped on our doorsteps. In 1987 when the Pope visited, the homeless were swepted into our neighborhood to a tent city on the site of the present MTA Red line yards, thus resulting in the exile west of the emerging gallery scene derailing the emergence of the downtown arts district.

On the other side, there is the proposal to build a complex for the Dept. of Homeland Security as well as a jail, bomb squad facility, new police and fire station and an emergency communications center at the major access point to our neighborhood from the light rail station at 1st and Alameda Streets. This transportation portal was designed to be a major entrance to both Little Tokyo and the Arts District and as such the site symbolizes the resurgence of a viable 24 hr. a day urban living experience with shops, cafes, galleries and theaters. All this would be jeopardized by the misguided attempt to shoehorn such a public safety complex into our community.

As our artistic neighborhood attempts to go about its daily life, we see a triple headed hydra of homeless squalor, a high security counter terrorism complex and the raising tide of gentrification forcing working artists from the ground we have resurrected for downtown Los Angeles.

My artist in residence building was recently purchased in a bidding war that likely will mean I can no longer afford to live here. Here where we have planted 50 trees, built our lofts from nothing and brought back to life a neighborhood on the verge. If our neighborhood doesn't grow with some urban logic and social safeguards, we now stand to lose everything we have accomplished in the last 25 years. Tim Keating, President, L.A.R.A.B.A

04-11-03: At the April 1st 2003 DLANC meeting, (during public discussion) I asked three related questions of Ms. Perry and Chief Bratton. They have not been answered to my satisfaction.

Both Councilwoman Jan Perry and Chief William Bratton continue to express concern for community input and cooperation, working with the community as a team to solve crime and quality of life problems for all the communities they serve. They both continue to meet with various constituencies. I believe in their good faith efforts, but the questions remain:

1. If your administrations are so community-oriented, why was there not more, or any, community input about the decision to put the New Parker Center Plus at First and Alameda Streets?

As soon as we learned of the plans, many friends, residents, property and business-owners began to try to get these plans changed. There still has been no effort to hear the views of the community on this project.

With the present concerns about terrorist activity, it seems particularly short-sighted to place a security and communication center in a place where maintaining the safety of its' personnel would close major thoroughfares and perhaps the Eastside Light rail. Emergency egress would certainly be delayed by having train tracks on two sides of the property.

The future plans for the old Parker Center site are also not publicly discussed. This area seems ideal for the larger, new center. The security of City Hall and Parker Center can be maintained together, with street closures similar to the ones used presently- and at a minimum of interference with local activity.

2. Why can we not get the Homeless encampment, Brattonburg, removed from under the 4th Street Bridge? Our community is suffering from a dramatic increase in criminal activity. We had, at one time, fenced the area under the bridge. This was done as suggested by LAPD after community discussions. Film crews damaged the fencing and LAPD had the "dangerous" leftovers removed. The community expressed its' desires and paid for the security and safety. There were no hearings to remove our fence- or to allow film crews into the area in the first place.

Meetings with CPAB and SLOs have only produced more meetings. The 4 arrests (for narcotics) are feeble effort when 200+ people are committing crimes. Graffiti and garbage are not cleaned up. Prostitution, drug sales, auto burglaries, and thefts continue. The health and hygiene issues have not been solved by moving people from the sidewalks into the dirt under a bridge. Any Con't.

Children's Class
Every Sunday Morning
9:00am Sharp -10:00am
Protect the health of your children!
Sign Up Your Family & Friends
Self-Defense, Fitness, Movement

Sensei welcomes all inquires about Aikido
Dojo email: aclafuruya@earthlink.net

Letters

03-30-01: Dear Rev. Furuya, I'd like to nominate you to the Masters Hall of Fame for 2003. I do not know if there are any "charges" for such an honor. If you are interested, at this point, I need to know your highest rank, in what art, and your total number of years in the martial arts. Thank you.

George Kirby, Budoshin Dojo

Downtown: 03-31-03: Subject: [ladad] Bomb squad near Little Tokyo's proposed MTA station?

Reply-To: ladad@yahoo.com

Before sufficient notification and public hearing process, a decision has been reached by the Municipal Facilities Committee to place a law forces complex at Alameda and First, near Little Tokyo's proposed MTA Goldline station (not to mention a poorly supported "Arts District")! The "Overview of Scope" on the six part \$517 mil "Public Safety Project" outlines among others a 21,000 sq. ft. bomb squad facility, and a 100,000 sq. ft. Emergency Operations Center (read Homeland Security). During any foreseen "state of emergency," these would shut down the metro station in the area, bottleneaking transit from a major point in the MTA rail system. I urge locating the LAPD HQ into Downtown central, as proposed by many, on Spring Street; where narcotics, assault, robberies and vice currently rule in strategic spots. From such a vantage point, if the new Chief of Police really wants to support a true "broken windows" cleanup, LAPD could shift the tide of lawlessness. Downtown News must have a different overview as they quote a smaller pricetag of only \$410 Mil. See Joel Bloom's story on page 10: <http://www.ladowntownnews.com/news/Crime and Punishment> </display/inn _news/Editorials/edit1.txt>c New Parker Center Headquarters and Jail Would Hamper Arts District Revitalization If you want to obtain further info contact: Sam S. Tanaka, Program Mgr Prop Q sanaka @ eng.lacity.org or 213-482-7373 and contact your council office to enquire into the Early Notification System for this topic. Santonia Amberly

04-02-03: Konichi wa, Sensei Furuya-Sama. Watachi wa JosÈ Restolho desu. 16 sai. Watachi wa porutugaro jin desu. Montijo kara kimashita. Wakarimasu ka? This is only what I know about Japanese. I study Aikido at almost two years and I'm 4th kyu (orange belt). I saw on a cable channel talking about you and I would appreciate if you answer to my e-mail and may be you could tell me something about Aikido and Iaido. Domo origato gozaimasu. Jose Restolho

04-04-03: Sensei I thank you very much for answer to my e-mail. I would like to know if you know Sensei Hanshi George Stobarts, is 8th dan of aikido. He practices to ten-chi tessen, za-zen, iaido and He have done Kendo. I the school where I study aikido belongs to His school. The adress to the web site from is school is www.tenchi-international.com .Domo origato gozaimasu, Jose Restolho

04-07-03: Good Morning Sensei! Whenever I read your messages, I always have some question or response to each one. So, here are two of them. In a recent posting, you talked about how everyone is always searching for the 5 steps to . . . , or 10 habits of . . . I find this for myself, and it is very frustrating. There are so many things I feel that I should be practicing, that I feel that even if I didn't have to work for a living, I would soon feel frustrated at my lack to time to train everything that I should. As it is, I am lucky if I can get to the dojo and train everyday, and sit half an hour each morning and night, and

Save Our Downtown Neighborhood continued:

claims of improved conditions are specious at best.

3. Why is there no administrative control of or community input into the activities of film crews in our community? Where are the avenues for redress of grievances? Where do we take our complaints? Where is the enforcement of normal laws to protect the health, safety, and rights of the community? Where are public hearings before we are subjected to noise of explosions and gunfire, arbitrary street closure, and dangerous artificial smokes or fogs?

The other questions were addressed, if not answered, by police officers in discussion outside the meeting. There was no excuse offered for the continued unnecessary and inconvenient intrusion of location film crews into our community.

All three questions (and the unsatisfactory attempts to answer them) seem to indicate a very loose relationship between words and actions. It may be that in time we will see the closing of this gap. I sincerely hope that an effort is made to act on rather than just speak to these problems. I hope that you are really listening to the input from our neighborhood and not some interests that will not have to live with your decisions. Thank you again for your attention.

Thomas A. Guiton

stretch a few times a week to keep my body from falling apart. At the same time, I know I need to practice suburi daily to improve my sword work, rowing motion to strengthen my ki, more zazen to strengthen my mind, etc. No real question here, I guess, I just wish some master would write me out a (do-able) schedule. But, I guess trying to manage my own training is one of the most important parts of my current training.

On another note, what does OSensei's memorial day symbolize? What is the usual ritual for honoring this day? Thank you for your teaching and inspiration! Warmest regards, D. C.

04-07-03: Onegai-shimasu. My name is Michelle Kenyon, together with my three daughters, I study Goju Karate, under Sensei Paul Enfield, 5th Dan Okinawan Goju Karate Do, in San Diego. I am requesting information on the location of the Cherry Blossom Festival. After reading Sensei Fuyuya's Kodo Ancient Ways, and circulating it to my fellow karateka, with your permission, I have been planning to visit the Dojo to look at Iaido and watch Sensei Furuya teach. Since the Cherry Blossom Festival is going to be the same weekend I have planned to visit your Dojo, perhaps my daughters and I will be able to attend this event with me. Any information you have will be greatly appreciated. My e-mail address is Michellekenyon@earthlink.net. Arigato-Gozaimashita

04-08-03: Dear Sensei Thank you so much for you very kind words and for keeping me in your prayers.

I am delighted to be able to contribute in some very small way to the up-keep of the dojo. I am sorry that you have to deal with financial issues. Somehow it seems that with all you give to the world you should not be burdened with these things.

We do our best and I guess that is all we can do. I have certainly made mistakes but I have always done my best. If it turns out that this chapter of my life should see the end of this business and the start of some-

-thing new then so be it.

I still read from Kodo and the Tao te Ching every night. A particular part of the Tao Te Ching struck a cord with me:

Therefore the Master
acts without doing anything
and teaches without saying anything.
Things arise and he lets them come;
things disappear and he lets them go.
He has but doesn't possess,
acts but doesn't expect.
When his work is done, he forgets it.
That is why it lasts forever.

And as you said: "There is nothing more blessed than to live a simple life, work hard and have a few good friends."

I have learnt from my challenges over the last 18 months or so that my life is way too complicated. Expensive cars, and a house full of clutter I don't need. But it is so hard to strip all away - I guess because our ego is tied up with it.

May I end with a question? The dojo I attend is an Iwama dojo so we practice weapons occasionally, maybe once a month or two. I am following your advice to do as many suburi as possible in my own time. However my concern is that if I am not doing the suburi correctly then am I not simply learning bad habits?

Having said that I 'feel' the suburi improving as I practice - I become aware of tension in my shoulders, of putting power into the arms and not from my centre. I also practiced tsuki with a jo and have definitely improved my technique through repeated practice - much more power with less effort. I will continue along the Way and continue to increase my devotion to Aikido training. Thank you, Ambrose

04-08-03: Dear Sensei, Thank you for your reply. I appreciate what you say, and yet I feel that I can never train enough. I am constantly frustrated with my own level of aikido, focus in my life, and self-discipline. My flaws are all too visible to myself and those around me. At least I am still hungry, though, that is the one thing quality of mine that I take some pleasure in.

Thank you again for your inspiration and personal contact. You have really helped me to be a better student. In fact, I think I may even be starting to learn a little about teaching. One personal question I hope that you will indulge me in: My favorite student in your dojo has always been your nephew, Kenny Furuya. I know the last few times I have been around, he has not been in class, and you say he has been working very hard. I know that for myself aikido has sometimes felt like Mt. Everest: impossible to scale, so why even try. I wonder if he has come to feel similarly hopeless, overwhelmed by your dedication, and austere lifestyle. If so, it is very sad, and I hope that he will come back to you. Before you set the dojo up to be inherited by your students, I thought that perhaps he would succeed you. I thought that perhaps, your move to set the dojo's future on that path was a signal that you have given up on him.

It is so sad to see talented ones leave the art. I drill it into my students that, based on my experience, aikido is 80% desire. Just the raw desire to keep plugging away through the years. Yet, as a

teacher, it is so heartbreaking to see a physically talented student leave, especially when he gives up physical movement and just becomes a salaryman. What a waste!

Well, Sensei, I know that these things are none of my business, and I am certainly overstepping my bounds in even mentioning it. It just makes me very sad. Warmest regards, D. C.

04-09-03: Dear Sensei, Thank you for the section of Kodo, "Make Mistakes Correctly." I have been struggling in my studies and personal life. Reading that section helped me, at least tonight. Thank you. J. Healy

04-09-03: Dear Sensei, I sometimes visit a friend of mine who trains in a martial art that is said to have been founded and based on the art of the Ninja. I have been told that a few of the instructors have gone to Japan to train with the current headmaster of the ryu. My question to you is, do you feel that westerners who have had little exposure to Japanese culture should attempt to teach and pass on an art that they feel is authentic? I had asked an instructor about his thoughts on Aikido and O'Sensei and to my surprise he knew next to nothing about Aikido, or O'sensei. Is this a result of bad training or lack of exposure? Thanks so much for your new Pay pal link, expect some donations from me in the near future!

04-10-03: Dear Sensei, Thank you very much for your message. I really appreciate your insight into your own students. It helps me to have greater appreciation both for my students, and for my teachers' perspective on me.

I notice a common thread in your messages and something that I have noticed. I have a friend who I talked into beginning training when I was at college. I started in my first semester there, he started in the second semester. We have been acquaintances for a long time. We shared an apartment for many years, and even owned a house together for several years. He progressed much more rapidly than I did, due to his focus on aikido (he never went to graduate school, and trained more consistently) and immobility (he didn't move around as much as I did, I spent 4 years at 4th kyu, in part, because I couldn't accumulate enough hours in one school to test). He has also always been more self-satisfied than myself. He always has all the answers, and swears that he learns more teaching than taking class. Meanwhile, I am constantly doubting myself, constantly dissatisfied. I think that we are two extremes. In the Road Less Traveled (don't ask why I was reading this -- let's just say it was assigned) the author speaks of the neurotic, who always blames himself for his difficulties, and the personality disordered, who always blames others or the world for his difficulties. I think that I lean more towards the former, my "friend" more towards the latter. Perhaps Kenny's Watanabe and Furuya have similar differences.

The one other important difference between us, probably unrelated to the above: I always try to work on my weaknesses. He explicitly works on his strengths.

Anyway, the upshot for me is that now, after many years, I believe that my more self-critical approach is paying dividends. But as you so frequently point out -- I can never get back those years of just training four or five days a week, when I should have been training seven. Warmest regards, and thank you once again, D. C.
Sensei's Reply: Always welcome!

04-10-03: Dear Sensei, Thank you very much for your commentary. It is interesting to read, and reflect on my own upbringing. I was loved, but not really brought up. My mother was quite indulgent and always told me how smart I was, while my father just pushed school work to the exclusion of all else. Culturally, my upbringing was quite permissive, almost "hippie"-like. Yet, I always yearned for structure. I feel that I have spent these last 30 years (I started when I was about 10) learning how to live. Brought up largely without boundaries, I have had to create my own. People call me disciplined for training martial arts for 20 years -- but I know it is not discipline, but the desire for discipline, and the knowledge of how far short of true discipline I always fall. Now, my attitude towards aikido becomes more and more traditional and strict -- and I am in that group of the dojo, the reactionaries, who constantly push for more hard training and a balance of the martial and peaceful aspects.

On today's message, you ended it with a reply to a correspondent which said, don't give up, even up to the bitter end. This was one of the things I liked the most about the Lord of the Rings trilogy. I don't know if you've seen these movies, or read the books. The theme is everywhere, even heavy-handed in the books, and will be shown even more strongly in the third film, but I found it very appealing. It is in the Battle for Helms Deep, which appears hopeless, the redemption of the King of Rohan, who seems hopeless, and the hobbits quest, which always appears hopeless. Tolkein's seems to say, you never know what could occur, so one should put out the effort to at least die well. D. C.

04-11-03: Dear Sensei, It was good to see you coming down and teaching us Iaido tonight. You looked better, so I assume that you got over the bad cold, which has been dissipating your energy for a long time. Awhile ago, Sensei asked the reason why you should continue teaching in the Daily Messages. I want to share my thought about the quest for the answer tonight if you don't mind. One great yoga teacher said that the heaviest burden in the whole life is the burden of truth; so, teachers take down the burden by sharing truth with their students. I deeply believe what this guru said.

Kendo practice made it possible for me to see and feel the ultimate reality and tap into the absolute world encountering the relative world where my third-dimensional existence resides in. In the struggles of a thought that I might get killed by my opponent or I kill my enemy in a split second, I experienced the state of being, which is very much like Shikantaza zen. As you pointed out, Kendo turns into more and more one of modern sports rather than evolve into a better martial art as losing qualities and traditional values in it. That is why I have my attention turned into Iaido. However, I see myself failing to see the meaning of Iaido practice these days. I hardly connect with my true being when I execute my sword the way my being was touched in kendo practice. Overwhelmed with thoughts of techniques, my mind is too busy imitating the movements of seniors. Even in bokken practice, with my sparring partner I constantly fail to feel the tension threatening and intimidating my life, which should be generated from the tip of the warrior's sword. I might be looking for what is not Iaido, or I might misinterpret about Iaido. I don't know the differences between Iaido way and kendo way. What I am seeking is the truth crossing both Iaido and kendo, which shows a way of life. I always appreciate you for your teachings. Have a good night and see you at our dojo. In gassho, Christine Shin

04-11-03: Sensei, Thank you so much for your detailed reply to my

question regarding Japanese culture in the West. My question based on Ninjutsu came as a result of seeing the school run like a business, almost has a restaurant quality to it. Students go in, are shown a buffet of techniques with a heavy training fee as an appetizer! I just get the impression that they are out to impress and dominate the local martial art venue rather than pass on the goodness and wholesomeness of training that you detail so well. I read many Aikido books and have your video series. I am without a teacher here, yet your words, videos and books that I own have been most fruitful. I hope to one day train by an authentic Aikido Sensei in person. Many thanks again Sensei! Best Wishes Always, Michael

04-12-03: To Rev. Kensho Furuya, I have been asked by my master to research the answers to these questions he prompted me to ask any one I knew and to gather options as well as factual answers. From anywhere I can forum and other sensei's online. So if you have the time I would be honored if you could help me answer these questions, and help me on my journey in martial arts.

Q 1. What is a sensei and what are all of his responsibilities?

Q 2. What are the responsibilities of a student?

Q 3. What is giri? (not just a translation)

Q 4. What are a Kaiso's (head sensei, master of the style) responsibilities?

What are the duties and obligations to his/her students and fellow teachers?

Fear leads to anger,
anger leads to hate,
hate leads to...suffering!
-A great master.

04-13-03: Dear Sensei, on your 4-11-03 message there was an anonymous email to you that you replied to. In it there was a quote like so: " *Fear* leads to anger, anger leads to hate, hate leads to...suffering! -A great master."

This is none other than a quote from Yoda, the great Jedi master of the Star Wars series. Personally I found this quite offensive, simply because it is a heavily overused quote from a recent Star Wars movie (of which cookie cutter pop culture references run rampant in it) and 1) did not mention where it came from, and only saying "-a great master" and 2) use such a quote from a fictitious character in hopes that it would sound like a "real" master. Perhaps I am ranting slightly, but I just thought you should know where that quote came from. Will

04-13-03: Dear Furuya Sensei, I hope this letter finds you in good health. I am writing this email to apologise for a foolish email that a student of mine has written to you. The reason I asked him to research those questions is because he has missed those lessons I have taught to him and I think he has a very incorrect way of thinking in these Con't.

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For Sensei's Daily Message

Continued: matters. I think he believes (like many others) that after they have paid their monthly tuition fee that Sensei is at their beck and call for anything they desire.

I am his Sensei (not his master), and i have dilligently tried to teach these lessons to him, but i think it will take many more years of dilligence for this student to learn these things. Another lesson i havetried to teach him is to think before he speaks or acts, which is something he obviously did not do when sending you this letter. Again my apologies.

Thank you for your daily lessons which i always find very insightful. Lately especially they have put so many things into perspective for me and have helped me through a very trying time. Thank you for also adding a donations part on your site. I am not in a very good financial position at the moment, but i will give what i can. Thank you again for your time, Yours Truly, Sensei Lindsay Hart

04-16-03: **Donations:** Hello Sensei I am delighted that my small contributions help you. Thank you for your concern over my difficulties with the business and the impact on my financial position. However, you have provided me with so much support and invaluable guidance over the past few years. There have been many times when the future has looked so very bleak and yet every day there is a message from you that has reminded me of what is important. I really do feel it is the least I can do. So I will continue to do what I can to support you and the Dojo and one day maybe I can come to visit the Dojo and train. Warmest regards, Ambrose, UK

04-16-03: **Teaching Frustrations:** Dear Sensei, As I read your daily messages I feel similar frustrations. As a personal trainer most clients come to me in order to lose weight. I begin by finding out what has not been working for them and try to explain how a different plan may help them to achieve their goals. I can give people an exact plan such as eating 5 times a day in a prescribed manner, training a certain number of hours per week, which exercises to perform, how much cardio vascular exercise....everything laid out in a very simple straightforward manner. I know that when people follow a plan or routine that they will achieve the results of weight loss and a higher degree of fitness.

My frustration comes when a person begins to complain that they aren't seeing results. I then have to review with them to see how many of the steps they are actually following. As I go over their day, they reveal to me..."Oh I only ate once that day", or "Yesterday wasn't a very good example". Come to find out that there are more "bad example days" than good. It's no reason the client isn't getting better results.

I wish I could just collect the money and not care what happens to my clients. I can feel your frustration as you want to convey how Aikido can contribute to one's life if only people could practice or apply themselves more to the teachings. I know that by applying sound exercise and sensible eating techniques people will reap the benefits, but I believe that many or most people are not willing to put in the hard work or to sacrifice. I've been involved in the fitness industry close to 20 years, but as the frustrations mount, it makes me consider changing professions. Enough blabbing from me. I send you my sincerest wishes for good health. Take care, Stephen Cooper

Sensei's Reply: Sensei's Reply: It just so happens that just before I received your email, I was watching a very interesting program on efforts to raise a rare form of penguin which is in danger of going into extinction. They are making efforts to breed them in captivity where they are safe. Apparently, there are many problems in the reproduction process such as infertile and fertile eggs and whether they are properly incubated to maturity by the mother penguin. Apparently some penguins cannot incubate them properly so they must be kept in special , humidified incubators at certain temperatures watched every three hours each day. It is a very long and difficult process to see just one egg hatch. The process is very scientific and they can even predict within how many days the egg will hatch if all the conditions are strictly regulated.

One step interested me very much. Periodically, the egg must be rotated or it will not develop properly. These scientists must know this by watching the pengiuns, I imagine, but how do the pengiuns know that the eggs must be rotated to insure proper development? It must be a natural wisdom which has come from millions of years of evolution, I believe. . . . It doesn't make sense to me how they can know this but apparently, the mother knows to rotate the eggs every three hours or the chicks will not develop properly

I think this is just one small example of the infinite number of special conditions and unusual quirks which are very necessary to produce life. It is not such a logical and systemic, step by step, process as science would like to make it be.

We can raise a child with everything it could possibly need, following all the books by great doctors and experts but it doesn't guarantee that the child will be happy, normal and successful. Some children can be raised in the most horrible and unbearable circumstances and still develop to be very successful and happy. We know there is no way to predict the life of a human being or any living creature, even a tiny penguin chick.

People come to you to gain health and loose weight. It is logical to follow a certain regimen guided by common sense and logic. Minus this and minus that and you will lose weight. Add this and add that, and you will improve your health. We even minus this, add that, change this, correct over there and like a mathematical equation: 1 + 1 and there you go! 2! It makes perfect sense but it never works that way, does it?

There is a "human" factor involved which refuses to follow logic or science, as much as we assume that it does. To find the "key" to each individual which reveals how that person works cannot be done - even God cannot understand or conjecture why Adam and Eve picked the forbidden fruit!

On Japanese television, there was an interview of a doctor in the country who was 105 years old but still worked everyday making housecalls to all his patients riding his bicycle on all these bumpy, country roads. When asked, what is the secret of his incredible health and long, active life, he said, "I smoke my cigarettes all day long and have several full glasses of gin each day!"

We are very result oriented, are we not? At the same time we put a great deal of faith in our science and logic? NO wonder we are so confused and continually disappointed!

Sensei's Reply Continued: Why are we so obsessed with the result? You must try to understand this dynamic in order to understand your students. Does your student think that you can give him a good result? Does he think that by paying someone some money the result will come automatically? Does he think by relying on you, he no longer has the responsibility to lose weight and gain his health by himself? It really doesn't make much sense, does it?

For thirty years, I was searching for a very rare Japanese sword guard. It is extremely rare and few in this world have ever seen a real one. I have searched all over the world for this treasure. Well, I finally found it! But in finding it, there was not the great "rush" I thought it would be. Actually, now that I have found it and my search is ended, I am rather disappointed and now searching for a another challenge. The challenge is more interesting than the result - although it is the result we are headed for. If you promise them good health or loss of weight, they will naturally be focused on the goal from the very beginning. you must educated them properly as their teacher to focus on the challenge. . . . I believe.

To focus on gaining health, one would natrually worry if he can really do it or not and this causes the obsession. Sometimes it is wise to make the goals much smaller and more easily attainable.

Maybe it is better just to focus on "no more candy and chocolate." Once they have mastered this maybe they can focus on limited intake of soda and soft drinks. Allowing your students to concentrate on smaller goals he can rather easily attain, he will no longer focus on the much more difficult general one which constantly causes the anxiety of whether he can really do it or not. I don't know if this makes any sense to you or not. . . .

This is not the most systematic or logical way to do this, but it takes into consideration "human nature," or human quirckiness and that is why it oftentimes works. . . .

Many, many years ago, when I was training very hard, I wanted to do 200 push-ups a day. It was very hard but I didn't try to focus on 200 push-ups. I focused on the first thrity I could do and tried to add ten every week - sometimes it was a week and a half. Over several weeks, I eventually reached 200 with no problem at all. Then I decided to do 200 push ups twice a day, in the morning and evening. Once I accomplished 200 both night and day, the third set of 200 in the afternoon was very easy. If, from the beginning, I decided to do 600 a day, I would have never accomplished it. I found this also worked with my one handed push-up and eventually a three-finger push-up. Anyways, this is just one of many, many ideas floating around. . . .

One of the bad things about giving up is that we think things will change if we do, but it doesn't, not at all. If nothing will change if you quit, might as well keep going. . . . If you are travelling along a road and decide to quit and just stop, you will just be left standing in the middle of the road. It is a shame to go back so you might as well just keep going forward. . . .

If it is too hard to walk ten miles, just walk five. If five is too much, then just walk one. If you can walk one mile, eventually you can walk two. If you can walk two miles, you will soon reach four. If you walk four miles twice, you have already travelled eight miles and you are too close to your goal to stop - it is only another two miles - which you easily accomplished from the very beginning!

In this way, you can accomplish anything you set out to do. If for some reason, after all of this, you still cannot reach your goal. This means that you were never meant for it. If you were never meant for it, this means that you never needed it from the very beginning. If you don't need it from the first, you might as well just forget about it and not concern yourself about it at all!

04-17-03: **Ancient Ways Found:** I stumbled upon the book "Kodo: Ancient Ways" one day at the bookstore and was so impressed with what I read that I ended up buying it. I have been reading a section at a time since then. Each section is extremely thought provoking. I would like to say thank you to Rev. Kensho Furuya for writing this book. If possible I would like to visit the ACLA one day when I am in Los Angeles. Best regards, Shawn Adkins, Nashville, TN

04-17-04: Dear Reverend, The April 16th message was stimulating. Often we think of nurturing only on individual terms. When failing to do so, unlike the penguin mother, it simply may be because we do not instinctively know when to roll the eggs. Of course, presuming that they are rollable. Sincerely, Wesley Yoshikawa

04-23-03: Sensei, It has been more than six months ,I think, since I last wrote you. Ever since you scolded me for asking silly questions. I Just wanted to thank you for this. For these past months I have done exactly as you have instructed, just training without all of the silly questions. And just reading your messages just to read them and nothing more. Sometimes I am just so eager to learn, I think I can be spoon fed the answers and be done. But as each day passes I see that this is not the way. I also wanted to share with you the birth of my first child. Her name is Marley Rain, But I call her Kohanna. I just wanted you do know that I read to her every day pages from "Kodo".I thought you should know what a profound influence you have been on my life and I am honored to share your words with my new daughter. In fact, few days go by when I am not able to recall one of your daily messages and apply it to a certain situation or story someone is relaying to me. This sometimes drives my wife a little crazy, Ha, Ha!

Anyway Sensei, would you believe after all that I am still going to ask you a question? Actually it is more of a requested topic for discussion. I have a very old beat up garage in my back yard. Since I am getting to the dojo less these days because of my child, my wife has suggested that I try to build a little dojo of my own so that my training can remain daily. I was wondering if you could take some time in your daily messages to talk about the very traditional aspects of a japanese dojo. Both in design and culture. For instance, I really enjoyed your explanation of the walkway to your dojo. Also If you know of any books that could be referenced for such things, that would be great. This will be a long task if I decide to build it so please answer at your leisure. Finally I hope my small donation will help you to maintain the very tradition I have asked you to discuss. Thank you, Respectfully, Jason P.S. I Really hope this is not a silly question!!!!

Sensei's Reply: Sensei's Reply: Congratulations on your new family member! A new life is always a great responsibility so please keep up your training and learn to perservere and be strong. . . .

There are many types of dojos nowadays - today they are more like spas and health clubs and very fancy indeed. I just give you my own personal ideas about a Dojo as I envision it. This is only my own idea. . . . The dojo should be open, spacious and clean. It does not necessarily have to be big but at least have good circulation of air during

Dojo Members' Birthdays

Katsuko Shiomi - May 22
Jonthan Altman - May 8
Arthur Dowling May 17
Haruaki Shinozaki May 24
Jesse Saidana May 5

Ronald Drones - June 9
Michael Vance June 18
Sean Parsons June 23
Ryan Sanquist June 30
Mohammed Anwar June 23
Dustin Song June 15

Congratulations & Best Wishes!

Continued: training and immaculately clean at all times. It should be simple and in a quiet place. Not too wet (humid) but not too dry. Not too cold but not too hot. Not too isolated away from everything but not in the middle of a noisy, busy city. The dojo should be private where one can practice privately and comfortably. I do not feel comfortable in fish-bowl like spaces where everyone is peering at you. But you do not want it too isolated where the feeling is lonely and desolate. Cleaniness and "spirit" is most important. Don't make the dojo flashy and gaudy but do not make it look like a barren prison cell either. More than flash and commercialism, refinement and nobility is most important. All of this enhances the spirit of the dojo itself and the members who practice there. I hope this helps.

All questions can be called silly, but they are never as silly as the answers many times. Be careful!

04-24-03: **Bad Sensei!** Dear Sensei, Please forgive me for being rude. May I write here my honest opinion? If you feel insulted by any I really wish to convey to you that it is not my wish. I love to read your daily writings of wisdom and of course I have the book "KODO". A wonderful gift. Really !

Something does bother me. You are a zen priest and a great Aikido sensei. It is true. However all that thing regarding your birthday does not seem to be in the spirit of modesty and no attachment to objects.

I don't like the idea of having a wish list on Amazon and I don't like the idea of arranging letting everyone know how happy you are to get presents.

My Japanese sensei in Osaka always says to us not to give him presents.

Even if you get angry with these words of mine, please know that I will always learn from you and that you are a very special sensei for me and many many all over the world. Please forgive my bad English, Yours, Kono Kamino Maiko, Kobe, Japan

04-24-04: Sensei: No, I did not think it insulting to find that you had a wish list on Amazon.com. It was a relief to see that if I'd chosen not to contribute to the major present, that I could give you something you really wanted, rather than something I thought you'd want but

didn't really. I do find the comments of your "fan" from Japan quite insulting and offensive. That person is not your student and has no right to make any such demeaning and supercilious remarks. I am appalled that this person would have the nerve to criticize a way of doing things here in America that we all find quite acceptable. After all, I would never consider making any such offensive remarks to his sensei--it's none of my business how his sensei chooses to interact with his own students.

I would be happy to answer this Japanese person's remarks myself, if you like--this person needs some reality testing from one of your own students., CDL

Affiliated Branch Dojos

Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntrye

Bahamas Aikikai
Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai
Jalisco, Mexico
Eric Jaracho

Aikido of Guadalajara
Guadalajara, Mexico
Raul Blackaller

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

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares

All Black Belt Candidate Recommendations:

Please attend all intermediate & advanced classes.

Please attend monthly early Morning Intensive. 6:30-8:00am. Early morning training is to honor O'Sensei's practice.

Please attend and assist Sunday morning Children's Class. This is the best training to become a good Aikido instructor. Strongly recommended for all Black Belt candidates and Dan Promotion candidates.

Please attend Aikido Study Class on Fridays to gain essential background knowledge in the traditions, roots, and philosophy of Aikido.

We're Getting Ready! 2004: Our Dojo's 30th Anniversary

We are getting ready to celebrate our 30th Anniversary of the establishment of our Dojo in 1974. Our Dojo was first established in Silverlake in a gymnasium where Sensei was studying gymnastics. The Dojo moved to Hollywood in 1979 when the old properties went up for sale and to Little Tokyo in 1984 when the Dojo required a full time training schedule. We should all help out in this project.

Building Our Membership

Students should make an effort to help build up our membership. This is always an ongoing project with the Dojo. Students come and go so there is always a natural attrition of the student body. Expenses, as you know, are always increasing year by year. We do not need to hard sell or drag them in by force but an enthusiastic awareness in each student is important in talking with friends and family members to encourage them to begin Aikido practice. An encouraging spirit to always help and build up our Dojo is important and part of our practice and being a good member of the Dojo.

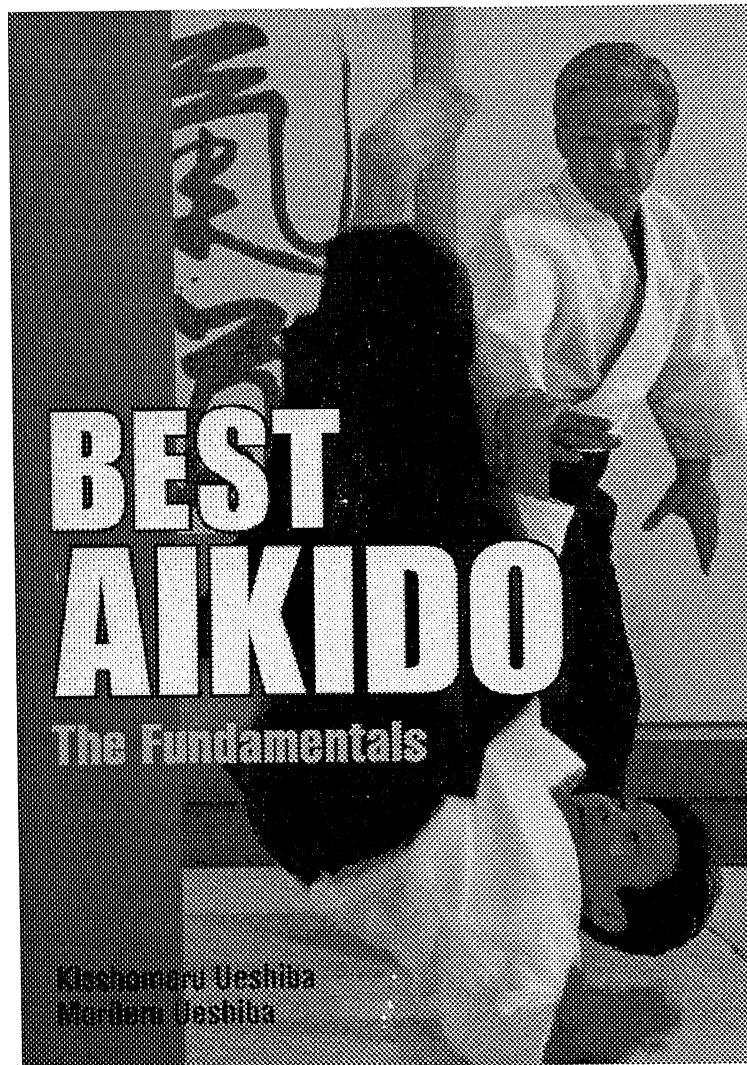
Rates Change From Jan 1st.

After over five years, we are forced to raise our rates to \$105.00 for adults and \$115.00 for Black Belt Holders. Children's rates will remain the same. Thank you for your support & understanding.

To Membership:

*We are not-for-profit, traditional Aikido dojo struggling to preserve the honored, old values and traditions of the art. We are always dedicated to maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training and do your best to support the work of the Dojo in anyway you can. This is greatly, very greatly appreciated, Always,
Aikido Center of Los Angeles, Rev. Kensho Furuya*

3rd Doshu's New Book



Highly recommended reading by Sensei as today's best reference on Hombu Aikido. Available online or at your local bookstore.



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.

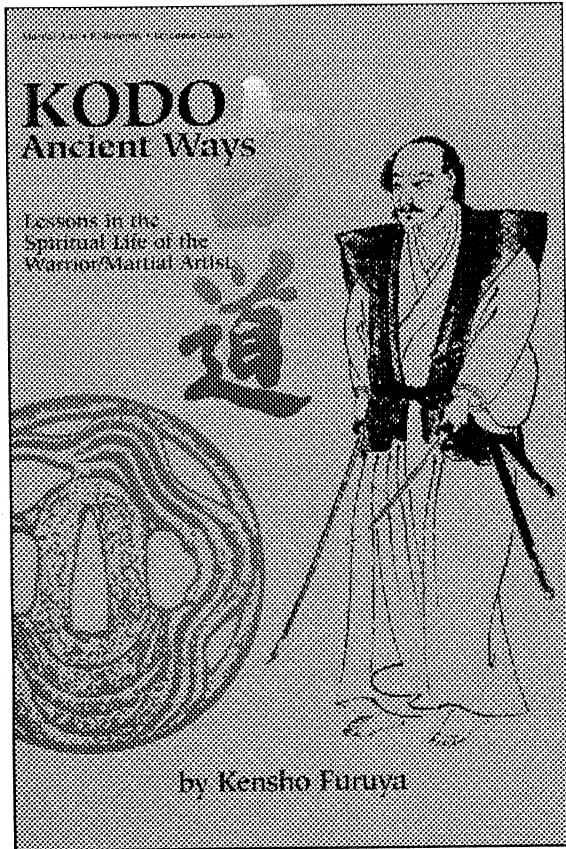
JAPANESE SWORDS & BOUGHT & SOLD
By appointment only.



Japanese Swordsmanship: Muso Shinden Ryu Iaido & Toyama Ryu Batto 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.

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



KODO

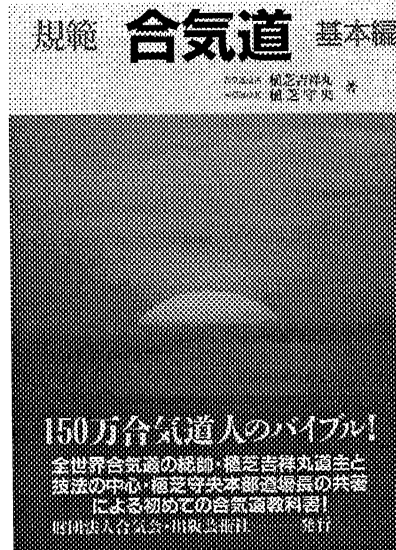
Ancient Ways:
Lessons in the Spiritual Life
of the Warrior-Martial Artist

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

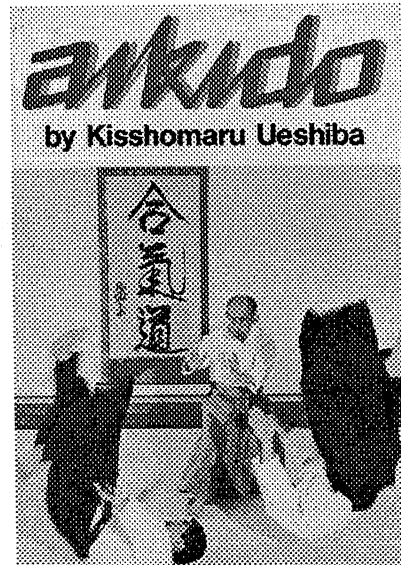
Recommended Readings:



KIHAN AIKIDO

Fundamental of Aikido

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



Highly Recommended:

AIKIDO

By Doshu Kisshomaru Ueshiba

Other Readings Recommended For Students By Sensei:

Zen & Japanese Culture. D. T. Suzuki.

Anatomy of Dependence. Takeru Doi.

Anatomy of the Self. Takeru Doi.

Mind & The Sword. Hiroaki Sato.

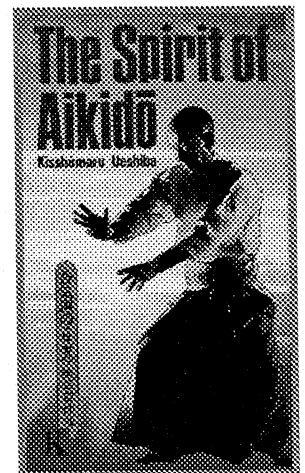
The Book of Five Rings. Musashi Miyamoto.

Records of Things Heard. Dogen Zenji.

Tenzo Kyokun-Lessons of a Cook.
Dogen Zenji. Trans. Kosho Uchiyama.

The Unfettered Mind. Takuan.

A Flower Does Not Speak.
Zenkei Shibayama.



THE SPIRIT OF AIKIDO

By Doshu Kisshomaru Ueshiba

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

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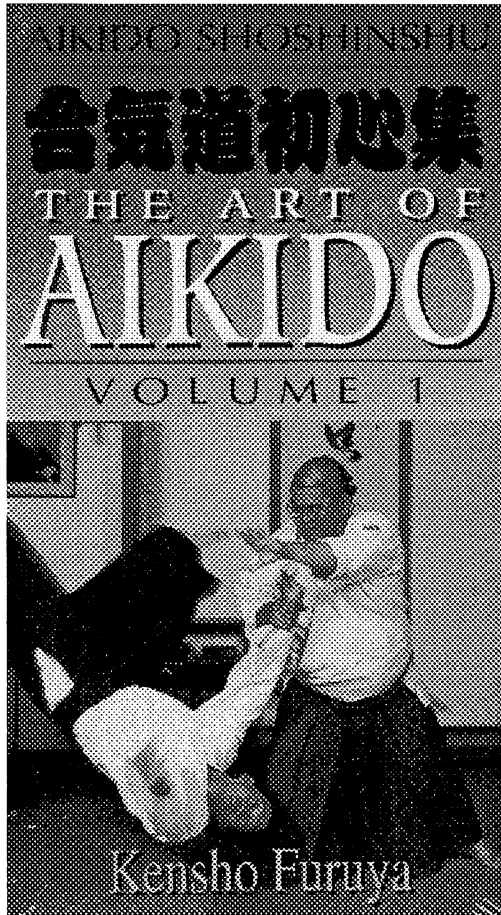
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The Aikido Center of Los Angeles
940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673

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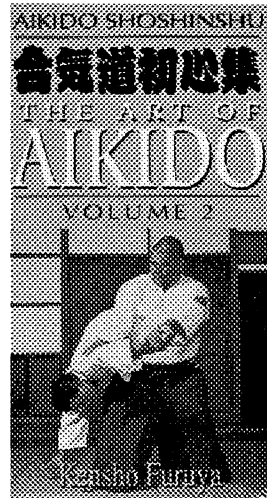
The Art of AIKIDO

Aikido Instructional Video Series in Nine Volumes

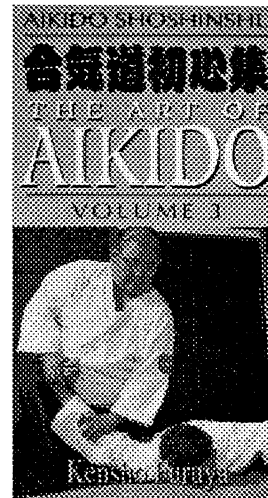
"Top Rated" - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



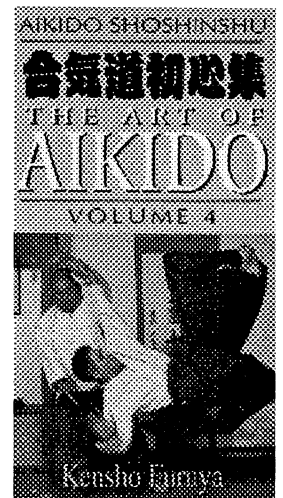
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



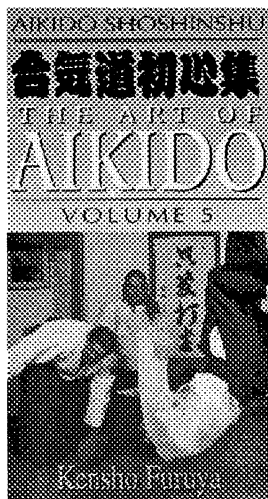
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



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



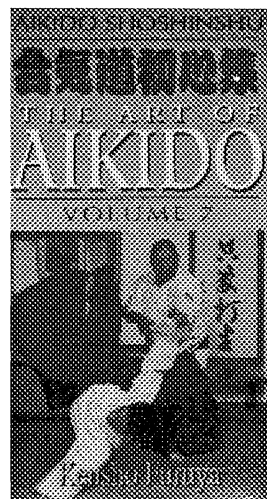
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



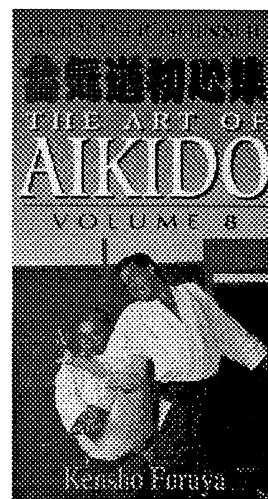
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



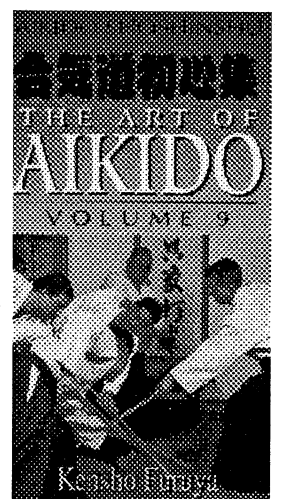
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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: 5:15-6:15pm
& 6:30-7:30pm.

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

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

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

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

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

CHILDREN'S CLASSES

7-16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

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

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

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.

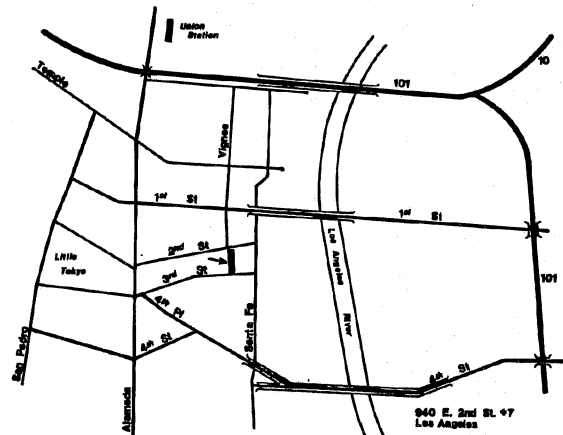
Intensive Iaido

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.