

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

# Aikido Center of Los Angeles

## The Aiki Dojo

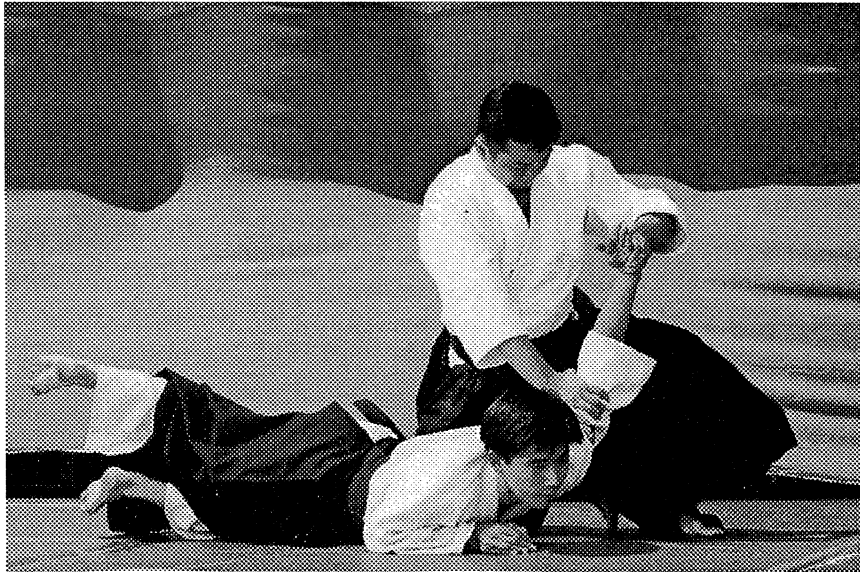
Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan  
Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters  
Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.  
Member Los Angeles Police Department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

\$2.95  
Donation

September 1, 2000

Volume XVIII. Number 9.

### SPECIAL: Higashi Obon & Nisei Week Demonstrations



#### Nisei Week Aikido Demo. August 6.

On August 6, a hot Sunday afternoon, a record crowd of about 150 guests attended our Annual Nisei Week Aikido & Iaido Demonstration. Regretably about 30 people were turned away for lack of space. Despite the heat and crowded conditions everyone stayed and enjoyed a great demonstration presented our Dojo and a few members of the Hacienda La Puente Aikikai, our local branch dojo. Our guests stayed after to ask questions and enjoy the beauty of a traditional Japanese Dojo. We had some guests from as far away a Texas and New York. We were also happy to see members from the Isoyama Aikido Academy in Santa Clarita. Everyone had a wonderfully, good time. We made many new friends and fans of the Dojo.

#### Higashi Hongwanji Obon Martial Arts Festival. July 22-23.

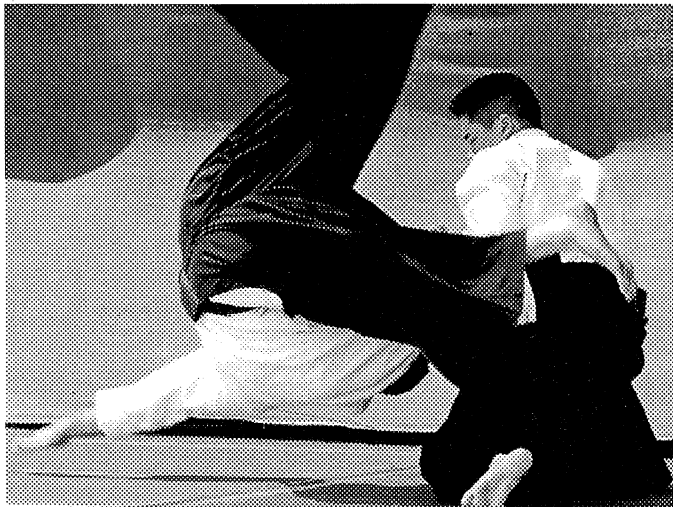
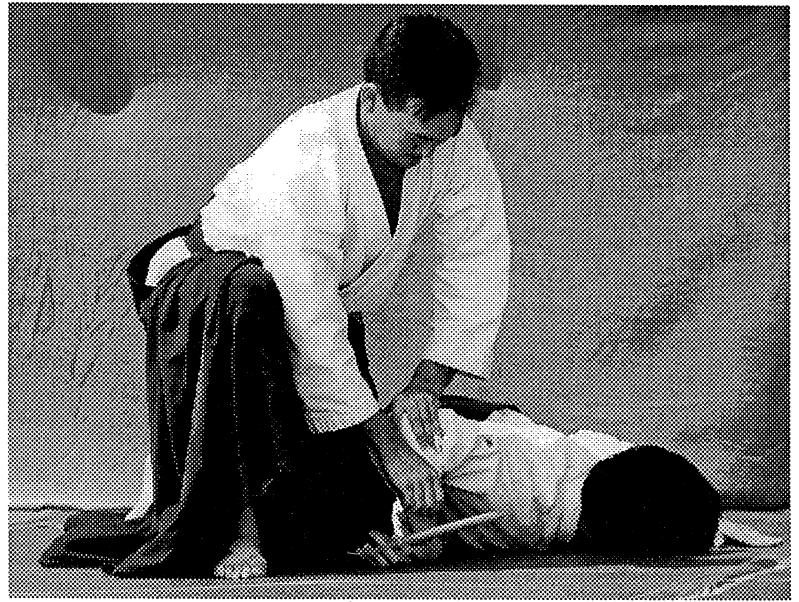
We once again presented our annual Higashi Obon Martial Arts Festival on a very hot summer weekend. This year we were assisted by the Monterey Park Shotokan Karate Club, the Kyokushinkai Los Angeles Kaikan, the West Covina Judo Club, the Gojuryu Eibukan Karate Club and our good friends, James Nakayama Sensei and members of the Chushinkan Aikido Dojo from Anaheim. The demonstration was conducted over both Saturday and Sunday from 1:00 to 3:30pm. This demonstration is also the debut of Jocelyn Okamoto of our Sunday Morning Children's Class. We always appreciate the Higashi Hongwanji Buddhist Temple for their kind support and encouragement. We also thank Mickey Okamoto for coordinating our event with the temple.



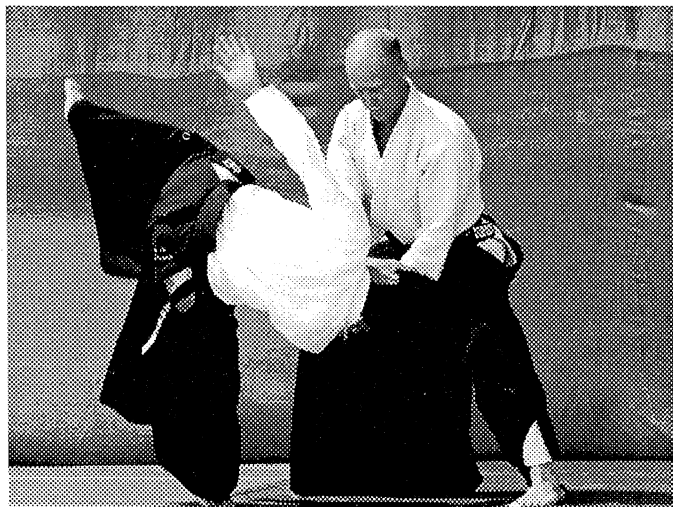
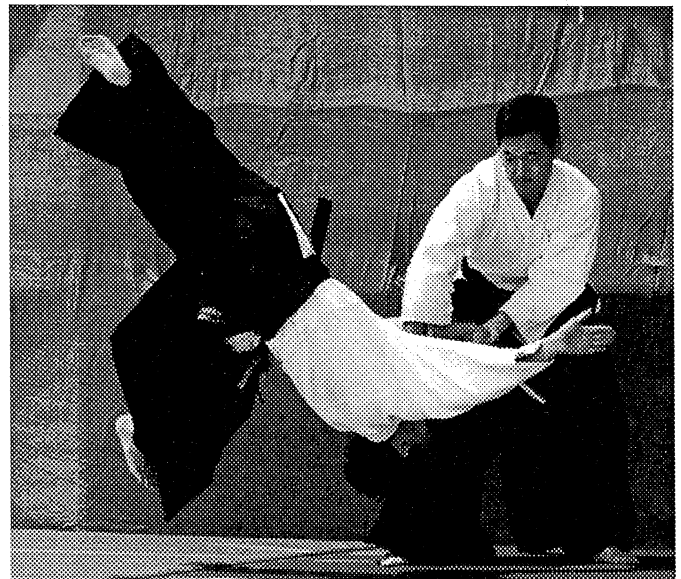
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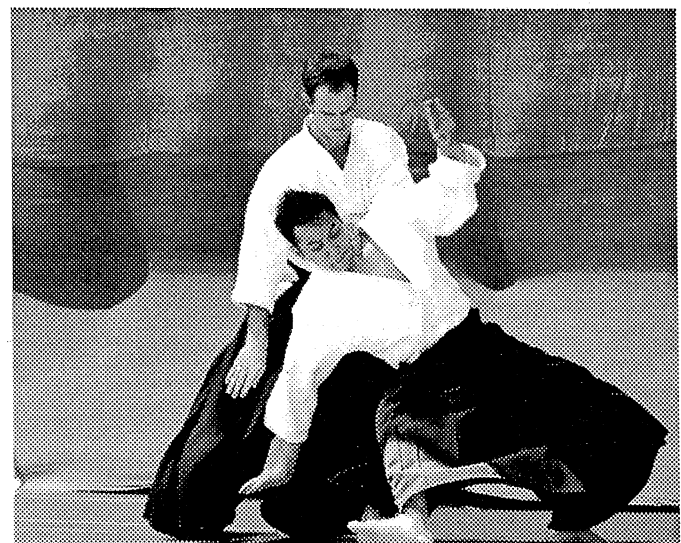
Ken Watanabe, 4th Dan, demonstrating weapons defense.



David Ito, 3rd Dan.

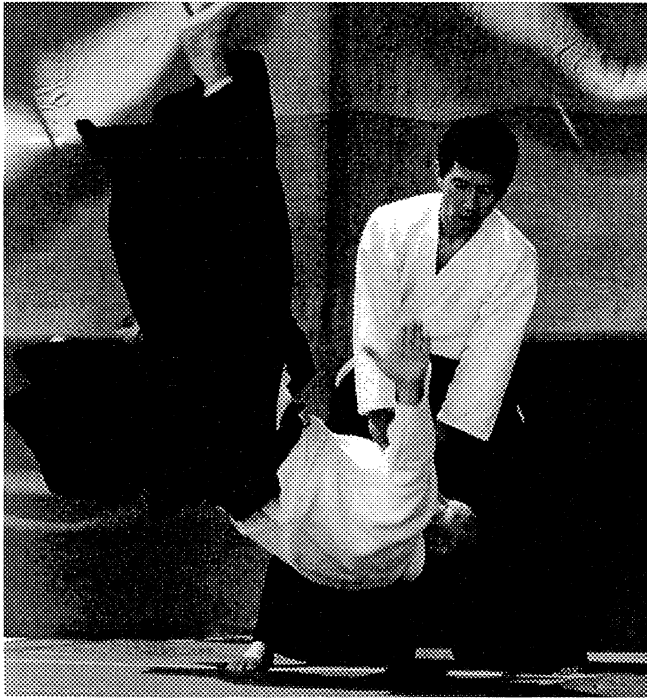


Jim MacDonald, 1st Dan. Kote-gaeshi.

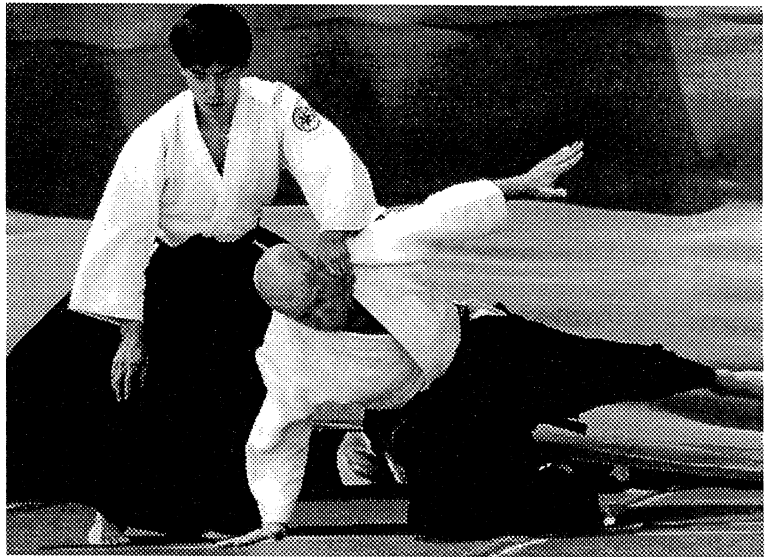


Mike Van Ruth, 2nd Dan. Irimi-nage.

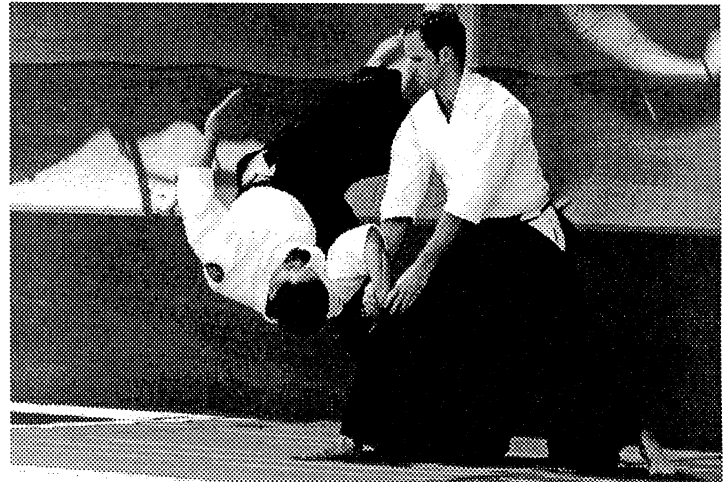
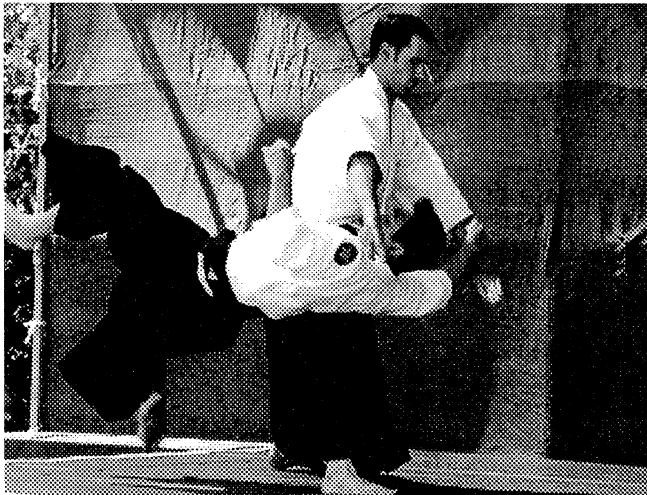
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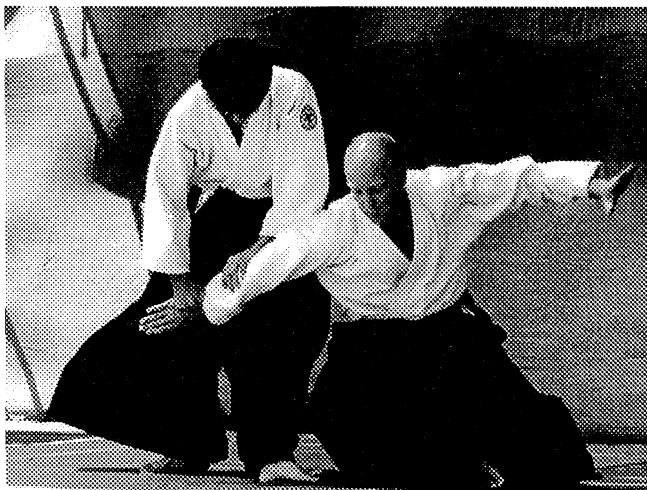
James Doi, 4th Dan. Kote-gaeshi.



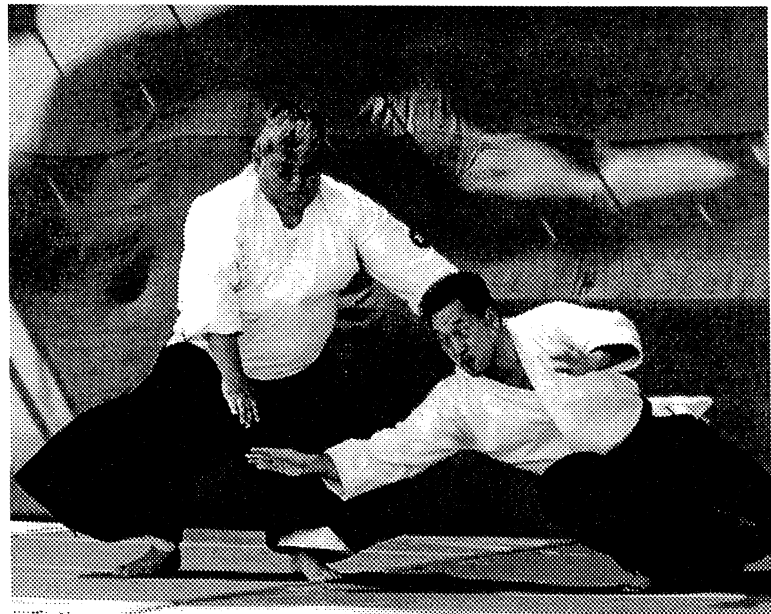
Mark Ty, 2nd Dan. Irimi-nage.



Mike Van Ruth, 2nd Dan. Shiho-nage.



Mark Ty, 2nd Dan. Ikkyu tenkan.

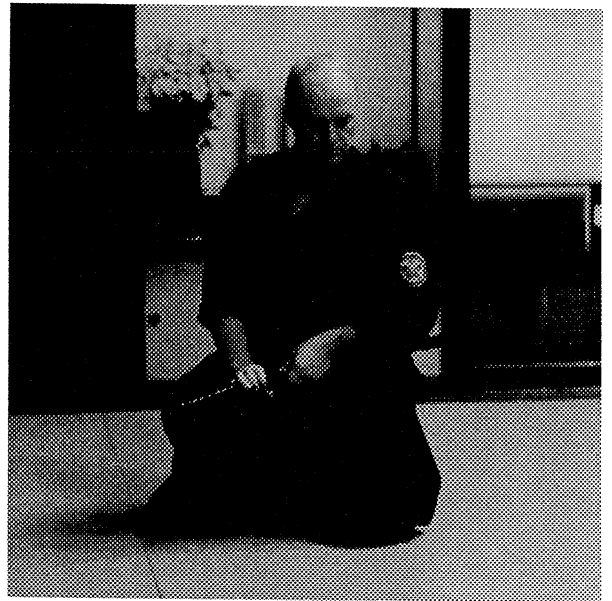


Sensei demonstrating Shomenuchi iriminage.

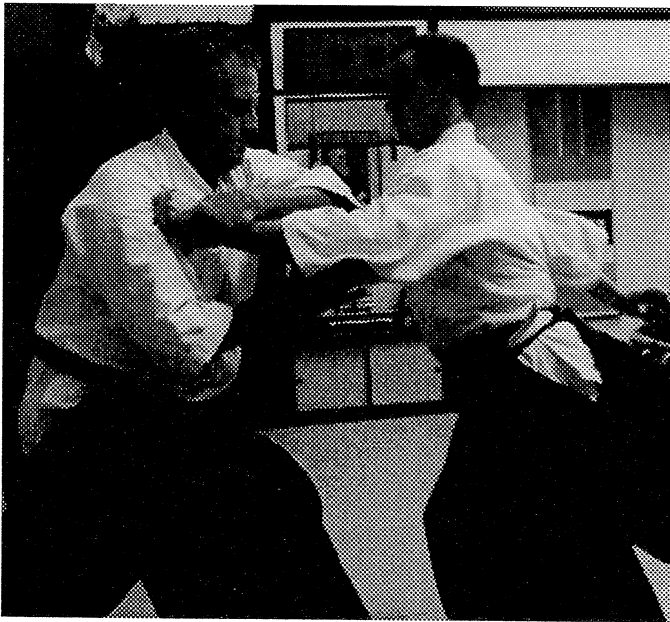
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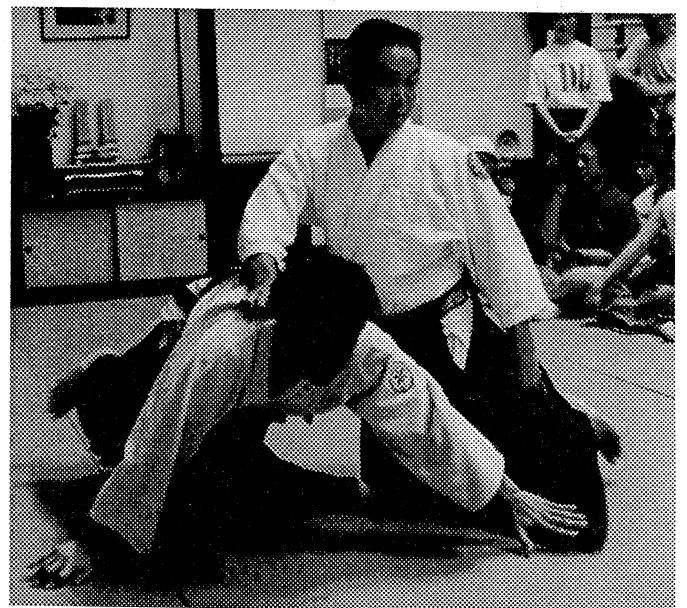
Furuya Sensei, five-man randori freestyle.



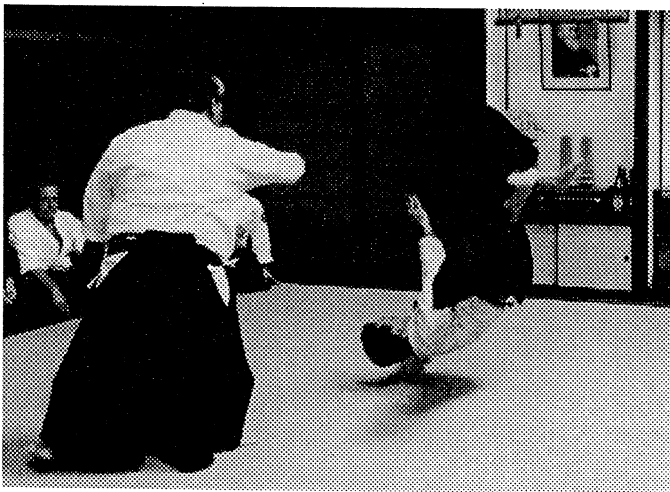
Gary Myers, Iaido 5th, Dan.



Tom Williams, 3rd Dan, & Mike Van Ruth, 2nd Dan.



Kenny Furuya, 3rd Dan, demonstrating suwari-waza.

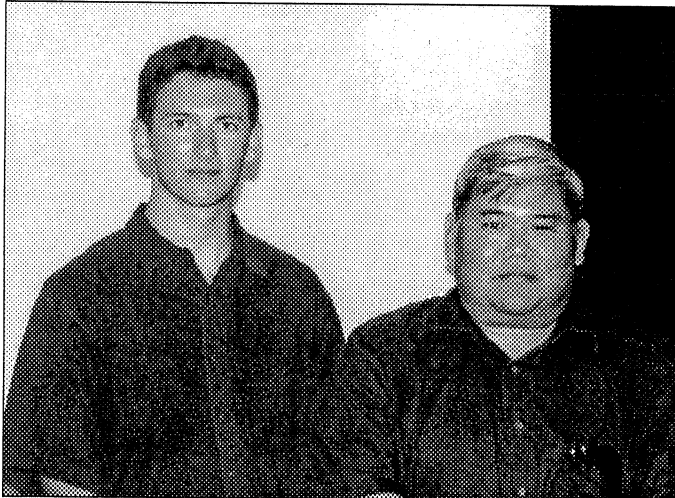


Sensei demonstrating kokyū-nage.

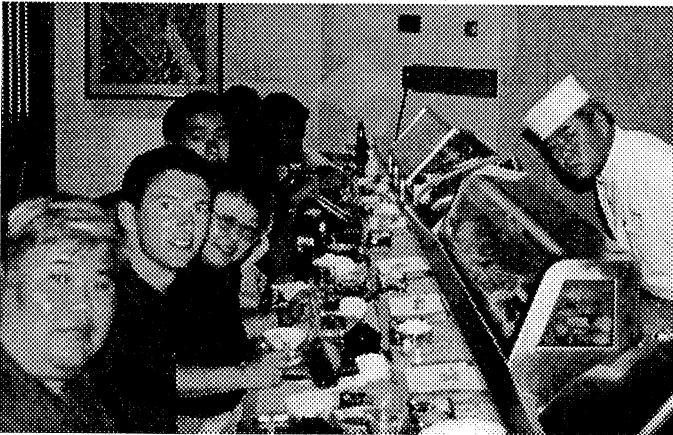


Larry Armstrong, 2nd Dan.

## Eric Russell Visits LA



Eric Russell visited the Dojo in July during a business trip to Los Angeles. Eric transferred to the Dojo from Japan and achieved his black belt with Sensei and later moved to the Bay Area to work for Clif Bars, health food company. Eric is an excellent athlete and participates in decathalons across the country. his training in one day might equal what a normal person does in one month!



Celebrating Eric's visit at the Tempura Bar, Senbazuru, in the New Otani Hotel. With Cheryl Lew and Mark Ty.



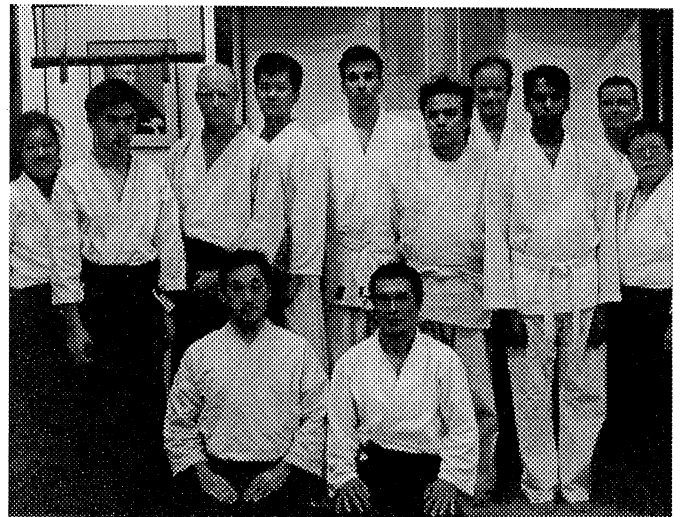
Two black belts from Aikido of Fresno visited for training in August.



Enjoying Master Hsu's recent visit to Los Angeles. At the Empress Pavilion with Cheryl Lew, Helen Hsu, Master Hsu, Sensei, Ken Watanabe and Mark Ty. August 8.



Luncheon at the King's Palace on August 9 with Sensei and Helen Hsu (Master Hsu's daughter) in the back. Front row: Mark Ty, Helen Zhu and Son Anguang (Taiji teachers), Master Hsu and Dr. Jou Pei (Master Hsu's student). Master Hsu conducted his 8th Seminar at the Dojo during his stay. Seminar is featured in the next Issue.



Mr. T. Iizuka, 3rd Dan, from Himeji, Japan, visited our Dojo several times during August while attending an English class at USC.

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

**Dojo E-Mail Express continued:**

08-22-00 Good morning!

Many thanks for all of your help on August 20, for our Nisei Week Sword Lecture. We didn't get the crowd we expected but I suspect this has to do with the altered dates for Nisei Week this year in which it ended earlier. Finally, there is less and less emphasis on more traditional arts in this event. Still, the reponse was very good and everyone did a good job cleaning the Dojo which looked beautiful.

We have one guest from Indonesia who is visiting our Dojo for training on August 28, Monday, and August 30, Wednesday. Mr. Ezrin Sekunda Putera, 4th Kyu, 36 years old, just a beginner. (Aikido was first introduced into Indonesia in 1983. They have not had a teacher for several years in their country.) Please try to attend class and give him a good practice on both days. On Wednesday, we will take him for dinner after class to show our hospitality. Our Dojo has a reputation for the best hospitality to our guests and we will try to keep our reputation to show everyone is welcome to our Dojo. Please welcome him and make him feel at home.

The producer of a PBS program on our Dojo want to tape our Dojo Clean-up. Although this is an important part of our training as it has been for a thousand years in martial arts and in traditional dojos, they think it is very unique and unusual! We need to clean the tatami one more time to get it really clean anyways and we need to decide a date soon so we can advise the film crew when to come. Please decide a date convenient for everyone. This program wants to emphasize our Dojo as a "traditional" dojo in a world where most dojos are becoming very commercial and most dojos are changing their emphasis from the student to their profit margins.

A second film crew for the Discovery Channel will also be coming to film our Dojo. They want to emphasize the varied types of students who practice in our Dojo and their relationship to their teacher. As regrettable as it sounds, they say that in their survey and interviews with most schools and martial arts around this country. The teacher-student relationship is fading away as dojos change from "dojos" into commercial enterprises and full-fledged businesses. This means that in most dojos, you pay and get what you pay for. There is no honor, responsibility, obligation, heritage, art or teachings, between teacher and student anymore. It is just like you put down your money for a loaf of bread.

Perhaps our Dojo is fast becoming a rather "singular" type of institution as martial arts and martial arts schools are rapidly changing. Especially Aikido which is finally entering an age of great prosperity - large federations, big money, huge dojos with hundreds of students. It has changed so fast in recent years. I am an antique like the antiques in our Dojo. I will hold out for the "old ways and the old days" in which everyone was so happy to practice Aikido! We are a very "human-oriented" Dojo which must depend on and can only survive by the support and commitment of each student. If we become a business like everyone else, the dojo doesn't need to worry about the students - as long it gets everyone's money. A business can basically survive on money alone; in fact, anything else simply chews into the profits. "Students" especially are not "good business!" Students are "too labor intensive, with too short a shelf-life, and returns are definitely too small!" I think you must appreciate why a dojo, Our Dojo, and can never be a business. They are not compatible. Our Dojo IS A "People Thing". . . .

## Best Wishes! Tokyo Gardens



Members with Tokiko Ishii, owner, who has taken care of us for many years. The restaurant is 60 years old and they will close after managing it for over 40 years. They will be sorely missed. Sensei holds all of the Dojo meetings here and enjoys breakfast here daily. Special Breakfast Meeting August 19.



Members gather for Special Breakfast Meeting with Sensei. Above front: Gary Myers, Ken Watanabe, Cheryl Lew, Kenny Furuya & James Doi. Below: Carol Tanita, Peter Lichtman, Nicholas Tanita, and Mark Ty. Saturday, August 19, 2000.

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

08-09-00

Dear Sensei Furuya:

My name is Jens K. I visited your Dojo about 2 months ago with my wife Ming. We had just moved to LA from NYC and have been studying Hapkido for about 3 years. I was very impressed by your class, your dynamic Aikido and how clean and pure your technique was. Thank you for letting us watch! I am interested in purchasing one of your videos. How much is it and where can I buy it? Could I come by your Dojo and purchase it from you? I love Aikido and have some of O'Sensei's books. I am very impressed by his philosophy and enlightened teachings. I truly hope to get the opportunity to study with you one day. Respectfully, Jens K.

08-09-00

Dear Sensei Furuya:

Thanks for the video that I purchased last Friday at your Dojo. I watched it immediately when we got home and like it very much. You explain all techniques really thorough and detailed. I recognized many techniques that we learned in Hapkido, the 2 styles seem to overlap quite a bit. Your 3 students in the video look great, too. Very smooth technique. Especially Kenny Furuya impressed me at the end of the video (it's volume 7), demonstrating shoulder grabs from behind going into Ikkyo, Nikyo, Sankyo, Yonkyo and Gokyo. How is Kenny related to you? Ever since I started reading books about O'Sensei I made up mind that one day I want to enroll in serious Aikido studies. Especially one book written by M. Saotome called "Aikido and the Harmony of Nature" fascinated me. Aikido is such a refined and enlightened Art. I started visiting Aikido Dojos in New York, 2 of them were Sensei Yamada's school and "Bond Street Dojo" which is headed by M. Saotome. Even though I liked the techniques being practised, I felt (also in the other Dojos I visited) that the training itself was from my limited point of perception, not dynamic and physically hard enough. I read that they called O'Sensei's Dojo "Hell Dojo", since his workouts were physically and mentally extremely challenging. In the Aikido Books I read it is mentioned several times that O'Sensei Ueshiba pushed the body to it's physical limit, so that at that point of total exhaustion, a very spiritual transformation can take place.

08-13-00

**Sensei:** Many thanks for your interest in the Dojo and I am glad you like the tapes. They have been helpful to many people throughout the world.

You were observing a Open Beginning Class and we were not practicing any techniques against straight punches to the face or hooks at the time. This type of attack is a short range attack in close quarters. At the basic level, I am more interested training related to movement. This is why the attacks are as you see them and basic to Aikido. This type of attack is excellent to create movement off-line of the opponent's attack and to develop sense in proper ma-ai or spacing against the opponent. In creating bigger movement, the student learns to use his feet (and body) properly and effectively. In many punching and strike related disciplines, the body is much too stationary and the feet too stiff - deadly in a real fighting situation where you need to move your whole body effectively and quickly. This also creates the "dynamic" practice that you witnessed. You cannot see it, but in one basic average Aikido technique, the student is moving at least ten to 12 feet. In two steps, we move about 9 feet. Once you develop a strong effective sense of body movement and spacing, close range attacks are easy to negotiate.

12 feet. In two steps, we move about 9 feet. Once you develop a strong effective sense of body movement and spacing, close range attacks are easy to negotiate.

Also, another reason why attacks in Aikido seem different to you, is that we are practicing bare-hand and weapons techniques simultaneously. In other words, the movements we practice are exactly the same for a hook, strike, knife attack, sword attack or long staff attack. We don't take the hand one way if it is a fist, and another way if it is holding a knife or weapon. In this way, there are only minor adjustments to timing and spacing in any type of attack. In many cases, the way one deals with a knife attack, multiple-man attack and straight punch is different - in Aikido it is not. In a real fighting situation, it may not be clear if he is armed or not, and you may not have to time see or make a clear differentiation what is in his hand or what he intends to do, and may be relying purely on your senses. You must move in a way to negotiate any and all situations in one movement. That is just a small bit of the content of this type of basic training you were observing on your visit. I hope this clears up your question. Many thanks for your interest and I appreciate your support of our Dojo. Rev. Kensho Furuya

08-14-00

Dear Reverend Furuya:

Thank you very much for taking the time to answer me in such detailed manner. I do understand the concept of attacking much better. I do have a few more questions and it's ok to give a very brief respond:

1. Do you emphasize on Ki exercise at your Dojo?
2. I read once that there is a "hard" style of Aikikai. What does that mean?
3. What do you think of Tomiki Aikido? Is that what people refer as hard style?
4. Is there another class at your Dojo every night after the 6.30pm one?
5. In the video I saw 3 of your black belts who impressed me. Do they all teach at your school as well?

Thanks again for helping me out! Respectfully, Jens K.

08-14-00

**Sensei:** Jens: Now you are taking advantage of me by asking such superficial questions. The only way these questions will be answered by is "doing" Aikido not sitting at your internet asking a stupid person like me these questions.

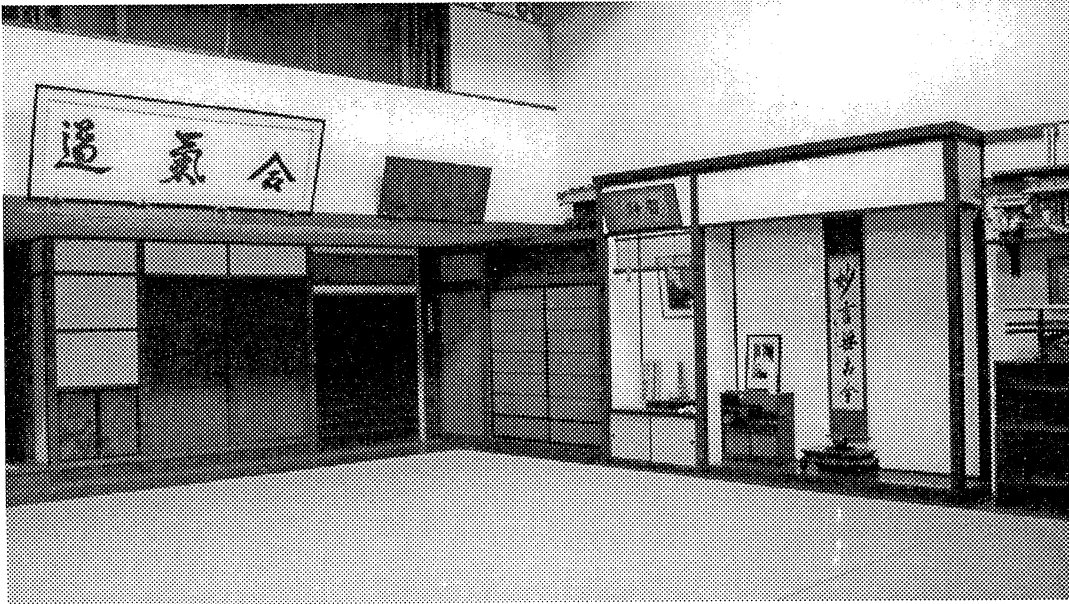
I teach complete Aikido of which 'ki' is a part. I won't explain "ki" outside of my class and only to my students because there is too much "misunderstanding" and "cliches" about ki in the general public and I don't to add to it. You must understand many of these things in the context of TRAINING otherwise they are simply meaningless Intellectual exercises. Don't try to break down what you don't understand. Some people "emphasize" one aspect or the other. This only means that it is "incomplete." I avoid this in my own Dojo.

Please don't make a difference between "hard" and "soft." Does your martial art only have "hard" or "soft" techniques? It is exclusively one or the other? Everything is yin and yang. Some people try to distinguish this is "hard" or that is "soft." Does loud music only have loud notes and soft music only have soft notes?

I do not comment on other martial arts or styles. I only do what is the

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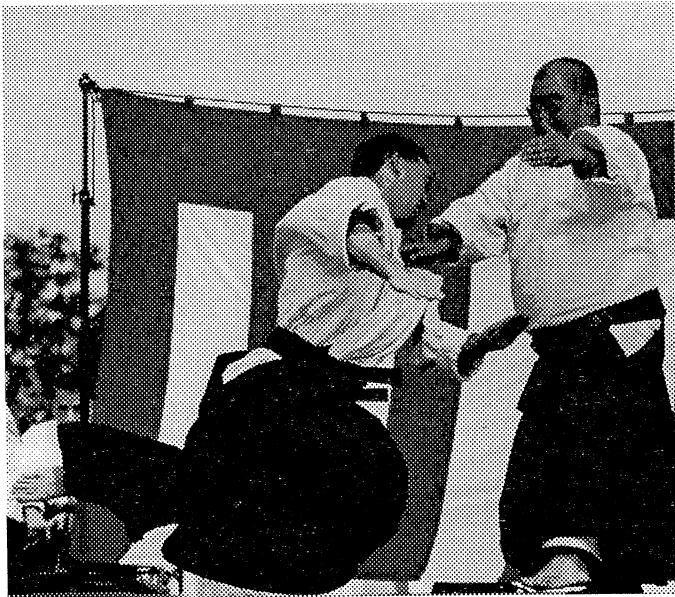
## Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

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

**Our Website:  
[www.aikido-centerla.com](http://www.aikido-centerla.com).  
Come see us!**



Reverend Kensho Furuya, 6th Dan

### Dojo Supplies

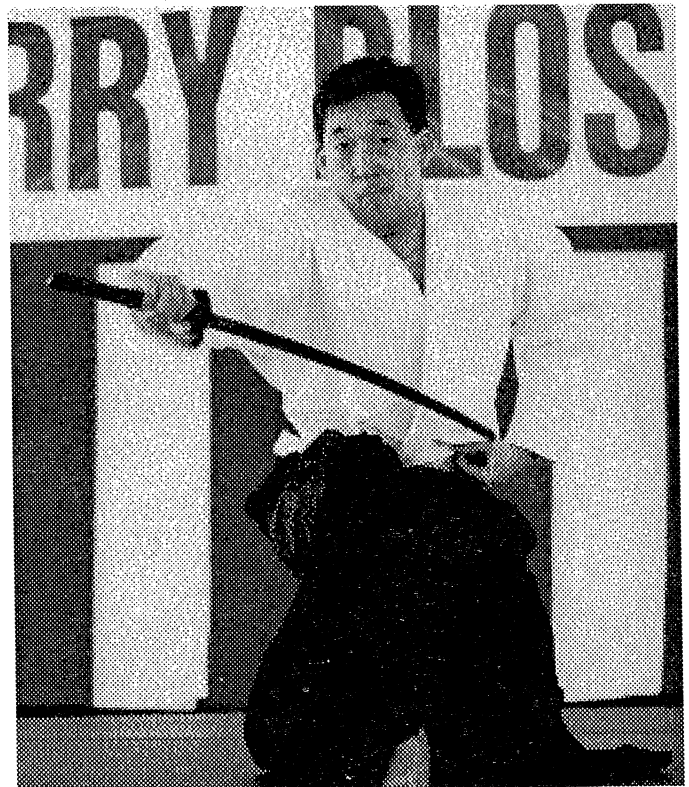
#### Official Dojo Jackets

Now available on a custom order basis. Designed by Land's End, nylon in bright yellow with the embroidered Dojo logo. They are very comfortable and great to wear for demonstrations. \$55.00 each.  
Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

### Japanese Swords: Purchase, Appraisal & Restoration

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

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



## Japanese Swordsmanship Muso Shinden Ryu Iaido

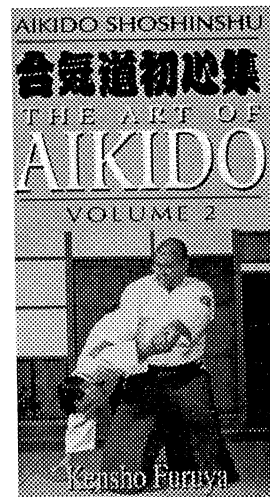
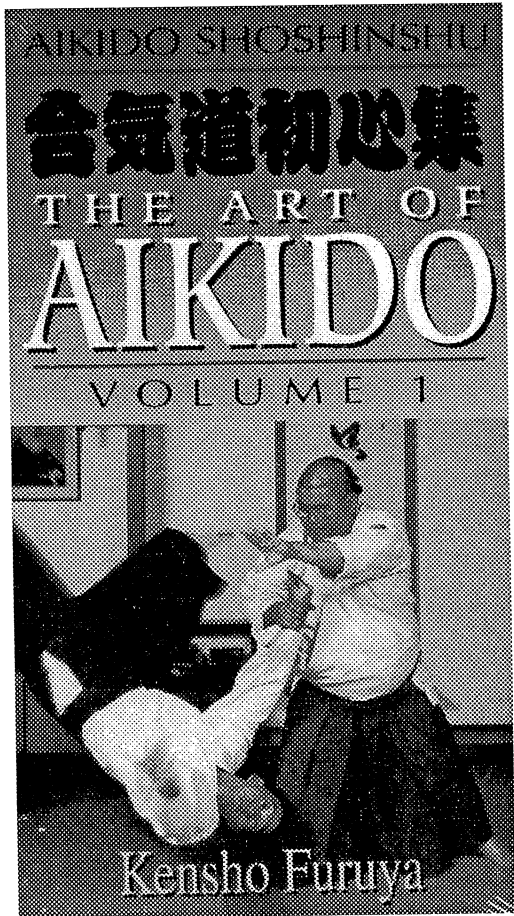
We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing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



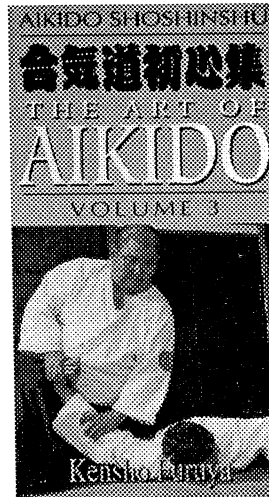
# The Art of AIKIDO

## Aikido Instructional Video Series in Nine Volumes

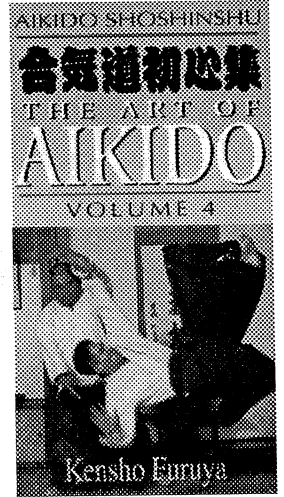
*"Top Rated"* - Karate Illustrated, *"Impressive Scope"* - Aikido Today, *"Exhaustive"* - Aikido Journal *"One of the Best"*



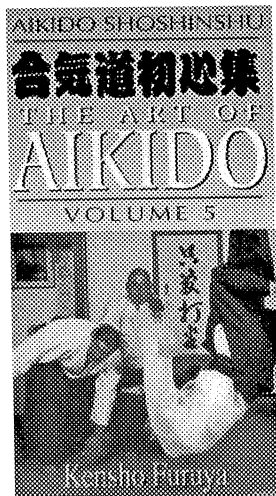
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



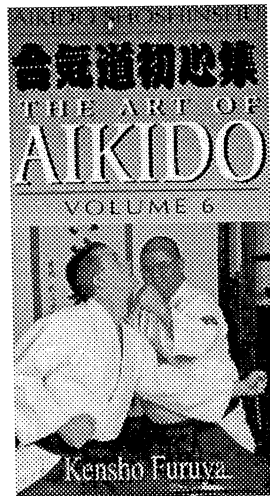
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



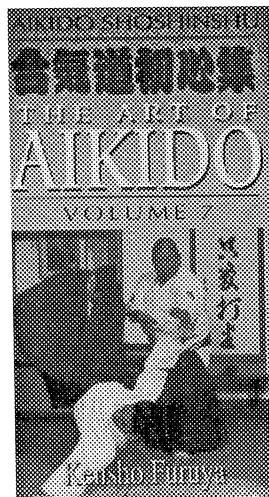
Katatetori Ryotemochi:  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



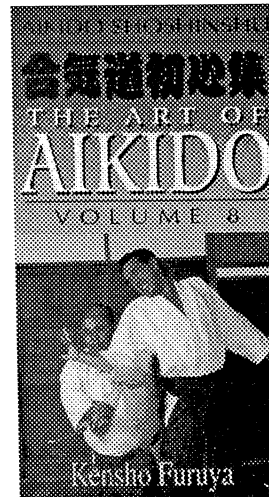
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



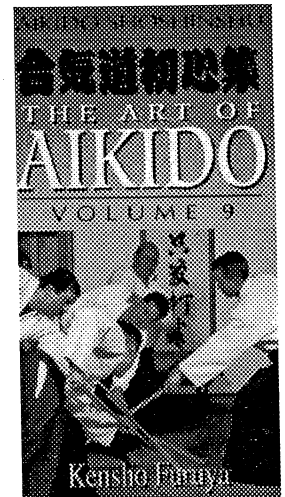
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the side  
of the head & neck.



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