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

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, 2001

Volume XIX. Volume 9.

Nisei Week Demonstration Issue

This year was another great success with a full house of wonderful guests and a great demonstration by all of our students. Our annual Nisei Week Aikido & Iaido Demonstration was held on August 5th at 1:00pm. This year was also notable by many more Dojo volunteers who helped out outside ushering our guests in, passing out flyers and information.

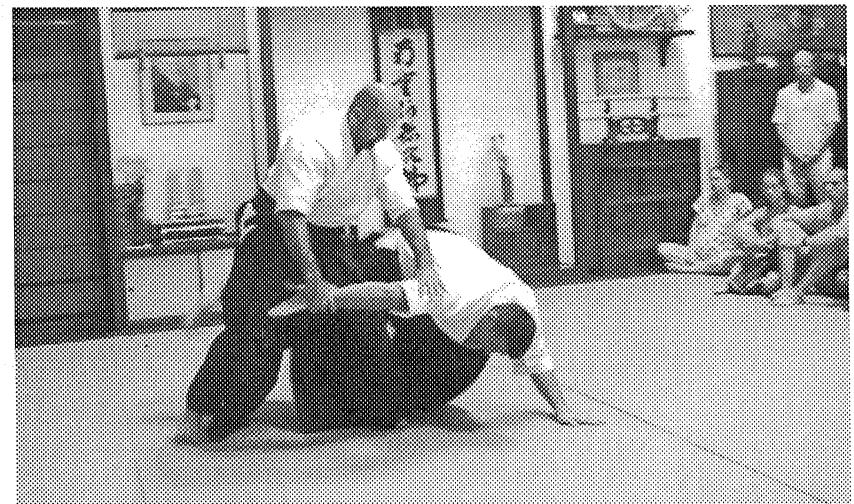
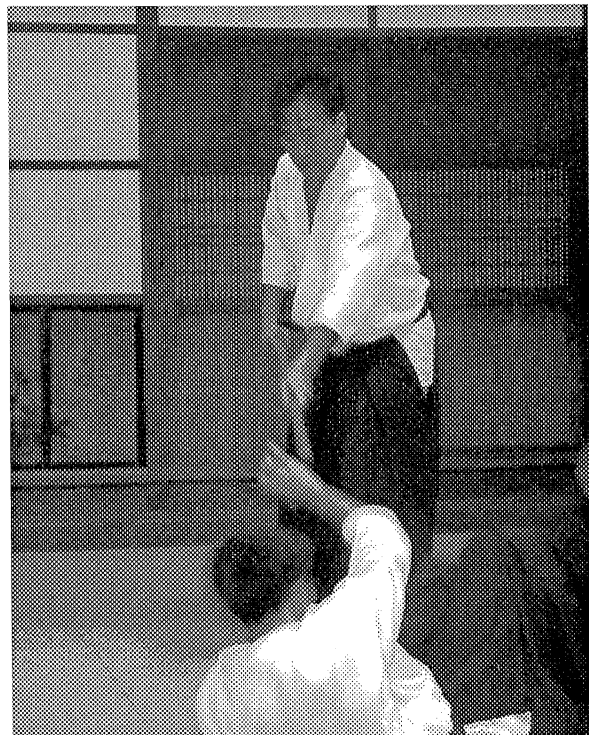
This year's participants were James Doi, Ken Watanabe, Kennuy Furuya, Tom Williams, Jim MacDonald, Larry Armstrong, Mark Ty, Victor Moyano, Nick Nicolic and Sensei. Gary Myers and Cheryl Lew also participated in the Iaido segment.

Well known Actor Russell Wong and Kung Fu Master Sifu Harry Wong were also in the audience.



Left: Knny Furuya & Ken Watanabe. Above: James Doi.

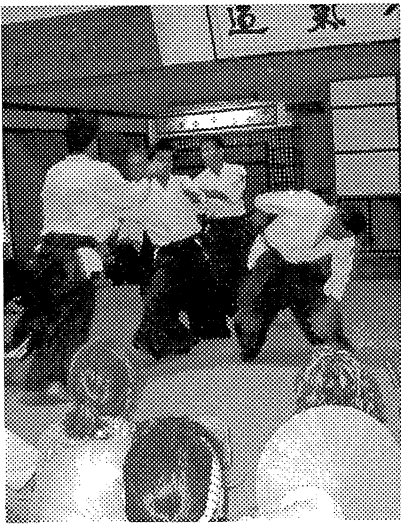
**Aikido Center of Los Angeles
NEWSLETTER**



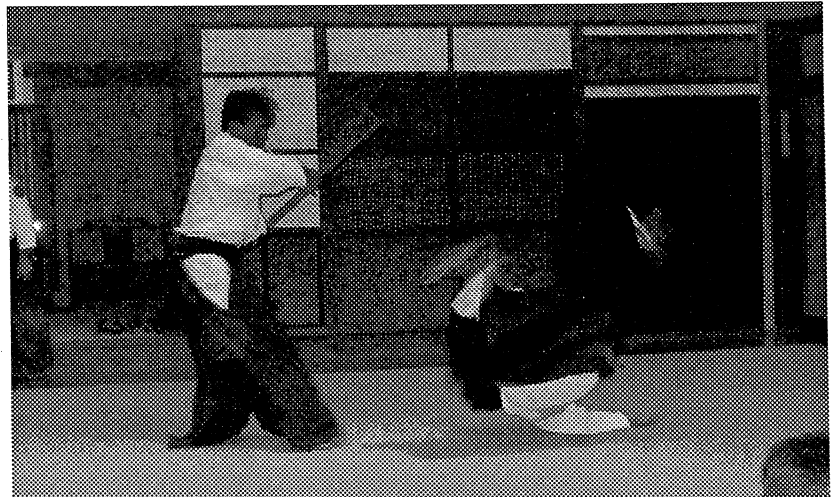
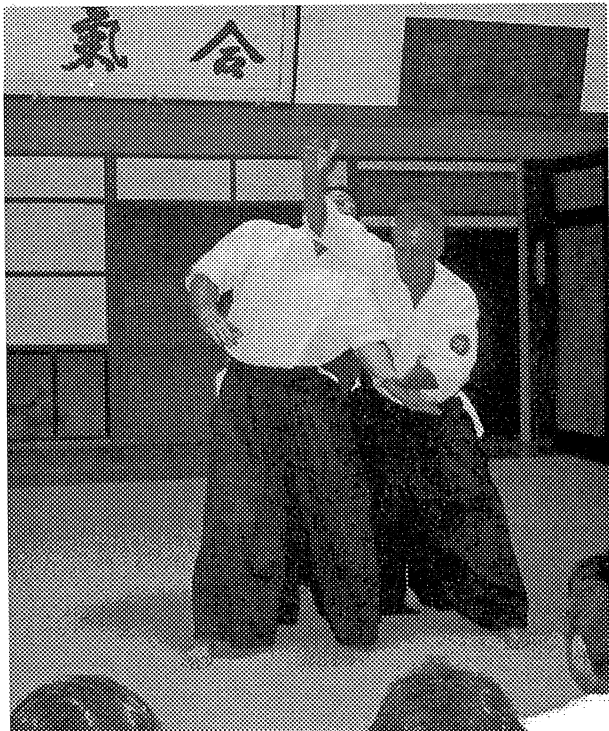
**Special Joint Practice
October 13th.**

We are hosting a Special Joint Practice with local guest instructors, Frank McGouirk Sensei, 6th Dan of Aikido-Ai in Whittier, James Nakayama Sensei, 5th Dan of the Chushinkan Dojo in Buena Park and Henry Oshiro Sensei, 4th Dan of the Orange County Aikikai in Orange County. And Sensei. From 8:00am to 12:30pm. Everyone is invited. We will also prepare a pot-luck buffet for everyone.

Aikido Center of Los Angeles
NEWSLETTER



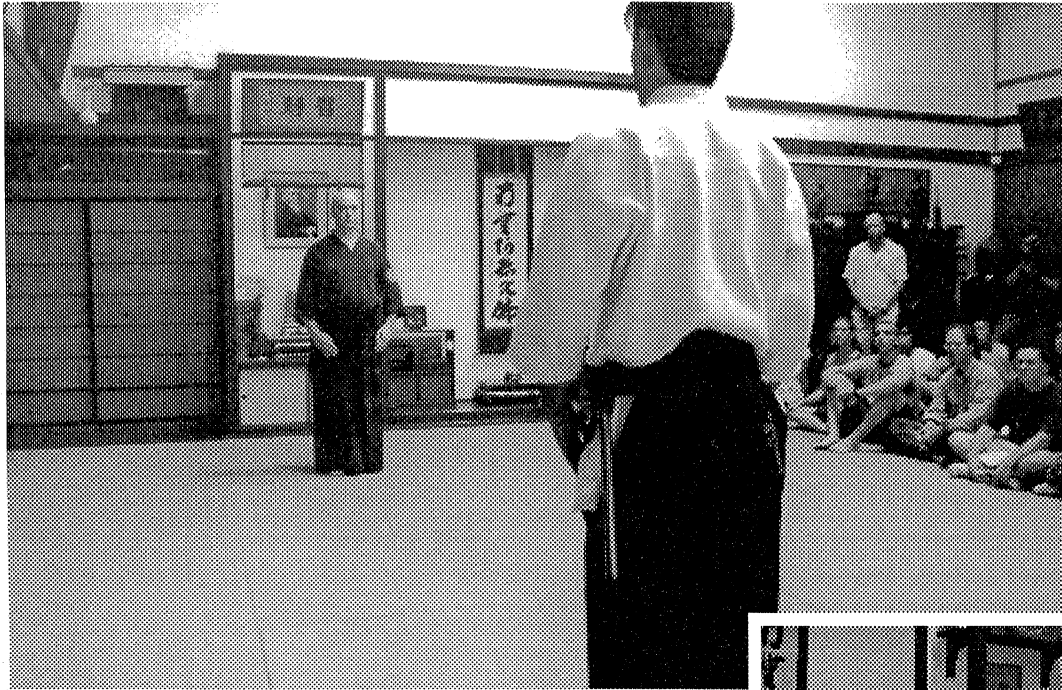
Opposite page: Victor Moyano, Tom Williams, Ken Watanabe and Kenny Furuya. This page: Ken Watanabe in randori, Tom Williams and James Doi. The demonstration was followed by an Open House with many guests staying.



Many Thanks:

Many thanks to all of the participants and volunteers. Special thanks to John Pugsley who designed and donated this year's beautiful Nisei Week poster for our event. Thanks to the Nisei Week Festival Committee for their continued support. And many thanks to all of our guests and loyal friends.

Nisei Week Iaido Demonstration



Gary Myers, 5th Dan, & Ken Watanabe, 4th Dan.

Iaido Training

We have Iaido training classes which are open to interested students. Iaido does take a great deal of time, commitment and patience.

Saturdays: 8:00-9:00am
Sundays: 7:45-8:45am
Thursdays: 7:45-8:45pm
2nd Saturdays Monthly:
6:30-8:00am. Breakfast-Meeting follows.



This year's Nisei Week Iaido Demonstration was conducted by Gary Myers, Ken Watanabe, Kenny Furuya, Cheryl Lew and Mark Ty demonstrating Muso Shinden Ryu, Omori Ryu, Hasegwa Eishin Ryu and Toyama Ryu Iaido. Demonstrations of traditional Iaido are extremely rare nowadays with the popularity of new movie styles.



Above: Ken Watanabe. Below: Mark Ty. Opposite: Gary Myers.

Doshu's New Aikido Video: The Essence of Aikido



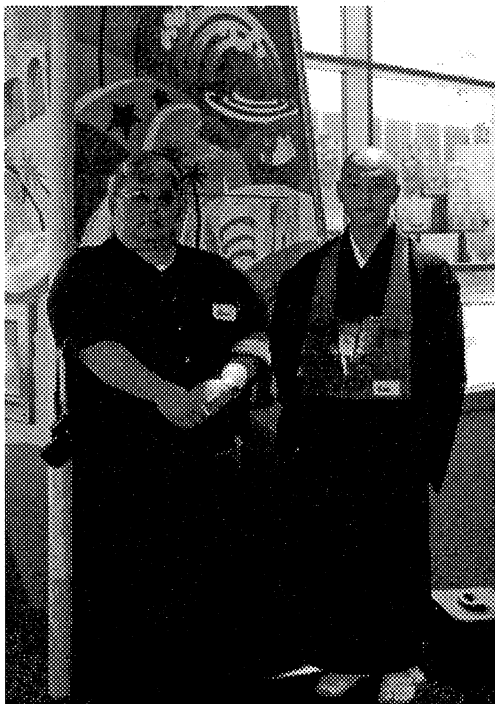
Doshu Moriteru Ueshiba's new instructional video is out and it is excellent for studying the basics of Aikido technique. Although it is in Japanese, it is highly recommended for everyone. In addition, new information is included in this video so it is a must for all Aikidoists, beginning and senior students.



Visitor from Netherlands, a 4th Dan from Christian Tissier's Dojo. August.



Celebration at Nick & Stef's, Left to right: Sensei, Helen Hsu, former student Melodie, Jolyn Hsu from Taipei, Taiwan, Cheryl Lew (hidden), and Eiki Yano from the Asahi Shimbun, Tokyo, Japan. Helen returns to the Bay Area after her graduation.

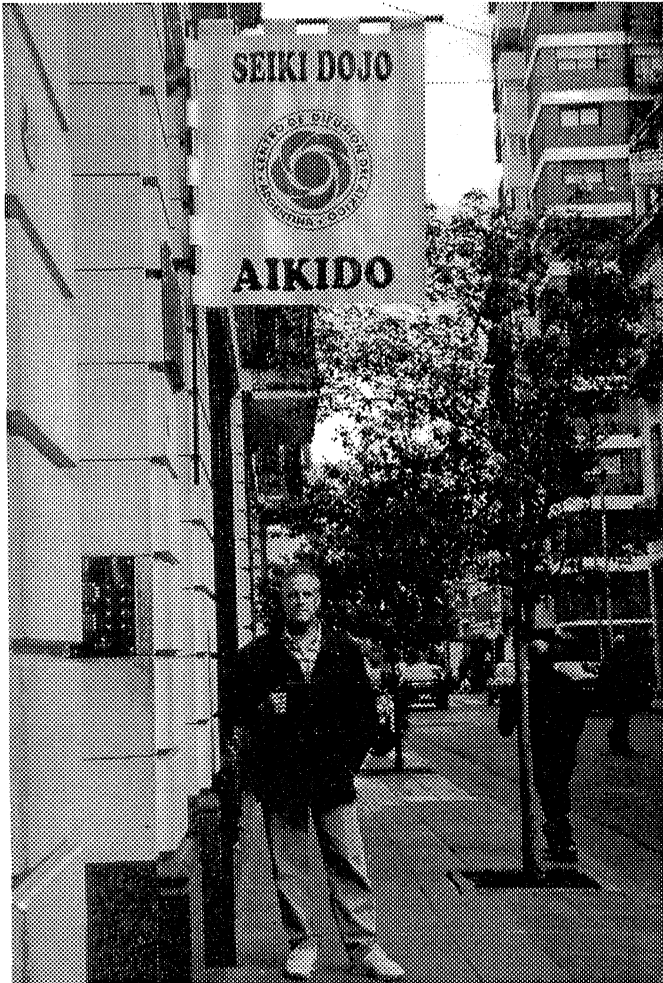


With Kojima Sensei at Children's Hospital.



Sensei, with Mark Ty and Cheryl Lew, having lunch with ministerial staff of Children's Hospital after Buddha Installation Ceremony with Rev. Shumyo Kojima.

Tom Williams Visits Argentina



Downtown Headquarters in Buenos Aires.

South of the Equator

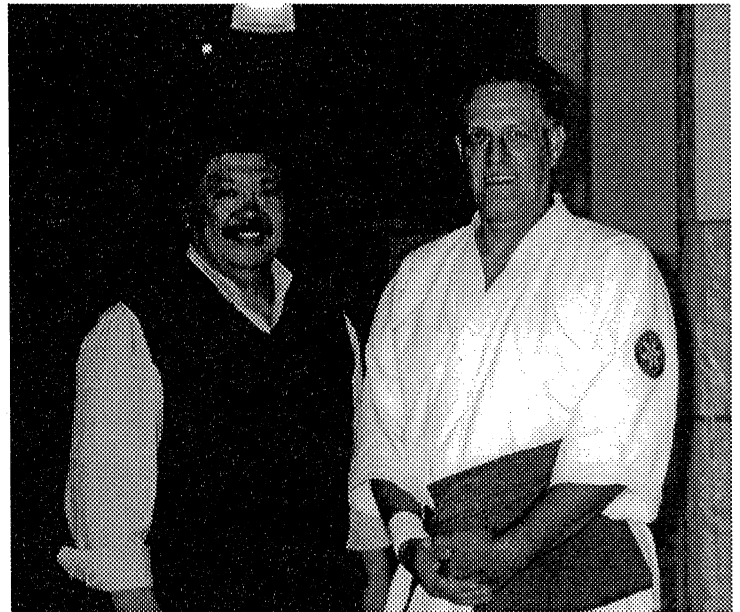
Tom Williams, 3rd Dan

This past July, my wife and I had the opportunity to travel to Argentina. One of the advantages of being school teachers is the ability to explore the world during our summer vacations.

The last couple of years we have been fortunate to have stayed with Eileen's nephew. As an international consultant for Verizon Wireless, his work takes him to different places assisting foreign subsidiaries.

Our stay was centered in a nice hotel suite downtown in the federal capital city, Buenos Aires. It is densely populated with almost half of the population of the entire country. Buenos Aires is quite cosmopolitan with a decidedly European air.

It is estimated that the majority of Portenos, as people from Buenos Aires are known, are of Italian heritage. So picture Italians speaking Spanish, dressing like French, watching



Tom Williams with Sakanashi Sensei.

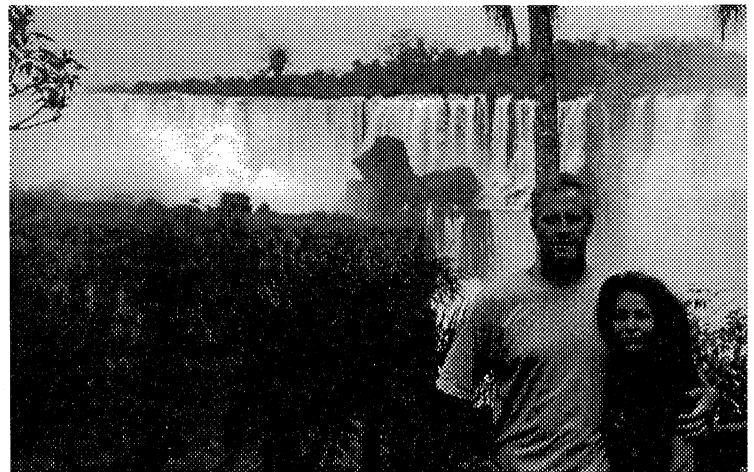
American TV and you might get a feel for Buenos Aires.

The city itself is near the confluence of two major rivers, the Parana and the Uruguay, draining the southern Brazilian rain forest. Together, they form the Rio de la Plata, a vast gulf of fresh water ceaselessly keeping the Atlantic Ocean at bay.

We took a high speed ferry across the river to the historic Uruguayan city of Colonia Sacramento. We spent a pleasant afternoon strolling along the scenic coast checking out an ancient lighthouse and other architectural sights of interest.

From Buenos Aires, we flew 2 1/2 hours to the northeast corner of Argentina where a fingerlike projection of land probes the subtropical Brazilian rainforest. Bordering Paraguay as well, the Parana and Iguaza Rivers meet in a gorge forming a spectacular system of cataracts.

Iguazu Falls can be explored from both the Argentina Con't.



Aikido Center of Los Angeles NEWSLETTER

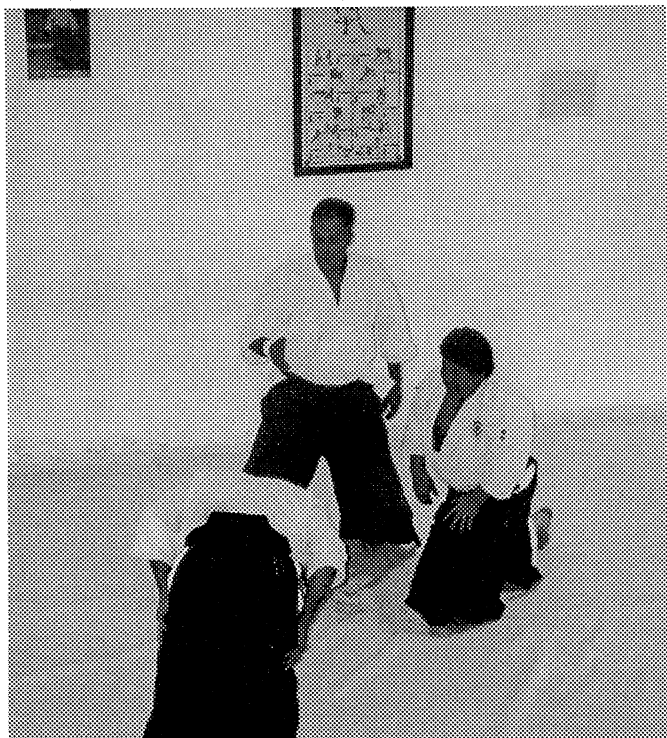
and Brazilian sides. So we spent a day each experiencing Las Cataratas from different vantage points. A series of paths and catwalks takes you through an orchid and bromeliad filled jungle to bases and tops of many of the 275 waterfalls concentrated in the valley.

One highlight of this side trip was a boat ride to a pavillion built into the precipice of Gargantua del Diablo. Peering down into the "Devil's Throat" and being so close to such incredible power was truly an experience of a lifetime.

While in the big city, I connected through the internet with Seiki Dojo and Sensei Sakanashi Masafumi, Director General of Centro de Difusion Del Aikido, Argentina.

I trained twice at the Seiki Dojo and was invited by Sensei to his other dojo 25 miles out of town in Burzaco. About 40-50 students from various affiliated dojos train together on Wednesday evenings. I was luckily able to practice with a lot of really good, enthusiastic Aikido people of all ranks, from beginners to 4th dans.

Sakanashi Sensei held an instructor's meeting during the last 45 minutes of the two hour class. He asked me to teach the remainder of the class. It was a lot of fun to share ACLA Aikido with them.



Tom with Sakanashi Sensei and his practice partner.

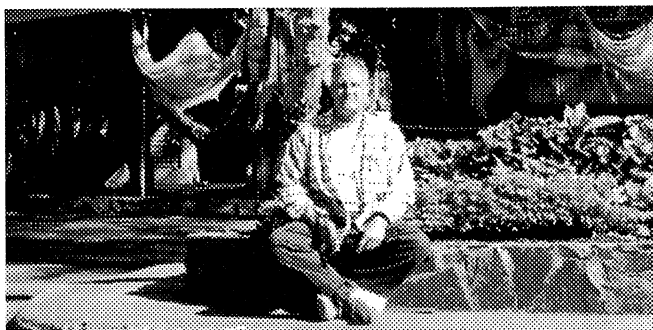


Top left to right: Leonardo, 2nd Dan, Diego, 4th Dan, Patrick, 2nd Kyu & Mrs. Eileen Williams (wife). Bottom: Tom, Sakanashi Sensei, Sensei's wife and daughter, Adrianna.

I can't say enough about how friendly everyone was. Sakanashi Sensei had asked two students to drive us our to class, and all of us were surprised and honored to be invited next door to his home for dinner. This was a feast by my standards.

We ate, shared stories and laughed a lot until almost 2 am. Sakanashi Sensei had to leave at 4 am for a flight to a weekend seminar in Venezuela. He apparently didn't want any sleep. What a great time making new friends with his students and family!

No tale of Argentina would be complete without a word about the food. Beef - unbelievable beef, and me no longer much of a carnivore. I have to confess to having indulged in the barbeque experience. The Italian cuisine rivaled Tuscany. We had excellent pastas and pizzas all complimented by outstanding Argentine red wines. Overall, with everything going so smoothly, having touched down in four South American countries, seeing nature at its most incredible and befriendng warm and genuine people, this was one of our best trips ever.



Aikido Center of Los Angeles
NEWSLETTER

08-24-01

Furuya Kensho Sensei:

My name is Daniel NEVES, and I practice aikido in Buenos Aires, Argentina, under SAKANASHI Masafumi Sensei (6th dan). About a month ago, we enjoyed the visit of Tom Williams, a student of yours. He got in touch with us through our e-mail address. He spent a week of practice with us. All the people who could share the mat with him, kept a very good impression of him.

We really hope that in the future we can host other people from Aikido Center of Los Angeles.

Our greetings to you Sensei, Tom and all the aikidoka in your well-known dojo. Sincerely yours,

Daniel NEVES

Webmaster - Institutional Communication

Centro de Difusión del Aikido

aikidoarg@yahoo.com.ar

<http://www.go.to/aikido>

Tom's Internet Vacation Diary of South America:

07-19-01

Hello Sensei, We've arrived safely in Buenos Aires. It's cool and rainy today, very comfortable. The city is really cosmopolitan in flavor. Argentinians seem a lot like Italians who speak Spanish.

There is an political and economic crisis going on presently and today there was a general strike with protests and some firebombings. Businesses are telling employees to dress down so as not to be identified as capitalist pigs and be targeted for violence. Tourists are OK since we are supporting the local economy with our dollars. It is all very interesting. I hope that a full scale So. American revolution doesn't break out any time soon.

I have a list of 18 dojos in the city. I will check out the nearest ones shortly. There is a 7th dan named Kurata Sensei nearby. Tomorrow we are going to fly to the NE corner near Brazil and Uruguay to visit Iguazu Falls which supposedly dwarfs Niagra Falls in size and degree of spectacularity. We will spend the weekend touring this area. It is in the jungle and has lots of tropical vegetation and animals. That should be pretty awesome.

Well, that's it for now. We are going to walk around and look for dojos and see the sights (hopefully avoid any major explosions or riots). I'll talk to you later. Sincerely, Tom Williams

P.S. Had some really poor sushi last night at a buffet. Nothing compares to Sushi Gen!

07-20-01

Sensei, It's Fri AM and we are just about to leave for the airport on our excursion to the rain forest and cataracts in Brazil. Last night we went to a Tango dinner show. It was a spectacular event. The tango dancers are really incredible athletes. And to pour out such intense passions every night for the audience is very impressive. The food is remarkable. Of course, Argentina is famous for its beef. Although I don't generally eat red meat, I have tried a little here and can say that the flavor is beyond anything I have had before.

Sorry to read of the passing of your dog, Michiko, that's so sad. My Karly is doing well. For having a broken leg and surgical repair, she was up and moving around the next day. The resilience of youth! Well, that's all for now. I'll write back after the weekend. Sincerely, Tom

07-23-01

Sensei, We've returned from the falls in Iguazu. They were very spectacular. We toured them from both the Argentinian and Brazilian sides. I've been to Niagra Falls and was very impressed with the power, but these falls are even more awesome. There are a total of 275 falls in this one area. Brazil is beautiful. I'd like to come back for a separate trip to see more of it. We went to Paraguay also while we were in the area. It is very poor and dump. Kind of like T.J.

I heard back from one of the dojos I e-mailed. It is called Seiki Dojo, headed by Masafumi Sakanashi (6th dan). He was apparently a student of Second Doshu. Their association is affiliated with FLA, the Latin American Federation, USAF, and Aikikai. I will go today to train. It should be a goodplace to practice Aikido. They have a big web site I found on the Aikiweb.com.

We are off now to breakfast, then laundry and the store, then we will explore the city, as well as find the dojo to set up training for later today. There are two other dojos in the immediate area of Seiki Dojo, so I want to look in on them as well. Hope everything is going well with you and all in our dojo. Talk to you later. Sincerely, Tom

07-24-01

Sensei, I trained at Sekei Dojo last night. It was a very active class with about 20 students, all mudansha, except for the 3rd dan instructor. The 2 students that I ended up training with for the whole class were pretty good, I'd say about 3rd or 2nd kyu. They had good, responsive ukemi. I got pretty dinged up though. I'm not sure why. The first technique involved breakfalls and on the first one I slapped the mat and received a nice big bruise on the inside of my wrist. It is almost perfectly rectangular, the size of a business card, so I wondered if there was something under the mat cover that wasn't covered by padding. Then I jammed my little finger and lightly sprained one of the joints. Then... one of the guys grabbed on to my

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keiko gi to take a high fall and grabbed a handful of my bicep, so I have a nasty bruise there. I don't usually get so banged up! Today at 1:30 pm I'm going back to train in Sensei Sakanashi's class.

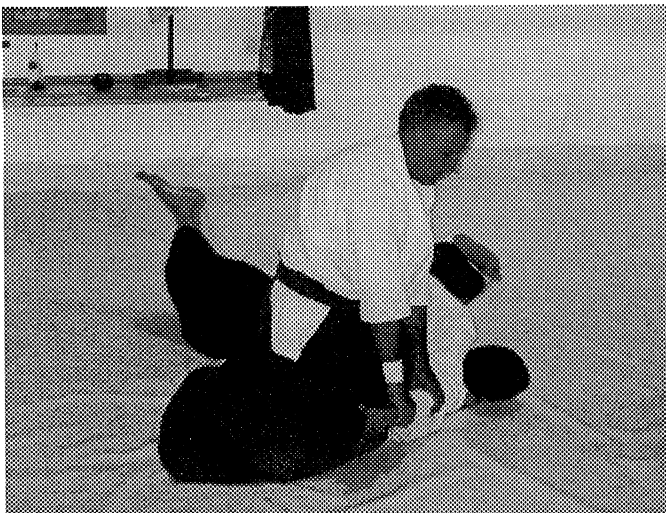
Overall, it is an extremely nice dojo, large and bright, a full schedule of classes each day from 1:30 to 9:30 pm hourly. They have a very big membership, maybe over a hundred. Also, there is another Sakanashi Dojo in another area of the city. Their etiquette is good, so their teacher has been doing his job well. They are friendly and sincere. I felt good about visiting with them. Anyway, that's about all for now. Talk to you later. Sincerely, Tom

07-25-01

Hello Sensei, Yesterday afternoon I got to meet and practice with Sensei Sakanashi. He is a very personable gentleman. I think he is a couple of years younger than me and has been living in Buenos Aires for 20 years or so.

He speaks fluent Spanish but not much English. His Aikido organization has 50 dojos and several hundred members. The Seiki Dojo in downtown is the central/headquarters and has 150 members.

His Aikido is excellent. Very strong, centered and grounded in the fundamentals. We practiced tenkan, katate tori kokyu ho and irimi nage for about a half hour then he asked if I would teach the remainder. I showed shomenuchi ikkyo omote and ura, kotegaeshi and finished with kokyu dosa. Our style of technique is a little different and I got to go around and work with many of the students on entering with the body on ikkyo before lowering the arms. They do the other style of turning uke over before stepping in, so it was a little difficult for them to see the difference at first.



Tonight a couple of the students are going to pick me up and drive out 25 miles to the suburbs where Sensei lives and has another dojo. He will be teaching a class from 8-10 pm.

He said he can only stay til 9:15 as he is going to Venezuela to conduct a seminar Thur-Sat. and asked if I would conduct the balance of the class. I feel very honored that he feels I can do it (hopefully well). This class is an instructor's training class for his association membership, but there is a winter holiday now and many students won't be attending so class may be smallish.

We are going now to catch a boat for an hour sail across the Rio Plata to Uruguay and the town of Colonia. It is said to be a quaint colonial town and is a popular place to visit. I have a full day ahead. We have been taking loads of pictures of everything including the training. I have made many contacts with the Aikido students and they are interested in our dojo and will probably be visiting the website. So long for now. Sincerely, Tom

07-26-01

Sensei, Last night we went to the city of Buzaco about 25 miles out of downtown Buenos Aires to the Sakanashi Dojo. It is next door to where Sensei has his house. The downstairs area is his chiropractic office and the dojo is upstairs. Although it was a small class by his standards because of the winter holidays, there were still 40 or so students, 10-15 of which were yudansha up to yondan.

Anyways, it was ryote mochi ikkyo, kokyu nage and then two combination techniques from nikyo into irimi nage and nikyo to a kokyu throw.

We worked in groups since it was a bit crowded, I thought. I can not imagine if it was a regular sized Tuesday class. At 9:15 they had an instructor's meeting and Sensei turned the class over to me for the last 45 mins. About 20 people stayed.

I followed your advice and showed shomen uchi irimi nage, ryotemochi ikkyo (his ikkyo was to the ai hanmi hand so I did it to the gyaku hanmi hand), and finished with ryote mochi kokyu ho and then kokyu dosa. Because their technical style is different, they struggled a bit with the techniques.

As is common, people see a technique they are familiar with and immediately think of the way that they always practice it without really catching the nuances of what is really being shown. I gradually went around and made enough corrections so that they could hopefully see a bit of the differences.

Sensei Sakanashi trained under Yamaguchi Sensei in Japan when he was young. Then he came to Argentina because his family immigrated and started Aikido basically on his own for almost 20 years before becoming acquainted with Yamada Sensei.

After class, we were invited over to Sensei's home for dinner. We had what I would say was a virtual feast, although it may



Sakanashi Sensei instructing student, setting up for kote-gaeshi.

Tom Williams South American Adventure continued:

be a regular dinner by Argentine standards. My wife made a close friend with Sensei's daughter and helped his wife preparing the meal while we trained. They were so friendly and accommodating, we had a great time and talked and laughed until almost 1 in the morning. Sensei's flight to Venezuela was scheduled for 4 AM (3 hrs later !!). But he kept saying he didn't want to sleep and it was finally time for us to take our leave so he could at least pack.

We had the greatest time of our vacation with them. We hope they can come for a visit to LA. They have all the info on the dojo, website, etc.

You may receive some email from them. On the drive home, it was raining and our driver (a student of Aikido) drove the 25 miles of surface streets without stopping at a single red light. At most, he backed off the gas a little and blew his horn. Apparently, it is the way they drive, stopping at night risks being highjacked according to him, but I think he is just a really fast driver, Formula I style. You would have had a major heart attack, I think. We made it home in 20 mins.

We are now wrapping it up. A little last minute shopping, packing, a nap and the long trek home. I'll fill you in on more of the details when I get back. Sincerely, Tom

Our Special Thanks:

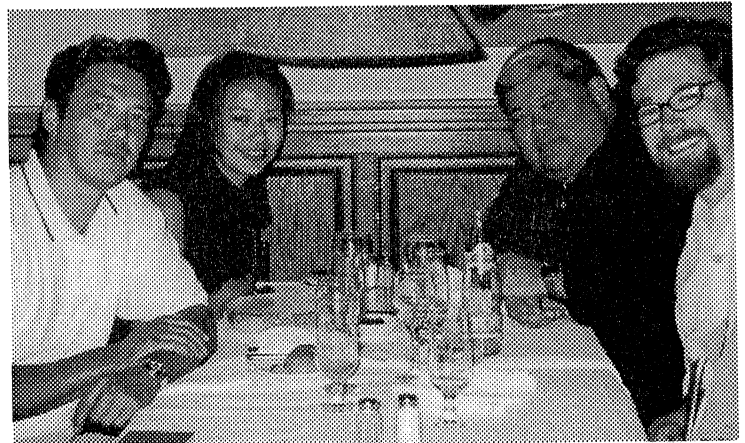
Sakanashi Sensei & Members of his Dojo for hosting our Tom Williams.

**Asahi Shimbun Visits Dojo;
Meets Dir. James Takada**



Eiki Yano interviewing James Takada regarding his film. Article appeared in the August 1st issue of the Asahi Shimbun in Japan. 7-13.

**Sensei with Well-Known Actor Russell Wong, of
Romeo Must Die fame.**



At Ca'Brea with Russell Wong and a few of his writers. In August.



Nisei Week Volunteers Thank You Party at Paul's Kitchen. Aug. 24.

Aikido Center of Los Angeles
NEWSLETTER

Letters:

07-02-01. I am just sending a thank-you for your daily reflection. I was looking up information on Aikido, as I was unfamiliar with it, and came across your website. I think it no accident that I had no intention of looking for Aikido information outside of my current state of Ohio, and ended up with your site. I agree with your thinking on "learning" versus information. I plan on copying it for a friend of mine who I believe thinks he is learning by sitting at his computer. Your references to "love" I perceive as truth due to the fact that many years ago I experienced a man who was going to prison for many years for having sodomized and killed a young boy. This man had just been "acting out" and began to sob. I felt a deep sadness that his life had probably been like the little boy he killed, only this man had lived and been poisoned by it. Again thank-you, Sincerely Glen Witt

07-03-01. Thank-you for responding. After I continued to read your web site I thought this is a revered and involved man, I appreciate your taking the time to answer. You asked me if I knew the person. I was a jail guard and the man was at our jail until he was sent to prison. He would do anything when he was upset and he would have to be subdued with equipment to protect himself, then be given medication. The incident I referred to was one of those incidents when he was smearing feces in his cell and he had to be medicated. After he had all the chains on him and a hockey helmet he began to cry. I was touched deeply and tears came for me also, separate from the behavior was a human being. I have reflected on that moment on occasion and my best estimate is that I felt love for him. At the end of the movie "Deadman Walking" is a similar event, when despite the confession of heinous crime you can feel love/tragedy of life for the criminal played by Sean Penn. I believe that these things are related to some other calling in my life, which for now I am an Alcohol/Drug Addiction Counselor. Have a joyous day Rev. Furuya. Sincerely, Glen Witt

07-14-01. Interest In The Yagyu. Dear Reverend Furuya, Thank you for getting back in touch with me so quickly. I have been interested in Yagyu Shinkage Ryu now for some time, since reading Autumn Lightning by Sensei Dave Lowry and other works by the same author. I believe that this is my calling in the martial arts sense, whenever I think about learning the Yagyu system of Kenjutsu I feel a great amount of energy pulsate through my body. If I don't learn it now I know that some time in the future I will. If you could help me in any way I would be eternally grateful. I have practiced the martial arts for the last twenty years, I am not a beginner, nor am I an expert. Thank you for your valuable time upon this matter. Yours in Budo Patrick Pace

07-16-01. I am 16 and I'm really interested in training at a dojo like yours. The only problem is that I live in Tennessee, just outside Memphis. Do you know if there are any places near here that offer classes in Japanese swordsmanship? I'm having trouble finding any. Thank you very much, and I'm sorry to bother you. -Kai

07-13-01. News From Eric in Berkeley. Hello Sensei, I am going on vacation next week (1 week of mountain biking in Southern Utah. . . . All is well up here. I just had a half-ironman distance triathlon (1.2 mile swim, 56 mile bike, 13.1 mile run) this past weekend and I was happy with my results. It was my 3rd triathlon of the season and I have a lot more coming up. There is a chance that I will be down in LA for the LA Triathlon on September 9th. If I am down



Asako & Carol helping out at recent Promotions Party.

there for that I will certainly come by the dojo. Please say "Hi" to every one for me: Ken, Kenny, David, James, Jeff, Cheryl, Mark, Bill, Jim, Larry, and everybody else. I enjoy the E-mail Express, Daily Messages, and the newsletter, as it is all a great way to keep in touch with the Dojo. I wish you and the dojo the best! Eric Russell, Athlete Sponsorship Coordinator - Clif Bar Inc. www.clifbar.com

07-17-01. I was so sorry to read about Michiko. I'm sure she had a fulfilled and happy life being part of your home. I also wanted to thank you again for your words over the last few days. A friend and I have been sending them back and forth to each other as we've been considering changing Chinese Medical Schools... your daily messages seem to hit the right point every time. You often mention feeling alone in your convictions to live according to your philosophy. (Kodo, the warrior's way, the way of Aikido - however you choose to call it) I can't say that I've been able to put the right philosophy into effect in my life every day and all the time, but I can tell you that your words always resonate with me and I am so thankful that you're there to keep me going on the path. Thank you! Maureen

07-19-01. Dear Sensei: I read your messages of the last two days and look forward to catching up on the ones I've neglected. Your discussion on love and singlemindedness was especially guiding to me due to the death of a patient who had recently completed treatment here. It is at those moments when I question the validity of my profession, however just having been a part of Wayne's life is precious and being able to love him as a human being is a gift I didn't have a few short years ago. I have been struggling with some physical problems with my lower back, and upper shoulder area, to the point where I am doing physical therapy. I struggled to get to work today because I just wanted to lay still and not aggravate my symptoms. Part of what helped me get to work, and has helped me stay focused is my initiation at the goal of becoming a warrior. I have been frustrated at being physically and financially unable to begin Aikido at a dojo--probably for a month or so, but I am working the principals into my life with reading I can do, and working spiritually through the challenges that a warrior would overcome--not only for oneself but for the benefit of others also (lose myself to find myself). There is an old measure in the pre-Alcoholics Anonymous days of asking whether what one is engaged with, or deciding upon: is it "honest", "unselfish", "pure" or "love"? I see no coincidence that AA has reference to "singleness of purpose"--in loving one another enough to help keep each other alcohol free and on the path to "happy, joyous, and free." Thank you for your daily message. MANY THANKS. As ever, Glen

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NEWSLETTER

08-08-01. Dear Sensei, About one and a half year ago, our sensei Mr. Auclair had done a presentation to our dojo and read an extract of your book to the class, it was so inspiring. I then took it upon myself to contact you and arrange to have the book purchased as the response was so positive, it might be surprising for you to know that I have just finished reading the book last week, why did it take so long? It is very simple, I decided to read one page a day and to apply some of the knowledge learnt in that page to my everyday life and to only read the next page when a lesson was learned from the previous one. Martial arts is a journey that never ends, you learn about life daily, well it is the same in the practice of your art.

In closing, your book has assisted me in becoming a better person, the values learnt are eternal and that is why I decided to invest in your book and I have been rewarded for life. Thank you for your wonderful devotion, you really know how to put smiles on people's face.

Regards as always, Pierre Cote

CUSTOMER SERVICE REPRESENTATIVE, INVESTMENT MANAGERS MONTREAL SECURITIES CENTER

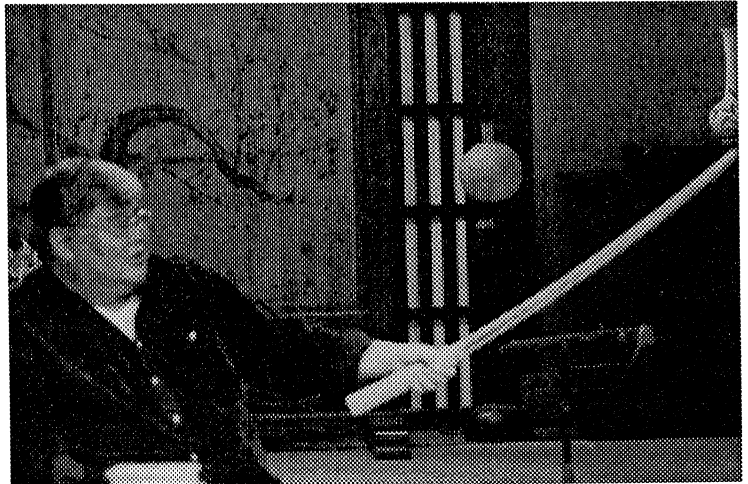
Sensei's Reply: I wish I had more students like you!

08-08-01. Mr. Furuya, I just wanted to thank you for the daily philosophical tips you leave on your website. I came across your website last week and found the daily passages to be very thought-provoking and inspiring. Though I am not a student of aikido (I train in Bujinkan budo taijutsu headed by Masaaki Hatsumi), I very much admire aikido as an art and find the core philosophy to be very much in line with that of my art. Your book "Kodo" was also a great read, right along with John Steven's book "Invincible Warrior" that I just finished reading. Anyway sir, my warmest regards go out to you and to the continued prosperity of your dojo. I truly believe it is one of the rare ones and that you are making a difference in many people's lives (even those like me who are not students.) **GAMBATTE KUDASAI!!**
Brandon Alvarez, Bujinkan Anko Dojo student

08-26-01. Dear Sensei: By way of introduction, my name is Ron Fenney. A couple of years back I attempted to join your Dojo. Due to knee surgery, at that time, I could not continue. Surgery was due to Judo competition. Fast forward to the present. Currently I am about 300 lbs. and diabetic. While I can no longer participate in Judo, I would very much like to start back into Aikido. My physical conditioning is poor and I believe that Aikido would allow me to get back into shape. I have had a cardio stress test and have a clean bill of health, and can obtain written permission from my doctor allowing me to participate in your class, if should wish it. My biggest concern is that I while I am getting back into shape I may slow your class down, and sweat profously. If you feel that I could fit into your basic class please let me know. Thank you for your time and attention in this matter. Sincerely: Ron Fenny

08-11-01. I noticed when I do my forward ukemi, I tend to be in a straight line, but my body ends up turned either right or left depending on of course which side I roll to. I feel like I am over compensating I am 240lbs and only 5-9", what adjustment could you recommend if any, I know that without seeing its some what difficult, but I value your advice and will try to follow it to the letter. Brent

08-24-01. I visited AIKIDO CENTER's home page. And I got interested in LA's AIKIDO people. I'm a student of AIKIDO under KOBAYASHI YASUO DOJO. Now 2nd dan. And I'm going to Los



Sensei during the Nisei Week Japanese Sword Lecture on August 12th. This year's topic was on the Life and Art of Miyamoto Musashi.

Open Intensive Aikido Class
Every Last Saturday, 6:30am
Everyone welcome.

Angeles on my vacation trip Aug. 30 to Sep.1. If you forgive me I want to visit AIKIDO CENTER. Masami FUKUOKA. Kawasaki-city, in Japan

08-24-01. I had to laugh when I read about your experience following Julia Child's recipe (on the Daily Messages.) I can't remember now whether I was reading a recipe of hers or caught part of a show but I remember her giving a direction to heat something until it was too hot to touch. Since there is only one way to determine that, I decided that, while she may be a master when it comes to cooking, she perhaps isn't the best instructor.

08-08-01. Sensei: I hope that the Nisei Week Demonstration was great and that the many people come to help you and many went to participate of this event. Now the summer is quite and it's a good time to reflect and to think about the way of the Dojo and the future plans. I was thinking to change some ways to teach the new students because those years when somebody begins in Aikido, one advance student teach basic movements and rolls, but this we do it during a normal class, and I think that the new student was disconcerted looking around him, watching the others students and maybe thinking how difficult is this!, and many leave the dojo. In this three years I think that around 300 people was in the dojo and only around 35-45 stay usually. The others leave it. So I think that I have to repair something. I will start a class with only new people, maybe only with two or three new students and I will be teaching this class this first year but I request an advance student in every class and this will be a requirement, for a kyu or dan test. The years after the advance people do it. I will do this because there is not a one way to teach the basic forms, and many new students are lost, because every one teaches him, in his way. Always your student, Santiago

Visit Sensei's Daily Messages often.

Aikido Center of Los Angeles
NEWSLETTER

08-12-01. About Ukemi:

Dear Sensei, good morning. I was reading your daily messages, and I was curious, when you speak of slamming into the mat, are you talking about breakfalls or just regular rolls? I am asking so that I may make whatever adjustments are necessary to make my ukemi that much better, I often wonder if the time spent learning ukemi in my earlier practice was wasted or mis-used if I now have to go back and re-learn things. If students are crashing into the mat, is that because they are not pushing off with their feet, or not extending far enough forward prior to beginning, I seek your wisdom and wish that I lived in Los Angeles, I am serious about my studies, but I do not have the opportunity to go everyday, the dojo I train at is unfortunately in conflict with my work, and I can only attend 1 day a week, and there are not many dojos here to choose from, Have you produced any instructional tapes on Ukemi, I would be interested in seeing one. I take what is written and instructed very seriously, as I said in my first correspondence to you, your instruction helped me achieve my 1st kyu again because I could go over everything every day, again because of work constraints I could not attend class each day. Aikido is very popular, but sadly, not for the right reasons, sure there are people looking to find the Way, but for most youngsters, they are looking more for bone breaking techniques that have no spiritual meaning and are for nothing more than destroying an opponent. NOT FOR ME. I am just one opinion. Please forgive my ramblings, I do that alot. Warmest regards Reverend, Brent Hatcher

Sensei's Reply: In either breakfalls or "regular" ukemi, many people throw themselves into the mat. As I mentioned in my Daily Message, it is more important to go with the mat. It is not a very good example but I will use it here - it is like bowling. The heavy bowling ball must come into contact with the wood floor. Many people drop the ball whereas some people get just the right adjustment to throw the ball out and let it glide so it barely makes a sound when it makes contact. The ball which glides has more power upon impact. The ball that is more or less dropped loses a great deal of power upon impact. Also, throwing your head downwards or looking at the floor immediately in front of your feet causes your body to pitch forward too radically. Look about 6-10 feet in front of you. This will cause your body to go more forward instead of straight down. One last point, many people do not use their arms enough in ukemi. Not to hit the mat for the slap but to create part of the bigger circle within which your ukemi is created. I hope this helps.
Rev. Kensho Furuya

08-11-01. Beth Mizuno From Washington, DC

Sensei, greetings. I am coming to the Los Angeles area for a vacation (August 15 to 25) and would like to take class at your dojo. I have studied under Mitsugi Saotome Sensei here in the metropolitan DC area from 1984 to 1992 and then from 1999 to the present. I took off several years in the middle of training for family and child-raising reasons.

The dojo website contains a class schedule and directions and is very helpful. I have read your daily messages with great interest. The discussion of uke protecting themselves during their attack has been running through my mind. I fear that I don't protect myself as I should. The website refers to yudansha classes being scheduled on a monthly basis. If it would be alright, I would like to attend a yudansha class. I also understand that your dojo offers instruction in iaido. I am very hesitant to ask to join such a class because I have done very little iaido, although I do have a training sword. In fact, I am so hesitant

SPECIAL! On The Inside:
The Martial Arts
of Japan
September 14th, 9:00pm
On Discovery Channel

Please check your local listings & times.
Our Dojo is featured in this special series.

that I have put off writing to you until now. However, I do want to learn and the desire to learn has won out over my hesitancy. I can see that you are very busy and so I do not expect you to reply to this email. I just wanted to introduce myself a little and let you know in advance of my interests. I hope to see you very soon and perhaps, after class, I can speak to you about taking class with the dojo yudansha and about iaido. Respectfully yours, Beth Mizuno

07-27-01. From Our Friend In South America:

Santa Ana, El Salvador, C.A.
my address: Colonia I.V.U Pasaje 6 Poniente #52
Segunda Planta.
my E-mails: hyuvini01@hotmail.com
hyuvini@yahoo.com

Greetings from El Salvador, how are you? I hope that very well of health near your family I want to tell you that I am learning very much of the AIKIDO video that you send me. I am trying it to teach in the Gym to which I go, my Sensei allows me to do it, as you know I have blackbelt in Tae Kwon Do, but I want to learn about of the Akido, I am 21 years old and I believe that I can obtain it... take care very much... i hope we are in contact. again sorry for my english..
Heraldo yuvini Pablo

Branch Dojos

Kodokai Salamanca-Santiago Almaraz, 3rd Dan
Hacienda La Puente Aikikai-Tom Williams, 3rd Dan
Wyoming Aikikai-Tom McIntrye, 2nd Dan
Bahamas Aikikai
International Martial Arts Academy
Pico Aliso Aikikai (East Los Angeles)

Visit Our Website Often!

Be sure to visit our website often for the latest Dojo news and upcoming events. Also see Sensei's Forum for letters and correspondence from all over the world to our Dojo. Also, a special feature is Sensei's Message. Tell your family and friends!

www.aikidocenterla.com

Letters Continued:

08-02-01. Dear Reverend, I was reading your daily message this morning and I started to think about my days when I taught young Police Recruits Defensive Tactics. Now in no way is this a comparison to your life and experiences, but I was thinking about "Spirit", when you spoke of Aikido becoming less about spirit and more about commercialism...I remembered what some of the recruits would say when they came into the gymnasium for their week of classes. I'm only doing as much as I have to just to get through it. I was always so disappointed with comments like that. It made me think that what I was doing was for nothing.(A waste of time).

But then there would be one student who would give his all, asked questions, participated, put his heart into learning. and if for nothing else but that one student, I felt like it was worth while to pass on what has kept me alive for almost nine years of duty...I know that you have some students that give there all and want so much not just to do well but to live up to your expectations.

I know that Aikido has become a way of life for me but still I struggle everyday with staying on track. Personal life and family along with various other road blocks cause me to falter but I get up and keep going. I envy your students...To have such a dedicated teacher willing to pass on his own experiences and training is a great thing. It gives me something to shoot for when I instruct. again this is not a comparison by any means, my miniscule time teaching police officers in no way compares to your 40+ years in the arts but I understand some of what your saying in todays message. I am grateful to you for extending your words to the world and listen and attempt to apply them to my own life as best I can. You are doing a great thing for all Aikidoka everywhere even if sometimes you don't see it or feel it. I graciously and humbly thank you.

Brent Hatcher

08-06-01. Dear Furuya-sensei: My name is Denis Smith from the University of Sheffield in the UK. I am currently in San Diego teaching a summer school graduate class in management. I just wanted to drop you a note to say how much I enjoyed your book *Kodo: Ancient Ways*. All too often, modern books on Budo fail to grasp many of the true meanings of the martial ways and it was nice to read one that gave a perspective on the spiritual roots of many of the disciplines. In so many respects, it should also be required reading for managers who suffer from many of the problems that face budoka. Many thanks for writing such a thought provoking text. Yours. . . . Denis Smith

08-08-01. Furuya-sensei: I am a new student who started coming to your Aikido classes at the beginning of last month. Unfortunately, I injured an abdominal muscle while doing a backward fall a couple of weeks ago. It is nothing serious, a pull or perhaps a minor tear, near the point where the muscle attaches to the ribs. Rather than further aggravate the injury, I thought it best to avoid exercise until the muscle heals sufficiently. I had hoped to return to class this week, but the injury seems to be persisting longer than I had expected. Since new students probably come and go frequently due to such injuries, I didn't think anyone would notice my absence. However, after reading your Daily Message this afternoon, I felt I should let you know why I have not been attending the classes. I apologize if my absence has been the cause of any concern. I am looking forward to returning to class as soon as possible. - Steve Anderson

On The Inside & Ultimate Ten Martial Arts: Special TV Cable Programs

The Ultimate Ten Martial Arts Discovery program that was taped recently in the Dojo is scheduled to air next year on April 7, 2002.

Another program, On the Inside, The Martial Arts of Japan will air on September 14. Please check your local listings for airing and channels.



James Doi demonstrating fine irimi-nage at our Nisei Week Demonstration this year. James is Sensei's student since 1968.

Getting Her Just Desserts!

Cheryl about to pounce on fabulous dessert at Nic & Stef's during Welcome Party for Asahi Shimbun combined Farewell Party for Helen Hsu. Obviously the great dilemma of "favor" or "savor."

Cheryl is one of our oldest senior members and loyal supporters of the Dojo. Very well deserved and very well earned!



Aikido Center of Los Angeles
NEWSLETTER

Welcome To The Aikido Center of Los Angeles



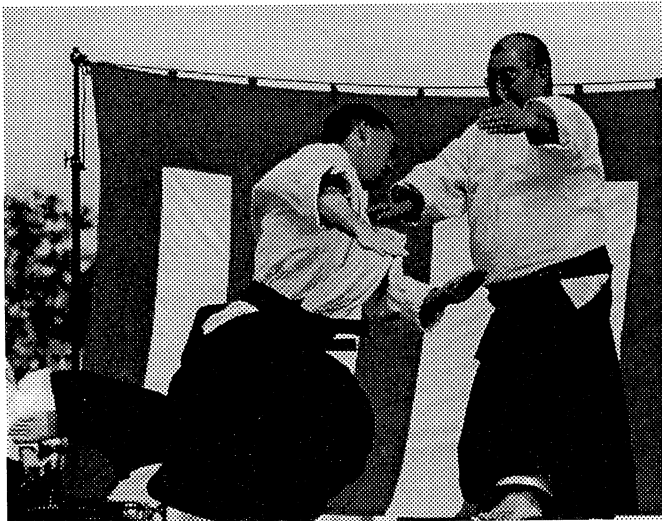
Aikido Center of Los Angeles

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

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

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

Please Visit Our Website:
www.aikidocenterla.com.



Reverend Kensho Furuya, 6th Dan

Dojo Supplies

Official Dojo Jackets

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

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 Battodo

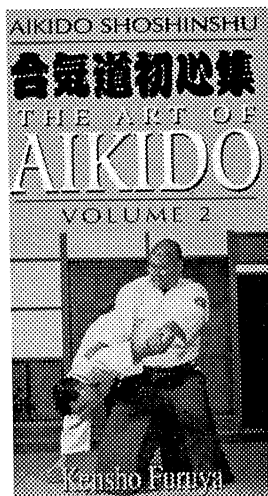
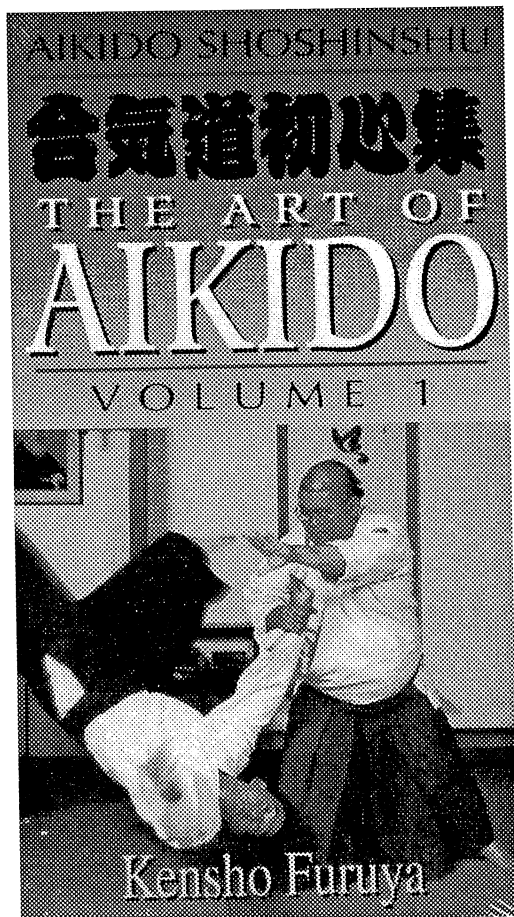
We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over one thousand years. It is an art which is rapidly disappearing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

The Art of AIKIDO

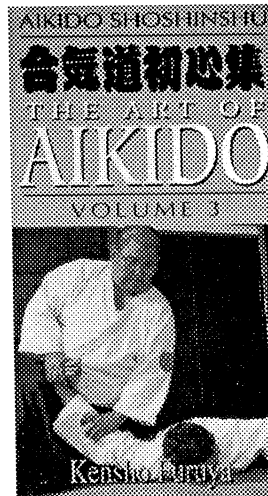
Aikido Instructional Video Series in Nine Volumes

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

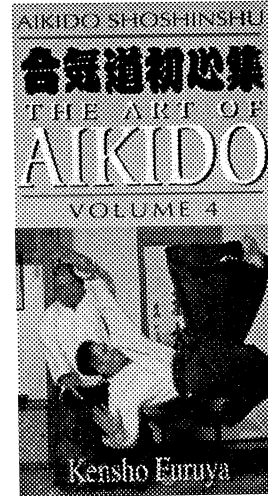
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Rev. Kensho Furuya, 6th Dan, Chief Instructor of the Aikido Center of Los Angeles, is a student of the late Kisshomaru Ueshiba Doshu of the Aikido World Headquarters. He began his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



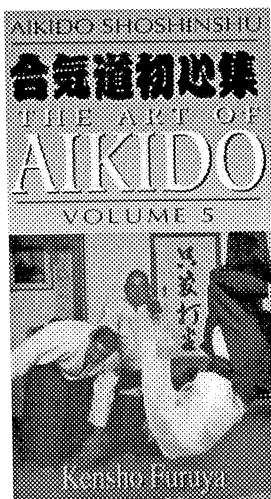
Basic Techniques
Throwing & Joint Techniques
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



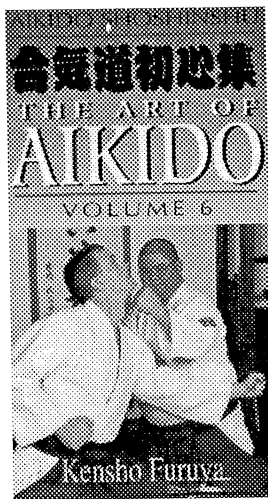
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



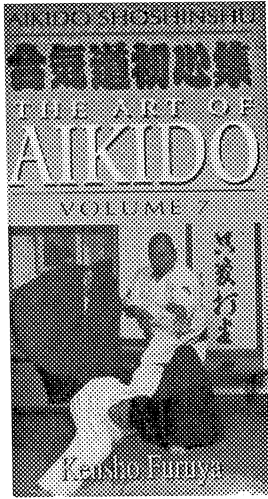
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



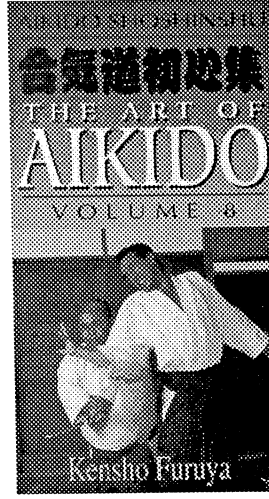
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-dosa.
Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



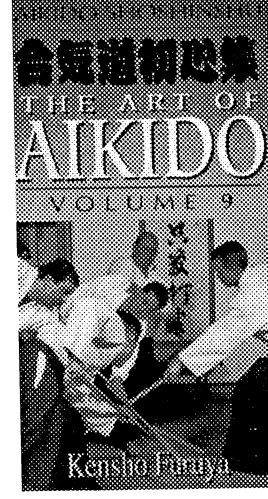
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side
of the head & neck.



Shomenuchi: Direct strikes.
Ushiro Katatetori Kubishime:
Chokes from behind.
Ushiro Ryotetori, Ryohijitori,
Ryokatatori.



Atemi-waza: Striking
Defense against kicks.
Tanto-tori: Knife defense.
Aiki-ken: Sword Training
Fundamentals.



Jo: Basic long staff
Fundamentals.
Complete 1st Degree
Black Belt Examination

Aikido TRAINING SCHEDULE

AIKIDO for ADULTS

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

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

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

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

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

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

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

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Affiliation

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

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

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

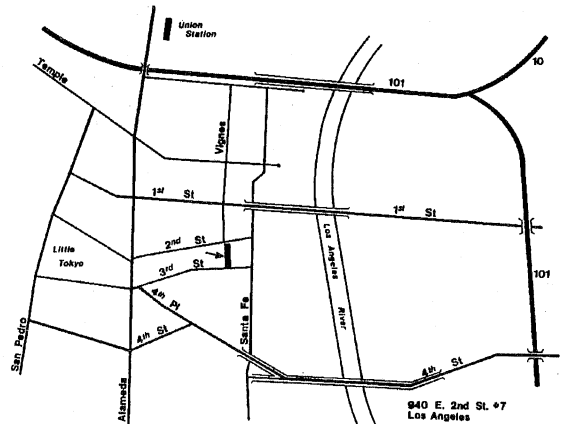
Intensive Iaido

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.