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The Aikido Center of Los Angeles

道の為、世の為、人の為 合気道

The Aiki Dojo

Direct Affiliation: Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
Los Angeles Sword and Swordsmanship Society Kenshinkai
The Furuya Foundation

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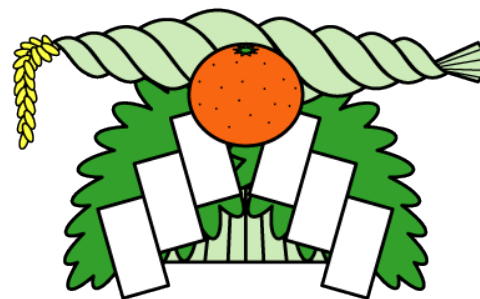
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Happy New Year!

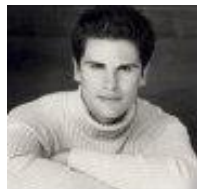
Upcoming Events

January 2:
Dojo reopens

January 9:
2nd Doshu memorial

April 11:
Cherry Blossom Festival
Demonstration

April 24-25:
O'Sensei Memorial Seminar



Letter from the Editor
by Mark Ehrlich
Editor, The Aiki Dojo

First of all, let me wish all of our instructors, students, and readers a happy, healthy, and prosperous new year. The holiday season seemed to approach us very swiftly, and it already feels like it has receded into the distant past just as quickly. Time's arrow indeed flies only in one direction, so I hope that this year, your lives allow you to spend as much time with your loved ones as possible, and that you make time too to manifest your dreams. Good luck!

In this issue, we take a look at the past as well as the present. An old friend of Sensei's, esteemed Kung Fu master Adam Hsu, shares his impressions on the dojo since Sensei's passing and on a fundamental difference between Chinese and Japanese martial arts. We also unearthed from our archives an unpublished draft of an article Sensei wrote back in 2002, which gets to the heart of how best to practice Aikido — and, perhaps, to live fully. We even

glimpse the future a little bit. You'll begin to see save-the-date information for our annual O'Sensei Memorial Seminar; various ACLA and branch dojo members offer commentary on the state of the dojo and the sea change they've begun to witness; and Ito Sensei and Myers Sensei take a look at 2010 and what lies ahead of us on the mats. Next month's issue promises to pack just as great a punch as this one does.

Finally, many thanks to all who contributed to *The Aiki Dojo* this issue and over the years. To all our members, whether you've ever written anything for the newsletter or not, consider this my standing invitation to you to submit articles (or even one article) in 2010. This dojo belongs to you, so write about it and your experience of it. This way we can all grow together.

I look forward to seeing you at the dojo.
Happy New Year!

SAVE THE DATE:

*Cherry Blossom Festival
Demonstration
April 11, 2010*

An Open Letter to the Dojo

by Sifu Adam Hsu

Editor's Note: For those readers unfamiliar with Adam Hsu, space prohibits us from properly summarizing his great impact on the martial arts; consult his Web site www.adamhsu.com to get a more complete sense of his contributions. Author of such seminal martial arts books in English as *The Sword Polisher's Record* (1998) and *Lone Sword Against the Cold Cold Sky* (2007), as well as numerous works written in his native Chinese, Adam Hsu not only enjoys an international reputation as a preeminent Kung Fu master and scholar, but also holds a place in the hearts of ACLA students as a long-time close friend and colleague to Sensei. We can trace strands of their relationship by reviewing previous issues of this newsletter over many years; Sensei often shared in important highlights of Master Hsu's life, such as the marriage of his daughter Helen, the publication of his latest book, or his coming to our dojo to teach. It is with the deepest gratitude and humility that we present the following letter, which Sifu Hsu wanted to share with everyone at ACLA.



Master Hsu with Sensei on a visit to the dojo

Dear All,

First of all please allow me to clap very loudly for the great work you've done, relocating, rebuilding and re-birthing your dojo, the Aikido Center of Los Angeles.

I heard the new place is almost identical to the old. Only the address is different.

This accomplishment took much more than money. I know that it depended on all of you: your united powers, dedication, ideas and your love of the art, the Tao, and your great Sensei.

Secondly, thank you very much for sending me the newsletter. I got every single issue.

Because of this, Los Angeles didn't seem so far away from Taipei. The "good old days" feel vividly alive instead of memories fading into the past.

Most of all, my students and I are very appreciative that you are printing Furuya Sensei's old articles. Not only do we enjoy reading them (and, by the way, also the new articles that you yourselves are writing), my students have translated some of the pieces into Chinese for the benefit of the rest of my class. Also, the coaches in my Palo Alto school have directed their students to your website more than once to read articles in your online edition.

Finally, your joint efforts and service helped me to really see and understand a great difference between Chinese and Japanese martial arts.

Not aikido versus *chin na*, not karate versus tai chi, not kendo versus *jian* (sword), etc.

I deeply sense that Chinese style kung fu is still tightly kept in the family and this way naturally has limited its development and service. But Japanese martial arts reach out to the community with activities and attitudes that are much more open, modern and service-oriented, just like you.

I would like to say, may Buddha bless you all!

Yours sincerely,

Adam Hsu

New Year, 2010 from the outer shores of the Pacific



AIKIDO CENTER OF LOS ANGELES AFFILIATED DOJOS

INTERNATIONAL

Spain

Aikido Kodokai

Salamanca, Spain

Chief Instructor: Santiago Garcia Almaraz

www.kodokai.com

Mexico

Veracruz Aikikai

Veracruz, Mexico

Chief Instructors:

Dr. Jose Roberto Magallanes Molina

Dr. Alvaro Rodolfo Hernandez Meza

www.veracruz-aikikai.com

UNITED STATES

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Hacienda La Puente Aikikai

Hacienda Heights, California

Chief Instructor: Tom Williams

Arizona

Aikido Renbukai of Arizona

Surprise, Arizona

Chief Instructor: Michael Van Ruth

www.aikidorenbukai.com



Visit us on the Web at www.aikidocenterla.com

From Sensei's Notebook

by Reverend Kensho Furuya

How has Aikido transcended most other martial arts? Aikido reveals humanity. Aikido deals in constants or truths □ this is why it is always so difficult. People who look at Aikido practice as play or a form of entertainment look at all of life as such. They don't want to be taught □ only amused. This perspective is harmless in itself and most people view Aikido this way. The only problem, I have found over the years, is that such a viewpoint leads to self-delusion and self-importance. Then it becomes an insurmountable problem.

We emphasize practice not only because it is the only way to improve and develop oneself; it is the only way all secrets are revealed. Study, study, study, correctly, correctly, correctly. Some people say, "Study everything." No! It is like eating. We try as much as possible to eat good things which are good for us; no one eats garbage or poison on purpose.

The very first thing a student should learn is all the rules of etiquette. These rules are not to oppress or humiliate others; they are an essential process to becoming one of the family. Most do not understand this. Students today want it fast and easy. They don't want to be told what to do or that they are wrong. They don't want to sweat or work. It is like playing music on a paper drum. Don't just watch the throw. Watch the feet and hands. Watch the spacing. Watch the timing. Catch the feeling of the technique. Catch the spirit of the technique.

What everyone must understand is that as much as the student must continue to develop, the teacher must also continue to develop. I want a student who is hard-working, loyal, and committed, so I can be hard-working, loyal, and committed too. For the student, there is nothing more important than commitment and loyalty. For the teacher, there is nothing more important than commitment and loyalty. Commitment and loyalty destroys self-centeredness and self-importance □ it is not a politic as most people misunderstand. It is a form of practice and a way of life.

What is more, true loyalty always gets tested. It is always hard and difficult. If it is easy, it is not real, like a lemon which is not sour. I am loyal, black or white, right or wrong.



Sensei teaching class at his Hollywood dojo in the late 1970s

The more I teach, the more inadequate I feel I am to teach, I think due to the realization that there is so much to teach, even more to learn. If you only knew how badly I miss my old teachers. We really don't know how happy we are each day, do we? Humans are so stupid. My only goal in life is to see my students happier than myself. I could never mix the happiness of my students with my own. I fear selfishness most of all!

What is love? If you think you know you are greatly self-deluded. No one ever talked about love in martial arts until O'Sensei. This is how much courage he had.

I have done as much as I can for my students. I will die young □ I would never be a burden on others, even if I have to burn in Hell. The hardest thing in life is to be there for others. I see that most people have a big problem with this. It is because we are so self-centered. If you can find one or two real friends in life, consider yourself blessed. If a teacher can find one or two real students in life, he can consider himself blessed. If a student can find one or two real teachers in his life, he is blessed. I always ask myself, am I a curse on or blessing to others. . . .

Editor's Note: We present this article, in rather different form, from Sensei's personal notes dated as of October 28, 2002.



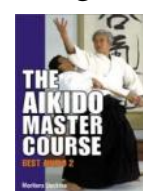
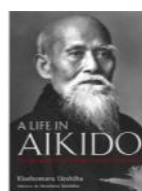
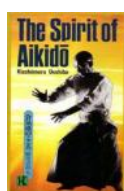
Ito Sensei receiving his Yondan from Sensei

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Recommended Readings:



by Ueshiba Kisshomaru

by Ueshiba Moriteru

Growing Connections

by Shaun Menashe, Aikido 3rd Kyu, Iaido Shodan

2009 has come to an end and it feels obvious to me that this year the dojo has become filled with a new energy. I have grown close to so many of you just by working hard on Saturdays, going abroad, or shoveling mouthfuls of food at dojo events or downtown restaurants. This shift is hard to deny and it seems evident in the growing connections between us all.

I think of all the memorable moments in 2009, the end-of-year cleanup had the greatest impact on me. So many people came by to offer assistance; it felt like such a relief when we all looked around and noticed we had a full-fledged work force on hand to get the dojo ready for the new year. Everyone really came together, bringing their unique strengths and tools to get the job done. Two hours of hosing down the outside with a pressure washer, reorganizing closets, cleaning the tokonoma and shrines, preening the bamboo □ everyone brought something to the table. What's more, everyone's presence was vital; if even one person that had shown up that day had decided instead to stay home, her presence would have surely been missed. The jokes, the encouragement, and the show of commitment really spurred me to try harder and made me so proud to be there. I felt very lucky that I could share in that moment. By the end of the afternoon after we had all been working for hours, even though we all felt tired, so many of us stayed to chat, laugh, and, I feel, just enjoy each others' company. It really felt like our dojo has created a sense of community and family.

It has been obvious to me for some time why this sense of community matters to the dojo, but this year I realized for the first time how much it matters to me personally. If I think back throughout my life thus far, I can only remember having a few friends at a time and never really belonging to a community beyond the circle of my family. The newly established friendships I've forged at ACLA mean a lot to me and foster an even stronger connection to the dojo itself. I am not sure I have ever before felt so close to so many people.

Thank you so much to all of you for reminding me of the importance and joy of carrying for, and being connected to, others. Thank you for making the dojo my second home, and thank you for your friendship. Happy New Year!

New Year's Greeting

by Gary Myers

Iaido Chief Instructor

First, I hope everyone had a great holiday season and I wish everyone a very happy, healthy, and prosperous New Year. For those who make resolutions, I wish you the determination, discipline, and stamina to make them come to fruition. It is natural to think of each new year as a new beginning, a fresh new outfit with no wear and tear, no food stains or wrinkles on it. But that's rarely the case. There is always something that carries over from last year that has to be dealt with, despite the brief holiday from it.



Your Grain of Sand

by Santiago Garcia Almaraz,
Chief Instructor, Aikido Kodokai

When we look back on the past year, we usually focus on the last month or so; few of us remember how we started back in February, March, April. . . .

We must remember that how we live each day of the year makes a difference to the final outcome, each day we spend on the more common, everyday tasks are nonetheless important to supplement our lives. Every day we have to take children to school, go shopping, work, clean the house, make the bed, clear the table . . . and that consistency is essential to raise a family, to live a life. All work, no matter how small, has to matter much if everything is to work well together.

In practice, martial arts and life around our dojo works the same way, since at our core we are a family and how we handle our dojo amounts pretty much to the way we handle our responsibilities at home. Our actions, no matter how small, significantly impact the operation and harmony of the dojo. Therefore, as in our home, any work that we do matters a lot; the help we give cleaning, teaching classes, and greeting new students and visitors all become part of the total year's result. The dojo succeeds not through the work of only one or a few of its members, but from the combined efforts of everyone who trains on the mat. For this reason, every little thing we makes a big difference, even though an action we take may seem a mere trifle.

Ito Sensei and Myers Sensei do a great job teaching at ACLA, partly because they strongly represent the dojo as its Chief Instructors, and this leadership is possible because you, their students, stand beside them and help relieve them of other tasks that are central to the day-to-day functioning of the dojo, which frees them to focus on the bigger picture leaders need to assess.

I encourage everyone to continue to see what needs doing at the dojo and volunteer your time and skills. All of you who bring something to the table, however small, help this family to continue for another year, and give and share your best with others. Best wishes from Salamanca for a Merry Christmas to all, and a very Happy New Year!

So it is with practice. There are always those problems and small flaws that were part of our technique at the end of the year. Sure enough, they are there again at the beginning of the next year. It would be nice if they magically disappeared, but unfortunately they don't. Several years ago, I wrote an article entitled "Tabula Rasa," or clean slate. In that article, I said that it was good to start anew as if we never practiced Iaido: begin with the fundamentals because it is there where our flaws manifest themselves. From the basics of the grip, breathing, posture, all these are the building blocks to good technique. Whenever you begin to go astray, it is always best to go back to the basics.



Pictures courtesy of Ray Murakawa



Osechi Ryori with the Murakawas



Our Neighbors, Our Food

by Maria Murakawa, Aikido 2nd Dan

Osechi Ryori With the Murakawas

I would like to share with you a Japanese custom which I have enjoyed with my family throughout the years, and given the time of year (the beginning of the New Year) and the subject matter (food) I thought it appropriate for this column. New Year's Day is one of the most important holidays in Japan. Since traditionally it is a time of rest and renewal, all stores are closed for the first three days of the New Year, and the traditional wife is to cook several days' worth of food for the family up until New Year's Eve, so she can also rest during the first three days of the New Year. Being a housewife, my mom keeps this tradition alive by making homemade *osechi*, or Japanese New Year's foods.

The celebratory mood starts before midnight as our family prepares to leave the old year for the new. Before the clock strikes midnight we all dive into a bowl of *toshi koshi* soba, ("year-crossing" soba). Designed to be less burdensome on the housewife to prepare than a full meal, this is a simple bowl of noodles (our family eats buckwheat) in a clear broth with egg, seaweed, green onions, and chicken. We all down the noodles before midnight so we won't be left behind in the old year. The noodles are long and thin, symbolizing long life and health.

The next day *osechi ryori* are eaten at breakfast. According to Mom, this food is based off of Japanese *shojin ryori*, traditional Buddhist vegetarian food grown and eaten by priests in the temple. Each dish has a meaning such as joy, health, and fertility, and can be interpreted as an offering to those gods who represent these ideals. Central to the meal is *ozoni* □ pounded sweet rice shaped into flat balls and cooked in a clear broth. When I was

small we were told to eat as many *ozoni* as our age, but growing up we soon believed this was impossible. The round balls symbolize a circle, which represents the importance of family and familial togetherness.

Several dishes form a play on words to capture their festive meaning. A dish of black beans called *kuro mame* sounds like the saying *mame ni ikiru*, which means *to live without waste*, thus promoting health. *Kombu*, a thick cooked seaweed, refers to the word *yorokobu*, or joy. *Tai*, a cooked red fish (called a sea bream in English), is used in the word *medetai*, which we say during Japanese celebrations. Other dishes carry symbolism because of their color or what they represent. *Kazunoko*, or herring roe, is a wish for bearing children in the new year to promote generations to come. *Kurikinton*, mashed sweet potato and chestnuts, represents wealth with its gold color, as does *nishiki tamago*, or rolled egg. *Ta-zukuri*, dried sardines in a sweet soy sauce, symbolizes hard work in the field; sardines were used in rice paddies as fertilizer, and this dish represents luck for a good harvest. *Kamaboko*, a fish paste often used as a garnish, has a celebratory meaning because of its red and white color reminiscent of Japan's rising sun. There are

many other dishes such as *nishime* (cooked Japanese root vegetables) and *koya dofu* (sweet tofu) which get served for their nutritiousness and ability to keep.

Before we proceed to eat we toast with a small cup of sake and say, *Akemashite omededogazaimasu* ("Happy New Year!") and *Honmen mo yoroshiku onegaeshimasu* ("May we be in each other's lives and help each other this new year!").

And so, to all of you who read this newsletter, from me and my family to yours: *Akemashite omededogazaimasu!* *Honmen mo yoroshiku onegaeshimasu!*



Kurikinton



Kuro mame



Unagi



Kazunoko



Sake



Ozoni

Self Help, Helping Others

by David Ito

Aikido Chief Instructor

From where I sit, 2009 seemed like a tremendous success for ACLA, and 2010 thus far looks like things will go even better for us. I want to thank everyone for their hard work and commitment towards making the dojo a special place. My goal for some time has been to make the dojo into a community and this past year was evidence of that. To me, Aikido is less about throwing people down and more about developing your inner self.

This year, I plan to focus our curriculum on ukemi. I used to think that in order for students to develop their skill faster, they simply had to train harder, and all I had to do was iron out the errors in their technique. This is the most obvious method of teaching, but it can become too-short sighted because it places all the emphasis on nage. In Aikido, you only develop as fast as your partner develops, which explains why you must constantly train with people stronger or better than you. As a young man, Sensei used to travel all around Southern California in search of good teachers and strong training partners with whom to train. He used to say that being an uke for someone was a privilege.

My travels in 2009 took me to many different dojos at home and abroad. They were all wonderfully humbling learning experiences. The thing I noticed over and over again at class after class was that once I taught students the ukemi of the technique, they naturally began to train harder. It became a light bulb moment of inspiration for me.

When thinking about ukemi, we don't have to look farther than the kanji for the word *ukemi*. The kanji for ukemi is 受身. The kanji for *uke*

is written as 受, which means *to receive*. It used to be written as one hand reaching up and one hand reaching down to symbolize an imparting of something. The Kanji for *mi* is 身, which means *body*. So the kanji for *ukemi* can mean *to receive with your body*.

Not many schools formally teach the ukemi aspects of techniques. They usually emphasize the execution of the technique rather than on the receiving of the technique, and this is not a bad thing. In most traditional martial arts there lurks this underlying concept that the student needs to steal the more advanced techniques from the teacher. Consequently, ukemi became one of the things that was usually stolen and not formally taught: when you get thrown you need to figure out not only what the teacher did but how you were to receive it and in what context. Even in our school, until very recently, when we wanted someone to learn some part of the ukemi that made them nervous or gave them problems, we just used to beat it out of them; we would just throw them, throw them, and throw them until they did it right. We would push them past their comfort zone in order to help

them work out the ukemi. This was the way I learned, but this method is perhaps not always the best way; among other things, it can lead to injuries and/or ill feelings more times than not. This is not to say that it is not effective, but it is just one tool. Fortunately, in Aikido we inherited a rather well-stocked teaching tool box from Sensei that draws on insights and experience all the way back to the Founder which we can use to help students develop in their training.

Learning ukemi is the first and fastest step to getting good at Aikido. It is faster because we focus on the other person rather than on ourselves. This humbling act runs contrary to our conditioning of today's "me, me, me" thinking. Fundamentally different than acting as nage, we give our attention to doing something to them and doing something for them. We focus both on catching the timing, spacing, and body alignment of our opponent and do so without aggressiveness so common in today's society. In order to change our mind's focus, it can feel easier to go about learning Aikido from a different side. This method becomes more comprehensive and internal. In taking ukemi we learn the Japanese concept of *wa* or harmony 和. Harmony is what D.T. Suzuki referred to as *yawaragi* or *gentleness of spirit*. Everyone typically wants to be nage, demonstrating wonderful throws or immovable pins. However, this way leads to a mirage; it offers only a shallow way to approach your Aikido training. The deeper, more meaningful aspect notices what Aikido training does to you on the inside and how it changes the way you think, feel, and ultimately, act.



Ken Furuya and Mark Ty
demonstrating iriminage

Harmony embodies our external technique while gentleness becomes our inward feeling; our inner gentleness guides our outward technique. We can apply this proposition to our daily lives as well. Harmonious action offers a more spiritually meaningful and deeper experience for nage and uke than just smashing your

opponent to the ground with reckless abandonment □ any animal can do that. By cultivating harmony and gentleness, we build up what Sensei called *spiritual capital*. Selflessness might feel counter-intuitive to what we have been conditioned to think in this modern day; we are taught to not only get our turn, but that we are the only one who matters. Taking ukemi yields no tangible reward other than building this spiritual capital by teaching us live to in harmony with others while maintaining a gentle spirit. A paradox develops: in order to build this spiritual capital for and within ourselves we need the help of another person, a state of affairs which brings to mind a Chinese proverb: *He who helps others, helps himself*.

Thanks in advance for the help you will give each other over these next months. I wish you a healthy and happy New Year!

We Keep Going

by Paul Major, Aikido Shodan

Greetings all, and I hope you're having an excellent New Year!

Despite Winter being a time when things get colder and 'slow down,' I find the season incredibly busy, and because of the gatherings of friends and family that occur through the colder months, Winter becomes the "warmest" time of year for me too.

The winter and new year is also a period of reflection for me. I only get to see my family once a year, generally during Christmas, then there's the New Year and all the contemplation that can follow, with my birthday soon after.

Like many people, I bring to each new year a commitment to change one thing or another about myself. And, like many of us, I am usually only successful to a degree, if at all. I don't view this as a failure or an exercise in futility, though. I think the important aspect of a resolution is to acknowledge that improvements can be made, challenges need to be faced, and just to keep going while allowing, and working towards, those changes can make a world of difference.

When Sensei passed away he had a scroll hung in the tokonoma that, to paraphrase, said: *be strong; stay humble; keep going*. To me this seemed the perfect message to leave his students, and a reflection of the man. But it also feels like an appropriate resolution for our shift into the new year.

The dojo has faced many challenges to its survival, but I think we've obeyed this final lesson from Sensei. We keep going. In the middle of all the busy tasks and work to be done in my life, I find myself proud and grateful to be a part of a community that is committed to carrying on the legacy of a great teacher while further defining itself. And though I don't want to make Ito Sensei uncomfortable, I'd like to add here that I feel very humbled and

grateful that he has become our Chief Instructor. There is no one better suited to the needs of our dojo, and I hope that all of the students, new and old, understand the incredible sacrifice and hardships that our new teacher has placed upon himself to transmit to us the instruction he received from Sensei.

Ito Sensei is an amiable man, and some of us count him as a personal friend, but it is very important to acknowledge him as our teacher as well — the captain of our ship as it were. The etiquette and sensibility towards him, particularly within the dojo, has to be adhered to very strictly. We can all help the dojo in the new year by really refining our behavior and attitudes on the mat towards each other and our teachers. This refinement will also help new students understand the spirit and intention of the training that's being offered right away. New students should sense ACLA's mettle in the air within the first few moments of walking into the dojo — a quality that comes not just from the interior design of the space but our attitude on and off the tatami.

On a similar note, with gratitude for succeeding through a challenging past year and hope for a prosperous new year, I'd like to publically thank our Dojo Manager, Mark Ehrlich, and our "Guy Friday," Shaun Menashe, for the many tasks and projects they've accomplished. This team is a very special, and with the help of the many other good-spirited students of the dojo I feel hope and optimism for the continued success of ACLA.

Finally, my sincere thanks to Myers Sensei and the Iaido students with whom I train. Iaido is new for me, and very challenging, and I feel very thankful for getting the chance to add this new dimension to my training.

Remember: be strong, stay humble, and keep going. Happy New Year everyone!



Reflections

by Mike Van Ruth
Chief Instructor, Aikido Renbukai

I would like to wish everyone a Happy New Year. Like everyone else, I am looking forward to the new year with anticipation for new and exciting things. Our hearts are filled with hope and a newfound energy for what possibly lies ahead.

I know that in many cases it is preferred to forget the past year. But I think it can be beneficial to reflect on the past year's successes and failures and learn from them. If the New Year only symbolizes a fresh start, without reflecting on the past year we might keep the same stale attitudes and tired commitments.

My own experience of teaching at Aikido Renbukai of Arizona has taught me is that it isn't as easy as it seems, even though I don't have my own building to teach in with all the responsibilities that go along with managing a physical plant. (I also don't

have to come up with a newsletter every month!) Sensei made it all look so easy, but only now do I appreciate the hard work and sacrifice that he made. When I think about it, my situation feels rather easy when compared to that of ACLA. I start to look at my own struggles as insignificant.

Students of Sensei need to work hard to develop our Aikido and continue his legacy. We are a living and breathing measure of his success that continues where he left off. His dojo continues due to the dedication and commitment of his students. I rest easy each night knowing that my home away from home is still there for me, and I realize that fact can't be taken for granted.

Whatever your New Year's resolution may be, may we all recommit ourselves to doing our part, no matter how big or small, to support the dojo. It only happens through the efforts of the students dedicated to Sensei's vision. But the weight of that responsibility can't be on the shoulders of a few; it amounts to too great a task. We all have our part to do. This is my wish for the new year and for many more.

Aikido TRAINING SCHEDULE

Sundays

9:00-10:00 AM Children's Class
10:15-11:15 AM Open

Mondays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open

Tuesdays

6:30-7:30 PM Open

Wednesdays

5:15-6:15 PM Fundamentals
6:30-7:30 PM Open
7:45-8:45 PM Weapons

Thursdays

6:30-7:30 PM Bokken

Fridays

6:30-7:30 PM Open

Saturdays

9:30-11:00 AM Open

6:30 AM Instructor's Intensive: last Saturday of the month.*

* This class is not open for visitors to watch.

We are directly affiliated with:

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 Doshu Moriteru Ueshiba.

The Furuya Foundation and the Aikido Center of Los Angeles admit students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. The Furuya Foundation and the Aikido Center of Los Angeles do not discriminate on the basis of race, color, and national or ethnic origin in administration of their educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

SAVE THE DATE:

O'Sensei Memorial Seminar
April 24-25, 2010

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturdays

7:15-8:15 AM Beginning
8:15-9:15 AM Intermediate/Advanced

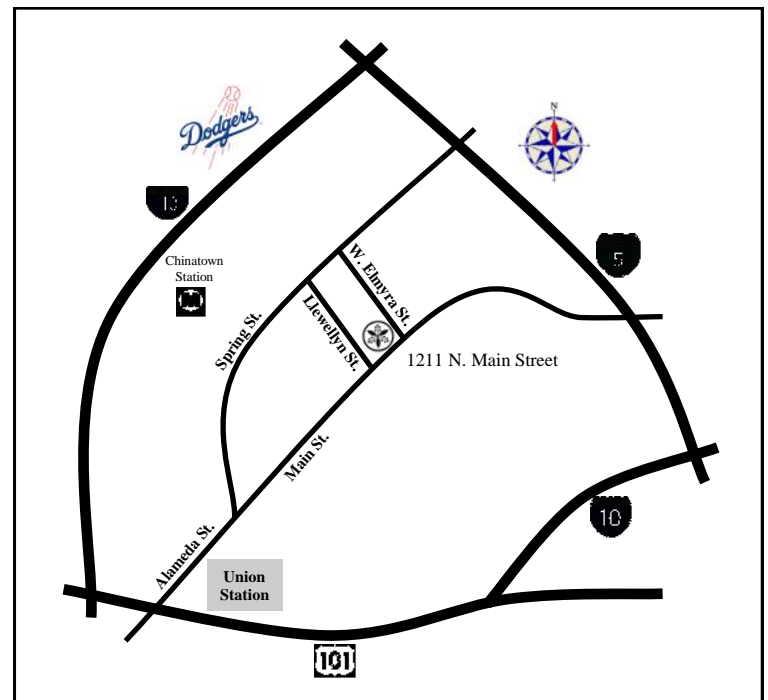
Sundays

7:45-8:45 AM

Thursdays

6:30-7:30 PM (Bokken Practice)
7:30-8:30 PM

No classes on the last weekend of the month.



Finding Our Dojo

We are located at

1211 N. Main Street

Los Angeles, CA 90012

Telephone: (323) 225-1424

E-mail: info@aikidocenterla.com

We are across the street and one block northwest from the Chinatown Metro Station.

The entrance is on Elmyra Street.

No appointment necessary to watch classes or join:

You are welcome to visit us any time during any of our Open or Fundamentals classes. Please come early.