



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 & Swordsmanship Society Kenshinkai
Furuya Foundation

November 2008

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Upcoming Events

November 27 & 28: CLOSED
Thanksgiving

November 29: 6:30 AM Intensive
3rd kyu and up
~ No Iaido Class

December 6: Christmas Party

December 20: Testing

December 25 & 26: CLOSED
Christmas

December 27: Intensive Cancelled

Happy Thanksgiving!!!



Photo by Larry Armstrong

James Doi demonstrating Kokyu-nage with David Ito

In the Dojo

by David Ito
Aikido Chief Instructor

Thanksgiving signals the beginning of the busy holiday season. Thanksgiving began in most countries as a festival celebrating bountiful harvest. Japanese celebrate at the beginning of harvest season and Americans celebrate at the end. In Japan, it is called *Daijosai* or great festival of thanksgiving, which is the first of the *Ninamesai*, or thanksgiving rites. The first crops of a year's grain harvests are offered to deities to show gratitude for their blessings in the Shinto rite of *Ninamesai*. In the past, people thanked God or other deities for the blessings of a successful harvest. Today, we rarely think of harvests or crops and thanksgiving has become a shopping holiday.

What meaning does gratitude represent in our Aikido training? I truly believe that at the heart of every great martial artist lies graciousness and appreciation for others. Aikido, like all martial arts, understands the fine line between life and death. Understanding this line enables us to appreciate each moment. If we extend this appreciation for life further we begin to value our relationships, and thus each other.

As much as we would like to think so, we do not live in a vacuum, which means that we only exist through the efforts of others. Since we cannot sustain ourselves, if we destroy others or the world, in essence we destroy ourselves. Aikido training teaches us to harmonize with and respect others.

Continued on page 2...



In the Dojo continued from page 1...

What meaning does gratitude have in the dojo? Of course, we thank each other and the teacher for class, but we show true thankfulness by our actions. In the dojo, we show our appreciation by taking care of the dojo and training hard. Sensei created this place so that we would have a nice place to train every day, which is something he always dreamed about. Every day we clean the dojo because to the Aikidoist, the dojo represents sacred ground. In many martial arts the level of sophistication of the art is proportionate to the sacredness of the training space. The higher level of sophistication, the more sacred the space. Since we regard the dojo as someplace sacred, this means that we cannot buy it or that money alone will not sustain the dojo -- only hard work will. Every day as we clean the dojo we are in essence cleansing ourselves. Aikido training offers no other incentive; we clean and train hard to give back to the dojo what we get from it. Therefore, since we work hard, we will have a dojo for the future. The dojo then becomes a microcosm for our own lives and eventually the world.

Thank you, everyone, for all you do.

Branch Dojos

Hacienda La Puente Aikikai

Hacienda Heights, California
Chief Instructor: Tom Williams

Aikido Kodokai

Salamanca, Spain
Chief Instructor: Santiago Garcia Almaraz
www.kodokai.com

Veracruz Aikikai

Veracruz, Mexico
Chief Instructors:
Dr. Jose Roberto Magallanes Molina
Dr. Alvaro Rodolfo Hernandez Meza
http://www.veracruz-aikikai.com

JAPANESE LESSON

日本語

Hajimemashite: How do you do?

Pronounced (*Ha-gee-meh-mah-she-the*)

はじめまして

Hajimemashite and doozo yoroshiku are parts of a greeting that you would use the first time that you meet someone. Hajime means the first time and mashite adds politeness. Hajimemashite means "This is the first time" or "How do you do?" Doozo means "please" and yoroshiku means "well" or "good." Doozo yoroshiku translates as "Please be favorable to me" or "Pleased to meet you." So in essence the first time you meet someone you are greeting them and asking them to treat you well.

Usage:

Mr. Smith: Hajimemashite (Bow) (How do you do?)

Mr. Brown: Hajimemashite (Bow) (How do you do?)

Mr. Smith: Watakushi wa Smith desu (I am Mr. Smith)

Mr. Brown: Watakushi wa Brown desu (I am Mr. Brown)

Mr. Smith: Doozo Yoroshiku (Bow) (Please be favorable to me)

Mr. Brown: Doozo Yoroshiku (Bow) (Please be favorable to me)



Doozo Yoroshiku: Please be favorable to me

Pronounced (*Doh-zoh Yoh-roh-she-kew*)

どうぞ よろしく

Doomo Arigatoo Gozaimasu: Thank you

Pronounced (*ah-ree-gah-toh Goh-zah-ee-mas*)

ありがとう ございます

Dooitashimashite: You are welcome

Pronounced (*Doh-ee-tah-she-ma-she-te*)

どういたしまして



Arigatoo is sometimes linked to the Portuguese word obrigado, but this is wrong since the usage can be traced back to the 8th century and well before the Portuguese came to Japan.

Doomo means "very much." *Arigatoo* comes from the combination of aru (to have) and gatai (difficult). *Gozaimasu* is added to increase the politeness. The quick English translation is thank you very much, but more than likely the Japanese usage acknowledges the other person's struggle for you.

Dooitashimashite is commonly thought of as you are welcome, but "please don't mention it" is a better definition.



The Vowel Sounds Are:

Vowel	Example	Vowel	Example
a = as in father	A-i-ha-m-ni - Same side stance	u = as in <u>food</u> or <u>zoo</u>	<u>U</u> -ke-mi - Falling
i = as in <u>eat</u>	<u>Ai-ki</u> -do or <u>I-a-i</u> -do	e = as in <u>end</u>	Su-mi-ma- <u>se</u> -n - Excuse me
		o = as in <u>Ohio</u>	U-shi- <u>ro</u> - Behind

The Consonant Sounds Are:

Consonant	Example	Consonant	Example
k = as in <u>cat</u>	<u>Ko</u> -kyu - Breath	n = as in <u>new</u>	<u>Ni</u> -kkyo - Number two control hold
g = as in <u>gourd</u>	Na- <u>ge</u> - To throw or the thrower	h = as in <u>have</u>	<u>Ha</u> -ka-ma - Divided skirt
s = as in <u>special</u>	<u>Se</u> -n- <u>se</u> -i - Teacher	f = think of "who" with an f sound	Na- <u>fu</u> -da-ka-ke - Name board
sh = as in <u>seashore</u>	<u>Sho</u> -me-n-u-chi - Frontal strike	b = as in <u>Boeing</u>	<u>Bo</u> -k-ken - Wooden practice sword
z = as in <u>zoo</u>	Wa- <u>za</u> - Technique	p = as in <u>party</u>	Se-m- <u>pa</u> -i - Senior
j = as in <u>Japan</u>	<u>Ju</u> - <u>ji</u> Na-ge - Crossed arms throw	m = as in <u>mama</u>	Yo-ko- <u>me</u> -n-u-chi - Side blow to head
t = as in <u>tick</u>	<u>Te</u> -n-kan - Turning	ya = as in <u>yahoo</u>	<u>Gya</u> -ku-ha-m-ni - Reverse side stance
ts = sounds <u>sue</u>	<u>Tsu</u> -ki - Strike to abdomen	r = think more like the r in <u>very</u>	<u>Ro</u> -kkyo- Number six control hold
ch = as in <u>chicken</u>	<u>Chu</u> -dan - Middle position	w = as in <u>wander</u>	<u>Wa</u> -za - Technique



Hacienda La Puente Aikikai

Tom Williams, Aikido 4th dan
Chief Instructor

Monday and Thursday Nights
6:30-8:00 PM

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Hello From New York

by Jacob Sisk, Aikido 1st dan

About six months ago my wife and I moved to New York City for work. It was very difficult to leave Los Angeles, where we had lived for many years. It was also very difficult to leave the dojo. But time moves on and there were many very compelling reasons to move across the country, so we came. In many ways, New York City is very nice! We came in the Spring and Central Park was full of fireflies. In the winter there were impressive thunder storms. There have been all sorts of surprises for us here, almost all of them very good.

Also here in New York is Mark Ty, who has been a welcome friendly face in a sea of strangers. We live at opposite ends of the city but see quite a bit of each other. We have even found a way to practice! There is a yoga studio in the basement of my apartment building, and in that studio are a few mats in a closet. We tried to practice there a few times, but the mats kept slipping everywhere until Mark had the brilliant idea to put carpet stabilizers under the mat. Now we have a tiny, portable mat on which to practice, and we do so once or twice a week. Of course, it is not the same as bowing onto the dojo mat at 6:15 PM on a cool LA evening, but it refreshes my memory, both of my practice itself as well as all of Sensei's lessons that lie behind it.



Jacob Sisk and Mark Ty practicing in New York

As I face the future, it is very reassuring to know that the dojo is still in Los Angeles, and that every evening classes go on and the normal everyday life of the dojo continues. I am thankful for my friendships and teachers at the dojo, and I always look forward to coming home to Los Angeles now. I feel like I have a solid foundation behind me now, wherever I may go. My deep thanks go out to Ito Sensei and everyone else who has worked so hard to help the dojo flourish, and I look forward to many homecomings over the coming years.

A Life In Aikido

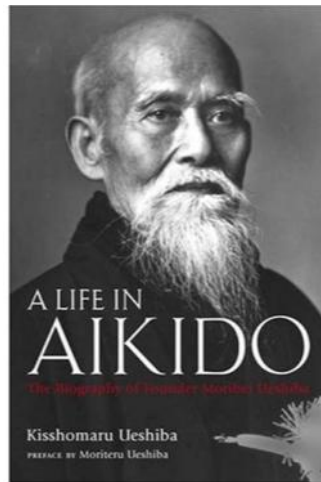
by Kisshomaru Ueshiba

Forward by Moriteru Ueshiba

Translated by Kei Izawa and Mary Fuller

In this engaging and compelling biography, the Founder's son Kisshomaru Ueshiba (the second Aikido Doshu) details the life of this remarkable man, from his early years as a youth in the turbulent Meiji era to his death in 1969. Incorporating many first-hand accounts and anecdotes as well as historical documents, the author weaves a fascinating narrative of the Founder's life, and with great fondness tells of his own memories of the man who would come to be known as O'Sensei – the great master.

Ueshiba reveals much about the character and temperament of his father, painting a picture of a man of formidable commitment and spirituality, in both his practice of Aikido and his message of peace. Indeed, his dedication to his art was so strong that through his techniques he was able to attain *kami-waza* – an ability that transcends the human and reaches the divine. This book will appeal to any reader with an interest in the life of Morihei Ueshiba and a desire to discover the real person behind the legend.



Coming December 2008



Lisa Tomoleoni Sensei

On passing the NCCAOM exam and
Becoming nationally licensed and
board certified to practice
acupuncture and oriental medicine

“On this world there exists no such impossible tasks, they fear only those with perseverance.”

Moral: No task in this world is impossible so long as there are willing hearts.

Chinese Proverb



Thanksgiving

by Reverend Kensho Furuya

I hope everyone will enjoy a wonderful Thanksgiving Holiday today. Please give thanks for all your blessings, it is so easy to take everything for granted especially when we have so much.

In his later years, each day, O'Sensei would climb the stairs to the rooftop of the new Hombu Dojo at that time and give thanks to the sun and to the heavens and Nature with a deep bow and a prayer. At what level of spiritual awareness one must be to feel deeply thankful for the sunlight each day - it is something that we take for granted and don't even think about.

As another reader mentioned the other day, gratitude is a very important element in spiritual training. This is very true and a great part of the training of a monk in the temple. In our dojo, we bow as we enter and leave the mats. We bow to O'Sensei's photo, we bow to the teacher, and we bow to our partners. . . . it seems like we have to bow to everything. Why do you think this is so? Some people may think that it is a blind adherence to custom or a old remnant of a past feudal age or maybe some may think it is a kind of politic or symbol of power. Although many may understand this to be so and practice it as such, it is not really correct practice of bowing. In Aikido, bowing as a

form of showing one's gratitude is a part of the spiritual training we must perform within our training.

The show of gratitude is not limited to an old Japanese custom but pervades all religious training in many countries, in many disciplines and religions and during many different ages. It is a very common and widely recognized form of this kind of discipline that we follow.

When we bow - although a simple act - we should try to feel gratitude and respect inside ourselves. Because it is a part of our training, please don't make it an empty, meaningless act.

Thanksgiving is a very special day for me. When my mother was alive, it was one of the most important days of the year for my family. Nowadays, with my family long gone, it is no longer the same. Please enjoy Thanksgiving today as much as you can - as times change, this Thanksgiving today will never come back again and only become a distant, vague memory like for myself. . . . Please treasure today, like all days - make today very special.

Editor's note: This article was a posting from Sensei's Yahoo group on November 25, 2004.



Sensei demonstrating defense against gun



Sensei with Jackie Chan
Circa 1970s



James Doi demonstrating Tenchi-nage
with David Ito



Larry Armstrong demonstrating
Kokyu-nage with Shaun Menashe



Sensei at Hombu Dojo in 1969



Iaido and Bokken

by Gary Myers

Iaido Chief Instructor

Autumn represents a time of transition and rededication. We leave behind the more carefree days of summer, vacations, and the pull of the outdoors. School is foremost on most people's minds whether they attend directly or not. Fall is a time of learning and introspection. Learning takes precedence over yearning. So it is in the dojo, as well. Time to rededicate and focus on our practice; time to learn new things, or unlearn unnecessary things that have attached themselves to our technique.

New techniques

We have been slowly adding new traditions and techniques to the curriculums of Iaido and *bokken* classes. These are traditions that Sensei always had intended to introduce to the classes but for various reasons never got the opportunity to teach. We now have the opportunity to learn them and all that are interested should take advantage of it. It is always fun and intriguing to learn new things.

One of the things that we will continue to pursue in the upcoming months is to try to find qualified teachers from Japan to come here and teach at the dojo. Unfortunately this task is harder than it sounds. Sensei was working on it for years before he passed away. It is certainly easy enough to find a teacher, pay his way over here and have him teach our classes and perhaps give a seminar. The difficulty is not in finding teachers; the difficulty lies in finding the right teachers with whom we would create a long-term relationship. Therein lies the difficulty. So we have to apply Sensei's standards that he learned through experience, when we form a relationship with any teacher or organization in Japan. Over the years, we have had a number of teachers who wanted to affiliate themselves with the dojo, some of whom made the special trips to the dojo and demonstrated before Sensei and the students. Politely Sensei would resist their offers of affiliation.

Muso Shinden Ryu History

I thought it would be helpful to write about the history and evolution of Muso Shinden Ryu. Of course, to begin a discussion of the history we have to go back to the origins of sword techniques and the warfare of the times. Early sword techniques were developed as a result of battlefield conditions in full suits of armor. Typically fighting was done from horseback, which is why *tachi*, long swords worn edge down, were developed. Once a warrior was pushed or thrown off his mount he was susceptible to attack. As battlefield fighting changed so did the sword. The Mongol invasions changed the way Japan approached warfare since the invaders used large numbers of ground troops.

With more fighting being done on the ground the swords became shorter and were pushed through a sash with the edge worn up. This change allowed a more direct attack as it was drawn from the *saya*. The majority of sword techniques were created with the swords already drawn. One of the earliest forms of Iaijutsu was developed by Iizasa Choisai Ienao in the mid-1400s. Legend has it that Choisai received divine inspiration for these forms through praying at the Kashima and the Katori Shinto shrines. These forms were passed down through their tradition but were not formalized until the Edo period. According to its records Katori Shinto Ryu influenced a number of famous swordsmen, including Kamiizumi Nobutsuna and Tsukahara Bokuden.



Muso Shinden Ryu traces its lineage to back to Hayashizaki Jinzuke Shigenobu (1543-1621). Shigenobu is credited as the founder of Iaido even though Choisai predated him by 100 years. In addition there are two existent schools, the Kashima Ryu and the Takenouchi Ryu, which also predate Shigenobu. Perhaps it was timing that made Shigenobu's influence so prevalent to the point that he is considered the founder of *iai* techniques.

As with many well-known swordsmen, Shigenobu's birthplace has been claimed by multiple areas in Japan. It is most likely he was born in the Tohoku area of Honshu. Legend says that Shigenobu's father Asano Kazuma Shigeharu was killed in a duel by Sagakawa Ichinusai. When he was 19 Shigenobu avenged his father's death by defeating Sakagawa in Kyoto. It is said that Shigenobu got divine inspiration while praying at the Hayashizaki Shrine. He then took the shrine's name as a part of his own. He described his techniques as *batto jutsu* which would infer that the techniques were rapid drawing and cutting movements. It is said that his techniques were more defensively oriented and emphasized a spiritual nature. He formally called them Junpaku Den.

Little else is known about his early years. Shigenobu travelled to Musashi Province in 1595 and lived there under the patronage of the Ichinomiya clan for 18 years. It was there he formalized previously conceived forms of Iaijutsu. He named his school Shinmei Muso Ryu. Shigenobu never taught large classes but travelled the countryside teaching his forms to one or two students in each area. His teaching influenced a large number of martial arts schools (over 200) that were being developed during that period of time. No one is certain of the nature of Shigenobu's death but it is thought that he died of sudden illness around 1621, although there is also a story that he went on a sword pilgrimage in 1618 and then disappeared never to be heard from again. The heir to his teaching is acknowledged to be Tamiya Shigemasa.

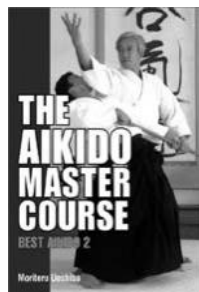
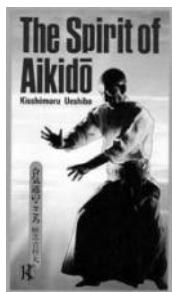
To be continued in the next newsletter.



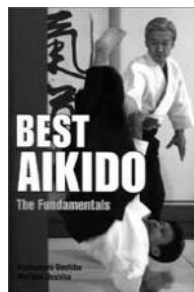
Recommended Readings:



by Ueshiba Kisshomaru



by Ueshiba Moriteru



Aikido Center of Los Angeles:

We are a not-for-profit, traditional Aikido Dojo dedicated to preserving the honored values and traditions of the arts of Aikido and Iaido. With your continued understanding and support, we hope that you also will dedicate yourself to your training and to enjoying all the benefits that Aikido and Iaido can offer.

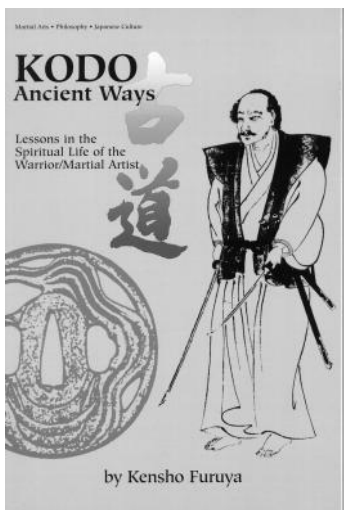
The Aiki Dojo Newsletter
Publisher: David Ito
Editor-in-Chief: Mark Ehrlich

“Nothing is more honorable than a grateful heart”
~Seneca, Roman philosopher mid-1st century AD

◇ Publications By Reverend Kensho Furuya ◇

Kodo: Ancient Ways: Lessons In The Spiritual Life of the Warrior

By Reverend Kensho Furuya



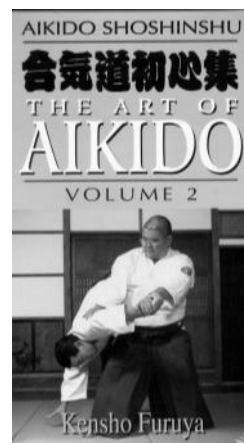
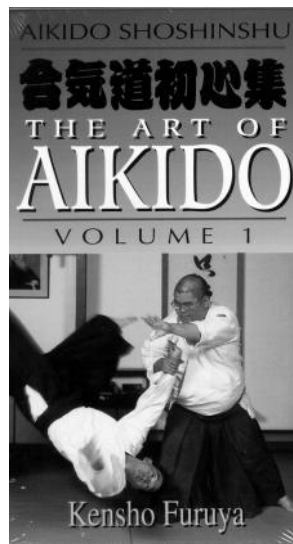
Highly recommended for all students of the Dojo.

The Art of AIKIDO

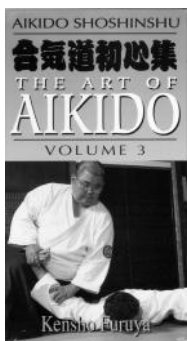
Instructional Video Series s Now Available in a new DVD format.

“Top Rated” Karate Illustrated
“Impressive Scope” Aikido Today
“Exhaustive” Aikido Journal
“Best in the English language on the market today.” Budovideos.com.

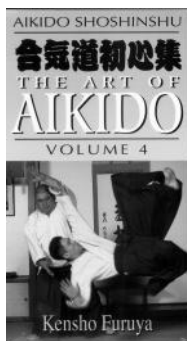
This video series is considered the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



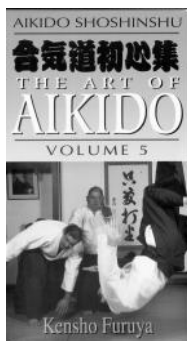
Basic Techniques
Throwing & Joint Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



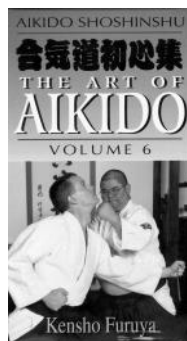
Ukemi-Breakfalling Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



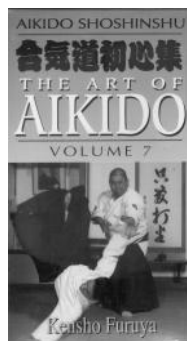
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



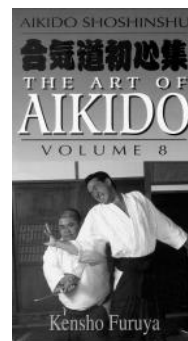
Suwari-waza. Gokyo.
Hanmi-handachi.
Kokyudosa.
Katatori: Shoulder.
Multiple attackers.



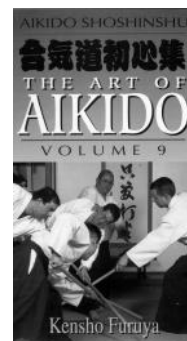
Tsuki:
Strikes & Punches
Yokomenuchi:
Strikes to the side of the head & neck.



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



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



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



Aikido TRAINING SCHEDULE

Iaido TRAINING SCHEDULE TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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 Advanced (3rd Kyu & up) *

7:45-8:45 PM Fundamentals

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 (Black Belts)

7:45-8:45 PM Open

Fridays

5:15-6:15 PM Fundamentals

6:30-7:30 PM Open

Saturdays

9:30-10:30 AM Open

10:40-11:40 AM Open

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

* These classes are not open for visitors to watch

Saturdays:

7:15-8:15AM Beginning

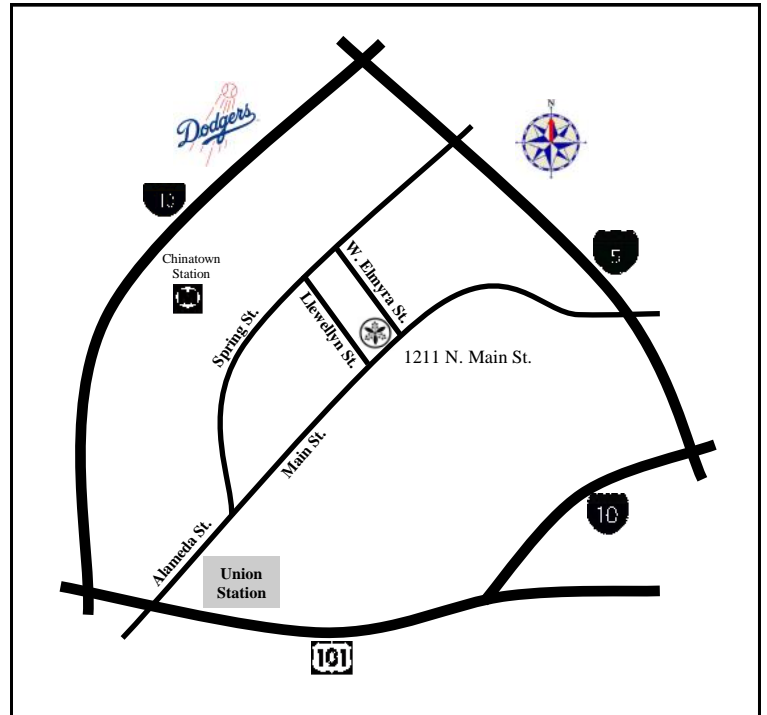
8:15-9:15am Intermediate-Advanced

Sundays: 7:45-8:45 AM

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

No Classes on the last weekend of the month.

Private Classes Available.



No Appointment Necessary To Join:

You are welcome to visit us anytime during our Open or Beginning Classes. Please come early to sign up.

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. It does not discriminate on the basis of race, color, or national or ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.



Finding Our Dojo:

We are located at

1211 N. Main Street

Los Angeles, CA 90012

Tel: (323) 225-1424

Email: info@Aikidocenterla.com

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

The Entrance is on Elmyra Street.