



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

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In Memoriam

Teru Ikeda recently passed away at the age of 93. Sensei called her his "adopted mother."



Yonemochi Sensei, Mark Ty and Teru Ikeda in 2006

Mark Ty Visits Hombu Dojo and Ibaraki Dojo



Mark Ty at Ibaraki Dojo

My Japan Visit

by Mark Ty, Aikido 3rd Dan

I recently was fortunate enough to find a very prestigious job (especially in this economy), but it doesn't start until late October. I had just finished graduate school and had over a month of free time, so I thought I'd take the opportunity to stop by LA to see the dojo and to go to Japan again.

I was really happy to see everyone at ACLA. I am very pleased to see the dojo doing so well. We have many new students, and Ito Sensei has done a phenomenal job instilling the proper spirit in the dojo.

As for my vacation in Japan, I had only about a week this time around and did not do as much sightseeing as I would have liked.

Continued on page 3...

In the Dojo

by David Ito
Aikido Chief Instructor

Shoshitsu Sen, the great tea master said, "When you enter the way of tea, no matter how you think you may disgrace yourself, it will not be taken as disgrace or shame. Make mistakes, be rebuked, stand corrected and learn." This wisdom has many applications, and certainly in Aikido you have to put in the work in order to develop yourself and improve your technique. Nobody wakes up one day and finds they can suddenly do *Shomenuchi Ikkyo* correctly. No matter what your skill level, you have to dedicate yourself to your training and work hard. Or do you?

Some individuals at first seem naturally talented while others seem unskilled by comparison. Interestingly, the unskilled or uncoordinated beginners usually emerge as the best students, a pattern which probably gave rise to the old martial arts saying, "Feel sorry for the natural."

The natural never has to learn the techniques fully and often jumps from stage to stage without any struggle. Yet, contrary to popular belief, the struggle itself helps us. Our struggle with Aikido can lead us to overcome our ego and to learn the infinite details of the techniques. Often, Sensei would identify someone as a natural and overnight they would seemingly pick up the technique, but before long something would happen to their practice.

Continued on page 6...



Letters

Hello David,

I am sorry for sending this late response.

Thank you for the cherries. It was so delicious and we enjoyed them very much! Also, thank you for sending the dojo newspaper. I am always looking forward to reading and I have been also thinking to send you the Omiya Dojo newspaper to you. It is good to exchange information on what activities we are both having in each dojo.

I think you are planning to come to Wakayama in October. I am also planning to go to Tanabe city, Wakayama from the 11th to the 13th.

It will be great if we could meet there.

Kind regards,

Isamu Ichizuka
Chief instructor
Omiya Dojo
Saitama, Japan

Ito Sensei,

Thanks for the hello e-mail. Things are going well here in Colorado. We just finished up our testing last weekend. It was a good test, with students displaying their hard work throughout the year. Back to training.

Other than that just same old things. Getting cold, and snow probably on the way. Also, school started for my son who is 6 years old so an interesting time in my household. How are things with you, and your dojo?

Andrew Blevins
Chief Instructor
Kiryu Aikido Dojo

Q&A

We welcome all questions and comments. Please send us a letter or an e-mail and our team will do our best to come up with an answer. We reserve the right to edit questions and letters for clarity and length. info@aikidocenterla.com

JAPANESE LESSON

日本語

Sumimasen: Excuse me
Pronounced (*Sue-me-mah-sen*)

Gomennasai: I am sorry
Pronounced (*Goh-men-nah-sigh*)

The island nation of Japan has a population of 127 million people and compares in size to California. The population density of Japan, however, eclipses California's; Japan has 845 people/sq. mi. to California's 217 people/sq. mi. This means that Japanese people are used to crowds and having very little personal space. Their lack of personal space, though, does not mean that the Japanese do not appreciate personal space. An understanding exists among Japanese people which allows them to infringe upon each other and not take it personally. They use the expressions *Sumimasen* and *Gomennasai* to apologize when they have inconvenienced someone or must intrude upon them.

The expression *Sumimasen* and *Gomennasai* are equivalent to "pardon me" or "excuse me" in English. Both are used when you have made a mistake or have inconvenienced someone. *Sumimasen* can also be used to express gratitude apologetically in the same way you might say "thank you."

Sumimasen is more polite than *Gomennasai*. *Gomennasai* usage tends to be more informal and is used with people that you have a close relationship.

Examples:

Your friend is waiting for you. You would say, "*Gomennasai*."

Your boss is waiting for you. You would say, "*Sumimasen*."

You want to get the attention of the waiter. You would say, "*Sumimasen*."

You bump into someone on the mat. You would say, "*Sumimasen*."

You bump into your best friend on the mat. You would say, "*Gomennasai*."

When you pass in front of someone. You would say, "*Sumimasen*."





Mark Ty continued from page 1...

This trip was all about Aikido training. I attended a couple of classes at Hombu Dojo and Doshu's special seminar at the Ibaraki Dojo. I always enjoy the spirited practice at Hombu Dojo and appreciate very much Doshu's instruction. I also enjoyed the opportunity to meet and train with people from all over Japan at the seminar.

Unfortunately, I have not had the opportunity to get in as much training as I would have liked this past year, having been extremely busy with school. (I recently graduated with an advanced law degree from New York University.) I am thus a little embarrassed to say that I'm presently not in very good shape and

my technique has become a little rusty. I only hope that I gave the people I trained with a good practice and apologize if I did not. It was certainly nice just to concentrate on practice again.

I also attended the Ishioka Matsuri and a class at the Ibaraki Dojo. Helping pull one of the floats was definitely a unique and fun experience. I would also like to thank Nagashima Sensei for his generosity and warm hospitality in Ishioka. I also want to thank Inagaki Sensei for a great class and his patience in teaching me *jo*.

Hopefully, my next stay in Japan will be longer. I look forward to the opportunity to train at Hombu Dojo again and see more of Japan.

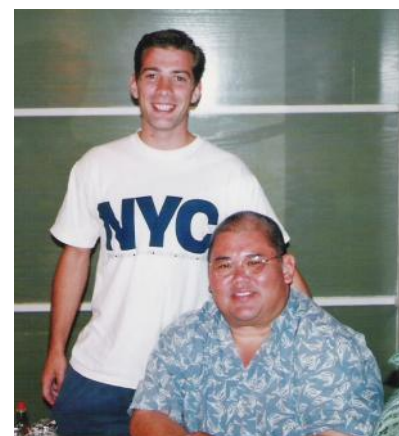
**CONGRATULATIONS
Dr. Roberto Magallanes and
Dr. Alvaro Hernandez Meza
and Veracruz Aikikai**

**On their 13th Year Anniversary
ヴェラクルズ 合気会**



**CONGRATULATIONS
Santiago Almaraz and
Aikido Kodokai**

**On their 10th Year Anniversary
合気道 古道会**





Remembering

by William D'Angelo, Aikido 2nd Dan

I remember it was perhaps eight or nine years ago. Something was troubling my mind. Nothing I could identify in particular, other than I felt deeply unsettled. I tried to discuss it with Sensei, but without much success.

After about a week or two, I began to ask Sensei questions about Zen. Sensei didn't answer, and then dismissed me. I persisted. He finally said – if you really are interested, read *Shobogenzo Zuimonki* by Dogen.

Being up here in Palo Alto, separated from the dojo, my teachers, and friends, I am reminded again of the following words of Zen Master Dogen:

“In the same way, the study of the Way must have a cause. Although each individual inherently possesses the way, the gaining of it depends on all monks studying together...the practice of the Way depends upon the strength of the many. Therefore, unifying your minds and concentrating your determination, study under a teacher and seek the Way. Jewels become objects of beauty by polishing; man becomes a true man by training. What jewel is lustrous from the beginning; what person is superior from the outset? You must always keep polishing and al-

ways keep training. Do not deprecate yourselves and relax in your study of the way.

An old Master has said: ‘Do not spend your time wastefully.’ I ask you: is time something that will stop if you value it? Or is it something that cannot be stopped no matter how you value it? This you must understand: it is not time that passes in vain, but people that pass their time in vain. Neither time nor people should be wasted; devote yourselves to the study of the Way.”

Reading these words, I am reminded of Reverend Furuya’s many admonitions and exhortations. Of all, perhaps, the simplest, whether it is was Aikido or Zen, was “train.”

In Silicon Valley, everyone works very hard and long hours. Paradoxically, it is very easy to do – since everybody does. But I try to remind myself as much as possible to train as often as I can. To train.

I look forward to seeing and joining you all soon for practice.

(Editor’s note: William is one of the dojo’s attorneys who recently relocated to Palo Alto for work and was a student of Sensei’s for 15 years.)

A Life In Aikido

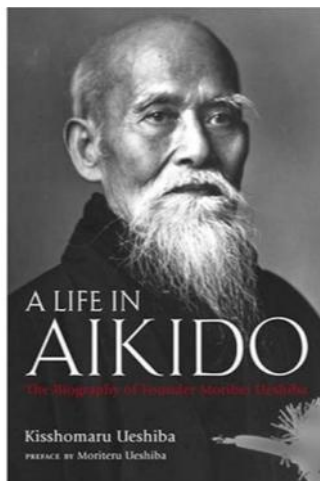
by Kisshomaru Ueshiba

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



Sensei with Ichizuka Sensei and his wife
October 1997



Sensei with Frank McGouirk Sensei
October 2005



End-of-Summer Party



Michael Van Ruth's Farewell Lunch at The Smoke House



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QUESTIONS & Answers

Question:

I have noticed that posture has been critically important to executing many of the techniques that I have been working on lately. How important is posture, ultimately, and are there techniques we practice where posture can/should be sacrificed? Should the back be ramrod straight at all times?

-P.M.

Answer:

Posture effects mass
Flexibility effects speed
Mass x speed = force
(with which the opponent can be thrown)

When the body is bent over (as when one attempts *Tenchi-nage*) the hips stop because the center of gravity is in the chest, so in effect one only uses the upper part of the body to throw. Because only 1/2 the body is used, mass is decreased by 1/2.



In addition, with throws like *Tenchi-nage*, when the shoulders are hunched forward, the forward action of the hips is inhibited. The forward action of the hips is inhibited because in this position the hips cannot move. Speed decreases, and power or force directly decreases in relation with speed and mass.

It is most important to set the correct position or angle of the hips at the moment before the execution of the throw to obtain maximum power. It is the basic position of the hips or body which upsets the opponents balance. This is accomplished by one's ability to move and timing, not muscular strength. Muscular strength is based on contraction-therefore its power is only momentary.

- Reverend Kensho Furuya

(Editor's note: This is a journal entry from Sensei's private writings dated January 27, 1976.)

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

Vera Cruz, Mexico
Chief Instructors:
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza
http://www.veracruz-aikikai.com

In the Dojo continued from page 1...

That something bubbles up from the ego. Those naturals would get from A to Z and know a vast number of techniques, but what their practice had in variety it lacked in substance. Somewhere along the way they would lose the essence while retaining the form. The naturals tended to think of themselves as something great because they happened to look good doing Aikido or had attained the rank of black belt. Similar to fast food, in Aikido looks can easily deceive, especially if we let our ego get the best of our practice: this thing may look like a burger, but it tastes like a shoe. Naturals too often forget that Aikido training is a privilege and that most students only earn their black belt long after the day they receive it.

The other day I spoke with a friend who teaches Kung Fu, and he had some sage words: "Students should train everyday with the heart of a black belt." These words to my ear sound profoundly correct; whether you took your Shodan test yesterday or you began practice yesterday, to get any lasting benefit from Aikido you must dedicate your heart and soul to your training.

I think our dojo has always worried less about rank and more about training, and rightly so, simply because training happens daily and testing amounts to just one day designed as a tool for you to gauge your progress. Sensei used to say that the great thing about Aikido is that it is completely egalitarian because no matter who you are or what your ability, anyone can learn Aikido if they dedicate themselves and work hard. I believe such dedication and discipline allow us to flower fully as martial artists and human beings.

Enjoy your practice!

Upcoming Events

October 25th 6:30 AM – Intensive – *No Iaido Class*

October 26th Children's Class – Halloween Party!

November 15th Testing

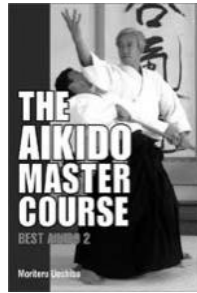
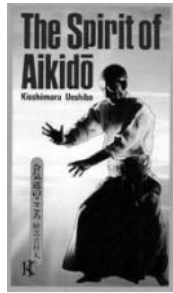
November 27 & 28 CLOSED Thanksgiving



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

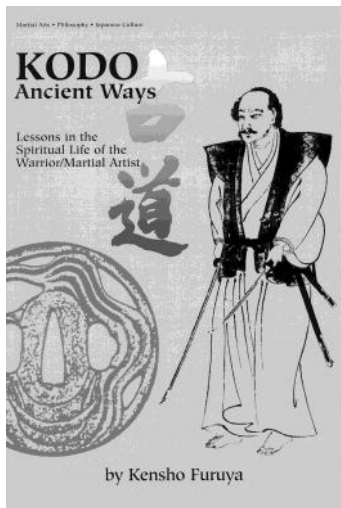
Publisher: David Ito
Editor-in-Chief: Mark Ehrlich
Photographer: Larry Armstrong

Train beyond your ability
Perform beyond your expectation
Reach beyond your imagination
- Bill Spizuoco

◇ 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.

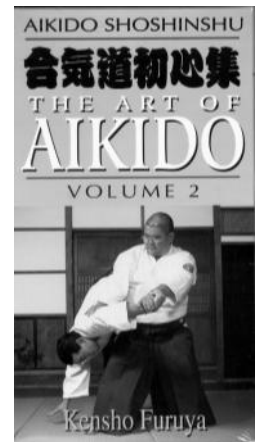
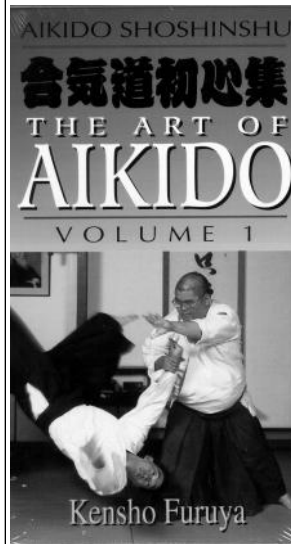
"Top Rated" Karate Illustrated

"Impressive Scope" Aikido Today

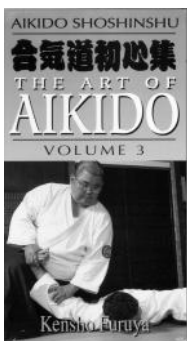
"Exhaustive" Aikido Journal

"Best in the English language on the market today," Budovideos.com.

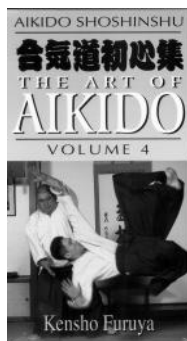
This video series is considered the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



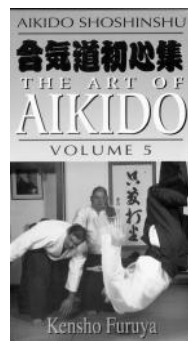
Basic Techniques
Throwing & Joint Techniques,
Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



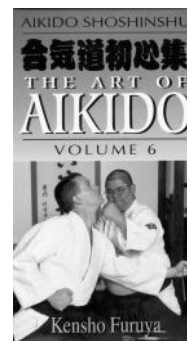
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



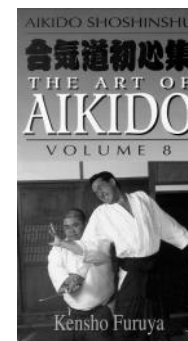
Suwari-waza. Gokyo.
Hanmi-handachi.
Kokyudosa.
Katatori: Shoulder.
Multiple attackers.



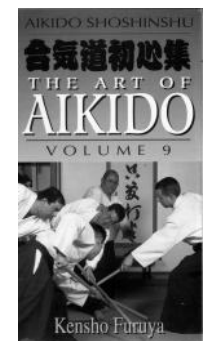
Tsuki:
Strikes & Punches
Yokomenuchi:
Strikes to the side of the head & neck.



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

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

10:30-11:30 AM Advanced (3rd Kyu & up) *

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

* These classes are not open for visitors to watch

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturdays:

7:15-8:15AM Beginning

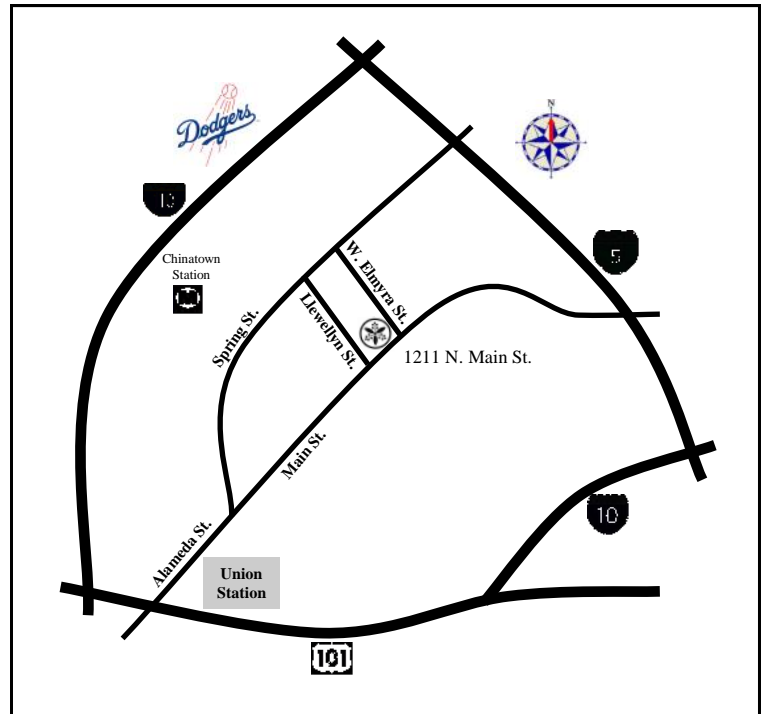
8:15-9:15am Intermediate-Advanced

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.