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The Aikido Center of Los Angeles LLC

道の為、世の為、人の為 合気道

The Aiki Dojo

Direct Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
International Aikido Kodokai, Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
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New Year's Greetings: Hideo Yonemochi Shihan Aikikai Hombu Dojo



I would like to wish Furuya Sensei and all the members of the dojo a very, very Happy New Year.

I hope that everyone will greet a healthy 2006.

The Aikido Cen-

ter of Los Angeles and Furuya Sensei, with over 30 years of efforts have established the Los Angeles Area and have allowed one great flower to blossom here but the process was not an easy one but the result of facing one hardship after another. It was the effort of students helping the teacher in a single combined effort. I hope that under Furuya Sensei's instruction, we care for this blossoming flower and truly realize its fruits.

Now, Aikido has spread throughout the world. Through the Founder of Aikido, Ueshiba Morihei O'Sensei's teachings, I pray that we will realize Peace in the world for everyone through Aikido.

As my New Year's Greetings, I wish for good health and prosperity for Furuya Sensei and all his students.

Hideo Yonemochi, Aikido Hombu Dojo, 8th Dan Shihan

Beautiful red & white plum blossoms and the nightingale's song welcome New Year



Happy New Year 2006 & Season's Greetings To All Our Friends!

**Happy New Year: Our
Dojo Enters A New Age.**
Rev. Kensho Furuya,
Chief Instructor



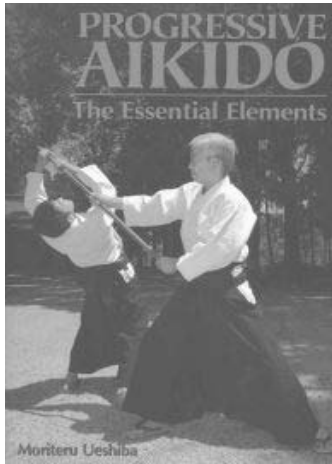
This last year, it was about nine, agonizing months of waiting and deliberation to finally settling our new lease. Somehow, I feel like oddly, in these last nine months, that our

Dojo was re-born again and we have been given "New Life." We must hold "new life" as a priceless treasure and so I feel that it is time to take this opportunity to really develop ourselves and continue our work and practice here.

Nothing has made me happier than to see the fine progress which all my students have made over the last several years. As my Zen master said, "We are only stepping stones for the next generation." I truly believe this in my heart and hope to continue to be "giant" stepping stone to the great hopes and futures of all my students.

I hope that we can continue to work together in harmony and always set a fine example of Aikido here in our little Dojo. Please continue your fine efforts and please continue to support the Dojo in this New Year 2006.

New: Progressive Aikido



By Doshu Moriteru Ueshiba Sensei
Premiering January 2, 2006
Very Highly Recommended!

Happy New Year! Masatake Fujita Sensei 8th Dan, Aikikai Hombu



*Happy New Year,
Everyone!*

*Our 21st century is
the age of great
progress.*

*Mankind's history is
filled with warfare. Aikido is to create a
world without fighting, this is the principle
of Aikido and the philosophy of O'Sensei,
the Founder of Aikido.*

*I believe that those who practice Aikido are
the most advanced of all people. In this
regard, I hope everyone will continue to
make progress. Many best wishes in the
New Year.*

Happy New Year!

*Happy New Year! May your Aikido
be better with your daily 'smile' and
'thanks'.*

Teru Ikeda, Aikikai Hombu Dojo Int'l. Dept.

Many Thanks!

Many thanks for the wonderful Christmas
Party on December 1, We had a great crowd
and I think everyone had a great time with
all of the wonderful food and presents.
Many thanks for the your thoughtful
Christmas present this year.

Rev. Kensho Furuya



Kissho or "Happiness"

A New Year & New Year Responsibilities

Gary Myers, Iaido 5th Dan



Happy New Year to
Sensei, Ken, Mark,
and the Kenshinkai
and Aikido sections
of ACLA. I want to
thank Sensei for his
instruction, patience
and his sacrifices over
the past year in help
ing us to be- to come better students. Every
year there seems to be new events to plan
for, besides the usual practice and demo
schedules. I'm sure 2006 won't be any dif-
ferent.

I know that Sensei has some goals that he
would like to accomplish in 2006, so it's
incumbent on us to shoulder more responsi-
bilities in helping to make the dojo the best
that it is. This is particularly true of the
younger black belts who have the energies to



devote to the dojo. The older we get the
more difficult it is to marshall our energies,
so that is why I am asking the younger black
belts to help even more and assume more
responsibilities in the future. By now you
all know how special the dojo is. Although
Sensei has spent considerable resources over
the years to provide us the best practice
environment, it is our responsibility as stu-
dents to maintain it. These responsibilities
should be goals we set for ourselves for the
dojo in 2006.

New Students

We need to make a concerted effort in 2006
to bring new students into the dojo. Each of
us should try to bring in at least two new stu-
dents during the year. Perhaps you know
someone from work or have a friend of a
friend who is interested in martial arts.
Invite them to observe a class.

Participate in a Fix Up Project

All things that are not maintained will dete-
riorate. There are a number of fix up projects
in the dojo that need our attention. Now that
the lease has been finalized and we know we
are going to be here for a while, it's time to
revitalize the outside of the dojo. Things
such as: sanding and painting the outside
wall and gate, repair of the middle gate and
the fence to the right of the front door and a
new set of wooden front steps. Over the
course of the year let's get these fixed.

Last but not least : Eliminate that constant
mistakes in practice. If there has been a spe-
cific problem in your technique that Sensei
has repeated corrected you on, correct it this
year. I's most likely the problem that is keep-
ing you from advancing. Get rid of it finally
and advance in your training.

I'm looking forward to another new year at
the dojo. Have a happy, healthy and prosper-
ous 2006.

Happy New Year! Tekko Juku Dojo: 1st New Year Celebration

Yasumasa Itoh Sensei, 6th Dan
Boston, Massachusetts



I would like wish everyone a very Happy Year Year.

As for our Tekko Juku Dojo, this is our first New Year's celebration. In this New Year, I hope that we will no longer have our temporary dojo,

but we will find a good piece of land and establish a "real" Aikido dojo in which we can flourish. My dream is to establish roots for a long time and continue our dojo.

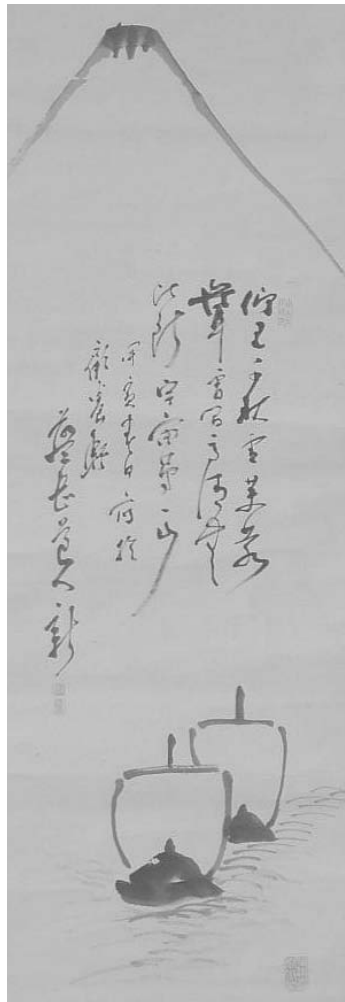
I believe that Aikido is so wonderful. And in the midst of so many people practicing Aikido, its explanation varies between instructors.

I believe that I am very fortunate to have studied under the late Mitsunari Kanai Sensei for over 27 years. Speaking from my personal experience, although he did not teach me detailed points of daily life, I learned the necessity of thinking about the efforts I am making and getting the habit of noticing various points,

Nowadays, I wish for the development of Aikido but not so much by increasing the numbers of people as to raising outstanding leaders in Aikido. As for my own case, I think in terms of guiding people than in teaching them. That is to say, the main factor is that within the knowledge of teaching, the pride of the instructor often is exposed. Always, I think it is important to think in terms of "guiding" the students. I think that everyone who practices Aikido knows that Aikido is never a competition of power against power. To get around this, Aikido is initiated from the superior position of a movement which "leads" (the opponent) such as Irimi, Tenkan and Tenshin.

In addition, because it is Aikido, it is not to go on about "ki," Even if you can attract the opponent's ki, guiding his ki is difficult. If you can accomplish this, you can become the head of our own new religion.

In regards to ki, this is the theme of my



topic of study of my whole life. Originally, first of all - one point is that man has "tanden" (vital center) as his center - as the basis of this subject, I think it is necessary to well understand the physical aspect of man. Especially in one's instruction, one must grasp the situation with full knowledge of this, calculating the relationship between one's opponent, I believe that the true development of real Aikido comes from not falling into the world of arrogance and one's ego.

Many best wishes for the New Year!
Tekko Juku Aikido Dojo
Yasumasa Itoh, Chief Instructor.

Note: I apologize my translation is so rough and I take responsibility for any mistakes or misinterpretations. We will welcome Itoh Sensei, along with Izawa Sensei from Colorado, in April, to help us commemorate O'Sensei's Memorial Day along with our beloved teacher, Kanai Sensei. I myself look forward to meeting Itoh Sensei after so many years apart.

Wishing You A Bountiful Year!

Master Sifu Adam Hsu

Traditional Kung Fu Assc. Taipei, Taiwan



Hello and Happy New Year! It's 2006, the Year of the Dog in China. This year I will reach the age of 65 - the year of retirement for ordinary people. So let me make the announcement right here: In 2006, I will be semi-retired. Congratulations to myself!

Ten years ago I got my early retirement from the Stanford Law Library and moved back to Taiwan. Guess what? I'm busier than ever! This taught me a lesson: Don't say the word "retirement," whether early, late or right on time. As to why I'm now working so hard, there are several things to report.

Wushu Research & Practice

First of all, my own research and practice of traditional wushu, accumulating from many many, years of experience including the last ten in Taiwan has both deepened and risen to a higher level—a high platform, if you will.

I'm not claiming it's reached "the peak." But I can't simply pause or even stop, which would mean "retire." My research must continue and therefore I must continue to work.

Publishing My Books

Secondly, after I returned to Taiwan, several things happened. I began a cooperation with Echo Publishing Company which puts out Echo Magazine. Echo has also produced many children's books. Their purpose is to start educating children from a very early age, a need universally recognized. They've come out with a variety of things: a series of books, encyclopedias, videotapes and also a weekly newspaper in which I have a regular column, teaching children to do wushu.



Our collaboration became more ambitious when we reached a major agreement to publish a series of my wushu books. Almost ten years have passed and I must report with some embarrassment that not one book has yet been published—not even written. This is uncomfortable for my dear friends at Echo - they still trust my sincerity but they must be having doubts about my ability!

The reason for this strange state of affairs relates to what I mentioned Continued:

Master Hsu Continued:



earlier – my wushu research isn't done yet. Finally, I've somehow come to the understanding that for traditional wushu there's no such thing as "all done, complete, the project has concluded." It now seems to me that no one person, small group or institute can produce a complete, comprehensive work on this enormous subject.

Rather my mission is to get started, as a lone pioneer, to cultivate people's interest in wushu. And then get the younger generation and generations to come to participate. So after ten years, we are once more negotiating to do our very first book. A book starts from writing and writing starts from an idea. I have the idea here and will write soon – this is my New Year's resolution. And the third step – will they publish it? So just you wait, it's coming!

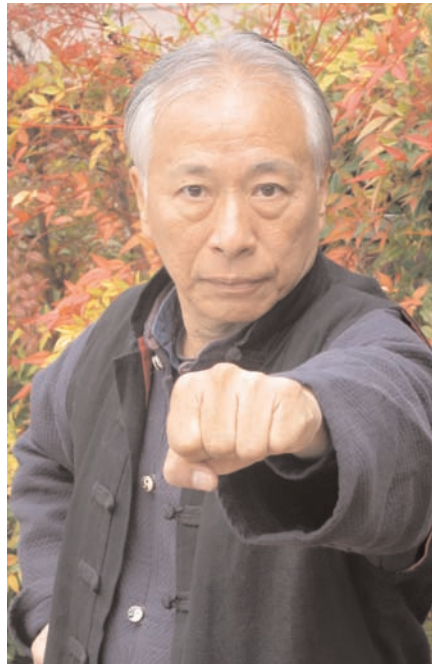
Cloud Gate Dance Theater & Wushu Youth Program Development

The third reason I'm so busy stems from my involvement with an excellent Taiwan dance group called Cloud Gate Dance Theater. In the beginning, I taught the dancers. No, I don't dance! They wanted my services for a different reason.

Cloud Gate has participated in international festivals, performed in first-rate theaters world-wide and visited the U.S. many times. There are many fine dance groups throughout the world, for the most part masters in ballet and modern dance. To get special recognition in this field, a troupe must project its own personality and character. The talented Cloud Gate dancers are thoroughly trained in ballet, modern dance, and Chinese folk dance. They want their specialty to be Chinese dance.

What they wanted from me was to train their dancers to do traditional wushu. They didn't

want to create assassins or win ribbons in tournaments but, much much more importantly, they wanted the Chinese people's own character and spirit to permeate the movement in their dance. We are not talking here about simply adding punches, jump kicks, snappy martial poses or creating new



forms to be performed like dance, but instead about the essence and flavor that is the Chinese body and movement. The wushu that they absorbed became material to choreograph original dance.

I agreed to help because in my mind wushu in the 21st century is no longer only a martial art. Traditional wushu must branch out into different directions. One is still a martial art for self-defense. Another very important direction is to improve and maintain health. I think for today, this is the highest value of wushu. To turn a killing art into one that benefits the physical and mental health of people is something truly unique in human cultural history. A third important direction is the performing arts.

In China, wushu is used in many dramatic arts, not only Peking Opera, which heavily uses its gestures and body training, but also in Chinese folk dance and performance activities. Now the Cloud Gate Dance Theater is using wushu for a newer and different generation. How they do it is their task; I merely provide the healthy, useful material. You'll have an opportunity to see the results of this training when they tour the U.S. this year – and California will be one of their stops.

In addition to their performance group, they also have dance studios, twenty in number, spread all over Taiwan island. As of the end of 2005, their student population numbers over 10,000. Their purpose isn't to train professional dancers but to teach children, starting from age four, to gain awareness of their bodies, learn some movements, and build up the basics of dance. Their aim is to plant the beauty of dance and culture deeply into the bodies and psyches of the children, consciousness and skills that hopefully would grow with them and provide life-long benefits.

Cloud Gate has recruited talented dancers from Taiwan, Hong Kong, and mainland China for their professional performing group. Not one has been developed in their dance studios yet. So their purpose is truly educational and cultural. I really admire them for this.

Three years ago, at 8pm on December 15, I had dinner with the leader of Cloud Gate, Mr. Lin Hwai-Min, who recently was elected to be one of Time Magazine's "Asia Heroes." Mr. Lin brought up the idea to incorporate wushu classes in the dance studios. Then all of a sudden my life was incredibly busy and the entire studio was turned upside down. I'm very happy to report that as of September 2005 we have twenty classes ongoing from Taipei to Taichung, the middle part of this island. We haven't yet extended out to the other ? of Taiwan.

Initially, I had to establish the direction and basic ideas for the children's wushu classes and then set up the program. I worked step-by-step building the curriculum and training coaches. Some were recruited from my own classes, some from other schools and styles, young Taiwan martial artists. They needed training to become familiar with the purpose and new idea of this wushu studio. They also needed to absorb the materials and learn to teach little children. Since their martial arts backgrounds were different, unification under the new curriculum was necessary. Of course I myself had to face the little kiddies, teach their classes to get first-hand experience and then discuss this with coaches. The coaches training never stops – we're still conducting classes, four sessions per week.

During the period before September, my life was hell. I've never been so busy. I was teaching more than one hundred hours a month for three solid months. Continued:

The Mindset of a Warrior: Then and Now, Train as a Warrior Trains

Jake Gularian, Iaido 1st Dan.



“See first with your mind, then with your eyes and finally with your body.” Master Swordsman Yagyu Munenori

The warrior was always in training and to some extent, at some level of consciousness, training was always on his mind. Past warriors were distinctly different from the rest of society, where the typical man today may fill his spare time pursuing entertainment and pleasure, the warrior entertains himself cultivating his spirit, that was his pleasure, in fact his very survival depended on it.

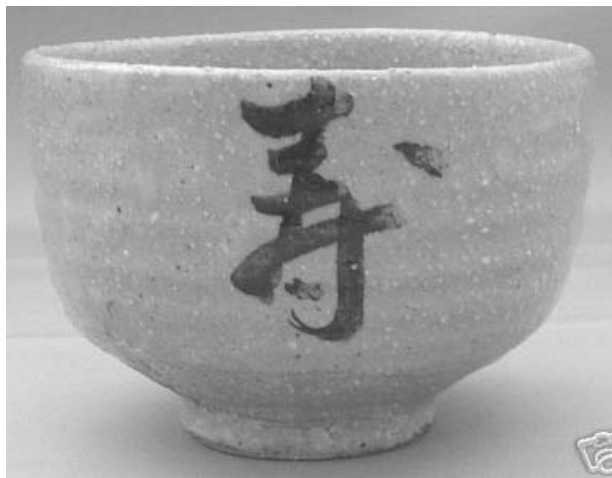
Death was the warriors' profession and their constant partner. A good example was Japan's Samurai. When the Samurai faced his enemy he expected one of two possible outcomes. Victory or death! Given these odds that involved killing, we must believe they took their training very seriously then, as we should now.

“In swordsmanship you must train and achieve the real purpose without the real outcome. -Sensei Furuya

“You must be deadly serious in training. When I say that, I do not mean that you should be reasonably diligent or moderately earnest, I mean that your opponent must always be present in your mind, whether you sit or stand or walk or raise your arms.”
-Gichin Funakoshi's first rule

Sensei Funakoshi was karate's greatest modern master. He was the man who raised the art from its roots in Okinawa to public attention in Japan and the world. The source of his greatness and fame was not his physical ability; it was because of his devotion to training principles, ethics and lifestyle that embodied the martial way.

He never lost his commitment to training even during the last years of his life. Today's mindset of most martial art practitioners, as we all experience from time to time, “I train on Tuesdays and Thursdays and other nights I play cards, meet friends for coffee” or “I



hate kata”, “it's boring and doesn't have any basis in reality...”

“Your class was okay, I'm practicing with somebody else in San Diego, and he has 8th Dan”.

When I started training with Sensei Furuya two years ago, one of my friends was making fun saying, “are you out of your mind you drive all the way to downtown to practice sword, we live in the 21st century, which person fights with a sword?” My response, “If I tell you there is a mountain with huge nuggets of gold, would you drive four hours to chisel the gold and bring it home?” Immediately he replied “I'll drive every day.” I said to him “I found that mountain of gold in downtown but I only go there 3 times a week.”

I believe most western martial artists don't consider themselves warriors. Many act like warriors while in the dojo however; once they step out the door they return to “reality” their work as engineers, students, salesman, etc. Past warriors didn't take their training as hobby to be done a couple of evenings a week nor did they see it as a game or competition. It was a way of life to them, very disciplined commitment, a constant struggle to improve and a discipline aimed at the pursuit of perfection.

Today's warriors must train, as did the warriors of the past, as if their lives depend on it. Gang members or street fighters will not refrain from punching you in the face or chest. Robbers will not grab you and threaten you half-heartedly and then wait for you to counter attack. Training should not stop as soon as you step outside the doors of the dojo, I believe daily training is essential we cannot waste time, more training will get

you closer to perfection, every day must be constant struggle to improve.

I am grateful to have a sensei, a traditional instructor like Sensei Furuya that is willing to take the time and effort to share his expertise. He is not selling a service but is giving us part of his life. Although I may not understand his philosophies at the time I accept them and look forward to learning. The reasoning is I lack training and experience. Qualified instructors devote many years to mastering their craft before they can even think about teaching others. One of Sensei Furuya's messages: rely not in your senses they may fool you, rather put your heart into it! Without “heart,” the sense of “caring” and “love,” we cannot work at our fullest capacity nor can we reach our fullest potential. Jake Gularian

Happy New Year!

Bill Allen, 1st Dan



At the end of each year, Sensei generally asks students to submit articles for the newsletter. I think it is important for students to do this, partly because we all have personal insights on

training that are of value to others. Another, perhaps more relevant, motivation is that writing such an article is, itself, a kind of training.

This year, at Sensei's urging, I have been thinking about the question, “What is the most important thing I have learned from Aikido?”. I have been thinking about it a lot, and have looked back over the past several years since I first started practicing Aikido to review what I have learned. I suppose I was hoping to find some great revelation or subtle truth, but I can't recall anything so dramatic.

So, here is the most important thing that I have learned from Aikido practice: If you practice sincerely several days a week, and pay attention to the instructor, then little by little you will improve in the art and you will enjoy Aikido very much. Happy New Year to everyone! Bill Allen

Annual Membership Dues:

Annual Membership Dues to the Dojo are due from January 2006. The annual fee is \$50.00. Many thanks for your support.

Making A Real Attack: Anatoli Savchenko, 1st Dan



I do not really like articles writing. In fact I do not understand the reason why articles about martial arts should be written. That is of course because I am not that experienced in martial arts after all. By the way this is a good reason why reader should not take my humble opinion seriously.

In annual letter I am to point at the biggest obstacle in Aikido learning as I see it. Here it is. Most of us do not need Aikido. Most of us do not believe that Aikido actually works. Most of us take it just as a weird ballet or evening club to sweat or burn fat. Sometimes I do. When we study we do not commit. Let us face it.

For instance we do not strike. We do not grab. We do not attack. No one ever had a single nose bleeding. No one ever had bruise around eyes.

This is the reason why we do not pay enough attention. Why would one listen to Sensei when the only thing that depends on what he says is the possibility to obtain black fancy pants in future? I do not say "let us kill each other at once". But we should attack more seriously to finally learn how not to fight.

This question always appears in martial arts learning. How can we do faster and slower, harder and softer, fight and not fight? It seems hard to imagine and impossible to explain. The reason in my opinion is - the language is too poor tool to describe life or nature in all their aspects. We not only have not enough words but we are frequently slaves of our own deterministic thinking. "I can only do harder or softer, but never simultaneously. Explain me." - one says.

Nature teaches us every minute not to think this way. The best example to me is the story of particle-wave dualism. Long ago there was a huge discussion in physicists community. What is the light? Wave or particle? In the beginning of twentieth century physicists found that surprisingly anything behaves as wave and as the particle. Light, matter, even you or your beer bottle. Everything is and wave and particle and this way it is neither wave nor particle. It was impossible to imag-

ine. It was not explained. It was just accepted.

Life is much broader then our words. Frequently we can just accept what Sensei says, trust it and do so. He made long way, we are in the very beginning of this road. I do not think I can walk far asking for explanation of every single tiny thing.

So please when he asks to attack, just attack. I know Aikido actually works. Help me learn it.

That is why I want to thank for help specifically Dave, Tom, Mark and Bradd. Thank you for all your help during practicing. I do appreciate this.

Benefits Of Practice: Paul Major, 1st Kyu



Skim past the martial arts section in any yellow pages and you'll find slogans and 'bullet' lists of the benefits of studying in a particular art at a particular school. "Gain confidence!"

"Lose weight!" "Fun!" Could Aikido be advertised the same way? . Somehow I don't see our dojo in the yellow pages with a big box that says, "Train!", "Train!", and "Train!"

Such thoughts plague me occasionally. When it's difficult enough for me to define what Aikido is for myself, how could I communicate to others why studying Aikido is such a good idea?

I am still just starting out in my practice of Aikido, but I've discovered that it has made a profound impact on my day-to-day life in ways I didn't initially realize.

At first everything hurt and I was constantly discouraging myself after class. "What exactly am I getting out of this," I wondered in my inner monologue. Still, I noticed even within the first month that the mere routine of training at the dojo and cleaning up, which I think is part of the training too, had induced a more stable mindset.

Having the dojo to go to has become an almost daily vacation from the hustle and bustle of Los Angeles. As an actor it's very easy to be discouraged with the crazy

O'Sensei Memorial Service & Seminar In April:

Please mark your calendars for April for O'Sensei's Memorial Service & Seminar. We will also remember the late Kanai Sensei as well. Our special guest instructors are Itoh Yasumasa Sensei, 6th Dan, and Kei Izawa Sensei, 5th Dan.

mindgames and attitudes displayed by the people you're exposed to, and easy to be stressed about living in a congested city anyway. But as soon as I turn the corner to walk down the alley the cellphone goes off and I start clearing debris from the front of the dojo (and my mind).

The interior, for those that do not study here, is a complete world away from the big city. Almost everything is an antique or for myriad reasons treated with respect. Bowing in and out from the door, on and off the mat, and to our partners is part of a constant process during training to keep the ideals of practice and respect alive.

Not only is the environment of the dojo essential and enjoyable, but so is the very act of training. There is, simply, no time for me to think about what I'm doing later in the day or that week when I'm in the middle of ukemi or focusing on a technique. So many times during a single class are opportunities to just "be in the moment."

Extending this to life outside the dojo, I've realized that in addition to an increase in my overall energy level and cardiovascular fitness, I am no longer as stressed about living in this city or dealing with its eccentric population. I attribute this directly to the centering effect of training and the dojo. As someone who meditates daily I've found it easier to extend my sitting practice through keeping in mind the dignified, focused, and calm atmosphere of the dojo.

Also, I more often avoid places that are 'high drama' like bars and other locations where alcohol is involved. I think this is directly because of a precept of non-conflict that I have found very relatable in my Aikido practice.

So is Aikido good exercise, is it fun, do you gain confidence, etcetera etcetera? Yes, of course, but so much more. Taking practice seriously seems to result in a real permeation through ones life with the enrichment to be found in Aikido. Happy Holidays to

Awareness Of Others

Mark Ty, Aikikai 3rd Dan,
Iaido, 4th Dan.



I have been with the dojo for a long time now, and over those years, I have learned quite a bit. For example, I've learned to bring a second uniform when we have our monthly Aikido intensive

class. I've learned not to eat a heavy breakfast after that class. And I've learned that Iaido is much harder than it looks. But one of the more important things I have learned is to be more aware of the situation and of other people.

Personally, I prefer practice to be as hard and fast as possible. While that is generally a good thing, sometimes it is better or more appropriate to go slow. For instance, sometimes Sensei will show a technique that I am already familiar with, but he will emphasize a point that I haven't yet grasped. Even though I can probably make the technique work decently, I will go slower than I normally do to make sure that I catch the concept that he's trying to teach that day. Or in the case of Iaido, though I may be able to do a technique much more quickly, that may not be the proper speed and timing of the technique. So, even though I want to go faster and I can go faster, that would not be the correct way to practice.

Having practiced martial arts this long, I think it has changed the way I think, even when I'm away from the dojo. Before, I would just go by what I wanted to do and was less mindful of the effects of my actions on others. Through my training, I've realized that I must always be aware of the entire situation and do what is best for everybody involved.

Tempering Anger

Kevin Hoffer, 1st Kyu



I have recently started to teach as a substitute for Burbank School District. It has been quite a challenge, and I hope in my short time with various students I am not steering them too

far off course, because my job is really just

try and keep them on track until the teacher returns. With various schools and age levels I have noticed there seems to be certain roles to fill among the class. There is the social child, there is the teacher's pet, there is the one who is late, there is the quiet one. Sometimes there are variations but they all seem to be there. Each class has a different feeling, a "vibe" of some sort. All this is a lot to take in each time I go to a new class, and it is interesting to watch as I adjust how I speak, and who I speak to in order to maintain some discipline and focus for each set of children.

The hardest moment so far was in a high school class. I had five different groups of children that day, each one came, did the assignment as best they could and then moved on. The boys of each class were at various levels of manhood, and it was interesting to see how so many of them were very clear who they thought they were already. A few did their best to show respect for me and the class, some actively challenged me, but since I was only with them for a day, I thought it was important just to keep the class moving forward and to get the assignment done for the teacher when he returned. After getting the last class started on the assignment, I sat down at the desk to just watch for a bit, and noticed the boy who sat right in front of me had not taken out paper, nor was he looking to his neighbors to borrow some. He even had his backpack on, as he stared forward, apparently just waiting for class to end. I told him he needed to get started so that he would have it finished by the end of the period. He almost seemed surprised that I saw him there. He made some motions to take off his backpack, and open it, and so I moved on to someone else who needed help. When I came back to the desk, he was just as he was before, backpack on, staring forward. I asked him if he was done or if something was wrong, and he barely shook his head as though checking to see if I noticed the movement at all. And in that moment I got a little angry. He was challenging me, I thought. I asked him if he was kind of a tough guy, with a big smile on my face, and he again subtly shook his head "no." I noticed other students looking at us, and realized I neither had the time, nor the training to properly address what was going on, so I had to let it go. Of all 100 or so students, he would be the only one not completing the assignment, and there was nothing I could do, unless I stood over him for the next twenty minutes and made him do it, thus allowing the rest of the class go un-

pervised and without help. The bell rang and he was probably one of the first kids to get out of the classroom, as all he did was stare at the door the whole time.

Driving home, I felt quite powerless. As though he challenged me and I backed down. I could not figure out why that would bother me, he was a child, and there was no one there for me to impress, right? Then I thought, how infantile I must still be. But after really letting the feeling in, I realized I was quite angry and upset that the boy probably does that day in and day out, and as a result may be heading down a path that will lead him to dangerous and uncivilized things. Education may never be important to him, and there may be nothing anyone can do about it. That I was helpless to change that really bothered me and I felt completely unqualified to teach in that moment. Perhaps I can find out more about what to do with kids like him, perhaps I am wrong about his future. I hope so. But once I realized it was not a competition, but that my sadness had so easily transformed into anger at him, I realized again how much I have to learn.

Days Of Future Past

Vanessa Lee



Over the last decade, aikido has come in and out of my life several times...or maybe it's more appropriate for me to say that I have been drawn to aikido over the course of those

years at different times.

I began my training with Hideki Shiohira Sensei of Pacific Aikido Federation in San Francisco ten years ago because my then roommate, who had been at it for a few months, convinced me to "just check it out."

Little did I know how powerfully and profoundly it would affect me. As the black belts rolled by me, I felt a slight breeze from the swish of their hakama, and saw how silently and gracefully they took the high falls over and over again. How did they do that? I wanted to be able to do that. Wait...could I do that? I was so clunky, loud, and awkward. It was beyond embarrassing. By the time I thought I was starting to get it, when my ukemi was improving (I was even tested and promoted in rank), I moved to Los Angeles.

Aikido Center of Los Angeles

www.aikidocenterla.com

I went around town almost as soon as I arrived, visited a couple dojos, trained some but something was missing. Maybe I had changed somehow? Maybe my expectations were unrealistic? After a six-month flirtation with one dojo in particular, I stopped going all together. It wasn't until just last year that I figured out why I had really stopped going.

I was afraid to commit to a community, afraid to admit that aikido was and is important to me, and most importantly, afraid to face myself on the mat. One day in February 2005, a friend and I were talking about martial arts (he practices kung-fu). I told him how amazing it felt to practice aikido. He asked me point blank what was stopping me from going back to aikido. Oh, I had a laundry list of excuses: no time, no money, out of shape, don't know where to go, I could hurt myself, on and on. The next day he called and said, "I talked with my Sifu, check out Furuya Sensei at Aikido Center of Los Angeles in Little Tokyo. And if you like it, I'll take care of the dues for the first couple months. No more excuses."

What was I going to say to that? Sometimes the world works in your favor, and not so subtly. I remember being a little lost walking down the alleyway looking for Suite #7. But then I saw the wooden fence and the steps leading up to the gate. It was lovely. I walked along the stone steps in the garden, one of which wobbled, made a loud clunk, and almost made me lose my footing. Crap.

And that's when Ken Watanabe came to greet me warmly at the door. He invited me in and I watched one class. I remember thinking that the setting seemed so formal with its antique Japanese furnishings but the class seemed rather relaxed even though everyone was intently training. Ken and I had a nice conversation afterward. I joined the next week.

I am still afraid. I am my own worst enemy. I'm self-conscious. I'm confused. I'm hard on myself. What I've come to realize is that in aikido, you can't hide. On the mat, physically, we are simply facing each other-my partner and myself. There are no distractions--no traffic, no TV, no telephone, no email, no instant messaging. And one day I realized that I was really only facing myself. I know, it sound kind of strange but in the end, if I can blend with uke or nage, I am in harmony with myself and grounded to the earth. If I can commit myself fully to making or accepting the attack, I commit myself to being in the present moment.

It's been almost a year now since ACLA became my home dojo; that's no time at all in the grand scheme of things. And even though my technique is improving and I've made some seemingly profound realizations in my practice, I continue to collide with myself. Some weeks, I still struggle to make it to class even though I love it when I'm there and everyone smiles warmly no matter how long it's been since I last walked through the door.

But that is one of my many struggles along the path. We all connect with aikido, come to ACLA, accept the teachings of Furuya Sensei, and look to the traditions of this art because of our own, very personal reasons.

When I first got promoted in rank, I was surprised because there was no formal testing, just an announcement pinned to the board. I asked one of the black belts, "How did this happen? We don't have tests here?" He responded, "Life is the test, Vanessa." Indeed, life is the test.

Happy New Year Greetings: Tom Williams, 4th Dan, Aikikai, Chief Instructor: Hacienda La Puente Aikikai



We at Hacienda La Puente Aikikai would like to wish everyone the best for the New Year. We also hope that the past year went well. At this time of year, there is a natural tendency to look back in review.

At our Dojo, we enjoyed the anniversary of our 10th year as an organization. We had a very nice joint class with the Aikido Center of Los Angeles in celebration. Around the same time, two of our students, Tim Tucker and Mat Alcudia, were promoted to Shodan. Congratulations to both of them for their hard work and dedication!

Similarly, we look ahead to the New Year with hope of a new beginning, a clean slate where the uncertainty of the future allows indulgence in dreams of what might lie ahead.

What I enjoy about Aikido is the immediacy. There is no advantage to anticipation. Nor can you stay attached to what has gone by. It's already over, let it go. Even as scripted as our practice is, it is always created spontaneously. In surfing, you can never catch

the same wave twice; likewise Aikido. John Mellencamp sings, "Your time is now, your time is now, in this undiscovered moment, with your head up above the clouds..." I like that.

After a recent class, a training buddy expressed some frustration over how hard Aikido is and seemed a bit discouraged about how much there is to learn. I understand completely. But my thought is: wasn't class great? Didn't we train hard? What more do we have to expect than that?

So, while I wish everyone a Happy, Prosperous New Year and good training, I'll share the fulfillment of these thoughts with you on the mat, one moment at a time.

Happy New Year! City Life Experience James Takata, 2nd Dan Aikikai



11-29: Hello Sensei, I hope you are well. Thank you for inviting me to the Dojo Christmas Party. Unfortunately, I will not be able to attend due to work. I am still working on the TV show "Ghost Whisperer" (CBS 8-9 Fridays). It's a good job, but very consuming. We've been working 70 hour and usually, shooting late Friday until early Saturday morning. I will have a short break around Christmas, and then we'll finish the season in early April. At that time I'll be able to return to regular practice. Until then I'll do my best to attend Sunday practices.

I also wanted to let you know about an incident that happened to me a few weeks ago: I was coming home late from work a few weeks ago when I was attacked by some gang members. I parked on the street and was walking up to my apartment building when a truck stopped right in front of my building. I could see three shaved heads in the back seat, so there were probably 5 of them. A latino guy jumped out and started running at me and yelling "Hey! Come here! Hey!" I was too far from my door to get inside safely, so I faced him as he ran towards me. As he got closer, he pulled out a big knife. I turned and ran down the other stairs - away from the truck and another guy who had gotten out. The others in the truck were yelling "Get that fool! Get him!" So, I was running down the street with a shoulder bag on and in bare feet

Continued:

**Annual Christmas Party
December 1.**



Kay Sera, Abby, Jake LaBotz, Victor Torres, Bill Allen, Larry Armstrong, Jake Gularian.



Jacob Sisk, Jeffrey Wheeler, Gary Myers, Sami Myers, Dennis Long, Nicholas Tanita & Arthur Dowling.



Our famous official Dojo photographer finally revealed, - Larry Armstrong, long time, senior member of the dojo. Please notice uncanny resemblance with another famous figure (pictured above) frequently attending our annual Christmas Parties.



Carol Tanita, Larry Manoukian & Bill D'Angelo.

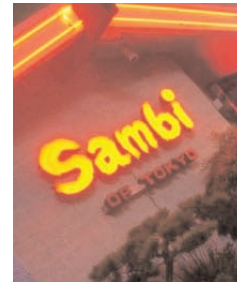
Everyone had a great time at the party with plenty of good food, presents, the incredible talents of Jake and all the good people of the Dojo. Many thanks for everyone's attendance. A special thanks to Carol Tanita once again for organizing the event and wrapping all of the presents. Many thanks to Vanessa for allowing us to print out her impressions of the party from her website. Sensei had a last minute tummy ache and couldn't make it but wishes to thank everyone for very thoughtful and generous Christmas present. Nowadays, everyone has their own digital cameras so we actually have photos



Jeffrey Wheeler, Jake Gularian & Dennis Long from our Iaido Department.

of our own photographer. the times do change. The very Best of the Holiday Season and a very Merry Christmas to all!

**Vanessa Lee:
Our Christmas Party**



Last night, ACLA held its annual Christmas party & dinner at Sambi on Firestone Blvd in Downey.

Unfortunately, Sensei was feeling under the weather that night and couldn't make it. That was a bummer. David did a nice job as MC and stand-in host but Sensei was definitely missed by all.

Sambi's food was good (I particularly liked the tempura shrimp, inari, and that cake with coconut frosting) but the company was better. James brought his photo postcard printer. Talk about instant gratification. I love it. I walked away with a couple of postcards of the night. Technology is great.

BTW, Sambi is a huge restaurant. We were seated in the banquet room but the main dining area is enormous. It has a sunken area in the middle, booths around the outside, and some strapping young man named Bob, playing the piano.



"Sing us a song, you're the piano man..."

Ah, but I didn't spend much time there. There was a party going on:



Back: Jake, Victor, Bill, & Larry; Front: Kay & Abby. (Look for Abby in "The Unit", a CBS dramatic series from David Mamet coming out early next year. Yay, Abby!)

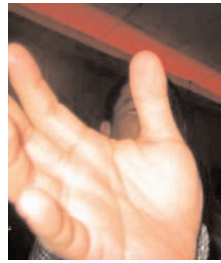
Note: Kindly reprinted from Vanessa Lee's website. Thank you.



Jacob Sisk trying to pick a fight with me. He's the big brother I've always...wait I already have a big brother, never mind.

Bottom Left: Bill Allen showing off his picture-taking prowess to Arthur.

Right Hand of David:



David demonstrating shomenuchi.



Jake playing awesome original tunes after dinner.

But that's not all, folks! As if the good food, great music, and wonderful company wasn't enough, a stripper came by...just kidding. We did get presents though. And I love pre-

sents, almost as much as food. My dragon



chokin plate, handmade ceramic bowl, magnetic ACLA 2006 calendar, and holiday pen.

We exchanged gifts. I brought a candy-filled Far Side mug and took home a dragon. Cool. Dennis handmade a bunch of ceramic bowls and cups. We each got to take one home. I say again, cool. And now, I will not only know what day it is every day next year (actually, from now until the end of 2006), but will be able to sign all my checks as well. Hmm, come to think of it, this is probably a subtle way to encourage us to pay our dues on time...

Needless to say, I was sorry to see the even-

Ken Watanabe attended X'mas party although still recovering from a back injury. Get well soon and hurry back to Aikido!



ing come to an end as with all the ACLA events. My table-mates (a big shout out to "that's-an-onion" Jamie, "sinister" Paul, "motivated" Kevin, "nice-to-meet-you" Giselle, "chicken-chucker" Kay, "made-in-Japan" Machiko, and "switch-seats-with-me" Bill) were hilarious, as was everyone else, actually; but nothing brings people closer together than when one almost spits food on the other because s/he made you laugh so hard.

Y'know, it's funny how we don't really get to talk much in class. I suppose we're focused on tossing each other around, I mean, learning aikido. Well, if you're ever in the vicinity of LA's Little Tokyo, come visit the dojo during any of the daily Open Beginning Adult classes. Guests are always welcome. Click the link above for exact address and class schedule. Onegaishimasu.
Vanessa Lee

Appreciation: Many Thanks To Bill Dubay

12-06: Sensei, Please accept this donation (\$100.00) as a token of appreciation for your years of hard work and devotion to helping others in a selfless and dedicated way. your work has gone a long way towards keeping the old traditions alive in a number of people who otherwise would have no means of glimpsing into the spirit of the times long past. So many people have been touched by both your teachings and your words in a way that will forever drive them towards kindness and a desire in themselves to help others.

I know that my short time in your dojo was a wonderful experience that I will never forget. And, although I never dedicated myself to the art the way I should have, I still recognize all of your devotion and dedication towards making this world better for those whose lives you touch. Thanks again, Bill DuBay, former student.

Note: Many, many thanks!



Gary & Mrs. Sami Myers.



Jake LaBotz & Abby



Victor Torres & lovely friend.

New Dojo Staircase & Fence For 2006

Many thanks to Bill Allen, including Kevin Hoffer, Paul Major, Jacob Sisk and Victor Torres for all the hard work of refinishing the outside fence and gate. It took a lot of time with the sanding and application of many coats of varnish and finishing polish.

Also many thanks to Brett Rushworth for donating his time and talents to building a new staircase to the Dojo. It is really beautiful work. Many, many thanks!

Aiki Jinja:

Every month we try to send an O'sonae or offering (of fruit) for O'Sensei's and 2nd Doshu's peaceful repose in the Aiki Jinja (Aiki Shrine), in Ibaragi, Japan. If you would like to be a part of this contribution occasionally or month to month, please see Sensei. We usually send this as a token of our respect and gratitude for Aikido. Many thanks. You can contribute as much as you like and just a little bit is ok too.

From Turkey:

10-06: Dear Sensei Attached files are pics of our dojo and myself. Our sensei's Photos and interviews on Turkish newspapers. A blind student of us and a shorty who is 1.32 cm. I have named the photos and i will send more when I am finished. Thanks and God bless Mert Uslu



During classes in Turkey.

Congratulations!

Iaido Promotions December 1, 2005.

3rd Dan

Jeffrey Wheeler

2nd Dan

Jake Gularian

1st Dan

David Koga

Larry Manoukian Volunteers For Armenia In Marathon Telethon Thanksgiving Day



On Thanksgiving Day, November 24, Larry volunteered his talents for a television marathon to help the needy in his homeland of Armenia. They collected over 7.4 million

dollars in the one day event which is an amazing show of community support and cohesion. Many, many congratulations to our Larry and the Armenian community.

New Year's Spirit: Volunteering Aid In New Orleans

Dr. Helen Hsu, Oakland, Ca.



12-03: Dear Friends- As many of you are aware, I've just come home from 16 days volunteering in New Orleans, Louisiana (N.O.L.A.). with SAH - MSA (Substance Abuse and Mental Health Admin. of Health & Human Svcs.) I spent almost all my time there, including Thanksgiving Day, with the New Orleans police and their families (and a few firemen and EMT's).

These officers literally saved the lives of seniors and families despite losing their own homes and all their belongings.

I met scores of cops who literally lost all their uniforms, clothes, family photos, to say the least of entire homes. I can tell

you tales of infants and seniors being saved and kept alive for days by the brave men and women I met. Many spent Thanksgiving on the job, desperately missing their families who are now spread into multiple states.

The N.O.P.D. has suffered two Post-Katrina suicides, and many individual officers told me they felt slandered and hurt by how badly the media has misrepresented them.

If you are interested in the current situation there, please let me know and I'd be happy to forward you my online photo album.

I was deeply affected by the sheer scope of the city's devastation, and very moved by the countless Heroes and Heroines I had the privilege to meet.

What angered and worried me most was that despite record amount of \$ donated to Katrina relief, I did not meet a SINGLE person who knew where that money was going, or had benefited from it. As Winter set in, many of the officers did not even have the cash to buy themselves a new uniform jacket (\$65 for light jacket, \$80 raincoat \$250-\$400 for leather police coat).



Helen boarding FEMA helicopter during intensive volunteer work for two weeks in New Orleans recovery.

Working with other local volunteers after the Katrina Storm devastation. With Ellis Marsalis autographing Henry's CD. We are so proud.



If any of you would be interested in "Adopting a cop" I have taken the personal name & family info from many of the officers I met.

I am not an official charity of course, but I simply wanted to send small things directly to officers and their families - NO middlemen!

I would suggest while you are doing your holiday shopping - please throw in a little something for a N.O. police officer in need. Even a simple \$5-10 gift card would be a wonderful gesture to let them know that someone cares and has not forgotten about New Orleans. I have people on my list aged 18 months to 83 years!

I would be glad to give you info and you could mail it directly to an officer, or if you pass it to me I would be happy to send it for you or anonymously with other gifts. (and any friends who are so kind as to always grace me with gifts - this year I truly desire nothing at all save to give back to N.O.P.D.)

Stores with branches in/near New Orleans: Walgreens (for basic supplies/medicine which many have lost) Lowe's (many of them are rebuilding their gutted homes)

ACE Hardware
Home Depot
Target
Starbucks
Borders Books
GAP
Whole Foods
Foot Locker and Lady Foot Locker

Most of All - even if you can't spare any funds; Let us COUNT OUR BLESSINGS, and send a warm thought or prayer to New Orleans! -H 3. Helen Hsu. (Please see Sensei for contact information for Helen in regards to the New Orleans recovery project.. Thank you for your support.)

Letters:

10-04: I got a chance today to look at your newsletter. The pictures were great! You look like quite a happy group! Congratulations on your 30th Anniversary! Julie M.

10-04: Dear Sensei, I hope you do not mind me using this address. I know your time is limited. I hope this message finds you well and in good spirit. I have not been able to go on line for about a week, as we have been moving to a new house and had our internet service disrupted. Thank you so much for giving us all the opportunity to see your newsletter. I think it is fantastic and a great service to everyone who take the time to read it. I wish I had come across your school and your writings earlier in life.

In your newsletter, I read about the International Aikido Kodo-Kai. May I have some more information about this organization?

You may also e-mail me at: fourseasonsonline@alltel.net Regards, Mike Schmidt, Four Seasons Dojo, Granbury, Texas

10-05: Dear Sensei, Please include our little dojo in your Aikido Kodokai. We are committed to the teachings of the Ueshiba family, Doshu, and Aikikai Hombu dojo. I have no interest in politics; I think it only dilutes O'Sensei's message. And, we always try to practice "in a vibrant and joyful manner." Thank you very much for the opportunity. Regards, Mike Schmidt, Four Seasons Dojo

10-05: Greetings Furuya Sensei, I am a very new student of aikido. I want to introduce myself and ask a question, if I may. But first I want to say Thank You, and also to say that this email list has been deeply valuable to me.

I was to begin my aikido training in September of this year. Just prior to that time I was hospitalized with a nearly fatal infection that required several emergency surgeries. Because of that, I was unable to begin my study and practice. I am currently healing and making a full recovery, and I plan on beginning my training in November or December. I do not have a sensei and do not belong to a dojo. Before this list, my exposure to aikido was solely through books and manuals. This email list has been more than a learning experience for me as a not-quite-yet-novice student. Furuya Sensei, due to your heart, humor, wisdom and loving

insistence on excellence in practice and personhood, I feel I have been offered a glimpse of the spirit of aikido beyond only the physical art and discipline. I am grateful for the opportunity to be entering my training after having received such a teaching. Through your teachings here, Furuya Sensei, I am beginning to understand why O Sensei called his aikido a Budo of Love. This list, with all its questions and teachings, has become a welcome and beloved daily meditation for me that I take with me into all areas of my life.

I simply want to express my heartfelt gratitude.

My question is this: how does a novice student go about choosing a sensei and a dojo? It seems a contradiction to me that a novice, by his or very nature, is unsuited to decide which sensei and dojo best serves him or her, and which sensei or dojo he or she will best serve. On the other hand, I am grateful to have a choice at all, considering I understand that many men and women had no choice of sensei's and often had to travel great distances and to sacrifice much just to study aikido at all. Gratitude & Blessings, Michael Mantas, Michigan

10-07: Reverend Furuya, I have just finished looking at your new newsletter. Once again you have left an impression on me by the quality of your work and contribution to your art. Thank you for teaching and leading. I have enjoyed your written work very much.

I have one thing to ask of you. Recently I became the administrator of a website. You may be familiar with it. Fighting Arts.com. I know that you have had some unpleasant experiences on the web. Things can certainly be volatile at times. I have chose to take a rather hard line and don't put up with much foolishness. I do not hesitate to ban members if they fail to behave appropriately. That having been said I am also responsible to moderate the Meditation and Zen forum on that site. I'm a lay Christian Minister and not a practicing Zenist. I have a deep appreciation for it though. I often find myself in over my head in such deep philosophical waters.

I know that you are a terribly busy man so I won't presume to ask for your involvement on the site. If anyone in your circle of acquaintances would be interested in addressing questions please let them know that we could use the help of thoughtful

practitioners. I do not want to do a disservice to our community by offering uninformed opinions. I would like to raise the quality of information on the topic and on site the site. I also commit to zealously guarding the Zen forum so that it can be and remains a place that is safe and respectful for inquiry. Sincerely, Mark A. Cook(oldman) Edan, Chung Do Kwan, Tae Kwon Do

10-07: Hello everyone, For those who have downloaded and viewed the introductory newsletter posted last week, could you please let me know if you have had any problems with viewing the newsletter? It is compressed at Adobe Acrobat 5+ version but I'm curious if anyone is having trouble anyway.

Also if you have any comments about the quality of the newsletter's compression, please let me know. The dojo's newsletters have so many high resolution photos in them that the print-ready PDF is around 200M! We crunch them down to about 1M, but perhaps people would like bigger newsletters with higher quality pictures. Thanks in advance, Michael Vance.

10-07: Zen In Israel: A few weeks ago I asked Kensho Furuya Sensei to be interviewed for our Hebrew Aikido magazine. Being so kind, Furuya Sensei gave such a wonderful reply to each and every question in the interview.

Here is a link to the Hebrew version.
<http://www.tapuz.co.il/blog/viewEntry.asp?EntryId=493060>

If Sensei gives his permission I will post here a link to the English version which is still "off-line". Thank you so much for this interview. Yours, Ze'ev Erlich, ISRAEL.

10-08: From Turkey: Dear Sensei Please feel free to visit my blog site. I need your valuable comments and help on building Friendship and peace... The site is very much new but I will add photos and update it. www.izmiraikido.blogspot.com God Bless, Mert Uslu

10-09: From Missouri: Dear Sensei. I hope that you are doing well. I have been hearing how hot and strange the weather is there...it is quite the opposite here, 40° this morning. Though at a great distance, I have been able to feel a connection to the dojo through the website for which I am very

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Which way to the Aikido Center of Los Angeles?

Don't forget our dojo membership drive for 2006. Introduce family and friends to our Dojo and encourage them to join our practice! Aikido is good for everyone! Many thanks for your support.

appreciative. I have begun to understand a deeper value of the conversations there, at yahoo, in Kodo, and in the DVDs when physical practice is not possible. Only a month of absence and it feels like a year in dojo time. School is a whirlwind, a rush of information, tasks, expectations. They have loaded me with teaching responsibilities which I feel strained by, and excited by. In some ways it is like training in a dojo full of blackbelts, the level of training is high, the expectations are high, and I feel perpetually like a beginner (and a really bad student). I feel I am growing to understand that "the teacher must work five times as hard as the student".

I am planning on being in Los Angeles this coming weekend for a very short visit, and hope to train Sunday and then Monday as well. I can't wait to be there. Respectfully,
Jim Bassett

10-12: Hello Sensei I just wanted to tell you that I thought it was a great practice today. Although I am far from mastery of the technique we worked on this evening, I feel as though I really gained something through all the repetition. I am far from being bored (maybe because Aikido is so new to me) and hope there are more practices like it. My Kung Fu teacher always repeats something his master would tell him. "one good technique that works is worth more than a thousand that don't." So thank you. BTW, I really liked the engraving of Daruma on the daily message. Many thanks, Brett

10-13: Argentina: Hello Sensei! It's been a long time since I wrote you for the last time. First of all I would like to say thank you just because you are always challenging to go deeper and deeper in my daily practice. I'm re-reading your book, again; and every time I do that I find something new, or a new vision or a different perspective. The same thing happens to me with another book called "El Principito" ("The little Prince") by Antoine Saint-Exupery. I've read this book several times since I

was a kid; and it was quite different every time I did it.

I would like to give you this beautiful history which came to me in a newsletter from Paulo Coelho. You can find the original in his site (<http://www.warriorofthelight.com>). Paulo Coelho is a best-selling author from Brazil but his books have been published in 29 languages. His most famous book is called "The Alchemist". As a side note, he mentioned in several interviews the fact that he had practiced Aikido and enjoyed it. I hope you enjoy this history as much as I did. Thank you again, Sensei. Best Regards from Argentina. Christian Leyes

10-14: From Turkey: HI... My name is Zeynep and I am from Turkey. Right now we are in Sunnyvale San Jose California. We came here to meet Kato Sensei (Hiroshi Kato) and came to train with him and Robert Frager. We are invited for Aikido seminar and special training. We will be here for about 2 weeks and after that my sensei and I will be in LA. We will be in LA on the 26th till the first of November. My sensei and I would like to meet you, Kensho Furuya, there. We had the chance to watch and have your DVD about Aikido and would like to meet you. Please keep in touch and let us know about that. Will it be possible? THANK YOU, ZEYNEP ULUSAHIN

10-20: From Littleton, Colorado: Sensei, How are you? I hope you are well. A very thought provoking message you wrote today.

It is such a challenge to maintain right mind. In my own small dojo, I wish for more students because then I can feel as though I am good. Yet, if I have few students, I question my integrity and ability. Why do I mistake quantity for quality? It is hard to break the social programming with which I am constantly bombarded. Is it a constant fluctuation between normal and spiritual life?

Thank you for teaching me. Littleton Aikikai has recently purchased 30 tatami. They are excellent, and my students really move differently now. I am very thankful for this gift from the universe. I have added a bokken class for adults on Sunday mornings, just two students for it so far, but I enjoy it immensely.

I participated in a demonstration with Izawa Sensei for Sushi Zanmai's 20th Anniversary Party. It was a fast, 5-10 minute demo. He told me of Yonemochi Sensei's visit in February. It's very exciting. Will Hombu allow him to teach? Best, Steven Shaw

10-27: Hello Sensei, I just joined the dojo this August and I just wanted to thank you for the opportunity to practice the art of Aikido in your dojo.

I am 35 years old right now and at times I regret waiting so long to begin learning Aikido. When I was 18 I became aware of O-Sensei and it led me to read a few books about Aikido, I was instantly drawn to it. For one reason or another at this time in my life I was unable to commit myself to finding a dojo and learning the art. Now I have committed myself to it and even though I have only just begun I feel it is exactly what I have been looking for for many years. It is tough on the body but I enjoy the physicality of it and more importantly I enjoy the mental and spiritual aspects of it as well and the goal of taking them all as separates and making them one. I know I have many years of hard work and I look forward to it with excitement each day. Thank you again.

My wife and I will be traveling to Japan on November 1st to November 10th for our anniversary. We have been there twice and this will be our third time. I wanted to ask you if there are any places that you would encourage me to visit as a student or just as a traveler. Any advice would be greatly appreciated. Thank you, Todd Harwood

10-30: Wow, a lot of different thoughts to respond to there...but thought Con't.

provoking none the less.... I am wondering what students focus on most in Aikido practice.

I'm sure this varies from student to student, and also changes over time depending on the aspects that one is currently "struggling" with. Personally, I find that maintaining the most effective spacing throughout the technique is my biggest challenge. Notice I didn't say "proper spacing" (as we often do), but "effective". Many techniques have similar footwork. There is in reality, only a handful or staple of throws and pins. However, the most effective spacing to make the technique work changes both with techniques and more importantly (I think) with different opponents. For example, the Irimi that is "deep enough" for a short person, may not be effective at all for a tall person. The infinite number of variables with seems so important to overcome, yet it seems it can only be accomplished with a lot of training with a lot of different partners.

If I step back and answer the question from a broader perspective about Aikido, I think I like to focus most on the martial application of Aikido. It's interesting that you hear that, "if one were to practice a more "effective" Aikido, Aikido itself has to be compromised." I have never felt that way. It has always seemed to me as I practice with more experienced students or (especially) when taking Ukemi from my instructor that their greater ability to blend with my attack rendered my attack just all the more useless. It doesn't seem to me that one is really studying the whole picture of Aikido if we don't try to understand the martial applications that are married to the blending techniques?

Your points on ineffective attacks is right on. One of my biggest gripes is half-hearted attacks. I'm not talking about mean attacks...they just need to be true. It just makes it impossible to study and practice Aikido without a good attack, in my opinion. Even if we're practicing slow, I expect the attack to be true. If I get smacked in the head or stomach because I didn't move, then I'm not going to blame anyone else but myself. You don't let yourself get hit many times before you start to figure it out.... (Also, poor atemi within a technique is another thing that is often done half hearted. We have been focusing a lot on that in class lately)

Ukemi can be difficult for some to grasp, too. I guess the bottom line is that there's

just a lot to learn in Aikido. It's a complex martial art, which is a lot of why I find it enjoyable. Tim Tucker

James Takata continued:

because my sandals had come off). Whether I was going to stop and fight or keep running I decided I needed to get rid of the bag. So I stopped and threw off my bag and turned to face them. The closest guy had a tire iron in his right hand and immediately swung at my head - twice. I faded back and avoided his attacks. Knowing that the truck was probably coming around with the other 3 guys, I turned and kept running. I got away and called the police from my cell phone (it took them an hour to arrive).

I wanted to thank you for your teaching. I believe aikido prepared me to react with good instincts and to avoid the attack with the tire iron. I also urgently understand the importance of a strong, realistic attack in practice. I will certainly emphasize this even more in my own training. As you teach us, training against a slow half-hearted strike doesn't prepare us for the real thing. It creates a dangerous sense of false confidence and weak technique.

I thought that I lived in a fairly safe neighborhood (Larchmont), but I want to emphasize to all of the members to please be careful and cautious - especially if they don't have secure parking. Sincerely, James Takata

My Trip To France Continued From The December Issue By Bill Allen, 1st Dan, Aikikai

and asked him a question in French, and he started to give me a very thorough answer, that I was not able to follow entirely. He saw I was having some trouble, and he began speaking, what I assume to be, German. The baggage man was standing nearby, and said to him in French, "Oh no, that's Mr. Allen. He's an American." The concierge immediately apologized and continued in English. From that point on, every time he saw us, he would say, "Hello Mr. and Mrs. Allen. Is everything the way you like it?"

We were able to meet up with our friends from Thousand Oaks in Avignon, and exchange stories and pictures of what we had done since previously parting.

Finally, we took the TGV back to Paris, and

spent two more nights there. Our last hotel for this trip was the Palais de la Reine, located in the Place des Vosges, in the Marais (4th arrondissement). We only had a two nights and a day to spend in Paris, and Machiko was able to get some shopping done. This is something I don't really understand. We live in Los Angeles, a few miles from Beverly Hills, surrounded on all sides by malls and outlets. I think one can buy anything one wants to buy in Los Angeles. However, all of the women on this trip had to reserve at least two days for shopping. My wife has trouble with mobility, my mother and aunt are in their 70s, and my friend's girlfriend doesn't like to walk or exercise much. However, when we had to go shopping, I felt as if my legs were going to fall off. The women were positively energized by it. Looking around the Galleries Lafayette, I saw many other husbands, and felt a bond that transcended national boundaries.

On our final night in Paris, a Monday, many of the French restaurants were closed. Restaurants usually do their best business on Friday, Saturday, and Sunday, and closed on Mondays. We ate in a small Italian restaurant called L'Osteria, located on the Rue de Sevigny in the Marais. We were only able to find it because we knew the address. There are no signs or other outward indications that it is a restaurant. The food and wine were excellent, and the owner and his staff were very nice. However, thanks to our concierge at the Palais de la Reine, Machi and I had picked a restaurant that was known to trendy Los Angeles types, and as we began dining, a gang of showbiz types arrived. There are a lot of Americans in Paris, so the mere fact that they were there was no problem. When they began demanding that the other diners to put out their cigarettes, and insisted that the owner leave the door open to clear out the smoke, it got a little more uncomfortable. Finally, one of the other people in the restaurant said to them, "This is not a no smoking restaurant. This is our home, not yours, and we have a right to smoke." One of the showbiz people retorted, "Yes, but we have a right not to die by breathing your smoke. It's a small restaurant, so you should be sensitive to that." Then the owner came out and somehow calmed everyone down. A few minutes later, another group of LA people arrived. The person leading that group said, "I know when we made the reservation that we said four, but can you make it for eight people?"



AIKIDO TEKKOJUKU of BOSTON

Chief Instructor: Yasumasa Itoh Sensei, 6th Dan

**Dojo location: Boston University, School of Theatre Arts, Rm 105
855 Commonwealth Avenue, Boston MA 02215**

Email address: Aikidotekkojuku@yahoo.com

Hours of Instruction:

Monday, Wednesday and Friday: 7:00 - 8:00am

Monday through Friday: 5:30 - 6:30pm

Saturday: 12:00 - 1:00pm & 1:00 - 2:00pm

Sunday: 10:00 - 11:00am & 11:00 - 12:00noon

The owner said, "No, I'm sorry, we only have twenty seats in the restaurant, and we are very busy tonight." Then the leader turned to his group and said, "Don't worry. It will be OK. It always works out." The group stood in the restaurant for about thirty minutes waiting for people to leave. There was no waiting area, so they just stood in the spaces between tables, and the waitresses had to move around between them and the diners. I believe that the showbiz people decided they could no longer inhale the lethal vapors coming from the French cigarettes, so they paid and got out. The owner came out and said to the group of eight, "Well, now there is space for all of you." The leader of the group said, "See, I told you. It always works out!" The owner said, "Here is the table you reserved, and the other four people can sit at that table on the other side of the room." The leader said, "You mean we can't sit together? Can't we move the tables around so that they're together?" The owner just looked at him and said, very slowly, "You can have the two tables." Finally, someone decided that it was OK if everyone didn't sit together, and it all worked out. I suppose that everything that went on in L'Osteria should have ruined the evening, but we had a great time, with dinner and a show.

The next day, September 27, we got on the

plane and came back home. There are many places that we didn't get to see, even in Paris, and we will probably return someday to visit. We also made friends with our landlady, Mme. Laville, and we would like to correspond with her from time to time. If she ever comes to Los Angeles, perhaps we can take her to a good Italian restaurant.

From The Salamanca Kodokai, Spain

On December 4, Santiago and his students demonstra-



ted for a local museum celebrating Japanese culture. They demonstrated Aikido and Iaido to an enthusiastic crowd who also enjoyed demonstrations of the traditional tea ceremony and other cultural events. The dojo also recently demonstrated for their local police department. More details in the February Issue.

Santiago is also planning to visit Los Angeles again for training in this New Year.

Visiting Hombu Dojo, Yonemochi Sensei & Ikeda Sensei:

Todd Harwood, New Student

11-04: Hello Sensei, We have arrived in Tokyo and of course are having a wonderful time. I took your advice and we visited the big Buddha in Kamakura to day it was really an amazing site. . . . I plan on visiting there (Hombu Dojo) in the next few days and I wanted to make sure I was going to the right location. Please reply and let me know if this is correct or not. Thank you so much.

11-11: My wife and I returned to Los Angeles on the 10 and have been sleeping to counter act the time difference.

We did visit the Hombu dojo and what a great time we had, Sensei Yonemochi and Ikeda Teru Sensei who were so very nice. We actually got to the Dojo one hour before Ikeda Teru Sensei was to arrive, so after we all had a cup of coffee and a look around the dojo, Sensei Yonemochi had a student escort us to a local Soba house where we ate a much needed lunch.

We came back to the dojo at 3 pm and met with Ikeda Teru Sensei and she is such a sweet woman I will never forget her. She let me take a few pictures and I will print them out for you to have. We also stayed and observed a class for an hour and I was able to take many pictures. Before we said our final goodbyes I was sure to buy a set of postcards a few Hombu Dojo T-shirts and a Bokken. I hope they enjoyed having us visit, I know I was very happy to visit and I felt it was a great privilege and experience for me. Todd Harwood



Carol Tanita, 1st Dan, and her son, Nicholas, 2nd Kyu, at the recent Annual Dojo Christmas Party. Carol helped to organize the event and wrap all of the Christmas presents for the students. Carol works at the Rafu Bussan Japanese Gifts in Little Tokyo.

Master Hsu Continued:

In addition to Cloud Gate classes, I was also teaching my colleagues in Echo Company and don't forget my own wushu classes. Hell is the pressure of way too much work amidst the oppressive summer heat and humidity of Taiwan. I survived but nobody, not even myself, can quite believe it!



Master Hsu & his daughter, Helen.

Life In Taiwan

It's not comfortable to live in Taiwan. First, don't forget I'm at the right age but lacking the right financial cushion to retire comfortably. Perhaps this is punishment from the gods for thinking too much and not trying hard enough during my life!

Secondly, my mother's health is very bad. She's in and out of the hospital and I visit her as many times as I can each week. The fact is that she won't get any better so right now if the situation remains the same, this is a blessing from god.

Even walking out my front door into Taiwan society, life is very tough. We have a strange political and social situation here called "racial discrimination." To explain, Taiwan has three different categories of citizenry: a) the indigenous natives, b) the "early comers," mostly Chinese from Fukien with a small group from Guandong provinces in China, and c) people like me who escaped to Taiwan from mainland China in 1949 after the communists won the civil war.

To gain more political clout, Taiwan politicians, from the president down, have drawn a wide line between "Taiwanese" and what they call the "Outer Province people." Outer Province people should be treated like outsiders and the situation is very tense.

In the U.S. we have many ugly words for different races. But not even our highest politicians can say them openly. No one is supposed to discriminate against another because of race, gender, age, religion, or whatever. In Taiwan, it's totally different.

Believe it or not, the president of Taiwan is no longer a coordinator but a divider. Members of the government, the president, his staff and his followers have this idea planted in their hearts. I've always considered myself Taiwanese but now I'm not. Just imagine how it feels to be denied by your own group, to live among and face these people every day and worse than that, to still care for them. So this is the Taiwan hell.

My Future Plans

So where do I go from here? First, my primary research always continues and will never end. My group of students is still with me, forty or so. I've taught almost four hundred over the last ten years so the survival rate is 10%. They are my guinea pigs and this is my wushu laboratory. To publish or do anything on wushu, I have to do it with them.

Secondly, Cloud Gate is a lovely and successful group of the highest caliber but I don't know how much longer I'll practice with them. I am determined to do my best with the children's wushu program and establish qualified coaches and working staff capable of carrying the program forward on their own. This is the greatest success I could wish for this program.

Thirdly, I will focus on making a small contribution to wushu by writing a book with Echo. The title is still undecided. Perhaps I'll call it "Heaven, Earth and the Punch." Or maybe just "The Punch." In this book, I will discuss only the straight punch. That's it. Does that sound funny? It won't be a book thick with pages but it will be a very big and very difficult work. I will attempt to set up a training program you can follow and practice for your whole life.



Sensei met Master Hsu in 1978 at the International Martial Arts Exhibition in Oakland and has cultivated a friendship over many years between two different cultures, traditions and martial arts. Sensei considers Master Hsu to be one of the very top martial artist masters in this century and the last and has always had the utmost respect for him.



The "Heavenly" Chinese Punch

To explain a bit, people who study martial arts are always trying to fight and conquer the enemy as they practice attacking and defensive techniques. In itself, it's not bad or wrong. But in doing so they forget one important thing: true martial art training starts from oneself, from the practitioner conquering the Self physically and mentally. It has nothing to do with domination and everything to do with conquering one's own weakness and fear, with making one's self a better person. Only a better person can be a better martial artist.

I've met many many wushu practitioners in the U.S., Taiwan, mainland China, Europe, Japan and Hong Kong – yet I've hardly seen any one of them throw a perfect punch. They can punch pretty well, pretty hard, but remember I used the word "perfect." It's very sad because young and strong people who practice hard and really love the art should be much better. In fact they can be better but they're so busy trying, in their minds and actions, to dominate the enemy that they themselves remain undeveloped. To progress, they do things like chase more styles, forms, techniques. Or live for the fantasy in swordsmen fiction or kung fu movies. But the one thing they don't do is improve themselves.

With this book, I will try to help. We will practice just one single punch, the straight punch, the very first one any wushu style teaches. The straight punch is practiced by most martial arts, from Western boxing to karate. Even people who aren't trained to fight can do straight punches.

Instinctively, we send out our fist to impact the target. What else can there be beyond that? Our discussion will start from the shoulder down to the hand: in other words, using the arm to deliver the punch. This is a "natural" punch.

New Affiliate Dojos In Our Aiki Family:

Littleton Aikikai
Littleton, Colorado
Steven Shaw

Brugos Kodokai
Brugos, Spain
Under Santiago Almaraz

Four Seasons Dojo
Granbury, Texas
Michael Schmidt

Zen Felsefi Savas Sanatlari
Topluilugu, Turkey
Dojo #1 - Ankara, Turkey
Dojo #2 - Istanbul, Turkey
Muhlis Partal

Master Hsu:

Next, we will look at the martial art punch, using the back – from the upper to the lower back and waist, to deliver the technique.

Eventually we will learn to use the legs and feet – not to kick but to deliver a wushu punch. This is what our venerable Chinese ancestors meant when they said “The whole body is the fist.” We must use the whole body to do a punch. The word “fist” as it is used here is no longer a noun but a verb.

Many people know this saying. It’s quoted liberally in martial art books and articles. But how to actually deliver this complete punch—this is what we will practice. Of course when we can execute a punch starting from beneath the feet all the way through to the outreaching fist, the whole body participates. The whole person gets the complete, or at least more complete, training.

The goal of this training goes way beyond short-term achievements like stronger arms or higher scores on a punching machine. If people who take up this book are willing to put aside their preconceived ideas and follow the training guidelines with true openness and humility, then their body and awareness will

be renovated in the wushu style. This major step can then become the basement, the foundation, upon which they build their wushu mansion. For instance, they can practice many other techniques—punches of all sorts, blocks, execution of block and attack at the same time, etc. This is the whole picture of what a good wushu artist is supposed to be.

The thought has occurred to me that I might be entirely out of my mind to write such a book. In terms of business, will any publisher feel that this simple volume is worthy of their support? Well, if no one wants to publish it, I will have to do it by myself. And if this approach achieves some form of acceptance, then maybe I will move on and, for example, publish a tiny book about chan si, silk reeling technique, training, just an in-depth discussion about wushu. Or another example, perhaps little book about wushu usage, because everyone can fight but wushu fights in a totally different way.

And even more books? Maybe. Just wait until I totally retire! But for now, I wish everyone a Bountiful New Year!

Master Adam Hsu, Taipei, Taiwan

Affiliated Branch Dojos

Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntrye

Bahamas Aikikai
Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai
Jalisco, Mexico
Eric Jaracho

Aikido of Guadalajara
Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

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Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares

Veracruz Aikido Dojo
Vera Cruz, Mexico
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni
Monza, Italy

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Visiting Our Dojo:

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. Interested students and visiting Aikidoists are always welcome to join our practice. We are directly affiliated with Aikikai Hombu, Tokyo, Japan. Please make inquiries by email: aclafuruya@earthlink.net.

Please Visit Our Website:
www.aikidocenterla.com
Aikido-laido-KODO@yahoo



Rev. Kensho Furuya, 6th Dan

The Kensho Furuya Foundation:

Mr. Ken Watanabe - President
Mr. Gary Myers - Secretary
Mr. Mark Ty - Treasurer
Dr. Cheryl Lew - Senior Counsel
Mr. Jonathan Altman - Legal

The Furuya Foundation is dedicated to preserving the Dojo and its continued operation maintaining the highest standards of practice and the work of Furuya Sensei in research and education in Aikido, the traditional Japanese sword & related arts and their history, culture and traditions. Your donations & contributions are welcome.

Japanese Swords: 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 Swordsmanship:

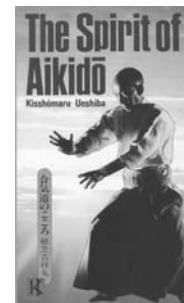
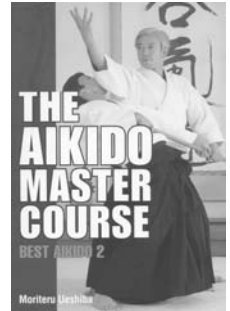
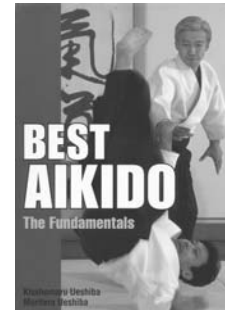
Traditional Muso Shinden Ryu Iaido

We offer instruction in the traditional art of Iaido, the art of the Sword. Serious students are always welcome. Iaido demands a strong commitment of time, honor, perseverance and integrity. It is a spiritual art with a history and tradition of over fine hundred years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training. You will learn the proper etiquette and handling of the Samurai sword and its usage as a real weapon. This is not sword play, movie stunt action or performance-competition. This is a real, traditional martial art discipline.

Mission of the Aikido Center of Los Angeles:

We are not-for-profit, traditional Aikido dojo dedicated to preserve the honored values and traditions of the art. We are continually focused on maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training, enjoying all the benefits Aikido can offer.

Recommended Readings:



International Aikido Kodo-Kai.

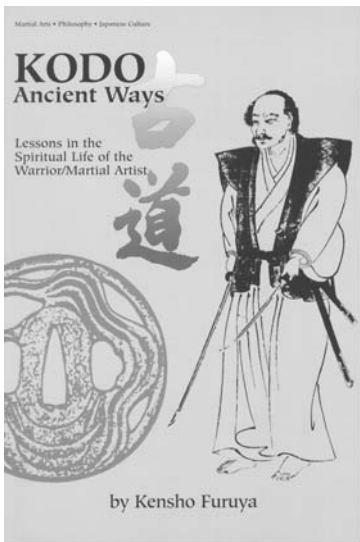
We do accept all Branch Dojo affiliations with any dojo who practices and wishes to follow the Aiki Kai Hombu Dojo training, rules and standards. This also includes commitment to 3rd Doshu and the Ueshiba Family as the Founding Family and Originator of our art. You are welcome to make inquires by email or letter. Our purpose is to help others in the correct practice of Aikido and to spread the correct transmission and understanding of O'Sensei's teachings.

**Visit our official website daily at www.aikidocenterla.com
Become a member of [Aikido-laido-KODO@yahoo.group](mailto:aikido-laido-KODO@yahoo.group)
For Sensei's Daily Message and current news & postings.**

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Publications By Furuya Sensei:



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

By Kensho Furuya

\$16.95 plus tax.

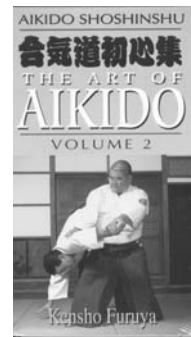
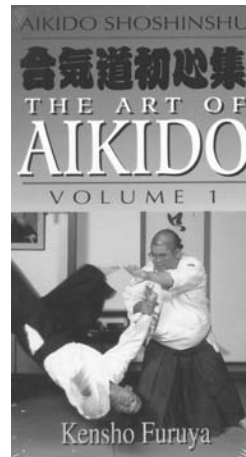
Highly recommended for all students of the Dojo. Please request for your autographed copy by Sensei.

The Art of AIKIDO

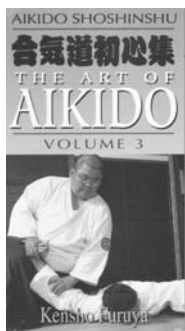
Instructional Video Series s Now Available in a new DVD format.

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

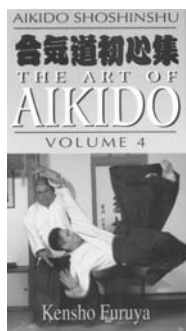
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



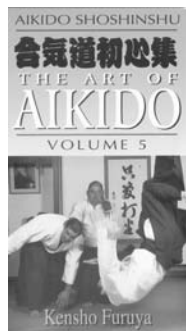
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



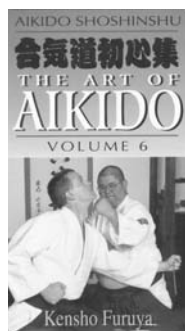
Ukemi-Breakfalling Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



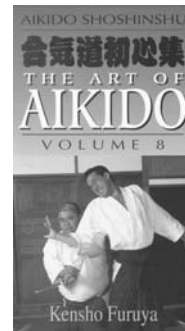
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



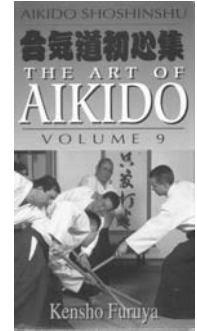
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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



Atemi-waza: Striking Defense against kicks.
Tanto-tori: Knife defense.Aiki-ken:
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Sundays: Children's Class: 9:00-10:00am.
Open Beginning: 10:15-11:15am.

Mondays: Beginning Basics: 5:15-6:15pm.
Open Beginning 6:30-7:30pm.

Tuesdays: Beginning Basics: 5:15-6:15pm.
Advanced Intensive 3rd & Up: 6:30-7:30pm.

Wednesdays: Beginners': 5:15- 6:15pm.
Open Beginning 6:30-7:30pm.
Aikiken & Weapons: 7:45-8:45pm.

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

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

Saturdays: Open Intermediate: 9:30-10:30am. Open Beginning: 10:30-11:30pm.

Every 4th Saturday: Advanced Intensive Aikido: 6:30-8:00am. 2nd Kyu & up.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Sign-up anytime for on-going classes.

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 Moriteru Ueshiba Doshu.

Aikido Center of Los Angeles

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Los Angeles, CA 90012

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Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Sunday Mornings: 7:45am-8:45am

Wednesdays: 7:45-8:45pm (Weapons)

Saturday Mornings: 8:00am-9:00am

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 adult Open Beginning Classes. Signing up for classes is very easy and only takes a few minutes. We accept personal checks, MO and cash. Please bring valid ID such as your driver's license and the name of your insurance company. Many thanks and Welcome to the Dojo!

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.