

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



# 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  
Los Angeles Police Department Martial Artist Advisory Panel

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## Congratulations! 10th Anniversary Special Practice Hacienda La Puente Aikikai. October 8 & 9.



At the 10th Anniversary of the Hacienda La Puente Aikikai.

## Special Practice With Frank McGouirk Sensei Aikido-Ai. October 15.



Frank McGouirk opening Special Practice.



Tom Williams, 4th Dan, Chief Instructor.

## 10th Year Anniversary: History Of The Hacienda La Puente Aikikai.

By Tom Williams



Members Hacienda La Puente Aikikai.

Saturday was a very nice, beautiful day to visit the Hacienda La Puente Aikikai for their 10th Anniversary Celebration. Sensei first made a stop nearby at Rose Hills to visit his parents' graves before reaching the dojo very close by. Tom Williams taught the first half of the class and Sensei taught the second half. There were many people and everyone enjoyed the practice. After class, we all had lunch nearby

Continued:

I started Aikido in the spring of 1989 at Aikido Ai in Whittier under Frank McGouirk Sensei. I trained there for a number of years and received Shodan. During this time, I became acquainted with two other teachers who have had a big influence in my Aikido life: Sensei Frank Doran and Hiroshi Ikeda.

Continued:

In honor of Frank McGouirk Sensei's 25th anniversary of his dojo next year, he was invited to conduct a special joint practice in our dojo. Over 30 members participated including students from Aikido Ai and the Hacienda La Puente Aikikai. It was a beautiful day and everyone enjoyed the great practice. Afterwards, Sensei had lunch with McGouirk Sensei in Little Tokyo.



**Upcoming:** Special Christmas & New Year's Issues. Please submit your articles to Sensei as early and possible. Thanks.

## The Tough Journey: 7th Anniversary Aikido Kodokai, Salamanca, Spain

By Santiago Garcia Almaraz



This past October 10, we celebrated 7th anniversary of the birth of the Association. On the previous days, I have had time to reflect and to be able to evaluate what I have lived from 1998 to today..... joys, deceptions. This modest Dojo from 1998 to now has changed and we have all changed with Furuya Sensei, the school goes little by little looking like what I first had in mind, a school to teach, in a serious way, respectful, and committed to the lessons of Furuya Sensei and with the principles of O-Sensei.

It is true that every year, it is more difficult to take a small step to reach and maintain small goals daily - simple things like in a great dojo. The cleaning, the order, precise class schedule, and the instruction - time and time again, to work on basics and principles day after day, keeping the plus near "Do." Without leave to take by the improvisation of the technique or the ego to think that already we can dominate the technique and go to another art and teacher.

Although the Dojo has changed, I also believe that I have changed with him. When I constructed the Dojo at 24 years, I did not know very well how far it can go. Although I had practiced Aikido and other martial arts, my experience as an instructor and director of a dojo was minimal. Today, I don't know if I have much more experience or if my technique is better within seven years, but I know of the responsibility I have teaching, the way to teaching and to whom to teach it. I know about what I want in my Dojo and what I do not want, who shows respect

## Welcome Again! Special Seminar With Hideo Yonemochi Shihan 8th Dan, Aikikai Hombu Dojo, In February, 2006

### Continued:

and who does not, what student works hard and uses every second on the mat and who goes by his own benefit even training hard, but mainly that I have much to learn, many deceptions, few joys and all this is what but motivates to me to continue practicing and fighting day in, day out in this Dojo.  
Santiago Garcia Almaraz, Chief Instructor

### Kids' Halloween Party On October 30.

On October 30, Sunday, we will have our annual Halloween Party. Everyone and anyone can participate with your best Halloween costume. Lotsa fun!

### Dojo Christmas Party Coming Soon! December 3.

Mark your calendars and get ready for another fabulous Dojo Christmas Party!

### Sensei Attends Little Tokyo Community "Ties That Bind" Conference. September 17.

Sensei attended the Little Tokyo "Ties That Bind" Conference #3, held at the Centenary Church in Little Tokyo. The conference is a community effort focused on preserving Little Tokyo and the Japanese American community. The event was sponsored by the Little Tokyo Services Center under the direction of Bill Watanabe.

### 100th & Final Issue Celebration of Aikido Today Magazine. September 24.

Aikido Today Magazine celebrated their 100th Issue and the close of their magazine to begin their new project of an online store.

### Jacob Sisk Starts Works On Our Dojo Grants:

Jacob Sisk has volunteered to work on the difficult and arduous Grant Applications for the Dojo. Please give him all your encouragement and help in this process. Many, many thanks!

## Upcoming Events: Mark Your Calendars!

General Meeting.  
October 6.

Children's Halloween Party.  
October 30.

Costume party and party for our Children Class.

General Meeting.  
November 3.

Veteran's Day Holiday  
November 11.  
Dojo will be closed.

Thanksgiving Holiday.  
November 24.  
Dojo will be closed today only.

Annual Christmas Party.  
December 3.  
(Place & time yet to be determined.)

Christmas Holiday.  
December 25.  
Dojo closed today only. Open on the 26th.

New Year's Holiday.  
December 31-Jan. 1.  
Dojo closed for the Holidays.

First Day of Practice 2006  
January 2, 2006

2nd Doshu's Memorial Service.  
January.  
(Date to be determined by Zenshuji.)

Seminar: Hideo Yonemochi  
Shihan From Hombu Dojo.  
February 4-5. (Scheduled.)

Late Mitsunari Kanai Sensei's  
Memorial Service.  
March 28.

Founder of Aikido, O-Sensei's  
Memorial Service. April 26.

April Memorial Seminar With Itoh  
Yasumasa Sensei & Kei Izawa  
Sensei.  
(Dates to be determined.)

## Grand Opening Affiliate Branch Dojo: Littleton Aikikai

By Steven Shaw



From left: Bottom Row: Devin Jones, Monique Martin, Cyan (on my lap) me, and Torey Jones Second Row: Christian Martin and Kyle Jones.

### New Dojo: Ebb and Flow

It's been a little over a year since I trained regularly at the Aikido Center of Los Angeles with Sensei. Though I am very pleased with my training with Izawa Sensei in Colorado, I do miss the dojo, and all the people there. Thank you for training me. When I first proposed Aikido as an after school program, Community School for the Gifted, where I teach, was very supportive. The administration donated the use of their gym, an area of around 925 sq. ft., to use. They wanted me to send out a survey to see who would be interested, and over 20 students responded. This is a great response for a population of 75 students preschool through 8th grade. After a month, a student dropped, but my spirits were lifted when some used mats were donated for the Aikido classes. After 3 months, a few more students dropped, and by summer I only had three students.

Many times I questioned myself, and my motives. Money was tight. Should I stop teaching Aikido, and get a part-time job? Did I have the wrong intention? Had I begun to look at Aikido, out of necessity, as a paycheck?

Somehow, I had gotten lost. Conflict rose within me over the purpose of Aikido in my life, and I didn't like it. I looked within and found I have never cared about money. Money is an unavoidable necessity in the society in which I live, but it has never been



Masatake Fujita Sensei at the Aikikan in Israel, recently, hosted by Ze'ev Erlich Sensei.

my focus, and hopefully never will. I remembered a story Sensei related about Kanai Sensei struggling for years before he was able to establish his dojo, and I began to see light at the end of my tunnel vision. What emerged was my love of Aikido as a life path, and anything I can do to contribute to its spread. I just want to train in Aikido, and if 3 people or 6 billion want to join me, that's fine with me. As long as there is someone who wants to know how to learn Aikido, I will help them, and if not, I will bow in by myself.

We are small at Littleton Aikikai, it's almost implied in the name, but we are still learning. It amazes me how much I am learning about Aikido as I teach. I give all the credit to Sensei for teaching me how to learn. Learning is infinite and fails to cease even though my role at Littleton Aikikai is different than at the Aikido Center of Los Angeles, or with Izawa Sensei at Aikikai Tanshinjuku.

With school in session again, more students are coming. Instead of three students, I have seven. We, hopefully, will continue to grow. Early in this endeavor to spread Aikido, I was training with Izawa Sensei. Another student commented on me trying to

### From Aikikan, Israel:

Ze'ev Erlich Sensei is planning for three and a half weeks of training at the Kyoto Aikikai in March of next year. He is taking several of his students who will be testing for 1st and 2nd Dan. Many congratulations and best wishes!

In this issue: Ze'ev Sensei interviews Sensei on "Aikido & Zen."

start a dojo, and said, "Getting mats is the hardest thing for a new dojo." At the time I was struggling to find affordable (free) mats. I had been teaching for a couple weeks, but had come to a different conclusion. I discovered not having a trained uke was the most difficult obstacle. I had to focus on each piece of the technique and really break down the movement. I came to a new understanding why I used to hear, "Relax.", or "You're too stiff," so much when I first started training. Aikido without flow is very hard to show, but it's good to go slow, after all, I don't know that much Aikido. I don't want to run out of things to teach. I'll just have to visit LA more often.

Note: Steve visits Los Angeles regularly for training and is also Sensei's student of Iaido.



## History of Hacienda La Puente Aikikai Continued:

From there, my studies led me to Westminster Aikikai. I trained with Sensei Dang Thong Phong for a number of years and attained the rank of Nidan. It was during this time that I met Sensei Masatake Fujita. I had the opportunity to train with him numerous times. I also was honored to interview him for Aikido Today Magazine.

Early in 1995, Sensei Phong recommended that I start an Aikido class at the school where I worked. Up until that point, I really had no interest in teaching Aikido. After all, teaching is what I do all day for a living. The idea of doing more of it in my spare time didn't hold much appeal. But out of respect for him, I started to look into it within the school district in which I work.

Several ideas were explored but ultimately all of them fizzled out. It didn't look like it was going to be practical to accomplish. One idea, though, had apparently gained some traction elsewhere. I had submitted a proposal to the Hacienda La Puente Unified School District Adult School Superintendent for an Aikido class. He passed it on to the administrator in charge of a program called Learning Unlimited. She contacted me and expressed interest. An interview was scheduled and a few days later I was explaining all about Aikido and laying out my credentials. The program was approved on the spot. The quest for a location was up next. We settled on a local community center gymnasium that had some beat up, mismatched old mats and was willing to have us without a rental fee.

Initially, we held class one night a week. The first night forty people came out. Since I was by myself, we spent quite a while that night getting every one signed up and ready to start class.

Only half of the students returned for the second night. Actually, this is not a bad drop rate, as I have come to see over the years. But twenty new people showed up! During this second class, an older lady told me she would like more individual instruction. As I looked around at twenty pairs of students elbow to elbow trying to get the hang of tenkan tai sabaki, I said I'd try. And I honestly did. Unfortunately, she didn't return for the next class.

Eventually, the class winnowed itself down to a manageable size and, what started as a disparate group of individuals without any

understanding of Aikido, came to resemble a dojo.

Those were interesting days. There was a mental health residential facility across the street. So, being in the park, we were very



attractive to that clientele as well as other denizens of the street. On any day, an assortment of homeless folk, hoodlums and those with their own separate reality passed through and added their two cents.

The gym was used for basketball when the Aikido class ended. So, ten to fifteen minutes before we finished each class, a bunch of impatient guys would start bouncing their basketballs and shoot at the different baskets.

There were lots of conflicts with youth league tournaments as well, so the search went on again for a better location. We wanted to expand classes to two nights a week as well. Eventually, we found the Dibble Adult cafeteria where we train today. At first, it was only available one night, so we split our training at the two facilities. We needed mats at Dibble, so I sold some stock that had, fortunately, appreciated to just the amount needed and I bought the nice dojo mats we have today.



A year or so later we were able to get the second night at Dibble and our schedule became Mondays and Thursday from 6:30-8:00pm. This remains our current schedule.

Several years ago, I joined the Aikido Center of Los Angeles and began training with



Frank McGouirk Special Practice



Mr. & Mrs. Tom & Eileen Williams

Furuya Sensei. My class became an affiliated branch dojo and we took the name Hacienda La Puente Aikikai. Now, with Sensei's assistance, some of my own students have attained their black belts.

Over the years, I have been fortunate to meet and train with many wonderful teachers and students in dojos around the world. From Japan to Switzerland, Canada to Argentina and many places in between, I have taken class with very high ranking instructors like the current Doshu and Tamura Sensei. Some of the really good younger teachers like Bruce Bookman and Donovan Waite have been great to meet and practice with. I became friends with some outstanding international teachers like Sakanashi Sensei in Buenos Aires and Peter Gillard Sensei in Cardiff.

And of course the greatest current influence on my Aikido has been Furuya Sensei. I consider myself fortunate to be a student at the Aikido Center of Los Angeles. We are truly, in my humble opinion, a world class dojo.

To sum up my philosophy for Hacienda La Puente Aikikai: strong fundamentals, basic traditional technique, vigorous and safe training, respect for the art, our teachers and each other, and a smile on our faces reflecting the enjoyment we get from the art of Aikido. I have been fortunate to meet many interesting and friendly people through Aikido. I have tried to share this experience with others through teaching. It is gratifying to see others enjoy the discovery of Aikido.

## Dojo Signs New Eight-Year Long-Term Lease.

**One Thousand Miles, One Inch At A Time.**

**Rev. Kensho Furuya**



After a long, arduous, often frustrating 10 months, we are finally in the last steps of signing our new lease. A long term lease is rare in Downtown Los Angeles these days with all of the property speculation and surge of new condominiums but we have managed to secure one by the merit and reputation of our Dojo and all of its past involvement with community work. For myself, it was a head-ache each day, wondering when the landlords would finally approve of us. With so many changes in our neighborhood with all of the new developments, I think they were calculating all of their options. In the meanwhile, it is just a long waiting game for myself. It is almost over and once the lease is in place, we can once again focus on the work of teaching and keeping up a high level of commitment to Aikido and to the students. I hope that everyone will appreciate the efforts we have gone through to preserve our Dojo and continue to support it with your devoted practice and with your constant support to build up

## Articles For Upcoming Special Christmas & New Year's Issues

With our upcoming special issues around the corner (for December & January), I am once again asking for students, new or old, kyu or dan ranking members to write a personal article about Aikido or their training or the dojo for either issue. Please submit your articles by email to Sensei by the first week of November. Everyone can participate and we are especially looking to hear from our newer students and affiliate dojos and members. Send in your articles to Sensei now!

## The Aiki Dojo Newsletter Now Online. October 1.

Our monthly Dojo Newsletter, The Aiki Dojo, is now available online. We have just posted our 30th Anniversary Issue from

March, 2004. We will first be posting some of our more notable earlier issues from our archives. Eventually, we will be making our current issues available on a subscription basis for a nominal fee. Now, everyone will be able to enjoy our newsletter online. Please tell your family and friends.

## Join Our Yahoo Group at: Aikido-laido-KODO @yahoogroups.com

For Sensei's Daily Message and discussion, please tell your friends about it too. Introduce someone to the Dojo today.

## Many Congratulations!

*10th Anniversary of the Veracruz Aikikai, Veracruz, Mexico.*

Best wishes to Dr. Roberto Magallanes and Dr. Alvaro Meza for a great job!

## Four Seasons Dojo Joins Our Aikido Family:

10-04-05: 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? Regards, Mike Schmidt, Four Seasons Dojo, Granbury, Texas

Sensei's Note: Welcome and many best wishes! We hope that your experience with us will be educational, inspiring and joyful.

## Hacienda La Puente 10th Anniversary Celebration: Continued From Page 1.

Tom Williams as our host. Everyone had a great time, and we stayed much longer than we had planned.



Sensei conducting class in the Hacienda dojo..

On Sunday, we had a 2nd day of practice at the ACLA downtown. Many showed again and again Tom taught the first half and Sensei taught the 2nd half of the class. Everyone practiced hard and had a good



time, There was much friendship and good spirits! We all shared some simple refreshments at the end. Many congratulations to Tom Williams and all the members of his dojo for an excellent job well done.



Tim Tucker was promoted to 1st Dan on this occasion. Practicing with Tom Williams at the special celebration practice.



## **Aikido & Zen, An Interview With Rev. Kensho Furuya**

**By Ze'ev Erlich, Aikikan Dojo  
Rehovot, Israel.  
(Also available in Hebrew.)**

### **1. What is Zen?**

Zen is the contemplative or meditative sect of Buddhism. In ancient times, each school of Buddhism had meditation as a important part of their training from the time of the Buddha. Around the 6th century, a new form of Buddhism was brought over to China from India which specifically emphasized meditation over all other forms of practice and ceremonies which had developed since the time of the Buddha.

Meditation is called Dhyana in Sanskrit (Dhyana means "emptiness" as in "empty mind,") which, when it was imported into China, was pronounced as "Chan." In Japan, this is pronounced as "Zen" The Chinese character or kanji is composed of two radicals meaning "single" and "robe" which refers to the "kesa" or cloth robe worn by Buddhists priest.

Zen means "meditation," but today, we try to stay away from the many associations and nuances this term has picked up in its growing popularity, so we simply call it, "sitting." With such a simple word as "sitting," we can avoid all of the misunderstandings and confusion which has become attached to the word, "Zen" or "meditation."

### **2. What Zen sect are you part of?**

I was ordained as a monk of the Soto Sect of Zen. Originally, in China there were two, the Northern and Southern Schools, of Zen. Of the five main sects which developed, the three main ones in Japan are Soto, Rinzai and Obaku.

Soto Zen was brought over to Japan from China by Dogen Zenji in the mid 13th century. When he travelled to China to meet great teachers, he was very disappointed with the practice at the temples and returned to the ship to sail back to Japan.

While waiting for the return trip, he met an old priest who came to the ship to buy imported mushrooms for the meal at the temple where he lived. Dogen struck up a conversation with the old priest. "How far did you come to buy mushrooms?"

"About 14 miles," replied the old priest.

"That is very far for an old priest like yourself, You should take it easy and let the younger priests do such a menial job as this. Why don't you relax and have some tea with me?"

"This is my job and my practice, so I have to do it myself. I have no time for tea because I must go another 14 miles back to the temple to prepare this evening's meal." said the old priest.

"What do you mean 'practice?'" asked Dogen.

"1, 2, 3, a, b, c. . . ." replied the old priest.

"I don't understand!" queried Dogen.

"You do not understand the meaning of 'practice.' You better come with me and meet my teacher!"

Through this priest, Dogen was introduced to Nyojo who was a very strict teacher and taught Zen in the old, traditional ways. After four years, Dogen received a great enlightenment and was acknowledged by Nyojo. Although Nyojo wanted Dogen to remain in China, Dogen decided to return to Japan and introduce the teachings of Soto Zen. Dogen wrote the Shobogenzo, ("The Treasury Of the Eye of the Law") which is considered a National Treasure in Japan and relates in very great detail, the form of practice as Dogen learned it in China. Today, in Soto Zen temples, this method introduced in the 1200's by Dogen is still practiced today as it has been for the last 800 years in Japan.

Soto Zen is rather austere and simple. One just sits in the same posture or form of Shyakamuni Buddha at the moment of his enlightenment. For Dogen, it is not important to become famous or skilled or enlightened, but it is to recover one's "original, normal" state of mind.

### **3. What does the title, "Rev" mean in connection with Zen?**

I was ordained under the Rev. Bishop Kenko Yamashita who was the Head Priest of the North American Head- quarters of Soto Zen Buddhism and the Abbot of the Zenshuji Soto Mission for over 50 years. Zenshuji is over 90 years old and is the oldest Zen temple in America. I was ordained in Yamashita Sensei's later years because he had not taken any students during his long career. I was

very much impressed with him for his great learning and wisdom. I received my Formal Ordination in 1988 and worked for several years at Zenshuji until his passing at the age of 94 years.

"Reverend" refers to my title as a Zen priest. I keep my title in honor and remembrance of my late Zen master and teacher.

### **4. Can you please tell us about the meaning of your name, "Kensho?"**

When I was ordained as a priest, I received one character from my teacher's name to be added to one character from my own Japanese name. It was decided that I become, "Kensho." "Ken" comes from "Kenko," my teacher's name and the Sho" comes from my personal Japanese name. Kensho means, "proliferation" or "spreading" of "Truth." It is a very good name, do you not think? - Maybe much too good for me! There is an old saying with my name in it by coincidence: "Haja Kensho" or "Destroy evil and spread righteousness."

### **5. Can you please tell us about how your connection with Zen had started?**

Although I did not have a strict religious upbringing in my family. I had always been interested in Zen since I was a child, especially as it related to martial arts. From my early years, I practiced Kendo, Iaido and later, Aikido.

I read my first book on Zen in 1957 when this little book first came out. At that time, very little was known about Zen in this country. I must have been about 9 years old at the time. I started Kendo when I was about 6 or 7 years old, Iaido when I was about 8 and Aikido when i was about 10 years old.

Since this book, I tried to read and studied everything I could about Zen. Although I was very young, I remember that I had to order books from England and Japan just to satisfy my learning because there was so little information here in America. Suzuki Daisetsu, one of the pioneers of Zen outside of Japan, had written many books in English published in England and also a monthly Journal which I was also able to find. These books today are very rare, I think. I estimate my library on books on Zen alone to be somewhere about 300-400 volumes. . . . I still continued to study such references.

Later, I began to practice Zazen by myself and later at Zenshuji in the 1980's when I moved my dojo to the Little Tokyo area. My dojo was conveniently just around the corner from the temple. After practicing for several years there, (Regrettably the main temple is separate from the Zendo where we practice Zen sitting so we were segregated from the normal temple activities. I don't know why this was.) I finally met the Head Priest of Zenshuji who turned out to be Bishop Kenko Yamashita. This was very fortunate for me and a very odd coincidence because I had met him many years before at one of my good friend's father's funeral where he had officiated the service.

At the reception after the funeral, I sat in front of the Bishop and was so impressed with his noble manner and wisdom that I thought to myself, "I want to be a priest like him!" It was my Karma to meet him like this, I believe.

I should also mention here that one very great influence for me to pursue Zen very strongly was Kisaburo Ohsawa Sensei, 9th Dan, at Hombu Dojo. Although he never mentioned one word of Zen to me, he, in some way, led me to the real doorstep of Zen by introducing me to the name of the great Zen master, Sawaki Kodo Roshi, who was his teacher for almost 20 years. Sawaki Roshi also had contact with many of the great martial artists of the time including O'Sensei and Nakayama Hakudo Sensei, the "father" of modern Iaido.

Although I really had no connection with Zen outside of my own personal interest, somehow, I was led to the right door to finally meet Bishop Kenko Yamashita who taught me so much. O'Sensei, of course, Doshu, Sawaki Kodo and Hakudo Sensei taught me so much and influenced me greatly.

### **6. Can you please tell us about your daily Zen practice?**

Today, I don't sit much because of my bad knee. I still observe the precepts of a Zen priest. I live quietly in my dojo and reflect everyday on teaching and my Life. Writing my thoughts, and teaching my students is my form of practice - I think about my practice and the way to live and teach correctly. I like to consider teaching my students as "doing good acts" in helping others. I try to practice a non-violent, peaceful life completely avoiding the arena of politics, fame, power, money and competing for prestige.

Other than this, I don't really do much as a priest that anyone can tell nor can I brag really about. Just trying to be a decent, normal person and trying to do good deeds and being a caring human being is the way my teacher taught me to live and practice Zen.

### **7. How does Aikido connect with Zen?**

I don't want to say that you must practice Zen in order to practice Aikido. I believe that in practice, Aikido is Aikido and that is all. Because I am a Zen priest, I do not want to become a Zen "salesman" to sell Zen to you.

I think if you like Zen and have an interest in Zen, I am sure it will help your Aikido in some way. If you have no interest in Zen and do not practice Zen, I think this is also fine and has no effect on your Aikido at all.

From my own personal point of view, I had a strong interest in Zen from a very early age - I really do not know why, I was just attracted to it like someone falls in love. I fell in love with Zen, much like Aikido. I was first very interested in Zen because I knew it had a strong connection with the spiritual side of Japanese martial arts and as I began to find out more about it, it only stirred my interest in it even more.

I think, for myself, it is important to study Zen because it has had such a strong, pervading influence on Japanese Budo and the Samurai from the very beginning of Japan's feudal history. I think another reason I find Zen very important is that the form of practice we see in Japanese martial arts today, including Aikido, was taken from the method of practice in the Zen temples. To understand why we do the things we do in the dojo and why we have these standards for our mental and physical training all stem from the methods of Zen training in the Zen temples.

Ohsawa Sensei of Hombu Dojo never mentioned Zen but you could see it in his actions and manner. This is what I like about Ohsawa Sensei and Zen. It taught without words or fancy methods and there was no complicated ceremonies or manners. To become a wonderful teacher and Aikidoist like Ohsawa Sensei, I thought that I should pursue my Zen practice more thoroughly. That is about it, no real reason to really discuss and no real reason or intention I can tell about. . . .

### **8. Can one practice in a way that his Aikido training becomes Zen training?**

Yes, for myself, I must emphasize again, I think there are two aspects of Zen and Aikido which are very compatible and blend nicely in one's daily life and it is these two points I try to think about and practice all of the time in my own life and practice. The first is "Do not fight." This is both the first principle in Zen and Aikido. Secondly, "Be a nice person and do good acts." I think I see this in both Aikido and Zen and try to understand this from both points of view. In both Aikido and Zen, I believe, it is nothing more than to become a good person and try to be helpful and caring towards others.

### **9. The phrase "Moving Zen" is sometimes heard in connection to some martial arts like Kyudo or Aikido. Can you please teach us about it?**

Yes, you are right, we hear this often said. They say it about Iaido as well, and recently, they like to say it about Karate and Tae Kwon Do. . . In America, they like to say it about tennis, motorcycle riding, gardening, cooking, and almost everything!

I think we like to say this because it means that we are seeking a "special state of mind" - very focused and contemplative or well centered - which we can apply to what we do such as Aikido or Iaido or any discipline or activity.

In many ways, this is very true. In Zen, there is the idea to "wake up!" your mind or "open your eyes!" or to shake the mind out of its stupor or sleepy state and become more aware and sensitive to what you are doing. Because Zen is always from a "sitting" position, this "applied" form of Zen is always "moving" as in Aikido.

From the outside looking in on Zen, we can say, "moving" Zen or moving something. . . However, from the Zen point of view looking outward, we never say such things. In Zen, everything is the "activity of the mind" whether we are moving or not. In Zen, meditation is considered the "purest form" of "being" because it represents the posture and mental state of the Buddha as he acquired his great enlightenment. However, in Zen practice, whether reading sacred texts or working at cleaning or cooking or talking with friends or doing Aikido, all of this, even when we are sleeping, should be this state

of Zen, where the mind is always in its own natural, original condition. I hope this makes sense to you. In Zen, and in martial arts, we often say, "Heijoshin Kore Do," which means, "The everyday, normal mind is the Way ("Do") as in Aiki-Do. This is Zen.

## 10. What is Satori?

"Satori" means "enlightenment" and refers to the enlightenment of the Buddha. In Zen, people often think that the goal is to achieve this enlightenment through practice. In Soto Zen, oddly, we never talk about satori. If we do, we are reprimanded and joked at by our teachers. Sometimes, they say, "When you get your enlightenment, what are you going to do with it?" Oh my! This is a good question! In Soto Zen, we often explain it like this: "Before practice, an apple is just an apple. When we begin to practice, the apple becomes something more than an apple. When we achieve enlightenment, the apple is just an apple again."

Dogen Zenji said not to look for anything "special" in practice. Practice itself is the enlightenment. When you are practicing Aikido or Zen, you are in a state of enlightenment. As you are, you are enlightened. There is no need to chase after anything. However, we cannot understand this with our intellect or reason or small, self-centered mind. We practice and train hard to understand and refine this realization. . . This is why even though we are already enlightened, we still need to train. In this same way of thinking, everyone is already a great master of Aikido. But because we cannot understand this for ourselves, we need to practice in order to refine this understanding.

When he was alive, O'Sensei was famous for giving out 10th Dan certificate to everyone and all of his friends. I think many people thought this was very odd but from his way of thinking as I just mentioned, I am sure that O'Sensei looked at everyone he met as great Aikido master and teacher. . . . how do you reach this level of existence when you can see everyone like this? You must practice as hard as O'Sensei!

## 11. Can one reach Satori through his Aikido training?

If my student asked me this question, I have to put an angry expression on my face and say, "No!" Of course, the answer is "yes," but the "dangerous word" here in this question is "reach." We are always "reaching" for this and "reaching" for that. Our whole lives are "I want this" and "I want that." We are in satori when we can escape this cycle

or mental state of always "wanting" or "reaching for" something.

In Zen, we never say, "I am enlightened!" If someone does, we all laugh. It is like saying "Will I ever become a master of Aikido?" Of course, we have to say, "no!," but in actuality, we also have to think in our hearts, "yes!"

I think it is like saying, "Will I ever get to heaven?" Who knows? No one has ever come back to confirm this but, in our hearts, we say, "Yes, I will go"

As in Aikido, many questions cannot be answered by words or logic and some things cannot be explained by what we do or think, it is just in our hearts and we have to know it. I believe, in this way, everyone reaches Satori in Aikido.

## 12. What is Beginner's mind? And how can one "not forgetting" it?

"Beginner's Mind:" is considered to be one of the most important ideas to grasp if you are beginning Zen practice, it is also an important principle in all martial arts training. It is very useful to apply this principle to our Aikido practice as well.

Beginner's mind is the naive, clear, untainted mind or the excited, new, fresh mental attitude you have when you first embark on a new project or endeavor. It is the fresh spirit you have when you first start a discipline like Aikido that you must try to maintain throughout your entire career in practice. Typically, after you gain some time and experience, you begin to think about rank and prestige, about who is better or worse, or who you like or dislike, about your next promotion, or you become jaded and bored with practice or begin competing with others - this is all the opposite of the "Beginner's Mind." I think in your dojo you have the famous saying, "Shoshin Wo Wasurebekarazu." - Or "Never forget your beginner's mind."

How do you not forget about this? This is the challenge and charm of our practice and what compels us to always be on your toes and constantly correcting our mental state in practice.

## 13. What is the difference you see in people that practice Aikido and Zen in comparison with those that practice Aikido only?

I don't encourage or force my students to practice Zen, I only answer their question s about Zen practice if they ask me directly. Also it is not a requirement in our dojo to practice Zen, however, some students practice on their own in different Zen centers and I think some people join my dojo because I am also a Zen priest and they have an interest in both Aikido and Zen.

I should say that I don't expect to see any difference if one practices Zen and Aikido and one only practices Aikido.

I should say however, that because Zen also emphasizes non-violence and serenity, I "feel" that those who practice Zen are more settled and centered in their outlook and movement. They are usually not as competing or aggressive. There are many scientific studies which clearly show that Zen sitting does have an effect on the mind and in Zen sitting the mind is at once more energetic and, at the same time, more settled and quiet. As you can see, this is also the ideal mental state and attitude for our Aikido practice as well.

I have studied many different Eastern disciplines and practices but I have always found Zen to be the most compatible with Aikido practice. However, it is not really fair to tell this to everyone hoping they will start Zen. Everyone should come into Zen freely and by their own will. I always have to keep this in my mind when teaching Aikido. I do talk a lot about Zen in my writings on martial arts because it is so hard to get away from Zen which has had such a wide and profound impact on the traditional Japanese martial arts.

## 14. Do you believe that Aikido can become a part of Zen training?

In addition to myself, I know of many teachers who have combined Aikido and Zen practice and there are many who think that they are very compatible. When I observed Ohsawa Sensei, it was obvious that he was a practitioner of Zen, yet he never spoke of Zen directly nor pushed Zen on anyone. However, I thought that if I ever wanted to be like anyone in Aikido, it would be Ohsawa Sensei because he was such a wonderful teacher with amazing technique - so calm and powerful at the same time. So, I think I would like to follow his example and only emphasize Zen in a non-verbal way. I also have a strong obligation to Doshu and Hombu Dojo so I must teach Aikido as purely as I can and I have to think about this a



a great deal and take this very seriously in my work.

Ultimately, I think it is important to keep Zen as Zen and Aikido as Aikido - and, if the student has interest in both paths, like myself, somewhere they will both come together in a natural way. I think this is the best - not the easiest - but the best way to teach both by giving each discipline its own integrity and respect.

Zen teaches to be non-violence and cultivate a calm, awake, sensitive mind, but it accomplishes this by sitting and being still. Sometimes, the idea of this non-violence and this calmness is not clear in the Aikido techniques, because we are always moving, throwing and pinning against an opponent or partner. Of course, we are always moving dynamically and "movement" or the "activity," both mental and physical, is the most obvious, evident sign of Life. One teaches stillness and one teaches movement. For me, it is much like the old saying in martial arts: "Do Chu no Sei, Sei Chu No Do." which translates as: "Stillness in action, action in stillness." This is, I believe, the perfect combination of both Aikido and Zen practice together.

### **15. How can one bring Zen practice to his daily Aikido training at the Dojo?**

The famous Zen priest, Ikkyu once wrote two sayings which I think express Zen very well. One scroll says, "Shoaku Makusa" or "Don't do bad deeds." The second scroll says, "Shuzen Bugyo," or "Practice goodness." if you can understand these simple words and bring them into your practice and your Life, I think I can say that you have mastered the Zen spirit. When O'Sensei talked about non-fighting and peace and one family of man, I think that he was trying to tell us this very same idea but in slightly different words.

How to practice Zen in your Aikido? Become a caring person and treasure and respect all of those around you and treat people with goodness. For yourself, always look at Aikido training as a part of your normal daily life - like brushing your teeth or having tea, - it is nothing special but, at the same time, something very important and essential to your Life.

On a more practice level, Zen deals with "attachment." As an example, we often have the habit to grab at the hand in Shomenuchi

when we know we should guide in downwards with a hand-blade.

Sometimes this notion is hard to break because our logic says, "grab" rather than "guide downwards." This is a kind of "attachment" to an old idea. Zen teaches that we shouldn't be hung-up but act freely, without such hindrances. In another sense, we do not focus or hang on so hard to ideas, but let them flow freely and naturally. We do not become stuck on the attacking hand but allow it to flow away from ourselves.

You do not have to worry about doing meditation sitting or chanting Zen scriptures and acting like a priest in order to apply Zen to our Aikido practice, as long as you are a caring, loving person. We do not fight, nor are we attached to the enemy or idea of an enemy. We are mentally free and unfettered, thinking only to harmonize with the other person, not harm or destroy him.

### **16. Do you have a message for us here in Israel?**

When I first met Ze'ev Sensei, he had invited me on several occasions to come to Israel to teach a class or two. When I first heard this, I was quite surprised. From what I read in American newspapers, it thought it must be a dangerous, war-torn country filled with violence. After getting to know Ze'ev Sensei much more, I found that the information in our newspapers here is inaccurate and Israel is also a very lovely country with many good people. When I asked my students, "What if I went to Israel?"

To my surprise, so many of my black belts and students wanted to go with me, so many people in my dojo want to see and visit your country.

I don't know much about your religion and life in Israel but there is a movie which I found very interesting and I like this movie very much. Of course, this is only a movie so probably it is not all correct information. . . . so please forgive me for mentioning this. It is about a female detective who must live in a Jewish Hasidic community in New York in order to solve her case. It is a story about the culture shock of suddenly being transplanted into this Hasidic lifestyle which is so different from the life of a young woman of this modern age. What was very interesting to me is that so much of the religion is intermeshed with one's daily life. For me, I thought this is very similar to the Zen life where there is no border between



From Jake Gularian, Iaido Dept.

what is religious and spiritual and what is our normal lifestyle.

I think for you in your country you may find this an unusual remark but if you have ever lived in the United States you will know what I mean. Here in this country, we have the principle of "separation of church and state." Although this refers only to our civil rights and laws in society and really has no bearing on our personal beliefs, today, many people here mis-interpret this to mean that our religion or spiritual practice must be completely separate from our normal life style. . . . Of course, in my personal life or among my students, I have never run across such an idea that one's beliefs or religion cannot enter our personal lives but a few years back when I was participating in an Aikido website, I was severely reprimanded for answering an inquiry about clapping hands in the dojo which was interpreted as a "religious" question. I was so surprised and shocked when this happened because it was only an answer to a question and in no way a sales pitch for religion. I think Ze'ev Sensei remembers this incident which caused me so much grief. It was so funny to me! Indeed, sometimes our thinking can become too stiff and narrow-minded.

I think that although the world changes so much and so quickly, you must hold on to your customs and beliefs very strongly no matter what. Aikido or Zen does not contradict or reject any belief system or other religion or philosophy and is very comfortable wherever it is. In both Aikido and Zen, we must practice hard and enjoy the virtue and benefits of practice. And, - just to be a good person trying to do good for others - for me, this is the essence of my practice and this is how I try to understand both my Aikido and

Zen together.

I realize that you have such a very good teacher and many good students of Aikido where you are. Maybe someday I will get to meet you. I know my good friend and senior, Masatake Fujita Sensei recently visited you and I heard that he enjoyed his trip very much. Of course, he read a great deal about you and Ze'ev Sensei from our dojo newsletter here in my dojo and wanted to see you. I see this as a kind of karma where is are all interconnected and interdependent on each other. Although this is a principle of Zen, I think it is also O'Sensei's One Family of Man all getting together in harmony through Aikido.

I hope I have been able to answer all of Ze'ev Sensei's questions on Zen clearly. Because Zen and Aikido are not "officially" joined together, I have to present this as all my own personal views and if I have offended anyone, it is due to my lack of experience and wisdom

I wish you all of the best, and hope O'Sensei's spirit of Peace will touch all of you and your country. I also pray for you as I pray for Peace and Harmony in this world everyday. Please continue to practice hard and support your teacher and your dojo. With all my best wishes,  
Rev. Kensho Furuya,  
Aikido Center of Los Angeles

Thank you so much for your time.  
Ze'ev Erlich, Aikikan, Rehovot, Israel

## Yahoo Discussion: Why Do We Fight Each Other?

Have you ever thought about this seriously? I know it has come to your mind once in a while but I am wondering if any of you have thought about it very seriously and gone through this process of trying to understand what this really means. I say, "what this really means," and not imitating what someone else has said or parroting what you have read somewhere. I am wondering if you have really thought about this in regards to yourself and your Life?

Why do we fight? This is an important question to ask yourself because I think it will effect your understanding of Aikido, your practice and your Life and how you think of people all around you.

Usually, we are trying to protect what we have from someone or we are trying to get what someone else has. In either case, someone, myself or the other person, wants something. In a country like ours, where we have a lot, then people want prestige or honor or fame. Everyone demands respect and this is the source of chaos as much as sex, money and power, I think.

We want too much power, or too much money, or too



## Do Not Forget Your "Beginner's Mind."

**Shoshin Wo Wasurebe-karazu.**

The Beginner's Mind is considered the ideal mental state in all studies and disciplines. It is with the naive, innocent and pure energy of a beginner with which we must pursue our daily training.

much recognition of fame. Some people are nobly fighting for their lives and their country. . . some are sadly fighting just to stay alive in a harsh world and some Regrettably are just bad people being bad.

There are some people who just like to fight for no reason at all. Some people may want to fight you just because they do not like you. There is probably no good reason to dislike you - maybe they don't like the way you comb your hair, or the shape of your ears, for some reason, they don't like you and they can't even say why. . . .

When we study the history of man, it seems we are studying of who is fighting who.

What is the solution or answer to this question? I don't know. We have to think about it more seriously and with more sincerity. I know "fighting is wrong," but I don't really know why. Some reasons sound valid and correct, and some reasons sound bad and wasteful. Sometimes, it seems good and sometimes it seems bad. . . We vacillate like this because our wisdom does not carry us far enough.

As they say, "I know it when I see it but i can tell you what it is!" Ultimately, without the answer, I sense I want a peaceful life. Somehow, I think we want too much and this is where we get into trouble. I see some people finally make lots of money and then they only want more. I see some people gain a great deal of power and prestige but then they only want more. Sometimes, it is the "wanting" more than anything that is the problem.

**From Ambrose Merrill:** I haven't thought about fighting as such but I do try to examine where my anger comes from. I very rarely get angry but for some pathetic reason driving and encountering poor drivers does make me cross.

As I have tried to work through what is triggering my

anger so that I can understand it and let it pass me by. The conclusion I came to (through reading and study so not a brilliant personal stroke of genius!) was lack of awareness - on my part not theirs.

When someone drives badly and that impacts me I respond to it as an attack. How could they do that to me? Selfish idiot didn't he see me? Didn't he care? He pushed in front of me! Thinks he's clever doesn't he.

So the first thing I do is think about me and my needs - I am being selfish.

The next thing I do, or rather do not do, is to take the time to consider things from their point of view. Maybe they are tired, old, crying, rushing to get to the hospital to see a dying relative, rushing to get to a work appointment because if they are late again they will lose their job. Or maybe they are just unkind and like to 'win' and push in to prove to themselves that they are better.

Whatever the reason, and I will probably never know, when I take the time to think about it I find it really isn't an attack. Yes it is an action that impacts upon me but it is my selfish thinking that sparks the anger.

When I take time to become aware of the reasons why they might do it I cannot feel anger anymore. Why be angry with someone who needs to 'win' in life by pushing in front of you? That they need this selfish victory is really rather sad when you think about it and so should trigger feelings of compassion - not anger.

This thinking is really what Aikido is about isn't it? Seeing things from the 'attackers' point of view - recognizing that they are not 'evil' or 'bad' just lost.

So if we apply this awareness and the compassion that this fosters then we would almost never fight.

I say almost because if someone is attacking my children then I will 'fight' with every ounce of power in my body to protect them. Not with hatred ideally (though I am not sure I have the self-mastery/enlightenment to not react with hatred) but with a determined compassionate power that ensures the protection of my children whilst doing minimal injury to the attacker.

I am sorry this is a poorly constructed reply. All I really need to say is that I think we fight because we are selfish and unaware! Is it not that simple?

Also I think the online version of the newsletter is excellent. However it is very nice getting something 'real' that I can hold in my hands and that I know has come from you. Somehow it makes the connection between us seem more real. It might sound strange but there you go! Best wishes as always Ambrose

**From Kelly Allen:** "I am sorry this is a poorly constructed reply. All I really need to say is that I think we fight because we are selfish and unaware! Is it not that simple?"

Poorly constructed! Absolutely not! Your analogy could not have put your idea across any better, at least to us drivers. That misunderstanding of point of view of the so called aggressor, in your analogy simply a poor driver, triggering anger because one takes the poor drivers antics personally, can and is mirrored in a vast number of situations. Many things aside from driving can and is misinterpreted every day. The anger that incites the conflict is produced when the misunderstanding is taken personally. That "taking it personally" is the selfish act that all must strive to change.

Great comment! Thoroughly enjoyed it!  
Kelly Allen Continued In The Next Month's Issue:



## Trip To Armenia

By Larry Manoukian



Thank you for your interest in the trip my family and I took to Armenia recently. The trip provided much needed rest as well as an opportunity to see first hand, and for the first time, my ancestral home-

land. Also, we took the opportunity to Christen my younger son, Alexander.

Finally, since my party included 13 of my family members, the trip was a way for us to become a closer family.

Although we spent a majority of our time in Armenia's capital, Yerevan, we spent most days visiting the various churches and monasteries in the country side. There are many old such structures in Armenia, which is not surprising since Armenia was the first nation to accept Christianity as its national religion. For example Alex, my 3 year old son, was Christened in a church that was built in 618 A.D.

Another activity much favored by returning Armenians is visiting historical sites. Armenia is nothing if not "historic". There are monuments to battles fought both within Armenia and outside. For example the "Sardarabad" monument is the site of Armenians' victory against Turkish armies in 1918. Through this victory, Armenia was able to gain its independence.



Monastery at Sevan Island. 10th Century.

Another truly breathtaking monument, the "The Mother Armenia" statue, which commemorates Soviet Armenia's participation in WWII. I suppose a nation, as well as an individual, can be known for the battles it fights as much as anything else.

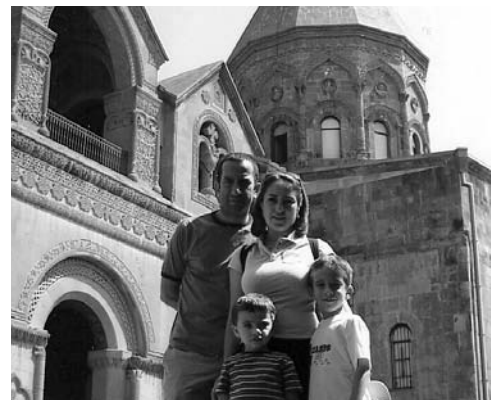
Yerevan itself has an old world, European,



Statue of "Mother of Armenia" in Armenia's Capital, Yerevan.

charm. That being said, there are cranes everywhere with construction of new and modern buildings being the order of the day. The city truly comes alive at night. There are dozens of cafes lining its main boulevards with live music pouring out through the night and into the morning. One morning, at around 6:30, when neither Alex or I could sleep, I decided to take him for a walk. Even at that hour, there were still some stragglers at the cafes sipping coffee. No wonder stores don't open until 10:00-ish! Another aspect of the city is the "interesting" way its residents drive. What we would consider traffic laws are treated as suggestions! The police actually stand by the road- side with what look like lighted wands and gesture to drivers who've committed infractions to pull over. Then they proceed to give the drivers wise counsel or tickets or both. The funny thing is that drivers almost universally pull over despite the fact that the police have no way of tracking them!

In short, the trip was well worth it. But, in a strange way, one of the best parts of the trip was how it helped clear my mind for my return to the dojo. Seeing fellow students after a few weeks' absence was a happy occasion. I recalled your saying that when one returns to the dojo after an extended absence he does not pick up where he had left things and that worried me. In addition, there is always the concern that if he is away too long, my son Armand - who as you know is only 6 - will lose interest in Aikido. However, things were made easier due to the supportive community that we have here at ACLA, both for Armand and myself. . .



Etchmiadzin, center of the Armenian Church. Below: The Leonard Manoukian Family.



Sardarabad, site of a victorious battle.

## Trip To Japan & Korea

By David Ito



In September, I visited Korea and Japan. I have been to Japan many times, but it was the first time I had ever visited Korea. Recently, my mother found out that she was adopted and she tracked

down some of her cousins, which is why we went to Korea. Korea was very nice and similar to Japan. We found the people in Korea to be very nice and helpful. As well as our cousins turned out to be wonderful people. We mainly stayed in the area around Seoul. We did not get to do a whole lot of sightseeing done because of family otsukiai. I believe otsukiai in Japanese means to keep company or has something to do with building relationships. I am not really sure, but every time we have relatives in town my mom says we have to "otsukiai." Since we did not sightsee, the theme for our trip was food. We met someone for breakfast, lunch or dinner, sometimes all three, everyday. I must have gained at least five pounds. We went to many delicious



## Where Seldom Is Heard A Discouraging Word

By Dr. Gary S. Goodman, President  
[Customersatisfaction.com](http://Customersatisfaction.com)

09-19-05: "You-Can-Do-It, Gary!" my dad would announce with utter confidence from the Little League grandstands.

To this day, I can still hear him, spurring me on as I broke records as a 12 year-old.

How I miss those days, having him in my corner, having anybody in my corner, as only a parent can be.

Of course, I thought it was a little embarrassing, at the time. Dad's bleacher banter was honed at Chicago Cubs and White Sox games, so there was always a barky, retro quality to it, the kind of sound spewed by street corner vendors in America's windiest and grittiest of cities.

But he was there for me, when it counted, with his unceasing encouragement.

Dad didn't teach me how to succeed. He did something much more important than that.

He taught me how to try.

Try hard enough, and often enough, and you'll succeed. That was his message. It still holds up, today, and that's why it surprises me that there's so little of dad, or of good mentoring, if you will, in everyday life.

Recently, I've been doing something that the Carlos Castaneda people call, recapitulating. It's a systematic process of remembering EVERYONE in your life, reliving key scenes that you were in with them, and then regaining the energy you may have left in those encounters. The whole idea is that you need a lot of energy to be a warrior, and getting some back, the type that's stuck in the past, is a good way to build it back up.

It's amazing what you come across when you recapitulate. I recalled what a newly minted Black Belt had said to me, when I was a Brown Belt. As I congratulated him on his advancement, he whispered:

You're next.

Two words, two little words, but they were words of encouragement, and they gave me a boost, and helped to sustain me when I doubted my abilities and fortitude. Like dad, this person said, you can do it, Gary!

At my promotion to Black Belt, I thanked him for believing in me, and I reminded him of his encouragement, and told him how important it was in helping me to join his rank.

We all need support of this kind, but why aren't we getting it?

Perhaps Kensho Furuya, author and Sensei of the Aikido Center Los Angeles, has an answer. As he noted, recently, in his online diary, most of us are too busy competing. He explains:

In Zen temples, the reason why everyone must practice together is so that everyone can Encourage each other in their practice. This is very different from having a competitive view with everyone. Through the ages in the history of Japanese martial arts, it has become the same custom in the Dojo.

In ancient times, competition usually resulted in serious injury or death, so many tournaments or competitions were banned by most schools. Competition today is very

## Japan David Ito continued:

restaurants in Seoul. In Korea, I fell in love with bulgogi, which is a Korean barbecue dish. This was the first time I have ever had a different variety of Korean food. Before this trip I did not know much about Korean food. For instance, I never was fond of kimchee in the US, but the kimchee in Korea was delicious and so was the homemade tofu. Koreans are fond of drinking herbal teas in quaint teahouses. I discovered that many of the teas they drank were commonly used in Chinese herbal medicine. I could not wait to get to Japan, because it was the beginning of the grand sumo tournament in Tokyo. We could not get tickets because most tournaments are sold out far in advance and the seats that were available were really expensive. I love sumo and enjoyed watching it on TV everyday. I would make my mom rush back to the hotel in order to watch it. We continued eating our way around Tokyo as well as meeting with our relatives there. We even met our cousin's father in law who is from Belgium and only speaks English and French. My mother acted as interpreter since our cousins do not speak English or French and my mother speaks English and Japanese. He invited use to Belgium for vacation. Everything tastes better in Japan. I love the food in Japan

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popular because we thought we could get around this problem by having many rules to protect each contestant. This was a very fatal mistake for martial arts when we thought we could adapt it to the Western idea of sports. O'Sensei was very much against this trend so we do not have competition in Aikido. If there was, it would be much too dangerous for everyone. . . . This is a point we have forgotten in modern times. . . . ([www.aikidocenterla.com](http://www.aikidocenterla.com))

I can relate. Not long ago, an overly competitive martial artist aimed a full potential strike at my jaw, resulting in partial contact, and stunning me, temporarily. It was an intentional act of a desperate person, one who felt weak, over-matched, ineffective, and hell bent on winning.

Physically, I got over the blow in minutes, but the emotional impact was something perfect for recapitulating!

Don't get me wrong. I can take pain, having bounced back from broken ribs, miscellaneous bruises, and the loss of some tooth enamel in my karate matches.

have never had anyone in their corner who believed in them, who went out of their way for them.

So, it's up to us, those who have been graced with such support, to break the cycle. When we communicate with these beings, we need to give them a gift of encouragement. Despite any reluctance, we should say what they doubt the most: You can do it!



David & his mother in Kamakura.

especially the desserts. The rice and sweet bean desserts are my favorites. I even like the food in the local 7-11. It's not the same as the food in the US the food is clean and actually tastes good! I did do a bit of sight-seeing in Japan. My cousin took me to Kamakura to see the giant Buddha sitting there. It is almost 40 feet high and weighs 90 tons. Standing next to this bronze statue is awesome and you can almost feel it as it sits there in contemplation. I also made it out to the Asakusa temple, which is a big tourist spot. They have many shops selling tons of souvenir items. We went there to eat sukiyaki at this famous restaurant, which has been using the same recipe since the Meiji era. It is a small hole in the wall, but it is truly delicious. The trip was great and traveling truly gives you a different perspective on the lives of others not to mention yourself too. We are planning on going back next October.



Amsterdam, Dam Square. On Jake Gularian's trip to Europe this summer.

### **Aikido-laido-KODO@Yahoo.groups.**

Please join us in our Yahoo group for daily discussions and the latest updates in our dojo. Your participation, questions and inquiries are welcome and greatly appreciated. Please have all your friends join us as well.

## Letters & Correspondence:

**09-14-05: From Argentina:** Dear Sensei: Sorry for the delay to answer you (and all the nicest posts you published at your Group). Unfortunately for me I am very busy with different things right now and I cannot respond as I would like to do it.

Anyway, I want to tell you I really appreciate your words and kindness and, of course, I will try to "do some" during the week end because, even when you write more, more questions I want to ask you! And, until that time comes, I will answer some questions you made me at your last mail to me:

About your question relative to the place I live to let me know if there are some place close to mine to start the zen practice, after say you I really appreciate you do that kind of things to me, I let you know I live right in the middle of Argentina, at the second city of the Country (because it's size and population), called Córdoba.

And about the last ones, referred to my dojo and teacher, I let you know I haven't got my own dojo yet but right now I am lookin' a place to buy to build some (and, if I could do it, it could be one of the few places in Argentina with this characteristics) but I am "practicing" & "teaching" at two different places in the downtown of my city. They are small but comfortable for this moment. At least for me. Anyway, as I wrote you before, my teacher is Christian Tissier. And this "happened" since I knew him in 2.000, at my first visit to his dojo in Vincennes. Even I started the practice here in Argentina with the local groups of practice, was when I meet him I really start to practice. Or I start to practice in another dimension. I don't know if I am clear with this but with him I had the sensation I meet "the person". And, for this reason, I have no more options with my own to follow him. And, as you can imagine, this help me in a lot of different aspects (real important ones) but complicate a little bit some others (not too essentials as the firsts). Sincerely yours. Luis Colalillo

**09-14-05: Compassion In Thailand:** I emailed a few friends about compassion, and want to share this response with the group: from Beth McLoughlin

"Well funny you should ask that, I am in the land of compassion - Thailand, the land of the Buddha..... from my understanding, compassion is much more all encompassing and is about moving beyond the individual self, its a state of love, a high state, it is gen-

gentle and moving and poignant and heart-breaking and humbling all at the same time. I am having a very embracing experience of the Thai's and Thailand's compassion for its people, visitors, you name it. It is a grounded state and a high state from the heart without judgement and is purely profound." Dennis Long

**09-14-05: From Salamanca, Spain:** Sensei: How are you? I read all your messages on the web so I can see how busy you are. But I don't know how you have enough time in one day to do all those things that you do. I hope you have enough time to rest well.

Here everything is fine, trained hard as usual and try to give my best to the dojo and my students.

Still I'm working in your Kodo book and soon I will have the three chapter translated soon. When I will finish it, I will send you. In October we will do some demos for a police department so I will write some thing for the Aikinews and send you some pictures. Also this October too a students of this Dojo will open a Aikido Dojo in Burgos (city close to Salamanca) "Kodokai Burgos" and this month too "KODOKAI SALAMANCA" celebrate the 7° Anniversary.

I December I will like to promote a one student for a 1 Dan black belt. Next e-mail I will write you more about this student and what is the best way to have you approbation. (send you a curriculum of him, or a video tape..). in my personal opinion he have best Aikido basic that Carlos or Oscar. My best, Santiago

**09-14-05: LA Loft Living - Barbara Thornton:** We can talk at the first of the year and set something up! it will be fun. your place is one of my favorites. love, bt

**09-16-05: "Love" In Japan:** think the Japanese had the right idea when they, without a word for love, were forced to elude to and prove by example ones love for another. I say this because in our western culture it is so easy to tell someone that they love them that it has replaced in some cases the need to show that person the love they so profess. Some examples of this is the husband who tells his wife often that he loves her but then proceeds to not appreciate her. My son, when things are going well for him, is constantly saying he loves me and his mom only to be very disrespectful to us when things

don't go his way.

At any rate we, in our western society, wouldn't have the easy way out (or in) if we too didn't have a word for love, making us show compassion and caring rather than just verbalizing it.

Can I tie this into Aikido practice? Maybe but I think it may take up another three or four pages trying to explain myself. Bill Allen.

**09-16-05: From Colorado: New Littleton Aikikai:** Sensei, Custom is good. Littleton Aikikai would work. I know this may be a strange question, but do you think I could get something written in Japanese from you that says something like, "Dojo of the untalented teacher's student." I've always loved that you have the "hideaway of the untalented teacher" on your dojo. There isn't a Littleton Aikikai, so it would be good. I trust your judgement, and your guidance. Thank you for your time and generosity, I am always grateful. Best, Steven Shaw.

**09-16-05: Aikido As Dancing?** Hi - I recently signed up on this list so I'm not sure if anything I have to write is of any relevance yet. While I'm learning, some of the people at my Dojo say, "think of it like dancing" (the only problem is I can't dance so I kinda draw blanks). Can I ask if any others here who may not be skilled in dance catch on differently? It's only my second week in Aikido and in the past I've done studies which consisted of repeated punches, kicks and blocks but even the stuff that incorporated Aikido used much of these motions. Thanks! Geji Mayu

**Sensei's Reply To Aikido As Dancing:** Thank you for your message. This is a very interesting question and it has been discussed before in Aikido and in other martial arts. I think I can see what your classmates are trying to tell you. I think by saying to think of Aikido like dance, they mean that you should relax and try to move freely. In some respects, this is a good idea to think this way in practice.

However, I never use this concept in my dojo because it often implies to the new student that the movement is "carefree" and "easy-going." Aikido, as a martial art, is very different from dance. In dance, a movement can be very interpretive and be expressed freely.

**Reply To Aikido As Dancing continued:**

However, in Aikido, each movement has a specific purpose and intention and there is a particular mental state and projection of energy which is very important within each movement. In addition, Aikido movement is very big, but also very stable and well-centered and moves against an opponent, neutralizing this attack and blending with his movement at many levels. Often, if one thinks of Aikido as dance, the idea of the opponent and the critical attack becomes vague, neglected or ignored. In Aikido, the movement can be free and expressive, but we cannot forget that we are always moving against an opponent and a critical attack which must be negotiated properly and effectively, without injury to ones' self.

In many other martial arts, I always hear teachers and masters lament, "They are turning martial arts into a dance." Or "martial arts is becoming a dance these days." What they mean here is that their martial art is losing its effectiveness as a martial art and becoming more movement or exercise oriented. Nowadays, much modern style martial arts is for show and often done in competition as a spectator sport. Aikido avoids this tendency.

I do not want to offend out contradict the teachings methods of your seniors in your dojo, so I am just giving you my personal views here since you asked.

As much as possible, considering all the many aspects and levels of Aikido, I think we must always keep in mind that it is a martial art. It may be a good idea to think of moving more freely as a dancer but we should not, I believe, transform Aikido into a dance itself.

I have taught a number of amateur and professional dancers in the past. Some are very good because they have the flexibility and stamina of a trained athlete, but I have also met dancers who have had a great deal of trouble trying to pick up the disciplined movement and techniques of Aikido. I wouldn't say a dancer as any more advantage than this in comparison with a non-dancer who is training in Aikido.

In my early days, I studied formal dancing, both Western, social and ballroom, and classical Noh dance, to see if there was a relation to or if it would help my Aikido. I found Noh very interesting because it comes from the same Samurai tradition as martial arts and

many movements are like holding a Samurai sword. However, overall, it only helped me a little and I didn't pursue it to any great length, although it was a lot of fun. This is my personal experiences with dance.

Never contradict your seniors or your teacher but try to understand what they are trying to teach you. Their methods are probably very different from mine. Thank you, I hope this clarifies a little for you, best wishes!

**09-18-05: Question On Tracking:**

Sensei, I have a question concerning your message on tracking the blade of the sword. Do you mean this literally that we should look at the blade of our opponents sword as they come in to strike? I remember reading a quote from O-Sensei once in which he stated something to the affect of don't stare in your opponents eyes for he will take your spirit neither should you stare at his blade for it will confuse your eye. Keeping this in mind I have always in my own practice tried to keep my gaze at the area where the attackers gi crosses and try to see the sword peripherally. Is this incorrect? I also use this method in my tai- jutsu practice, trying to gaze at the center of my opponent instead of the hands or feet. Should there be a different approach in where we focus our eye in sword practice than in empty hand? Jason Perma.

**09-20-05;** Many thanks, Sensei. I have enjoyed your book for many years and many readings, and met you during your dojo demonstration during Nisei Week this year. It's a pleasure to join your group. In gassho, Vito Lapiccola

**09-21-05: About Iaido:** Hello Sensei. I was reading a past issue of Aikido Today magazine. the may or june issue. In it was an interview with John Stevens Sensei briefly discussing O-Sensei and his pursuits, one of them being calligraphy. He also mentioned a famous calligrapher by the name of Hakudo Nakayama who was also an Iaido Master. In fact he went on to say in the article that Hakudo is for Iaido people what O-Sensei is for us(Aikido people). Iaido is very new to me as well as Aikido. and I realized that I know nothing of the origins or history of this art (Iaido) that I have just recently begun to study. If you could please fill me in a bit it would be most helpful and interesting to me. In the article was mentioned that Hakudo was a friend of O-Sensei's. I was wondering too about the relationship between the two

two arts from a historical point of view. and how it relates to the birth of Aikido. I realize this covers a lot. I feel very "green" when it comes this subject and would just like to become a little more Knowledgeable. Many Thanks one small Personal note about the discussions on compassion and love: Something that becomes apparent to me is the correlation between love/compassion and Growth. Whether it be personal growth, family growth or the growth of humanity. Thanks again, Brett Rushworth

**09-21-05: Introductions:** Thank you Rev. Furuya for your kind welcome. I think it would be polite if I introduce myself.

I have read your book, KODO: Ancient Ways, and your daily messages for some time now. I was directed to your book and website by my Sensei, Sensei Michael Schmidt, of the Four Seasons Martial Arts Dojo in Granbury, Texas.

He teaches Iwama Ryu Aikido and Yagyū Shinkage Ryu kenjutsu in his school. I have practiced for 6 years under him and I am a white belt rank. Your writings have helped me alot with my attitude, in my life, my training, and understanding. Thank you very much. James Linzy

**09-22-05: From Turkey To Japan!**

Hello to all friends. My name is Mert and I am from Turkey. I am 35 years old from Izmir (west of Turkey) I am practicing Aikido and my 2006 target is to visit Japan and especially Hombu Dojo... I am looking for friends everywhere about aikido and also friends from Japan.Thanks to ones who write back and also to who doesn't....:))

Dear Sensei Thanks for the warm welcome. We are connected to the Aikikai Eurasia community Nebi Vural (6th dan Tamura's student) is the president of the community.We are in izmir the midwest coast of Turkey. the dojo here is very crowded.I will wait my turn a while since i am a newbie..:) Thanks, Good Day! :)

**09-22-05: Introductions:** I would like to introduce myself to the group. I was directed to Rev. Furuya's book and website by my Sensei, Sensei Michael Schmidt, of the Four Seasons Martial Arts Dojo in Granbury, Texas. He teaches Iwama Ryu Aikido and Yagyū Shinkage Ryu kenjutsu in his school. I have practiced for 6 years under him and I am a white belt rank in Aikido. Your writ



## Aikido Center of Los Angeles

www.aikidocenterla.com

**09-22-05 Introductions continued:** -ings have helped me alot with my attitude, in my life, my training, and understanding. Thank you very much. James Linzy

**09-23-05:** izmir mert beye selamlar ben özgür erçelik. izmir kar?iyakada gojukan spor klübünde jui jutsu çalı?ıyorum. i?yerim çankayada. oercelik@yahoo.com

**09-23-05:** Selamlar Jui jutsu benim için sert bir spor.aikido daha yumusak ve modernize edilmi? Diye dü?ünüyorum.Hele orta ya? üzeri ki?iler için ideal. Biz Bostanli Bukulmez dojoyayiz.Ayni zamanda jui jutsu ve yoga dersleri de var zannedersem. Iyi günler.

**09-26-05: My Sword Training:** I will do my best to talk about the training I have received at Michael Sensei's dojo. I have been training for a very short time in kenjutsu, so I will be somewhat limited on what I can talk about, but would be glad to mention what I've experienced.

At the start, we first learned etiquette of the dojo and of the sword, such as how to carry it, bow out with it, bow in with it, basically how to respect it. In his dojo there are no pads and we are taught to use control. This requires that everyone is careful with their bokken or sword and pay close attention, so we do not injure anyone. The reason that we do it this way, as explained by my Sensei, is to not just develop control to stop yourself, but in all things that you do. It is to help with better control in cutting angles, strength, stancework, etc...

Grip is heavily emphasized. Sensei is very nice to break it down for us all the way down to which finger should touch the weapon first, how it should be pulled from the belt, tightness/looseness of the hands, distribution of the strength in elbows and shoulders.

We are told to constantly work on the things above, but at some point, we begin to move on. We start with footwork and ready stances. There are several ready stances, and I do not know the proper spelling, I just know what it sounds like when he calls them out in class. The first one sounds like "chudan" I think. This is the first one we learn and spend alot of time in. It is when the hands are below the naval area, ( I believe this is called the "hara" but I'm not sure that is proper, the place where ki flows from ) and the tip of the sword is pointed at the opponent's xiphoid process or at bottom of

the neck. There are several more stances, but this is the first. I do not know how to spell the names, but when called out in class they sound like, "hasso", "gedan", "jodan", and there is one that I cannot recall how it sounds that is longer when spoken, which the sword is behind you and hidden to an opponent in front of you. There are more in which the name also escapes me.

On that last stance, it was explained to me that the purpose is to signify many things. Your resolve to die if need be, a signature of the Yagyū school, and that you will take your opponent's life even at the cost of your own. In this stance, it appears to the opponent that you are unguarded.

In terms of footwork, alot of time is spent, and sometimes it seems every class teaches something new. Yet this might be just me. By new, it just seems that there are many levels to good footwork.

Next we learn strikes. The first 2 that we do are yokomen uchi and shomen uchi. At the same time as strikes, partner practice( bokken only of course ) is introduced and the subsequent countering techniques. At first the defense techniques are "choppy". They are not as flowing. It is difficult to describe. As we progress, we do less of this "choppy" style, but return to it from time to time to refresh our basics. This "choppy" technique, if I understand correctly, is to get us used to bokkens coming at us, get our feet moving properly, teach us to "get out of the way" correctly, distancing, timing, and controlling your opponent and their blade.

By "choppy", I really mean that there is more in the practice than in later "flowing" movements. In the first technique we learn, it is defense from shomen uchi, a linear movement from the opponent toward us is given, we step to the outside in a triangular fashion, block the incoming strike, then bring our bokken around and strike the back of the attacker's bokken to hold the opponent's bokken down for a split second, then finish with a yokomen uchi to the neck of the opponent while we swing our trailing foot around circular. Later, we take the first block out and the holding strike out to leave only the yokomen uchi to the neck. There are less steps, but this makes it harder, which is what I mean by more flowing. I am not a very good writer, but I hope this is not too unclear.

Most of the techniques follow in this

fashion, we begin with a basic form of a technique, which teaches us how to control the opponent, our footwork, parrying, blocking, and striking. Then we make it "simpler" by removing some extra steps, for the more advanced levels of the technique. However, the "simpler" technique is a valid technique in itself and useful. I suppose it is like learning ikkyo from cross wrist grab first then from punch later. Not that one is simpler or more flowing, but one is taught before the other to teach the concepts.

Later, we do some open hand against sword, multiple attackers, and simultaneous multiple attackers.

All of the training up to this point is with bokken. Later we use sword. The only sword training I have had at my level is on a kata and in 2 classes we had test cutting.

I have been doing kenjutsu for 2-4 years, I honestly don't remember how long it has been. I am also leaving many things out, chiburi, re-sheathing, and details of how we do cuts, blocks, parrys etc.... I had forgotten about these till now. I didn't realize how much I had written so far. It is different writing about training, I have never done that before. It makes me realize some things I need to learn, such as the spelling of the techniques. I hope this can at least provide something useful. If I can provide anything else feel free to let me know. Thank you, James Linzy --- In Aikido

**09-26-05: Meeting The Dalai Lama:** Hi everyone, I just wanted to share with the group my experience yesterday in seeing the Dalai Lama at Rutgers University near my home in New Jersey. What an extraordinary Human being!! Prior to his lecture he received an honorary degree from the university for his many great acts of humanity and helping others. He accepted with a humility that only such a master could be capable of, an innocent almost embarrassing look about him as if he was wondering why a crowd of 45-thousand had gathered to see him receive it. They had a podium set up for him to speak but instead he pulled up a chair from where the musicians had been playing at sat down at the edge of the stage. He explained to us with much smiling and laughter that he did not know how to give a formal lecture, so if we didn't mind he would just talk with us as if we were all old friends. I have read many of his books in which he always exclaims "I am just a simple monk." It was clear that he wanted Continued:s

**Dalai Lama:** us to relax and see him that way as well. I think it is in this way that he gets his message across to so many. The topic of his talk was "War, Peace, and Reconciliation." It was a beautiful lecture on the nature of peace and war and raising our awareness about the nature of such things. Many people, including myself, were moved to tears over the course of his talk. I don't want to really talk about what he said because it just wouldn't be the same coming from me so instead I will just encourage everyone to see him if the opportunity should present itself. I will never forget as long as I live his kind expressions, his deep bellowing laugh, his genuine humility, and the way he made us feel like old friends. He left us by saying "Okay, That's my talk!" He got up from his chair, bowed in true thanks to the crowd, and disappeared. I am very grateful for my short time with a great teacher. Jason Perma

**09-27-05:** This is when i realized that i am getting older..Falling and getting up again and again I thought I sweated as much as last whole year in one training day.One year passed and now I am training faster - I mean doing the techniques fluently- .A Hard day's night and the morning next I found my body aching very much.I liked to ask you about the tension of the training. (Or is it me pushing too hard? :) ) What should be the relation between age and training speed.The master we get the less we move? Thanks a lot Mert

**09-27-05: Sensei's Reply To Meeting Dalai Lama:** You are very fortunate to see the Dalai Lama. It is considered a great blessing to see him or hear his words or be touched by him. Many think that it will insure your way into Paradise. Of course, to hear his Precious words is also a great responsibility, you must now practice the teachings which you have heard from him.

Regrettably, the our country the United States does not support the Tibetan cause. Much of this is due to the diplomacy between the US and China and the promise of great financial gains in doing business with China, now and into the future. Taiwan is in the same position as the Dalai Lama and the Tibetan people who are now living in exile in India and Nepal.

Unfortunately, it is estimated that over one million Tibetan political prisoners are held in Chinese prisons and are being killed and tortured each day. Recently, 30,000 prostitutes arrested from various cities in China

were forced to immigrate into Tibet and forced to marry Tibetans nationals with the intention to dilute and decimate the Tibetan race.

In the face of this and innumerable other injustices against his people, the compassion and the spirit of the Dalai Lama is truly divine.

**09-27-05: Response Dalai Lama:** I agree with all your words. It is necessary for us to give such a great leader and teacher as he more than just lip service. I, too, have heard his words and read his books, and strive in my daily actions to return just a little of the blessing he has given to me. I wish our leaders could do the same. But I don't want to digress your forum, and offer these words in the spirit of our Aikido training from his book How to Practice: "I believe that the practice of compassion and love-a genuine sense of brotherhood and sisterhood-is the universal religion. It does not matter whether you are Buddhist or Christian, Moslem or Hindu, or whether you practice religion at all. What matters is your feeling of oneness with humankind." I hope you are all well. Mike Schmidt

**09-27-05: From Australia to Los Angeles:** Dear Sensei Reverend Kensho Furuya, My name is Jarrod Harding I'm 21 years old and I live in Melbourne, Australia. I currently a yellow belt studying Susumu Ryu martial arts under Sensei Lindsay Hart , I'm just writing to you to say I recently read your book Kodo , I found it to be truly insightful and a terrifically inspirational , I will be travelling to LA in early march 2006 and I would like to know if it would be at all possible to visit your dojo and perhaps watch a class. I understand that your time is quiet valuable and I appreciate you taking the time to read my letter Yours Sincerely, Jarrod Harding

**Sensei's Reply:** Of course, everyone is welcome to our Dojo.

**09-28-05: Aikido In Turkey:** Dear Sensei, Thank you very much for your answer. Reality is that when we are younger we have speed but no wisdom. When we are old we have wisdom but no speed. At the middle age I think I have a little of both I guess...)

Aikido has 10-15 years of history in Turkey and 5-6 people are 5th dan. They were trained by Kenji Kumagai at his visit to Turkey while he was representing

## **New Student In France: Mr. Anthony Zand Starts Aikido**



**10-04-05: From France:** Dear Sensei, What a wonderful gift (our Aikido dvd), Anthony is so happy, it is so kind of you thank you so much, it really arrived as a superb surprise. . . Anthony has started Aikido and is very happy , very proud also as he studied the first technic, also very proud to have his first kimono...and so impressed by you Sensei....He also says a BIG thank you..... Christian Zand, Nice, France

teacher Aikido. But the first students are not capable of uniting the Aikido around Turkey. They more like run a dojo and earn some money. They-from my point of view-haven't learned the goal and philosophy of Aikido. We are on the other hand trying to improve our dojo, having more students, children, families, tours, seminars contacts and so on. We also have a blind student...:) Aikido is being one with the universe, that's what we believe... Thanks and god bless PS. What about us sharing our photos-and maybe later videos- of our dojo, training, country? Mert.

**09-28-05: More From Australia:** Dear Sensei Kensho Furuya, Thank you very much for allowing me to visit your dojo , I know my Sensei Lindsay Hart is a great admirer of you and he will be very jealous of my opportunity to meet you and to hear your wisdom, would it also be possible to bring my Gi and train with some of your students. My Sensei has often said to me, that if he didn't have a young daughter he would sell all he owned just to study under a great living master like you. Sensei Lindsay has taught me so much and also more than that he has inspired me to ask and question myself and in turn taught me the value of honor, fortitude, humility and integrity.

I truly am fortunate to train under such a wise and humble Sensei, he is truly a physically hard teacher however through this I

## Welcoming Our New Affiliate Branch Dojos:

### Littleton Aikikai

Littleton, Colorado  
Steven Shaw II

### Brugos Kodokai

Brugos, Spain  
Under Santiago Garcia Almaraz

### Four Seasons Dojo

Granbury, Texas  
Michael Schmidt

**Australia con't:** I have learned to constantly reach for more distant goals and never just expect things, I did hear a delightful rumor that you had plans from kodo 2 is that false? Once again I Thank You very much for taking the time to read my E-mail, I hope your are in good health. Yours Sincerely Jarrod Harding

**10-02-05: Kansha (Thanks):** I see people go home after keiko (aikido class). Some just leave while saying "good bye" as they rush outside. Some face the people inside the dojo and say "good bye" with a bit more "heart". And very very few come to me and thank me for the class and say "good bye" in person.

I think that only those who show their gratitude will be able to become true leaders of the way. People that show their gratitude are people that know that in this world nothing works by itself. If you just rush home without showing your thankful heart it means that you are a person who thinks only of himself.

No matter what, always, but always, after an Aikido class, I go to my Sensei and thank him. I bow and I show my honest feeling of gratitude.

Also in seminars I go to the visiting master and thank him after class. You can see the warm light in their eyes at that moment.

Yes, some may think that this kind

of behavior is flattery. But some have the ability to feel the difference between fake and real. Thank you Furuya Sensei for your heart-warming words, Ze'ev. Israel.

#### 10-03-05: Our Dojo Newsletter

**Now Online:** Hello Sensei, Thank you for sending me the link to the new online newsletter. I think it is very good, especially as you are able to include so many colour photographs. I particularly liked the photo of "Kojima Sensei a few minutes before the service begins".

I am sorry I didn't send you this message sooner. Our dojo had a 2 day course over the weekend to celebrate our principal instructor Sensei John Longford's 25 year's of Aikido training. A good friend of Sensei Longford, Sensei Tim Buswell (4th Dan) also taught us and he had a wonderful, simple, joyful and open approach that made the training both instructive and very enjoyable.

A fellow student and I also had our grading for 1st kyu and I am delighted to say that it went very well and we both passed well. So now begins the long journey to 1st Dan - but that is many years away I should imagine... I also owe you a thank you for pointing me in the direction of Masanobu Fukuoka and his Natural Farming. I have two of his books now and it is fascinating though, as you said, likely to be quite challenging to put into practice and will require many years of effort. Best wishes, Ambrose

## 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

### Association D'Aikido Pour Demain

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](mailto:aclafuruya@earthlink.net).*

**Please Visit Our Website:**  
**[www.aikidocenterla.com](http://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.

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### Japanese Swordsmanship:

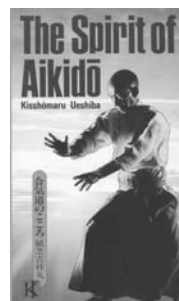
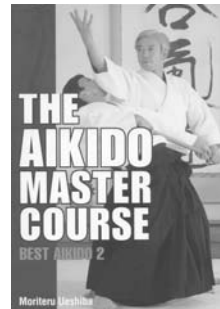
#### Traditional Muso Shinden Ryu Iaido

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](http://www.aikidocenterla.com)  
Become a member of [Aikido-laido-KODO@yahoo.group](mailto:aiclafuruya@yahoo.group)  
For Sensei's Daily Message and current news & postings.**

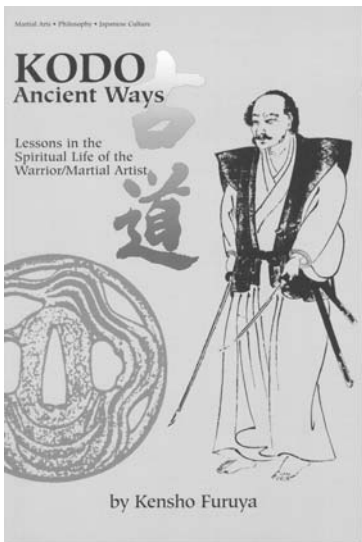
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Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012

Tel: (213) 687-3673. Email: [aiclafuruya@earthlink.net](mailto:aiclafuruya@earthlink.net)

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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*

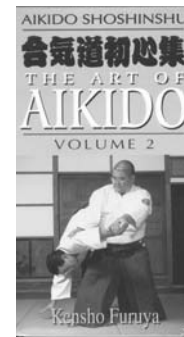
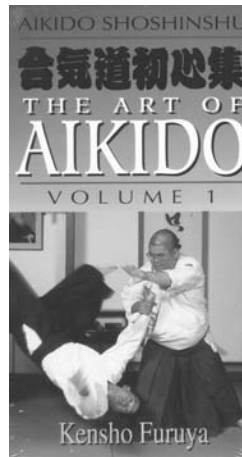
*"Impressive Scope" Aikido Today,*

*"Exhaustive" Aikido Journal" "Best*

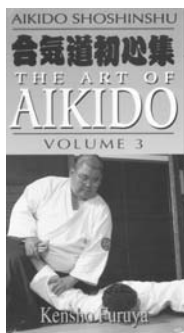
*in the English language on the mar-*

*ket today," Budovideos.com.*

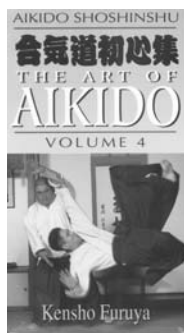
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



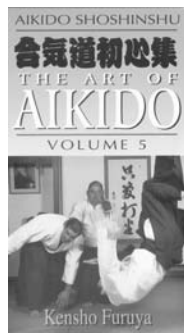
Basic Techniques  
Throwing & Joint  
Techniques, Ikkyo, Nikyo,  
Sankyo, Yonkyo & Gokyo



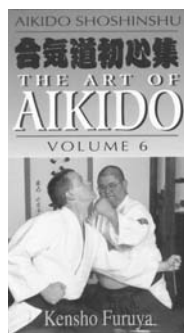
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



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



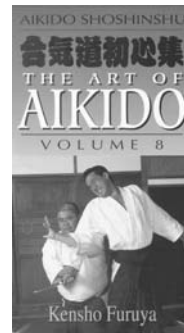
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-  
dosa. Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



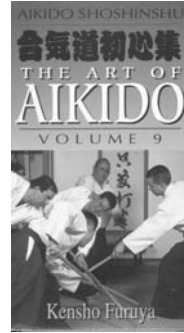
Tsuki: Strikes &  
Punches  
Yokomenuchi: Strikes  
to the side of the head &  
neck.



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



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



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

## Aikido TRAINING SCHEDULE

**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

940 E. 2nd St. #7, Little Tokyo,  
Los Angeles, CA 90012

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

**www.aikidocenterla.com**

## Iaido TRAINING SCHEDULE

### TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

**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.