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The Aikido Center of Los Angeles LLC

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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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Mark Ty In Japan Part II.

Thursday, September 14

As usual, I went to Doshu's class first thing in the morning. This time, I practiced with someone from Kyoto. He technique and methods were quite a contrast from Hombu Aikido and the people I practiced with the past two days.

I just used up my last clean uniform, so I had to go back to the hotel to do laundry. Anyway, it gave me a good chance to just sit down for a while and rest my back. I also got to send out some e-mails while I was waiting for the uniforms to dry.

After lunch, I came back to Hombu Dojo to meet Ikeda Sensei. We had tea and talked. She is incredible! She is in her 90's, but she is still so sharp and in good health. I was amazed to learn that she started studying Aikido under O'Sensei when she was in her 50's. I don't think I would have had the courage to start Aikido at that age. She also speaks English very well. It is much better than my Japanese, although that isn't really saying much.

Afterwards, we went over to Doshu's office. He asked me how long I was staying in Japan and what my schedule would be. I had been planning to attend Doshu's class on Monday before leaving for Kansai, but Doshu informed that the dojo would be closed that day and the 23rd. Ikeda Sensei and I then went over to the international department office, where she introduced me to Tani Sensei and Somemiya Sensei.

Tani Sensei is the director of International Department. He speaks English well, and he apparently has a reputation for practicing very hard. I replied that that was OK for me



With Doshu at the Ibaraki Shibu Dojo.

and Ikeda and Somemiya Sensei said that this was good. Tani Sensei said he'd be coming to Doshu's class tomorrow morning. Hopefully, I can practice with him then. He had to leave soon after I got there, so I didn't get a chance to speak with him some more.

Somemiya Sensei is the assistant director of the international department. His English is even better than Tani Sensei's. In fact, he is almost fluent. He was surprised to learn that I'm Chinese-Filipino. Everyone seems to think I'm Japanese-American, and they are surprised when I tell them that I am

(mostly) Chinese. They tell me I look very Japanese, which is something I hear even from my own family! Everyone is further confused when I tell them I cannot in fact speak Chinese, because I was born in the Philippines.

I told him I attended Fujimaki Sensei's seminar in the Philippines in 2003, and I was surprised to hear that Fujimaki Sensei spent 6 months there. Somemiya Sensei told me he had spent some time in the Philippines as well, and all the different kinds of mangoes there were all delicious. Then, he asked me if I eat balut. For people that don't know, balut is...well, actually you don't want to know what it is. If you can eat it, then congratulations, you're a true Filipino.

Later that evening, I went to Seki Sensei's class. Furuya Sensei had strongly urged me to attend Seki Sensei's class if possible, and I'm glad I did. It was fairly similar to Doshu's class, except that there was no free practice period at the end. We practiced techniques from a few different attacks, mostly yokomenuchi, shomenuchi, and morote-dori. I didn't get a chance to take any ukemi for him, but his Aikido looked very powerful. No wonder his class is so popular. I really wish I could have stayed for his second class too, but I didn't want to tire myself out too much before the seminar this weekend.

Friday, September 15

I saw Tani Sensei in class today, but I didn't get a chance to practice with him. Hopefully, he'll be at the dojo on the 24th. Otherwise, I really wish I had been able to practice with him today. But the person I practiced with was good too, so that should be some consolation. Overall, it's been a good week for me. I've been able to practice with many people with really good

Hiroshi Isoyama Shihan Seminar November 10-12

Hosted by
The Isoyama American Aikido
Academy, Santa Clarita

Aikido every day. After class, I was able to get a picture with Doshu.

I came back at noon for lunch with Yonemochi Sensei. We went up to his office to talk a little. Yonemochi Sensei gave me some gifts: a Japanese fan from him and a signed copy of Best Aikido from Doshu. I feel a little embarrassed because Yonemochi Sensei has been taking such good care of me, and all I did in LA was drive him around a little. He arranged my hotel reservation in Tokyo, and he's always concerned about whether I was enjoying my stay in Japan. When Furuya Sensei told him that I would be going to Doshu's class the day after I arrived, he was worried that I would be too tired from my flight. He has asked his student Mr. Kusunoki to accompany me to Ibaraki this weekend so that I won't have trouble finding the dojo.

Ikeda Sensei joined us for lunch at a Chinese restaurant nearby. The food was good and the company was even better. Yonemochi Sensei asked me what my plans were for the rest of the day. I told him that I would probably just rest at the hotel and that I needed to do laundry so that I would have clean uniforms for the seminar this weekend. The Iwata uniforms that I got are



very thick, so they take a long time to dry. I also asked Yonemochi where I could get good manju in Tokyo, and he recommended Hanazono Manju which is just across the street from the Sunlite Hotel.

Well, it's time for me to get ready for Ibaraki. I have to check out early tomorrow morning. I should have plenty more to write about after the seminar.

Saturday, September 16. In Ibaraki

I checked out early in the morning and met Mr. Kusunoki outside of the Sunlite Hotel at around 8:45 am. Yonemochi Sensei had asked him to go with me to Ibaraki because he is one of the few of Yonemochi Sensei's students who speak English.

From the hotel, we walked over to the Shinjuku station to catch a train to Ueno. There, we met two of Kusunoki's friends, Mr. Nakabayashi and Mr. Yamaguchi, before leaving for Ibaraki. Ibaraki is about a two hour train ride north of Tokyo. I'm really thankful that Mr. Kusunoki was there. If I had gone by myself, I'm sure it would



Suzuki Koujiro Sensei, one of Doshu's uke and an instructor at the Aiki Kai Hombu Dojo.

have been more difficult purchasing the correct ticket for the train to Ibaraki and finding the dojo itself.

The first thing we did upon arriving at the dojo was to check-in for the seminar. Isoyama Sensei was there stamping everyone's yudansha booklets. I introduced myself as Furuya Sensei's student, and he assigned two people to accompany me the entire weekend so they could translate. He looked like he was really busy making sure the seminar was running smoothly; he wasn't even in uniform.

We headed over to the Aiki-jinja to take a group picture before practice. It's so exciting to be here at Ibaraki. I have heard so many stories about Iwama from Sensei. Also, knowing the history and significance of the place makes the experience even more unforgettable. I still can't believe I'm practicing where O'Sensei used to live and practice!

Practice was very crowded. I have never seen so many people packed into a practice area that size! Just lining up for class, three quarters of the mat space was already occupied. The mats were unbelievably crowded during warmup exercises. Even then, people were already bumping into each other. Because practice was so crowded, Doshu had to divide the class in half. One side would sit while the other practiced. Even then, it was still as crowded as Doshu's class at Hombu Dojo.

I really enjoyed practice. I got a chance to practice with a lot of strong people. It's not every day that you get to practice with a hundred black belts (3rd dan and up) from all over Japan. Overall, practicing in Japan has been such a great experience. It's so nice to be able to practice with such strong Aikidoka all the time.

We practiced a variety of techniques from many different attacks. Doshu seemed to be emphasizing the basics, especially irimi and tenkan movements. We also did some suwari-waza and hanmi-handachi techniques, which I haven't done in a long time. Doshu's suwari-waza is amazing! It's so smooth and fluid. I wish I could move like that. My suwari-waza feels a little clumsy. I definitely need to practice that more back in Los Angeles.

I tried to practice with Doshu's ukes as much as possible. I practiced hanmi-handachi

katate-tori shihonage with Suzuki Koujiro Sensei. I haven't practiced hanmi-handachi in a long time, so it felt a little awkward. Also, I noticed that they were stepping in with lead foot first. I'm not sure because I haven't done hanmi-handachi in a long time, but I remember stepping in with the back foot first. Unfortunately, I didn't get chance to practice with Suzuki Sensei too much. Doshu came over and noticed that my hakama was sagging a little. He suggested that I go fix my hakama. I went to the back and did so as quickly as possible, but Doshu moved on to the next technique soon after I returned.

I also practiced shomenuchi ikkyo with Suzuki Toshio Sensei. I was particularly impressed with his ukemi. It's very smooth and fluid. He has very good technique too.

I later got a chance to practice tenchi-nage with Doshu's son, Ueshiba Mitsuteru Sensei. Doshu was doing tenchi-nage a little differently from what I've seen before. I've always practiced tenchi-nage from gyaku-hamni. Today, we were starting from ai-hamni and stepping in with the back foot instead. It feels very different, and it took me a while to get used to it.

While I was practicing with Mr. Yamaguchi, Doshu came over. Yamaguchi thought Doshu did not know me and began to introduce me. Doshu interrupted him and said, "I know, I know. He speaks Japanese very well." This time, I was able to properly reply with "Jyozu ja arimasen." This really startled Doshu. I'm not sure he knew that I had taken three years of Japanese in college. He probably thought I've been picking up some of the language while I've been here in Japan. If he knew I had studied Japanese that long and had so little to show for it, I'm sure his reaction would have been much different.

After the seminar, we took a car up the hill to the youth hostel we would be staying at. I took a shower and tried the hot bath a little. It was much too hot to stay in there for a long time. After a short rest, we took a bus back down to the dojo for a dinner party.

A few of the senior instructors gave speeches and sang some songs. It's a shame that I couldn't understand most of it, as my Japanese was nowhere near good enough for me to follow along. But I still managed to get to know some very interesting people. At the end of the party, Isoyama Sensei led



Doshu during the Seminar.



the singing of what I think is the Aikido song. Everyone joined in the singing, so it was really an impressive thing to hear and was a lot of fun.



Doshu opening Welcome Party.



Doshu with son, Mitsuteru Sensei, at the Seminar Welcome Party on Saturday, Sept. 15..



Kato Yasumasa, Suzuki Toshio Sensei, & Suzuki Kojiro Sensei. Mr. Kato is a worker at Hombu and both Suzuki Sensei, are young Shidoins who took Doshu's ukemi during the Seminar. All introducing themselves at the Welcome Party on Saturday evening.



Hiroshi Isoyama Sensei, the Seminar host, with Doshu & Doshu's son, Mitsuteru Sensei.



A happy moment between Doshu and Isoyama Sensei. Sitting in between them is the young Mitsuteru Sensei, Doshu's son and future successor.

Sunday, September 17 In Ibaraki.

We were provided a breakfast bento. After breakfast, a few of us decided to go to a shrine above the youth hostel. It was a long walk, and the steps leading up to the shrine were very steep and narrow.

Luckily, we found a shortcut coming back down that was also more scenic.

During class, Doshu came over and told me to relax and make my Aikido smoother. I probably have been going too fast. It's just that I've been so excited to practice here in Japan. Also, I want to make sure that I make a good impression not only for myself but also for our dojo back home.

I got a chance to practice with Suzuki Toshio again. We were practicing ryote-mochi kotegaeshi, and enough space cleared out so that we were able to practice a little harder. It really enjoy practicing with him. He has such good ukemi. I wish there had been more room so that we could have

practiced at full speed though.

Among the various techniques we did today, we practiced some from ushiro ryote-tori. Doshu also performed these techniques a little differently. He doesn't step back when uke approaches. Instead, he waits for uke to come around then takes a step forward as uke grabs his wrists. Usually, I take a step back as uke approaches and a step to the side when uke is trying to grab the other wrist from behind. I tried to do it the other way, but I really had to concentrate to resist the urge to step back.

At the end of class, I also got a chance to practice with Doshu's other student, Kato Yasumasa Sensei. Unfortunately, it was only kokyu-dosa. I wish I had a



With Inagaki Sensei of the Ibaraki Shibu Dojo.

chance to practice with him earlier.

After the seminar, we went outside to eat a bento for lunch. Before leaving, I thanked Doshu and Isoyama Sensei for the seminar and told Isoyama Sensei I would see him in November at his seminar in Los Angeles. We then walked back to the train station and took the train back to Shinjuku.



With Mr. Kusunoki, Yonemochi Sensei's student, who kindly took Mark to the Seminar in Ibaraki, brought him back to Tokyo and treated him to dinner. In front of the Kamiza in the Ibaraki Dojo. 37 years previously, Furuya Sensei spent several days cleaning this very same Kamiza in 1969 after O'Sensei's Passing. Such memories and now Sensei's student is sitting there in the same place!

I got back to the hotel around 4:00 pm, and my brother arrived a couple of hours later. We had dinner with Mr. Kusunoki at a shabu-shabu restaurant nearby. The food



Registration tables set up neatly before the Aiki Jinja.

was very delicious and all-you-can-eat too! I thanked Mr. Kusunoki for everything he did for me this weekend and told him that if he should go to Los Angeles any time, we would take very good care of him.

Tomorrow, my brother and I will be going to Kyoto. We'll be doing a lot of sightseeing in Kansai for the next week, and I'll write all about it in next month's issue of the newsletter.



In front of O'Sensei's old living quarters.

Sunday, September 24 (Returning Tokyo)
I left my brother at the hotel to attend Kanazawa Sensei's and Doshu's classes. I

had originally booked the 7:00 am flight out of Japan, but I had changed it to an evening flight because I was worried it might be too hard to get to the airport that early. I'm glad I changed to a later flight because I would have missed out on Kanazawa Sensei's class. Kanazawa Sensei came to Los Angeles several years ago, but I did not get a chance to meet and practice with him. However, Furuya Sensei has said so much about him that I was anxious to attend his class. We did most of the fundamental techniques from shomenuchi, including irimi-nage, kotegaeshi, ikkyo, and nikyo. I practiced with one of the black belts he used for ukemi. He was strong and had very good technique as well. During class, Kanazawa Sensei threw me around a little. After Doshu, I really like his Aikido the most at Hombu. It's very strong, yet very smooth. I hope he can come to Los Angeles again some day.

I stayed afterwards for Doshu's class. I saw Mr. Kusunoki and many of the other people I practiced with at Ibaraki there. During class, we practiced many different techniques from katate-tori gyaku-hamni. Doshu also came over and talked to my practice partner. He again said my Japanese was very good, and I again replied "Iie, jozu ja arimasen." This time, he turned to my partner and said something like, "See what I



Overview of Kasama City, (formerly Iwama) the home of the Ibaraki Shibu Dojo..

mean?”. Doshu also told me to try to make my Aikido more elegant, so that’s something I can concentrate on and try to emphasize in my training when I get back to Los Angeles.

Ikeda, Tani, and Somemiya Sensei were not in, so I regrettably couldn’t say goodbye to them. I asked Mr. Kusunoki to thank Yonemochi Sensei again. Afterwards, I said goodbye to Doshu and thanked him for everything.

I rushed back over to the hotel to take a quick shower before leaving. After checking out, I had to lug my suitcases back to the Shinjuku station to catch the Narita Express back to the airport. I thought I was traveling lighter than I had started because I had already mailed the Iwata uniforms back home. But for some reason, it actually seemed harder pulling those two suitcases back to the station than it was when I arrived. I need to travel lighter next time. After some effort, I managed to make it back to the Narita Airport. At 7:00 pm, we’re boarding the plane, and I’m headed for Singapore and back to Los Angeles on the next day.

NOTE: This article completes a record of Mark’s training while in Japan. Next month, Mark will talk about the few days touring Kyoto and Nara with his family.



Furuya Sensei Guest Instructor At Aikido-Ai September 30.



Furuya Sensei presented Frank McGouirk Sensei with a scroll in celebration of the 25th Anniversary of his dojo.



Next Year

April 14-15, 2007
**Our Annual O Ssensei
Memorial Seminar
Once Again Welcomes**

**Hideo Yonemochi Sensei,
8th Dan Shihan
Executive Director
Aikikai Hombu Dojo
Aikikai World Headquarters
&**

**Kei Izawa Sensei, 5th Dan
Chief Instructor
Tanshinjuku Dojo
Boulder, Co.**

**Everyone is welcome
Email Sensei to RSVP
Please Register Early**

**Annual Dojo
Christmas Party
December 3, 2006
From 6:30pm
At The Smoke House,
Burbank**

**Sign-up in the Dojo or
RSVP by email.**

Dinner Menu:

- 1. Roast Turkey Dinner**
 - 2. Salmon Dinner**
 - 3. Vegetarian Marinara Pasta**
- All includes, salad, rolls,
dessert, coffee, tea & iced tea.
& famous garlic cheese bread!**

**Christmas present exchange &
many special gift prizes!
Bring family and friends!**



With Frank McGouirk Sensei of Aikido Ai



Member of the special practice. September 30.

Sensei At Aikido Ai:

By Tom Williams, 4th Dan

On Saturday morning, Sept. 30th, Sensei Furuya was invited to teach a special class in honor of the 25th anniversary of Aikido Ai in uptown Whittier. Sensei Frank McGouirk, chief instructor, has had a number of instructors this year for special monthly classes. They include Senseis Nadeau, Nakayama, Phong, Ikeda, Oshiro, Mizukami, and Arnold, as well as several others. The series of seminars will be capped off in November with Frank Doran Sensei from Aikido West in Redwood City.



Sensei emphasized the basic techniques of Aikido during the Anniversary Seminar.



David Ito practicing during the Seminar.

walls. Class proceeded much as it does here at ACLA with Sensei leading us through the basic principles of tenkan and irimi and giving us techniques to practice which embody these principles. He made a point of emphasizing that the technique and principle are not separate but need to be thought of as one and the same.

Sensei also demonstrated how some of the techniques are being taught by the current (3rd) Doshu, so we all had to pay attention to detail and not slip back into our habitual ways of doing them.

One point Sensei made during the practice of ikkyo was about not letting one's mind stop at any point, blocking the flow of energy. Sometimes we get stuck on blocking uke's strike and fail to move through uke's center with our body. This is a key factor in executing a strong ikkyo and should be applied within the other techniques which we practice. Overall, it was a very enjoyable morning of training where students from many different schools came together in friendship and practiced good, basic Aikido.

The mat was filled almost to capacity with students from Aikido Ai, the Aikido Center of Los Angeles, Hacienda La Puente Aikikai and a couple of other dojos. Several people also crowded the visitor's area in order to watch the training.

Before class began, Sensei presented McGouirk Sensei with a beautiful scroll depicting Quan Yin riding in the full moonlight. McGouirk Sensei was very appreciative and commented on how the personification of compassion fit in with the practice of Zen Buddhism, which is also offered at Aikido Ai. The scroll will fit nicely with the other artistic works that line the dojo

Kihon: Suburi

As you practice suburi, you realize that there are so many points to think about - proper grip, proper stance, correct posture, feet, big strong movement of the sword in cutting. Usually, we forget one thing or another and constantly have to remind ourselves. What is important to keep in mind that the hand, foot, posture, sword, center are all the same thing and the same point of good suburi and good cutting. Somehow, you must keep practicing until you finally reach this "oneness" of suburi. Eventually, there is no distance or separation between yourself and the sword. This is its very simple secret.

From Inquiry on Yahoo:

Welcome and thank you for your many kind words. Although it is difficult to correct your suburi without seeing you first-hand in class, from your description, I imagine that you are putting too much strength into your right arm, causing you to overextend your arm and causing your pain in your elbow. In swordsmanship, there is a popular saying "70-30," meaning that your left hand should have 70% of the power in gripping the sword and the right hand only 30%. Probably, you are using most of your power in your right hand and less in the left. Please try to focus on gripping more strongly with the left hand and very, very lightly with the right.

There are many opinions about the position of the sword as it is raised above the head. In the most orthodox way, the sword should be at a 45 degree angle above the head with, very importantly, the base of the thumb touching the very top of your head. It is common to see many people dropping the tip of the sword behind them and this is incorrect. The reason why is that with the tip in such a position, you cannot deflect a thrust to the throat. With the sword at a 45 degree angle, parrying the quick strong thrust to the throat is easy. In addition, by dropping the sword too low behind one's self, one loses the power of the left hand grip. . . Some people actually release the left hand from this position. This is very inadvisable because your position is too vulnerable and exposed. As much as possible, one should never lose the left hand grip at any moment.

Draw a big circle with the tip of the sword as you bring it downward into the cut. Do not force the sword down with strength of your right hand but keep your right hand grip very light and maintain a strong grip with the left



Gary Myers, Iaido 5th Dan. Suburi.

hand. As the sword completes its cutting-movement, be careful not to lock your right elbow but keep it slightly, "naturally," bent, - not locked. Please be sure not to push your shoulders forward in the cut as well, but keep your shoulders relaxed and posture straight. Some people like to lean into the cut - this is not recommended because leaning forward will cause the motion of the blade to stop.

Please try these few hints first of all and let me know how you are doing. If you still have some problems, we can discuss this further. Good luck and many best wishes in your practice. Please keep in touch and let me know how it goes.

One More Point:

Sometimes students feel a need to put power in their arms because they feel they are not controlling the bokken comfortably. Usually, more often than not, this is caused by improper grip. In any given class, I rarely see someone with a proper grip on the bokken or sword.

The main problem is that most people hold the bokken on the side of the bokken, not from above - or, in other words, from the "mune" or back of the sword. Often, because one does not have enough training, the hands slip to the side of the bokken, as they tire, in practice such as suburi.

A good way to check your grip is to make certain that your wrists are "on top" of the bokken when looking down at your sword, not of the sides. Holding the bokken on the sides is a very common error among

Special Christmas & January 2007 New Year's Issue

Students, members & friends:
Please submit your articles early
for both issues. Both special issues
will feature your articles & photos.
Thank you.

Upcoming Special Christmas Issue: *Isoyama Shihan Seminar*

Part 3. Mark Ty Tours Kyoto & Nara

*Jacob Stephens Honeymoons In
Japan*

*Heraldo Farrington, Aikido of Hilo,
Visits Dojo For Training.*

Student Christmas Greetings.

Aikidoists who use the bokken. By holding on the sides of the bokken, your grip is such that you cannot control or bring power into the bokken. Although the correct grip is very uncomfortable at first, you do need to master it. After a while, it will come natural to you. In addition, when one holds the bokken improperly on the sides, it is very easy to knock the bokken out of his hands, leaving him weaponless and defeated. In addition to the points, I gave you in the last message, please watch your grip carefully as well.



Jake Gularian, Iaido 2nd Dan

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Frank McGouirk Sensei,
6th Dan

Tekko Juku Dojo
New England
Yasumasa Itoh Sensei,
6th Dan

Upcoming Special Christmas & New Year's Issue:

Our annual Christmas and New Year's Issues are coming up soon. As we do each year, please prepare your personal articles about Aikido and your training for these issues. Start writing early and submit them in early, please! Many thanks!

Aiki Dojo Newsletter

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New Iaido T-Shirts:



The back of the new Iaido T-shirts says: Shiki Sozu Ze Ku or "All form is emptiness," from the Hannya Shingyo. The T-shirt is white on black with our Dojo Iaido Dept logo on the front in full color. \$20.00 each donation for the Dojo Fund Raising Project. Large & X Large sizes only.

New Dojo Aikido T-Shirts



New Dojo Aikido T-Shirts. Black with multi-colors. Dojo logo on the front in blue. \$20.00 donation to the Dojo Fund Raising Project. \$5.00 SH, Foreign is \$8.00.

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Visiting Our Dojo:

Our dojo is dedicated to the practice of traditional Aikido as taught by the Founder of Aikido, Morihei Ueshiba and his legitimate successors, the late 2nd Doshu Kisshomaru Ueshiba and the present 3rd Doshu Moriteru Ueshiba.

You are very welcome to visit our beautiful, hand-crafted, traditional Japanese Dojo during posted training hours. All practicing Aikidoists are welcome to train with us or observe our training. Interested students and visiting Aikidoists are always welcome to join our practice. We are directly affiliated with Aikikai Hombu, Tokyo, Japan. Please make inquiries by email: aclafuruya@earthlink.net.

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



Rev. Kensho Furuya, 6th Dan

The Kensho Furuya Foundation:

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

Japanese Swords: Appraisal & Restoration

Expert appraisal on Japanese swords. Complete services for restoration of Japanese art swords and custom-ordered Iaito training sword. Services include polish, handle wrapping, scabbard lacquer work, special orders. By appointment only.



Japanese Swordsmanship:

Traditional Muso Shinden Ryu Iaido

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

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.

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

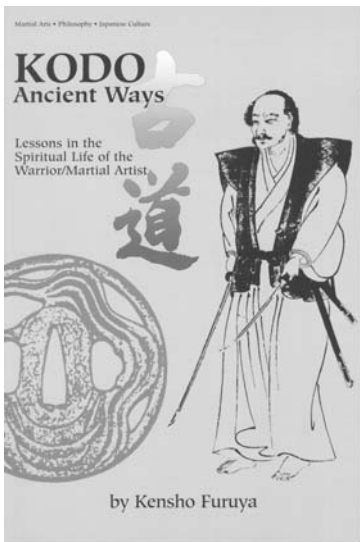
Visit our official website daily at:
www.aikidocenterla.com

Become a member of Aikido-laido-KODO@yahoo.group
For Sensei's Daily Message and current news & postings.

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Publications By Kensho Furuya:



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

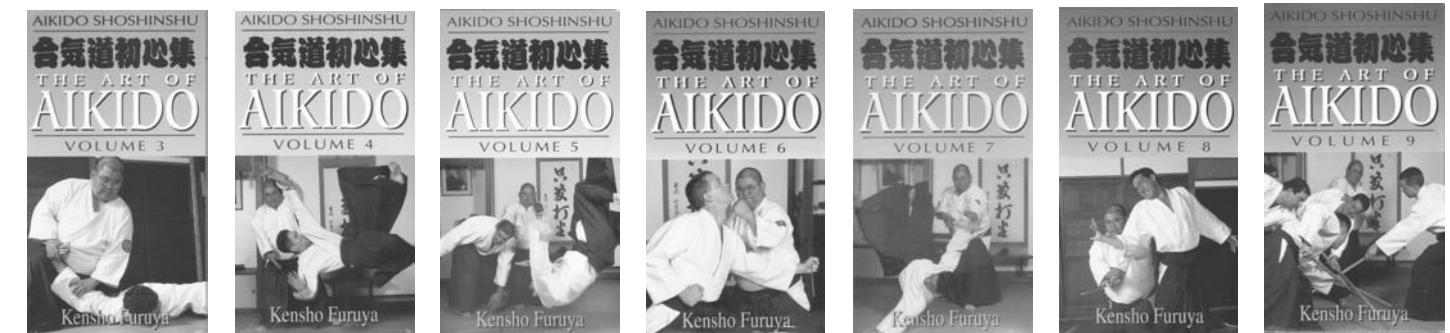
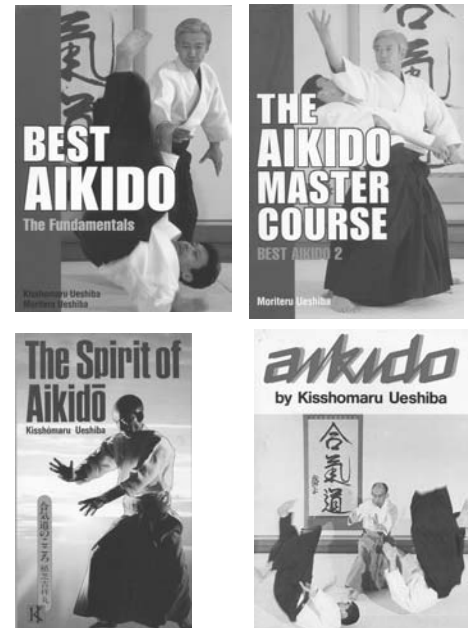
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Instructional Video Series s Now Available in a new DVD format.

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

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

Recommended Readings:



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

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

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

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

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

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

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

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

