

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

\$5.25
Donation

February 1, 2007

Volume XXVI. Number 2.

2nd Doshu Ueshiba Kisshomaru Sensei's Annual Tsuito Hoyo Memorial Service. January 7.



It was a beautiful sunny day, the second day of our New Year's Hatsu-geiko, when we invited Rev. Shumyo Kojima to come to give the annual Memorial Service for 2nd Doshu Ueshiba Kisshomaru Sensei.

After early morning Iaido and our Children's Class, also had our regular adult before Kojima Sensei arrived from Zenshuji and gave a beautiful service for 2nd doshu which consisted of reading or the Hannya Shingyo.

After the service, Kojima Sensei spoke a little to the students. He talked about how there are three types of people. The first type, when they hear of someone's passing, are very sad and weep and cry and are deeply moved. The second type of person takes it matter of factly when he hear's of someone's passing. The third type of person rejoiced when he hears of a



person's passing and want to celebrate and rejoice. This third type says, "Let's party, I am glad he is dead and gone!" No one wants to be the third type of person but, indeed, many feel this way about a person they don't like. Con't.

Japan Week In Spain Part II:



Six Aikikai Instructors Visit Kodokai Dojo, Salamanca, Spain, November 25, 2006

The Japan Week in Salamanca, Spain, bring many many cultural activities, demos and exhibitions from different dojos from Japan as: Akita Kanto, Chosho Yabe, Genki-Kai, Mitsukiyo-Kai, Chubu-Yurisugata, Hatsu-mi-Kai, Goyokai, Waseda-Sho-do.

In this Special week, the Saturday 25 of November The Nippon Budokan, did a seminar in a pavilion in Salamanca, with purpose to share the different

disciplines of martial arts with the Salamanca groups of martial arts.

The Aikido delegation and the Salamanca Aikikai did a seminar that started at 9:30 until 11:30. The first hour Santiago conducted the class and after the usual warm up, began with some basic techniques as Irimi, Kokyu-ho, Kotegaeshi, Ikkyo, Shihonage.

Continued:

Japan Week In Salamanca, Spain

After a break of 5 minutes, begin the second hour, this part was conducted under the direction of Sugawara Sensei, who teach a different techniques from Ushiro Ryote dori, Shijo Nage , Kote Gaeshi, and Shomen Uchi Ikkyo, Nikkyo and Yokomen uchi Shiho-nage, we finish with Kokyo Dosa.

Sensei Sugawara did a very interesting seminar and I think that all the students enjoy it very much. We hope every body learnt, enjoy and have a very good time with this very special visit and we wish see them soon. Thank you, to all the Aikikai representation.



The same Saturday in the afternoon, the Nippon Budokan did a exhibition to close the Japanese Week; many authorities were invited to come to this exhibition. After a formal introduction of all participants of the Nippon Budokan, they started the demo, first all was Kyudo after Ju-Kendo, Shorinji Kempo, Chikubujuma Ryu, BoJutsu, Judo, Naginata, Kendo, Aikido Tatsumi Ryu, Karate and Sumo.



Japan Week Aikido segment in Spain.

2nd Doshu's Memorial Service Con't.

Then, Kojima Sensei began to talk his younger days when he was a child. Because his father was a priest, he was born in a temple and was treated very badly. His father woke him up very early in the morning and made him sit in meditation and clean the temple all day long. He said that he hated doing this and that he didn't want to become a priest at all. He recalls that his father was so strict and mean to him.

Kojima Sensei now says that he is grateful to his father for training him so well and very strictly because it has helped him a lot as an adult priest at Zenshuji.



Sometimes we do not understand and think in a selfish way, only later do we know why the training was so strict and tough. After the service, Sensei took Kojima Sensei to lunch in Chinatown.



Tentative Schedule: Guest Instructors For Our O'Sensei Memorial Seminar April, 2007

Honored Guest Instructors:

- 1. Hideo Yonemochi Shihan**,
8th Dan, Aikikai Hombu Dojo,
Executive Director of the Aikido World
Headquarters, Director of the
International Department of Aikikai
 - 2. Yasumasa Itoh**, 6th Dan, Chief
Instructor of the Tekko Juku Dojo,
Boston, MA.
 - 3. James Nakayama**, 6th Dan, Chief
Instructor of the Chushinkan Dojo,
Buena Park, CA
 - 4. Kei Izawa**, 5th Dan, Chief
Instructor of the Tanshinjuku Dojo,
Boulder, Colorado.
 - 5. Lisa Tomoleoni**, 5th Dan, Chief
Instructor of the Aikido Shimboku
Dojo, Chicago, Illinois
 - 6. Ze'ev Erlich**, 5th Dan, Chief
Instructor of the Israel Aikikan,
Rehovot, Israel
 - 7. Santiago Garcia Almaraz**, 3rd Dan,
Chief Instructor of the Salamanca
Kodokai, Salamanca, Spain
 - 8. Steven Shaw**, 2nd Dan, Chief
Instructor of the Littleton Aikikai,
Littleton, Colorado.
- ### Host Instructors:
- 9. Rev. Kensho Furuya**,
6th Dan, Chief Instructor, Aikido
Center of Los Angeles
 - 10. Dr. James Doi**,
5th Dan, Senior Instructor, Aikido
Center of Los Angeles

39th Annual Ueshiba O'Sensei Memorial Service April 14.

During the Seminar, we will conduct a Tsuito Hoyo Memorial Service for the Founder of Aikido, Ueshiba Morihei O'Sensei. This Memorial Service will also include the late Mitsunari Kanai Sensei. To be Officiated by Rev. Shumyo Kojima of the Zenshuji Soto Mission. Everyone is welcome to offer incense on this occasion. Please commemorate O'Sensei's together with us.

On this occasion, we will be honored to have Ms. Miho Erlich from Rehovot, Israel, to perform a traditional Indian dance in memory of O'Sensei.



"Do, "Michi" the path, the Way.

- 11. Tom Williams**, 4th Dan, Chief
Instructor of the Hacienda La Puente
Aikikai, La Puente, CA. & Senior
Instructor, Aikido Center of Los
Angeles
- 12. David Ito**, 4th Dan, Senior
Instructor, Aikido Center of Los
Angeles.
- 13. Gary Myers**, Iaido 5th Dan Senior
Iaido Instructor, Aikido Center of Los
Angeles.
- 14. Mark Ty**, 3rd Dan, Iaido 4th Dan,
Senior Instructor, Aikido Center of Los
Angeles

April 14-15

Our Annual O'Sensei
Memorial Service &
Seminar
Once Again Welcomes

**Hideo Yonemochi
Sensei**

**Shihan, 8th Dan,
Executive Director
Aikikai World Foundation,
Head of the Aikikai
International Dept.
&
Many Guest
Instructors**

**Everyone is welcome
To RSVP your space,
please email to:
aclafuruya@earthlink.net
& send in your
Seminar Fee
at your earliest
convenience.
\$150.00/person.**

**After 04-05-07
& At the door,
\$185.00/person.**

**Please send in fees ASAP to
reserve your space.**

**All monies go towards the costs of
presenting this Seminar. This is a
not-for-profit event and does not
express any political bias, only the
singular commitment to support
3rd Doshu Moriteru Ueshiba Sensei
& Aikikai Hombu Dojo. Many thanks
for your friendship & generous sup-
port of this event..**

Aikido Center of Los Angeles

Registering For The Memorial Seminar:

1. Email to advise of your participation.
2. Send in your Seminar Fees to confirm your space in the Seminar. We can only confirm your space with receipt of your Seminar Fees.
3. If you are from out of town, please make your hotel reservations as early as possible. The hotels are filling up very quickly and you need to insure that you have a place to stay.
4. The Seminar will start on time. Please come to the Dojo early enough to sign the waiver, change and be on the mats BEFORE the start of the Seminar.
5. If you have any questions or concerns, please ask now. We expect a lot of people participating so it will be hectic and quite busy.
6. Payment of the Seminar Fee will reserve your space. Payment after April 5 and at the door increases to \$185.00.
7. The Seminar will be open to the first 60 people attending which is about how many people can practice safely and comfortably.

Seminar Hints:

1. Wear proper uniform. Appropriately, your name should show on your left shoulder sleeve. Sleeves and pants should be properly hemmed at proper length.
2. Bring two uniforms. Please bring your jo, bokken and tanto.
3. There are plenty of place to eat and enjoy one's self in Los Angeles. You may need to rent a car to get around.
4. If there are places you would like to see, please let us know beforehand.

Special Seminar Events:

At 11:00am on Saturday, April 14, we will conduct a Memorial Service for O'Sensei, including Mitsunari Kanai Sensei. This is a part of the Seminar and everyone is invited to offer a pinch of incense in their memories. After the Service, we will take a group photo. This is a part of the Seminar and there is no charge.

On the evening of Saturday, April 14, we are planning a welcome party for Yonemochi Sensei and we are at present trying to find a venue which is appropriate but not so costly. For this event, we will ask a fee for cover the dinner costs. We estimate that this will be around \$35.00-\$40.00. If we decide on a pot luck party in the dojo, there will be no fee. We are trying hard to keep all costs to a minimum.

Many thanks! Please sign up early!

Aikido Center of Los Angeles

April 14-15: Hotels For Memorial Seminar

For those attending the O'Sensei Memorial Seminar in April, please book your hotel reservations as early as possible. There is a convention going on the same weekend as the Seminar so hotels are filling up fast. The New Otani and the Miyako Inn are completely booked solid. This listing has the most convenient and reasonable hotels in the area close by the Dojo.

Please book early!

Days Inn (4.0 miles from Dojo)

457 S. Mariposa Ave
Mariposa & 5th St
Los Angeles, CA 90020 US
Phone: 213-380-6910
800-329-7466
Days Inn.com
\$67.00 per night double occupancy booking at this time.
\$51.00 per night single occupancy booking at this time.

Days Inn (0.8 miles from Dojo)

711 North Main Street
101 South, Exit Broadway
Los Angeles, CA 90012 US
Phone: 213-680-0200
Days Inn.com
800-329-7466
\$95.00 per night double occupancy booking at this time.
\$70.00 per night single occupancy booking at this time.

Quality Inn & Suites Downtown (1.4 miles from Dojo)

1901 W Olympic Blvd
Los Angeles, CA 90006
800-346-8357
\$72.00 per night double occupancy booking at this time.
Single occupancy is same price as double.

Comfort Inn LA-Universal (2.6 miles from Dojo)

321 N Vermont Ave
Los Angeles, CA 90004
800-444-6835
\$77.40 per night double occupancy booking at this time.
Single occupancy is same price as double

Wilshire Plaza Hotel Los Angeles (4.0 miles from Dojo)

3515 Wilshire Boulevard
Los Angeles, CA 90010
(213) 381-7411
\$148.40 per night double occupancy booking at this time.

Ramada Hollywood (4.6 miles from Dojo)

1160 North Vermont Ave
Los Angeles, CA 90029
323-315-1800
\$119.00 per night double occupancy booking at this time

The Omni Hotel (1.0 miles from Dojo)

251 South Olive Street
Los Angeles, CA 90012
(213) 617-3300
\$289.00 per night double occupancy booking at this time

Other Suggestions:

There are many hotels available in the Chinatown and Korea Town areas near the dojo. They range from very inexpensive to very luxurious. Please go online for other hotels in the Downtown Los Angeles District which we did not list

The New Aikido Shimboku Dojo Opens In Chicago, Illinois:



Aikido Shimboku Dojo opened November 1, 2006 in Lake in the Hills, Illinois. Aikido Shimboku Dojo literally came together with another business by moving in and sharing space with Indochine Gallery, a shop specializing in exotic decor. As martial arts students enter the school, they pass through Indochine proprietor Tom Pinkl's showroom of ethnographic art and furnishings from Asia and other areas of the world. The dojo area located behind the gallery is a large, comfortable room filled with a 1,050 square-foot mat. Here, classes are held for both adults and children.

Chief instructor is Lisa Tomoleoni, 5th dan, who spent 13 years in Japan training at the Aikido World Headquarters in Tokyo and teaching professionally at an Aikikai branch dojo in Tokyo. Also serving as instructors are Michelle Tate and James Bator. Both hold the rank of Shodan and have trained in aikido for eight years. They are former students of Tomoleoni who now teach with her. Tate and Tomoleoni, who also founded Acupuncture and Oriental Medicine of McHenry, believe these two endeavors strongly complement each other. Both work to create and maintain a health body and spirit. Classes are currently offered three days a week, with a total of six adult classes and three children's classes. By the spring of 2007, the schedule will expand to include four or five days of training per week. Aikido Shimboku Dojo also offers training in Shinto Muso Ryu Jodo and Tai Chi.

Visitors are welcome at any time, for observing or training. Aikido Shimboku Dojo is located at 9115 Trinity Drive, Lake in the Hills. The phone number is (847) 458-9309.

From The Tekko Juku Dojo, Boston, MA.



Itoh Sensei is sitting center among his students.

From Puerto Pico



Left: Members of the Bushido Aikikai under the direction of Juan Armando Alicea Sensei in Puerto Rico. Alicia Sensei & six students will be attending the Memorial Seminar in April of this year. We welcome our new friends from Puerto Rico.

From Israeli Aikido Association, Israel



Ze'ev Sensei teaching at a recent seminar in Israel. Six instructors got together to do a seminar to raise funds for a sick friend.



Practice at the Israeli Aikido Association under the direction of Ze'ev Erlich Sensei.

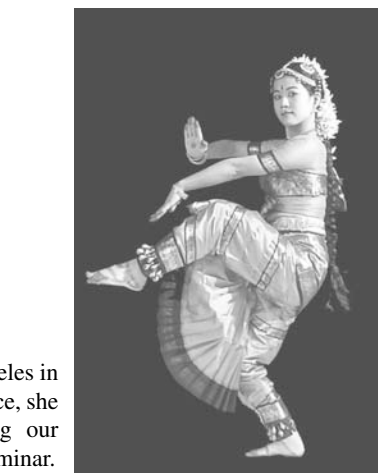
Miho, Mrs. Ze'ev Erlich, will also be coming to Los Angeles in April for our Seminar. A master of traditional Indian dance, she will "offer" her dance to O'Sensei's memory during our Memorial Service on April 14, on the first day of the Seminar.

Pasadena Cherry Blossom Festival:

Our Dojo Aikido Demonstration
April 1st, 11:30am
Little Tokyo
On San Pedro St.
Between 2nd & 3rd

Many Thanks:

Many thanks for all of the holiday greetings from all over the world from many good friends and wonderful students. Kensho Furuya





Thoughts For The New Year: The Practice of Practice

For me, every New Year is both happy and sad. We celebrate the New Year but, at the same time, we also remember 2nd Doshu Kisshomaru Sensei who passed away on January 4. He was such a great and kind teacher, I wish that more people in this country will give him the recognition that he well deserves. I often think that he had such a hard life overshadowed by his father, O'Sensei, the Founder of Aikido, who some people worship almost as a god, and burdened by the great responsibility of continuing Aikido as his legacy. In Japan, they say that the 2nd generation of an art has the hardest time of all. If he can survive and do well and pass his art to the 3rd generation, then the art will be secure for a long time. 2nd Doshu Kisshomaru Sensei did this in his own quiet but magnificent way. He not only secured the future of Aikido, but spread Aikido throughout the entire world. Not many can accomplish such a feat in one generation.

Just as we celebrate the New Year, we also must think of 2nd Doshu's Memorial Service to remember and honor him. . For me, it is always an occasion to think about my teacher who always supported me and stood by my side for so many years, through thick and thin. I do not think I can ever forget this in my entire lifetime.

We live in a age of innumerable options, choices and the freedom to do "whatever" we want. I think that most people feel the "freedom' of choice, but, at the same time, are confused or overwhelmed by such choices. I think we live in a very confused society without direction or cause and without the inner power of the single minded determination to to accompsih one goal in Life.

We live in a society which is like the wind which can push our tiny boat of Life in any direction, even to our own self destruction, if we cannot control the sails well. Aikido is the great rudder and anchor, which gives us direction and the balance of stability. We need this very much in our Lives however fast we want to go in Life.

Aikido is all about practice. What this means is that "Aikido is all about life." Practice is life - Practice is putting everything we do and learn into action. Not unbridled, directionless action which we easily fall into these days, grabbing at everything and anything we think can bring us closer to success and happiness. We often do not realize that it is the grabbing and striving itself which is the source of our misery and suffering. When you give up the idea of success, success seems to come. When you give up the idea of happiness, suddenly, we are happy. However, we must prove and refine this each day through practice. Practice is what keeps our feet grounded and our minds clear, and our spirits strong. Otherwise, we fall into Con't.

Hon. Councilwoman Jan Perry Celebrates Groundbreaking For South Los Angeles Neighborhood City Hall. January 9.



On January 9th, Councilwoman Jan Perry celebrated the groundbreaking ceremony for her planned South Los Angeles Neighborhood City Hall in the Central Ave corridor at Central and 43rd Streets. In addition to 7,000 sq ft of offices, the facility also features a 2,000 sq ft. community room and roof top garden as a safe haven for the entire community to relax and enjoy each other. The whole facility to be constructed of recycled materials will be an innovated calling for others to follow suit in developing their own communities and neighborhood. Many congratulations to Jan Perry.

More Christmas Party Photos: December 3.



Many students and guests came for our annual Christmas Party and it was a big success with so much good friendship and good fun. Many thanks for all of those who contributed the gifts for our gift exchange. Sensei also donated many gifts from the Dojo. Look forward to our Christmas Party for next year! Thanks for David Ito and Carol Tanita for organizing this great event.

Our Dojo Family Album: New Year's



Juan Carlos, Santiago, Susanna, & Noa.



Dr. Jeff Johnson Family, Long Beach, Ca.



Toshiro, Makiko, Yukina, Aya Nishida, 5-27-16 Taku, Munakata City, Fukuoka Pref., Japan. Toshiro Nishida is a member of the Shoheijuku Dojo, Hakata under Morito Suganuma Sensei.



Ze'ev & Family and Mr. Cat, Rehovot, Israel

Belated New Year's Greetings: Beginnings & Endings

Rey Espino, 1st Dan

Happy New Year. We've all survived another holiday season when the likelihood of being struck by a drunk driver increases dramatically, when suicide rates are higher than at any other time of the year, and when X-mas jingles are used to hock the latest toy, electronic gizmo, and fashion novelty. January, however, ushers in a time of reflection. Just as we examine our lives and resolve to improve, so too should we evaluate our Aikido practice. My senior once advised me to take my weakest technique and make it my strongest technique and then to repeat ad infinitum. For myself, I feel many aspects are weak. Where does a beginner start? Why at the beginning, of course. Often, we as beginners rush. But early steps establish later steps. If you initiate poorly, it becomes difficult or even impossible to execute the rest of the movement. Early steps involve judging distance, observing the relationship between uke and nage at the point of physical contact (ai hanmi or gyaku hanmi) and noting the type of entry to uke's rear (irimi, tenkan, or tenshin). If we focus on entering deeply, the rest of the technique flows more naturally. Another area of difficulty is the end of the technique. There, too, beginners rush. If the technique calls for uke to tap for submission, nage must make uke tap. Sometimes beginners release the pin too early. We work so hard to gain control and then give it up too easily. In a real situation, having trained in this manner, you may end up doing so to your detriment. Sometimes, uke taps even if no pressure or pain exists. This is poor practice. Nage depends on uke for feedback and validation of proper execution. We must train our bodies to feel the pin and endure just a little bit longer. Lastly, teachers of old advised that training must be done in a lively and joyful manner. Beginners should reflect on this. In closing, I would like to thank all the members of our dojo who encourage me to endure just a little bit longer.

Rey Espino is a nurse and married with three kids. He just graduated and is starting his new career. He teaches the Friday 5:15pm class in the Dojo. Please attend his class.

Proper Wearing Of The Keiko Gi:

1. Uniform should always be clean and in good repair.
2. No decorations other than name on the left shoulder and/or dojo path.
3. Uniform is always white or natural light color. No other colors are permitted.
4. Sleeves should always be hemmed properly a few inches above the wrist.
5. Pants should be properly hemmed several inches above the ankle.
6. Is always white and must be tied in the proper square knot, positioned middle front.
7. Hakama should always be the proper length slightly above the ankle.
8. Hakama obi must be tied properly into a neat traditional knot.
9. Hakama color is either black or navy blue.
10. There are no exceptions.

Personal Name Patches For Your Keiko Gi Uniform:

It is proper to have your name on the left shoulder of your uniform. Sensei will be ordering your personal name patch from Iwata Shokai in Japan. If you like, please see Sensei for your name in Japanese and ordering a patch. Your name patch will be written phonetically in Japanese in the "katakana" style. The patch will have to be neatly sewn onto your uniform by your tailor. Sensei will also look into patches in English.

These patches can be transferred from one uniform to the next. Please have your name on your uniform before the seminar in April, 2007.

New Year's thoughts continued: the same traps and pitfalls as before, over and over again.

You don't receive anything from practice. Practice is a great deal like Love. Once you expect a return from Love which you give to others, you are already lost and disappointed. Love must be given without any sense of return or profit or benefit. "Aikido is Love" and must be treated in the same way. Practice Aikido with Love - do not expect any return, just give your Love and enjoy the practice for what it is. This is true Love. Who can say, "I gave you this much Love, you so owe me this much plus interest in return!" No wonder so many of us are always disappointed in Love!

There is no greater power than the power of Love - embrace it and harness it in your practice and express it at every chance you have - this is Aikido practice.

We think we can become strong and fast and beat others in martial arts. It is only an illusion. Before you achieve your goals, you are already old and weak. . . . those who beat others, only get beaten in the end. A losing game for losers. Do not take this Path. Always winning means never losing. . .

In this New Year, full of change and wonder, it is important to stick together and work together in harmony and friendship in this tiny boat of Life. If one person fails to do his job, we all sink together. That we all sink or swim, that we are all happy and sad together is the great connection which O'Sensei calls, "Oneness" or, "All mankind is One Family."

Aikido does not follow the mundane rules of success. All of us, try to practice Aikido like a "business" measuring success in quantity (number of students, schools, etc.) and amounts of money and power. Through Aikido, we want "success" and to become "famous" and "popular." I do not recall O'Sensei ever discussing this about Aikido. . . . What is important in Aikido is commitment and faith. Loyalty and duty is what sets the "warrior" apart from all others. We study the Way, stay close to the Path of Aikido, respect our ancestors such as O'Sensei and 2nd Doshu, and be humble and gentle in all aspects of our lives. Do not worry about power and fame, do not worry that you cannot make money or profits from your practice. Do not play such silly games of common people.

Be humble, do good acts in secret, always bow your head first, show love and compassion in all aspects of your Life. I think this is what it means to practice Aikido.

No can see the great Phoenix rise from the ashes and fly up to Heaven. No one can see the great Dragons playing amongst the clouds, no can see the great sage strolling among the ancient pines, deep in the mountains. Please make a humble Life which emulates the great dragons and sages of the past. My prayers to you for a wonderful New Year of 2007,.

Rev. Kensho Furuya, Bansetsu-An



"No work, no meal." Original words by Zen priest Baishang Huaihai, 720-816ad.

Monthly Dues:

Dues must be current and paid by the first of the month. Monthly dues is your expression of support and appreciation of the Dojo and we appreciate this very much.

Unfortunately, we can no longer forgive dues for students what ever the case as before and each student must do his best to keep up to date. There are no exceptions to this rule. Thank you for your support and understanding.
Aikido Center of Los Angeles

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

Four Seasons Dojo
Granbury, Texas
Mike Schmidt

Littleton Aikikai
Littleton, Colorado
Steven Shaw

Brugos Kodokai
Brugos, Spain
Under Santiago Almaraz

Aikido Tanguma
Joaquin Tanguma
2nd Dan Aikido
Monterey N.L. Mexico

Our Good Friends In Aikido:

Tanshinjuku Dojo
Boulder, Colorado
Kei Izawa Sensei, 5th Dan

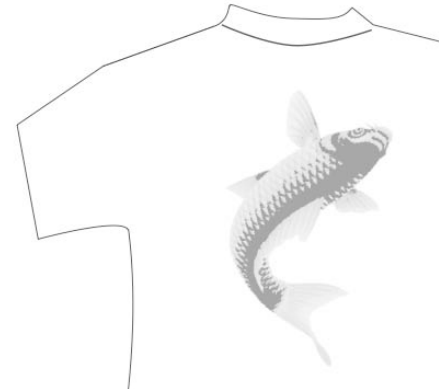
Chushinkan Dojo
Buena Park, CA.
James Nakayama Sensei,
6th Dan

Aikido Ai
Whittier, CA.
Frank McGouirk Sensei,
6th Dan

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

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New Children's Class T-Shirts Now Available



Small & medium sizes are available for children. Adult large size is also available. Special price: \$15.00 each donation to the Dojo.

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. Mark Ty - President
Mr. David Ito - Vice-President
Mr. Gary Myers - Secretary
Mr. Bill Allen - Treasurer
Mr. Jonathan Altman - Legal
Mr. Michael Vance - Publishing

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.

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

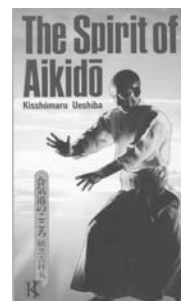
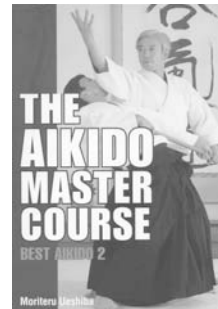
Become a member of Aikido-laido-KODO@yahoo.group
For Sensei's Daily Message and current news & postings.

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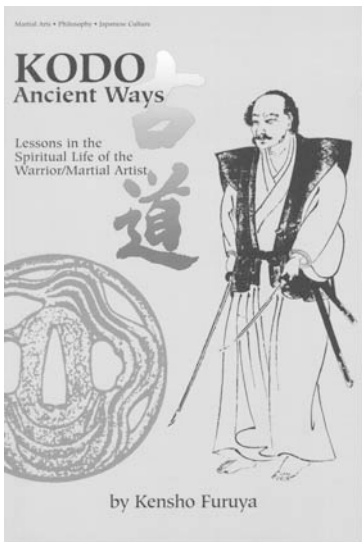
Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012
Tel: (213) 687-3673. Email: aclafuruya@earthlink.net

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Recommended Readings:



Publications By Kensho Furuya:



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

By Kensho Furuya
\$16.95 plus tax.

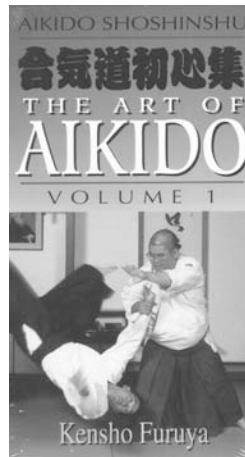
Highly recommended for all students of the Dojo. Please request for your autographed copy

The Art of AIKIDO

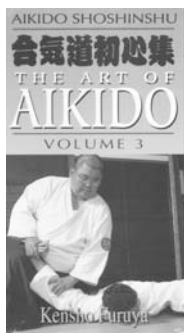
Instructional Video Series s Now Available in a new DVD format.

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

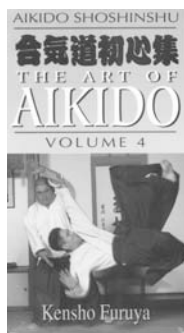
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



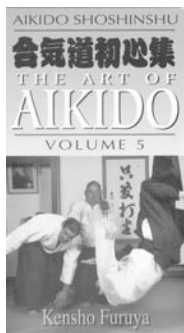
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



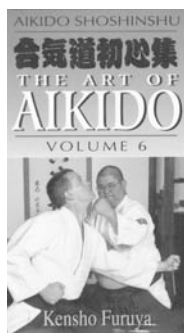
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



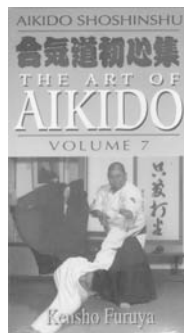
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



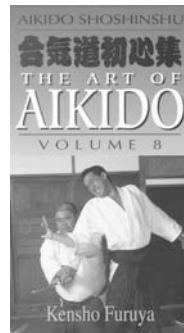
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



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



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



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



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

