

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



The Aikido Center of Los Angeles

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
Reverend Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai

October 2007

Volume XXVI Number 10

Construction Of The New Dojo Has Started

Construction is finally under way. We are hoping that the dojo will be built before our annual O'Sensei Memorial Seminar in April of 2008. The completion of the new dojo by December would certainly be a nice Christmas present. From a training standpoint it would be great to get into a much bigger space to practice.

Sensei disliked answering the phone and now I really have come to understand why. With the dojo having the same phone number for over two decades, it seems that over ninety percent of the people (and computers) calling are telemarketers.

I hardly answer the phone; but recently I had one interesting conversation that I would like to share with you. When I answered the phone, the voice on the other line asked, "May I speak to the



The new dojo, under construction

owner?" I was a little surprised, because I did not know whom he was asking for. Just the other day, I received a call that there were cars parked in the wrong spaces and also sometimes that there are cars blocking the entrance to the parking lot. So my initial thought was that he was asking about the owner of a student's vehicle. Consequently I replied, "The owner of what?" The telemarketer incredulously answered back, "The dojo!" He

was quite surprised and he probably thought I must have been stupid. "Oh, well the dojo is not owned by anyone person, it is a non-profit organization," I explained. After quickly finishing the conversation, oddly enough I felt quite happy.

Except for telemarketers, I am always willing to tell the story of our teacher and our dojo. It never fails that at least once a week someone whether on the street, at work, or a visitor to the dojo will ask, "Are you the owner?" or some variation of that question. I never get used to it. From a Western standpoint it makes perfect sense.

Yet to me it seems so odd. They are thinking that you are teaching a leisure activity, i.e., you are the owner of a "studio." So I tell our story, again and again, about our teacher who was the "owner" and much more and that he gave us everything and now we are all "owners" of our dojo.

- *Kenneth Masami Furuya*
Chief Instructor

Save The Date!
December 1st
Dojo Holiday Party.

New Dojo Progress Report

Gary Myers

Chief Instructor, Los Angeles Kenshinkai

I thought it would be good to give everyone a monthly update as to how the new dojo was progressing. Furuya Sensei and David Ito have done a great job keeping everyone apprised of events but I thought it might be nice to go into a little detail of how things are going. As Furuya Sensei stated in the last newsletter sometimes it seems that we have to go backwards before we can go forward. With projects of this size and nature, it is usually "hope for the best, anticipate the worst, and generally it falls in between".

The negotiations that have been taking place have been necessary to ensure that the rebuilding of the dojo continues, even through the "interesting times" that we are witnessing in the real estate market. But I am happy to report, as of this writing, that progress is being made on that front and construction has begun at the new dojo. We have been working with the architectural firm of Rockefeller Partners and View Line Contractors. In addition we have also had Projex Pacific, aka Aihama Construction join the team. View Line will be doing the major construction and Aihama Construction will be doing the fine finish work to make the new dojo retain the feeling that our old dojo had. To that end the folks from Aihama will be dismantling and identifying the pieces that are to be taken from the old dojo prior to its demolition. These architectural features will be incorporated into the structure of the new dojo. View Line has been busy channeling the concrete floor and laying in the rough plumbing. They were awaiting city inspection and approval which they recently got approval on and will be refloating the concrete floor. When that is done they can begin the framing process. Once framing is done, electric, plumbing are the next major tasks to be accomplished. We are now looking at a mid to late December finish date.



Site of the new dojo



Site of the new dojo at 1211 N. Main St.
(Photos by Kenneth Furuya)

September and October Dojo Birthdays

David Ito
Maria Murakawa
Mike Hatfield
Jared Ono
Emily Shon
Chris Forno

William Brown
Maria Ferrari
Timo Garcia
Gus Guzman
Jason Markowski
Daniel Stafford
Kaoru Tamura
Mark Ty

The following was written by Reverend Kensho Furuya in his Aikido-Iaido-KODO Yahoo! Group in October of 2004.

Kokyu Dosa

In the very early days, when I first started Aikido, along with Ikkyo, Kokyu Dosa, was the most difficult to do of all. Most of us, at the time, did not understand what Kokyu Dosa was or meant. Everyone just did it as an "exercise" at the end of class. At this time, it was just taking turns "pushing" the partner over. Bigger guys used to jam the technique, so we all did Kokyu Dosa like a kind of competitive sumo - just pushing the other person as hard as we could.

At Hombu Dojo, we did Kokyu Dosa faithfully after every single class without fail. There were several years when I stopped doing Kokyu Dosa because I just couldn't understand what it meant. Later, I realized how important Kokyu Dosa is in training and we never miss it in any class.

I think this technique typifies the essence of Aikido - there is no quick way to master it, there is no one way to understand it. You just have to practice it everyday and eventually, the understanding comes to you within the context of practice. Just keep a picture of

your teacher in mind and imitate his movement and technique exactly. If you continue like this, you will eventually be able to do it very easily.

Most people try to find "easy" solutions, - "if this doesn't work, then try this, or that or something else." This is just aimless guessing trying to find a quick and easy answer - you really never get anywhere like this and are always in danger of picking up the wrong understanding or some bad habit. I see this all of the time in my teaching.

See the correct method, burn it into your memory and keep imitating it whether it works or not... Gradually, the form will take over and you got it.

When I was young, Kokyu Dosa was the most difficult and frustrating technique to practice for me. By just copying my teacher, after all else failed, I got it very easily. . . Now, I wonder - "Why is this so

hard for people?"

Understanding come through practice - not your intellect. Sometimes we try to be "too smart" in practice - this is not good. When we are "stupid" we are more open to new ideas. When we think we know everything, we close up our minds too tightly.

Finally, the hardest thing of all to overcome in Kokyu Dosa is the inner urge to fight and push the opponent. When you finally begin to see Kokyu Dosa was a form of blending, all the fighting and struggle immediately disappears. This is not easy indeed - to rid one's self of our "fighting minds!"

- Reverend Kensho Furuya
October 13, 2004



Reverend Kensho Furuya
1948 - 2007

Faces in the Dojo: Lucas Plouviez

Maria Ferrari

ACLA

Lucas has been studying Aikido at the ACLA for over four years.

“I used to produce and direct plays and cultural festivals in Northern France before I came to the United States eleven years ago. Since then, I learned to speak English (French is my native language) and have worked in the film industry in multiple capacities. I have been lucky enough to work on projects that have taken me all over North America.



Lucas Plouviez

My hobbies include Aikido, meditation, health, bridge building and walking at least one hour in nature each and every week. You’ve asked for a little known fact about me; I love the sound a crepe makes when you flip it on a pan.

When I was seven my parents brought me to Judo. As I started reading on the subject I stumbled upon O-Sensei’s picture. I loved the spirit of Aikido and fantasized about one day practicing the difficult art of peace.

I decided to join the Aikido Center of Los Angeles when an acquaintance of mine was training as a life coach and needed a good subject to prepare his final exam. He suggested that I practice "ki type" Aikido. After some research I found Reverend Kensho Furuya Sensei’s dojo to be far better than the one he suggested to me. I enjoy the depth of teaching, the truly admirable dedication of our teachers, and the rare and very precious spirit of our group.

What I find most challenging about the dojo is that there is such an abundance of fine dishes served there and by nature my stomach seems so small. This is very frustrating!”

New Planters Built by Norm Lew

Thank you very much for building our planters in front of our temporary dojo! Norm Lew built the planters so that they can be easily moved to the new dojo once it is completed. Mr. Lew has been practicing Aikido at the dojo for over eighteen years.



Photos by Kenneth Furuya

Getting Connected

Steven Shaw, Chief Instructor
Littleton Aikikai
Littleton, CO

Steven Shaw studied at the ACLA and received his 3rd Dan in Iaido and 3rd Dan in Aikido from Reverend Kensho Furuya. Mr. Shaw moved to Colorado in 2005 and has been teaching Aikido and Iaido. He currently studies Aikido under Kei Izawa Sensei.

It's hard to believe it's only been a month since the seminar. Time has a way of changing us at different rates even though time is seemingly constant. Parenthood again has a way of stripping one of time and energy, and now drifting leaves welcome the shortening days. Cyclically I ebb and flow to a time of introspection, and though it's been a little over a month since the seminar I think about that peak with frequency. Again I am brought to Furuya Sensei's opening class from the seminar and the message he left us with, that we are "brothers of the way."

In the time since the late Furuya Sensei's passing I have wondered what my future in Aikido would be, and the weekend of August 24th and 25th put some of my concerns and fears to rest.

It was a great weekend. It took my body a while to recover from all the dynamics at play on it. I felt as though all participants were connected to one another as we walked the path. Connectivity

resonated through the entire weekend; from Furuya Sensei's class to Lisa Tomoleoni's class, to Patrick Lynch Sensei's class, Hombu Aikido provided the base for our development. Andre Brown Sensei's breakdown of Kanai Sensei's techniques showed firm understanding and control. He set up the movement for us, and then expanded that same basic movement into a myriad of applications.

I remember being disappointed with not getting to train with Lisa Tomoleoni Sensei in April, and I learned why. Her class focused on the connectivity between uke and nage and that both being completely present was necessary for Aikido. Nothing fancy was taught, just the importance of being and staying connected. It's such an important lesson for us in modern culture. We are spread across the globe as Aikido practitioners, loyal to our teachers, Doshu, and the lessons of O'Sensei. That common thread becomes strengthened through our practice at staying connected by following and leading each other through the mystery.

When Patrick Lynch Sensei teaches there is little mystery. His basic articulation of complex technique allowed learners from all levels to grow and develop greater understanding of the mechanical simplicity that leads to dynamic applications. I was very happy to have taken his class.

I love Aikido. It never gets boring, and it's never the same. Itoh Sensei's energetic classes always stretch me. I always feel as though

my ukemi is substandard in his classes as my body twists and contorts into ways not previously experienced. Though I hadn't moved in that manner before, I should be able to follow and flow more effectively. I always have lessons to learn.

Izawa Sensei's subtle, ego-less leadership was inspiring. In his class he focused on helping to relax and stretch those who were going to test. His purpose showed the caring and compassion necessary for harmony to radiate in our technique. Through his choices, he promoted and highlighted the visiting instructors, and reminded me of how the late Furuya Sensei ran seminars. "Always basics," he would tell me. Both promote the visiting teacher's technique as the focus and highlights how we all are "brothers of the way".

Errata:

In our last issue, we mistakenly omitted Patrick Lynch Sensei from the list of instructors who taught in Colorado. Many apologies!



Patrick Lynch Sensei (right)
(photo by David Ito)

My Visit to Aikido Tekkojuku of Boston

Jacob Sisk

ACLA

In September, I had the privilege of visiting Yasumasa Itoh Sensei's Tekkojuku Dojo in Boston. I was able to attend four classes over two weekends. This really was my first experience being a guest in another dojo. I was a little less timid than I would have been otherwise since our own Mark Ty was also visiting on the first day I was there too.

Itoh Sensei taught wonderful classes. I remember especially Itoh Sensei's Irimi Nage and Tenshi Nage. They were very familiar to what I was used to at the ACLA, and I was thankful my training enabled me to be a good guest, because they were wonderful hosts! The other students practiced very hard, and with very good will. I am also thankful to Joji Sawa and Andre Brown's for their excellent classes.

The Tekkojuku Dojo is in Somerville, Massachusetts. I grew up there, and went to school there too. It was old, familiar ground to me. The dojo was a five minute walk from my father's home. The dojo is up on the fourth floor of a building, and has big glass windows out of which you can see the whole skyline of Boston and Cambridge. As I was stretching before the class, I looked out the window and ticked off the places where I spent so much of my youth. There was the MIT earth-sciences building. There was the Back Bay, where I went to high school. Over there you could tell where Harvard Square would be. It was strange reviewing my youth through the lens of what has become the central ritual of my adult life. It felt like some corner of my own dojo that I had forgotten to notice, or like somehow they were secretly the same place. I guess they all must feel a little like Hombu Dojo and therein lies the similarity.

I am thankful to Itoh Sensei and his students for their hospitality and excellent practice. I am also thankful to be reminded of the connections between places and times. I look forward to visiting again as soon as I can.

Long time ACLA student and Virtuoso Blues Musician Jake LaBotz wowed the crowd this September at the Redwood Bar and Grill, in Downtown Los Angeles



Jake LaBotz singing the blues



Jake with his guitar
(photos by Kenneth Furuya)

Aikido Center of Los Angeles:

We are a 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.

The Aiki Dojo Newsletter

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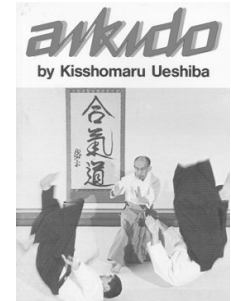
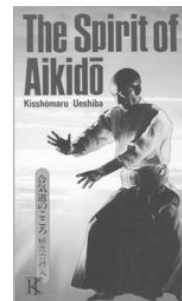
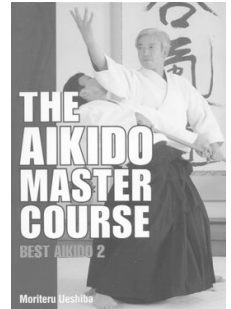
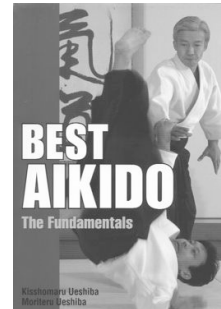
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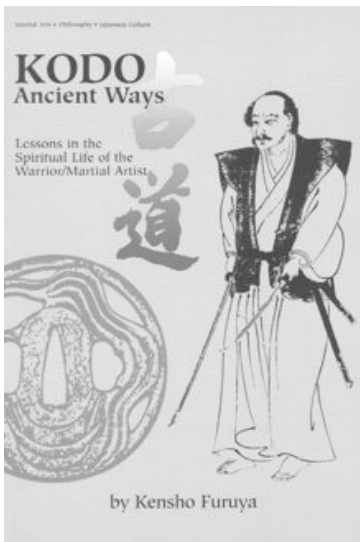
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Recommended Readings:



Publications By Kensho Furuya:



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

By Kensho Furuya

Highly recommended
for all students of the
Dojo.

The Art of AIKIDO

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

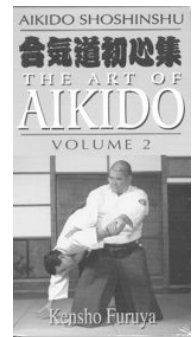
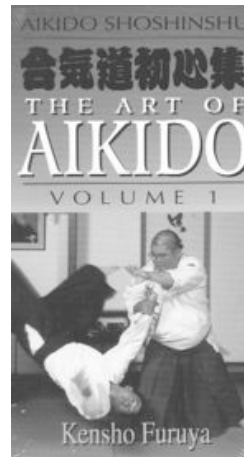
"Top Rated" Karate Illustrated

"Impressive Scope" Aikido Today,

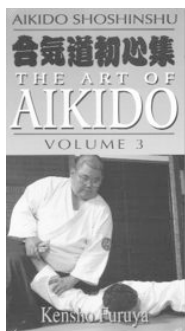
"Exhaustive" Aikido Journal" "Best

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

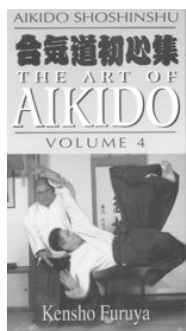
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



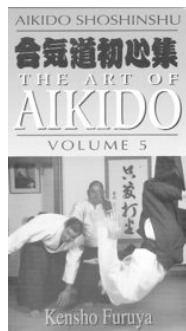
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



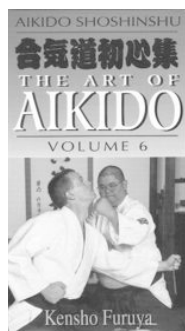
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



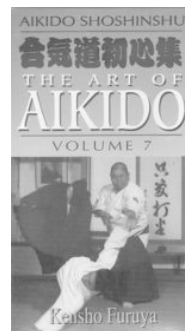
Katatetori Ryotemochi:
Ryotetori: 2-hand.
Reigi-saho: Etiquette.
Koshinage-Hip throws.



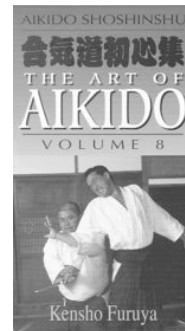
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



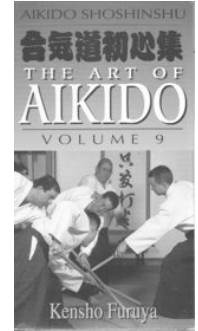
Tsuki: Strikes &
Punches
Yokomenuchi: Strikes
to the side of the head &
neck.



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 - All Levels: 10:15-11:15am.

Mondays: Fundamentals - All Levels: 5:15-6:15pm.
Open - All Levels: 6:30-7:30pm.
Weapons - Sankyu and Above: 7:45 - 8:30pm

Tuesdays: Open - All Levels: 6:00 - 7:00am.
Open - All Levels: 6:30 - 7:30pm

Wednesdays: Fundamentals- All Levels 5:15-6:15pm.
Open - All Levels: 6:30 - 7:30pm
Weapons - Sankyu and Above: 7:45 - 8:30pm

Thursdays: Open - All levels: 6:30 - 7:30am
Open - All levels: 5:15-6:15pm.
Bokken - Shodan and Above: 6:30-7:30pm.

Fridays: Open - All Levels: 6:00 - 7:00am.
Fundamentals - All Levels: 5:15-6:15pm.
Open - All Levels: 6:30-7:30pm.

Saturdays: Open - All levels: 9:30-10:30am.
Advanced - Sankyu and Above: 10:45-11:45am.

CHILDREN'S CLASSES

6 to 16 yrs old

Sunday Mornings 9:00 -10:00am

Sign-up anytime for on-going classes.

We are directly affiliated with:

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, JAPAN

We are committed to the study and practice of the teachings of the Founder of Aikido, Morihei Ueshiba and his legitimate successors, Kisshomaru Ueshiba and the present Moriteru Ueshiba Doshu.

Aikido Center of Los Angeles

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Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

Saturdays: 7:15-8:15am Beginning.
8:15-9:15am Intermediate-Advanced.

Sundays: 7:45am-8:45am.

Thursdays: 6:30-7:30pm (Bokken).

No Classes on the last weekend of the month.

Private Classes Available.

No Appointment Necessary To Join:

You are welcome to visit us anytime during our Open and Beginning Classes. Signing up for classes is very easy and only takes a few minutes. We accept credit cards, personal checks, money order and cash. Please bring valid ID such as your driver's license and the name of your insurance company.

Finding Our Dojo:

The entrance to the temporary dojo is across the street from the old dojo on Vignes street, between 1st street and 2nd street. We are convenient to most major freeways. From Alameda go east on 2nd St and make a right turn into the private lane at Vignes.



Please park on the east side of the private lane or on the street. The star on the above map is the location of our old dojo. We are temporarily across the street at 929 E 2nd Street #107. You may continue to park on the east side of the private lane or on the street.