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The Aikido Center of Los Angeles LLC

道の為、世の為、人の為 合気道

The Aiki Dojo

Direct Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
International Aikido Kodokai, Rev. Kensho Furuya Foundation
Los Angeles Sword & Swordsmanship Society Kenshinkai
Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Association
Los Angeles Police Department Martial Artist Advisory Panel

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O'Sensei Memorial Seminar: Part II Student Impressions



Itoh Sensei teaching Jacob Stevens during O'Sensei Memorial Seminar. April 22.

East & West

Richard LaPorte, 1st Kyu
Aikido Tekkojuku of Boston

I hope that this message finds you all in good health and practicing diligently. My apologies for having been remiss in sending this letter to you, but my work has had me traveling fairly extensively since I met you all at the memorial seminar.

First I would like to thank you, Sensei, and your students for the warm welcome I received. You all created an atmosphere of fellowship and unity. As you all may know it can be awkward to practice in a dojo that is not your own. Everybody's interpretation of the art is different from person to person

Continued:

Over 1,200 Attend Aiki Taisai April 29.

Many congratulations to Isoyama Shihan, Chief Instructor of the Ibaragi Dojo, for organizing such a wonderful Aiki Taisai this year. The Aiki Taisai is the Grand Ceremony held every year at the Aiki Jinja to honor and commemorate the memory of O'Sensei and 2nd Doshu, Kisshomaru Ueshiba Sensei. Over 80 people showed up to clean-up and prepare the grounds for the event. Despite reports of rain, over 1,200 people attended this important event held this year on April 29. Many congratulations and thanks to Isoyama Shihan.

Hideo Yonemochi Shihan Seminar. July 15-16.

Hideo Yonemochi Sensei, 8th Dan and Managing director of the Aiki Kai Foundation will visit us once again to conduct a weekend Seminar. Everyone is invited for this rare opportunity to meet one of the most senior teachers of the Aiki Kai Hombu Dojo.

Registration is \$100.00 per person. Please email to aclafuruya@earthlink.net for further information.



Aiki Jinja, Kasama-shi, Ibaragi Prefecture.

In this Issue: A Day At Iwama: The Ibaragi Dojo

Heraldo Farrington, of Aikido of Hilo, has written a beautiful article on his visit to the Ibaragi Dojo with his fellow classmates during a six-week trip to Japan.



Shouldering The Burden

**Steven Shaw,
1st Dan
ACLA, Littleton
Aikikai, Boulder,
CA.**

Before my wife and I were married we participated in a sweat lodge ceremony held in our honor. It was so humbling to hear all these people suffering in the intense heat praying for our union. I wept at their generosity and felt so unworthy of their prayers. I didn't understand how people could give so much of themselves for someone else. It was beautiful.

Since then I've tried to live by giving as much of my self to the people around me as I can. I still have a long way to go, but I do try to share my very best with the people with whom I come in contact.

Until the memorial practice last year, I had never felt the same way I did the night of the sweat. Again, I felt so unworthy to be in Los Angeles with so many people I cared about that cared about me too. Last year was also an amazing high point in my life. I still cling to the joy of those days.

This year, my training fell in a different direction. As soon as I got up I knew something was wrong. It wasn't normal for me not to be able to lift my arm, yet there was something very normal about the situation. I was surrounded by compassion. I had never noticed how much caring and support there is in the dojo even though it is always there. Again, I was humbled by the love and support I felt from everyone on and off the mats. Mark helped me off the mat, Sensei got me some pain relief, Izawa Sensei verified the condition of my shoulder and helped relax the muscles, Itoh Sensei gave me some patches to put on my shoulder that would help heal the joint, Roberto gave me some cream that soothed the pain, and countless concerns were voiced. Suddenly stories from so many people came out about their experiences when they had hurt their shoulders. In my moment of great physical weakness, I felt strong with the compassion of Aikidoists.

Compassion can seem like a rare concept in today's world. I think about Aikido as a way to manifest compassion for otherwise

aggressive energy. To have a person so vulnerable and exposed, and then to choose to support and help to relieve the negative energy is enlightened harmony. Through Aikido we cultivate this principle, and I experienced a dojo full of masters.

At the hub of this experience was Furuya Sensei. Without his hard work and dedication, none of us would have been gathered for the wonderful memorial practice. His tradition of honoring his teachers and those whom he loves has been a great example for me. It has always been a privilege to participate in the memorial service. This year's memorial service had special meaning for me. I was able to honor my teachers while honoring theirs, and also honor the father of a mentor. Such a simple and selfless act it is to honor people, and pray for them. Nothing should ever get in the way of people who show honor and compassion with an open heart.

Last year, as I was leaving, a student in the dojo said, "I need to learn to manifest more love in my life." I have thought about his words many times, and until this year I had no advice, but now I would say, "Just keep training, because love is all around you."



Connected Through Aikido

**Paul Major,
2nd Kyu, ACLA**

This year's memorial seminar has yielded many different observations and experiences that I've sorted through over the past few weeks.

Surrounded by thirty or forty other students, I was constantly surprised and tested as my ukemi had to change and adjust to the sheer lack of space. An awareness of my space and that of my partners became paramount, and I suspect there's a deeper meaning there that I have yet to fully appreciate.

Two moments stuck out to me as being very touching. The sermon by Rev. Shumyo Kojima was particularly moving to me. When he concluded by 'offering' the lesson of cancer to us I felt a profound sense of how I take many things in my daily life for granted. I thought about James Doi and his loss,

and how it must have in turn colored his perceptions. I spoke with Mr. Doi later and he mentioned how simple clouds in the sky that we take for granted more often than not were actually very beautiful, and I was moved beyond words. It's easy to lose sight of how important the little details are, but when we pay attention to them our own experience of enrichment improves. Perhaps Aikido is similar?

It was a strange moment for me to think those things at the end of the sermon, and it led to me glancing around at the other participants. Many of them were surely quite different in many ways than me. Yet we were all bound by this inner drive to train in a martial way. We were all somehow connected on this instinctive level.

Another moment that had a poignant and surreal quality during the seminar was seeing Sensei, Izawa Sensei, and Itoh Sensei having their photo taken together. How strange the world works, I thought, to bring these lifetime aikidoka together in harmony, to re-connect under the auspices of friendship and mutual respect. I only hope that my training will continue as long and provide me with such opportunities.

The regular practice of the seminar introduced techniques that at first seemed quite new to me. Yet after reflection and trying hard to concentrate on the details of these techniques I could see how re-focusing my efforts on the basic principles will help me with the advanced applications.

I also experienced an overall sense of camaraderie and adventure as we all experienced these techniques together. Despite any differences of religion, gender, politics, etc, we all came together to train in earnest, and I think that in and of itself showed the seminar to be a great success.

My most sincere thanks to all of those I learned from this year, and I hope to see you again at the next seminar!

Articles and photos for our Aiki Dojo Newsletter are always welcome. Articles become the property of the ACLA and are edited for correctness and space only. Many thanks!

Excellent photos were taken by our Larry Armstrong and will be available for purchase soon. Please contact the dojo.

Joining Together, Encouraging Each Other

Rey Espino,
1st Dan, ACLA

Words cannot express the emotional catharsis of participating in the O'Sensei memorial seminar. With trepidation, I set out for the ACLA that Saturday morning. Barely able to complete two of the regular back-to-back classes, two full days of training lay ahead. Four simple goals needed to be accomplished: to honor the Founder, to honor my teacher's teacher, Kanai Sensei, to give a good practice, and to make it to the end.

A full house greeted my entrance to the dojo: friends from the Hacienda La Puente Aikikai, friends from the Veracruz Aikido dojo, Santiago Almaraz of the Kodokai, Spain, Steven Shaw from Littleton Aikikai and our honored guests, Itoh Sensei, dojo-cho of the Tekko Juku Dojo in Boston and Izawa Sensei, dojo-cho of the Tanshin Juku in Boulder. Indeed, a diverse group, individuals from far away places, of differing cultures and of differing experiences all joined in remembrance of O' Sensei and Kanai Sensei.

With comforting familiarity, we began our marathon, Mark Ty leading us in warmups. In the first class, Sensei emphasized an honest and energetic attack. The intensity level noticeably increased; our marathon starting with a vigorous sprint. At the time, I thought, "we are at the start and have a long way to go." During Sensei's class, my estimation of Izawa Sensei greatly increased when I spied him watching intently from the top of the stairs. He is a true martial artist, alert and observant. And during that first class, at one point, I noted Mark Ty and Santiago training enthusiastically at such a spirited level. My immediate goal at the time: make it to lunch.

Next Itoh Sensei demonstrated strong throwing techniques sending uke flying across many tatami. As one senior noted that from afar, although the techniques look like they require a lot of physical strength, when analyzed closely, subtle aiki principles are in play: blending, establishing a position of safety and superiority, and off-balancing. During Itoh Sensei's class, I recall the sub-

lime exhilaration of being thrown: attacking hard then floating in air. In addition to demonstrating much patience, Itoh Sensei explained technique in a clear and rational manner.

Surviving the morning session, I enjoyed lunch with friends from the Hacienda La Puente Aikikai who shared stories of their training experiences and trips to Hombu. One of the benefits of joining together to honor O' Sensei is to share stories of our training experiences. Returning early to the dojo, I wanted to nap in the corner, but Sensei had also returned early with our honored guests! Following a ten minute recovery nap in the car, I found myself along with everyone else back for more.

Izawa Sensei extended such understanding in suggesting that we resume at a bearable pace. Izawa Sensei exudes a gentleman-warrior persona. His excellent posture is remarkable. I enjoyed his grouping of technique. Initially showing one response to an attack, then showing complementary responses accounting for variations in attack eased learning techniques.

In the late afternoon, Santiago's class emphasized solid fundamentals. During katate tori aihanmi ikkyo, I whispered an apology to my partner for emphasizing clarity and smoothness rather than explosiveness and powerful movement. I recall experiencing muscle twitching and cramps. My partner replied that he too had soreness. Many thanks to Mark Ty for his supply of Gatorade and Jacob Sisk for the orange juice boxes, without which, I am sure the cramping would have been terminal. Many thanks to Santiago for coming the week prior to seminar, he logged many training hours and his enthusiasm proved contagious.

Also in the afternoon, Itoh Sensei and Izawa Sensei taught more sessions. The techniques of Kanai Sensei are truly unique. I recall Sensei saying that in the old days, a technique might be demonstrated only once, so



Izawa Sensei's very precise and detailed instruction during Seminar.

we must do our best to catch the essence. That afternoon found us all trying to catch the technique. With much kindness, Itoh Sensei and Izawa Sensei circulated amongst us and allowed us to feel the technique. I recall Brett's expression of joy, surprise and wonder after being thrown by Izawa Sensei. As for myself, Izawa Sensei allowed me to feel his nikkyo; afterward asking me "See?" My wrist hurt so bad, but the effectiveness of the nikkyo felt so good. Towards the end of that first day, everyone was in such high spirits. A feeling of increasing intensity appeared and Izawa Sensei reminded us that we were coming back for more the next day.

Usually after such physical exertion, sleep is a welcome friend, easy to succumb to. However that night, my mind raced with revelry trying to recall the details of the day. Periods of sleep were all too easily interrupted by some unintended change in position resulting in sore muscle spasms.

The next morning found us all back for more. Izawa Sensei and Itoh Sensei offered two more sessions before lunch. Izawa Sensei once more demonstrated kindness in gradually increasing the pace. Of note, his emphasis on awareness of proper posture while walking proved a martial artist's attention to detail. Before long, everyone was flying through the air and breaking their falls. Itoh Sensei demonstrated all manner of makikomi waza. I recall Itoh Sensei using Tom as uke. Tom was thrown so much and so vigorously that when asked what had been demonstrated, he could only reply, "I'm not sure." Also of note, I recall Izawa Sensei and Itoh Sensei discussing a Kanai

Downtown Clean-Up
June 3, 10:00-1:00pm
Volunteers needed.



Itoh Sensei instructing. Santiago from Spain and Jacob Sisk.

style method just at the edge of the mat. Both alternated as uke and nage. It is moving to see two students of one teacher remembering their teacher's explanation. Through these two, the teacher survives.

Another poignant moment of the seminar arrived with the memorial service performed by Rev. Shumyo Kojima. In aikido, we practice strength. But, who can be as strong as the dying discovering the meaning of living? In truth, we are all dying, but do we have the strength to discover the meaning of living? We are all indebted to our teachers who came before. Jake La Botz performed a wonderful soulful prayer song.

Sunday lunch was spent in the good company of ACLA seniors (as in long-term students, not the >60 variety) James Doi and Larry Armstrong along with senior kyu students Paul and Kevin. What an interesting juxtaposition, James Doi has known sensei since the 60's and Larry has been with ACLA since the 90's while Paul and Kevin should be the next generation of strong shodan. After lunch, we thanked our honored guests and saw them off.

Tom Williams did a nice class and finishing with James Doi and David Ito teaching was like coming home. Much appreciation to James Doi for teaching class in the aftermath of his father's passing. His commitment to training is always a source of inspiration. Still, to the very end, the training did not let up. David Ito's excellent tanto tori could

have been a seminar all to itself. Yet it was one of many classes throughout the weekend. Down to the last technique of the last hour of the last day, there was still much to learn. One's concentration could not waiver.

O'Sensei is said to have through Aikido built a silver bridge in Japan and a golden bridge to other nations. In his memory, a group of people had come together, across nations and across cultures to celebrate the Way.

East & West Continued:

and from dojo to dojo, let alone from coast to coast. But I experienced nothing but open and honest practice and I felt very comfortable and at ease. Thank you all again.

At your behest, Sensei, I would like to share my impressions of the memorial seminar. I had several reasons for attending. I certainly wanted to experience new and different Aikido. I wanted to celebrate the memory of O Sensei and Kanai Sensei. I also wanted to show my support for Itoh Sensei and Izawa Sensei.

When I walked down the alleyway to where your dojo is located I didn't know what to expect. However, it was obvious when I reached the steps at the gate that your dojo was a special place. In the small entrance area you have created the feeling of being in a garden.

Upon entering the dojo proper I was quite impressed. The space there invites you to look upward. The interior climbs toward the sky and is lighted by it. The various kamiza, kamidana, furnishings, artifacts, weapons displays and the like are wonderfully arranged and contribute to the warm environment.

But it was your students that validated it all for me. They were willing to share their Aikido and were open to experiencing my Aikido. The training was hard, but there was real joy exchanged.

Congratulations & Best Wishes!



James Takata is getting married on July 1st, in Sonoma. Many best wishes!



Jake LaBotz married in mid May in Cinninnatti, Ohio at his father's home. Jake has also come out with his 3rd cd of his original music. Congratulations!



Mark Ty graduated from USC Law School on May 14. He takes his Bar Exam in mid-July. Great Job & Much Success!



Larry Armstrong recently had a accident on his motorcycle but is healing well and will soon be back in the Dojo. Speedy recovery and best wishes!

I know, Sensei, that you were concerned with the many classes that you scheduled. But it did not daunt your students, rather it was motivating. You provided a wide opportunity for people to train as much as they wanted. Regardless of whether people participated in all the classes or in just a few, the chance was there to experience a diversity of interpretations of the art that O Sensei gave us. I know that I am anxious to come back to ACLA to practice again, and I won't wait for next year's seminar!

The memorial service was very moving. The words offered by the priest touched me deeply and compelled me to consider how lucky I am to have family, friends and interests that enrich my life. The fact that I have discovered Aikido and have the privilege of being part of such a rich community is something for which I am very thankful. I look forward to visiting your dojo again very soon. Thank you again. Rich LaPorte

A Day At Iwama: The Ibaragi Dojo

Heraldo Farrington
Aikido of Hilo

I have just recently returned from a wonderfully transformative six-week aikido odyssey to Japan. Although I traveled to many places, and trained in many dojo, I would like to share one particular day from my trip with you. As I write this, the Annual Aiki-Jinja (Aiki-Shrine) Grand Festival is taking place in Iwama, Ibaragi-ken, Japan. And many of us have just participated, or are about to participate, in our own dojo's annual O'Sensei Memorials and Seminars. So it is only fitting that at this time, I share with you my Day at Iwama, which happened on Saturday, April 1, 2006, and which started, appropriately enough, in Tokyo, near the Honbu Dojo.

I awoke at 4 AM, and rose from the tatami mat, careful to not awaken my room-mate. Quietly, I threw on some clothes, grabbed my bokken and jo, and slipped into the hallway, palming the 120 yen in coin that I needed for my daily offering at the vending machine. Then I walked up the stairs to the roof of the Hotel Tateshina, to drink my can of wonderfully hot coffee, and perform some suburi under the neon-glow of the Tokyo night sky. Happily, it wasn't raining this early spring morning, and the cool air was quite invigorating. Finished with my suburi, I snuck back into my room, grabbed my back-pack, and quietly made my way down to the lobby. "Ohayo gozaimasu!" to my friend at the desk, and then I was walking down the alley, on my way to the 6:30 morning class at Honbu Dojo, which is taught by the Doshu.

Ten minutes later, I was inside a small bento shop, ordering bento (box lunches) for later in the day, since our group would be leaving Honbu Dojo immediately after class for the train ride to Iwama. Then, with bento in hand, I walked the final five minutes to the Dojo, paid my mat fee, and headed towards the stairs. Pausing before the first flight, I bowed deeply to O'Sensei's plaque, then again at the first landing, this time to the Second Doshu's plaque. Then up to the third floor, and into the changing room.

"Ohayo gozaimasu!" filled the room, as I entered . . . there were at least ten people ahead of me, and by the time I was dressed

and ready to go onto the mat, the small room was quite crowded, not to mention a bit loud. Inakoshi Sensei arrived, and as usual, he picked one of his personal students for me to train with that morning. He was to be our guide to Iwama, and had made special arrangements for our group to take a class there, since that dojo is usually closed to visitors on Saturdays. I also met a visiting sensei from Manchester, England, who along with his two students, would be accompanying us to Iwama that day. My own group soon arrived, too. Then I was on the mat, bowing to my friends and acquaintances, and stretching deeeeeply. Suddenly, a loud "OHAYO GOZAIMASU!" rang out - it was Murata-san, calling the class to seiza. We all lined up, and sat quietly, waiting for Doshu. It was 6:25.

Right at 6:30, the Doshu appeared at the side entrance, bowed in, and strode to the front of the kamiza. (I must admit, it is always a thrilling moment for me, kneeling in seiza and watching from behind as the Doshu carefully spreads his hakama in seiza, and then opens class.) A quick and invigorating round of stretches and exercises, then we all rushed to the rear as the first technique was demonstrated, crisply and cleanly, with smooth power throughout . . . It is quite an experience, watching the grandson of the Founder demonstrate a technique, then practicing it with one's partner, as Doshu calmly walks the mat, chatting briefly with his old friends and offering advice to various students - all the while avoiding uke flying in all directions.

One hour later, I found myself folding my hakama and feeling that wonderful feeling that comes after a great class of aikido. I also found myself spending far too much time talking to various friends - we had to hurry in order to catch the next train to Iwama! Regretfully, I pulled myself away from the mat, where various shihan were holding impromptu demonstrations with their students, and I hurried downstairs. The rest of the group was already awaiting me, and as we departed, the Doshu appeared, and wished us all a wonderful trip to "Iwama country."

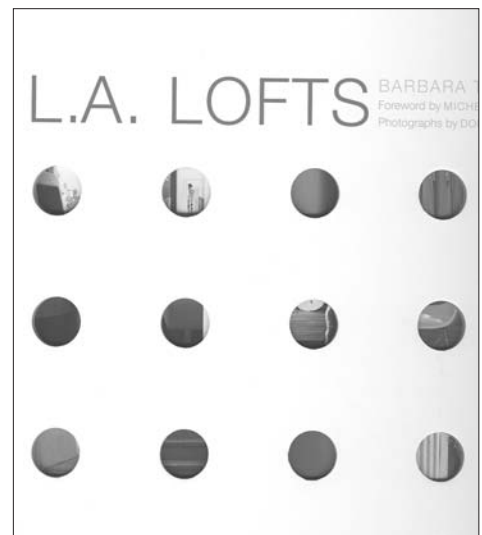
A hurried walk, and a quick train change, and we were soon all aboard for the hour-plus train ride out of Tokyo to Iwama. As the scenery slowly changed from urban to country, we all got comfortable and formed the usual small groups, each with at least one person who could speak

Continued:

Upcoming Seminar Hiroshi Isoyama Shihan Seminar

November 11-12, 2006

Hosted by
James Paulson Sensei's
Isoyama American Aikido
Academy, Santa Clarita



LA Lofts: Premiere Book Signing July 15:

As part of our Summer Seminar and Special Celebration for Yonemochi Sensei, we will also have a Book Signing with the authoress, Barbara Thornburg, Architectural Editor of the LA Times on July 15. The book features our Dojo as one of the most beautiful living spaces in Los Angeles.

New Students Welcome!

Encourage family members and friends to our Aikido practice, and enjoy the benefits of the Dojo. Everyone is welcome, men, women and children, young and old. The more members, the merrier!



Heraldo Farrington's Hiko Group in front of the Aiki Jinja with Inagaki Sensei.

At Day At Iwama Continued:

both Japanese and English. We shared our bento while speaking of the morning's class, of our plans for future trips, and of our own homes. By the time we arrived at Iwama, I felt that I had made three new friends from Manchester, and even closer ties with various students of Inakoshi Sensei.

As we walked the short way from the train station to the shrine, I enjoyed the fresh spring morning, and I looked forward to the moment when our group would finally arrive, many for the first time, at the grounds of the Aiki-Jinja, the spiritual home of Our Founder. I had visited once before, two years previously, and I remembered walking around the jinja, which had been closed, and enjoying the peaceful serenity of the groves of tall sugi (Japanese cedar) which surround the property. We had seen the famous Iwama dojo, located directly across the road from the Aiki-Jinja, but since we had not made arrangements to train there, we had never even crossed the road. And we hadn't seen anybody else on the grounds at that time.

I was quite surprised then, as we stood quietly in front of the large rock monument that marks the Jinja grounds, to see a figure in gi and hakama come walking across the road to greet us. This smiling man was Inagaki Sensei, 7th dan, and our host for the day. After meeting everyone, Inagaki Sensei proceeded to actually open the Jinja and invite us all inside! I could hardly believe it. We each removed our shoes and bowed in, then knelt in seiza as Inagaki Sensei finished

opening all the sliding side doors and lit the candles on the kamiza. Then, with the spring-time air and the invigorating smell of tsugi surround-ing us, we bowed, clapped twice, then bowed again, to 'open' the Jinja.

Inagaki Sensei then gave a short lecture on the history and significance of both the shrine and the dojo. He also explained how the new staff of on-site instructors is dedicated to their mission of creating a new and more open experience for all visiting aikidoka, so that we might all share in O'Sensei's True Path of Aikido. It was quite an experience, to be kneeling there, on the grounds of the shrine that O'Sensei had built during the darkest days of World War II, and to be part of such a Path. Then we all bowed, clapped twice, and bowed again to 'close' the Jinja. As others took pictures, I helped close all the sliding doors, and marveled at the classic Japanese craftsmanship evident throughout the structure. And the wonderfully sharp tang of Japanese cedar - combined with the fresh spring air drifting through the surrounding grove of oh-so-tall tsugi trees - made me wish I could stay right there, all afternoon. But it was time for class, so after some group photos, we all headed across the street, and onto the dojo grounds.

As we walked along the well-manicured driveway, we passed more groves of tsugi, and I remember stopping to smell the wood of a freshly-cut tsugi stump. Then we turned a corner and found ourselves facing the main entrance to the Iwama Dojo. Taking off our shoes, we were led inside and onto the mat area. After we had bowed in, Inagaki Sensei

gave a short history of this structure, and pointed out specific areas which O'Sensei had used to train, and also to pray. Then, we all were treated to a quick tour of the adjoining rooms, in which O'Sensei had lived, along with his family.

Again, I was impressed with how open and inviting this experience at Iwama had become -- but I just could not bring myself to take pictures of O'Sensei's bedroom, or the kitchen area, or anything else that seemed a bit too private. Just being able to stand within the same doorway through which O'Sensei had passed every day of his life at Iwama was wonderfully inspiring. And the mat area itself, with the shomen and all the tsugi interior paneling, was so . . . well, Japanese I suppose! It felt as if O'Sensei could walk in any minute.

Filled with this inspiration, we quickly changed into our gi, and met two uchideshi - a young man from Myanmar and a young woman from Norway - who led us back onto the mat and lined us up, with all the kyu ranks on the left, and all the dan ranks on the right. Class started, and soon we were all deeply involved within the four phases of aikido technique: Awase (Blending Movement), Kuzushi (Balance-Breaking), Kokyuryoku (Breath-Power), and Zanshin (Remaining Mind). Inagaki Sensei is an engaging instructor, and luckily we had plenty of translators who could help us to understand his instruction. He showed us five distinct methods of performing iriminage, and he incorporated the use of bokken to illuminate each method. I remember wishing how the class would not end, but all too soon, it was over, and it was time to quickly change out of our gi so that we could start our outdoor picnic. I suddenly realized how hungry I had become!

What followed was certainly one of the most memorable feasts of my entire trip. It wasn't so much the food, which was wonderful, nor the sake, which was more than plentiful, but the spirit of sharing that seemed to culminate in this final activity was absolutely amazing. And the warmth of our hosts, along with some surprising post-meal singing and dancing talent, only added to the moment. Inagaki Sensei pointed out that O'Sensei had always enjoyed his students having a good time - eating and drinking and making friends - and it was obvious that we each could feel O'Sensei's presence, right there, around that long table, in the very air of a spring afternoon in Iwama.

Afterwards, after much merry-making, we presented our omiyage and then bid our wonderful hosts "Sayonara!" Although I was loathe to leave, and more than a bit envious of the uchideshi, I could not help but feel complete and satisfied.



On our way back to the train station, our group passed three laughing children, who apparently could barely contain their mirth. I'm not sure exactly what was so funny, but I absolutely had to go back and take their picture. As I turned to run for the approaching train, I couldn't shake the feeling that O'Sensei, along with all the kami of Iwama, was still watching over us.



Inakoshi Sensei, Inagaki Sensei & Heraldo Farrington, the author.

I would like to close by encouraging each reader to make the trip to Iwama - it will transform you. I myself plan to visit longer the next time, and I hope to volunteer my services around the grounds - I am sure the uchideshi would appreciate some help!



Mat Area and Shomen, Ibaragi Dojo



After class picnic under the cherry trees on the ground of Aiki Jinja.

Finally, I would be remiss if I failed to express my gratitude to: Inagaki Sensei, for hosting and instructing us, Inakoshi Sensei, for making special arrangements and guiding us, Klein Sensei, Aikido of Hilo, for continuing to teach me. Mahalo nui loa!

Here is the direct weblink for Iwama:
<http://www13.big.or.jp/~aikikai/index.html>
There is also a link on the Honbu Dojo website: <http://www.aikikai.or.jp>
Please check it out!

Just Do It!

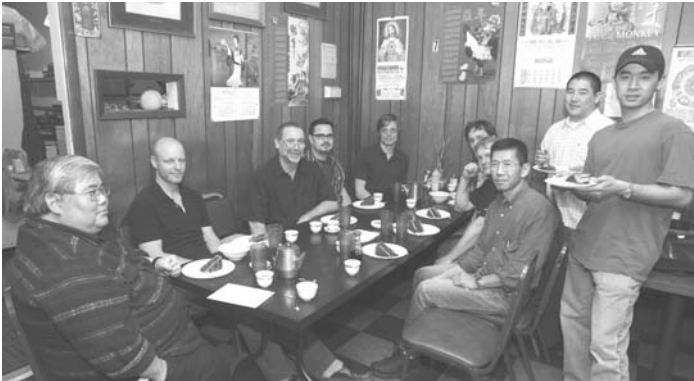
Most people "think" too much - that sounds like a silly thing to say but it is true in many ways. When you want to do something, you never get up off your behinds and just do it, you think, "not today - maybe tomorrow," or "I am too tired today," or "it is too much trouble," or "I do not really need it anyways." There are so many excuses "not" to do what you want to do, you never do it at all. Most of the time, we are not "individuals of action,"

Continued:

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.

Sensei's Birthday Dinner. April 8.



Sensei's birthday party with a few students at the New Formosa Cafe in East Los Angeles. April 8.

Respect:

05-17-06: Hello Sensei: A few months ago you posted a message about respect. You asked us to think about respect, what is it, how people earned it, whether everyone deserved it and if not how you decided who did and who didn't.

I found it a very challenging set of questions. At first it seemed obvious but in fact when I thought deeply about it I found it quite difficult to come up with answers that felt right. In fact it felt like I had stock answers that I had learned many years ago and I simply went to retrieve them. But when I did I realised that they were no longer right.

Since then I have thought about it often. I still don't think I have a correct answer but I wonder whether I am getting closer?

I think now that everyone and everything should have my utmost and unconditional respect. They are all perfect and unique, whether a mountain, a stream, a clump of bamboo or a person. They are of the tao/universe, they are a manifestation of the tao/universe and they will return to the tao/universe. And I also am all those things.

I am still a bit unclear about the next bit but I think that I should not necessarily respect all the actions that others may carry out.

"What is a bad man but a good man's job? What is a good man but a bad man's teacher?" Lao Tsu, Tao Te Ching

Whilst I am no different from any other person I do differ through my actions. I read in "Awareness" by Anthony De Mello a comment that someone made about Jesus:

"Someone once had a terribly beautiful thing to say about Jesus. This person wasn't even Christian. He said, "The lovely thing about Jesus was that he was so at home with sinners, because he understood he wasn't one bit better than they were." We differ from others – from criminals, for example – only in what we do or don't do, not in what we are."

So I have the utmost respect for someone but I may not respect some of his or her actions.

In not respecting I must be careful. I must be clear that my thoughts are pure, that my mirror is polished and that I am not seeing things incorrectly, tainted by my own opinions or desires. I must reflect the universe as it is.

Of course I don't. My mirror is clouded and bent and distorted. But maybe it is better than it was. And I am not a good man nor am I a bad man. I am a bit of both. But maybe I am more good than I was a few years ago, at least I hope so. I would be grateful for your thoughts Sensei. Best wishes, Ambrose

05-20-06: Dear Ambrose: I thought about your message for several days and read it many times. When I first put up the topic of RESPECT several months ago - more than implying that I had any answers, I just wanted to encourage everyone to think about "respect" and express their thoughts. I think that, like yourself, when people really began to consider "respect" in their lives, they found many superficial assumptions rather than original ideas which they have refined for themselves.

I think that you are very right. Of course, we must have respect for all sentient, living beings. In fact we must have respect for everything - even trees, the sky, a tea bowl, a piece of wood, a little stone, a tiny ant. . . . everything. At the same time, there are many bad things in the world and it is very hard to find respect for them . . . this is just

New Branch Dojo: Tanguma Aikido, N. L., Mexico

05-19-06: Thank you so much Furuya Sensei: I'm very glad to your all attention

My mailing address is:
Brezo 700
Col Valle de las Flores
Apodaca N.L. MX.66647

My name is Joaquin Tanguma I'm 60 years old I had my first contact with AIKIDO when I was 32 years old. AIKIDO had helped me in every aspect of my life, such my behavior and to be better person. I never will leave the Aikido.

The AIKIDO was and is today my life and I try to teach my students good values, for example: discipline, to be strong in life and never hurt the weak one.

As a conclusion, I thank God the opportunity that have found you and that have accepted me so good. Since first time I saw your videos I knew I wanted to be part of your vision.

the nature of human life and reality and the gap between our real and ideal, spiritual world.

Just as we must encourage goodness, we must also treat injustice and evil with justice and fairness. Sometimes, this comes with a gentle hand and sometimes a strong one - This is why we hone ourselves in our practice. If this was perfect world of harmony - there would be no martial arts at all - it wouldn't be necessary at all.

Mencius, a student of Confucius, said, "Human nature leans towards goodness, just as water is inclined to flow to the lower level. Of course, this is a "tendency" and Nature, water is often and easily re-diverted up, around, back. . . .

Goodness and respect exist in our Nature and it is important to bring it out in our Lives, thoughts and actions. However, there are many things in this world to divert us, block us, and send us backwards. . . . We must practice the the "mind of respect" and understand that in all things, we have the "spirit of respect" whether we can show it strongly or not in each situation, just as

water cannot always flow easily downwards although it is part of its original Nature.

Perhaps, if we reach O'Sensei's level, we fell compelled to wake up early every morning and say, "thank you" to the sun and morning air. Maybe at our level now, we have no such thoughts or inclination. . . . Perhaps, as we develop ourselves, we will see respect and goodness in more things in our lives than at present.

It is all a matter of growing and perhaps this "definition" of respect we seek is something which must constantly be with us and constantly grow with us as we train and live. Many best wishes and have a great day today!

05-20-06: Many thanks for your thoughts! How do you consider respect for self and others? At the same time we respect others, others should have (including ourselves) have respect for themselves.

I sometimes think that as much as we think of our ourselves and as much as we are our own center of attention, I see that some people really do not respect themselves at all. . . . If one really had respect for one's self, we would not treat ourselves and others so carelessly at times. We would be, I imagine, more caring and more considerate of others.

We often think of "respect" as a form of "honor" as in honoring another person or giving him or it exceptional attention or consideration. I think we can also see "respect" as a form of "caring" for all people and things around us, As a form of caring and perhaps this extends to an expression of "love" as O'Sensei refers to, we can see how "respect" flows naturally to everything around us.

05-22-06: I think I was too mysterious in my reply perhaps and I apologize for this. When your question came in about "respect," I happen to have had this particular scroll out and was studying it at the time. Both your question and the message of the scroll seemed to come together in the moment.

The reflection in the mirror or on the water, comes and goes, so it seems it can be there in one moment and gone in the next. We cannot make any hard rules about what is reflected because it is a matter of the moment and circumstances. I think it is similar with the meaning of respect - that no

hard rules can be made nor can it be strictly defined in any way, because it is a matter of the moment and a matter of one's heart.

Respect may be a matter of social rule or custom or it can be a matter of one's own heart and inner feelings. Perhaps, there is an eminent person we are required to respect but don't and there might be a quiet humble person of no distinction at all whom we respect very much. At times, the white billowy clouds in the sky may not draw our attention at all and, at times, they become the most beautiful thing in the world for us. . . . It is a matter of the moment and how we feel.

As I have mentioned before, there is an old photo of O'Sensei bowing to a cup of tea

he is about to drink. Of course, this is a Japanese custom and also a rule of the tea ceremony, but I was struck at the sense of respect and gratitude O'Sensei expressed in this photo. . . more than what normal people can appreciate as, most of the time, we only bow as a matter of custom and not with the heart.

No one can say who or what we respect. But like the calm waters which reflect the moon or the bright mirror which reflects the image so brightly - through our faithful Aikido practice, we can only continue to calm the waters of the mind and polish the mirror of our hearts. Respect comes and goes like a reflection. . . but when it should be there, it is always there.

Please continue to practice hard and develop yourselves. I hope you can understand my meaning here. Best wishes always and have a great day!

Please visiting our Yahoo Group each day, tell your friends to join us!



Sensei with Helen Hsu from Oakland and several friends from Taiwan. At the Ca Brea in Hollywood. April 28.



Sami & Gary Myers at the Bistro 45 in Pasadena with Sensei for his belated birthday party. May 7.

Soy Sauce Dish:

Kensho Furuya

05-17-06: Different mentalities and perspectives on how we view things has interested me greatly over the past several years - I feel I need a better understanding of this in order to teach you much better. We always seem to assume that people think just like ourselves or have the same values as ourselves or we often project our own values upon others without even realizing it.

It is always a nice treat for me to have sushi and although I used to go to several places all over Los Angeles, nowadays, I only go to one place, my favorite in Little Tokyo. It is interesting that years ago the sushi house was the retreat of Japanese natives, especially those relocated to this country to reminisce in a Japanese atmosphere of home, but now has become an international melting pot of customers of all nationalities and peoples.

Continued:

Soy Sauce Dish continued:

In fact, one rarely sees Japanese as much as Chinese, Taiwanese, Mid-Easterners, Europeans, Spanish, locals. . . of all status, job descriptions, income groups, and on and on. . . .

When you are at the counter, one notices a tiny dish in which one adds some wasabi and soy sauce in which to dip the sushi. Perhaps, this is only my imaginary and superficial observation of human nature and custom but somehow it has captured my attention and interest in the worst way. Please forgive my indulgence!

Although it only requires a tiny bit of soy sauce and wasabi, and Japanese customarily only add a little bit so that there is a tiny pool of soy sauce in the tiny dish, I notice most other people will fill the dish almost to the brim or at least cover the entire bottom of the dish. I never observe Japanese natives do this ever, although there is no written rule or code of conduct regarding this - for Japanese, it seems, it is an unwritten "aesthetic" of eating sushi and in using this small dish. With just a tiniest pool of soy sauce and wasabi - it is easy to dip the sushi for just enough to enhance the flavor, it is neat and pleasing to the eye and does not look "excessive" as the aesthetic seems to forbid. I think most people misunderstand that we must establish a rather smallish "sushi swimming pool!"

In Japanese culture, there an aesthetic of "enryo" or hesitation or reserve in which we try to use only what is needed and not be wasteful or excessive in any way. . . I still would like to study this much more so I have not made any conclusions to this at all or in any way - these are just my own silly personal observations of this tiny soy sauce dish.

Today, I was having sushi and a couple sat next to me. The lady was a native Japanese and the gentleman was Caucasian but spoken fluent Japanese and had an air that he had lived in Japan for many years. Once I saw him fill his soy sauce dish to the brim, I realized that he probably had not been in Japan very long or that he was raised mostly in this country but had a good education in the Japanese language. I think he was very Japanese but had not yet capture the Japanese "aesthetic" at least when it comes to the soy sauce dish - lol!

When I returned from sushi to the Dojo, I

noticed that one of the students had filled the dojo brochure holder on the gate of the dojo entrance. When I saw this, I just had to laugh and instantly make my funny connection to my "soy sauce dish" obsession.

My instructions for the brochure holder is only ten brochures at a time. With only ten, it is easy to judge how many are taken each day. On an "aesthetic" level, more than ten brochures, overstuffs the plastic holder, so all of the brochures become bent and wrinkled. I hate for visitors to take home a wrinkled damaged dojo brochure. With only ten in the holder, each brochure is always clean and straight.

We think of convenience and "filling to the brim" in our society - or, do we say, "more is always better?" The rather untidy way of filling the brochures in the plastic holder instantly reminded me of looking down the sushi counter a few minutes earlier and observing overly filled soy sauce dishes.

I think in our society today, where "more is better," we can also try a little harder to think "more 'pleasing beautiful' is also better!"

For the martial arts mind - "just enough" is always better - "nothing in excess" goes to the heart of the warrior.

05-17-06: Kei Izawa Sensei: Furuya Sensei, So very true! I also had similar observation about the difference since one of my friends owns a restaurant and he had mentioned that Americans use so much shoyu or even tonkatsu sauce. You have linked it to the subject of aesthetics and caring in a beautiful way. Nice observation!!
Kei Izawa, Boulder Colorado

05-19-06: Mr. Wright wrote: I was just thinking about your message and the term 'enryo' and how this applies to our Aikido technique - not to be wasteful in our movement and our energy and to act with reserve to our Uke. Best wishes to you and your students Chris Wright
White Rose Aikikai (Yorkshire, England)

Many thanks for your thoughts. Many Japanese think that "enryo" is a very Japanese concept - however, we have the same sense of reserve or hesitation - it is an expression of modesty not to be arrogant or too aggressive.

In the Chinese classic, Saikontan, it says,

"the gentleman scholar always lets others go first." This means that it is a refinement of our behavior to defer to others and, of course, as you mention, this is the ideal of conduct as Aikidoists to show a little modesty and reserve.

Izawa Sensei made an interesting comment relating the "soy sauce" dish to the excessive use of "tonkatsu" sauce. There was a tonkatsu specialty restaurant in Little Tokyo for a while and, like Japan, the tonkatsu sauce was served in a little container and wooden ladle on the tables and counters which the customers were free to use. However, the owner told me that they had to remove them because the customers were using much too much and it was costing a fortune to keep such containers of sauce full.

The tonkatsu sauce is a sweet-sour kind of sauce to bring out the flavor of the Japanese style pork cutlet. However, using too much sauce will kill the flavor of the meat and I think it doesn't taste very good. Nowadays, some people put excessive use of something free over good taste.

As a coincidence, last evening I was having dinner with my student in a local Japanese restaurant. I ordered, as one of the side dishes, "hitokuchi katsu" which is a side dish of a few tiny pieces of tonkatsu. I was so surprised when the waitress brought out a huge dish filled with tonkatsu sauce - I was so surprised and actually kind of insulted - who needs to use so much tonkatsu sauce for just a few tiny pieces of "hitokuchi katsu?" The waitress told me that customers like to soak the meat in the sauce and need so much. . . . I do not know how this can taste good at all. . . . for the sake of using "something free," we lose the original taste of what we are eating. . . . This is the total contradiction of "enryo." Only a little bit of sauce is needed just to enhance the flavor of the tonkatsu, it is not to drown the meat in the sauce. . . .

I remember many years ago, I was at some show with a student of mine and we got ourselves some hot dogs for lunch. I was shocked when I saw my student slathering so much mustard and relish and onions on his dog. . . . "how could it taste good with so much stuff on it?" I thought to myself so I asked him. "It's free," he said, "so I can use as much as I please!"

Many thanks for all of your thoughts and impressions - have a great day today!

Continued:

05-19-06: Kagen: Thank you Furuya Sensei for nice comments. As I wrote some comments on soy sauce and tonkatsu sauce, let me add another one.

In Japanese there is an expression called "Kagen" which is a combination of two Chinese characters meaning "addition" and "reduction". It can be used as "shio-kagen(just the right amount of saltiness)", "yu-kagen(just the right temperature for the hot bath ", or can even be used as "okagen wa ikagadesuka? (meaning how are you?)". So it means as a state of balance.

This 'kagen' concept is not an absolute criteria. Our individual taste buds are all different and our likes and dislikes are different so the right balance really depends on what seems to the right balance for you.

In keiko (training terms), "te-kagen (wo) suru" means that the supposedly stronger practitioner does not blast with his strength and tries to accommodate as to how much the other can take. It has a connotation of mercy and perhaps in the old truly martial days "te-kagen" was not very complimentary. But that was because the society required the samurai to be prepared for a life and death situation and doing "te-kagen" was not helping the practitioner.

But in modern days, I believe it is the duty of the senpai to do some "te-kagen" to people with less ability. We are not in a life or death situation society and Aikido is not to learn how to beat up others. Our strength should be shown from the inner side, projecting an aura that you do not ignite unnecessary conflicts. I believe the strongest Aikidokas are the ones that have the stability of the technique and mind without hurting others. If you instill fear into the practice, true Aikido does not grow.

Lastly, if you ever get bullied, then you can say "ii-kagen ni shiro" literally meaning "make it with good balance" but it really means something like "don't be improper or simply go to hell". Such is the power of the right balance.

I hope that the right "kagen" of soy sauce can enhance the enjoyment of the actual food!! It is good for your health, too.
Kei Izawa, Tanshin Juku Dojo
Boulder Colorado

05-19-06: Kagen: Thank you for this excellent essay on "Kagen." I think such explana-

tions will help many students come closer to the feeling and proper perspective of our Aikido practice by understanding the vocabulary in which Aikido was explained and demonstrated by O'Sensei and many great teachers of Aikido, who, of course, expressed, explained and understood the art in their own language.

I have always noticed that the very highest of Aikido teachers were always very gentle and polite to new students and very conscious of the delicate balance of power to execute a very effective and powerful throw but without exceeding the limits to cause injury or express a sense of undue force and power. At the same time, lesser instructors may try to "show-off" their power in order to impress or intimidate his partner. . . . There is this sense of kagen in how we practice Aikido and it is very clear in the art of great teachers.

Do we have such an equivalent term of "kagen" in English which is commonly used to express such an idea? Many think that some terms in Japanese do not have an English equivalent in the same way many English words do not have their equivalent in Japanese. The most obvious example is the term, "ball" in baseball. Of course, Japanese have a term for a spherical object but they do not have an equivalent Japanese word meaning "ball" which also means, "not in the strike zone."

Master Adam Hsu, a good friend and well known Kung Fu master in Taipei, was once outraged and complained to me about television in his own country. In expressing the term "soap opera" on Taiwanese television, they inadvertently used the term "soap" meaning "cleansing product" in Chinese instead of a more appropriate term meaning "television drama series." So it came out as an improbable "television soap" meaning a special "television with which you can use to wash your hands" or some such ridiculous and odd expression. In Chinese and in Japanese, I am sure, there is no such term as "soap" which also expresses the meaning of "dramatic series."

Kitada Kisaburo, a designated Living National Treasure of the classical Japanese hand drum and Japanese percussion instruments once used the term, "kagen" in his explanation of a famous Kabuki play known as Kagami Jishi. Kagami Jishi is about a young court lady who becomes possessed by the spirit of the "lion" (shishi) and in the

finale, exits the stage and returns, not as the young court lady, but a long red maned lion and executes a spectacular dance. Just before the shishi lion enters the stage, there is a percussion solo, which represents drops of dew falling off the petals of the botan or peony plant. It is like a "plop - - plop - - plop" of the falling dew, and he explains that there is no special or measured timing of music but that it is just the kagen of the particular moment and circumstances and can only be performed by an inner sense of timing and becoming one with the dew actually falling, one by one from the peony petals. . . . The timing cannot be too long or too short or one loses the sense of the moment the drop of dew leaves the tip of the flower petal. . . .

I hope that Izawa Sensei will continue to contribute more to this fascinating subject and in understanding more of the "native language" of Aikido, we can penetrate deeper into fine nuances and many layers of meaning of action, behavior and perspective.

In our calligraphy class today, one non-Chinese speaking student was looking for a phrase to practice writing. He chose, "I would rather be the head of a chicken, than the tail of an ox." Although I did not pay much attention at first, our native Chinese teacher had much discussion about this phrase and finally, with the other native Chinese speaking students decided, "there was a typo" in the text. At the end of class, I asked if I could see the original Chinese characters, curious at the commotion. I had to laugh because the Chinese characters actually were, "It is better to be the head of a chicken than an ox's "concubine" (slightly more earthy term used here.) I had to laugh and laugh because I wish I could have seen the expression on my teacher's face when he read this - - my deepest apologies to my calligraphy classmate, if I cause him any embarrassment This incident this morning and returning to the dojo to read Izawa Sensei's fine essay on "kagen" reminded me of how careful we must be in understanding such words, especially when they are not of our own native tongue, and that often, in Aikido, we assume too much of the meaning of a Japanese term or assume that its meaning and nuance of meanings is equivalent to our own point of view.

05-20-06: There is a well known curry restaurant in Little Tokyo which always had a bowl of condiments on the table to eat with the curry. This is Japanese style Con't.

05-20-06 Curry continued:

"chutney," a sweet-sour type of pickle enhances the flavor of the curry. . . . It became a problem, when customer came in to eat the chutney without ordering any food. - I do not think the pickles alone taste very good - but I heard one person came into the restaurant, sat down and ate five bowls of the free condiments and started a big commotion when he couldn't get anymore. . . . This is only one notable case among many cases of people coming in for the free stuff. Now, it is not freely served but you have to request this from the waiter or you will not be served.

Like too much soy sauce or tonkatsu sauce, or loading your hot dog will too much relish and mustard only because it is free. . . is very unseemingly and impractical and it doesn't do any good for what you are eating. . . .

We are not speaking of very poor or needy people who are helping themselves to the free-bees, but normal people who do not need to eat for free. . . .

Sometimes, I think we have lost our "taste" or we have our priorities too mixed up.

In martial arts and in our training, everything must be clear and bright in everything we do and think. . . I think a true martial artist would be offended by such dis-proportion and excessive, senseless indulgence.

Santiago: From Spain To LA

I am always very happy to see Santiago who comes all the way from Spain to train with me. It is now ten years since the very first time he made his trip to Los Angeles. Since



then, he has developed into a fine teacher, developed his own branch dojo, married the wonderful Susanna and now has a beautiful son, Juan.

Whenever he comes, because even one week or two is not enough time, we always have many private lessons together for Aikido and Iaido. I always enjoy his conversations during our meals together, many students

here like him a great deal so their homes are always open to him so he always has a nice place to stay. However, I always feel bad when he comes because I cannot give him enough time and as much energy as I wish. Usually, when he comes a little early before a seminar to train, he always sees me so busy making all of the last minute arrangements and plans for the seminar, so I am always exhausted and tired or so busy I do not know which way I am going! For one seminar, there is so much to do and so many details to make sure are taken care of so that the seminar will go as smoothly and in good order as possible. Yet, Santiago is very patient with me and we sneak in as much practice as possible and he always bears with me while I am doing this and that for the seminar.

I am happy about Santiago because he understands that Aikido is about the relationship and connection between the teacher and student, he understands that it is about learning, the transmission of knowledge and skill, and about friendship and about supporting Doshu and Aikikai. Aikido must always be about the "many good things" in Life - it is not about power, money or politics, or "me, me, me." It is not about promotions and getting ahead of others or putting down people or how to control them. It is not a business - is it about being in O'Sensei's Light and seeking knowledge through his Aikido. Maybe this sounds too "big-headed" but I am trying to talk about things that we often forget in our Aikido practice - "doing for others," "sharing," "friendship" and "being a true friend" in every way.

I was very glad to see Santiago come this year - I know he had a hard time to get the expensive air ticket with his new job and new family and one more family addition on the way in November - it is quite a sacrifice to come half way around the world just to learn a little Aikido from me. I appreciate this and try to do my best for him. And in this process, where we are doing our best for each other, in this sharing and sacrifice for each other, a friendship grows and becomes stronger. . . and in this, I see the true spirit of Aikido being nurtured. Many thanks for coming to Los Angeles!

MASS MEDIA:

05-19-06: Sir, I just viewed your portion of the television show on Aikido that aired on Fitness TV. It was outstanding. Thank you for your positive contribution to the martial arts. Thomas Simpson.

More KODO:

Hello Sensei, . . . Do you know how big blogging is right now? I never really realized. Anyway I was checking out a friend's blog on this very popular blog site and started typing in people I know to see who was discussing what and I put your name in to see what they might be saying about you or the dojo and look what came up. I thought you would appreciate this. You are effecting people all over the world. Pretty amazing. Life's good. Jim M

Flowing waters never fight... Current mood: contemplative Category: Life

I've been rereading a book called Kodo: Ancient ways by Rev. Kensho Furuya. This book is a compilation of articles Furuya sensei has written over the past years. These articles have been a great inspiration for me in my aikido and in my life as well.

As I was reading last Friday it struck me that since I bought the book 3 years ago, I have been rereading articles by Furuya sensei nearly every month. I don't know exactly why I keep rereading these articles. I guess I enjoy his writing style and his ideas make me think about myself and what I am doing with my life. Reading this book actually makes me feel at ease, calm and happy. I have never before experienced a feeling like that from a book.

Just Do It Continued:

but mere procrastinators and chair-warmers.

Not doing this, and not doing that - when you finally realize that it is too late, you regret that you wasted much of what you wanted to do in Lives.

Nowadays, many people are so interested in our dojo and think that it is very beautiful and unique. When I first started to build it, everyone said, "No way!" And many people told me that it was impossible and that it couldn't be done. If I started by counting my pennies and thinking of all the work that was necessary - maybe I would say, "No way" myself. But I was very determined and made it a "do or die" proposition for myself - "Do or die" means "no turning back," and "no failure!"

If you truly determine in your hearts to do something and believe in yourself a just little bit, you can do
Continued:

Affiliated Branch Dojos Con't:

Littleton Aikikai

Littleton, Colorado

Steven Shaw

Brugos Kodokai

Brugos, Spain

Under Santiago Almaraz

Welcoming Our New Affiliate Dojo

Aikido Tanguma

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Chushinkan Dojo

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James Nakayama Sensei, 6th Dan

Aikido Ai

Whittier, CA.

Frank McGouirk Sensei, 6th Dan

Tekko Juku

New England

Yasumasa Itoh Sensei, 6th Dan

New Address For the Ibaragi Dojo:

Ibaragi Dojo, 3033-2 Shimogou, Kasama-shi, Ibaragi-Ken, Japan.
Chief Instructor: Hiroshi Isoyama Shihan

Iwama City was consolidated with other cities in March, 2006

Just Do It Continued:

anything in the World - I know this because this is how the dojo materialized itself. Of course, it took a lot of work and time and there were many obstacles, but I know that you can do anything you desire in the World, if you learn how to set your mind to do it. When you come to the dojo each day for practice, you can see it all around you. Just have a little faith in yourself and be determined in your practice. Without Aikido practice, I could never do it at all. In your Aikido practice, you will learn that you can accomplish anything you desire in your life, even if your friends and family say, "no way!" It is only to get off your behind and "just do it!"

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

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Aikido of Guadalajara

Guadalajara, Mexico

Raul Blackaller

Aikido of Puerto Vallarta

Puerto Vallarta, Mexico

Eric Jaracho, Raffi Badalian

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Paris, France

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Ze'ev Erlich

Valladolid Aikido Dojo

Valladolid, Spain

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Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni

Monza, Italy

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Visiting Our Dojo:

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

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

Please Visit Our Website:
www.aikidocenterla.com
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Rev. Kensho Furuya, 6th Dan

The Kensho Furuya Foundation:

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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.

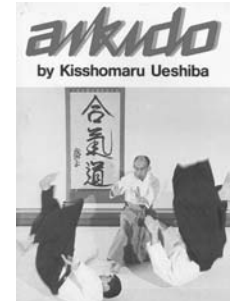
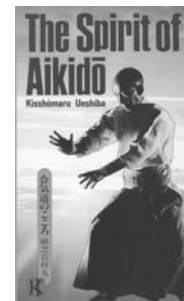
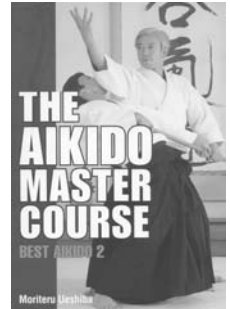
Visit our official website daily at:
www.aikidocenterla.com

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

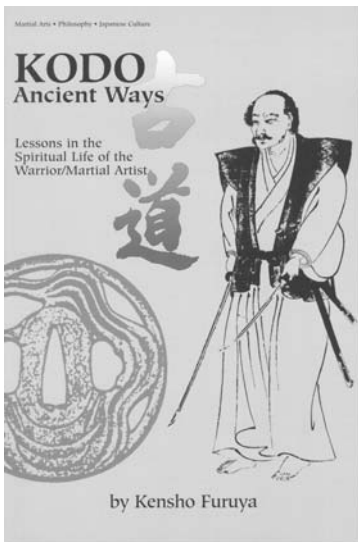
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Tel: (213) 687-3673. Email: aclafuruya@earthlink.net
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Recommended Readings:



Publications By Kensho Furuya:



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

By Kensho Furuya
\$16.95 plus tax.

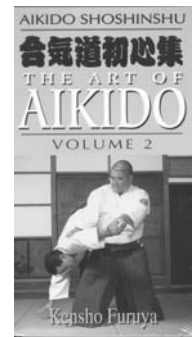
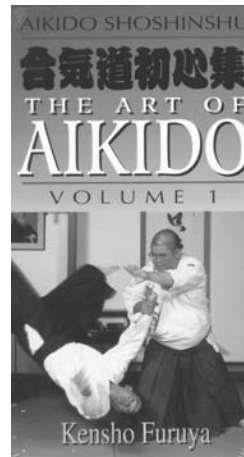
Highly recommended for all students of the Dojo. Please request for your autographed copy

The Art of AIKIDO

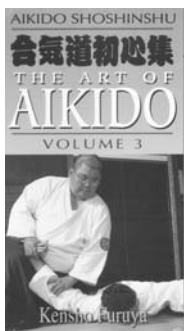
Instructional Video Series s Now Available in a new DVD format.

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

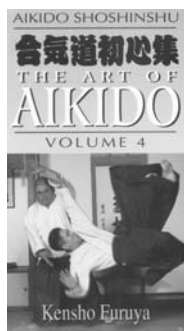
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



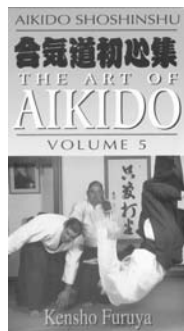
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo, Sankyo, Yonkyo & Gokyo



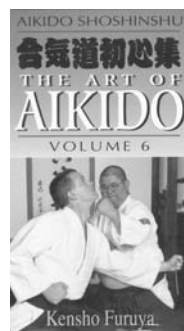
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



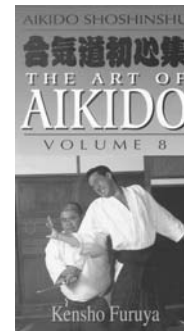
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyudosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



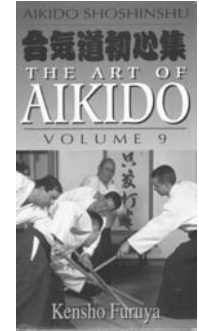
Tsuki: Strikes & Punches
Yokomenuchi: Strikes to the side of the head & neck.



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

Aikido TRAINING SCHEDULE

Sundays: Children's Class: 9:00-10:00am.
Open: 10:15-11:15am.

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

Tuesdays: Beginning Basics: 5:15-6:15pm.
Advanced Intensive 2nd & Up: 6:30-7:30pm.

Wednesdays: Beginning: 5:15- 6:15pm. Aiki
Sword & Weapons: 6:30-7:30pm (Bokken).

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

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

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

Every Last Saturday:
Advanced-Instructors': 6:30-8:00am.
2nd Kyu & up or Sensei's prior approval.

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

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

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

Wednesdays: 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 personal checks, MO and cash. Please bring valid ID such as your driver's license and the name of your insurance company. Welcome!

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.