

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



The Aikido Center of Los Angeles LLC

道の為、世の為、人の為 合気道

The Aiki Dojo

Affiliation: The Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo, Japan
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

\$3.95
Donation

August 1, 2005

Volume XXIV. Number 8.

All Japan Aikido Demonstration Budokan, Tokyo. May 28



Doshu Moriteru Ueshiba Sensei demonstrating.

Children's Summer Camp Aikido
August 23, 2005, In the Dojo.
Sponsored by the LTSC & JACCC.


July 22. Sensei Interviewed for National Geographic Cable TV.

Sensei was interviewed for a special program on martial arts for National Geographic. Ken Watanabe, David Ito & Jim MacDonald assisted. This special program will also feature computerized animation of the participants to illustrate their body movement

July 28. USA Channel Cable TV Features Aikido & Sensei


"Ready For The Weekend Movie" features Aikido and Sensei in an introductory segment to introduce their movie of the week. The programs hosts also participated in Aikido. Ken Watanabe, Mark Ty, David Ito, Jim MacDonald and others participated in the taping.

65th Annual Nisei Week Japanese Festival Aikido & Iaido Exhibition August 6-7




AUGUST 6-7, 2005
**Annual
Nisei Week**
AIKIDO & IAIDO
DEMONSTRATION


AUGUST 6TH
1:00PM-2:00PM
Lecture on the Life and
Art of Miyamoto Musashi,
The Swordsman.
Lecture presented
by Rev. Kensho Furuya



AUGUST 7TH
1:00PM-2:00PM
Aikido & Iaido
Demonstration



AIKIDO CENTER OF LOS ANGELES
940 E. 2nd Street #7, Little Tokyo, Downtown Los Angeles
In the alley at 2nd & Vignes Streets.
For information: www.aikidocenterla.com



This year, our annual Nisei Week exhibition takes place over two days of August 6-7. Saturday will feature a lecture on the Life and Art of Miyamoto Musashi, The Swordsman with an exhibition of his swords and paintings. On August 7, Sunday, we will present our annual Aikido and Iaido demonstration for our Nisei Week guests to the dojo.

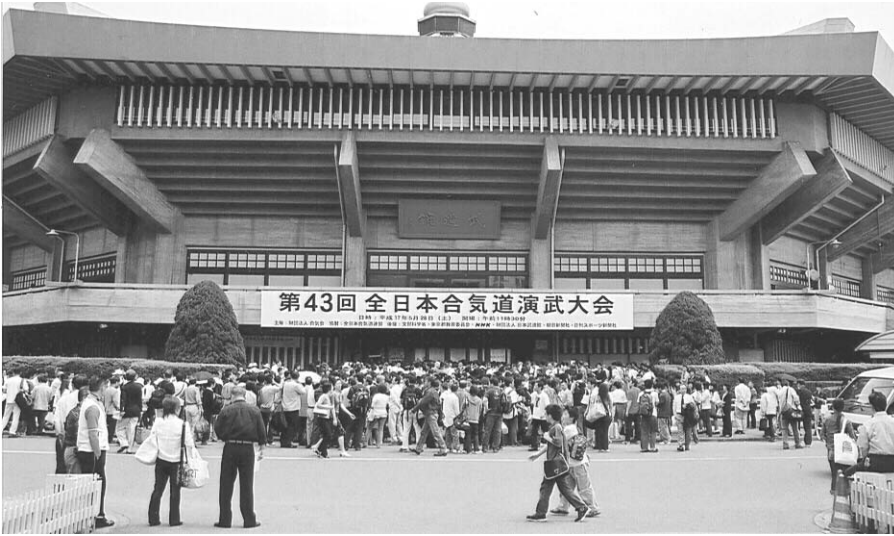
Everyone is welcome, please invite your friends. Admission is free but a small donation is greatly appreciated to support this yearly event. Looking forward to seeing you during our 65th Annual Nisei Week Festival.

For more information, please visit our website: www.aikidocenterla.com.

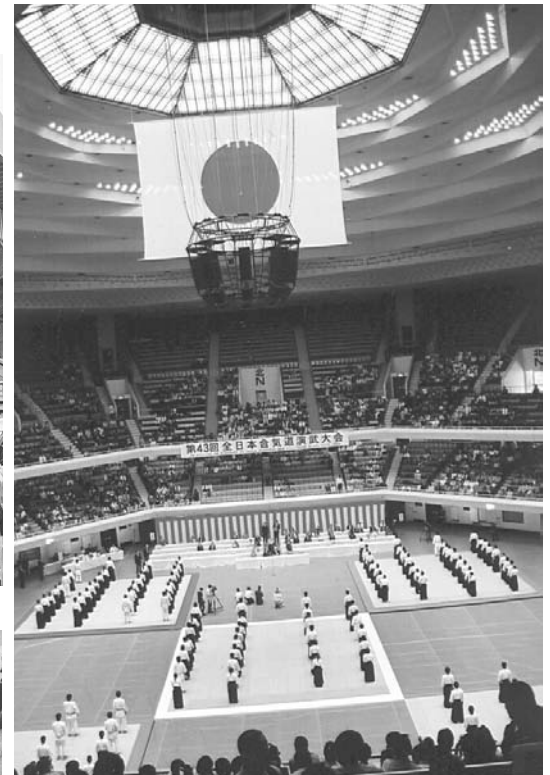
August 6, Saturday. Lecture & Exhibition: Life & Art of Miyamoto Musashi, The Swordsman. 1:00-2:00pm

August 7. Sunday. Annual Nisei Week Aikido & Iaido Demonstration. 1:00-2:00pm.

All Japan Aikido Demonstration.



At the Budokan in Tokyo. Masses of people entering to see the 43rd annual event.



Over 6,800 participants in one of the largest Aikido demonstrations to date.



Lotus Festival Aikido Demonstration In Echo Park. July 10.



James Doi demonstrating Mune-tsuki Kote-gaeshi.

Santiago Visits From Spain

This was a complete trip of visit to the Dojo of Sensei Furuya and has been one of the most complete of training of all my trips, I was able to practice Iaido and Aikido all the day for several hours. This is because Sensei, that he was spending with me all days and thanks to Mark and Ken Watanabe, that they were in each class to correct me and teach me particularly, Thanks Mark and Ken. Also to take advantage the occasion to be grateful to all the students who approached me to practice while I was there. I return home with many new corrections, techniques, explanations and much, much work to do. But now I am here in house where I can put in practice everything I learned. This year I am glad to see Sensei teaching all the great days and with much energy.

I was happy to see many faces I have known like Steve, Larry, Gary

Santiago Trains In Los Angeles



Danielle, Cyan, and Steve Shaw visiting from Colorado, with Mark and Santiago, one day after intensive training.

and other new students although also I had liked to often see another black belt practicing out. Thanks in special to Jacob who I lodge with during all these days and made me feel like in my own house.

This year, I had the luck which Sensei was a little but free commitments and could be with me a little but of the habitual thing that I am thankful to him.

For me, it is an honor that Sensei can dedicate a little to me his time to practice or to speak or to take have a lunch and for me is much, but often I do not believe that many students appreciate it and although if that is truth that Sensei much also demands gives the double of which it demands.

I practiced Iaido and this was very hard since although it seems that it is a martial art that does not require good physical conditioning at heart is very hard since it requires a great concentration and control of all the movements so that each form is perfect. In which it concerns to the Aikido practice, this year we practiced much Kata-dori Men-uchi and Katatedori in addition to many other techniques. I always say that living in Los Angeles and being near Sensei is a luxury for most of the students that has the possibility of seeing him all the days or of practicing at least three or four times per week. And I think that many do not appreciate this privilege that they have. At heart I believe that they should to understand a little but the work that Sensei really does by the Dojo by the Aikido and by them..... by us, so that they let a little side excuses not to attend the Dojo. The Dojo is of Sensei of course but this is formed by all the students and is responsibility of all the one that the Dojo stays, or with the cleaning, with subjects of administration helping etc, etc, This are difficult but it is a small effort in comparison with which Sensei gives us. I have had the good or bad luck of know and practicing in many dojos

In Spain and outside and as we practiced Aikido of the hand of Sensei Furuya, serious, hard, and agreed form to the principles of O-Sensei, in few sites in very few sites you can to do it, reason why I believe that we should not wasting your time and to practice as much as possible, because the life happens very quickly. Always, Santiago Almaraz, Salamanca Kodokai

Aikido-Iaido-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.

Lotus Festival Aikido Demonstration



Maria Murakawa, Kevin Hoffer, Ken Watanabe, Mark Ty, Michael Vance, James Doi, and Bill Allen.



Mark Ty demonstrating Koshi-nage



Maria Murakawa demonstrating Irimi-nage.



Ken Watanabe. Below: Michael Vance & Bill Allen as uke.



Upper; M. Vance. Mid: James Doi. Below: Mark Ty.- Iaido.



Ken Watanabe demonstrating Free-style Randori.



Bill Allen executing Kokyu-nage.



James Doi.

Why Do We Get Confused?

07-13-05: Have you ever wondered? Especially in our practice. We talk about "every-minute awareness" as part of our practice and, in my own case, after many years, I have yet to master this. . . . or even come close to mastering awareness! We are always falling asleep, being not in the moment, sleeping, dozing, being unfocused, not balanced and on and on. . . . So we always say, "I was tired," or "I had a bad day," or "Too many problems at work," or "My boss gave me a bad time today." and on and on. . . . Excuses never remedy the problem, only hide them.

Why can't we be aware and on the ball at any moment? Diet, lack of sleep, stress? Family problems, work problems, money problems? Or is it just us? Or, maybe we should ask, "What is non-awareness?" Please think about this. . .

07-13-05: When I speak of confusion, I am not talking about book learning or knowing the correct answer or being able to calculate math in your head. . . . have you ever experienced a little lapse or break, a split second break, in the thought process where you are caught unawares, or the thought process doesn't work as fast as you would like. . . especially in the conscious awareness of focusing on your opponent as he is moving towards you or when you are executing the technique. . . . I see it happening in people's movement but I often wonder if the student himself feels or senses such breaks or disconnections in the flow of the movement or feeling of awareness. . . . What do you think?

07-13-05: From David Koga: Hello Sensei - I find this is true for me in my iaido practice. After you or Gary correct my chiburi during shohatto, for example, I find that I become intently focused during chiburi, trying to correct my previous mistake. After finishing chiburi, I find that sometimes, my mind lingers on whether or not I did it correctly while my body continues to progress through the form. What then seems to happen is that, because my mind has lingered on chiburi, I lose focus on my posture, which shifts forward as I change stance. A very brief lapse in concentration and suddenly, a chain reaction of mistakes starts to unfold. I'm curious to hear if any other iaido or aikido students have had a similar experience. Respectfully, David

07-13-05: Sensei's Response: David: Yes, this is exactly what I am talking about in relation to our practice. I hope that more students are aware of this process because this is much of what must be addressed in how we train. Training is not simply physical conditioning and developing stamina and skill, but there is also this process of getting our minds to flow without hindrance or obstruction. As we continue our training, we learn to be aware of more things within what we do. Perhaps, at the beginning we can only focus on one or two points and forget or neglect the others. Practice and experience allow us to be aware of all points of practice and bring them together so they all become one and all flow together. I always think this is what people mean when they say, "Get it together!" Many thanks for your comments, I hope we can hear a little more from others.

07-14-05: When one gets confused in practice - it is not a sign that one is not competent or slow. Everyone should understand this very clearly. What is important to understand in practice when one gets confused is how we lose our "track" or "path" of thinking or cannot find the natural flow of thought as the mind flows in the natural, daily activity of our lives. We do everything in our lives, thinking - "but not thinking at all" - as if it is, in a way, "automatic" yet we are conscious

From The Veracruz Branch Dojo:



Last July the third we held a ceremony and practice to deliver the DAN certificates to our students JIMI and OSCAR, and we had the HONOR to have inst, Emiliano Perez 3rd dan as well as Francisco segovia 1st DAN from XALAPA KOBUKAN and OSCAR S WIFE CLAUDIA from CORDOBA AIKIKAI.

From Salamanca Aikido Kodokai:

07-14-05: Sensei, I star to translate your "Kodo" book in Spanish, I think that take me a half year because I have to do it little by little and also I would have to make some question about the book to try to find the best translation to Spanish. I will publish it by now on my web. The first chapter will be 1 of August. My best, Santiago Almaraz

of everything we do. Occasionally, we get "stuck" on something in our heads and this throws everything else off - what we must see and study here, from the standpoint of our practice, is how the mind is not flowing or, as we say, the mind is "blocked," or "stuck" on something. An essential aspect of practice is how to "unstuck" the mind and how to cultivate this strong flow of thought into energy. This is, in part, the meaning of "oneness" or "unity" of both mind, body and spirit together.

Confusion is the opposite of this natural, spontaneous flow of thought. We do not need to criticize or put ourselves down, but we need to find the part within us where we are stuck or stopped. Many times, when the teacher urges you to just throw yourself into practice - the meaning here is to "go forward" and push yourself through this mental obstacle. Often one can "unstuck" one's self if you simply push yourself forward and throw away all thoughts and mental baggage. . . .

More often than not, the "stuck" or "blockage" is not something from outside of ourselves but another "thought" which is causing you to get stuck. Just as you think to move freely, there can be another thought within you - just like other thoughts or notions in your head, which happens to be saying, "don't move!"

One reason why it is difficult to "unstuck" ourselves, is that there is another aspect of our thoughts, the defense mechanism within us, which will automatically make "excuses" why we are stuck. It will tell us, "It is not your fault - someone else is doing this to you." or "It is not that you are not moving, the other guy is jamming you," and on and on. This is the defense operation of pride and ego. Oftentimes, we must break through this too in order to unstuck ourselves. As we begin to unstuck all of these obstacles in our heads and strong flow of thought - we begin to understand the idea of "freedom" Con't.

Dojo Summer Party. June 11



All the members enjoyed tons of great food and friendship at our Summer Party-Santiago Welcome Party on a nice Sunday afternoon.



Paul, Carol, Jacob & Arthur.



Bill. Right: David & Vanessa



Jim & Joan. Right: Leonard



Michael & the Mrs. with Santiago visiting from Spain.

Although a little late in the planning, we had a great Summer Party this year with many people bringing potluck and Mr. Tanita manning the BBQ lent to us by Norm Lew. this year our Summer Party was also a Welcome Party for Santiago who was here from his home in Spain for two weeks of intensive training. The weather was great, many people showed up and there was plenty of great food. Everyone had a great time as you can see from the photos. Our next get-together will be our Christmas Party in December. Many thanks to everyone who participated and brought pot-luck dishes. Everything was just great! Many thanks to Carol for organizing this event.

& Santiago's Welcome Party



Ken & Mark. Right: Kay



Letters & Correspondence:

06-28-05: From Australia: Please let me introduce myself. My name is Graeme Dunning (Sensei) and I am writing on behalf of my Master Soke Tony Ball and myself in relation to our coming trip to the U.S.A. We have been invited to the U.S.A. by fellow martial artists to present some clinics and to exchange ideas in relation to the study of martial arts. We are only in the U.S.A. for a short time, July 31st to August 12th and will be visiting L.A. for a brief 4 days. The dates for this part of our trip are August 8th to 12th.

We would be honored to visit with you at your dojo, during this time, and indeed to meet with Rev. Kensho Furuya (Kyoshi) would be special to both of us. (Should he be available during this time)

I have included with this email, for your information, a resume for both Soke Ball and myself. I thank you for taking the time to read this email and hope to hear from you in the future. Yours in Bushido
Graeme (Dunning Sensei)

06-29-05: Fear: Greetings Sensei, My understanding of these beautiful words is very superficial. I just love to read them and that's enough for now. There is a creek near our home and this time of year the frogs perform a symphony each night. I don't know what message the frogs speak of, but I very much enjoy listening to them.

Recently I've been thinking a lot about fear in relation to training, and wonder if other students ever feel the same? I seem to be getting farther and farther away from the idea of 'just practice'. Prior to the seminar a couple of months ago, one of my fears was not having the stamina to last for two long days. I expressed my concern to a couple of seniors and each told me the same thing: "Don't worry about it, just show up." I had the time of my life. Thank you. Michael Hatfield

Reply From Sensei: Most people only understand or see the unreasonable use of fear so I think that they misunderstand what fear is all about. Most people do not even like the word, "fear," and it immediately draws up negative images in most people's heads. However, fear is actually a good and positive emotion, if you think about it very carefully.

We need fear in our lives because it is an important part of our survival instinct. Because we have fear - fear of going hungry, fear of danger, fear for the safety of others, fear of being caught off guard, we learn to protect ourselves and develop our life styles so that we can be safe and comfortable for ourselves and our loved ones, family and friends.

I have fear that I will not do well on my test, so I try harder. I have fear and I cannot make a good living, so I work harder. I have fear that my family will not be safe, so I try to protect them and make a good life for them. I have fear that I will look bad, so I am careful with my behavior with others. I have fear that I cannot catch onto Aikido, so I apply myself harder. . . .

When we use fear unreasonably - having imagined fears beyond reason, then this is an unreasonable fear which can inhibit us or cause ourselves or others suffering or much misunderstanding.

Of course, there is a possibility that someone may rob you, but if you think that you may be robbed any and every minute of the day, then it

becomes an unreasonable fear. Please use fear constructively and positively and do not be afraid of fear. Fear is not to be feared.

07-02-05: My girlfriend is a new teacher in the Los Angeles District and while in school to receive her certification to do so, she learned that studies have shown most children do NOT learn well through verbal explanations, leading to various other strategies that have been incorporated into the curricula to allow for all the children to learn instead of just the few who have that skill. I do not recall exactly the details of the study or the specific strategies, but I remember that some children learn quickly through other means such as kinesthetically, musically, physically to name a few. Kevin Hoffer P.S. Happy 4th of July to all. Have fun and take care.

07-05-05: Compare Iaido & Kendo: Furuya Sensei, Over the years, I have strongly considered taking up a martial art, and my interest was piqued even further by a recent trip to Japan during which one relative (6th Dan) exposed me to the art of Iaido and another relative (4th Dan) explained the art of Kendo. Before I pour 100% effort into a single martial art, I want to make sure I am choosing the art that best serves my needs. In this regard, can you briefly compare Iaido to Kendo for me? I am more interested in athletic activity, spirituality and learning about swords than I am in fighting in competitions, so I tend to think Iaido would more suit my needs. However, I am a little concerned that the art will not provide enough athletic activity.

If I do decide to pursue Iaido in your dojo, how should I begin? Should I view a class first or should I begin to participate on the first day? If the latter, should I purchase equipment ahead of time?

Thank you so much for your assistance, as I am sure you are exceptionally busy. I apologize for the litany of questions, but I believe this initial decision regarding which art to pursue and which dojo to pursue it at is exceptionally important, so I thought I should seek expert guidance. Best Regards, Tom

Sensei's Reply: You are welcome to observe our Iaido class. Please refer to our Iaido training schedule on the website. Iaido is physically as well as mentally demanding, more than what people can imagine just by casual observation. I do not compare my art with others but we are a traditional, mainline school of Iaido.

07-08-05: London Bombing Tragedy: cowards...nothing honorable about these people,even their Koran does not allow their actions.I was at the clean-up in NYC after 9-11 --- the place was filled with spirits who could not find their way home.Many of my brothers gave their life in the line of duty.....there is nothing noble about killing people when they cannot see the face of their killers. I should look up in the Koran if they have a "hell" and you are right,our generation will not see peace.I wonder what it must be like to live with this kind of violence every day---there are many places in this world where children grow up NOT knowing peace..... "once the battle has begun it is too late to sharpen the sword...." Ellen, Firefighter/EMT

07-08-05: From Hawaii: Aloha e Sensei! I was all set to post this response to "firepony2," but then I remembered your advice to me in the past, about not encouraging certain lines of discussion. If you feel that any of my ramblings may serve to instigate serious discussion amongst the readership, please feel free to post them. I wish you a great evening, and thank you for your continued efforts on-line. It

is all I can do to keep up with the readings . . . you must be working very hard to keep up the daily postings! Lurking in Hawaii, Herald Farrington, Aikido of Hilo

Aloha Ka Kou! Perhaps it is time to reflect upon our practice as a Path of Peace rather than a Path to Peace? Peace is not the destination, but rather the journey, and has no real value unless it is practiced, especially in the very real presence of violence. You are correct, "once the battle has begun it is too late to sharpen the sword," but this battle did not start on September 11 -- it has always been within each of us. It is quite evident that those of us who decide to participate in such terror have failed to work on ourselves . . . it is equally evident that those of us who strive to save lives in the midst of such terror are pursuing one of the highest forms of budo.

I suppose that a seductively contentious argument revolves around the particular manner which each of us feels might be most effective in "stopping the spear." However, it is clear that only through our daily practice can any of us hope to "stop our own spear." I do not know if our generation will ever see peace, but I do know that it is vital that our generation works to practice peace, each and every day. See you on the mat!

07-10-05: Communication: Aloha Kakahiaka e Sensei, and Happy Sunday! Thank you again, for speaking to our hearts, about heart . . . such communication is never easy. It seems that we dance all the way around the truth before understanding that our explorations and theories and experiences serve to demonstrate what IS NOT, rather than what IS . . . only then do we seem open to "the heart of the matter," simultaneously opening our own hearts. I am starting to feel that this may be my deepest lesson during my first year of shodan, and I am grateful to all my teachers, from shihan to kohai, for this Path of Practice. I am wondering if you might post a picture of the horimono from Arikoto-san? I try to practice some calligraphy, everyday, and such a waka poem seems worthy of constant practice. I will have to purchase your text, Horimono: Engravings on Japanese Swords, very soon. I trust that you are enjoying a wonderful Lotus Festival and I know that your dojo's demonstration will be something to see! Herald Farrington, Aikido of Hilo

Mi-Narai: Observing-Learning

Students who progress well seem to be those who know how to observe well. In Aikido as well as swordwork, oftentimes, explanations can be more misleading than helpful.

Sometimes, I feel like it would take a half day to explain a fine point fully and completely - time which we do not have - so if the student can simply watch, imitate, catch the movement and practice it, we can make good progress together - and avoid messy talk.

The student shouldn't worry about trying to "intellectually understand" the movement. "Real understanding" comes as you begin to understand the movement for itself in your practice. This seems like a strange statement at first but in practice and in many aspects of Life as well, it is quite true. My Zen master always used to say, "Ki ga tsuku made wa wakarimasen." This means, "You don't understand it until you understand it." I had a great deal of trouble trying to understand this and fought with this for years in my head.

Lately, in the light of teaching Aikido and sword over so many years,

Self-Doubt: The Greatest Enemy Of Our Aikido Practice:

One of the most dangerous and greatest enemies of our practice is doubt. Most students, for whatever the reason usually stop training because of this. We doubt if we will ever succeed, we doubt if we will ever get promoted, we doubt if we will ever understand the teacher, we doubt if we will ever catch on to the techniques, and on and on and on. Most of us have these doubts and it is natural that they come up in our minds from time to time. However, most importantly, as in anything we pursue - not only Aikido - we must overcome this doubt when it arises in our minds. More importantly, it is essential that we do not latch onto such doubts or become obsessed with them. Like all thoughts and notions, doubts and negative thoughts should be allowed to rise and pass on. . . .

We overcome doubt with faith. As long as you have faith in what you are doing, you will accomplish it. I know this from my own personal experience. I do not say that I am so successful or great, but I know that we can accomplish our goals if we don't give up on ourselves.

However hard practice may seem, it is important not to give up and it is important not to be defeated by such doubts which are in themselves simply passing impressions and ideas.

If you convince yourself you can do something, you can most probably do it. If you convince yourself that you cannot do it, nothing in the world can help you to accomplish it.

Today you feel bad, tomorrow you feel better. . . negative notions should be allowed to pass on - don't fight them, but do not get attached to them. Just like you take out the garbage each day, and just like you brush your teeth each day to get rid of the deposits and just as you do your laundry to clean your clothes, each day, we wash our minds of such negative ideas. How do we wash our minds - on the mats in practice, of course!

Doubts are only passing notions and do not really exist - we can make them real or nothing by how we treat them in our minds. . . .

I can see what he means. We like to assume that if we understand it (intellectually), then we can perform it. Generally, in reality, it is not the case at all. How many people have observed our practice and thought that Aikido looked so easy, but when they stepped onto the mats for the first time, exclaimed, "Oh, it is much harder than it looks!"

I used to watch a PBS program in Chinese painting, the instructor always made it look so easy. But despite his patient explanations, it was always a matter of simply doing the brush stroke over and over and over again.

In the case of learning something like Aikido, it is not practical to rely on intellect in the sense of "reasoning Aikido out" or "creating theories and explanations for Aikido." None of us are at this level yet. . . Watch and do - this is the best, time-tested and most effective way to learn. This is called, "mi-narai," which means "watching-learning." I like this word a lot in my teaching and effectively describes this method of learning by observation.

Con't.



Sensei taking a moment to relax at the Summer Party. Ken is at the left.

Confusion Continued:

"freedom of thought" which has nothing to do with politics or ego - but the free flowing of thought. In Zen, it is called, "mushin" or "no mind" or "no part of the mind which blocks you." In Shinto, we call this "misogi" or purification meaning the "pure mind," which is free of all "dust" or obstacles which block (contaminate) us. When we get stuck, we often think to ourselves, "I must be stupid." This is incorrect thinking. When we get stuck on something, of course, we try to remove the obstacle, that is all.

Mi-narai continued:

As I see in our sword class, I think that you shouldn't sit there and try to "think out" the moves - this is where, I think, everyone gets confused in their heads and paralyze themselves with confusion. It is better to devote all your energies and power to simply "observing" - "watching" with full concentration and single-minded focus. Don't try to explain or understand. Do not try to judge or name or categorize. Do not try to select or reject anything - simply observe. Then, immediately stand up and try it out after you see the teacher's demonstration. Please learn this skill of "mi-narai" - I think it will help you not only in Aikido and swordwork, but in many, many things in Life.



Luncheon during April Seminar: Left to Right: Steve Shaw, J. Nakayama Sensei, Furuya Sensei, Kojima Sensei-Zenshuji, Mrs. Mariquita Izawa, K. Izawa Sensei, Diane from Chushinkan & Mark Ty. Ken Watanabe taking photo. At the Jin Jiang Shanghai Restaurant in Alhambra.

Affiliated Branch Dojos

Aikido Kodokai
Salamanca, Spain
Santiago Garcia Almaraz

Hacienda La Puente Aikikai
La Puente, California
Tom Williams

Wyoming Aikikai
Sheridan, Wyoming
Tom McIntrye

Bahamas Aikikai
Grand Freeport, Bahamas
Seymour Clay

Jalisco Aikikai
Jalisco, Mexico
Eric Jaracho

Aikido of Guadalajara
Guadalajara, Mexico
Raul Blackaller

Aikido of Puerto Vallarta
Puerto Vallarta, Mexico
Eric Jaracho, Raffi Badalian

Association D'Aikido Pour Demain
Paris, France
Cyril Danan

Aikikan
Rehovot, Israel
Ze'ev Erlich

Valladolid Aikido Dojo
Valladolid, Spain
Felix Ares

Veracruz Aikido Dojo
Vera Cruz, Mexico
Dr. Roberto Magallanes
Dr. Alvaro R. Hernández Meza

Marco Giuseppe Marangoni
Monza, Italy

Welcome To The Aikido Center of Los Angeles



Aikido Center of Los Angeles

Visiting Our Dojo:

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

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

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



Rev. Kensho Furuya, 6th Dan

The Kensho Furuya Foundation:

Mr. Ken Watanabe - President
Mr. Gary Myers - Secretary
Mr. Mark Ty - Treasurer
Dr. Cheryl Lew - Senior Counsel
Mr. Jonathan Altman - Legal

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

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:

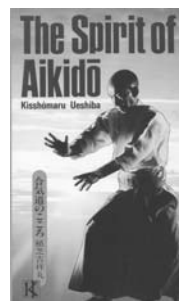
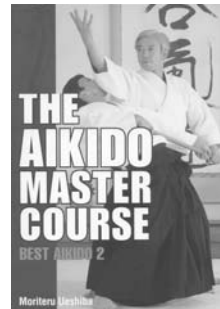
Traditional Muso Shinden Ryu Iaido

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.

Mission of the Aikido Center of Los Angeles:

We are not-for-profit, traditional Aikido dojo dedicated to preserve the honored values and traditions of the art. We are continually focused on maintaining the highest standards of the art in a Dojo which, itself is considered a work of art. With your continued understanding and support, we hope that you will dedicate yourself to your training, enjoying all the benefits Aikido can offer.

Recommended Readings:



International Aikido Kodo-Kai.

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

Visit our official website daily at www.aikidocenterla.com
Become a member of [Aikido-laido-KODO@yahoo.group](mailto:aikido-laido-KODO@yahoo.group)
For Sensei's Daily Message and current news & postings.

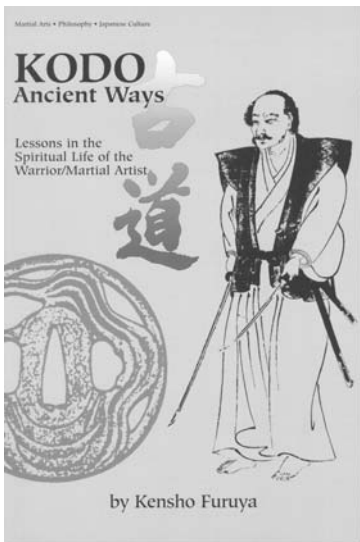
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Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012

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

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Publications By Furuya Sensei:



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

By Kensho Furuya

\$16.95 plus tax.

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

The Art of AIKIDO

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

"Top Rated" Karate Illustrated

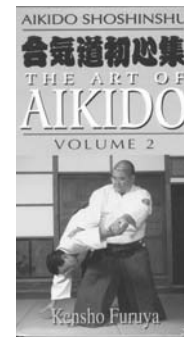
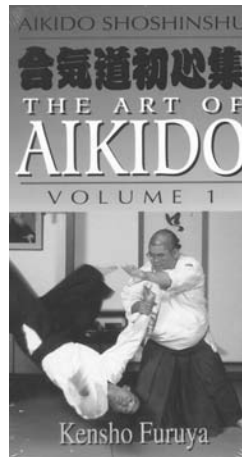
"Impressive Scope" Aikido Today,

"Exhaustive" Aikido Journal" "Best

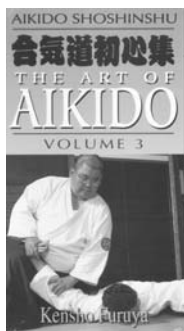
in the English language on the mar-

ket today," Budovideos.com.

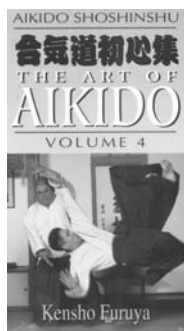
This video series is considered to be the most comprehensive and detailed instructional video on Aikido available today. Clear depiction of each technique and very detailed explanation of all of the fine points.



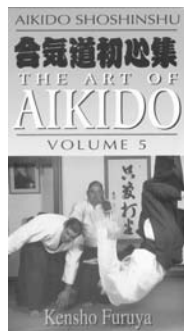
Basic Techniques
Throwing & Joint
Techniques, Ikkyo, Nikyo,
Sankyo, Yonkyo & Gokyo



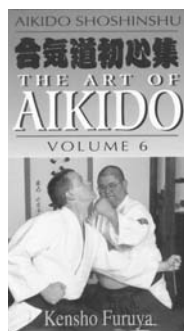
Ukemi-Breakfalling
Basics Continued
Free Style Techniques
Tenshin. Ki. Breathing.



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



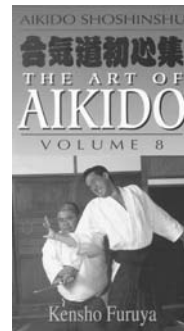
Suwari-waza. Gokyo.
Hanmi-handachi. Kokyu-
dosa. Katatori: Shoulder.
Multiple attackers.
Five-man Freestyle.



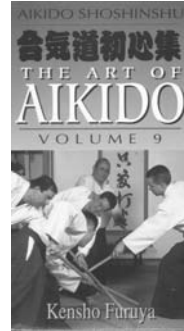
Tsuki: Strikes &
Punches
Yokomenuchi: Strikes
to the side of the head &
neck.



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



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



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

Aikido TRAINING SCHEDULE

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

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

Tuesdays: Beginning Basics: 5:15-6:15pm.
Advanced Intensive 3rd & Up: 6:30-7:30pm.

Wednesdays: Beginners': 5:15- 6:15pm.
Open Beginning 6:30-7:30pm.
Aikiken & Weapons: 7:45-8:45pm.

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

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

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

Every 4th Saturday: Advanced Intensive
Aikido: 6:30-8:00am. 2nd Kyu & up.

CHILDREN'S CLASSES

7- 16 yrs old

Sunday Mornings 9:00 -10:00am

Sign-up anytime for on-going classes.

We are directly affiliated with:

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

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

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

Aikido Center of Los Angeles

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

Tel: (213) 687-3673

Email: aclafuruya@earthlink.net

www.aikidocenterla.com

Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

Wednesdays: 7:45-8:45pm (Weapons)

Saturday Mornings: 8:00am-9:00am

No Classes on the last weekend of the month.

Private Classes Available.

No Appointment Necessary To Join:

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

Finding Our Dojo:

We are endeavoring to maintain the highest standards of training while preserving the True Spirit of Aikido. We hope you will appreciate our efforts and undertake your training with devoted and committed energy. Your efforts, we believe, will be greatly rewarded. We welcome you to an ancient and profound art. We welcome you to our Dojo. Everyone, beginners and active Aikido students alike, are cordially welcome to join our training. Thank you.



We are convenient to most major freeways. Enter private lane at Vignes and 2nd Streets. We are one block west of Santa Fe Ave. and several blocks east of Alameda in Little Tokyo. The **Easiest Way:** From Alameda go east on 1st St and make right turn at Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.