

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



The Aikido Center of Los Angeles
道の為、世の為、人の為 合気道
The Aiki Dojo

Direct Affiliation: Aikido World Headquarters, 17-18 Wakamatsu-cho, Shinjuku-ku, Tokyo,
Japan
Reverend Kensho Furuya Foundation

January 2008

Volume XXVII Number 1

Happy New Year!

New Year's Greetings



Hideo Yonemochi
Executive Director
Aikikai Foundation,
Aikido World Headquarters

Happy New Year!

I hope everyone has a happy 2008 new year. Last year, you went through hardship and a very sad year, without Furuya Sensei. It was very shocking for me to lose Furuya Sensei, my long time friend.

Things could have gone badly. However, every one of you got

together and continued the Aikido Center of Los Angeles which Furuya Sensei had built over many years. I appreciate this very much and it makes me very happy.

I am also happy to know that the new dojo will open soon. I hope you continue to support Furuya Sensei's dojo. He will be watching from heaven.

I hope to see you all in the near future.



Sifu Adam Hsu
Director,
Traditional
Wushu
Association
Taipei, Taiwan

Greetings to all! Happy holidays!

Thank you very much for sending me your Newsletters so that I can stay up-to-date on the progress of your new dojo, your classes and the activities of the Aikido Center of Los Angeles.

Since Sensei Furuya left us, besides the shock, grief and flood of memories from years of friendship, I must say in all honesty that I was worried about the future of the dojo. We all know that this was the central work in Sensei's life. He worked very hard for a long time to build the dojo, brick by brick from the ground up.

Perhaps due to my own experience, I didn't have enough confidence that you, the heirs to Sensei's wisdom and his dream, could grab the baton and make the final dash to the finish line. But when I read the words and looked at the pictures, I felt happiness and excitement. I feel I owe all of you an apology.

How could I forget that you are all Sensei's good students? How could I forget he worked so very hard to train you? From Sensei's lessons, you not only learned the Aikido techniques that you all love so much but, of even more value, you learned the proper way to conduct life. This is a treasure that should be cultivated. Allow it to create the right attitude, lead you in

New Year's Greetings (continued)

the right direction and affect you in every way so your lives will be something that you, yourselves, and society can respect.

Looked at from this point of view, then, rebuilding the dojo is a relatively small thing, even though I look forward to reading about your Grand Opening. Work hard, gentlemen. Dojo or not, sitting on a tatami or on the earth, continue to provide this good lesson to the many new students that come your way. Teach them, through Aikido training and class protocol, the way to talk, act, or simply observe everything and everyone the way that Sensei Furuya always did.

Once again, Merry Christmas and Happy New Year to all, from Taipei, Taiwan, December 2007.



Kenneth Masami Furuya
Chief Instructor
Aikido Center of Los Angeles

First and foremost I would like to express my appreciation to Doshu and to the Aikikai Foundation. We are truly blessed to have the support of the Aikikai. I am grateful to Hideo Yonemochi Shihaan for advising me throughout 2007. The year 2007 is a year that many in our dojo wish to for-

get. One does not need to ask the members of our dojo this. It is quite apparent in the lack of articles submitted in our Aiki Dojo newsletters especially around the end of the year. As I sit here in front of a computer, thinking about this year makes it quite difficult at times to know exactly what to say. I feel very sorry for the loss that our students have suffered in 2007. It is one thing to continue practicing; it is another to sit and think about the death of your teacher, so I can not fault our members for not submitting a New Year's greeting that has been so typical in the past.

The students of our dojo are a special bunch and have shown their true character.

The dojo, amazingly enough, has grown in membership in spite of the death of our teacher and the delay of the construction of our new dojo. The attendance has increased and the level of training has intensified. The attrition rate of beginning students has decreased as well. I believe the reason we have been keeping more students is because of everyone's positive attitude.

Many of our dojo friends have expressed their concerns and worries. We are so very grateful for their support and concern. Throughout the year of 2007 I had many arguments and confrontations with my peers. I believe that it is only natural as we all loved

Sensei and we all share the strong desire to continue his legacy. When it comes to human nature and politics we are no different than any other dojo. Yet, what has separated us from others so far is the ability to resolve our conflicts and to push on and grow. I anticipate more challenges within our dojo in the year of 2008 and I also anticipate that we will continue to press on and grow.



Santiago Garcia Almaraz
Chief Instructor
Kodokai
Salamanca, Spain

The first thing I would like to do is to apologize to everyone for the delay in writing this brief note for the Aikido Center of Los Angeles newsletter.

I would like to express my best wishes for happiness and peace for all and especially for dojos affiliated with the Aikido Center of Los Angeles, including Dr. Roberto Magallanes and Dr. Alvaro Hernandez in Veracruz, Mexico and Mr. Tom Williams of La Puente/Hacienda Heights.

Next year is important for everyone and especially for the members of the ACLA,

Even though sometimes things may not be to the liking of all, or work out less well than people

New Year's Greetings (continued)

Mexico and Mr. Tom Williams of La Puente/Hacienda Heights.

Next year is important for everyone and especially for the members of the ACLA,

Even though sometimes things may not be to the liking of all, or work out less well than people hope, Furuya Sensei's presence will be in every corner of the new dojo, particularly in each of you in your practice and attitude as a member of this school. It will give

you the strength to continue working in the same direction with courage and strength to overcome any setbacks in life.



Ultimately Aikido is daily working, it is practice, it is coexistence, humility, commitment, companionship, effort, loyalty, suffering, frustration, disappointment, joy, hope...

So I want wish you a new year 2008 full of Aikido.

Dr. Roberto Magallanes
Chief Instructor
Veracruz Aikikai,
Veracruz, Mexico

Dear ACLA members and BRANCHES

On behalf of VERACRUZ AIKIKAI we would like to WISH YOU A VERY JOYFUL, HEALTHFUL AND HAPPY

New Dojo Construction Photos



The view from near the entrance of the dojo (photo by P. Major)



The view from the middle of the future mat area (photo by P. Major)



The mezzanine with a fresh coat of paint (photo by P. Major)



The view from the future office of the ACLA (photo by P. Major)

Veracruz Aikikai



DEAR FURUYA SENSEI

On behalf of Veracruz Aikikai and myself personally we are truly thankful for your visit, teaching and gathering in VERACRUZ.

It is difficult to express with words our feelings of gratitude towards you. My students and especially my children students were delighted with your teaching and techniques. You left us with motivation to keep on going on the path of AIKIDO.

Please extend our gratitude to David Ito Sensei and to Yonemochi Sensei for allowing you to come to visit us and to extend our relations between our DOJOS.

We hope we will be able to see you again in May 2008

Roberto Magallanes Molina
Veracruz Aikikai



December Tests and Promotions

Promotions

1st dan
Jake LaBotz

2nd kyu
Michelle Cabrera

4th kyu
Mark Ehrlich



*Standing (Test Candidates): Mark Ehrlich, Jake LaBotz and Michelle Cabrera
Seated (Grading Committee): Tom Williams, David Ito, Kenneth Furiya and James Doi*

photos by J. Sisk



Faces In The Dojo: Shaun Menashe

By Jacob Sisk

I am 25 years old, and I currently live in Burbank with my girlfriend. I have been practicing Aikido for a year.

I enjoy movies, music and our pet dog. I study Aikido and Iaido at the Aikido Center of Los Angeles. When I am not practicing, I play the guitar a little, and I love to watch anime. I am proud to report that I have successfully mastered TIVO. Before this, I was a wild-land firefighter last season in the North Lake Tahoe area.

I was always interested in studying Aikido, but I could never find a dojo near my house. (I still have not found a dojo near my house!) I find both Aikido and Iaido very difficult. In Iaido, it takes a massive amount of concentration to make the smallest movement. The early hours on the weekend can be challenging as well.

I think its hard to find a traditional dojo in these modern times. I think it is refreshing to have the opportunity to train or have a glimpse of the training that students through history have had. I think the traditional environment is more conducive to learning and I have also found that the traditional student-teacher relationship has really helped me grow.



Faces In The Dojo: Michael Van Ruth

By Jacob Sisk

I have been practicing Aikido since 1991.

I like to play the guitar, ride mountain bikes and motor cycles.

I earn a living as a sales representative. I am also trained as a ceramic artist, and a little known fact about me is that I am a fan of rodeo.

I began studying Aikido in 1991 after taking a philosophy of Aikido class.

I chose to study at the Aikido Center of Los Angeles since the training is very disciplined and traditional. The most challenging part of my practice these days is getting my edge back after a five year absence.

Aikido Center of Los Angeles:

We are a not-for-profit, traditional Aikido dojo dedicated to preserving the honored values and traditions of the art of Aikido. With your continued understanding and support, we hope that you also will dedicate yourself to your training and to enjoying all the benefits Aikido can offer.

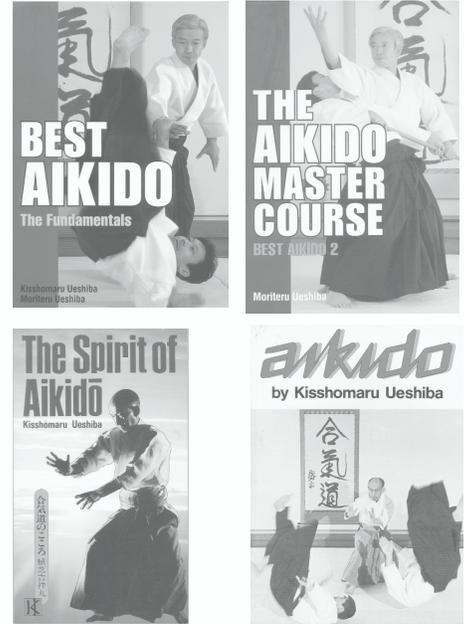
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**Visit our official website daily at:
www.aikidocenterla.com**

Recommended Readings:



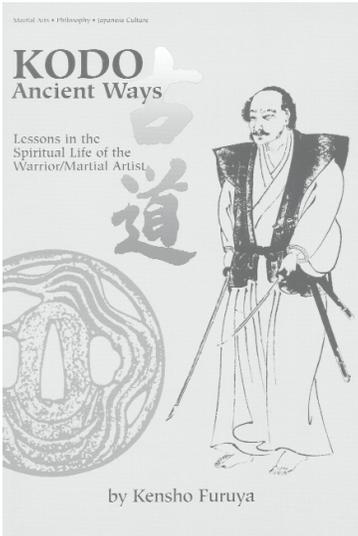
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Publications By Kensho Furuya:



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

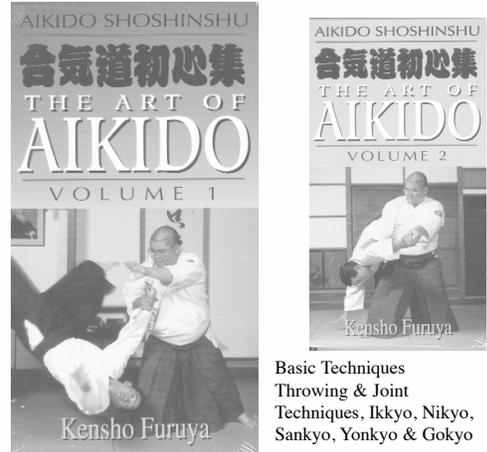
By Kensho Furuya

Highly recommended
for all students of the
Dojo.

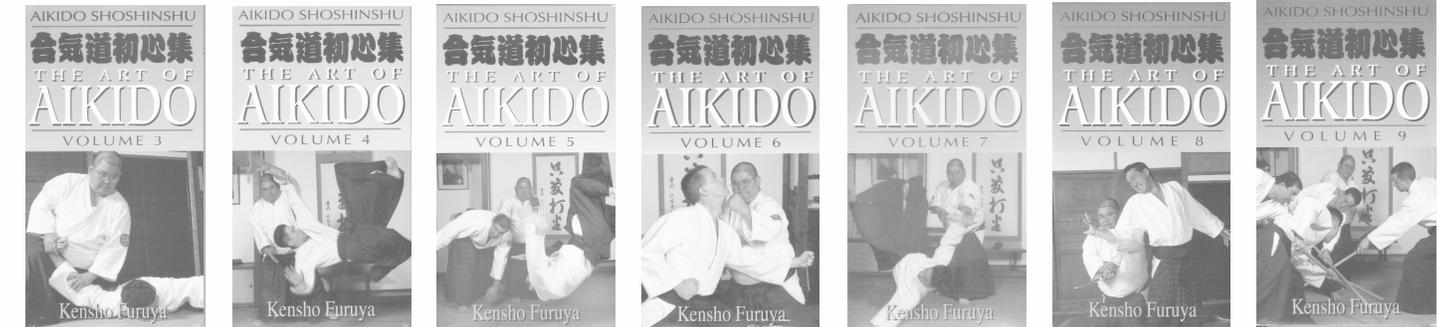
The Art of AIKIDO
Instructional Video Series s Now Available in a new DVD format.

"Top Rated" Karate Illustrated
"Impressive Scope" Aikido Today,
"Exhaustive" Aikido Journal" "Best
in the English language on the 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 - All Levels: 10:15-11:15am.

Mondays: Fundamentals: 5:15-6:15pm.
Open - All levels: 6:30-7:30pm.
Aiki Weapons: 7:45 - 8:30pm

Tuesdays: Open - All Levels: 6:00 - 7:00am.
Advanced - 6:30 - 7:30pm - ACLA shodans only

Wednesdays: Fundamentals: 5:15- 6:15pm.
Open - All levels: 6:30 - 7:30pm
Aiki Weapons: 7:45 - 8:30pm

Thursdays: Open - All levels: 5:15-6:15pm.
Bokken - Advanced: 6:30-7:30pm.

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

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

CHILDREN'S CLASSES

6 to 16 yrs old

Sunday Mornings 9:00 -10:00am

Sign-up anytime for on-going classes.

We are directly affiliated with:

AIKIDO WORLD HEADQUARTERS

Aikido So-Hombu Dojo - Aikikai

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

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

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Iaido TRAINING SCHEDULE

TRADITIONAL JAPANESE IAIDO SWORDSMANSHIP

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

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

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

No Classes on the last weekend of the month.

Private Classes Available.

No Appointment Necessary To Join:

You are welcome to visit us anytime during our Open and Beginning Classes. Signing up for classes is very easy and only takes a few minutes. Welcome!

Finding Our Dojo:

We are temporarily located at 929 East 2nd Street #107, Los Angeles, CA 90012. From Alameda go east on 2nd St to Vignes Street. Parking on 2nd Street or Vignes Street is available. Please check for temporary no parking signs.



The star on the above map is the location of our old dojo. We are temporarily across the street at 929 E 2nd Street #107.