

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

June 1, 2005

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### Aikido O-Matsuri Grand Ceremony

The "Great Ceremony" at the Aiki Jinja was held on April 29, to commemorate passing of O'Sensei and 2nd Doshu, Kisshomaru Ueshiba Sensei. The ceremony was conducted by 3rd Doshu, Moriteru Ueshiba Sensei. Hiroshi Isoyama Shihan is the caretaker of the Aiki Jinja in Iwama, Ibaragi Prefecture.



Doshu presenting demonstration during Memorial Service. April 29. Aiki Jinja, Iwama, Ibaragi, Japan.

### Many Thanks:

Our sincere appreciation to all of those who participated and supported our Memorial Service for O'Sensei and Kanai Sensei and who participated in our special Memorial Seminar. Also our sincere thanks to those who gave of their time and talents to conduct classes for our seminar and those who travelled so far to participate. Many thanks again. Best Wishes & Thank You. ACLA

### Congratulations! 60th Anniversary Of The Ibaragi Dojo. May 3-4.

The 60th Anniversary of the Ibaragi Dojo in Iwama was celebrated on May 3-4 with 3rd Doshu Moriteru Ueshiba Sensei and the Dojo Chief Instructor, Hiroshi Isoyama Shihan, 8th Dan. The Ibaragi Dojo is the old residence of O'Sensei and also includes the Aiki Jinja. Many Congratulations and Best Wishes!

### Congratulations! 35th Anniversary Shoheijuku Dojo In Fukuoka Under Morito Suganuma Shihan. May 1.

This celebrates the wonderful dojo and organization founded by Morito Suganuma Sensei when he first travelled to the Fukuoka area from Hombu Dojo 35 years ago. 3rd Doshu Moriteru Ueshiba Sensei will preside over the celebration. Over 1,200 black belts will demonstrate at this event. Many congratulations and Best Wishes!



Doshu entering Aiki Jinja with priests for Taisai Memorial Service.



Izawa Sensei teaching first class of the Memorial Seminar on day one.



James Nakayama, 6th Dan, Chushinkan Dojo, teaching the 2nd class.



Rev. Kensho Furuya Sensei conducting 4th and last class of the first day.



## April 23rd

### First Day of the Seminar:

1. Kei Izawa Sensei, 5th Dan
2. James Nakayama Sensei, 6th Dan  
Memorial Service for O'Sensei & Kanai Sensei
3. Mariquita Izawa Sensei, 3rd Dan
4. Kensho Furuya Sensei, 6th Dan.:

Mariquita Izawa, 3rd Dan, Colorado, teaching 3rd Class.

**April 24th  
Second Day of the  
Seminar:**

1. Gary Myers, Iaido 5th Dan & Mark Ty, Iaido 4th Dan
2. Ken Watanabe, 5th Dan
3. Kei Izawa Sensei, 5th Dan
4. James Doi, 5th Dan
5. Tom Williams, 4th Dan
6. David Ito, 4th Dan



Mark Ty, Iaido 4th Dan, taught the 1st class of the 2nd Day with Gary Myers, Iaido, 5th Dan.



James Doi, 5th Dan, teaching 4th class of the 2nd day.



Tom Williams, 4th Dan, in the 5th Class



David Ito, 4th Dan, doing the 6th and last class of the 2nd Day.





Vanessa Lee, Mu Kyu, practicing with Bill Allen, 1st Dan.



Maria Ferrari, 1st Dan, practicing with Mariquita Izawa.

## Paul Major: Impressions of the Seminar

This was my first real seminar, and I had no idea what to expect. About eight years ago I had studied (for a few months) at a Jiyushinkai (aikibudo) dojo in Oklahoma and they did a small friendship-gathering with a Tomiki school. It was interesting but there seemed to be a lot of competition and 'showing off'. In the back of my mind I was worried I would see that at the seminar. But Iwas proven very wrong.

My first, immediate impression was that everyone was very friendly. There was a sort of instant 'spirit' in the room, and as soon as I felt that any worry about ego-clashing and inappropriate behavior vanished. The instructors were uniformly kind and had very uplifting personalities. Also, because of the amount of people on the mats, all the instructors were cautious and often had us execute techniques in 'lines'. I had only done techniques this way once or twice before, so I was a little nervous. But after doing them so much, by the end of the seminar any fear regarding that format went away.

In the beginning of the seminar I was also nervous that maybe some of the guests that I worked with would have significantly different stylings or would have a different or more competitive mindset than the people I work with at the dojo. This fear was also unfounded; I never had a personality conflict with anyone I worked with over the course of the seminar.

I think most of what I took away from the seminar on a practical level had to do with my ukemi. With all the people on the mat, my ukemi changed a little because I had to increase my awareness of everything that was going on around me. I particularly liked 'lines' in this regard, and I enjoyed the new techniques involving breakfalls because this is something I feel I need to work on quite a lot and it was a great opportunity for that type of practice.

The seminar also made me grateful for the level of intensity in our own daily practice. Were our own practice less rigorous I probably wouldn't have had the endurance to go to multiple consecutive classes.

The most moving moment for me was, not surprisingly, the actual memorial service for O'Sensei and Kanai Sensei. I was especially thankful for Rev. Kojima's analogy to flowers. He made important points regarding how unnecessary ego and competition are in our lives and in our Aikido practice, but what I found even more compelling than his words was his kind and sincere spirit. Also I thought his ideas and words were directly applicable to daily training in Aikido. My techniques are always so much worse when I'm busy worrying about things or competing in some way and not simply staying focused in the technique itself.

So this was a very positive experience for me, and I look forward to next years seminar! I'm thankful to all the guests, instructors, and particularly Sensei for hosting this event. -Paul Major



Mariquita, Sensei, and Izawa Sensei.

## Lotus Festival. July 9-10

The Annual Lotus Festival in Echo Park, Los Angeles, is being planned. We do not have our schedule yet for our demonstration.

## Annual Nisei Week Festival Aug. 6-7

Will be on August 6 & 7, both our Aikido & Iaido Demonstration and lecture on Miyamoto Musashi. Everyone is welcome.

## “Romeo Must Die” Russell Wong Keep This In Mind:

**04-15-05:** A great note for all to read it will take just 37 seconds to read this and change your thinking. Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band - he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

Epilogue: There is tremendous happiness in making others happy, despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all the things you have that money can't buy. "Today is a gift, that's why it is called the present."

## “The Last Samurai” Shin Koyamada With



## RSK Sanyo Broadcasting, Okayama, Japan. In The Dojo May 19-21

Shin practicing Aikido in the dojo. He is planning many film and documentary projects with Sensei. At present, they are working on a few articles for magazines in this country and Europe.

RSK Sanyo Broadcasting Company from Okayama, Japan, taping of special documentary on Shin May 19-21. In the Dojo.



## From Belgium, Aikikai Aalter:

**05-08-05:** Hi, My name is Bart Schoonaert and I am an aikido student from Belgium. I have been studying aikido and bushido for over 10 years now, but only recently I came "in contact" with the teachings of Rev. Kensho Furuya. It must have been about a year ago that I have first seen his demonstration in an National Geographic documentary and the way Rev. Furuya presented and taught aikido immediately intrigued me. Afterwards I have also followed the (lengthy) discussions on the aikidoweb forum and I most recently have read the "Kodo, Ancient Ways" book written by Rev. Furuya. Which brings me to the actual reason for writing this mail... Continued:

## Letters & Correspondence:

### **04-14-05: Studying the Hagakure (Please refer to April Issue)**

Thank you Sensei - I have begun reading it. I already have lots of questions but I am sure as I reflect on what I read I will begin to understand. I am also sure there will be some bits I will never come to fully understand. At least I begin to see what an incredibly demanding life a true samurai had to lead. Best wishes, Ambrose

04-14-05: Hello Sensei Many of the questions I have I feel I should not trouble you with. This is because I think that it is through the struggle to understand that I will really understand. Does that make any sense?

Perhaps it is like Aikido training last night where, once again, I struggled with Ikkyo. I felt I was trying to lift my shoulders high above uke's arm, as I drew it down before my centre, in an effort to use my strength and weight to drive it down. Sensei saw my struggle and said that if I used my hips this would naturally draw his arm down and into position before my centre. I understood what he was saying intellectually but until I do it for myself I will not understand with my whole being.

Other questions are perhaps only questions that I can answer myself - the key question of all is how best do I use wisdom that I gain from reading the Hagakure to change my life?

But there are some questions that I would be grateful for your help with.

In the second paragraph (so soon!) of the version I have found online (<http://users.tkk.fi/~renko/hag1.html>) it says: "If by setting one's heart right every morning and evening, one is able to live as though his body were already dead, he gains freedom in the Way."

What is the 'setting one's heart right'? Is this practising zazen?

A much bigger and more general question, or concern perhaps, is the relevance of this text given that a major focus appears to be loyalty to one's master.

Do I ignore this aspect of text or do I look for a substitute? Perhaps one could substitute 'people' for 'master' or 'the world' for 'master'? Or Buddha? Or if one were a Christian perhaps 'Jesus' or 'God'?

This questions concerns me a lot as I could see how someone would be able to describe the Hagakure as text written to maintain the social order and ensure that the samurai didn't try to rise above their station and threaten their masters. Much in the same way that some people say that English monarchs of the past worked with the Christian church to control the people through manipulating what the Bible said.

I do see much more to the Hagakure than this but as it stands I think I would struggle to argue effectively in it's defense. Given that I started reading it yesterday and I have read one chapter that is perhaps not surprising!

I am very happy to have begun reading it. But much like my reading the Tao Te Ching and From the Zen Kitchen to Enlightenment I am always fearful I will read, understand intellectually but never take the

final and most important step of living it with my whole being. Thank you for your interest and help in my studies Sensei. Best wishes Ambrose

**04-15-05:** Thank you for your thorough and clear explanation Sensei. Like everyone I like to think I am a loyal person. But I wonder if I truly am. For example I hope that in the next few years I will emigrate to Vancouver, Canada. However to do so is being disloyal to my dojo. It is also being disloyal to my parents, brothers, my friends, even my country.

If I were to embody the values espoused in the Hagakure then would I still emigrate?

Of course I also have loyalties to my wife, my children and myself. So I find myself with a conflict amongst my various loyalties. Which loyalty is the most important?

If I had a master as the samurai had then this would perhaps be an easy question to answer. My ultimate loyalty lay with my master.

In fact I have resolved this conflict, at least for now with the wisdom I currently possess, and have placed my loyalty with my wife and children.

I find it interesting that I really don't know my own ethical and moral standards in life. If I think about it I am sure I could fairly quickly come up with them but it is interesting that I was unaware that they are not instantly clear to me. But my email address is.

My life is so cluttered with stuff that the important things are lost and buried and I am not even aware of them anymore.

Loss is enlightenment. And yet my life is geared towards gaining ever more.

When will I find the strength and courage to follow the Way? Best wishes Ambrose

**04-17-05: Rare Book!** Dear Furuya sensei, Thank you for the information. This is the first time I had a customer tell me that my price is too low! I changed the listing accordingly. Best, Mike Yamaguchi, Pasadena, Ca.

**04-18-05: From Calgary, Canada:** Good afternoon; My name is David Francis and I am in LA training with an IT firm. I have been studying Aikido at the Nakayama KoAikidokai dojo in Calgary for a while. Approximately ten years on and off. Our dojo does not rank other than Menkio of which I have received Ichiban. I have sent a note to my Sensei by way of email (Douglas Skoyles MMC) to send a note. I would like to know when would be a good time to come a pay mat fees to train and How one would get there from the Culver City Radisson Hotel. Thank you, David Francis

**04-18-05: Atemi:** I don't know if others find it the same, but the atemi as taught in class contribute a great deal to the understanding of the techniques in which they are utilized. Sometimes it is possible to initiate a technique imperfectly, and correct spacing later in the technique. For example, in tsuki kotegaeshi, I have the bad habit of combining irimi with a sidestep. I can usually get kotegaeshi to work by repositioning on the second step. However, when combined with

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atemi, the total technique requires proper spacing right from the start, and all the way through. It's harder to practice this way, but it connects the technique together - by clarifying position, direction, and attention - and makes it much more than "strikes followed by a throw".

**04-19-05: From Izmir, Turkey:** Dear Sensei I am so sorry for that i couldn't get any opportunities to answer your mail you have sent me when i joined your virtual dojo :)... I have been instructing karate almost ten years when i study at university. Also i have joined aikido lessons for six months during this time. Of course my experience is a small heap of water...I have so much interested in iaido and sword arts of samurai. Then i have found your mail groups. And thanks for accepting me. In my country, martial arts are very common but complicated ones like iaido or aikido are still so young. Also it is not so easy to find sources like books and video tapes etc. Also so much thanks for sharing your experiences with us... Happy Birthday. Ozgur Ercelik, Izmir Turkey

**04-19-05: From Calgary, Canada:** Dear Sensei, David Francis has been one of my students off and on for about a decade. He may shortly present himself for instruction at your dojo as his work has taken him to Los Angeles. I would ask that you extend him the courtesies of your dojo and accept him as your temporary student. He has received his first menkyo but how that would translate into your kyu/dan ranking I am not sure. In hopes that you are well. Many blessings! Yours in Christ, Father Douglas Skoyles SSC, Hon. Ass't Parish of Christ the King Calgary [ACCC/TAC] Nakayama KoAikido Kai no Kaicho "Duty is ours; the consequences are God's." T.J Jackson, Lt Gen'l CSA

**04-21-05: Regarding Tsuba:** Greetings to: Rev. Kensho Furuya I have seen your name over the years in my collecting/studying of Japanese sword & fittings in various articles, as well in random discussions with my late friend, Ken Mack. I am a member of the Northern California Japanese Sword Society, as well as the Florida Token Kai. I was in the Houston Token Kai with my closest friend, the late Ken Mack, till the end of the club and Ken, whom I will miss forever. I still collect and study on my own as well as attend the shows in Tampa and San Francisco. I saw your tsuba, and it reminded me of one of mine, which I have attached a picture. It has confused several tsuba scholars that I have shown to at the San Francisco show, so I thought you might be interested in looking at it, and expressing your opinion. It is 79mmx79mmx3mm, with a shakudo fukurin. My thoughts as a student/collector and preserver of these wonderful as well as important links to history is Ko-Shoami, but others have said Umetada. The age seems to be another point of issue and conflicting ideas. The hitsu-ana are quite unusual, and my hold a key to further clarification. It is in wonderful condition, as you can see in the photo Your opinion would be greatly appreciated, with deep respect. Thank you in advance for your indulgence and time, Gary G. Wortham

**04-21-05:** Thank you so much for the most informative reply. It's very interesting, that you inferred, that the tsuba was of tachi origin. It came to me, in a purchase, on a Kiyomitsu katana, dated 1536, and 27.25 ". It was all to apparent to me, that the tsuba was far to elegant and delicate to be placed on such a heavy battle blade. At the San Francisco show, I came across an awesome Yoshihiro, 1342-1352, signed tachi, which had a small Owari tsuba of wakizashi size on it, and again it was all wrong for this great blade. I made the decision, to put

tsuba you have seen in our correspondence as katchushi, on the Yoshihiro tachi, and even in my limited knowledge to date of this great study, the tsuba / tachi match were incredible to behold. My point in all this is, you had implied that the tsuba came from a tachi, and it has found it's way back to where it was supposed to be. If you will indulge me in the future, I could run other thoughts of my study by you for an interchange of wisdom and education, since I am without mentorship. With deep respect, Gary G. Wortham

**04-23-05: Not At All!** Dear Senior, I came across to a Master's Furuya recorded demonstration and It's just amazing. On my opinion he might be the last known Samurai. Unfortunately, I live so far away from the dojo. I would like to know if you have a dojo near by me. I'm located in Uniondale, New York 11550.(Long Island). I'm interested in aikido an Iaido. Regards, Erick Motta.

**04-25-05: Happy Birthday:** Sensei Furuya, I'd like to take this moment to wish you the best on your special day. Happy Birthday, Sensei! Been a while since I have seen you, but I hope all is well and your training is good.

Been nearly six months since I have practiced at your dojo, but I have finished my work and am back in Los Angeles and hopefully I can rejoin the dojo soon. Until then, please take care and best wishes for your birthday. Your student, Toma Lam

**04-25-05:** Aloha Kakahiaka e Sensei! Happy 37th -- may you have many, many more! Seriously, though, I would like to take this opportunity to thank you for your continued efforts on-line . . . your writings have become a very real part of my daily practice. Thank you! And congratulations on such a successful seminar. Our dojo commemorated O'Sensei's Memorial with an incredible Sunday morning outdoor practice of aiki weapons, then we had a special class in the afternoon, focusing on O'Sensei's writings and life. It was especially rewarding to observe our newest students' interest and involvement, and I was continually aware of how blessed I have been to be a part of Aikido, and also of how many excellent teachers I have had. So Happy Birthday, Sensei -- please have a Great Day! Heraldo Mon Farrington, Aikido of Hilo

**04-25-05: Enjoyed Seminar:** Hello Sensei! I enjoyed myself thoroughly! Izawa Sensei is an interesting person. I think he has amazing presence. Thanks so much for inviting me to participate.. . . James Nakayama, Chushinkan Dojo, Chief Instructor

**04-25-05: Enjoyed Seminar:** Howdy, David did indeed enjoy his practice in your dojo. I look forward to his fuller report on Saturday as we will have some time to chat. Our custom is to have a brushwork and iai class on a Saturday near April 26th, which give more time for socializing - not that they don't find that anyway! I regret that my health problems prevent my visiting you at your dojo as I would love to meet you in person. I was privileged to see a brief video of your marvellous technique. Many blessings! Yours in Christ, Fatherr Douglas Skoyles SSC, Hon. Ass't Parish of Christ the King Calgary [ACCC/TAC] KoAikido Nakayamakai Kaicho

**04-26-05:** Sensei, I am really very lucky. As I recounted the events of the weekend to Danielle, I began to feel so very blessed with my life. Thank you for being a part of my life. You have brought so much to my little existence. I believe Izawa Sensei, and Mariquita had a good time. They seemed to thoroughly enjoy themselves,

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your hospitality, and the dojo. It was a great seminar! Yesterday, in my Aikido classes, I focused on the position of our feet, like we discussed Friday night.

A note of frustration: Today is O'Sensei's Memorial, and Aikido Journal's e-mail bulletin doesn't even acknowledge it. Very upsetting. Shouldn't we spend today remembering O'Sensei, and honoring his immense contributions to the lives of all Aikidoists? I spent the first few minutes of my class today teaching my Language Arts students about O'Sensei, and how he has touched their lives even through someone as insignificant as myself.

Sorry to end on a sour note. I'll speak with you soon. Oh, did they get you a birthday cake? I hope so. I'm sorry my contributions to the meals were so minimal. I wish I could have given more. Best, Steven.

**04-29-05: Report From Santiago, Salamanca, Spain:** Sensei, I send you the dates for my visit to Los Angeles. These dates are almost 100% the definitive dates. I will be there 23 of July and be there until 6 or 7 of August. I make a reservation of the ticket for plane but still I look for something cheap (now cost around 1000\$) but probably I could find cheap. This way because I could confirm these dates complete. Any way I'm happy to see you again soon. And trained and talk to you. I will write you soon to confirm more information about schedule of plane and more. Always, Santiago

**05-02-05:** To Sensei Furuya; I have just recently seen Martial Arts: The Way of the Warrior with your school. I would just like to say that I really enjoy seeing people, especially those of true martial arts background, sharing their knowledge. Right now I am a practitioner of Northern Shaolin Wu Shu and I really enjoy it. I have been to different schools along the way such as an Olympic Tae Kwon Do school, Kickboxing, and Tomiki Aikido school. I just really enjoy all martial arts. Thank you. Sincerely, Cliff Mille

**05-04-05: From Germany:** Dear Sensei, I do not exactly have accommodation yet, but Tomomi Kano, the assistant of Professor Shimojo, provided me with a couple of addresses for on-campus and off-campus lodging and I am confident that I will find a room with their aid. Looks like I am lucky to receive the very kind support of all in all three Japanese people in the USA.

Yesterday, my teacher Anita Köhler told me that you are one of the Aikido teachers she would like to see you in person, too, and I said she could come anytime once I have a place to stay there. Probably this was some kind of polite talk but since I endeavor to pass on the hospitality I receive it could happen that you have two visitors from Germany this summer. Best wishes, Stephan Schleim

**05-04-05: From Veracruz, Mexico:** DEAR SENSEI FURUYA, I am sorry I took some time to write my impression on the last SEMINAR but busy I have been and out of town. Thought of writing many words that came to my mind but will do only a few that rather come from my heart. Right from the first day on Thursday evening that visited your antique type and beautiful DOJO to the delicious breakfast that shared with you on Friday morning and the chance to chat with you for a while and the evening class made me feel at home and among good people and friends. On Saturday the grate opening of the seminar and high quality and humble of the SENSEI that emphasized on the BASIC principles of AIKIDO plus the memorial

### Special Dates:

**June 5-19.** From Salamanca, Spain, Santiago visits Dojo for training

**June 11.** Summer Party & BBQ. From 10:00am. Dojo members pot-luck. Everyone invited!!!

**June 18.** Sensei at the Chushinkan Dojo, Buena Park. Practice 9:30-11:00am. 11:00-12:00pm Lecture & Discussion. Everyone welcome!

**June 25.** Instructor's Training. 6:30-8:00am.

**June 27.** Guest student from Germany for training about two months.

**July 9-10.** Lotus Festival Demonstration. Echo Park.

**July 16.** Pasadena Buddhist Church Obon Demonstration.

**July 28.** Airing of Aikido sequence on USA Network, Ready For The Weekend Movie.

**July 30.** Instructor's Training. 6:30-8:00am.

**August 3-4.** Dojo Cleaning.

**August 6-7.** Nisei Week Festival Aikido & Iaido Demonstration and Special Lecture on the Life and Art of Miyamoto Musashi.

service for O SENSEI UESHIBA and SENSEI KANAI guided by the priest whose chants and message from BUDO made it interesting and reflexive in life. plus the practice with different students of different DOJOS from the USA Country and different Nationalities backgrounds made it a good learning experience I had the HONOR to practice and be guided by KEI IZAWA SENSEI and MARIQUITA IZAWA Sensei but also with TOM.DAVID,JAMES.MARK KATE, PAUL ,MARIA etcetcetc and with each one of them felt the Harmony and blending of the techniques and friendship, On the technical aspects of the SEMINAR, I am a beginner so there is not much to say but insist on the high quality of all the SENSEI and INSTRUCTORS for 2 days that made it a first class SEM. I thank you SENSEI for inviting us to participate on it as well as allowing to be part of the ceremony. I hope to return next year and work hard to deserve been your student and friend Thank you all again for making this a BEAUTIFUL SEMINAR AND CELEBRATION .Roberto,Veracruz Aikido KodoKai MEXICO



## **EAST VS WEST. Debuts May 12 Asian Pacific American Heritage Month**

On May 12, a special program aired on KTTV Fox News 11, celebrating the month of May as Asian Pacific American Heritage Month. The program was hosted newscaster Susan Hirasuna who interviewed Sensei and featured the Dojo among

## **USA Network Taping. May 19**



The Dojo is featured on an opening sequence for USA Ready For The Weekend Movie. Sensei was interviewed by Christine Blackburn and Dan Sachoff. Scheduled to air on July 28.

## **Belgium continued:**

I found that the book explained and reflected on several topics interesting to both myself and my fellow students. I have also recommended the book to my Sensei and after reading it, he too agreed that this would be a valuable asset in our search for aikido and bushido. Unfortunately, most of our dojo-members do not speak or understand the English language enough to understand what exactly is presented in the book. Therefore, I would like to ask you if I can translate "Kodo, Ancient Ways" from English to Dutch (which is our native tongue) and publish it on our website for our dojo members. It is in no way my intention to alter or modify anything of the actual content, I only want to try my best to translate the thoughts and teachings of Rev. Furuya as accurate as possible. Also, I would be more than happy to comply with any copyright restrictions or other legal implications regarding the translation. It is not my intent to have these translations published as a book (unless this can be agreed with both Rev. Furuya and his publisher), they will only be published on our website with clear links to Rev. Furuya and his dojo. Would you be so kind to inform me if you feel OK about me doing this? Or if there are any legal or copyright restrictions we need to put on the site, could you please inform me on them? Many thanks for your answer...

Best regards, Bart "Barutsu" Schoonaert

Aikikai Aalter (Belgium), [www.aikido-aalter.be](http://www.aikido-aalter.be)

## **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. We welcome everyone here and would like to see our membership grow. See you soon!

## **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](mailto:aclafuruya@earthlink.net).*

**Please Visit Our Website:**  
**[www.aikidocenterla.com](http://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.

## Aikido Center of Los Angeles

www.aikidocenterla.com

### 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.

### 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](http://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.

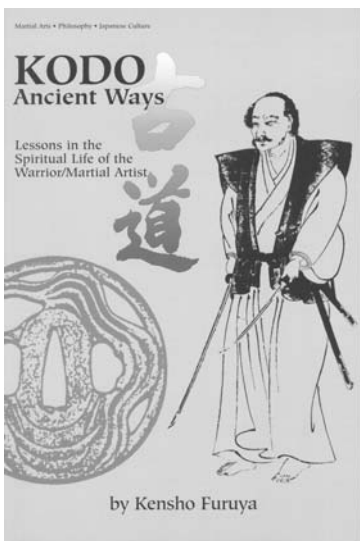
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Published by Rev. Kensho Furuya, The Aikido Center of Los Angeles, 940 E. 2nd Street #7, Los Angeles, CA 90012

Tel: (213) 687-3673. Email: [aclafuruya@earthlink.net](mailto: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,

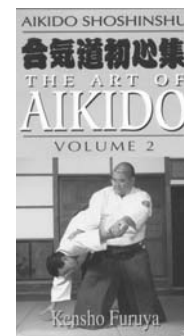
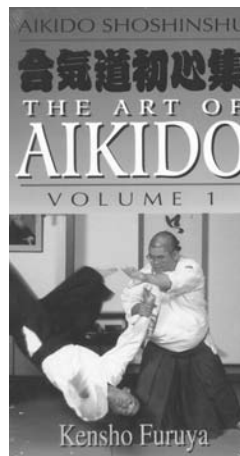
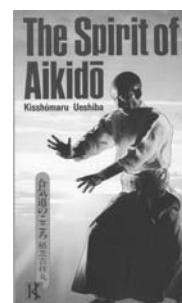
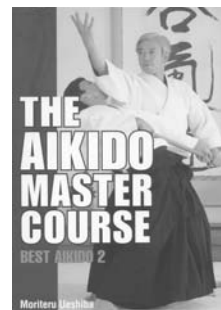
"Exhaustive" Aikido Journal" "Best

in the English language on the mar-

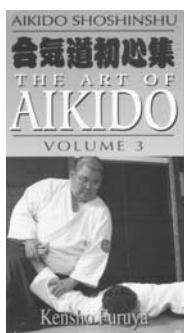
ket today," Budovideos.com.

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.

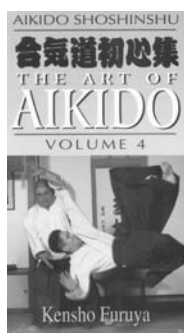
### Recommended Readings:



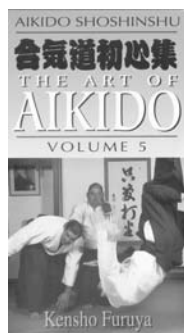
Basic Techniques  
 Throwing & Joint  
 Techniques, Ikkyo, Nikyo,  
 Sankyo, Yonkyo & Gokyo



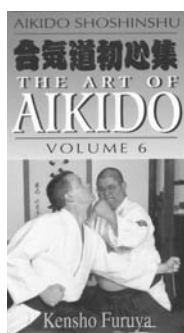
Ukemi-Breakfalling  
 Basics Continued  
 Free Style Techniques  
 Tenshin. Ki. Breathing.



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



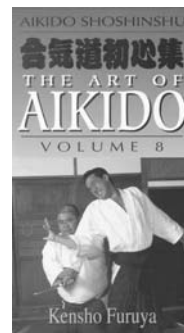
Suwari-waza. Gokyo.  
 Hanmi-handachi. Kokyu-  
 dosa. Katatori: Shoulder.  
 Multiple attackers.  
 Five-man Freestyle.



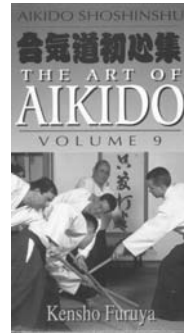
Tsuki: Strikes &  
 Punches  
 Yokomenuchi: Strikes  
 to the side of the head &  
 neck.



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.*

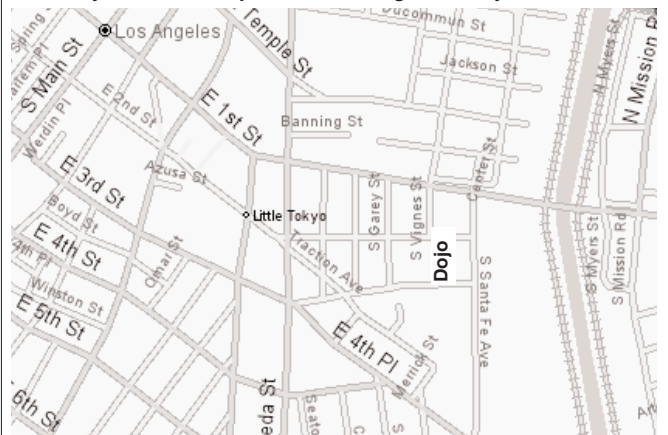
**Private Classes Available.**

## 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.