

羅府合氣道学院古屋道場



# AIKIDO CENTER OF LOS ANGELES NEWSLETTER



The Aikido Center of Los Angeles, 940 East 2nd Street #7, Los Angeles, CA 90012. Tele: (213) 687-3673

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

Los Angeles Sword & Swordsmanship Society Kenshinkai Headquarters

Office of the President: Nanka Yamanashi Kenjin Kai Southern California Yamanashi Prefectural Assoc.

Member Los Angeles Police Department Martial Artist Advisory Panel

\$2.95  
Donation

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Volume XVI. Number 12.

## Merry Christmas

### Best Wishes for the Holiday Season

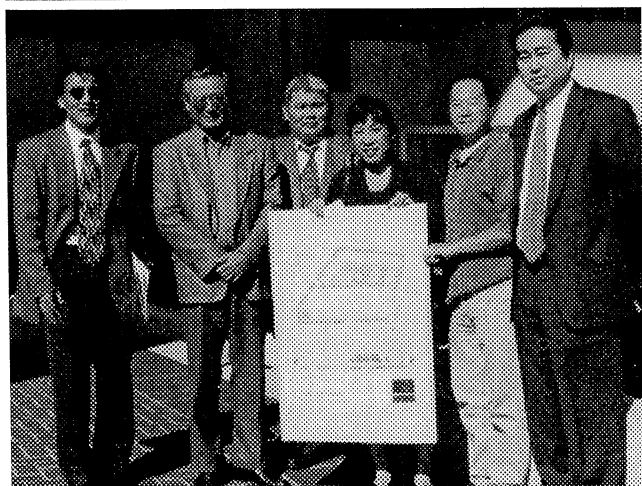
### Seasons Greetings

*I wish to express my personal greetings and Best Wishes of the Holiday Season to all of my friends and students and pray for your continued good health and peace.*

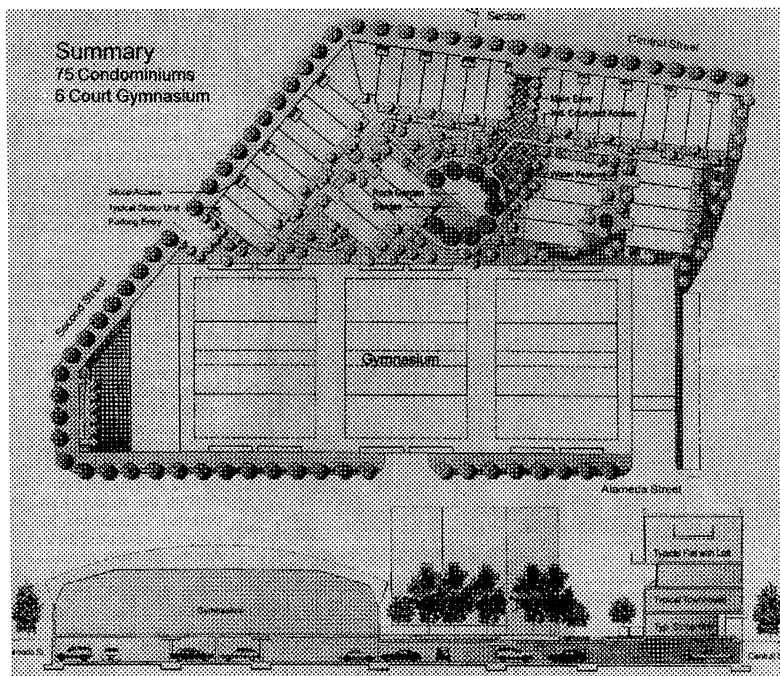
*I also wish to express my deepest appreciation to many students who have stood by my side through thick and thin and have continued to support me*

*I pray that I can be a good teacher for you and that you will always continue to grow in your practice. Gassho.*

Reverend Kensho Furuya



Board Members at the City Council, City Hall East. Nov. 13.



### New Little Tokyo Gymnasium Approved Nov. 13 By City

Along with other board members and members of the community, Sensei attended a City Council meeting at City Hall East on November 13th to seek approval for our Little Tokyo Gym. The construction of the gym to be on Alameda Street between 1st and 2nd, was approved immediately and unanimously by the council and took all but several minutes. The Little Tokyo Gym Project was set up about four years ago and Sensei has been involved as a board member since its inception. More information inside this issue.

**Special Editon: Dojo Year 1998 In Review. Annual Open House. Little Tokyo Gym.**

## **Our Ultimate Commitment:**

The New Year, 1999, marks my 30th year since my days of training at the Aikido Hombu Dojo in 1969. This is a time in my life which I will always deeply cherish and never forget. Indeed, it has directed the course of my life to this day and will continue as long as I am on this earth. I don't know of anything else I can do but Aikido. There have been many good times but many tough times as well and each obstacle had to be overcome, one by one. Regretably, I am not blessed with great talent or fortune, and somehow, each tiny step has been a struggle for me. Yet, when I look around at the world today, I do feel blessed and am thankful for all that we have. In other people's eyes it may not be much, but for me and my students (hopefully) we have a lot, maybe even more than we truly deserve. Despite our efforts, everything is a gift in life. What we waste and disregard is one of our great crimes today.

We have been committed to the United States Aikido Federation for many years and I express my gratitude for all of its guidance and support. But, in our efforts to simply our lives and find our Path to Aikido, I believe that we should be committed and demonstrate our loyalty to Hombu Dojo exclusively. I have had a great deal of encouragement and support from all senior members of our Dojo in this regard. This has been a decision a long time coming in order to make, but I believe it is a sincerely honest one and in the best interests of my students and our Dojo. Especially today, when we are so easily confused with all the many organizations and groups vying with each other, I believe we should make our own position very clear to one and all. No one practicing Aikido today should forget the fond memory of O'Sensei and should always feel a deep obligation and sense of gratitude to Doshu for all of his efforts and sacrifices. We should all be committed to supporting Dojocho in all his work today and into the future more than ever before. I appreciate everyone's support in continuing and strengthening our affiliation with Aikikai Hombu Dojo.

In the 25th anniversary year of our Dojo and as I celebrate my 40th anniversary in Aikido, I hope students will renew their commitment to Aikido and continue to devote themselves to their training. Although it may be too idealistic to realize, I truly believe that we should endeavor to seek a quiet, peaceful life in Aikido, free from such world conflicts and the many misunderstandings, conflicts, and jealousies between each other and devote ourselves to our Dojo and, as small and insignificant as it may always remain, develop it into something O'Sensei, Doshu and Dojocho will be proud of. The first step, as always, is our daily training and the treasure of O'Sensei's teachings. We still have obstacles to overcome in the future; sometimes Aikido, more than numbers of members, money, and political power, must be an act of pure faith. In Gassho.

*Reverend Kensho Furuya, Chief Instructor*

## **Holiday Schedule:**

Please note a few schedule changes for the Holiday Season.

- Dec. 2      Budo Discussion 7:45pm.*
- Dec. 12     Iaido Intensive. 6:30am.  
              Monthly Meeting. 8:30am.*
- Dec. 19     Instructor's Intensive. 6:30am.  
              Meeting follows. 8:30am.*
- Dec. 25-26 Christmas Holiday.  
              Dojo closed.*
- Dec. 27     Regular practice.*
- Dec. 31     Special Year End Practice.  
              6:30-7:30pm.*
- Jan. 1      New Year's Day.  
              Dojo closed.*
- Jan. 2      1999 Training begins.*
- Jan. 23     Kali Eskrima Seminar with  
              Richard Bustillo*

## **Eskrima Seminar Jan. 23**

Guro Richard Bustillo will conduct a 2.5 hour seminar in Kali Eskrima for our students on January 23rd from 2pm to 4:30pm on Saturday. A welcome party-reception will follow.

Master Bustillo has been a good friend of Sensei for the last 30 years and this seminar was discussed about ten years ago. Recently Sensei met Master Bustillo again at the LAPD Training Unit and this project was brought up again. We hope students will participate in this friendly exchange between dojos. Master Bustillo runs the IMB Academy in Torrance and is a former student of the late Bruce Lee. He is well known throughout the world for his skill and expertise.

### **ACLA Dojo Newsletter:**

Please renew your 1999 Subscriptions by sending in a donation to cover printing and postage. Many thanks.

# Aikido Center of Los Angeles NEWSLETTER

Tokyo two years ago.

The money would be used to acquire the proposed site, which is owned by Shaoul Levy & Co., an accounting firm in Santa Monica. Back in March, LTSC CDC submitted a formal legal purchase offer of \$3.4 million to Shaoul Levy, but Levy did not respond with a counteroffer according to Sugino.

Since then, Sugino said that LTSC staff has been unable to reach Levy in an attempt to acquire the site, which is currently a public parking lot.

But as part of the CRA board's recent approval of the Sakura Village project, proponents of the gymnasium have asked CRA to exercise its powers of eminent domain to acquire the site for its appraised value from Levy.

Time is critical, however, Sugino said, because CRA loses its eminent domain powers in Little Tokyo on Dec. 19. Before CRA can go forward with its plan to purchase the site through eminent domain, it must receive approval from City Council members.

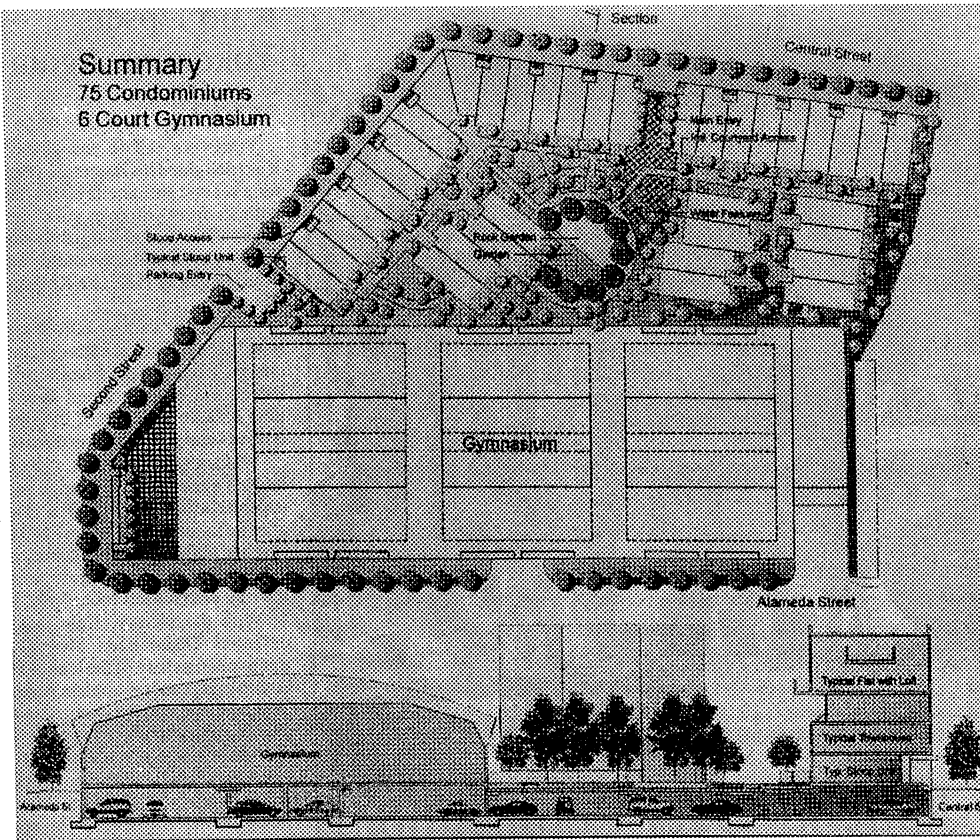
Because of the time crunch, Sugino worked feverishly to get the proposal on the City Council agenda. She succeeded, and the City Council will take an emergency vote in its full public hearing at City Council Chambers, City Hall East.

The concept of having a sports complex in Little Tokyo started in the late 1970's when initial plans to build the Japanese American Cultural and Community Center (JACCC) on San Pedro Street included a gymnasium. Instead, the JACCC built a theater.

A campaign to build a gym was reborn in 1994, when Little Tokyo leaders and gym supporters proposed plans to build a temporary gymnasium on city-owned property north of First Street and next to the Japanese American National Museum. With the city providing the land for free, supporters later grew confident that it could raise enough funds to build a permanent structure on the site.

But in January 1997, the project was dealt a blow when City Councilwoman Rita Walters, whose district includes Little Tokyo, and neighbor Museum of Contemporary Art (MOCA) proposed construction of a federal building and a park instead of a community gym on the block area known as First Street North, Sugino said. At the time, Walters recommended that gym advocates seek a privately owned property and said she would help in finding funds to purchase an alternate site. Gym supporters say they have found one that is both affordable and in a good location, and now hope that the final political and legal proceedings in acquiring this site fall into place, for once. "The community has been trying to build a gym for the past 20 years," Sugino said. "Those kids have all grown up, and now they have kids. So we missed a whole generation."

Total cost of the proposed gym, including land purchase and Con't.



## Little Tokyo Gym

The Los Angeles City Council voted and approved the Little Tokyo Gym and Sakura Village on Friday, November 13, 1998. It will be a large indoor sports complex on Second Street near Alameda Street.

**From the Rafu Shimpo, November 13, 1998:**

**By John Saito, Jr.**

A decades-old effort to bring a gymnasium to Little Tokyo faces its biggest challenge on Friday when plans will be presented to the Los Angeles City Council for approval, according to its proponents. "This is it. It's thumbs up, or thumbs down," said Lisa Sugino, project director of Little Tokyo Service Center's Community Development Corp. (LTSC CDC) and a key player in the proceedings to find a site on behalf of gymnasium supporters.

Plans mapped out by a group known as the Little Tokyo Gymnasium, Inc. call for a sports complex to be built on the east side of Second Street between Central Avenue and Alameda Street.

The multipurpose facility is part of the proposed Sakura Village, a 75-unit condominium project spearheaded by LTSC CDC. The gymnasium would fit six high school size basketball courts, volleyball, martial arts and senior citizen activities sponsored by Japanese American groups.

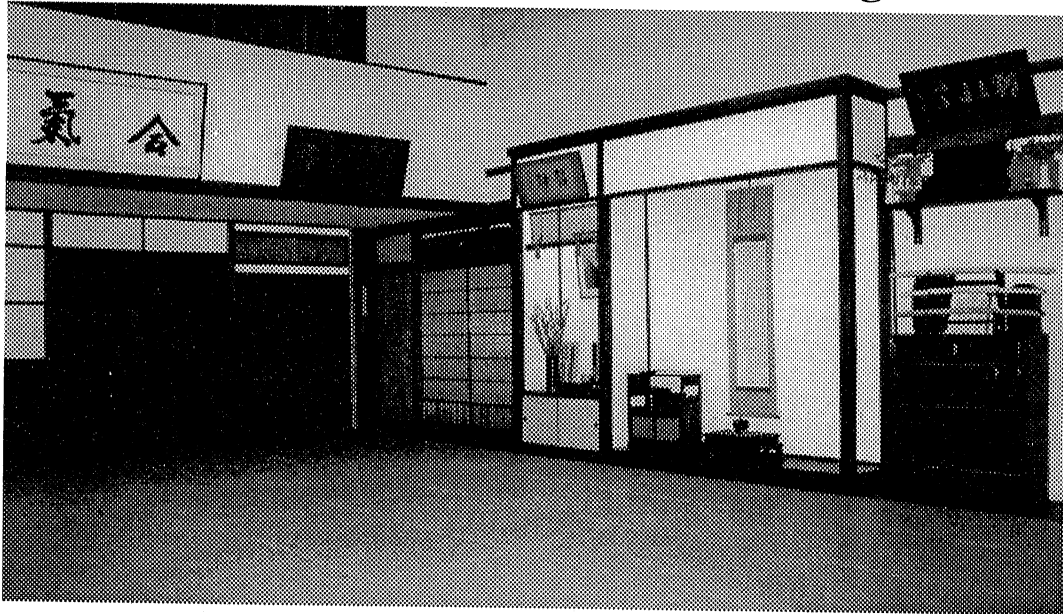
The project is backed by the Community Redevelopment Agency of the City of Los Angeles (CRA). Last week, the CRA board authorized the Agency to borrow \$3.5 million from Fannie Mae, a former Federal Agency that now supports housing developments, to help fund the condominium and gym complex. CRA is also committing \$500,000 of housing funds that were left over from LTSC CDC's Casa Heiwa Project, an affordable housing complex built in Little

**Aikido Center of Los Angeles**  
**NEWSLETTER**

Aug. 18	Fujita Sensei from Hombu Dojo visit.	Oct. 25	Dojo Open House with Master Helen Zhu Ming demonstrating Taiji.
Aug. 23	Iaido Demo at Nikkei Games in Long Beach.	Nov. 1	Taiji Class begins in Dojo.
Aug. 27	LAPD CMAAP Executive Meeting.	Dec. 31	Special Year-end Practice.
Sept. 4	Meeting with Fujita Sensei from Hombu Dojo.	Jan. 2	1999 Practice begins.
Sept. 12	Aired A&E Martial Arts Special.	Scheduled:	Christmas Party.
Sept. 16	Kuma's Funeral Service in the Dojo.	1999	
Sept. 23	Tea at Doheny Mansion with Da Camera Society.	Jan. ( )	New Year's Party.
Oct. 3	Budoshin Seminar in Burbank. With Ken Watanabe & David Ito.	Jan. 17	Kagami Biraki.
Oct. 3-17	Santiago Almaraz from Salamanca, Spain for training.	Feb. 20	Memorial Service for Bishop Yamashita.
Oct. 10	Little Tokyo Library Fund-Raising Auction.	April 25	Sensei's Birthday Party.
Oct. 11	Yamanashi Memorial Service at Zenshuji.	April 26	Memorial Service for O'Sensei.
Oct. 15	Nidan Examination & Farewell Party for Santiago.	July ( )	Higashi Obon Martial Arts Festival.
Oct. 17	Santiago returns to Spain.	August ( )	Nisei Week Martial Arts Exhibition. Nisei Week Aikido Demo.
		Special Events 1999	Dojo's 25th Anniversary.  Sensei's 40th Anniversary in Aikido.

**Aikido Center of Los Angeles**  
NEWSLETTER

## Welcome To The Aikido Center of Los Angeles



### Our Affiliations:

Aikido World Headquarters  
Aikikai Hombu Dojo  
Tokyo, Japan

Los Angeles Sword &  
Swordsmanship Society

Los Angeles Police Department  
Martial Artist Advisory Panel

Da Camera Society  
Community Advisory Board

Greater Little Tokyo  
Anti-Crime Association

Former Recipient Brody  
Multi-Cultural Arts Grant

Yamanashi Prefectural Society  
Yamanashi Kenjinkai

## Introduce Family & Friends To The Aikido Center of LA

Bring your friends to the Dojo and invite them to join our Practice. Everyone is welcome. Enjoy this beautiful art of Aikido in a quiet, serene environment to enhance the quality and awareness of your

## 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 one thousand years. It is an art which is rapidly disappearing in our modern world today. We welcome all interested students to join our training.

## Dojo Supplies

### Official Dojo Jackets

Now available on a re-order basis. They are designed by Land's End and are nylon in bright yellow with the Dojo logo and name embroidered on the chest. They are very nice and comfortable and great to wear for demonstrations. \$55.00 each.

### Official Dojo T-Shirts, ACLA Patches & Dojo Mugs

T-shirts: \$15.00 each. Mugs: \$9.00 each. Patches: \$15.00.

Uniforms, bokken, jo, hakama, books are available

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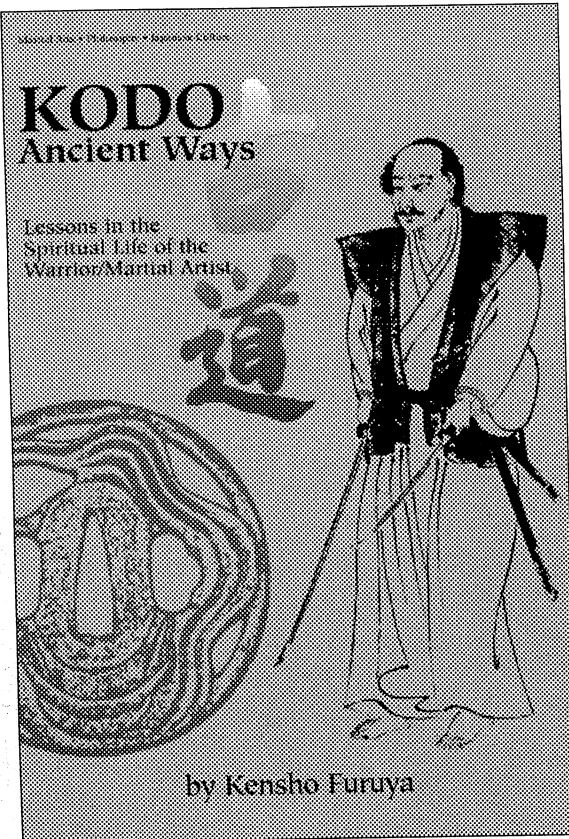
*Everyone is welcome to join us.*

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# KODO

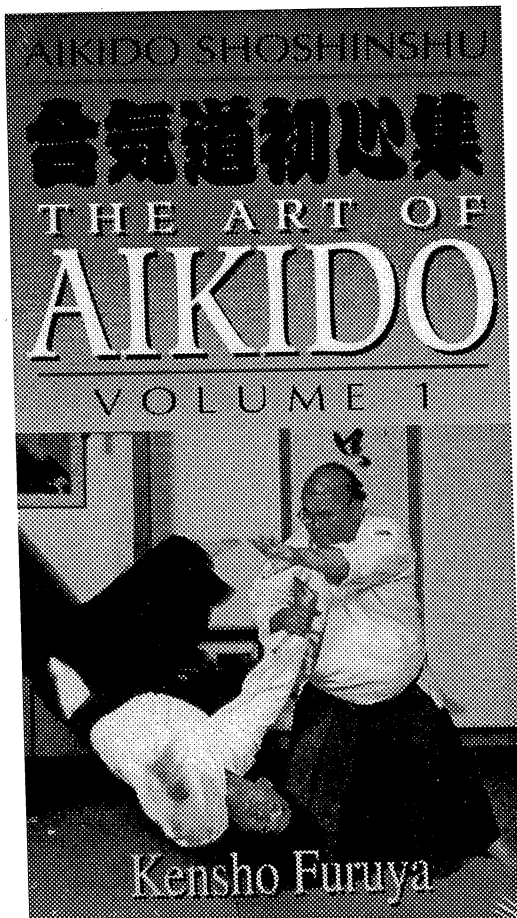
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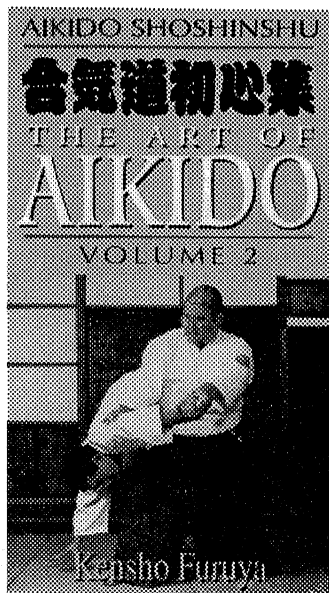
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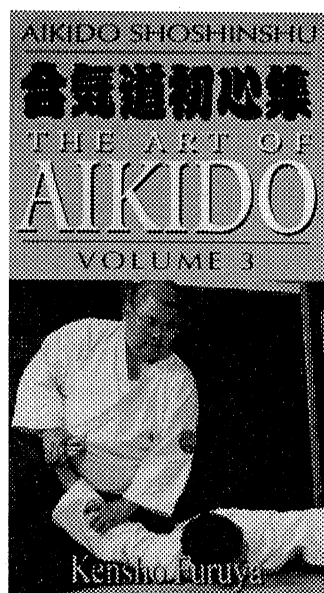
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# AIKIDO SHOSHINSHU

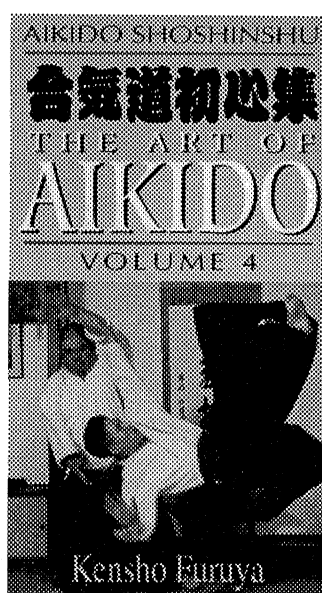
## The Art of Aikido Instructional Video Series



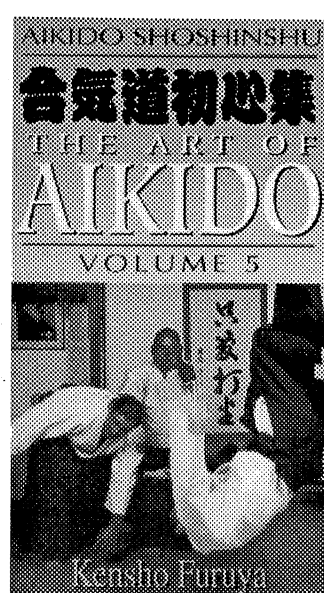
Basic Techniques  
Throwing & Joint Techniques  
Ikkyo, Nikyo, Sankyo, Yonkyo  
& Gokyo



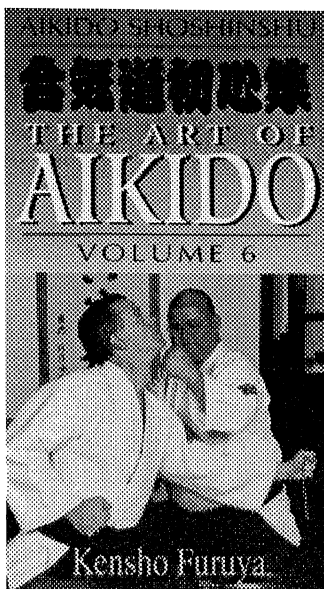
Ukemi-Breakfalling  
Basics Continued  
Free Style Techniques  
Tenshin. Ki. Breathing.



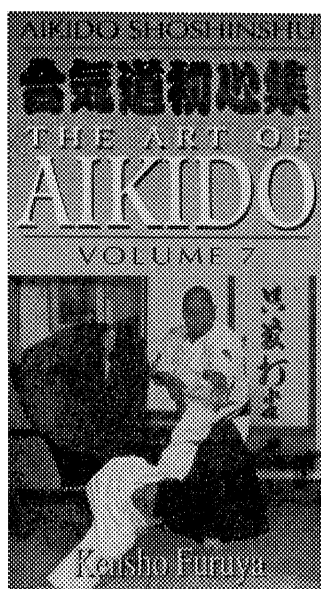
Katatetori Ryotemochi: 2-hand.  
Ryotetori: 2-hand.  
Reigi-saho: Etiquette.  
Koshinage-Hip throws.



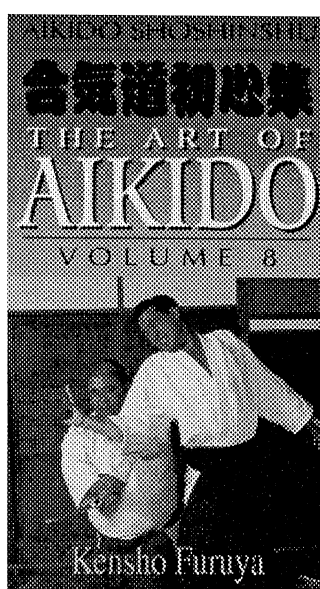
Suwari-waza. Gokyo.  
Hanmi-handachi. Kokyu-dosa.  
Katatori: Shoulder.  
Multiple attackers.  
Five-man Freestyle.



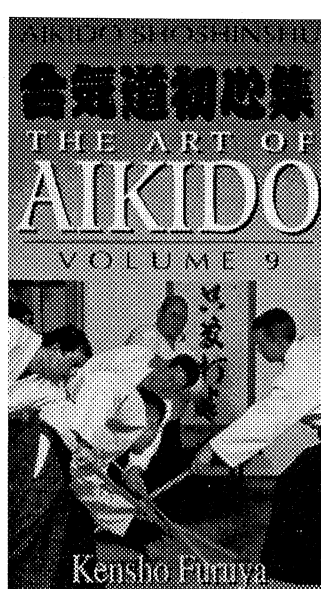
Tsuki: Strikes & Punches  
Yokomenuchi: Strikes to the  
side of the head & neck.



Shomenuchi: Direct strikes.  
Ushiro-waza: Attacks from  
behind.  
Ushiro Katatetori Kubishime:  
Chokes from behind.  
Ushiro Ryotetori, Ryohijitori,  
Ryokatatori.



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



Jo: Basic long staff  
Fundamentals.  
Complete 1st Degree  
Black Belt Examination  
Requirements Demonstrated by  
Black Belt Candidate.

# Aikido

## TRAINING SCHEDULE

**Adult**

**BEGINNING & OPEN**

Monday thru Friday Evenings

6:30pm-7:30pm

Monday, Tuesday &

Thursday Evenings

7:45pm-8:45pm

Saturday & Sunday Mornings

10:15am-11:30am

Saturday Mornings

9:00am-10:00am

### BLACK BELT SEMINARS

Black Belts & Instructors'  
Last Saturday of the Month: 6:30-8:30am

### CHILDREN'S CLASSES

5 - 16 yrs old

Sunday Mornings: 9:00am-10:00am

*We are affiliated:*

**AIKIDO WORLD HEADQUARTERS**

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

### ATTENTION:

Please be very cautious of people using Furuya Sensei's name and our Aikido Center of Los Angeles name to promote themselves and their schools but have no connection with us, whatever they may imply. They have no authorization to teach through us. We have experienced many such cases in the Los Angeles area and all around the world. They are NOT affiliated with us and are out to deceive the general public.

# Iaido

## TRAINING SCHEDULE

**TRADITIONAL JAPANESE IAIDO  
SWORDSMANSHIP**

Saturday & Sunday Mornings

8:00am-9:00am

**IAIDO INTENSIVE SEMINAR**

Every 2nd Saturday of the month.

6:30am-8:30am

**BUDO DISCUSSION &  
STUDY GROUP**

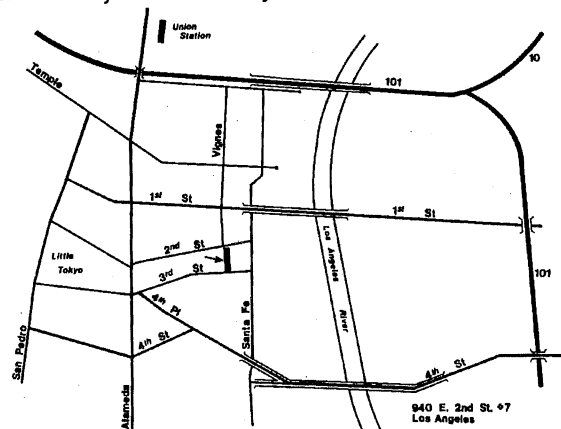
Every 1st Tuesday of the month.

7:45pm-9:00pm

Group Study & Discussion of  
Aikido philosophy, Japanese art & culture, martial arts, &  
Japanese sword appreciation. Everyone is welcome.

### About the 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 students alike, are cordially welcome to join us. 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 on Vignes. Do not turn on 2nd St. but go straight into the private lane. Look for the garden.