



Mana

The newsletter of **Hawai'i Ki Federation**

Fall 2007

hawaiikiaikido.org

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Shinichi Tohei Sensei, now President of the International Ki Society, who taught the HKF Keio University Seminar Sept. 1-3 on Maui

HKF Hosts Shinichi Tohei Sensei for Keio University Seminar on Maui

Forty-five delighted Hawai'i Ki Federation students and instructors gathered on Maui for three days of wonderful Ki-Aikido with Shinichi Tohei Sensei September 1 through 3 when he came with Mrs. Sachiko Tohei and 44 members of Keio University's Ki-Aikido Club to teach a seminar.

The occasion was the club's 50th anniversary. The club was founded by Master Koichi Tohei in 1957 at Keio, which was his alma mater university. He and the club's founding members traveled to Hawai'i to teach and train in the 1960's and 1970's and practiced in the original Wailuku Aikido Club dojo on the site of our present Shunshinkan Dojo.

Shinichi Tohei Sensei taught the basics of unification, always helping us to have fresh insights into the meaning of oneness and moving together with Ki, always inviting us to express "not disturbing others and not being disturbed by others." In every class he reminded Japanese and American students to each find a partner from the other country. This was pleasant and interesting for all, and while some of us had various degrees of knowledge of the other's language, we essentially communicated with movement and understanding that was based on shared Ki-Aikido experience.

Back home in Tokyo, these Keio students and their coaches train weekly with Shinichi Tohei Sensei who travels from Tochigi ken to what is also his alma mater and former club, as well as that of his father. The members had prepared back home, and on Maui gave us, a truly awesome Aikido demonstration on the last day of the seminar. A full hour of demonstration of Ki extension and precision in taigi arts with and without weapons, this demo was open to the public, and photos of airborne ukes made the front page of *The Maui News* the next day (September 4, 2007).

In addition to Shinichi Sensei's classes, everyone also enjoyed socializing at the welcome party held at the dojo and the banquet at the Kahili Restaurant. After the seminar, the Keio University students stayed on to enjoy a few days of Maui sight-seeing. We were not surprised to see these spectacular athletes keeping in shape by running along the Maui roads during their extra days on our island!

Curtis Sensei stated, "I was particularly impressed by the strength and sincerity of the character of these students," and everyone in Maui Ki-Aikido agrees with Sensei that it was an honor and a great pleasure to meet and train with them.

Mana

A Broader Reach for Our Newsletter

As of this edition, our popular Maui Ki-Aikido Newsletter has been expanded as the new statewide *MANA - The Newsletter of Hawai'i Ki Federation*. From the very first edition in 2001, upon the opening of the Shunshinkan Dojo, we have endeavored to share the joys, achievements and ideas of our Maui students and the teachings of Master Koichi Tohei as reflected by our great Maui instructors Shinichi Suzuki Sensei and Christopher Curtis Sensei, as well as by many excellent visiting teachers. We have mailed and emailed this newsletter to many hundreds of people in the islands and world-wide.

Now we are taking the same viewpoint and widening it to include news and views from the whole of Hawai'i Ki Federation's 9 dojos and many teachers and students. We look forward to receiving stories and photos from the various island's dojos for Spring and Fall editions every year. Thanks to all for your loyal readership!

Aloha,

Editorial staff of *Mana - The newsletter of Hawai'i Ki Federation*

HKF dojos 2007

Shunshinkan
Hanapepe
Kapa'a
Hilo
Honoka'a
Mililani
Central YMCA
Lokahi
Masakatsu

HKF officers for 2007

President Eric Nonaka
Secretary Lillian Paiva
Vice Pres Rene Relacion
Treasurer Tracy Reasoner

HKF Promotions during 2007

Kysan Gusukuma of Kapa'a Dojo on Kaua'i received his Shodan rank after his test at the HKF Summer Seminar in Hilo, in August.

As of Jan. 1, 2007, the following HKF Head Instructors were promoted to the new Ki no Kenkyukai rank of Assistant Examiner. This means that they are permitted to give up to Jokyu in Ki exams and up to Shodan in Aikido exams.

Leilani Pakele	Hilo	Assist. Exam.
Lloyd Miyashiro	Kapa'a	Assist. Exam.
Byron Nakamura	Masakatsu	Assist. Exam.
Eric Nonaka	Mililani	Assist. Exam.
Linda Sasaki	Central YMCA	Assist. Exam.
Charles Boyer	Lokahi	Assist. Exam.

Several ways to help HKF promote Ki-Aikido

The Hawai'i Ki Federation has started an endowment fund to ensure its ability to continue promoting Ki-Aikido on all the islands in Hawai'i into the future. HKF fund-raising chairman Jeff Baldwin says the account is open to receive donations, which were kicked off last spring with over \$2,000 donated on Maui.

Also accepting donations is the Maui Ki-Aikido ninety-nine year Endowment Fund, established in 2005 under the leadership of Leil Koch, which is accepting and managing the growth of donations to protect and promote Maui Ki-Aikido through the next few generations and in perpetuity.

Both of these endowment funds are great places to give help that will keep our organization and its dojos strong and building for the future.

Maui Ki-Aikido additionally seeks donations for our general programs and for our Shinichi Suzuki Sensei Ki-Aikido Youth Award which has sent our most qualified youth to attend World Camp at Ki no Kenkyukai in Japan. This coming year we will be sending teenage Taigi participants to the International Taigi competition held at World Camp every fourth year.

Donations to any of these funds are tax-deductible and may be sent to Maui Ki-Aikido, P. O. Box 724, Wailuku, HI



Message from our HKF Chief Instructor, Christopher Curtis Sensei

Changing Thinking

Before you pick up the bokken, how you think about that bokken is very important. I hope you don't think it is just a piece of wood, carved to look like a sword. Of course it is that, but it is much more than that. It is an extension of our very mind. This wooden sword is matter. How matter interacts with you, depends entirely upon you. It has nothing to do with the matter itself, as separate from you, but everything to do with your perspective, your attitude towards it. You know that is why, if you keep One Point, your partner cannot lift you, but if you don't, he can. The difference is perspective. You don't weigh more. We cannot make this matter that makes up this body weigh more, at least not instantly.

Just changing the way you think, changes the nature of this matter. This is done by what we call mentally "maintaining stability." We may also say, "Extending Ki." So when we practice bokken, we are practicing extending our sense of presence throughout the bokken. In this way the One Point and the tip of the bokken are one, not separate. In other words, if you think that this is just a piece of wood that you pick up and swing, and that it is separate from you, this has no meaning. So even if you are a beginner, and you have never cut with the wooden sword before in your life, if you treat it like it is a very special event, then even if your technique is immature, your cutting will be okay. What matters is what are you expressing when you do something. How deep do you go? This is the question. When you cut, you must be expressing your roots, your source, your original condition. If you practice that way then you can have that experience from the beginning. Of course, this opens more and more, as we practice, within each of us. The more effective you get at the technique, the more you are able to do that. But on the other hand, you can be very experienced at cutting, and not let go of your attachment to that, and then there will be no real cutting.

Excerpt from *Letting Go*, a book soon to be released by Christopher Curtis.



HAWAI'I KI FEDERATION 2008 Schedule

ITEM	LOCATION	DATE
Curtis Sensei Virginia Seminar	Virginia Ki Society	Jan. 18, 19, 20
HKF Board Meeting	O'ahu	Feb. 15, 5pm
HKF Taigi Instructor Intensive	Lokahi Dojo, O'ahu	Feb. 16, 17
HKF Taigi Competition	Shunshinkan Dojo, Maui	Mar. 28, 29, 30
Curtis Sensei Europe Seminars	Germany/Holland	April 21 - May 17
Japan Taigi Competition	Ki no Kenyukai HQ	June 25 - 29
HKF Summer Seminar	Lokahi Dojo, O'ahu	July 11, 12, 13
HKF Weapons Instructor Intensive	Shunshinkan Dojo	Aug. 16, 17
HKF Board Meeting	Hilo	Sept. 5, 12 noon
HKF Annual Retreat	Hilo	Sept. 5, 6, 7
Curtis Sensei Europe Seminars	Germany/Holland	Sept. 29-Oct. 15
HKF Board Meeting	Kaua'i	Nov. 14, 12 noon
HKF Winter Seminar	Kaua'i	Nov. 14, 15, 16

Curtis Sensei's archived articles and transcripts, as well as archived issues of this newsletter, are available on:

www.hawaiiikiaikido.org

If you are not receiving this newsletter by email and enjoying beautiful color photos in pdf format, please provide us with an email address by writing to mauiki-aikido@earthlink.net. Thank you for helping us streamline our newsletter production.

Clayton Naluai Sensei honored for his 50 years of Aikido

by Charles Boyer, Head Instructor Lokahi Dojo

The 2007 World Camp in Japan was cause for celebration. Ki Society Founder Koichi Tohei celebrated his 88th birthday this fall. Known as “beiju,” this number is considered to be a milestone year of great fortune in Japan. His son, Shinichi Tohei Sensei, was formally recognized as the new President of the International Ki Society. A banquet took place at the Tokyo Ritz Carlton Hotel to recognize these two momentous occasions, with over three hundred people from around the world in attendance. At this special event we witnessed the ritual opening of a sake barrel, followed by a toast in true Japanese style and several moving speeches. Some of the highlights in English included Curtis Sensei reading a letter from Suzuki Sensei (who rarely travels these days) to honor Tohei Sensei. Another was a performance by Clayton Naluai Sensei of the song “For Good” to Tohei Sensei. Naluai Sensei also led the entire gathering in singing “Happy Birthday.”

Naluai Sensei’s participation in the festivities seemed particularly appropriate. The fact that he spent 23 years of his life as a professional



Photos by Petr 'Kikka' Zamykal

Master Koichi Tohei presents the award plaque, held here by Shinichi Tohei Sensei, for 50 years of Aikido to Clayton Naluai Sensei, HKF Senior Advisor and founder of Lokahi Dojo.

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This letter to Master Koichi Tohei on the occasion of his 88th birthday party October 23, 2007 was read to him and to the assembled guests by Christopher Curtis Sensei on behalf of Shinichi Suzuki Sensei of Maui, who could not attend.

Dear Tohei Sensei,

It seems like only yesterday that I first met you in 1953 at the Maui Police Station. You invited me to an Aikido demonstration at the Wailuku Hongwanji Training Hall. I knew nothing about Aikido at the time, but I remember distinctly a calmness and focus in your eyes which told me that you were, indeed, a very special person and martial artist.

It has been 55 years since I took my first lessons from you, and throughout that time I have developed such a great respect and admiration, not only for your skills in teaching the spirit of Ki-Aikido, but also for the application of your teachings in daily life.

I feel so very fortunate and honored to have you not only as my mentor but also as my dear friend. You have brought renewed meaning and purpose to my life, for which I am forever grateful.

I would like to extend to you my heartiest congratulations on your retirement and birthday and wish the best of health and happiness for you and your family. My congratulations also go out to your son, Shinichi, for his appointment to the Presidency of Ki no Kenkyukai.

Sensei, it is time for you to look back with pride and satisfaction on years well lived and to look forward to all the things you have yet to enjoy.

With Warmest Regards,
Shinichi Suzuki



Naluai Sensei . . . continued from page 4

singer and entertainer played a significant role, of course. Interestingly, this year marked his first visit to Ki Society Headquarters as well as his first trip to Japan to train Aikido. (The Hawai'i Ki Federation and Eric Nonaka Sensei deserve a special "Thank you" for making Naluai Sensei's visit to Japan happen this year.) During this first trip, Naluai Sensei himself was honored for fifty years of Aikido practice. Tohei Sensei made an appearance at the Tenshingosho meditation hall to present the beautiful ceramic plaque that marked the occasion. Naluai Sensei saw in Tohei Sensei's eyes, he later told me, the same charismatic man he met almost 50 years earlier on O'ahu.

In 1958 at the age of 21, Naluai Sensei met Tohei Sensei for the first time. His first recollection of this meeting is Tohei Sensei's question, "can you tumble?" As soon as he responded "yes," the young Naluai found himself flying through the air. There was no struggle, no resistance, no force used to make this happen, and this convinced him that he needed to learn more from this special person. And that is how this student-mentor relationship began.

For more than twenty years after this meeting, Naluai Sensei traveled around the US Mainland, entertaining audiences as a member of the popular Hawaiian band *The Surfers*. But Naluai Sensei always had his dog with him, just in case Tohei Sensei happened to be in the area to teach. Tohei Sensei, on his part, attended many of Naluai Sensei's performances when he was nearby. Shortly after the foundation of the International Ki Society in 1971, Tohei Sensei appointed Naluai Sensei the first Chief Instructor of Ki for the island of O'ahu. During the next several years, Naluai Sensei co-founded Lokahi Ki Society with several other Aikido practitioners. He made clear the purposes of Lokahi through a mission statement he wrote:

"The purpose of the Lokahi Ki and Aikido Organization is to serve people.

To give people an opportunity to experience the innate power they naturally have through the principles of coordination of mind and body; and ...to support people in putting that power into action and experience an expansion of joy, love, harmony, peace and prosperity in their lives; and ...to give people an opportunity to create a better world and to contribute to the lives of others."

Naluai Sensei has lived this statement sincerely through his service to the community in Hawai'i, on the US Mainland and internationally. He has conducted many Ki seminars over the years and he has instructed thousands of people in the Four Basic Principles. He has helped athletes, educators, Hawai'i Public Schools, health professionals, Hawai'i correctional facilities, and the business community. In February of 2007, he retired as Head Instructor of Lokahi Ki Society, although he continues to teach public seminars and instructor classes.

I cannot forget the very first time I took a class taught by Naluai Sensei. As he was teaching an art, he said something that made an indelible mark on my

Takeo "Larry" Shishido receives 50-year Aikido award

At World Camp, Master Koichi Tohei also presented the award for 50 years of Aikido practice to Maui Ki-Aikido's Larry Shishido Sensei, but since he was unable to attend, Curtis Sensei accepted the award in his name. Shishido Sensei will be honored and officially receive his beautiful award plaque at MKA's Omiki night, December 19, 7pm, at the Shunshinkan Dojo, and with a pot-luck party after class to honor him.



Shinich Tohei Sensei and Mrs. Sachiko Tohei pose with all the Hawai'i Ki Federation delegation at the party in Tokyo Oct. 23, 2007.

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Naluai Sensei . . . continued from page 5

conscience: “Love your partner.” He proceeded to demonstrate by enveloping the uke in what looked like a big hug. This statement and the demonstration—along with the affirmation “You are Love” one hears repeatedly in his classes—strike a chord deep within us, beyond reason and emotion. One realizes that true Love—the love for all creation—is one and the same as the Universe. For, what does the Universe do except Love us all unconditionally? If it did not we would cease to exist in an instant.

Despite the positive message in Naluai Sensei’s teaching, there have been times when I argued with him or otherwise displayed a lack of respect. How did Naluai Sensei respond to this behavior? By loving unconditionally ... as the Universe loves us, without trying to reason with us or convince us how it is. The Universe has no need to defend itself. It simply is. And it is our choice to accept its Love (or not). This is the understanding that Naluai Sensei so tirelessly and patiently shares with us. After almost 50 years of training under Tohei Sensei, Naluai Sensei truly embodies the practice of Ki in daily life.



Meet Rene Relacion

Our featured student for the first issue of MANA is HKF’s Vice President, Rene Relacion. He is a nidan and an assistant teacher under Lloyd Miyashiro Sensei at Kapa’a Dojo on Kaua’i.

MANA: Rene, how did you get started training Aikido?

RR: My first taste of Aikido training was in September of 1997, ten years ago in Nu’uanu, O’ahu, at a Hongwanji. I had been training in karate at the time and was curious about judo, actually. Over a two week period, I visited a few judo dojos on O’ahu and I was intrigued by their practice methods. However, because of the throws and grappling techniques, I didn’t think I was suited for the art because I wear glasses. Soon after, I came across an ad in a Midweek magazine issue about a class on “aiki waza” and wellness training led by former Ki-Aikido instructor Hideo Kimura Sensei. I checked out an introductory class and it was full!

What initially struck me about Kimura Sensei was that he was always smiling! There didn’t seem to be much that was “martial” about his class at first. During the first few months, as we were learning stretches, rolls, and basic movements, the number of people on the mat gradually dwindled. Eventually, a core of six people or so remained, many of whom had training in other martial arts. It seemed that Sensei really enjoyed teaching this group!

When I decided to move back to Kaua’i after many years on Oahu, Kimura Sensei (who was a former DOE administrator and resident of Kaua’i) contacted my present instructor, Lloyd Miyashiro Sensei (a former student of his from his Kaua’i days). I have been with Miyashiro Sensei at the Kapa’a Dojo ever since.

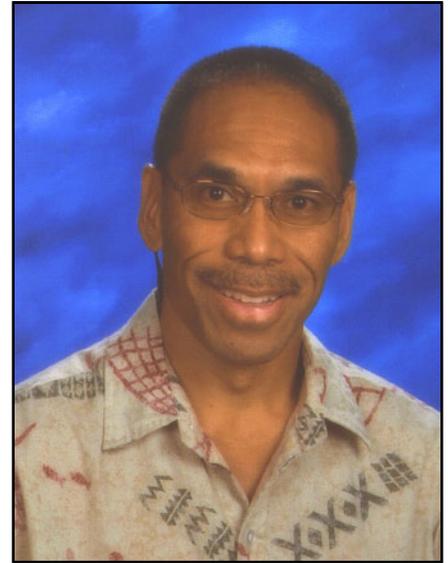
MANA: How has Aikido changed your life?

RR: Aikido slowed me down a lot! I mean that in a very positive way. Whether in triathlons, bike races, runs, or karate, it seems that I was always going “full bore,” rarely taking time to be quiet and still. Aikido has allowed me to do that more often. It has also allowed me to be more accepting of myself, others, and “the ways of the universe” (from what little I know of it!).

MANA: What responsibilities do you have at your dojo?

RR: At the Kapa’a Dojo, I help Mary Frances Sensei and Miyashiro Sensei in the children’s class on Saturdays. Of course, when Sensei asks, I’ll help the adults (“tutoring” as Sensei says).

MANA: What do you do outside of Aikido?



Rene Relacion . . . continued from page 6

RR: I am a seventh grade English teacher at Kapa‘a Middle School. I’ve been teaching for about fifteen years and I enjoy this grade level. I think it is a pivotal period in the kids’ lives and I like being part of something positive and important. For enjoyment I like exercising, reading, and, on occasion, fishing and swimming with my two dogs, a Golden Retriever and a Lab mix.

MANA: Any comments about what it’s like to serve as an officer of HKF?

RR: As HKF VP, I get to hear of the operations behind the scenes as well as the latest news from Headquarters in Japan. I appreciate the investment of time and energy (a labor of love, I imagine) that Curtis Sensei, Nonaka Sensei, and the HKF Board members have put in to help make our Federation strong and successful. I think it would be enlightening for those who haven’t been asked to serve on the Board to sit in on a meeting. It is always good practice to extend ki, relax completely, and keep one point, especially off the mat. Such meetings and functions offer the opportunity to do so.

MANA: What do you envision for the future of Kapa‘a Dojo?

RR: As for our humble little dojo, I hope more curious people find their way to our doors and train. The room fills up with a nice, vibrant energy when people are there to experience our practice. The universe is a pretty big place with room for all of us. Perhaps that is why Kimura Sensei was smiling so much when we showed up that first day!



Photo by Christopher Barese

Maui Ki-Aikido held fall promotion tests on November 18 for 38 children. Here Kayley Ming Ozawa makes an unbendable arm for Curtis Sensei. On November 14 and 16, 26 adults and youth passed Ki tests and kyu tests from 5th to 1st kyu.



Photos by Christopher Barese

At the banquet for the HKF Keio University Seminar, held at the Kahili Golf Course Restaurant, left to right were Keio Aikido Club Head Coach T. Nagato, Keio Club Advisor Professor I. Takahashi, Maui Ki-Aikido founder and HKF Senior Advisor Shinichi Suzuki Sensei, Keio Club Aikido Instructor Y. Suzuki Sensei, Team Captain T. Sugimachi, and HKF Chief Instructor Christopher Curtis Sensei.





Beginner's Mind- My first experience at World Camp

by Alex Schaefer

As my Aikido training has progressed over the last few years, the stories of World Camp began to become more frequent and more interesting. Last year I decided I had enough experience to make the trip to World Camp in 2007. What a year to experience World Camp for the first time! This year, there was a dinner to celebrate both Shinichi Tohei Sensei's designation as the official President of Ki no Kenkyukai and Master Koichi Tohei's 88th birthday. I felt incredibly fortunate to see and meet some of the most developed Ki-Aikidoists in the world at this dinner, plus it was a reason to buy myself a nice suit. Chris Curtis Sensei was asked to deliver a message from Suzuki Sensei to his teacher Tohei Sensei, and I gained a better understanding of how well respected Suzuki Sensei is internationally, which made me think how lucky I was to train with him, at his dojo, and with his students.

When we arrived at Ki No Sato that night, I got introduced to my least favorite part of World Camp, the orange/tan plastic sandals you have to wear in and around Headquarters. This haole's big feet cringed each time I squeezed them into them. Fortunately, I quickly introduced myself to the ofuro, or hot tub, which would become a close friend of mine over the next few days. The first night was so full, the next morning I overslept my first training lesson! Instead of accompanying HKF members like was planned, I overslept and instead met David Shaner Sensei and a group of his students to visit the shrine located next to Tohei Sensei's ancestral home. Designed in the old Shinto style, the shrine was a place to recognize your gratitude for your life and the beauty of the nature around you.

Shinichi Sensei's lectures and class time focused on keeping one point, how to avoid a fighting mind, and what extending Ki means. Of course all of these points are important while performing techniques, but I felt his focus was on human-to-human relations and how Ki principles are applied to every day life situations. He demonstrated this in a variety of different ways, from Ki tests, to waza, to simple human conversations, always with a smile. It continues to fascinate me how intimately my mindset affects my physical movement and what sensitive instruments our physical bodies are in reflecting the condition of our minds.

I had ample opportunity to use Shinichi Sensei's lessons on extending Ki in human interaction after the evening class each night when some students would gather to enjoy a beverage or two, or three, or 17 if you were from Russia. Here's a tip for any students of legal drinking age who are interested in attending World Camp; the Russians are a welcoming group of people, ready to share all they have with you, but watch out for the Cognac. There were people from East Russia, West Russia,



Otsuka Sensei shows a move to Charles Boyer, Lokahi Ki-Aikido Head Instructor.

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Beginner's Mind . . . continued from page 8

Singapore, Tahiti, Brazil, Iran, Australia, all over the US, of course Japan. I always enjoy meeting people from other countries because it helps me expand my mind to learn and accept the different customs and cultures of the world, without forgetting the common things we all have which make us human.

Otsuka Sensei's classes brought the meat and potatoes for this Midwestern German, including valuable lessons concerning positioning, balance, and Ki extension during Kitei taigi and sentaku taigi arts. The "playful" interaction between Otsuka Sensei and the uchi deshi kept a smile on my face throughout class. It was obvious that Otsuka Sensei lives in a constant state of training, and I learned quickly to never slacken my Ki when he was around. One of the highlights of my trip was the time he took to help me select a bokken. I was looking through the box of weapons, excited to purchase my first set, when Otsuka Sensei came behind me and asked, "Bokken?" "Hai sensei" I replied, "Could you help me select a good one?" "All are good," was his reply. He would cut with one hand, look down the length of the blade, cut again, and speak in a foreign tongue the greatest secrets of bokken training while I repeated "Hai, Sensei". Although the subtleties of his knowledge were lost in translation for me, enough was communicated that I know I came home with a finely balanced bokken.

Another highlight of the trip was the opportunity to meet Tohei Sensei personally. He came out to Headquarters to present Clayton Naluai Sensei and Larry Shishido Sensei with a calligraphy honoring them for 50 years of training. To witness the respect and love that people all over the world have for Tohei Sensei made my selfish mind desire to be inside his shoes to know what that must feel like. To see Naluai Sensei being honored for the dedication to his training was inspiring.

Through the 4 days, we touched on all kinds of training methods. We did Senshin no gyo (water Misogi), Kiatsuho, and Kengi with Kataoka Sensei, who was always ready to talk story after class. Sawai Sensei was as smooth and elegant as any professional dancer, acrobat, or athlete during Oneness Rhythm Taiso Class. We also experienced breathing and meditation classes and Sokushin no gyo (misogi with the bell).

My experience helped me remember the value of beginner's mind, which helped show my ego how often my mind is not that of a beginner. If you have the means, please come to Japan. It is the embodiment of our training. Hope to see you there next year. Aloha.

Posture checks, taigi techniques and ken kamae were just a few of the varied aspects of our training at World Camp.



Curtis Sensei, Charles Boyer, and Shinichi Tohei Sensei



Charles Boyer and Tracy Reasoner



Kataoka Sensei and Jeff Baldwin



Shinichi Tohei Sensei addresses the International Ki Society members at the Ritz Carlton in Tokyo.

The Future of the Ki Society

by David Shaner, Chief Instructor, Eastern Ki Federation

This article is here reprinted, with David Shaner Sensei's permission, from the recent OHANA - the Eastern Ki Federation Newsletter. We'd like to more widely disseminate among our members and other readers the history of the Ki Society and its new directions, expressed by Shinichi Tohei Sensei in the address he gave at his investiture as President of the Ki Society and so ably described below by Shaner Sensei.

We have reached the formal transition point in the history of the International Ki Society. Our founder (*Soshu*) Koichi Tohei has been leading our organization since its founding with just six members in 1971. At that time, Soshu Tohei was still the Worldwide Chief Instructor of **Aikikai** as appointed by its founder, Morihei Ueshiba.

With the growth of the Ki Society and many people learning Soshu Tohei's methods of Ki Development, things became uncomfortable at Aikikai Headquarters. Finally, in 1974, Master Koichi Tohei resigned his position in order to dedicate himself fully to *setsudo*, spreading the principles of Ki Development that he had discovered from his three teachers—Nakamura Tempu (**Tempukai**), Ogura Tetsuju (**Ichikukai**), and Ueshiba Morihei (**Aikikai**).

[In Tokyo on Oct. 23], over 400 members celebrated the inauguration of Shinichi Tohei Sensei as the president and Chief Instructor of a new organization officially known as **Shinshin Toitsu Aikidokai**. We are now honored to be led by our Soshu's son. Shinichi Tohei Sensei gave a heartfelt speech speaking extemporaneously without notes first in English, and then in Japanese. He addressed all attendees with a warm smile and moving message about his commitment to lead recognizing always *three pillars* upon which the new organization would be built.

1. **People:** People are the heart and soul of the Ki Society. The teacher-student relationship, the dedication "to grow and develop together," and the dedication to build our respective organizations is key.

2. **Teaching:** We must focus upon correct teaching in order to accurately present the principles and methods that make the Ki Society and Shinshin Toitsu Aikido unique. Without correct teaching of Ki principles, we would lose our many treasures as taught by our founder, Master Koichi Tohei. Shinichi Tohei Sensei stated, in an act of true humility, that he too pledged to dedicate himself always to continual self discovery in order to deepen his own understanding of the teachings and their benefit to the whole world. He added that he believed that within the next one hundred years, the idea that "*mind leads body*" will become a commonly understood *de facto* truth describing human nature.

3. **Management:** In another act of open self expression and honesty, Shinichi Tohei stated that he knew that in his current role as President and Chief Instructor, it would be difficult for members to disagree with him even if he asked for honest feedback regarding his business decisions. Therefore, President Tohei stated his commitment to always maintain third party perspectives through business advisors with experience and expertise to help guide him and say "no" at times if they believed he was making mistakes.

I think we can all agree that our organization is in great hands; we are all honored to be led by Soshu Tohei's hand picked and well prepared successor as we "grow and develop together" into the future.

Lokahi Ki-Aikido at the Mormon church

by Eric Nonaka Sensei, Head Instructor, Mililani Dojo

Recently the Mililani dojo was invited to teach Ki principles to a ladies group at the Mililani ward of the Mormon temple. Wards from the entire North shore, nine in all, attended this seminar. We were one of several seminars going on at the same time that included massage, retirement planning, and other interesting things, yet about 30 women attended each of the two sessions we taught. Thankfully members of Lokahi dojo also attended to lend us a hand. Clayton Naluai Sensei, Charles Boyer Sensei, his wife Celine, and Eric Kahalelehua were just some of the participants. From Mililani there was Richard Uchima Sensei, Francis Wilson, Reid Nonaka, Terence Omori, Janice Kakehi, Davidson Owan and Emmet Keao.

Emmet is a member of the Mililani ward and he was the one responsible for arranging this seminar. According to Emmet, what we did had never been done before. In the 172 years of the history of the Mormon church no outside group had ever been invited to share anything, much less martial arts. Needless to say there was a lot of curiosity, and our sessions were the most attended.

In the brief time allowed we managed to cover the four basic principles as well as the importance of staying positive all the time and extending plus Ki. It was amazing how impressed these women were with simple concepts of unbendable arm or keeping one point. After training for so many years, many of our members, including myself, tend to take these concepts for granted, but seeing the wonder on these women's faces when they "got it" was very rewarding. We are looking forward to more events with the church in the future.

Thank you so much Naluai Sensei and the Lokahi members that made the long trek from town all the way to Mililani.



Maui Folks - -

Please Recycle for the Children's Programs of Maui Ki-Aikido.

Donate your refundable HI 5¢ beverage containers to the Maui Ki-Aikido account at:

*Aloha Recycling
75 Amala Place, Kahului, Maui
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*HOURS:
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MAHALO!*



Photos by Christopher Barensen

Hawai'i Ki Federation members take a break along the beachfront at Camp Erdman on O'ahu's North Shore during the HKF Summer Retreat Seminar taught by Christopher Curtis Sensei in June, 2007. We enjoyed great Aikido, ocean dips, good food and a roaring campfire.

Order Form: Please write in the number of items you are ordering after each price.

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