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Maui Ki-Aikido

Spring 2005

hawaiiikaikido.org

Page 1



Shinichi Suzuki Sensei receives the 2005 Nihon Bunka Award

Suzuki Sensei Receives Japan Bunka Award

Maui Ki-Aikido's Head Instructor, Shinichi Suzuki Sensei, was honored by the Japanese Cultural Society of Maui with their 2005 Nihon Bunka award, presented to him at the cultural group's Shinnen Kai celebration on Jan. 29. The award, according to the Japanese Cultural Society of Maui, is meant to honor a person who not only has excelled in his chosen art, but who has also shown an unselfish willingness to share his art with the people of Maui and thereby has promoted the Japanese culture.

"Suzuki Sensei has been awarded many other honors in his long lifetime," stated Christopher Curtis Sensei, who addressed the crowd at the honoring ceremony. "And we are very proud of our teacher for being honored in this particular way, since it means that others do see what an impact he has had on our community here.

"Suzuki Sensei is a dynamo of Ki," continued Curtis Sensei. "Aikido, as it is passed on to us by this teacher, is not just a martial arts practice, but an inspiration in daily life. His life is, and has always been, completely devoted to his Aikido training, and to sharing that training with those who have gathered around him over the years. He believes in the principle of teaching to others only that which he has actually experienced himself, and so

continues on page 2

Children's Taigi Competition Returns

Maui Ki-Aikido is also looking forward to its second annual Kids' Taigi Competition, to be held at the Shunshinkan Dojo on Maui July 16, a week prior to the HKF state-wide competition. Children under 12 will be performing the Children's Taigi, or number 5. Youth between 12 and 18 will have the choice of performing only the required Kitei Taigi, or may choose from the same Sentaku Taigi as the adults, and are encouraged to also enter the HKF event on Oahu.

Second Annual Taigi Competition to Be Held

The Hawaii Ki Federation will hold its second Taigi Competition July 22 through 24 on Oahu at the Lokahi Dojo. Participants in both the Adult and Junior categories from dojos on all islands will perform Taigi arts series, including the basic Kitei Taigi and the Sentaku Taigi for 2005.

To prepare the judges, instructors and students for this challenge, Christopher Curtis Sensei, Chief Instructor of the Hawaii Ki Federation, held a special Taigi training day as part of the Senior Instructor Intensive workshop on Oahu in April. Curtis Sensei stated, "I'm especially looking forward to a group taigi from each dojo."

The Sentaku Taigi, or arts series chosen for this year's competition, are: 3, 6, 9, 16 and 17. The weapons sentaku are the same every year: 22 through 28.

The tradition of Taigi Competition in Hawaii began in 2004 on Maui when thirteen teams competed for honors that included Best Nage (yudansha), Best Nage (mudansha), Most Inspirational and the Overall Gold Medal Team. Last year's overall winners, Chris Barens and Fincher Sterling, went to the International Taigi Competition, held every four years, at Ki no Kenkyukai Headquarters in Japan. With this summer plus three more years of Hawaii competition to sharpen their skills, HKF students should be ready to shine in Japan in 2008.

Kashiwaya Sensei Pleases at HKF Seminar

Participants from all over the state of Hawaii enjoyed a wonderful seminar taught by Koichi Kashiwaya Sensei March 18 to 20. Kashiwaya Sensei, Hachidan and Okuden, is the Chief Instructor of the Midlands Ki Federation, as well as the United States Advisor to the Ki no Kenyukai Headquarters.

Kashiwaya Sensei delighted the students and other instructors present in the seminar with his agile and seemingly effortless movement from the One Point. He taught turning mind and body together as unified as, in his simile, a school of fish changing direction and not, as he also described, a "herd of sheep." The theme of his Aikido and weapons classes over the weekend was to not add

extraneous movement or unnecessary speed. One student commented, "I like the way he breaks down each art into the most basic of basic steps and shows you where each movement is coming from."

Another remembered, "When you see Kashiwaya Sensei move, you see only what should be, nothing more and nothing less, the refinement of years of dedication and practice of Master Tohei's principles."

Curtis Sensei commented, "It was particularly nice to see Kashiwaya Sensei back in Hawaii after so many years of absence. His unique movement teaching is as clear and inspiring as ever. Attending a seminar with Kashiwaya Sensei is like going to a party – lots of exciting activities, good jokes, and a youthful spirit of fun!"



Kashiwaya Sensei can be found either in Seattle, Washington, or on the road, traveling to teach classes throughout North and South America.

Suzuki Sensei. . . continued from page 1

never reaches for wisdom beyond his own considerable resources. And even though he possesses a wealth of knowledge in his particular field of expertise, those of us who know and love him most, hang out with him more because of what comes from his life force than from any bit of knowledge we might gain."

This year marks Suzuki Sensei's 52nd year of teaching Aikido on Maui. Of course during that time he has also taught on the U.S. Mainland and in Sweden, Denmark, Holland, Brazil and New Zealand, thus spreading the teachings of Ki-Aikido far and wide. Suzuki Sensei is Hachi-dan (8th dan), making him the highest ranking Ki-Aikido instructor outside of Japan. At the age of 88, Shinichi Suzuki Sensei continues to be the dynamic guiding light for Maui Ki-Aikido. We are very proud and grateful to have such a dedicated and selfless human being as our teacher. Thank you, Sensei!



Five MKA instructors who recently received dan promotions pose at a party in their honor: Jeff Baldwin, Yondan; Mele Stokesberry, Rokudan; Olive Silva who recently received her 50-years in Aikido award; Lynn Curtis, Rokudan; Joni Jackson, Rokudan; Chris Barensen, Yondan.

Endowment Committee Completes First Mission

The Endowment Committee of the Maui Ki-Aikido board of directors, under the leadership of Leil Koch, has guided the fund through the initial stages and has now completed its responsibility of establishing the legal groundwork for a ninety-nine-year Endowment Fund. It is already starting to accept and manage the growth of donations to protect and promote Maui Ki-Aikido through the next few generations and in perpetuity.

The Maui Ki-Aikido Endowment Fund gratefully accepts donations of any size, and all donations are tax-deductible. A heartfelt thank-you to all our wonderful supporters who are helping to further the teachings of Master Koichi Tohei and to spread Ki-Aikido on Maui and throughout Hawaii.

Las Vegas Site for Shinichi Tohei Sensei Seminar

Shinichi Tohei Sensei, Deputy President of Ki no Kenkyukai (Ki Society International) and son of Koichi Tohei Soshu, will be returning to the United States in June to lead the National Chief Instructors Seminar and Conference June 22 through 26.

The five-day seminar will be held in the Alexis Park Resort, Las Vegas, NV, where all meals and the conference banquet are included in the seminar fee of \$550. For the first time it's a no-host seminar sponsored by all the national chief instructors and their respective organizations. For complete details concerning travel, lodging, registration and the schedule of classes and Ki testing, see <http://ki-aikido.net/Conference/Info.html>.

Everyone is looking forward greatly to training with Shinichi Tohei Sensei who has not taught in the United States since the summer of 2003 at the Maui 50th Anniversary Seminar. This summer's conference organizers expect the location to be convenient for students and instructors from most parts of the U.S. to attend.

Information and registration forms can also be obtained from the National Conference Registration, 513 Evelyn Avenue, Albany, CA 94706, telephone (510) 290-8640, fax (510) 558-8439 or by email to kiaikido@kiaikido.org.



Shinichi Tohei Sensei, Deputy President of Ki no Kenkyukai

Weekly Aikido Weblog from Japan Online

Shinichi Tohei Sensei has begun a new weblog that is filled with inspiring and interesting Ki and Aikido articles. Visit

http://universalmind.way-nifty.com/universalmind_english/

for this week's newest article as well as archived messages, translated into English by Maki Sato, Ki no Sato Office Manager, and edited by Christopher Curtis Sensei. The weblog is updated every Thursday or Friday.



Seen Our New Website?

The Maui Ki-Aikido website has been completely redesigned and combined with that of Hawaii Ki Federation. Please come visit us at: hawaiiikiaikido.org

One new feature of the HKF site is a flash video that lets you preview a portion of Curtis Sensei's *Training with Bokken*, available on DVD and video (see Products).



MKA instructor Tracy Reasoner takes his Sandan test at the HKF Winter Seminar on Kauai. The flying uke is Chelsea Schneider, also of MKA.



Zack Eto and Christina Imada at the Spring Children's Test. More photos pages 4 & 5.



The first half of 63 children promoted on Sunday morning, April 24, wait while Lynn Curtis Sensei and Christopher Curtis Sensei go over the list.



Chris Kam throws Kai'ea Hokoana in their 6th kyu test.

Royal Duyndam and Alexander Tocho test for 10A.



Curtis Sensei gives a Ki test to Tana Rivers as others wait their turns.

We Need Your HI-5 Help

With the Hawaii Bottle Bill in effect, Maui Ki-Aikido has established an account with Aloha Glass Recycling in Kahului, the proceeds of which will feed into our Children's Program and help to provide the belts, after-test refreshments, and year-end parties enjoyed by our many children's classes as well as other kids' program needs, at both the Wailuku and Upcountry dojos.

Please help us by taking your HI-5 recyclable beverage containers over to Aloha Recycling at 75 Amala Place in Kahului . That's in the harbor area just across the street from Cash and Carry (VIP) Foods. If you tell them to hold the proceeds for the " Maui Ki-Aikido account," they will give you a receipt and send us a nickel for each beverage container. They will also pay a penny a pound for non-refundable glass. The hours are 8 to 4:30 on weekdays and 8 to noon on Saturdays.

Thank you very much for keeping Maui Ki-Aikido in mind when you recycle!



Much-Needed Gi Bags Coming Soon

Maui Ki-Aikido will soon make available gi bags with the design, shown below, created by MKA instructors Chris Barens and Joelle C. Perz. The children's instructors have noticed that some kids come to the dojo with their gi and belts on hangers or wadded up and being trailed on the ground. We hope the new gi bags will alleviate this problem. The kids have given a thumbs up to the "cool" design, which is based on Barens's photo in the book *Ki Aikido on Maui* of Curtis Sensei performing Ushirotekubidori Kokyunage Zenponage.



Recycling Gi and Belts

The children's classes solicit donations of color belts after promotions and of outgrown gi (uniforms) at any time. The belts are given to other children, and the gi are passed along for a small donation to the dojo. Adult-size gi are also gratefully accepted. If you have a gi or belt that you no longer need, please consider adding it to our recycling program. If you need a gi, ask about available sizes. Thank you, as always, for your wonderful support.



Kamie-Lei Fujiwara throws partner Sehun Nakama at the Children's Test.

Please Help Us To . . . Streamline Newsletter Delivery

Maui Ki-Aikido's semi-annual newsletter is now available on our web site, along with an archive of all back issues. After each issue comes out, we notify our email list that the newsletter is ready to read online. To access the newsletters, browse to hawaiiikaikido.org, click on the Maui Ki Aikido link and then click on the Newsletters link.

To better use our valued donations and dues income, we would like to decrease the cost of printing and mailing to our extensive mailing list. Therefore, dear readers, we are asking you to please do one of two things; if you would like to continue reading our newsletter, please either send your email address to us at mauiki-aikido@earthlink.net so that we may notify you when a new issue is ready to be read online, or fill out, clip and mail us the following form to verify that you are still interested in receiving a print copy by mail. We are pleased to continue mailing to all those interested. Thank you very much.

Yes, I would like to continue receiving a printed copy of the Maui Ki-Aikido newsletter

Name _____

Postal Address _____

City _____ State _____ Zip _____

Country (if outside the USA) _____

Optional: Enclosed is my donation to defray the costs of printing and mailing.

Order Form:

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

Ki-Aikido on Maui, 3rd edition, by Christopher Curtis Sensei (non-member) \$20 _____
Training manual used by all Hawaii Ki Federation dojos. (HKF member) \$15 _____

50 Years of Aikido in Hawaii, A Book of Days (non-member) \$20 _____
Perpetual keepsake calendar with historic photos that chronicle the birth, (HKF members) \$15 _____
evolution and development of Aikido, with rare photos of the founders.

Bokken Suburi Video - Training Aid (video) \$20 _____
Christopher Curtis Sensei performs the 8 Bokken Suburi, 10 repetitive (DVD) \$25 _____
bokken cutting exercises, Kengi 1 and 2, and Jogi 1 and 2, developed
by both Soshu Koichi Tohei and Shinichi Suzuki Sensei over the
past 50 years.

Meditation CD with Christopher Curtis Sensei \$15 _____
Breathe and meditate along with an actual Maui Friday night class with
Curtis Sensei, professionally recorded.

Subtotal of order \$ _____

Shipping: USA & Territories Add \$4, or International Add \$9 for each
1 video, or 2 books, or up to 4 DVDs or CDs \$ _____

Total amount enclosed: \$ _____

Check enclosed Visa or Mastercard
Card # _____
Expiration Date: _____
Signature: _____
Ship To: _____

email contact: _____
phone/fax: _____

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