



# Maui Ki-Aikido



Shinichi Tohei Sensei, who will teach in Honolulu next June, shown at Aikido Maui 2001 last March helping Arizona student Pat Olstad.



Maui Ki-Aikido students Nadia and Alijah Madkour were the winners of the children's poster contest with their beautiful artwork illustrating Ki and Aikido. Many thanks to the members who donated prizes for the contest.

## International Ki Society Seminar Coming to Hawaii

How about an Aikido vacation in Hawaii next summer? Hawaii, Mainland and international Aikido students have an opportunity to train together in Honolulu next June in a very special Hawaii Ki Federation-sponsored seminar. Shinichi Tohei Sensei, son of Master Koichi Tohei, the founder of Ki-Aikido, will be the principle teacher at the first International Ki-Aikido Seminar, June 20 - 23, 2002. The main events will be held at the Ala Moana Hotel.

The four-day seminar hopes to attract close to 1,000 participants, divided into two groups. Some will be members and friends of Ki no Kenkyukai (Ki Society International), coming together from all over the world to celebrate a "Family Reunion," where they will renew friendships as they intensify their practice of Mind and Body Unification. A sure attraction to everyone will be a series of demonstrations of Ki applications in Aikido Arts, Boken, Jo, Misogi, Ki Breathing, and Ki Meditation. Other participants will be from the general public, first-timers wanting to discover the life-changing experience of Ki. They will discover that the Universal Ki is accessible to everyone, and can be applied to enhance natural energy, physical coordination, healthy relationships, a relaxed and supple body, and a calmness of spirit for facing the challenges of daily living.

Aikido - The Way of Harmony - is a sophisticated, experience-based philosophy and practice of Mind and Body Unification. Founded originally by Master Morihei Ueshiba (1883-1969), Aikido is a unique creative synthesis inspired by Zen, Shinto, and other Asian martial arts and wisdom traditions.

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## Hawaii Ki Federation Seminar Schedule

### 2001

Nov. 16, 17 (Fri, Sat) Mini-Seminar ..... Oahu – Lokahi Dojo, Curtis Sensei  
Dec. 7, 8, 9 (Fri, Sat, Sun) ..... Hilo – Waiakea Rec. Center, Curtis Sensei

### 2002

March 22, 23, 24 (Fri, Sat, Sun) ..... Maui - Shunshinkan Dojo, Curtis Sensei  
June 20 (Thurs.) ..... Oahu – Ala Moana Hotel, Curtis Sensei, Naluai Sensei  
June 21, 22, 23 (Fri, Sat, Sun) ..... Oahu - Ala Moana Hotel, Shinichi Tohei Sensei  
Sept. 20, 21, 22 (Fri, Sat, Sun) ..... Kauai – Hanapepe Dojo, Curtis Sensei  
Dec. 6, 7, 8 (Fri, Sat, Sun) ..... Hilo – Waiakea Rec. Center, Curtis Sensei

International Ki Society Seminar . . . continued from page 1

In 1953, Aikido was first introduced in Hawaii and then to the rest of America by Master Koichi Tohei, Master Ueshiba's top-ranking student and Chief Instructor in Tokyo. The choice of Honolulu as the venue of the 2002 international seminar is thus an historic recognition of Hawaii's pivotal role in the dissemination of "The Way of Harmony" to the rest of the world.

The principle guest instructor honoring the occasion, Shinichi Tohei Sensei, is the current President and Executive Director of Foreign Affairs for Ki Society International, the organization his father, Master Koichi Tohei, founded in 1971 to spread his teachings of Aikido, known as Ki-Aikido, throughout the world.

Representing the Hawaii Ki Federation is its Maui-based Chief Instructor, Christopher Curtis Sensei. Five Oahu dojos (training centers) have come together to organize and conduct the seminar. They are (1) Central YMCA Ki-Aikido Dojo, (2) Kaonohi Ki-Aikido Dojo, (3) Mililani Ki-Aikido Dojo, (4) Wahiawa Ki-Aikido Dojo, and (5) Lokahi Ki-Aikido Dojo.

A series of monthly mini-seminars is planned in 2002 to build up public awareness and interest in the June event, including a regional seminar with Chris Curtis Sensei Nov. 16 and 17 at Lokahi Dojo on Oahu.

For more information or to request a registration packet for the International Seminar, please contact:

Lokahi Ki-Aikido Dojo  
 Jodo Mission of Hawaii, Room #202  
 1429 Makiki St., Honolulu, HI 96814

email: kinjiro25@yahoo.com  
 www.geocities.com/lokahiki  
 telephone: (808) 256-8194



## Donations Needed

If you are feeling like making a tax-deductible donation to a worthy cause at the end of the year, Maui Ki-Aikido would gratefully receive your gift. Our training programs and the maintenance of our new dojo continue to rely in large part on the support of our members and friends. Thank you very much for all your support, past and present, that makes promoting the teachings of Tohei Sensei and Shin Shin Toitsu Aikido possible.



## Maui Ki-Aikido Logo Wear: Price List

- 2001 Seminar T-shirts printed with Hawaiian theme  
 light beige and teal, M, L, XL ..... \$18
- Maui Ki-Aikido embroidered logo T-shirts  
 teal, green, blue, S, M, L, XL, XXL ..... \$18
- Maui Ki-Aikido embroidered logo Polo shirts  
 grey, blue, green, forest, M, L, XL ..... \$32
- Maui Ki-Aikido logo long-sleeved T-shirts  
 blue, green, M, L, XL ..... \$25
- Maui Ki-Aikido sleeveless women's Polos  
 yellow, dark blue, M only ..... \$30
- Maui Ki-Aikido logo tank tops  
 light teal, M ..... \$16
- Maui Ki-Aikido logo small towels ..... \$8
- Maui Ki-Aikido logo caps  
 beige/blue, 1 size ..... \$12
- Spiral Design on white T-shirts  
 Adult S, M, L, XL ..... \$15  
 Children's S & M ..... \$12

**Order Information:** Send checks to P. O. Box 724, Wailuku, HI, USA 96793. For Visa/MasterCard orders: phone/fax at (808) 244-5165.

**Shipping:** Add \$4 for each item for domestic priority mail, or \$9 for international priority mail. For larger USA orders: 3-4 items, \$10; 5-6 items, \$15. For more information, or international larger orders, email [bolamaui@maui.net](mailto:bolamaui@maui.net)

# The Value of of Children’s Training

Maui Ki-Aikido offers six children’s classes, which serve 80 to 90 students of all levels, ages 6 through high school graduation. Our children learn self-control and the power of Ki energy, which comes from their own focus and concentration. The arts of self-defense require physical co-ordination, balance, posture and calmness, all with the spirit of non-dissension.

However, the children are learning not only a martial art but also the accompanying etiquette. This includes observing courtesy and respect for one’s teacher and one’s training partners on the mat. Aikido training also promotes self-confidence and a non-competitive release of youthful energy. Ki-Aikido’s goal is to train and develop the whole person and to instill healthy and wholesome values which remain with the student outside of the dojo and even beyond their actual training.



Maui Ki-Aikido’s advanced children’s class has just received a number of younger students who were recently promoted in the September 23 to 28 testing. Students of 5<sup>th</sup> to 2<sup>nd</sup> kyu, along with those 6<sup>th</sup> grade and above in school, train together in the Thursday Intermediate and High School Aikido Class.



Curtis Sensei gives a Ki test to Kyra Vila at the September 23 Children’s test.



Kalani Rosell and Kellen Pacheco were promoted to 8A Kyu in recent testing.



Lower Left Photo: Joella Mochizuki and Aaron Villanova performing Koryu Dosa for their 9th Kyu test in September. Joella and Aaron both earned the rank of 9A Kyu.



## 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.



## Ichi, Ni, San, Shi, Go--- Roach!

Hello again. This is Ichi, the Head Dojo Cockroach, reporting to you from the keyboard of the office computer. I had to lie low for awhile, as there was a lot of commotion here a few months ago, not to mention the difficulty of getting computer time, during the humans' big seminar, and practically never a tranquil moment to gather my thoughts and reflect on the training. I'm glad to say things are a bit quieter now.

Except when the kids come! There sure are a lot of kids training in this dojo, and they must be having fun, for they certainly laugh a lot while making those rolling noises upstairs on the mat. I've gone up there a few times to watch, but there's nothing to eat up there. I tend to hang out in the meeting hall, slipping into the office when overcome by the urge to express myself.

One Sunday morning recently the kids treated me to a super breakfast of pastry crumbs after their test. I was watching in safety from under the recycling cans, though I do think these Aikido kids are a bit more likely to be compassionate toward one of my breed rather than stomp on a harmless cockroach without thinking. Maybe that's because they get that space each week to sit and breathe. Sometimes I hear a peaceful bell rung while the children are being very quiet. I climbed up to peek one day, and there were rows of human children sitting up straight and perfectly still. That has to be a testimony to Ki training!

Well, I'm off to watch Sensei's class from the edge of the water cooler. I must work on my unbendable legs and weight underside for diving on these computer keys. So long for now. Ichi.



*Maui Ki-Aikido students receiving Dan and Ki promotions at the Sept. 16 Hawaii Ki Federation Seminar at Lokahi Dojo, Oahu, from left to right: Prakash Mackay, Nidan; Angelo Lee, Nidan; Joelle Perz, Sandan; Chris Barens, Sandan. Not pictured are: Pat Gragas, Nidan; Sally Worcester, Sandan, and Garry Nitta, Shoden.*



*Maui Ki-Aikido will send a big delegation to Tohei Sensei's World Camp this month at Ki No Sato. The group travelling to Japan includes (left to right, standing) Angelo Lee, Christopher Curtis Sensei, Shinichi Suzuki Sensei, Joni Jackson, Brian Giordano, and (left to right sitting) Chris Barens, Lynn Curtis, Joelle Perz, and Edna Bumanglag. Not pictured are Charles Hudson and Mindy Morizumi.*

## Read Us on the www

Maui Ki-Aikido's newsletter is posted in color on our web page. As we are now mailing it to over 700 people world-wide, we are looking for ways to streamline this publication and make it more economical. We hope to eliminate foreign mailing as soon as possible to the friends abroad for whom we have an email address.

Whether you are living in the USA or in another country, please send us your email address if you would like to receive notification that the next issue is posted and available on our website, which is [www.mauikiaikido.org](http://www.mauikiaikido.org)

Send email with "Notify me" in the subject line to [holamaui@maui.net](mailto:holamaui@maui.net). Thank you very much for your loyal readership.

# Hawaii Ki Federation's Intranet

We would again like to encourage all HKF members to participate in our intranet site. The Hawaii Ki Federation of Hawaii has an "intranet" which allows members to communicate, post questions and discussion points (directly to Curtis Sensei and ALL members), read or post calendar events for HKF events and access interesting "Aikido Links." This is a great tool; a super communicating and organizing device. The forum sections are designed to be an informational bulletin board where we can all learn and participate in Aikido questions, answers, observations and techniques.

Please make the intranet site a part of your "web surfing" day. If you are not already a member and would like to join the intranet web site, please email the following information to: Leil Koch email address: aceman@maui.net.

Name  
Dojo affiliation  
email address

Thank you,  
Leil Koch, Maui Ki-Aikido



Carrie Ann Honda receives a Ki test from Curtis Sensei at the children's testing in September.



## CALENDAR OF UPCOMING EVENTS

Event	Date and Time	Location
Bonen Kai Year-end Celebration Pot-luck .....	Dec. 1, Saturday 6 p.m. .	Shunshinkan Dojo
Last class of year: Omiki and Ki Barai .....	Dec. 12, Wed. 7 p.m. ....	Shunshinkan Dojo
Children's Holiday Party .....	Dec. 14, Fri. 6 - 8 p.m. ..	Shunshinkan Dojo
New Year's Day Dojo Blessing .....	Jan. 1, Tues., 7 a.m. ....	Shunshinkan Dojo
First class of year: Omiki and Ki Barai .....	Jan. 2, Wed. 7 p.m. ....	Shunshinkan Dojo
Water Misogi and first Sunday class .....	Jan 6, Sun 6 a.m.....	Dojo parking lot, 6:15 to Waiehu Beach Park
Shinen En Kai New Year's Dinner and Annual Membership Meeting .....	Feb. 16, Sat. ....	To Be Announced

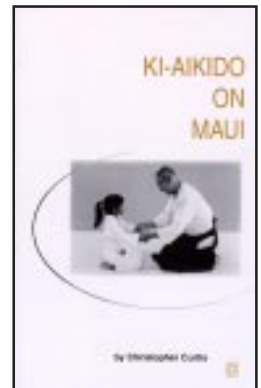


## Book Order Form

Ki-Aikido on Maui--A Training Manual (3rd ed.) by Christopher Curtis is now available for purchase. To order, please fill out the form below and fax or mail it to:

Maui Ki-Aikido  
P.O. Box 724  
Wailuku, HI 96793  
Ph Fax (808) 244-5165

If you would like more information about the book please email us at: [holamaui@maui.net](mailto:holamaui@maui.net)  
or visit our web site: [mauikiaikido.org](http://mauikiaikido.org)  
For European orders: [www.honya.de](http://www.honya.de)



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email contact: \_\_\_\_\_

phone/fax: \_\_\_\_\_



*Pat Gragas, an Maui Ki-Aikido assistant teacher, offered Maui instructors a course in CPR and first aid August 25th. Pat, an MICT, shows how to immobilize a shoulder or arm injury on Sally Worchester, also an assistant instructor.*



*Suzuki Sensei practiced applying a sling on Curtis Sensei at the August 25 workshop.*



*Thirty-nine children from Maui Ki-Aikido's Wailuku and Pukalani classes received Ki and Kyu promotion tests by Suzuki Sensei and Curtis Sensei at the Shunshinkan Dojo on September 23rd. Not showing in the photo are the many parents who were watching the event. We are very grateful to all the parents who continue to support our children's program.*

## Workshop for Instructors

Maui Ki-Aikido's instructors were offered a four-hour workshop in rescue breathing, cardio pulmonary resuscitation, and first aid response in August. The course was taught by Pat Gragas, a Mobile Intensive-Care Technician (MICT) and Nidan assistant instructor at our dojo.

After learning the first critical steps of assessing "ABC," or Airway, Breathing and Circulation, attendees practiced rescue breathing and chest compressions on life-sized dummies provided by Pat, and practiced on each other several maneuvers for relieving choking, as well as injury immobilization.

Those attending received certificates of completion of basic first aid from American Medical Response. Many thanks to Pat Gragas.



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 P.O. Box 724  
 Wailuku, HI 96793

address correction requested