



# Maui Ki-Aikido



Shinichi Tohei Sensei will teach the Aikido Hawaii 2003 seminar and National Chief Instructors' Conference on Maui in June.



Master Koichi Tohei shown here receiving an award in Hawaii many years ago, will preside over the celebration of 50 years of Aikido in Hawaii.

## Aikido Hawaii 2003 50th Anniversary of Aikido in Hawaii

Maui Ki-Aikido is happy to announce that in June of 2003 Hawaii Ki Federation will host a seminar celebrating the 50th anniversary of Aikido in Hawaii. Aikido Hawaii 2003 is a celebration honoring Master Koichi Tohei and the 50 years of his teachings in Hawaii and throughout the Western world.

In 1953 the young Tohei Sensei first arrived on Hawaii shores, bringing his exciting and dynamic teaching of the new martial art of Aikido to the fertile hearts and minds of potential Hawaii students. Many of his early students continued learning, training and teaching, and they spread Ki-Aikido to literally thousands of individuals who have seen dramatic and positive changes in their lives because of this training.

This is our opportunity to honor not only Master Tohei but also all those originally inspired by Tohei Sensei, who have given so much of their lives to those of us who followed.

This seminar, to be taught by Master Koichi Tohei's son, Shinichi Tohei Sensei, will feature a two day National Chief Instructors' conference (open to all those shodan and above), as well as three more days of seminar available to students of Aikido from all over Hawaii, the U.S. Mainland and throughout the world. There will be a large contingency from Japan, led by Master Koichi Tohei himself, who will preside over the 50th Anniversary Celebration Banquet on the night of Saturday, June 28th.

Classes will be held at the Shunshinkan Dojo, Wailuku, Maui, and at the Wailuku Gymnasium, across from the dojo. The schedule of the seminar, which includes a National

*continues on page 2*

## Upcoming Events

### 2002

- Sunday Dec. 8 (7 am) ..... Quarterly Dojo Cleaning Day
- Friday Dec. 13 to Sunday Dec. 15 ..... HKF Seminar, Kauai--Lihue Dojo, Curtis Sensei
- Wednesday Dec. 18 (7 pm) ..... Last Class of Year & Omiki
- Friday Dec. 20 (5 pm) ..... Children's Holiday Party
- Saturday Dec. 21 (6 pm) ..... Bonen Kai Year-End Party

### 2003

- Wednesday Jan. 1 (7 am) ..... Dojo New Year's Blessing, Suzuki Sensei
- Sunday Jan. 5 (6 am) ..... Water Misogi, Waihehu Beach Park
- Wednesday Jan. 8 (7 pm) ..... First Class of Year & Omiki
- Saturday Feb. 15 (5 pm) ..... Shinnen En Kai
- Friday - Sunday Mar. 20-22 ..... HKF Seminar, Oahu, Lokahi Dojo, Curtis Sensei

**Datebook commemorating the history of Aikido on Maui, with classic photos, available in December.**

*Order Form Back Page*

*Aikido Hawaii 2003 . . . continued from page 1*

## Endowment Fund Established

Maui Ki-Aikido is proud to announce that our endowment fund is up and running. An important safeguard for the future of the Shunshinkan Dojo, the endowment fund accepts donations of any size, and all donations are tax-deductible.

Please remember Maui Ki-Aikido's endowment fund in your year-end charitable giving, and, as always, thank you for your wonderful support of our mission of disseminating the teachings of Shin Shin Toitsu Aikido.

Instructors' Workshop, is as follows:

- |                 |   |
|-----------------|---|
| Tues. June 24:  | Evening welcome party at Shunshinkan Dojo   |
| Wed. June 25:   | Chief Instructors' classes  |
| Thurs. June 26: | Chief Instructors' classes, Chief Instructors' meeting, and Chief Instructors' dinner in the evening. |
| Fri. June 27:   | Public Seminar  |
| Sat. June 28:   | Public Seminar, 50th Anniversary Celebration Banquet in evening.                                      |
| Sun. June 29:   | Public Seminar, goodbye party in the evening.   |

Participants registering by Jan 31, 2003, will receive a discounted seminar fee. A complete application form for this seminar, with prices and schedule, can be found on the Hawaii Ki Federation website, at [www.hawaiiiki.org](http://www.hawaiiiki.org). If you have any questions you may email [holamaui@maui.net](mailto:holamaui@maui.net), or call 808-244-5165.

We look forward to seeing you next June for Aikido Hawaii 2003!



## HKF Seminar in Hilo, Hawaii, Sept. 20-22, 2002

*Seated (L to R) with the seminar participants are Shinichi Suzuki Sensei, Seminar Instructor Christopher Curtis Sensei, Takashi Nonaka Sensei, and Hajime Ueki Sensei.*

### Sensei Asks

### “What Is The Theme Of The Seminar”

As in all Hawaii Ki Federation seminars, Curtis Sensei ended the September 27-29, 2002, Hilo seminar with a question and answer session. And just as in the early days, his teacher Suzuki Sensei asked him after every seminar, “What was the theme of the seminar?” so he asked us. Then, just as his had back then, everyone's mind froze as they began searching for the correct answer. This freezing up of the mind actually is an insight into the theme of the weekend seminar, a theme that was interwoven like a silk thread throughout moments of stillness, silence, and dynamic action.

Curtis Sensei began the seminar Friday evening teaching children in his style of fun, teasing, and loving discipline. Then Saturday morning he taught Ki testing and commented that Ki testing is the most valuable creation that our teacher in Japan, Master Koichi Tohei, has given to the world. Sensei mentioned what gratitude we should have for our mind and body and the ability to verify, through Tohei Sensei's Ki testing, our mind/body unification, the presence or absence of which will soon be revealed as our seminar theme.

Curtis Sensei asked that we pay close attention to the student's countenance or beauty while testing, so that either the true radiant nature, or

*continues on page 3*

*Sensei Asks . . . continued from page 2*

self conscious mind, will be revealed to the tester. He referred to universal mind as *taiga* and the conditioned selfish or self conscious mind as *shoga*. Sensei taught us that original mind does not move, but is immutable, and that all perceived movement is an assumption based upon our constantly shifting attention.

On Sunday, Sensei administered a Chukyu Ki test (Mr. Raymond Welch of Central YMCA Dojo in Honolulu) and a Nidan test (Mr. Peter Morton of Hilo Dojo). Both students performed well and passed their tests successfully.

And then finally, Curtis Sensei made himself available for the question and answer session. During this period Sensei asked, "What was the theme of the seminar?" From the smooth flowing of our seminar weekend we are back to the group brain freeze as we all scrambled self-consciously for our perfect answer. Okay, so . . . what *was* the theme of the seminar? A few of the answers Sensei received were, "keep one point," "relax completely," "breathing," "kokyu or breath power," "rhythm," "calmness," "100% commitment," "immovable mind," and "intensity." As usual Sensei made everyone right and gently led us back to what continuously arose as a teaching throughout the Seminar: "Have you been observing your thoughts and the feelings in your body? Have you been thinking about yourself or something in the past or future? Am I boring you? Do you wish I would just get to the point? Are you present and observing the moment without judgment or the need to change anything? Do you think the moment should be different? Are you here now? Are you searching for the correct answer? Are you aware of what is taiga and what is shoga inside of you in this moment?"

"We can see that all of our Aikido efforts, our relationships, our nage and our uke, our group dojo experience, all training techniques and rituals, are developing the awareness of the presence of two quite distinct states of mind; taiga and shoga. The perennial conflict between our true nature and our conditioned identity and the resulting different states of being arise from each of these."

Sensei asked, "If the constant luminous radiance of our true self is always shining, and the shadow of our conditioned self is cast upon the screen of our awareness, what is allowing that shadow to be cast? What is it made of? Am I just one of these two, or both, or a third thing? Should I get rid of shoga and all the selfish vile thoughts and behavior that arise from this survival-of-the-fittest mind-set? Should I ignore it and cling to the bliss and beauty of taiga and only act nice and loving? What do I do when attacked, scolded, corrected, demeaned, put on the spot, or pressured in some way? Do I defend and protect, attack, justify, deny, or make excuses in some way? Am I living in taiga or am I controlled by shoga? What is the relationship between the two?"

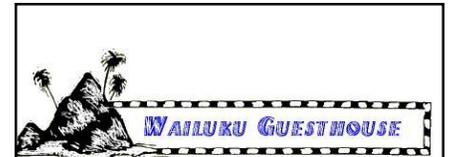
Moving through all the various experiences of the seminar weekend Curtis Sensei remained present, fully participating as he entered each moment with this inquiry held high in his consciousness. The intensity of each training session varied and the subject matter was constantly changing. The stillness and the action were profound and interwoven, yet something always remained present and constant, seeming to shine more sometimes than other times. The less selfish and pre-occupied we became, the more we could be aware of this shining. Shoga was always chattering in the background, hoping to dominate our attention with selfish pre-occupation or self-concern, but somehow taiga was always present.

Sensei's leaving us with the question "what is the theme of the seminar?" seemed to translate, upon our departure, into "what is the theme of your life?" We were left with a new level of realization of shoga's perpetual need to defensively and aggressively provide the right and successful answer to any situation. As a consequence of this new level of awareness, shoga had subsided in us to a lower level than when we arrived, and we would be with taiga more deeply until our next disturbance or challenge.

by Charles Hudson



Mrs. Miyashiro, long-time member of Hilo Ki Aikido, attempts to move Curtis Sensei in a Ki test during the September HKF seminar.



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# ICHI, NI, SAN, SHI, GO — ROACH!



Hello again. This is Ichi, Head Cockroach of the Shunshinkan Dojo, reporting to you from the keyboard of the office computer. There is something bugging me, and I was about to take it up with our Sensei, when someone rushing down the stairs late almost stepped on me! Imagine what a senseless death, being squashed by a tardy white belt!

Not to be superior, but even though I was hatched in this dojo and have lived all my life so far within its walls, getting to enjoy every class right here at home with no commuting, I know enough good dojo etiquette not to be late getting on the mat. Or in my case, getting near it. My entire education in Ki and Aikido has been, may I say it without bragging? - "cockaroached," as I've hidden myself to watch and listen from under the bench or in the flower arrangements.

I've noticed students who seem to think you arrive at 7 o'clock for a 7 o'clock class. Some even seem to think you can arrive at 7:05. The Sensei seem to be very patient, although these students each have a training manual that says to be dressed and on the mat 15 minutes before the start of the class.

And what about those students who don't come at all? I've heard Suzuki Sensei refer to them as the "mosquito pupils," and I agree! You can rely on mosquitos to show up when there is something special to be sucked up, but for the challenge of long-term commitment and intensive training, where are those guys? They could at least call.

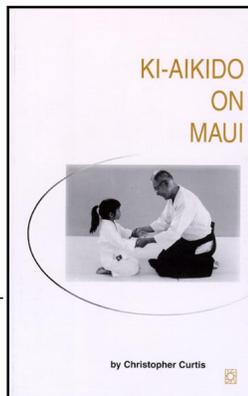
And let me tell you one more thing. It sure is a lot quieter around here right after a promotion. Before a test there are so many students in the dojo I have to scuttle pretty fast to keep out of the way. On the other hand, after the new belt colors have been given, even black ones, some of these students aren't seen very often. Their "battle" over, maybe some of them "loosened their helmets" and - well, if they were cockroaches, that's when death by squashing is most likely. Sensei, if you had cockroach pupils, they would always be industrious, ever-present, and would appreciate whatever good falls their way. Yours truly until next time, Ichi.

## 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: [www.mauikiaikido.org](http://www.mauikiaikido.org)  
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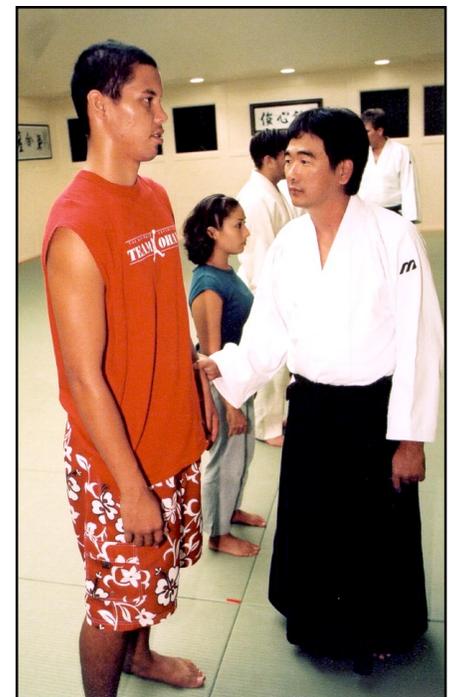
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## Intro Class Held

Maui Ki-Aikido conducted our annual public introductory course in Ki and Aikido for four Thursdays, Sept. 16 to Oct. 10. It was taught by Christopher Curtis Sensei, and, for the first time, was offered through PACE/VITEC, an adjunct program of Maui Community College.

The four-week course allows new students to explore Ki development and Ki-Aikido at a lower cost and, at the end, apply part of their fee to membership.

In the photo below, students Kieven Ferreira and June Tomizawa are helped by assistant Garry Nitta.



**New!**  
 Curtis Sensei's seminar and class transcripts are available on Maui Ki-Aikido's new Web page:  
[www.mauikiaikido.org](http://www.mauikiaikido.org) **New!**



*Sehun Nakama and Royce Sato perform kokyū dosa watched by Suzuki Sensei, Curtis Sensei and 63 other children tested that morning.*



*Kaea Hokoana passes a Ki test flanked by Kara Oshiro and Anneka Johnston.*



*Lina Tamaya, nage, and partner Zack Kresge, uke, earned 9A rank on October 6, 2002.*



*Connor Snow throws Malisa Hiraga, October 6, 2002. Both earned 6A rank.*

## Biggest Youth Test in Decades!

On Sunday morning, October 6, the Shunshinkan Dojo was filled with well-practiced, eager, slightly nervous children in their sparkling white gi along with proud parents and grandparents, aunts, uncles and siblings there to watch them, for the biggest children's test the dojo has held in many years. Sixty-five children were given Ki tests and then performed their Aikido kumi waza (arts) tests that morning in a record three-hour event. Many adults commented about how patiently the children who were watching others perform had been able to "keep one point" and wait. Of course Sensei called two stretch breaks, and they all knew that delicious snacks awaited them and their families as soon as the test was over.

The children promoted were from the Monday classes with instructor Lynn Curtis in Wailuku and the two children's classes on Tuesday at the Upcountry Dojo, Tavares Community Center in Pukalani, with instructors Joni Jackson and Chris Barense.

## Teen and Adult Promotions

Ki and kyu testing for 5th kyu and above was held Oct. 9 and 11, when 14 teenagers, the largest teen class we have had in decades, were promoted to new ranks from 5th through 1st kyu. Thirteen adult students also were tested and promoted to ranks from 5th through 1st kyu.



*Kalani Rosell is tested while Arik Dadez and Miranda Ellis look on.*



*Taka Tsutsui throws Tana Rivers in their 10th Kyu test.*



## 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.

## A "Book of Days" commemorating Aikido history

Maui Ki-Aikido will publish in time for Christmas 2002 a keepsake datebook that chronicles the birth, evolution and development of Aikido on Maui, including rare photos of the founders.

To order, please fill out the form below and fax or mail it to:

Maui Ki-Aikido  
P.O. Box 724  
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*For more information about the datebook  
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or visit our web site: [www.mauikiaikido.org](http://www.mauikiaikido.org)*

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Aikido Hawaii 2003

Maui, June 24 - 29