



Maui Ki-Aikido



Shinichi Suzuki Sensei and Takashi Nonaka Sensei receive Lifetime Achievement awards from JCCH.

Suzuki Sensei receives two honors

by Ilima Loomis

Maui Ki-Aikido Head Instructor Shinichi Suzuki Sensei was honored twice recently for his contributions to martial arts in Hawaii, and for his importance to the history of Maui.

The Japanese Cultural Center of Hawaii presented him with a lifetime achievement award on Sept. 17 in an event that also recognized seven other top martial arts instructors in the state.

He was also declared one of the 100 "outstanding citizens" of Maui in the past century in a proclamation read by Mayor Alan Arakawa at the county's recent centennial celebration.

Suzuki Sensei traveled to Honolulu for the Cultural Center's presentation at a special dinner banquet held at the Hilton Hawaiian Village. Joining Suzuki Sensei among the honorees was Takashi

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Charles Boyer of Lokahi Dojo and Tracy Reasoner of Maui Ki-Aikido, Overall Gold Medal Team at Taigi Competition.

Summer Seminar and Taigi Competition

The Hawaii Ki Federation held its second annual Shinsakai, or Taigi Competition, at the Summer 2005 HKF Seminar, July 22-24 in Honolulu. HKF Chief Instructor Christopher Curtis Sensei taught the seminar, hosted by Clayton Naluai Sensei and the Lokahi Dojo.

Taigi instruction, practice and competition were the focus of the 3-day seminar, with 27 teams competing, plus two group-taigi events (one from Mililani and one from Maui), a great increase in participation over the 15 teams at the first state taigi event held in 2004 on Maui.

In Curtis Sensei's class the night before the competition, he challenged the students to answer the question of *why* we have taigi competition. While many answers focused on good outcomes and worthwhile reasons for our efforts, he helped us to see that really we are there to learn *not* to compete.

Taigi allows us to deal with a situation that is difficult, even stressful, and to practice calmness while dealing with it. If we perform in a state of equanimity, without tension ("trying to manipulate other people to fit your program") or collapse ("trying to make your program fit every body else's"), we are *not* being competitive but rather

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Maui's Dylne Gonzalez and Lindy Franco, Best Kitei Team, Junior Division.

Suzuki Sensei award goes to teen Shodan

Dylne Gonzalez, 17 and a new Shodan at Maui Ki-Aikido, is the recipient of the second annual Shinichi Suzuki Ki-Aikido Youth Award, which was announced on August 20. She will receive an all-expense-paid trip to Ki No Kenyukai, Master Tohei's dojo, for World Camp training in October, 2005.

Dylne won the award based on several criteria, including her performance at the HKF Summer 2005 Seminar and Taigi Competition in which she won Best Nage in the Junior Division and was part of the winning youth team for Best Kitei.

She is a senior at St. Anthony High School on Maui and an assistant to the teachers of the

Thursday Intermediate and High School Aikido class. Dylne tested for and received her Shodan rank in July at the HKF Summer Seminar.

Criteria for the Youth Award for Maui Ki-Aikido students ages 15 to 18 also includes attitude and respect for fellow students and teachers, level of interest and training, community spirit and activities, and an essay on what long-term commitment to Aikido means for their lives.

The Award was created by an anonymous donor in 2003 to honor Suzuki Sensei for his dedication and outstanding leadership in the development of Aikido in Hawaii as well as for his 50th year of teaching at the Maui dojo.



Suzuki Sensei and Ki-Aikido Youth Award recipient, Dylne Gonzalez.

Suzuki Sensei feels it's very important to teach children Aikido and wishes to see young people continue with their training into adulthood.

Suzuki Sensei . . . continued from page 1

Nonaka Sensei of Hilo Ki-Aikido who will also be honored in Japan at World Camp this fall with his 50-year award from Master Tohei and Ki no Kenyukai. Others honored by the JCCH were from the arts of Karate, Judo and Kendo.

Suzuki Sensei and the other honorees "represent the many sensei who have undergone decades of rigorous training in their arts, and then given unselfishly of their knowledge from the first immigrants till today," according to a statement from the Japanese Cultural Center.

"They have helped many who are searching for 'something more' in their lives, and have been invaluable in the transmission of the best of Japanese culture and values to the people of Hawaii."

Joining Suzuki Sensei at the JCCH event as his guest at the honorees' table was Christopher Curtis Sensei. Also in attendance were Maui Ki-Aikido members Lynn Curtis, Tracy Reasoner and Sayaka Kishida.

At a ceremony for the county 100-year anniversary, marked on Statehood Day, Suzuki Sensei was recognized as one of 100 Maui residents who contributed to the county's history and culture. Suzuki Sensei and the other honorees "helped preserve, protect and promote our unique and precious heritage and lifestyle," declared Mayor Arakawa.

Although he served the county as an officer and later a major in the Maui Police Department, his contribution as an Aikido master and teacher who was instrumental in developing the art in Hawaii and the United State is what most distinguishes him in Maui's history, The Maui News noted.

Suzuki Sensei's other honors during his 51 years leading Maui Ki-Aikido include admission to the Black Belt Hall of Fame, recognition as a "living treasure" by the Honpa Hongwanji Mission of Hawaii, the first Senior Tradi Award of the Japanese Cultural Center of Hawaii, and the Nihon Bunka Award of the Japanese Cultural Center of Maui.



We Need Your Help

Please donate your HI-5 recyclable beverage containers to Maui Ki-Aikido for our children's programs. Take them to:

Aloha Recycling
75 Amala Place
Kahului (across VIP Foods)
8-4:30 M - F
8 - Noon - Sat

Ask them to hold the proceeds for the "Maui Ki-Aikido account." They will also pay a penny a pound for non-HI-5 glass containers.

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



Curtis Sensei with Taigi winners, listed at right.

Summer Seminar . . . continued from page 1

being in a state that is the goal of Aikido training, a unity of mind/body that takes the place of the all-too-everyday feeling of separateness and need to struggle or compete.

“Once you can see and accept that you are doing this, then equanimity will begin to arise, said Curtis Sensei. “If you actually performed Taigi the way it is supposed to be performed, it would be the first time in your life you weren’t competitive! You see? As usual it is the opposite of what we might think.” He asked the students to show him their understanding of this on the mat the next day.

Curtis Sensei thanked and commended all those who had worked hard in preparation for the Shinsakai by instructing or training to compete, and by hosting and judging at the event.

Several successful dan tests were given: Charles Hudson, Sandan; Helen Barrow, Dylne Gonzalez, Eric Kahalelehua, and Brian Abe, Shodan.

Four dojo programs seek donations

Several of Maui Ki-Aikido’s valuable programs rely on the generous help of our Aikido family and friends of the dojo. Maui Ki-Aikido offers donors four worthwhile and important choices of areas to help: our teacher training programs, our general children’s programs, our Endowment Fund, which safeguards the future of the Shunshinkan Dojo, and the Shinichi Suzuki Ki-Aikido Youth Award, which brings one or two teens with us to World Camp at Ki no Kenkyukai headquarters in Japan each year.

Thank you very much for your support of the programs that make spreading the teachings of Tohei Sensei and Shin Shin Toitsu Aikido possible.

Lokahi Ki-Aikido Dojo - July 24, 2005

Awards - Junior Division

Seishi Award – Best Nage

Dylne Gonzalez

Kyoryoku Award – Best Uke

Chad Matsui

Kokyu Award – Most Inspirational

Mahina Kamoku

Best Kitei Taigi

Dylne Gonzalez & Lindy Franco

Awards - Senior Division

Fudoshin Award – Best Nage (Yudansha)

Reid Nonaka

Seishi Award – Best Nage (mudansha)

Brian Abe

Kyoryoku Award – Best Uke

Derek Matsui

Kokyu Award – Most Inspirational

Francis Wilson

Shukunsho Award – Overall Gold Medal Team

Best Kitei Taigi Best Sentaku

Best Weapons Sentaku

Tracy Reasoner & Charles Boyer

Group Taigi

Maui

I would like to designate my donation for the following fund(s):

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Amount _____

- Shinichi Suzuki Ki-Aikido Youth Award
- Teacher Training
- Endowment Fund
- General Children’s programs

Please make checks payable to Maui Ki-Aikido.

Maui Ki-Aikido

P. O. Box 724

Wailuku, Hawaii 96793

Instructors' Intensives added to busy seminar schedule

Two new weekend intensive training sessions for instructors have been added to our HKF annual schedule by Curtis Sensei. "Instructors' Intensive" is the designation Curtis Sensei has given the former Taigi workshop held in the spring and Weapons workshop in previous summers.

These 2-day intensives are open to HKF students from 1st kyu and up, and are "for all instructors in HKF (not just Head Instructors) to practice together on how to teach the principles of Shinshin Toitsu Aikido and Shinshin Toitsudo," stated Curtis Sensei. "This year I have announced that we are working on Kyu Testing; how to give Kyu Test and how to teach students to take Kyu Test."

In the August Instructors' Intensive, Curtis Sensei taught very specifically about the

physical execution of techniques in Kaisho, Gyosho and Shosho styles, and when and why we perform in each of these ways, as well as how to test Shokyu, Chukyu and Jokyu Ki Testing levels.

The Instructor Intensive each spring will teach about Taigi and will take place on the island which is hosting the state Taigi competition that year. The late summer Intensive will from now on be held on Oahu.

Curtis Sensei to teach in Europe twice annually

In 2003 Tohei Sensei asked Curtis Sensei to go to Germany as a representative of Headquarter's teaching staff. As a result of his first trip in this regard in early 2004, Curtis Sensei has made a commitment to teaching twice each year in Europe. During a tour of about

two weeks he teaches in Germany, and Holland. Students from as far away as Russia, the Balkans, and even Mexico attend the classes. The German group is headed by Thomas Rohner Sensei, and the Head Dojo is in Duisburg, Germany. The Netherlands group is headed by Ad Voogels Sensei, and is located in Helmond, Holland.

In addition to these demands, Curtis Sensei somehow finds time to teach all his Maui classes plus 4 HKF seminars and the 2 Instructors' Intensives, attend the National Chief Instructor Seminar each year, and to attend annually the World Camp in Japan - and run his business and have a family life.

Must be the breathing, right Sensei? Thanks for being a walking and teaching demonstration of Ki!

Meet Rhyn Davies

We are starting a new feature which will profile one of our Maui Ki-Aikido students in each issue.

Rhyn Davies is an ikkyu who can be found in almost every class at the Shunshinkan Dojo, whether it be a beginner, advanced, ki, meditation or even introductory class.

Rhyn came to Maui in 2003 and joined the dojo just about as soon as she started work as webmaster of the Pacific Biodiversity Information Forum. She came to us with a karate background, having

trained in high school, college and in Japan, sometimes even training alone when she couldn't find a dojo. She was searching for the right dojo on Maui when she found us two and a half years ago. What made her decide we were the one?

"I liked the vibe at Maui Ki-Aikido, and the respect everyone had for one another. It was an attitude that other places had lacked."

"It's fun," is Rhyn's answer when asked what keeps her



Maui Ikkyu, Rhyn Davies

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Curtis Sensei Receives Honor from HKF on 5th anniversary

At the Summer 2005 Seminar, Hawaii Ki Federation officials presented Curtis Sensei with a surprise gift - an eloquent letter of appreciation for his leadership during the first 5 years of the organization's existence. The framed letter was accompanied by a kukui nut lei and presented to Sensei during the day of Taigi competition.

Curtis Sensei stated, "The responsibility of Chief Instructor continues to be a humbling one, and I am always looking to your patience and support in that department. Thank you so much for always being there for me, and for each other."

Both the framed letter and the lei are displayed in the Shunshinkan Dojo.

Dear Curtis Sensei,

On this the 5th Year of Hawaii Ki Federation, we, the Board, Head Instructors, and Members would like to take this opportunity to formally congratulate you on your appointment by Tohei Sensei as Chief Instructor for the State of Hawaii. We are honored by your appointment and see it as a "New Beginning."

We believe this milestone as Chief Instructor in your life's journey is a tribute to your knowledge of Tohei Sensei's Ki Principles and leadership skills and a testimony to who you are and what you stand for. We appreciate you and value your leadership.

Please accept this gift. The lei represents the essence of who you are: Love. And each kukui nut is a symbol of what you stand for: Honor, Integrity, Courage, Compassion, Humility, Excellence, Adventure, Wonder, Beauty, Intimacy, Joy, Lokahi (of one Mind, Body, Spirit).

There are 32 kukui nuts. We touched on 12 of them. The remainder represents what you will gain in the time that lies before you. God bless you on your journey!

With aloha and much gratitude,
Hawaii Ki Federation Members

Rhyn Davies . . . continued from page 4

coming back to the dojo many times every week. "I like being thrown by, and throwing, my friends."

Because she has trained hard and prepared well for every test, she is moving up very quickly. She has also participated in each of the 2 state Taigi competitions that have been held so far.

Rhyn's interests outside of the dojo include hiking, running, kayaking and seeing movies with friends, reading (especially Harry Potter books), and studying languages. She taught English for 3 years in Osaka, Japan, and continues to

work on keeping up her Japanese fluency.

Rhyn reports that right now her most challenging Aikido art is the ikkyu test's Zagi Handachi Munatsuki Kokyunage. "Those frustrating techniques are the ones I sometime end up liking the best though, because the challenge is fun," says Rhyn.

We look forward to Rhyn as a black belt and a teacher one of these days.



Fall Introductory Class

Our semi-annual public introductory class was again offered in September at the Shunshinkan Dojo, taught by our adult beginner class instructors, Jeff Baldwin, Chris Barens, Charles Hudson, and Tracy Reasoner. Ninety percent of those attending signed up at the end of the course to continue training.



Instructor Tracy Reasoner shows new student Dave Coennen unbendable arm.

HKF Fall Seminar - Hilo

by Tracy Reasoner

Visiting Hilo is always a great experience, thanks to the dojo kiai infused by Nonaka Sensei, who for 50 years has shared without holding back. His spirit truly shines through in all of his students. This is one reason that the Hilo seminar is such a great environment for our Chief Instructor, Curtis Sensei, to teach us the true meaning of Aikido.

In Friday night's class Curtis Sensei taught the kids. However, he was actually setting us adults up. Curtis Sensei began by saying, "What do you do when you are being grabbed and you don't want to be?" Do you kick them, hit them or even bite them? Of course not. One student raised and said, "I will tell the teacher," which is a very good idea should a teacher be present. The answer is if you are being grabbed you must *extend ki*. Don't collapse or become aggressive. Move yourself freely and don't try to move what they are holding. Move what they don't have, and



Rene Relacion of Kapa'a Dojo, Kauai, practices Ki testing with Patrice Grabli of Lokahi Dojo, Oahu, who took his jokyū test at the seminar.

escape. This is such an easy lesson for the children to grasp. Even the adults were having lots of fun with this very simple and easy exercise. Pretty soon all of the kids were running around asking Curtis Sensei to throw them so they could have that E-ticket experience. By the end of class the kids were tired and the adults inspired.

What is happiness? Everyone, since the beginning of time,

has asked this question. At one time or another all of us have searched outside ourselves, maybe through money, other people or objects. The list goes on and on. Written at the front of the class Saturday morning: Happiness is Extending Ki

I am not going to spoil the Ki Lecture for you since the transcript will be available to read on the HKF website. Let's just say that Happiness can be expressed in that simple phrase. But to delve a little deeper you might say that happiness, no matter the circumstances, is manifesting oneness with perfect equanimity. Happiness, like extending ki, is something that is so elusive that we have trouble describing it. Once we think we have it pinned down we discover that isn't it either.

To illustrate the multi-layered theme of the seminar I would like to share a story I witnessed with our Chief Instructor at the Ala Moana Shopping center the weekend



HKF instructors and students practice bokken suburi at the Fall 2005 Seminar in Hilo.

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2nd Annual Children's Taigi Competition Held

On July 16, 2005, the second annual Children's Taigi competition was held at the Shunshinkan Dojo. Nine kids competed in two divisions, Children's Taigi (10th through 5th kyu) and Kitei Taigi (4th kyu and up). Prizes were donated by the Maui Ki-Aikido Board of Directors, and everyone who participated won an award and took home a prize.

Awards and their winners, Saturday, July 16, 2005

Kitei Taigi:

Best Overall Jami Quipotla & Veronica Sylva
 Best Time Lyman Franco & Oliver Jackson
 Best Nage Jami Quipotla
 Best Uke Lindy Franco
 Best Unified Movement Oliver Jackson
 Best Attitude Veronica Sylva

Children's Taigi:

Best Overall Chris Rickard & Dylan Koga
 Best Nage Chris Rickard
 Best Uke Dylan Koga
 Best Unified Movement Chris Kam
 Cleanest Locks Chris Rickard
 Calmness Award Victor Rinaldi
 Best Attitude Chris Kam

Hilo Seminar . . . continued from page 6

before the seminar. After buying a pair of Brioni slacks, Curtis Sensei knew, due to his height, he would have to have them tailored. The salesman said this would be no problem as they had an in-house tailor. Curtis Sensei stood on a small platform in front of a mirror as he waited for the tailor. I was sitting outside the dressing room when I first saw a tall slender man with grey wavy hair, impeccably dressed, approach from down the hall. He definitely had the look of a tailor, even were it not for the measuring tape hung so perfectly from his neck.

After making a few marks on the slacks, in his thick Italian accent he asked very politely, "Yes sir, shall we cuff?" You

knew this man was born of a long line of tailors. Italy is known for family institutions like the Gammarelli family which has dressed the pope since 1798. I am not sure if he was a part of this family but if not he may be a distant relative. So when Sensei politely said, "No I was thinking more of a straight look," the tailor's dismay was simplified into a short enlightening phrase: "Sir these pants are very expensive; please have something nice." Sensei immediately rephrased his response by advising the tailor that yes cuffs would be all right. This in turn made the tailor happy to know that a person he fitted would indeed have something nice. This is not only extending Ki, but also



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About our gi bags, Christopher Curtis Sensei says, "It is important for all of us to remember that our gi is a very necessary part of our training, and hence treating it with respect is important. In Aikido we are careful to not wear our gi outside of the dojo, except for a special training purpose. Therefore I recommend that every student have a training bag to bring their gi to the dojo, which will help to keep it clean and neat."

Thank you for your support of Maui Ki-Aikido!

an exchange of Ki.

Seeing our chief instructor teach us in Hilo inspired us to not just do the physical but to delve deeper and go beyond what we think our limitations are. He was telling us over and over to breathe, meditate, practice the inner discipline training, and see for ourselves what he so passionately exemplifies. Sensei, just like the tailor, is always offering up tidbits of wisdom. Extending Ki is happiness, but once you learn to truly extend Ki you must also exchange Ki to truly manifest this oneness. I think if the tailor studied Aikido he might be overheard saying: "This human body is priceless. Please manifest something nice."



Anthony Brown receives a Ki test from Curtis Sensei at the promotions for the children, October 2, 2005.



Kori Perreira throws partner Corin Nishimoto in their 10th kyu test.



Jeff Wayer is nage and Rysan Ouye uke as they take their 6th kyu test.



Christina Imada leads partner Kacey Valentine in Katatekosadori Kokyunage.



Kyle Nishimoto, uke, and Sean Merck, nage, take their 7th kyu test as other children watch.



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.



Helen Barrow of Maui performs Randori for her Shodan test at Lokahi Dojo during the 2005 Summer HKF Seminar and Taigi Competition. Watching are, L-R, Clayton Naluai Sensei, Eric Nonaka Sensei and HKF Chief Instructor Christopher Curtis Sensei.



Also performing Randori for Shodan rank was Maui teen Dylne Gonzalez.



Petr "Klika" Zamykal throws Ana (Ilima) Salomon during their 4th kyu test, Sept. 30.

Ana Salomon takes her turn throwing Klika Zamykal.

Rhyn Davies performs Zagi Handachi arts with uke Dan Sidman on their 1st kyu test.

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

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