



Mana

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

Fall 2008

hawaiiikaikido.org

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Shinichi Tohei Sensei, Curtis Sensei and the HKF contingent at World Camp



Shinichi Tohei Sensei shows Maui students a lock



Lyman Franco and Aaron Villanova, Curtis Sensei, Tracy Reasoner and Lindy Franco.

HKF attends 2008 World Camp and International Taigi Competition

Eleven members of Hawai'i Ki Federation traveled to Ki Society World Headquarters this past June to attend the 2008 World Camp and 4th International Ki-Aikido Taigi Competition. Accompanying HKF Chief Instructor Christopher Curtis were Roy Uyehara from Central YMCA Dojo on O'ahu and nine members of Maui Ki-Aikido: Chris Barense, Tracy Reasoner, Mike Malkovich, Alex Schaefer, David Borer, Lindy and Lyman Franco, Aaron Villanova, and this reporter, Mele Stokesberry.

The classes:

During the intense first four days which constituted World Camp training, international students and instructors from the United States and many other countries (notably a huge contingent from Russia) enjoyed inspiring classes given in their usual generous and exciting style by Shinichi Tohei Sensei, Otsuka Sensei, Kataoka Sensei and Sawai Sensei. In the first day's Ki class given by Shinichi Tohei Sensei, he refreshed us about basics, starting with posture. Regarding

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Maui students winners again in Japan Taigi

Maui Ki-Aikido members Lyman Franco, 17, and Aaron Villanova, 16, recently brought home gold and silver medals won in Japan in the Ki Society International's Shinsakai. In the adult division, Tracy Reasoner and Lindy Franco won fourth place overall in particularly intense competition with advanced Aikidoists from dojos in Japan and all over the United States, plus participants from the UK and two large groups from Russia. Maui's two teen participants competed against Japanese youth in the high school division and won the gold in their pair Jogi and Kengi, the silver in their weapons Taigi, and 4th place in their weaponless arts.

This year marks the second time recipients of Maui Ki-Aikido's Shinichi Suzuki Ki-Aikido Youth Award have participated in the international Taigi competition and won gold and silver medals. In 2004, our teen medalists were Chelsea Schneider and BreeAnn Tamaye. In the intervening years, we have brought 3 other Maui teen students to World Camp.

2008 World Camp and Taigi competition . . . continued from page 1

our toes, he reminded us not to press them down or “pretend” to be stable. but to relax our toes. “Don’t put weight on tips of toes.” He repeatedly helped us envision and feel “Ki going to your toe tips.” He also brought out in many creative ways his reminder to us to not think of “moving” our partner. It makes tension, a collision. He enjoined us to “become one, move together.”

This excellent class ended with Shinichi Sensei’s recapping “Oneness of Mind and Body - use it together. Become one with the universe. Not sending positive Ki to the other equals separation of Mind and Body. Use mind positively and take action. That equals oneness of Mind and Body.

Then there followed a special appearance by Master Koichi Tohei in which all participants were able to shake hands with, and take a group photo with, the great teacher who has led us all in the way of Ki-Aikido. We were happy to see our beloved teacher holding his own in his path of recovery.

During subsequent sessions of World Camp, Otsuka Sensei taught in rigorous detail the correct way to approach performing taigi and the particular points for a flawless performance of Kitei Taigi and all of the sentaku taigi for which the participants were preparing. His generous giving of time and energy to each of the participating pairs was an inspiration to all the attending teachers and students.

Kataoka Sensei taught weapons classes and also a helpful and relaxing Kiatsu class. In that class he had participants practice “undetectable hand” placed on our own heads. Then we checked when touching a soft pillow and then our partner’s body to be sure our touch was very light but still connected. He reminded us to ask our partners if the touch feels good. A soft touch allows the kiatsu giver to sense the mind or will or upcoming action of the other.

Sawai Sensei continues to refine her excellent Oneness Rhythm Taiso sessions that always send us home with improvements. This time she had us hopping with a light, balanced feeling, on the front of our feet, landing on our toes, and being aware of that teaching of Shinichi Sensei’s the first day - “Ki is going all the way to the toes.” Then of course she reminded us to *lower the one point* rather than thinking “bending the knees.”

During our question and answer session with Shinichi Tohei Sensei, a very important theme was the many ways to move if the opponent resists, summarized by his enjoining us to train to always be aware of where the other’s attention is focused, and always be ready to move appropriately, whether in self-defense or in any other type of situation.

The Taigi Competition:

On Friday night the many adult and youth students from Japanese Ki-Aikido dojos arrived, and on Saturday and Sunday, June 28 and 29, the exciting 4th International Taigi Competition took place. Four pairs from Maui Ki-Aikido represented Hawai’i Ki Federation: in the adult division Tracy Reasoner and Lindy Franco, Christopher Barense and Mike Malkovich, Alex Schaefer and David Borer, and in the youth division, Aaron Villanova and Lyman Franco. All of them performed in all categories of competition: Kitei Taigi, a weaponless sentaku, a weapons sentaku, Kengi and Jogi. Despite very intense competition from Japanese and international contestants, Lyman Franco and Aaron Villanova won gold and silver medals as listed in the related article (page 1 bottom) and Tracy Reasoner and Lindy Franco won fourth place overall in the adult division. HKF is justifiably extremely proud of our winners, all our participants and our teacher, Christopher Curtis Sensei, who did so much to so ably prepare them.



Otsuka Sensei helps Maui students Lyman Franco and Aaron Villanova polish their Jo Nage for the Taigi competition.

An Interview with “Letting Go” author, Christopher Curtis Sensei.

MANA: Sensei, what motivated you to write *Letting Go*?

Curtis Sensei: For some time I’ve been transcribing talks at classes and seminars, and most of these have been posted on our web site so people can come and read them. However, my European students who can’t come to many of our seminars asked, “Could you organize the transcripts into a book form?” That’s how it began, in response to that request.

After a couple of years of work, I realized that there is a big difference between the form best used to write one’s thoughts and that used to speak them. So basically, I ended up rewriting the book, with help from students, colleagues, and professional editors to get it into a form more readable for the average Aikido student and, hopefully, into a form which someone outside the Aikido world could also understand and benefit.

We might ask, “Why write the book?” Well, the purpose of writing is an extension of the teaching, simply another method of communicating it, so the question really is, “Why teach?” Tohei Sensei’s core purpose in teaching, he has always said, is to point the way to oneness with the Universe. This means to me that the teaching is an authentic path offering the student an opportunity to be free from self-obsessed suffering and struggle. So, the point of all my effort is to communicate that authenticity within this teaching.

MANA: What has been the reaction of your readers, both students and instructors?

CS: I’ve received really wide-ranging reactions. For example, a high ranking teacher in Hawaii read it cover to cover without stopping, then immediately read it again cover to cover, and then called me to say it was just what he had been waiting for, for a long time. That’s kind of a glorious story, but this is the kind of guy who is generous with his words in this way. Another head instructor on the Mainland begins each of his classes by reading a section from the book, which is also nice to hear.

On the other hand, a number of students have mentioned to me how slowly their reading of the book is going and how difficult it is to understand, which could be taken two ways. Either the book is very deep and very challenging, or I just did a crummy job of communicating.

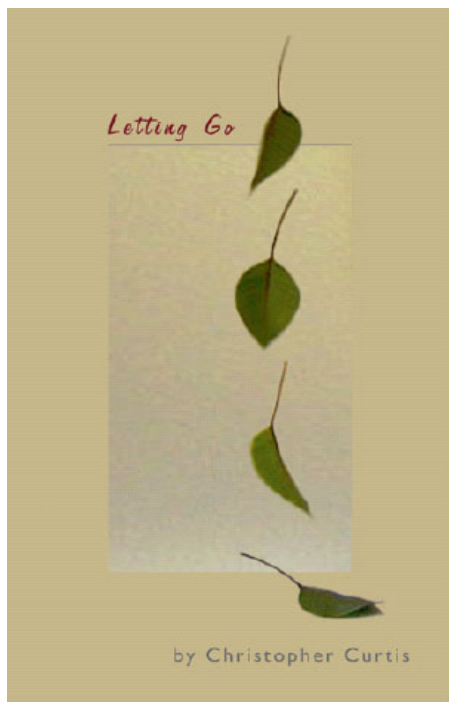
Seriously, several people have said they weren’t sure they were understanding everything I was saying as they read the book, but when they were finished, they felt themselves overwhelmed by a new

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Christmas is a great time to give the gift of *Letting Go*!

Here’s your opportunity to purchase Curtis Sensei’s book if you don’t already have a copy. Or, if you do, what better time than Christmas to recognize the value of this teaching and share that opportunity with your friends and loved ones.

To place your order use order form on page 11



Curtis Sensei . . . continued from page 3

and much deeper imperative to practice.

MANA: You have placed on the 2009 Maui Ki-Aikido schedule that one Friday meditation class per month will take up the discussion of a chapter of the book. Would you care to discuss your plans for using *Letting Go* as a teaching tool?

CS: One Friday per month we'll set aside as a discussion period with the idea of using each chapter of the book as a guide to that discussion. One of the challenges of this book is that each chapter is broken into a number of sub headings, and each of those relates to the theme of the chapter as a whole, though I have been told by some that it is not always easy to see how each sub heading actually relates to the whole chapter. I'll probably begin the class by reading a short section. Then students will have the opportunity to ask questions as to the related content.

MANA: As there are 23 chapters, is this a teaching plan intended to cover two years?

CS: Yes and more, since we don't even have 12 full months of training per year. One reason I want to do this is to keep the subjects covered in the book alive. Nothing is fixed just because it is written down. This is not something you gather in and then you "have" it. Evolution continues. For instance, I might have explained something at the start of the process of writing this book seven years ago in one way, and it might be seen or expressed completely differently today. I want to keep the teaching living and up-to-date in people's minds. The point is not for the student to gain knowledge so much as it is to help the student's practice remain fresh and vigorous. The basic principles remain always the same, but the expression of those teachings is constantly changing. And this is not just because the teacher is changing, but because everyone is constantly evolving.

MANA: Thank you, Sensei. We hope that everyone will get a copy of *Letting Go* if they don't already have one, and also consider what a wonderful gift sharing it with someone else would be.

Hawai'i Ki Federation Dan promotions

Francis Wilson and Reid Nonaka, both of Mililani Dojo, were awarded Sandan rank after their successful tests September 14 during the HKF Retreat Seminar held on the Big Island. Reid is the son of HKF President and Mililani Head Instructor Eric Nonaka Sensei and the grandson of HKF Senior Instructor Takashi Nonaka Sensei.

Five Maui Ki-Aikido students passed their Shodan tests on August 17 at the Shunshinkan Dojo in Wailuku during Curtis Sensei's Weapons Intensive Seminar. The new Maui Shodans are Glenn Young, Alex Schaefer, Lindy Franco, Reece Ajifu, and Tara Takamori. The Jokyū test of Ki was also taken and passed by Young and Schaefer.



Reid Nonaka takes the knife from his uke during his Sandan test in Hilo September 14.



Above, Reece Ajifu and Lindy Franco during their Shodan tests on Maui August 17.

Left, new shodans with Curtis Sensei, left to right, Lindy Franco, Tara Takamori, Reece Ajifu, Glenn Young and Alex Schaefer.

Dear Fellow Maui Ki-Aikido Members,

Over the past four years, seven of our teen Aikido students have benefited directly from the Suzuki Sensei Youth Award and have been sent for training to the Ki-Aikido World Headquarters in Japan. They always return wonderfully impressed by the experience and exponentially advanced in their training. They share what they have learned with the other youth students, serving as wonderful role models for all our Aikido kids, and we all benefit from the enthusiasm they bring back to the dojo and to their lives outside the dojo.

Because one anonymous donor had the vision to begin this program to honor Suzuki Sensei and help our youth see the value of continuing to train in Aikido, and at first personally financed this great opportunity for our youth, we as members have seen its tremendous value and want to continue the Suzuki Sensei Youth Award program each year, sending our young achievers to Japan to experience training with many top Sensei from Japan and with the world community of Ki-Aikido students and teachers.

To do this, program funds must be accumulated through donations and organized fund raising activities. In October we participated in the Aloha Recycling Contest, earning 5th place among many participating Maui non-profits and nearly \$250 from recycled drink containers.

Beginning in November we are fund-raising with Zippy's Benefit chili program as our vehicle. Each \$7.00 ticket brings \$3.15 back to our program. This is a great time of year to do this because not only are the tickets convenient for personal use, but also they are thoughtful gifts for the upcoming holidays for anyone. Tickets, good until Jan. 14, are available from all Maui Ki-Aikido instructors and board members, and can be exchanged for either a 1 1/2 pound tub of any type Zippy chili (including vegetarian) or a Napoleon's Bakery chocolate or banana pound cake.

Other ways to help our Suzuki Sensei Youth Award fund-raising drive include a special dinner at Jeff Baldwin Sensei's home November 22nd, and a special end of the year benefit dinner night at the Flatbread Company brick-oven pizza restaurant in Pa'ia on December 9th. Watch for events coming up early next year with a planned rummage sale and later a car wash event. Mahalo for your help and support.

Fincher Sterling

Maui Ki-Aikido Fund-Raising Chairman

Friends of Maui Ki-Aikido

You can support the Suzuki Sensei Youth Award by purchasing our \$7 tickets for Zippy's Chili (1-1/2 pound tub, any kind) and Napoleon's Bakery chocolate or banana loaves. Tickets are good until January 14, 2009, and make great gifts, or treat yourself at any Zippy's. Call the dojo, (808) 244-5165, to reserve your tickets now.

Youth Award program's positive results

Aaron Villanova and Lyman Franco, both gold and silver medalists in Japan in June and this year's recipients of Maui Ki-Aikido's fourth Shinichi Suzuki Sensei Ki-Aikido Youth Award, received their all-expense-paid trip to the Ki Society's world headquarters dojo in Japan for World Camp training and International Taigi Competition June 23 through 29. The award, given annually to one or two youth members of Maui Ki-Aikido, is based on several criteria which include consistent effort in training, respectful and supportive attitude toward their dojo, teachers and fellow students, and their high level of preparation for, and performance at, the Hawai'i Ki Federation's annual state-wide taigi competition, which this year was held at Maui's Shunshinkan Dojo March 29.

Aaron, the son of Roy and Denise Villanova of Wailuku, is currently in the 11th grade at Baldwin High School, and Lyman, son of Alex and Leticia Franco of Makawao, is in the 12th grade at Maui High School. Both young men are currently training to take their



Lyman Franco and Aaron Villanova with Suzuki Sensei, September 6, 2008, at a Shunshinkan Dojo celebration party for the Japan Taigi team and new shodans.

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Youth Award program...continued from page 5

Shodan test early next spring.

Criteria for the Youth Award for Maui Ki-Aikido students ages 15 to 18 include, along with good attitude and respect for fellow students and teachers and level of interest and effort in training, a commitment to community and/or dojo service and an essay on what long-term commitment to Aikido means for their lives. The requirements for winners include teaching some children's classes upon return from Japan to share their World Camp experience.

The Award was created and funded for its first three years by an anonymous donor in 2003 to honor Suzuki Sensei for his dedication and outstanding leadership in the development of Aikido in Hawai'i as well as for his 50th year of teaching at the Maui dojo. Maui Ki-Aikido is now raising the funds annually to support this program and wishes very much to keep this award going. We are actively seeking funding for next year via youth fund raisers and donation appeals. Suzuki Sensei feels it's very important to teach Ki-Aikido to children and teens, and he wishes to see young people continue with their training into adulthood. It is hoped that through taking young Aikidoists to train at Ki Society's World Camp, we will be helping to develop future Aikido leaders, wherever in the world they end up living and training.



Lyman Franco helps Zach Eto, Chris Kam and Carter Suzuki do a Ki test taught during World Camp.

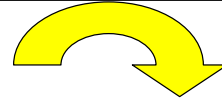


Aaron Villanova assists Chris Rickard with posture during a lesson in the teen class.

Shugyo Tassei Kigan Shiki seminar introduced in 2009

Hawai'i Ki Federation will initiate a new seminar January 23 through 25, 2009, called Shugyo Tassei Kigan Shiki, which will take place at the Shunshinkan Dojo on Maui. The name means "This new year let's fully realize our intention to practice from the heart," and Curtis Sensei plans it for the first month of each new year from now on to set our training on the right path. This seminar will include the formal, beginning-of-the-year dojo blessing (Ki Barai) as well as the Omiki ceremony participated in by all.

Other upcoming seminars in the first half of 2009 include the Taigi intensive in March to prepare for the state competition and the actual state Taigi competition in May, both to be held in Hanapepe, Kaua'i. The National Chief Instructors' Seminar will be held in Denver, Colorado, June 24 to 28. Please see www.hawaiiikiaikido.org for more information.



Mark Your Calendar

Tell your friends!

Bring a Guest!

Plan a party!

**Youth Program
Benefit Night
at
Flatbread Company
89 Hana Hwy, Paia
Tuesday, December 9
5:00 pm - 10:00 pm**

With each Pizza ordered by anyone all night, Flatbread Company donates \$1.00 to \$1.50 to our program.

Everyone likes Pizza!

Please plan to join your senseis for dinner.

@ 6:00 pm - family seating (no reservations)

Nidan

by Udo Schill Sensei, Head Instructor, Stuttgart Ki-Aikido, Stuttgart, Germany

MANA note: Udo almost lost his life during the time he was preparing for this test. He spent several months in bed with a very serious illness which almost killed him. He was in a seriously weakened state over a year and so his test was postponed longer than it would have been. He had planned to come to Maui for a month in the late summer of 2007 to train for his test, but had to cancel his trip. We are happy to report his full recovery.

Tokyo, August, thursday morning.

I just had my breakfast in the coffee shop next to the subway station. The night before I practiced at one of Ohara Sensei's dojos until late. Now I am on the train to one of his new dojos where I haven't been before. I have checked everything out before and I am sure how to get there.

After a 40-minute ride I am trying to find the station to get off at on the display in the subway car and finally I am realizing that I am on the wrong train. How could this happen to an old Tokyo hand like me? I manage to change trains with an approximate idea of how to get to the right station. It is 9:00 in the morning – Tokyo rush hour: Get on Inokashira line in Shimokitazawa. From there to Shibuya. Change in Shibuya station amongst two million commuters and another 20 minute ride on Denentoshi-line, then 10 minutes walk in a neighborhood where I have never been before. I manage to arrive 5 minutes before the lesson starts. Just safe.

Jogi and Kengi training. Three of Ohara Sensei's students-now-teachers are practicing with me. Over and over. In the end I really feel at my limit. These friends skipped their training to practice with me and try to fix my mistakes.

Bubenreuth, South Germany, Friday afternoon.

Klaus agreed to be my uke for the examination. He came on a six hour car-ride from north Germany on this national holiday to prepare with me for the test. He takes ukemi for the whole afternoon and is very enthusiastic. We have a lot of fun.

Saturday.

First seminar day. I arrive a 8:30. Curtis Sensei has just arrived. The timing feels nice.

In the beginning of the seminar he announces that I will take the exam and that the whole two days will be the test. And, suprise: "Please show us something where you feel you might need some improvement, so we all can practice." So, suddenly I am in front of everybody showing what I don't know. I am getting quite tense being in the center of interest all day and showing the things that I can't do right. Curtis Sensei is very patient and corrects over and over, and I feel that I am slowly getting better. This is the test.

Sunday.

Still I am quite nervous. In the breaks I am practicing with Klaus, or just sitting there trying to do image training of the techniques. Then 4:30. The exam starts. I am ok. But it takes until the 5-man attack when finally I start to feel really relaxed and happy with myself. Finished. Nidan.

During my long preparation for this test I learned two big things.

First: When we are down and maybe even close to death, we must extend Plus Ki and go forward making decisions. Then things will develop. Even better, new things will develop, new perspectives. Down-Up. Down-Up. This is ukemi practice.

Second: We need other people. People who care for us and take their time to help us. I really appreciated the support of all the people in Bubenreuth, Duisburg, Helmond and Tokyo. And of course am very grateful that Curtis Sensei put me up in front of everybody. This tough experience resulted in so much new insight for me. Thank you very much.

The loving care for each other is something really special in our training and I am happy to give this to my students as well.



Udo Schill Sensei practices with Uwe Filusch, Head Instructor of Bubenreuth, in Franconia, southern Germany, watched by Curtis Sensei, during his seminar in Bubenreuth, October 2008.

Meet Roy Uyehara of Central YMCA Ki-Aikido Dojo

From MANA interview October, 2008

Roy Uyehara, now Sandan, started training in Aikido at Central YMCA in Honolulu in 1992. He recalled that he would pass the dojo on Wednesday evenings after finishing his jog at Ala Moana Park and would always see Eto Sensei and Linda Sasaki Sensei teaching. It looked like fun. He started attending Wednesday, then expanded his training to include Saturdays, and now he is a mainstay of the Central Y Dojo. He assists Head Instructor Sasaki Sensei in classes and teaches the class in her absence. He is also the Treasurer of the dojo.

Roy says that Aikido training is a healthy way of life. "Aikido has helped me focus and be more aware in my work. It has also helped relieve the stress that comes with work." Roy is Treasurer/Director of Real Estate of the company Teruya Brothers Limited, and Principal Broker of one of its subsidiaries, TBL Realty, Inc.

For enjoyment, he likes to go ulua fishing. He is an honorary member of the Atlapac Fishing Club, the oldest ulua fishing club on Oahu. However, he is finding less time for fishing now that he is training more in Aikido. He has gone to World Camp in Japan 6 or 7 times, and almost always attends every Hawai'i Ki Federation seminar in our state.

"One of my most memorable experiences in Aikido was one I had with Master Tohei during a 1998 seminar. He was sitting in a chair applying a kote-oroshi on me. I did not feel any pain, but I found myself on the floor looking up at him wondering how I got down there. This is what I am striving for in my Ki-Aikido training."

We asked Roy, "Could you talk a bit about your experiences at HKF seminars and what motivates you to attend so regularly?"

He answered, "The reason I like to attend these seminars is the 'Aha' moment or the sudden glow of the light bulb going off in my head. Things that you thought you knew all of a sudden get much clearer and you develop a greater understanding.

"This happened to me at the recent HKF Seminar Retreat at Kilauea Military Camp (September 2008). A student made a comment about the importance of posture to maintain stability. Curtis Sensei called her up and proceeded to test her on standing with mind and body coordinated. He made sure she had the correct posture, then tested. She passed. Then with the same correct posture he tapped her head and tested right away. She failed. You can have perfect posture but if you fail to 'keep one point,' you will lose stability.

"At the seminar, words like 'focus' and 'concentrate' should be used to help beginners understand the extension of Ki. However, as one advances in Aikido the concept of focus and concentration is replaced with awareness of Ki. I won't be picking a spot on the wall to focus or concentrate."

At another seminar, he said that he found the words "help your partner" seemed to release tension in his body when working with a partner. "When we try to control our partner, tension builds up in our body making it difficult to perform. Your mind must have the state of 'helping' for the art to be done correctly. This has helped me relax when performing with my partner. These are just a few of the experiences I had at the seminars," said Roy.

Roy, we hope to see you at many, many more seminars to enjoy practicing with you!



The Kamokus of Masakatsu Ki-Aikido Dojo

by Byron Nakamura Sensei, Head Instructor, Masakatsu Dojo

In 2004 a formal letter was written to the Chief Instructor of the Hawai'i Ki Federation Christopher Curtis Sensei, asking for the opportunity to formally apply for the establishment of a new Ki-Society dojo on the island of Oahu, the Masakatsu Dojo. The application was accepted and the Masakatsu Dojo was established.

The dojo started with about eight students, among these students were two children, Cody and Mahina Kamoku. Their parents Don and Gay Kamoku would bring them out to practice every weekend. As time went on, with the encouragement of our late senior advisor Mr. Owen Stanley, Don Kamoku started his training. Don, Cody, and Mahina would show up to classes regularly on Saturday nights, then on Saturday morning, and finally Sunday morning after those classes were added in to the dojo schedule. They have put a lot of time into their training, coming out three times a week. They always come with an open mind and a positive attitude, doing their best to learn the Ki principles and Aikido techniques. The entire family has attended and helped out at Hawaii Ki Federation seminars held on the various islands of Hawai'i, Maui, Kaua'i and O'ahu.

Mahina, who started training with me from the age of 8 at the Masakatsu Dojo, holds the rank of 4B Kyu children's purple belt, and Cody, who started from the age of 12, holds the rank of 4th Kyu adult purple belt. Their dad Don holds the rank of 2nd Kyu adult brown belt. Further, Mahina participated in the 2005 and 2006 Hawai'i Ki Federation Taigi competitions, and both times she was awarded the most inspirational. She has also, participated in the 2007 Keio University Seminar with Shinichi Tohei Sensei. She is a 7th grader at Niu Valley Middle School and a member of the volleyball team. Besides volleyball, she enjoys playing video games and reading books. At the dojo after practice she is always coming up to me and



Cody, Don and Mahina Kamoku of Masakatsu Ki-Aikido, O'ahu.

showing me the latest book that she is reading. Mahina and her brother both go to a Kumon math and reading center where they learn to improve their math and reading skills. She plays percussion at her school and has played cello at the Kamehameha summer school.

Cody Kamoku has also been training with us now for 4 years and has participated in various seminars and events held by the Hawai'i Ki Federation. He also participated in the 2005 Hawai'i Ki Federation Taigi competition and in the 2007 Keio University Seminar with Shinichi Tohei Sensei. He is a junior at Kalani High School and has been a member of the air riflery team for three years. He has mentioned that his training in Shin Shin Toitsu Ki -Aikido has helped him to improve each year in air riflery. This year he was the top shooter at one of the air riflery meets and along with his Kalani High School team went undefeated during the regular season. He competed in the 2008 OIA's for air riflery, in which he received a medal. He

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A Letter of Thanks to HKF

by David Borer of Maui Ki-Aikido

Alex Schaefer and I would like to extend our gratitude to Hawai'i Ki Federation for sponsoring us and giving us the wonderful opportunity to participate in this year's Ki-Aikido retreat at the Kilauea Military Camp on the Big Island of Hawai'i. We were fortunate enough to be selected to attend the seminar as a runner-up prize for our performance at the Hawaii Taigi Competition on Maui last March.

As a relatively new practitioner on the Hawai'i Ki-Aikido scene, I recognize the great value of these inter-island affairs. It is nice to see familiar faces again. We think the camaraderie is important as it gives all of us an opportunity to spend some extended time with like-minded individuals, not only on the mat in a formal Aikido setting but also off the mat in a more social atmosphere. This gives us all time to talk story, share ideas and catch up with one another. The ohana spirit is alive and well within the Hawai'i Ki-Aikido family.

KMC was a great choice of location to hold this year's retreat. A special thanks is extended to David Kaneshiro for arranging the event for us to enjoy. The facility on the rim of Kilauea afforded us a cafeteria, a supermarket, a bar, a nightclub, game rooms, bowling alleys, and living quarters, as well as some great trail hiking along the rim of the caldera and access to all of the information offered by the National Park Service. It was impressive to witness Mother Nature's powerful volcano in action. I am sure we will all remember the weekend for a long time to come.

Curtis Sensei spent a fair amount of time enlightening each of us in the area of confidence and responsibility. Our actions lead to our experience and our attitude dictates how we perceive our experience; therefore we must take complete responsibility for our very own experience of life. "Supreme Confidence," Sensei taught, "is that which exists after all other social and material accolades have been stripped away."

Confidence built by material or social attributes, such as the type of car you drive, the clothes you wear, the college you attended, or the company you work for are fleeting. Supreme Confidence is that which arises from knowing "how to be" at any given moment. Supreme Confidence is achieved by "just being."

Hopefully, all of the retreat attendees experienced glimmers of Supreme Confidence and the importance of taking Complete Responsibility. At least Alex got to experience a relatively shallow confidence while bowling a 174 after four years without a roll.

Thank you again HKF for the opportunity to share, to learn, to train and to enjoy.

Mahalo,

Alex Schaefer and David Borer



Chris Plumlee of Arizona Ki Society and Charles Boyer, Head Instructor of Lokahi Ki-Aikido, try a Ki test with Curtis Sensei during the HKF Retreat.



Lloyd Miyashiro, Head Instructor of Kapa'a Dojo on Kaua'i receives his HKF Senior Instructor certificate from Curtis Sensei.



The Kilauea Military Camp's banquet hall was our dojo as David Kaneshiro, Peter Morton, Glenn Young, Alex Schaefer and Sean O'Connor lined up to practice ken suburi.

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

Letting Go by Christopher Curtis Sensei	(non-member) \$25 _____ (HKF members) \$20 _____
Ki-Aikido on Maui , 3 rd edition, by Christopher Curtis Sensei Training manual used by all Hawai'i Ki Federation dojos.	(non-members) \$15 _____ (HKF member) \$8 _____
50 Years of Aikido in Hawai'i, A Book of Days	(non-member) \$20 _____ (HKF members) \$15 _____
Perpetual keepsake calendar with historic photos that chronicle the birth, evolution and development of Aikido, with rare photos of the founders.	
Bokken Suburi DVD - Training Aid	(non-member) \$25 _____ (HKF members) \$20 _____
Christopher Curtis Sensei performs the 8 Bokken Suburi, 10 repetitive 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	(non-member) \$15 _____ (HKF members) \$10 _____
Breathe and meditate along with an actual Maui Friday night class, professionally recorded.	
Norito CD , as read by Christopher Curtis Sensei	\$25 _____
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Kamokus continued from page 9

also works at Kumon math and reading centers during the week as an assistant. Like Mahina, he enjoys video games and likes to read books.

Don Kamoku started his training with me at the Masakatsu Dojo shortly after Mahina and Cody. He has shown continuous improvement each year, through his dedication, commitment, being open minded and having a positive attitude which he passes along to his children. This is through his involvement in various activities that have helped him to practice, understand and help me with instruction. These various activities include other martial arts, weight lifting, running (including the Honolulu Marathon), riding bike and kite boarding which he does currently on a regular basis. Don is always there for the dojo, whether it is helping set up for class, being at various seminars to support the members or participating in them. He always contributes ideas for training or for helping the dojo to recruit new members.

Don, Cody, and Mahina have each shown a continuous improvement in their development, during the 4 years they have been training with me at the Masakatsu Dojo. This is due to their dedication, commitment, open-mindedness, positive attitude and willingness to learn not only from me, but from others like Curtis Sensei, Eric Nonaka Sensei and the rest of the instructors and students of the Hawai'i Ki Federation. They have helped me with my continuous improvement in my own development not only as an instructor but also as a student.



All of the attendees at the September 2008 Hawai'i Ki Federation Retreat at Kilauea Military Camp with HKF Chief Instructor Christopher Curtis Sensei (see story on page 10).

Hawai'i Ki Federation
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