



# Mana

The newsletter of Hawai'i Ki Federation

Spring 2012

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*Shinichi Tohei Sensei teaching on Maui in 2007. He returns to teach here in September.*

## Keio University 55th Anniversary Seminar

Sept. 14, 15, 16, 2012  
Maui, Hawai'i

Taught by

**Shinichi Tohei Sensei**  
World Ki Society President

See registration information,  
early bird prices, accomodation  
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## Keio University Fifty-Fifth Anniversary Seminar on Maui

*Shinichi Tohei Sensei teaches seminar on Maui in September  
by Christopher Curtis, Chief Instructor HKF*

It has been fifty-five years now since the Keio University Aikido Club was started by Koichi Tohei Sensei. For many of those fifty-five years, the Keio students have regularly made pilgrimages to the island of Maui to train with Shinichi Suzuki Sensei. I remember, as a young student in our dojo, seeing a group of fifteen or so young men and women who moved like lightening and were so unusually enthusiastic that it scared me a bit. Suzuki Sensei introduced them to us as his "friends from Keio," and they seemed to feel genuinely fond of him. This didn't happen every year, but often new students came from Keio, and just as often older alumni would come to give their aloha to Suzuki Sensei, sometimes training with us, and sometimes just visiting.

Because of this history of camaraderie between Maui Ki-Aikido and the Keio University Aikido Club, when we learned that the year 2007 would be their fiftieth anniversary, we immediately invited them to come to Maui and allow us all in Hawai'i Ki Federation to help them celebrate this momentous occasion. This did, of course, take place in September of 2007, and was wonderfully led by Shinichi Tohei Sensei. As a result, each group made many new friends and experienced some very intense training. It was attended by over 100 students from around the world. Attendees and the Maui public were awed by a wonderful demonstration of Ki-Aikido given by the Keio University students on the last day.

In October of that same year, just after training at World Camp in Tochigi ken, Japan, the Keio Club graciously invited me to be the first foreigner to ever visit the Keio University Dojo. I went, and was accompanied by Shinichi Tohei Sensei, Sachiko Tohei, Lynn Curtis, Jeff Baldwin, and Tracy Reasoner. I must say that it was a shocking experience to see the intensity of their training in the dojo. After the training session and a wonderfully inspiring demonstration, the group honored me with a monogrammed coffee mug and the official Keio University tie, for which I am very grateful.

*continues on page 2*

*Keio Seminar . . . continued from page 1*

This year of 2012 marks the fifty-fifth anniversary of this same Keio University Aikido Club, and consequently fifty of the students will be coming to Maui in September to once again celebrate with the Hawai'i Ki Federation. We here in Hawai'i are honored to again be hosting this Keio University Aikido Club anniversary seminar, and once again it will be taught by World Ki Society President Shinichi Tohei Sensei. The seminar will take place on Maui September 14-16, and will include three days of training, a beach party, banquet with Hawaiian hula dancing, and once again we hope to see the Keio students demonstrate their incredible Ki-Aikido skills to the Maui public.

This excellent opportunity to train with Shinichi Tohei Sensei, inspiring guide of the entire Ki Society worldwide, and with the delightful Keio Aikido students here in the US, is not to be missed. Ki-Aikido students from all over the world are invited to take part and are urged to make plans as soon as possible. Since there will be no National Chief Instructor Conference and Seminar this year, Shinichi Tohei Sensei has asked that all of the U.S. Chief instructors and their fellow instructors and students join us to help celebrate this occasion on Maui.

Online registration and information about accommodations near the dojo are available at [mauiaikido.com](http://mauiaikido.com).

We look forward to seeing you soon on Maui!



## Hawai'i Ki Federation Dan, Den and lecturer promotions announced in 2011 and Spring 2012



*Eric Nonaka Sensei, David Hewahewa, Lee Chong and Christopher Curtis Sensei after Lee's Shodan test at the HKF Taigi Intensive seminar on Maui March 24-25.*



Central YMCA - Linda Sasaki Sensei,  
Head Instructor: Associate Lecturer;  
Jordan Yamashita: Shodan

Hilo Ki-Aikido - Leilani Pakele Sensei,  
Head Instructor: Rokudan;  
Michael Matsui: Shoden.

Mililani Ki-Aikido - Francis Wilson  
and Reid Nonaka: Assistant Lecturer

Maui Ki-Aikido - Morton Dithmer:  
Shoden and Sandan; David Hewahewa  
and Lee Chong: Shodan

## Meet Lillian Paiva Sensei of Honoka'a, Hawai'i

In this issue, MANA is highlighting one of the three women head instructors in HKF, Lillian Paiva Sensei of Honokaa Dojo. She has practiced Aikido since 1993 and led her dojo for about a decade. We asked her about the history of her dojo in the small town of Honoka'a, up on the northeast coast of the Big Island of Hawai'i. Here is her story.

"As far as the history of the Honokaa (no okina between the a's because that is the way I inherited it) Ki-Aikido Dojo (building and location), the club was founded in 1955, and Koichi Tohei Sensei used to come and stay with the one of the sensei and then teach in Honokaa Dojo. They took over the gym for the demonstration when O Sensei was here in 1961, as it was the only building in Honokaa town big enough to use. My husband (Eric Paiva) was about 12 years old at the time and actually saw O Sensei's demonstration.

"The dojo we have now is on the Honokaa Hongwanji Temple grounds. We own the building, although not the land, in partnership with Honokaa Judo Club. For the last few years Eric and I have been doing renovations. The Temple and the Judo club had the downstairs piled with junk. You couldn't even use the stairs. We cleaned out the downstairs and converted it into changing rooms off of a room big enough for meetings or a small gathering. We are currently redoing the little closet upstairs into a real changing room suitable for sensei."

When asked how she got started in Aikido, Lillian said, "When I married Eric in 1977 he was an Assistant Judo Instructor. I started Judo and received my brown belt. Then in 1989 I had to have brain surgery to remove a tumor the size of a golf ball. I was told to stay away from strenuous activity for at least a year. Eric knew how much I missed Judo and kept telling me to try Aikido as it was a great art for women. I kept putting it off since I did not want to do a 'sissy art,' as that is what I thought he meant. Then in 1993 Eric and I and our two children, Jeremy and Elena, decided to try Aikido as a family. I was the only one who stayed.

"When I started, Shigeru Fujimoto Sensei was the head instructor, and the club only had about 3-5 students every year. Euclid LoGiudice, who had started with Honokaa but moved to Hilo before we joined, would come every once in a while to train with us. For those who remember George Dochin, he and I started about the same time and were the only two regular students. When we reached Nikyu, Fujimoto Sensei talked to Takashi Nonaka Sensei and set it up for us to attend the Sunday morning instructor's class in Hilo. We went regularly for years. We both received our Shodan in 2000, and along with the Nonaka lineage we went to Japan that same year."

(After Fujimoto Sensei retired about 12 years ago, George Dochin was briefly head instructor of Honokaa before Lillian Paiva stepped into the responsibility.)

"I may be one of few people I know who actually had to use Aikido to save their life. About a year after I started training, I was attacked at work by an ex-co-worker who had a knife and a hammer and was looking for revenge against anyone. Thanks to Fujimoto Sensei being so persistent in teaching tanto blocks and keeping one point, I survived. I think my biggest rush of fear was when I went back to the garden I had been working in and saw the 36 feet of vegetation, roots and sprinklers I had walked backwards over while blocking the knife and realized how easy it would have been to trip if I had not been keeping one point."

When asked how training and teaching Ki-Aikido has changed her life, Paiva Sensei stated, "I am forever grateful for being put into the position of teaching, because I never would have done it on my own. I am so grateful for all of my teachers, and every person I have ever had the opportunity to train with. I know it sounds lame, but I have learned from every person I have come into contact with. My hope is that I am spreading the teaching correctly and inspiring people to come and meet all of you."

In addition to being a volunteer Ki-Aikido teacher, Lillian Paiva is self-employed and has a growing family. Since she has been in landscaping for a large part of her life, she has started a Home Garden Consultation business to help the average home owner achieve a better garden. "My hobby is Bonsai, which I began doing about the time I started Aikido. I have a 3 1/2 year old grandson, which almost everyone in Aikido has heard stories of, and a girl granddaughter due in May."



*At the Honokaa Dojo, L to R: Daylemarc Aten, Jack Friend, Francis Altura, Eloise Robertson, Seraphim Benoist, and Lillian Paiva Sensei who is showing the girls the wrong vs right way of doing Munetsuki Koteoroshi.*

## Nonakas given award for work in conflict resolution education

### *Reid Nonaka brings Ki-Aikido to Waianae*

O'ahu HKF member Reid Nonaka reported to MANA that, "On December 17, 2011, the Pacific Justice and Reconciliation Center (PJRC) held its first annual Peace Martial Arts Awards Dinner. For PJRC's first-ever Peace Martial Arts Award, they honored my grandpa (Takashi Nonaka Sensei, a Hawai'i Ki Federation senior advisor), and my dad (Eric Nonaka Sensei, Assistant Chief Instructor of Hawai'i Ki Federation) for their contributions to conflict resolution education using martial arts. I had the honor of being the evening's master of ceremonies, and introducing all of the honorees. All proceeds from the event went toward projects and peace martial arts dojos of PJRC in Chinatown and Waianae."

The non-profit Pacific Justice and Reconciliation Center's president, Dr. Kaleo Patterson, and its vice-president, Dr. Ha'aheo Guanson, selected the Nonakas as recipients of the award. The elder Nonakas have, between them, a history of over 100 years of leading and inspiring the people of Hawai'i to practice Ki-Aikido. Takashi Nonaka Sensei founded and was the long-time head instructor of Hilo Ki Aikido on the Big Island of Hawai'i until retirement in 2005. Eric Nonaka Sensei heads the Mililani Ki-Aikido Dojo on the island of O'ahu.

Now, in the tradition of the Nonaka men, grandson Reid has established and teaches Ki-Aikido at the new Waianae Peace Center dojo which officially opened its doors on Jan. 30 of this year. Reid Nonaka offers Ki-Aikido in the new space, shared with other instructors who offer various other martial arts such as Shotokan Karate, Kaito Gakko Judo Jujitsu, and Kickboxing. There are already ten students enrolled in Reid Nonaka Sensei's Ki-Aikido program: three children, and seven adults. These students are still under HKF Instructor Eric Nonaka Sensei for testing and promotion.

Reid Nonaka Sensei also teaches kids in an afterschool program at Waianae Intermediate. He told MANA, "It's called Afterschool Allstars, founded by Arnold Schwarzenegger. I work with some great kids. There are about 16 students who come regularly to my class. My after-school class is a combination of Aikido and sushi making (calling on Nonaka Sensei's experience working part-time at a sushi restaurant). We call it "Stop, Chop, and Roll." Since funding and space are limited, what I teach for the day really depends on what part of the campus I am on. Some days I teach the kids how to make sushi. On others, depending on if I have mats for the day, we do arts."

When asked if it is true that kids out in Waianae are kind of tough, he stated, "Waianae does have a reputation of being a 'rough' area, but I have grown to love it. Waianae is a very close knit community, with very welcoming and hard working people. Of course, like any community, there are a few rotten eggs that spoil it for the rest, but Waianae is not the ghetto many people portray it to be.

The kids love the discipline and structure of martial arts. They have really embraced the idea of Ki principles. The kids' favorite Ki test is the unbendable arm. And their favorite art is Munetsuki Koteoroshi."



top: George Copeland, Sara Hutchison, Steve Hutchison, Earnest Hoopii, Joel Endo, Steve Litschauer  
bottom: Damon Boiser, Kazy Malina-Patacsil, Reid Nonaka, Eric Nonaka, Koa Waid  
George Copeland and Steve Litschauer had just taken the 4th kyu test.

## HKF's two annual Shugyo Tassei Kigan Shiki Seminars

Shugyo Tassei Kigan Shiki is celebrated at two times each year, once at the end the year of training, and then each January to initiate a new year of Aikido practice. The Hawai'i Ki Federation Shugyo Tassei Kigan Shiki Seminar to end 2011 was held at Maui Ki-Aikido and taught by Chief Instructor Christopher Curtis November 18-20. The first one of 2012, January 27-29, was conducted at Lokahi Dojo in Honolulu by Eric Nonaka Sensei, HKF's Assistant Chief Instructor.

Curtis Sensei translates the terms in the name of these seminars as follows: Shugyo - "true practice"; Tassei - "experience"; Kigan - "open to" and Shiki - "celebration." Together, it means "a celebration of opening to the experience of true training."

A main event at the Shugyo Tassei Kigan Shiki seminars is the tradition we practice of the Ki Rei and Ki Barai blessings, followed by the Omiki ceremony in which the sensei serves *sake* to the students, first to thank them for their hard training and their help all during the past year and then to wish them a happy and blessed new year and one of much progress in their study of mind-body unification.

At the recent Shugyo Tassei Kigan Shiki Seminar in Honolulu, Eric Nonaka Sensei began on Friday night with Ki Breathing and Meditation. On Saturday, the classes included a lively session for children, and for the adults, Oneness Rhythm Taisho and Ki Rei, Ki Barai and Omiki. followed by Shodan test arts in which Nonaka Sensei provided technical points and adjustments practiced by all. On Sunday morning the class trained with Bokken and practiced for Ki testing. Finally, on Sunday afternoon there were two successful tests taken by Central YMCA dojo students: Jordan Yamashita, Shodan, and Kevin Pham, Jokyu Ki. Congratulations to both. *Francis Wilson contributed to this article.*

### 2012 HKF Officers

New Hawai'i Ki Federation officers for 2012 were confirmed at the November Shugyo Tassei Kigan Shiki seminar. Pictured here are: (left) Secretary Lillian Paiva; (far right) President Charles Boyer, flanking instructors Eric Nonaka Sensei and Christopher Curtis Sensei. Not shown: Vice-President Leilani Pakele and Treasurer Tracy Reasoner.



*Christopher Curtis Sensei serves Omiki to the attendees at the Shugyo Tassei Kigan Shiki Seminar on Maui in November, 2011, assisted by Jeff Baldwin.*



*Curtis Sensei helps Sayaka Reasoner during the seminar in November.*



*Curtis Sensei places new maile lei on our Suzuki Sensei plaque at the March Taigi Intensive seminar, in honor of Suzuki Sensei's 95th birthday.*

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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.

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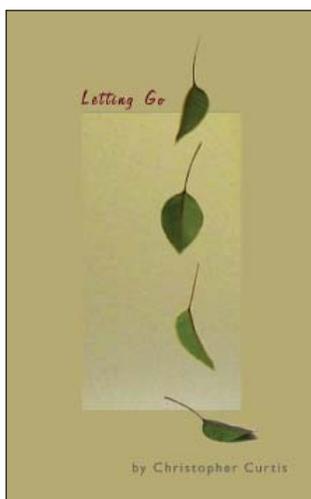
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Wailuku, HI 96793

Fax: 808 244-5165

Email: mauikiaikido@

gmail.com



## Anytime is a great time to give the gift of *Letting Go*, soon to be an e-book!

Do you have a copy of Curtis Sensei's latest book? If you do, consider the value of sharing this teaching with your friends and loved ones.

Curtis Sensei has completed two series of discussion classes at Maui Ki-Aikido, on each chapter of the book and on the Four Basic Principles. Now he is leading monthly discussions on the meaning of the Shokushu. This give-and-take between Sensei and the students is a great adjunct to studying the book and can be downloaded and listened to or read on our blog at <http://curtissensei.com>.