



Mana

The newsletter of Hawai'i Ki Federation

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Christopher Curtis, Chief Instructor, Hawai'i Ki Federation



Koichi Kashiwaya teaches on Maui in June. See page 2 for details on upcoming seminar.

Chief Instructor's Message

by Christopher Curtis - Chief Instructor, HKF

Practicing Plus Mind

There are, without a doubt, a number of masterful individuals around the world that, no matter what is happening in their daily lives, no matter what form of experience they are going through, grief, anger, anguish, happiness, success or failure, still they experience a deep sense of calm peacefulness in their mind/body.

When we talk about this deeply calm state of mind, we like to use the metaphor of the ocean, because it is so easy for us to see that, though there may be a hurricane on the surface of the ocean, it has a big body, and deep within the ocean it is very quiet and calm, no matter what happens on the surface. This is also possible for human beings, but it's not common and not easy to discover, because we tend to hang out in the shallows, where all the action is.

At first glance, we see all things in some shade of positive or negative. But ultimately, when we look deeply into the experiences of this life, the distinctions which before seemed so obvious, that something is certainly either negative, positive, or some degree of each, begin to dissolve. No matter what is happening, the same thing is always happening for each of us. With a plus mind, we experience everything as holding benefit for us. Everything, no matter what it brings, has the potential to lead us to a deeper state of clarity, calmness, and peace. Therefore, how to respect equally that which happens that we see as good and that which happens that is apparently bad, is the practice itself. And through this practice, we begin to prepare our mind/body to experience this depth of peaceful calm that is always here.

Let's practice this Plus Mind together. ∞

Takashi Nonaka Sensei Memorial Workshop

Hilo Shin Shin Toitsu Aikido (HKF Hilo Dojo) held a Memorial Workshop on October 7, 2017, in honor of the late Takashi Nonaka Sensei, who held the rank of 9th Dan and Okuden in Ki Society. Nonaka Sensei began his Aikido training in September 1955 and was active for over 60 years as a leader in promoting the teachings of Soshu Koichi Tohei. The workshop

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Koichi Kashiwaya teaches on Maui - June 22-24

Koichi Kashiwaya Sensei, Hachidan, Okuden and Ki Lecturer, will teach the 2018 Guest Instructor Seminar at Maui's Shunshinkan Dojo June 22-24. Kashiwaya Sensei is the



World Ki Society's Advisor to the United States and the Chief Instructor of the Midland Ki Federation. He travels extensively throughout the United States, South America, Australia and Canada to teach Aikido and Ki development.

Students travel from all over the world to train with this spirited, dynamic teacher who continually inspires his students to polish, refine, and explore their arts.

Maui Ki-Aikido invites all interested students and instructors to join us in training with this inspiring and dynamic teacher. Registration is open now and can be accessed at <https://hawaiiikiaikido.org/>. ☺

Nonaka Sensei Memorial Seminar . . . continued from page 1

was conducted by his son, Eric Nonaka Sensei, 7th Dan and Okuden, Assistant Chief Instructor of Hawai'i Ki Federation and Head Instructor of Mililani Dojo.

The workshop consisted of a children's class, Ki lecture, and Shin Shin Toitsu Aikido arts. Participants included 27 students and instructors from Big Island dojos (Honoka'a and Hilo). The workshop was followed by a potluck lunch. Four generations of the Nonaka family were in attendance including Mrs. Toyomi Nonaka. ☺



Attendees at the Takashi Nonaka Sensei Memorial Workshop: In the front row with Eric Nonaka Sensei are (L-R) Honoka'a Head Instructor Lillian Paiva, Hilo Head Instructor David Kaneshiro and Mits Murashige Sensei.



Photos by Chika Sudo and John Hara

On Sunday April 29, after Soku Shin no Gyo and weapons class, two dozen Maui Ki-Aikido members gathered for a pot-luck brunch at the dojo to celebrate the life of our founding Shunshinkan Dojo teacher, Suzuki Sensei, 1917 to 2009. Those of us who were very, very lucky to be taught by this great sensei continue to share our remembrances and stories with Maui's newer students, perpetuating our memories of his wit and wisdom and his generous and inspiring dedication to Master Koichi Tohei's Ki-Aikido teachings as well as to his own students and dojo.

Suzuki Sensei

By G. Andrew LeBar, Kansas Ki Society

I met Shinichi Suzuki Sensei for the first time in the spring of 1991 in Seattle, Washington. My teacher, Andrew Tsubaki Sensei, had been trying to get me to go to Ki-Aikido Seminars for a couple of years. I finally overcame my worries and relented, and it was maybe the most important decision of my entire life. Suzuki Sensei and Takashi Nonaka Sensei were teaching a seminar in Seattle, Washington. I had been training for 2 or 3 years, and I was completely blown away by both men. They demonstrated the complete embodiment of this thing called Ki Aikido (Ki Development and Aikido - The Way to Union with Ki).

Tsubaki Sensei was a wonderful teacher who led me on this path from the beginning. However, Suzuki Sensei and Nonaka Sensei were something I had never experienced before. When Suzuki Sensei spoke, everything became quiet and still. He spoke with an authority of power and love that you could not help but follow. He spoke about Ki Breathing in a way that made you want to sit for hours at a time. He spoke about the Bokken and moved with it as though it was just another appendage.

At that point I made up my mind that I would follow him wherever he went to teach as much as possible. So, the next time I saw Suzuki Sensei teach was in Boulder, Colorado a few months later. This time he was even more animated, passionate and truly deep into his desire to share the experience of Ki-Aikido. I remember he said to never take for granted this life that we have. To always be grateful for those around you, your family and friends, but especially your Aikido teacher. He said, "We stand on the shoulders of our teachers, fellas," and I thought, "How in the world is anybody going to do that with him!" He was bigger than life to me, and I of course began breathing 1 hour a day! I followed Suzuki Sensei to Arizona, Colorado and Maui several times to hear him teach. Each time was a treasure that I carry with me to this day.

In August of 1998 I took my vacation of one month in Hawai'i. Most of the time was on Maui with Curtis Sensei, and each day before class we would go the dojo 3 or 4 hours before class began. I had the privilege to cut bokken for Suzuki Sensei, and while I never got a "Good," or "That's it," he treated me with respect and helped me to understand "who" was really cutting.

Suzuki Sensei used to say that there are three kinds of teachers. First, the good teacher, truly caring for the students and doing a good job. Second, the great teacher, capable of leading students and going the extra mile to help them. Lastly, the inspirational teacher. This teacher understands that one cannot make students do anything but can only open the door and inspire the students so much that the students willingly walk through the door themselves. I have stated that Suzuki Sensei spoke with such an authority of power and love that I could not help but be moved, be inspired. Each time I was with Suzuki Sensei I felt the treasure of that power and love, and I carry that experience with me every day. ∞

HKF's Shugyo Tassei Kigan Shiki seminar

Photos by Vernon Loo



Participants at HKF's seminar March 2-4, Lokahi Ki Aikido in Honolulu. This annual seminar, called Shugyo Tassei Kigan Shiki, is a "ceremony celebrating the highest level of training being practiced throughout the coming year." This year it was attended by over 40 Aikido teachers and students, including 7 youths from the Mililani Dojo.



Curtis Sensei and David Kaneshiro, Hilo Dojo Head Instructor



Maui students John Hara and Cora Godinez



The Questions and Answers session at the seminar



Instructors promoted to Rokudan Jeff Baldwin, Tracy Reasoner, and Charles Boyer with Curtis Sensei



Presenting Mike Matsui's Sandan certificate



John Hara, caught in mid-air

Keio Aikido anniversary magazine

Maui Ki-Aikido was very pleased to receive as a gift from Tatsuyuki Matsumoto Sensei of the Keio University Aikido Club a copy of their 60th Anniversary magazine with photos of all their previous anniversary trips to Maui and seminars here. Matsumoto Sensei expressed the wish to keep a tight bond between Maui Ki-Aikido and the Keio Aikido team.



Hawai'i Ki Federation news from dojos around the Islands

HKF Dan and Den Promotions



Promotions of HKF instructors in 2018, celebrated in January at Maui Ki-Aikido and announced at the March 2 to 4 HKF seminar, were the following: Roku dan, Lokahi Head Instructor Charles Boyer and Maui instructors Jeff Baldwin and Tracy Reasoner. Yondan, Sayaka Reasoner.

Certificates for Dan and Ki tests taken and for Examiner status were given at the seminar to:

Vernon Loo, Shoden
 Sayaka Reasoner, Chuden
 Lloyd Miyashiro, Asso. Examiner and Joden
 Dean Mayer, Joden
 Mike Matsui, Sandan

Ki-Aikido outreach

Lokahi Ki Society

HKF dojos share Ki-Aikido principles with our Hawai'i communities in various ways. Lokahi Ki Society participated the 2nd O'ahu Holistic and Metaphysical Expo in Honolulu's Neal Blaisdell Center on Feb 23-24 which was attended by over 2,000. Naluai Sensei gave three presentations in two days to 54 participants. ☺



Photo by Vernon Loo

Maui Ki-Aikido

On Maui, Jeff Baldwin has started a teen Ki-Aikido class at the Haleakala Waldorf High School in Makawao because of a request from a Waldorf teacher to offer Aikido as an elective course.

The students signed up as Maui Ki Aikido members and may attend all appropriate class at either our Upcountry Dojo or at the Shunshinkan Dojo. Jeff stated, "I plan on inviting the students to the Shunshinkan Dojo at some point to show them what more we have to offer."

Maui sandan Chika Sudo is assisting Baldwin Sensei and will be teaching these classes while he is in Europe with Curtis Sensei in May. "Chika is great with the high school students, providing a good balance to what is going on while I'm there. It's also a great opportunity for her to interact and add her own unique experiences," said Baldwin. "We currently have 5 students. They are bright and attentive and picking things up quickly. I asked them why they wanted to study Aikido, and they all said, 'to learn self defense.' So I spent the first class teaching mostly about posture. I wanted them to learn that there is a mental posture to work on as well as a physical, and by having confidence in this posture we could build on self defense training. We are practicing the principles of Ki Aikido and having a lot of fun. There is also a lot of laughter in the class. Though it is currently only young ladies in the class, I am hopeful that some of the young men will venture in."



Photo by Chika Sudo

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Maui Ki-Aikido . . . continued from page 6

Jeff continued, "I believe school outreach is something that is good for our dojo to provide when possible, and a tremendous opportunity for the students to have access to. I taught a self-defense class for two days at Kamehameha High School in March as a co-presenter with Lindsey Drayer from Maui Family Services. At Kamehameha they had to move us to the auditorium on the second day to accommodate all the students who wanted to attend, so I think they liked it."

In additional community outreach by Maui Ki-Aikido, members again supported the Maui Police Department's charitable work by participating in the annual Torch Walk/Run for Special Olympics on April 14.

Workshops and a month-long introductory class are also being offered by Maui Ki-Aikido at the Shunshinkan Dojo. Tracy Reasoner will teach our semi-annual public introductory course in Ki-Aikido each Thursday night in June, and on Saturday, June 9, Curtis Sensei will offer a public workshop on Meditation. Other dojo are adding more and more special meditation classes and workshops because this topic is of particular interest these days. ☺



Maui's Tracy Reasoner, Ilima Loomis, Curtis Sensei, Leil Koch, Sean Lester and Raji Bluml participated in MPD's Torch Walk/Run for Special Olympics.



Participants practice basic self-defense moves at the public workshop taught by Tracy Reasoner at the Shunshinkan Dojo February 24.

Hilo Dojo's Bunka No Hi Demonstration



Members of the Hilo Shin Shin Toitsu Aikido (HKF Hilo Dojo) participated in a public demonstration at the Bunka No Hi Japanese Culture Day in Hawai'i on November 18, 2017. It was attended by former governor George Ariyoshi and Mrs. Jean Ariyoshi. Head Instructor David Kaneshiro explained the history and lineage of the Hilo Dojo and provided a brief explanation of the training while instructors Robert Kaneshiro and Michael Matsui led the group through exercises, arts, and weapons demonstrations. ☺

Fun at fundraisers

Raising money for program needs doesn't need to be drudgery. Soapy fun was had by Mililani students and teachers at their car wash March 10 held at the Hongwanji Temple, their host facility's, bazaar. Curtis Sensei cooked a beef roast, chicken and delicious side dishes for Maui Ki-Aikido's annual fundraiser dinner at Jeff Baldwin's house April 8. Members enjoyed games of croquet and horse-shoe toss along with good food, drink and conversation, all the while raising money for the HKF and MKA endowment funds. ☺

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Letting Go by Christopher Curtis Sensei..... (non-member) \$15____
 (See description and ebook sales below) (HKF members) \$10____
 (bulk rate to dojos, 5 or more) \$12____

Ki-Aikido on Maui, 3rd edition, by Christopher Curtis Sensei (non-members) \$12____
 The training manual used by all Hawai'i Ki Federation dojos. (HKF member) \$8____

50 Years of Aikido in Hawai'i, A Book of Days \$10____
 Perpetual keepsake calendar with historic photos that chronicle the birth, evolution and development of Aikido, including rare photos of the founders.

Bokken Suburi DVD - Training Aid **Remastered**..... (non-member) \$25____
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 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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Purchase and download *Letting Go*, and *Ki-Aikido on Maui* for \$9.99 each in the following formats: Kindle (Amazon); Lulu (Viewable on any device from Lulu); iBook (iTunes Store); and Nook (Barnes & Noble).

Letting Go: Talks on Aikido is a collection of insightful, concise essays adapted from talks given by Christopher Curtis, 8th Dan, the Chief Instructor of the Hawai'i Ki Federation and Head Instructor of Maui Ki-Aikido in Wailuku, Maui. A wide range of topics is covered, from the basic principles and techniques of Ki-Aikido to the practical ways that Ki-Aikido can be applied to living a more centered, productive, and mindful life.

The *Letting Go* book is a useful companion to related Letting Go lectures, podcasts and discussions available on Curtis Sensei's blog, found at curtissensei.com.



Monthly clean-up days keep Maui's dojo and grounds in good shape. Here Michael Dour, George Carlson and Michael Gray tend landscaping.



Lynn Curtis pounded mochi to bring in the new year with John Hara at the Wailuku Jodo Mission where he is the minister.