



# Mana

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

Spring 2008

[hawaiiikaikido.org](http://hawaiiikaikido.org)

Page 1



*Shinichi Suzuki Sensei, 9th dan, Maui Ki-Aikido*

## Suzuki Sensei receives 9th dan

Maui Ki-Aikido's beloved founding teacher and Head Instructor for 55 years received a very high honor this year. Suzuki Sensei was given the rank of kyudan, or 9th-degree black belt, on January 1, 2008, by Master Koichi Tohei, founder and retired head of Shinshin Toitsu Aikido Kai.

That makes Suzuki Sensei the first non-Japanese citizen, and only the fourth person ever, to reach that very high rank in Ki-Aikido.

"In the Aikido world, this is the very highest distinction a teacher can receive," said Curtis Sensei. "Suzuki Sensei's students are filled with gratitude that his years of sacrifice on our behalf have been honored in this way."

Suzuki Sensei's promotion was announced at our New Year's omiki, and his kyudan certificate from Japan was presented to him, on behalf of Master Tohei, by Curtis Sensei at our March 29th Spring Seminar banquet honoring both Suzuki Sensei's promotion and 91st birthday.

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*Alex Schaeffer, nage, and David Borer, uke, perform in the Taigi competition*

## Maui Aikidoists shine at HKF Spring Seminar and Taigi Competition

On the weekend of March 28 to 30, Maui Ki-Aikido hosted the Hawai'i Ki Federation Spring Seminar, which was also our state 2008 Taigi competition. Curtis Sensei taught all weekend with the inter-related themes of awareness, being "in the moment" and not being "hung up on the relative condition" running through Friday's Taigi preparation classes, the actual youth and adult competition on Saturday, and Soku Shin no Gyo and weapons classes on Sunday.

After a last day of rigorous preparation, on Saturday all the participants gave it their best effort to, as Curtis Sensei says in his comments on page two, "throw caution to the wind" and to let go and "just be out there enjoying themselves completely."

Evaluating the participants were main judges Eric Nonaka Sensei of Mililani Dojo, Clayton Naluai Sensei of Lokahi Dojo, Leilani Pakele Sensei of Hilo Dojo, and Byron Nakamura Sensei of Masakatsu Dojo,

*continues on page 2*



Curtis Sensei with all the Taigi winners, L-R: Lyman Franco, Reece Ajifu, Jami Quipotla, Oliver Jackson, Tracy Reasoner, Lindy Franco, Sayaka Reasoner, David Hewahewa, David Borer and Alex Schaeffer.

Maui Taigi Competition . . . continued from page 1

with the Chief Judge Christopher Curtis Sensei and Criteria Judge Joni Jackson of Maui Ki-Aikido.

Hard work paired with “letting go” paid off for the following winners of the various state-level categories:

**Junior Division:**

- Seishi Award - best nage ..... Lyman Franco
- Kyoryoku award - best uke ..... Reece Ajifu
- Kokyu award - most inspirational ..... Jami Quipotla
- Best Kitei Taigi ..... Reece Ajifu/Oliver Jackson

**Senior Division:**

- Fudoshin award - best nage, yudansha ..... Tracy Reasoner
- Seishi award - best nage, mudansha ..... Alex Schaeffer
- Kyoryoku award - best uke ..... Sayaka Reasoner
- Kokyu award - most inspirational ..... David Hewahewa
- Shukunsho award - gold medal team .... Tracy Reasoner/Lindy Franco
- Honorable mention team award ..... Alex Schaeffer/David Borer

The Senior Division gold medal winners, Tracy Reasoner and Lindy Franco, will head for Japan in June to compete in the international Taigi contest at Shinshin Toitsu Aikido Kai headquarters in Tochigi-ken with expenses paid by Hawai'i Ki Federation. The honorable mention team of Schaeffer and Borer won travel and tuition expenses for attendance at another island's HKF seminar this year.



Alex Schaeffer and David Borer, HKF Honorable Mention team



Lindy Franco and Tracy Reasoner, Shukunsho Award winners



Reece Ajifu and Oliver Jackson, Best Kitei Taigi, Junior Division

*Message from our HKF Chief Instructor, Christopher Curtis Sensei*

## HKF 2008 Taigi Competition

First of all, I would like to congratulate the many winners of both the junior and senior divisions of the 2008 HKF Taigi Competition. I know these students well, as most, if not all of them, have trained with me for many years. And so it is always fascinating to me to see how each individual's approach to training reveals itself in this kind of performance.

Each student prepares vigorously and devotedly for months for this kind of event. Of course, the techniques must be mastered as much as possible. Each movement of the body must be memorized and perfected in harmony with the partner's. Then the various special formal requirements, such as beginning on the





Hawai'i Ki Federation participants in action during the HKF Spring Seminar and Taigi Competition in March 2008, at the Shunshinkan Dojo, Maui. (left and middle) Tracy Reasoner and Lindy Franco. (right) Aaron Villanova and Lyman Franco.

Message from HKF Chief Instructor . . . continued from page 2

correct foot, bowing in unison, fully utilizing the allotted space, performing in the exact amount of seconds required, and so forth, must be realized. And this again can be specifically targeted and perfected as a practice. These first two aspects of the Taigi we can learn to do.

And then finally, and most importantly, the students must be able to leave all of that intense and sometimes obsessive preparation behind, to let it go, and move into the day of execution, experiencing the simple joy and exhilaration of just being there. Tohei Sensei says the critical aspects of performing in this free and open way are "Balance, Rhythm, and Largeness of Ki." Of course, this is the most difficult challenge. "Difficult" because this third requirement cannot exactly be "done." And this is precisely what Tohei Sensei had in mind when he developed these

## Congratulations!

Message from the HKF President, Eric Nonaka Sensei, Mililani Head Instructor

I would like to thank the members of the Maui dojo for all their hard work on the HKF Spring Seminar and Taigi Competition. Hosting this type of event takes a cohesive team of many dedicated individuals to be successful. Thank you so much for all your efforts

Congratulations to the winners of the competition. It was obvious that they, also, put in a lot of time and effort. Now the winners of the Shukunsho award must train even harder than before to represent Hawai'i Ki Federation well.

There is much value to performing the Taigi well. I look forward to more participants every year.

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Sayaka Reasoner.



Oliver Jackson and Reece Ajifu.



Chris Barens and Mike Malkovich.

## Maui Police Dept honors Suzuki Sensei

Shinichi Suzuki Sensei is surrounded by Maui police officers, some of whom he helped train, at the dedication of the Major Shinichi Suzuki training dojo in the MPD headquarters on December 19, 2007. MPD Chief Tom Phillips paid tribute to Suzuki Sensei with the presentation of an award plaque. A sign at the entrance to the new dojo highlights Suzuki Sensei's 32-year police career and 54 years of giving free Aikido instruction to every MPD recruit class from 1953 through 2007.



*Christopher Curtis Sensei and Leil Koch, Bob Lightbourn, Jeff Baldwin and Garry Nitta, Maui Ki-Aikido instructors who have been actively involved with the training of the MPD recruit classes over many years. These teachers proudly accompanied Suzuki Sensei at the dedication of the MPD dojo.*



*Plaque on the wall of the new Maui Police Department dojo honoring Suzuki Sensei's years of service.*

*Message from HKF Chief Instructor . . . continued from page 3*

taigi arts and hence the taigi competition. In other words, just like any experience we have that is free from the limitations of self-scrutiny, this is not something that can be prepared for in any direct way, but only realized in the moment itself. We can see here the wisdom of Koichi Tohei Sensei. Here, the parallels with living life in a complete and satisfying way are obvious.

On March 28<sup>th</sup> we saw a number of outstanding performances. Some executed their techniques almost flawlessly while demonstrating a great sense of working together in their overall execution. Often these same ones were able to let go of their own preparation for this day, and just enjoy themselves. But this was not always the case. Most interestingly, the pairs that really brought elation to the judges and observers, were in a few cases, the less developed ones, those whose years of training do not yet add up to the perfect execution of a Shomenuchi Kokyunage technique, and yet they were somehow able to throw caution to the wind and just be out there enjoying themselves completely.

After the competition, I spoke with several of these “less developed” performers, and received comments like, “This was the most extraordinary moment of my life,” and “For the first time in my life I felt truly free.”

So this right here is what makes all the years of devotion to this most unusual art of Ki-Aikido so worth while to me. We had an extraordinary turnout for this event, with nearly fifty people. But even so, it is my fervent hope that more and more of the students of Hawai'i Ki Federation will be able to share this wonderful experience with us next time and on into the future.

Curtis Sensei's archived articles and transcripts, as well as archived issues of this newsletter, are available on:

[www.hawaiiikiakido.org](http://www.hawaiiikiakido.org)

*Suzuki Sensei receives 9th dan . . . continued from page 1*

In honor of his 9th dan promotion, the Ambassador of Japan to the United States in Washington, DC, Ryozo Kato, wrote a congratulatory letter to Suzuki Sensei, and many of our Hawaii state senators signed a congratulatory certificate which they sent to Sensei.



In another recent recognition of Suzuki Sensei's remarkable lifetime contributions, a training dojo at Maui's police headquarters in Wailuku was dedicated and named after him in December, 2007, in honor of Suzuki Sensei's more than fifty years of volunteer teaching of Aikido self-defense to the officers of the MPD, from which he retired as a major in 1972 after a 40-year career. Among Suzuki Sensei's many other honors are: being named a "Living Treasure" by the Honpa Hongwanji Mission of Hawai'i; being named to the Black Belt magazine Aikido Instructor Hall of Fame; and receiving the first senior "Tradi" award from the Japanese Cultural Center of Hawai'i.

## Suzuki Sensei's 91st birthday celebrated!

On March 29, the Saturday night of our HKF Spring Seminar weekend, all the seminar participants, along with other Maui Ki-Aikido members and friends of the dojo, celebrated with Shinichi Suzuki Sensei as he marked his 91st birthday at a party held at the Shunshinkan Dojo.

Clayton Naluai feted Sensei with his special version of "Sixteen Tons" that had everyone clapping and joining in the chorus of -

"He's 91 years old and

What do you get?

Another year younger and stronger, you bet

St. Peter don't you call him 'cause he can't go -

We need his Ki at the Maui Dojo!"

A very good time was had by all.



*Naluai Sensei sings to Suzuki Sensei.*

## Teen boys from Maui will compete in Japan

Lyman Franco, 16, and Aaron Villanova, 15, are the recipients of Maui Ki-Aikido's fourth Shinichi Suzuki Ki-Aikido Youth Award, which was announced on April 9. They will receive an all-expense-paid trip to Ki Society headquarters dojo in Japan for World Camp training June 23 through 29, where they will compete in the high school division of Tohei Sensei's international Taigi competition.

Aaron and Lyman won the award, which is given to one or two youth annually, based on several criteria which include consistent effort in training, respectful and supportive attitude toward their dojo, their teachers and their fellow students, and their high level of preparation for, and performance at, the HKF Spring 2008 Seminar and Taigi Competition held at Maui's Shunshinkan Dojo.

Aaron is currently in the 10th grade at King Kekaulike High School and Lyman is in the 11th grade at Maui High School. Both young men have achieved their first kyu Aikido rank.

Criteria for the Youth Award for Maui Ki-Aikido students ages 15 to 18 includes, 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 a children's class upon return from Japan to share something that was learned in World Camp.

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Ad Voogels Sensei, Netherlands

## An extraordinarily fortunate circumstance

by Ad Voogels Sensei, Chief Instructor, Netherlands Ki-Aikido

It surprises me time and again that when people from abroad who are interested in our city and our country visit us, we'll do our best to show them things which we think represent our culture and the way we live our lives, but ever since Curtis Sensei has been visiting our country, we have more than ever before deepened our understanding of things that are typically Dutch. We do this because Curtis Sensei always reacts so enthusiastically to everything we show and tell him.



Kasteel Helmond, city of Helmond, Netherlands

He not only has such an open mind for our culture, history and social life but also for every single individual. Through this attitude towards life, we learn to take another look at our society, but most of all at ourselves. Besides that, Curtis Sensei is an extraordinary Aikido teacher. Throughout the years, we have met many teachers, and some of them were very good. So what makes Curtis Sensei so brilliant?

Well, Curtis Sensei continues where most teachers stop. He is interested in every individual person, no matter what background he or she has, and through this interest Curtis Sensei inspires the person to walk the path he is showing him. His classes go beyond the Aikido arts; he teaches you how life should be appreciated and lived. He teaches you not to waste time and how to get the best out of life, now. He teaches.... and teaches..... and teaches....

When you talk to the Dutch about the ideal vacation and you say that you have been to Hawaii, it is as if you have visited Paradise itself. To the Dutch, Hawai'i is Paradise.

I think few people on Maui realise they are living in Paradise. I'm afraid the same applies to Curtis Sensei. I think only a few people on Maui realise how fortunate they are to be able to meet and learn from such a brilliant teacher on a daily basis. Maybe for them the same principles are at work as for us. One needs to hear from an outsider what extraordinarily fortunate circumstances they reside in, having Curtis Sensei nearby.

We feel very fortunate to be able to share Sensei with you, and we hope that he will be able to come to the Netherlands in good health for many years to come.



Thomas Rohner Sensei,  
Germany

## A visit with hurdles

by Thomas Rohner Sensei

Head Instructor of Ki-Aikido Dojo Rhein Ruhr and Chief Instructor of Ki-Aikido Germany

### The rough start

Curtis Sensei's arrival in Germany started this time with missing luggage and no possibility of tracing his bags due to airport computers being down, so that the first two days were spent without apparel to change and no gi. During this time, due to an illness in Curtis Sensei's family, he found that he had to return immediately to Hawai'i, so Jeff Baldwin Sensei, a Maui Ki-Aikido instructor traveling with Sensei as his otomo, stayed and taught the seminar in Curtis Sensei's place.

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A visit with hurdles . . . continued from page 6

## The seminar

On the first seminar day, Saturday May 10, I announced why Curtis Sensei wasn't there, and that instead of him Baldwin Sensei would give the seminar. I asked the seminar attendees not to feel any discontent because of Curtis Sensei's absence, but rather to see this as an opportunity to receive teaching from Baldwin Sensei's personal experience and insight, for it is helpful for students to experience explanations and demonstrations from another teacher other than that one they are used to.

During this three-day seminar, Baldwin Sensei went through Taigi 1, Bokken Suburi, Happo Giri Ki Okuri Undo, Jogi 1, and of course, on Sunday morning, Sokushin no Gyo. In his opening talk on Saturday morning Baldwin Sensei put an emphasis on Otomo training and awareness training, and the relationship between, and importance and value, of both. This was the theme for the whole seminar, and for me personally it was really an eye-opener. To clarify, it's not that Curtis Sensei, in his former eight visits to, and seminars in, Europe since spring 2004, did not teach about these same points, or that he did not make this as clear. It just came true for me, that which I'd said to the students on Saturday morning: Another teacher, another perfect moment that can offer another chance of understanding, if we don't cling to the original expectation. Though I cannot deny that I missed Curtis Sensei deeply – at the same time, I am happy for the opportunity of getting to know Baldwin Sensei as a fine teacher, more than “only” as Curtis Sensei's Otomo.

After the seminar, when Baldwin Sensei was gone, I interviewed the students of our dojo about their experience of having Baldwin Sensei teaching in Germany. Here are some results:

Student: *Baldwin Sensei's never interrupted presence on the mat and during the breaks was nearly unbelievable for me. I kept in mind his very beautiful movements with the bokken. An emanation from his eyes, voice, word choice and body language, which I would describe best with certainty, humor, seriousness, modesty, sincerity, love and patience. The description of the belt connection between students and teacher, the hint about patience and/or the way of dealing with others who have less passion, the many references about “organization,” the good explanations and clarification of many misunderstandings about the topic “Otomo” all were very helpful.*

Student: *Baldwin Sensei talked a lot about Otomo. That was like a golden thread. He stressed that we can practice it always and everywhere, never mind with whom. That makes the training totally simple. I have realized that first and foremost everything has to do with awareness. I automatically thought about outward directed awareness. On the third day I suddenly had the impression that this is nonsense - that Otomo training, on a*

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Jeff Baldwin Sensei showing an art with uke Klaus Uhlenbruch



Students practice during the seminar at Dojo Rhein Ruhr

A visit with hurdles . . . continued from page 7

deeper level, perhaps has to do with inward directed awareness. In the meantime it dawns on me that both must interlink.

Student: For me Baldwin Sensei lives the loving universal mind, which cares for all creatures. What impressed me most in his interpretation of Ki- Aikido is how important it is to accept the partner in his needs.

Finally, I want to say thank you to the Hawai'i Ki Federation and Maui Ki-Aikido, for doing without and "lending" us your great teachers twice a year for several weeks.

## HKF Senior Instructors for 2008

The following teachers were given the rank of Senior Instructor by HKF Chief Instructor Curtis Sensei this spring. The designation is awarded to instructors who, according to the HKF Instructor Handbook, are formally assigned by their Head Instructor to a specific class in their dojo which they have been teaching for at least five years, who show active participation in teaching and personal training, who regularly volunteer their efforts for their dojo as well as for HKF and Ki Society, and who maintain a positive and strongly supportive role toward their teachers. They have also met the requirements of attending a certain number of seminars annually and of being recommended by their Head Instructors.



Eric Nonaka Sensei, Head Instructor of Mililani Dojo, receives his HKF Senior Instructor certificate from Curtis Sensei.

Receiving Senior Instructor certificates in Spring 2008 are:

Central YMCA Dojo: Roy Uyehara

Hilo Dojo: Leilani Pakele

Kapa'a Dojo: Lloyd Miyashiro, Rene Relacion

Lokahi Dojo: Charles Boyer

Masakatsu Dojo: Byron Nakamura

Mililani Dojo: Eric Nonaka

Maui Dojo: Lynn Curtis, Tracy Reasoner, Jeff Baldwin, Mele

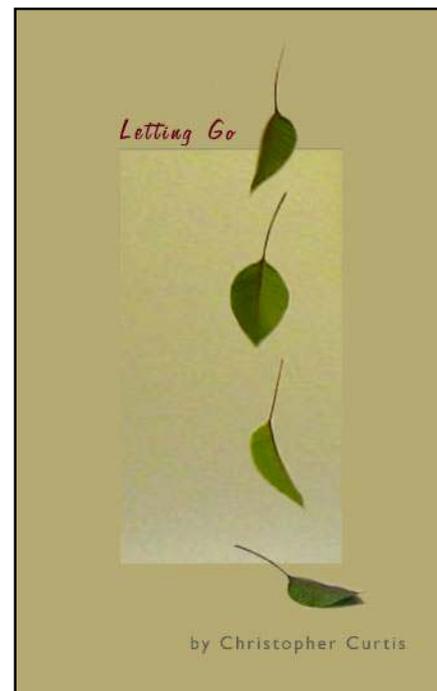
Stokesberry, Joni Jackson, Chris Barense

## Letting Go by Christopher Curtis Sensei available now

Curtis Sensei has published his latest book, *Letting Go*, this spring. It is a guide to our development in which Sensei inspires us to remember that we are always becoming that which we are giving ourselves over to practicing, and guides us along the way of five stages of awakening so that we can reach living in the present moment.

*Letting Go* is being distributed by, and can be ordered directly from, Maui Ki-Aikido (see the last page for our order form). An excerpt from the book, below, gives us the flavor of this new work by our HKF Chief Instructor:

"Most people pursue waking up in the way they go after a new car, or a mate, a college education, or becoming CEO, as if it's the same thing. But this is not the same. Those are temporary goals. There is nothing wrong with getting new cars and becoming CEOs, or whatever else pleases you, but don't confuse the two. Achieving those things, we use skills that can be learned, whereas awakening does not result from education, a gathering of knowledge. This is the very highest art form: the art of letting go of 'doing' and dropping into resting in awareness itself. This 'shift' I have been talking about is the perfect and complete unification of all aspects of life, of truly knowing and experiencing at the same time; suddenly, waaa! It all comes together."



## Aloha HKF members

*Jeff Baldwin, Fund Raising Chairman, Hawai'i Ki Federation.*

This year, as always, we have the opportunity to help insure the future of the Hawai'i Ki Federation. Your board members have adopted a well thought out and fiscally responsible plan creating an endowment fund. This fund will grow in principle and become an income source for HKF. This fund is intended to help provide future training of our local teachers and students to insure that we can always maintain the highest standards.

On Dec 12th of 2007 the Board of Directors of Hawai'i Ki Federation met and set an initial goal to raise \$25,000. We believe this is a very achievable goal based on our previous fund raising drive. When we reach a minimum of \$125,000, we can begin enjoying interest on this base, while allowing the principle to continue to grow.

This effort will see all of the money earned staying in Hawai'i. We are seeking 100% membership participation. Once we have met our initial goal we may qualify for grants from various foundations. These institutions will always look at what the membership was willing to invest in itself before they participate. We are suggesting that every adult member make a minimum contribution of \$100. Our fund raising deadline is January 31st of 2009. There have already been several substantial donations to this fund so we are starting off with great drive. Let's get this done and support the growth of this inspiring teaching for years to come.

Please make your donations to Hawai'i Ki Federation as soon as possible. Your Head instructor will give you more information on how to do this. Please have a plus mind and participate knowing that you are also contributing to the future of Ki Aikido in Hawai'i.



### Ways to help promote Ki-Aikido

The Hawai'i Ki Federation has started an endowment fund to ensure its ability to continue promoting Ki-Aikido on all the islands in Hawai'i into the future. An account has been opened and donations are now being received. Our annual goal for 2008 is \$25,000 state-wide. Each HKF dojo's head instructor has taken on the responsibility of collecting his or her respective portion of this amount.

Also accepting donations is the Maui Ki-Aikido Endowment Fund, established in 2005 under the leadership of Leil Koch, which is accepting and managing the growth of donations to protect and promote Maui Ki-Aikido through the next few generations and in perpetuity.

Donations to both of these funds are tax-deductible and may be sent to Maui Ki-Aikido or Hawai'i Ki Federation at P. O. Box 724, Wailuku, HI 96793. We are very grateful for the support of Maui Ki-Aikido's and Hawai'i Ki Federation's network of members and friends.

If you are not receiving this newsletter by email and enjoying beautiful color photos in pdf format, please provide us with an email address by writing to [mauikiaikido@earthlink.net](mailto:mauikiaikido@earthlink.net). Thank you for helping us streamline our newsletter production.



## Honoring the past

What years are important anniversaries in the history of Aikido? In 2005 the Hawai'i Ki Federation had a special celebration honoring our chief instructor, Christopher Curtis Sensei, and our 5<sup>th</sup> year anniversary as an organization. Last year we hosted a large seminar for Keio University's Ki-Aikido Club members who celebrated their 50<sup>th</sup> anniversary.

Five years ago in 2003, students and teachers came to Maui from around the world to celebrate the 50<sup>th</sup> Anniversary of Aikido on Maui. In 1953 Koichi Tohei Sensei, at the young age of 33, set sail to Hawaii with an invitation from the Hawai'i Nishi Kai to spread Aikido throughout the islands. Six months later he was on Maui, and the rest is literally history, as Aikido spread throughout Hawai'i and, shortly thereafter, the continental US.

Maui Ki-Aikido honored the 55<sup>th</sup> Anniversary of Aikido on Maui and in Hawai'i this spring with a display held at the Kahului Airport, arranged and assembled by Maui's Tracy Reasoner. The display featured photographs from past and present, with the heart of the exhibit being Suzuki Sensei's fifty-years-of-Aikido plaque awarded by Soushu Koichi Tohei. We selected this plaque for the display's centerpiece because Tohei Sensei wrote the following poem on it, which we believe fits the event perfectly:

Sara sara to  
 Todokooranuga Hotokenari  
 Yokomo ashikimo koruwa oninari

“Let your ki flow like a stream and never let it stop.  
 Getting stuck on something, whether good or bad, is never good.  
 The past does not return. Only human beings cling to the past.  
 The Universe never ceases.”



*A young Koichi Tohei Sensei departs Maui in 1953, after inspiring Maui police officer Shinichi Suzuki and other Mauians to begin the training that would found our dojo and help spread Ki-Aikido throughout Hawaii and the world.*



*Display case at the Maui Airport containing historic artifacts and photos that commemorate the 55<sup>th</sup> Anniversary of Aikido in Hawaii and on Maui.*

## Recent Dan tests in Hawai'i Ki Federation

On Dec. 9, 2007, during the Winter HKF Seminar on Kaua'i, the following members passed dan tests: Ian Stanley of Masakatsu Dojo, Shodan; Bruce Brody of Maui Ki-Aikido, Nidan.

## Correction:

In our HKF Promotions article in Spring 2007 (p. 2), we should have printed, “The Assistant Examiner can conduct examinations through Chukyu of Shinshin Toitsudo and 1st Kyu of Shinshin Toitsu Aikido.”

**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<sup>rd</sup> edition, by Christopher Curtis Sensei ..... (non-members) \$15 \_\_\_\_\_  
Training manual used by all Hawai'i Ki Federation dojos. (HKF member) \$8 \_\_\_\_\_

**50 Years of Aikido in Hawai'i, A Book of Days** ..... (non-member) \$20 \_\_\_\_\_  
Perpetual keepsake calendar with historic photos that chronicle the birth, evolution and (HKF members) \$15 \_\_\_\_\_  
development of Aikido, with rare photos of the founders.

**Bokken Suburi DVD - Training Aid** ..... (non-member) \$25 \_\_\_\_\_  
Christopher Curtis Sensei performs the 8 Bokken Suburi, 10 repetitive bokken cutting (HKF members) \$20 \_\_\_\_\_  
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 \_\_\_\_\_  
Breathe and meditate along with an actual Maui Friday night class, professionally recorded. (HKF members) \$10 \_\_\_\_\_

**Norito CD**, as read by Christopher Curtis Sensei ..... \$25 \_\_\_\_\_

**Shokushu (Ki Sayings) CD**, as read by Clayton Naluai Sensei ..... \$25 \_\_\_\_\_

**Shokushu (Ki Sayings) Booklet**, newly revised by Soshu Koichi Tohei ..... \$15 \_\_\_\_\_  
Subtotal of order \$ \_\_\_\_\_

Shipping: USA & Territories Add \$5, or International Add \$10 for each  
1 or 2 books, or up to 4 DVDs or CDs ..... \$ \_\_\_\_\_

Total amount enclosed: ..... \$ \_\_\_\_\_

Visa or  Mastercard  Check enclosed payable to Maui Ki-Aikido

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Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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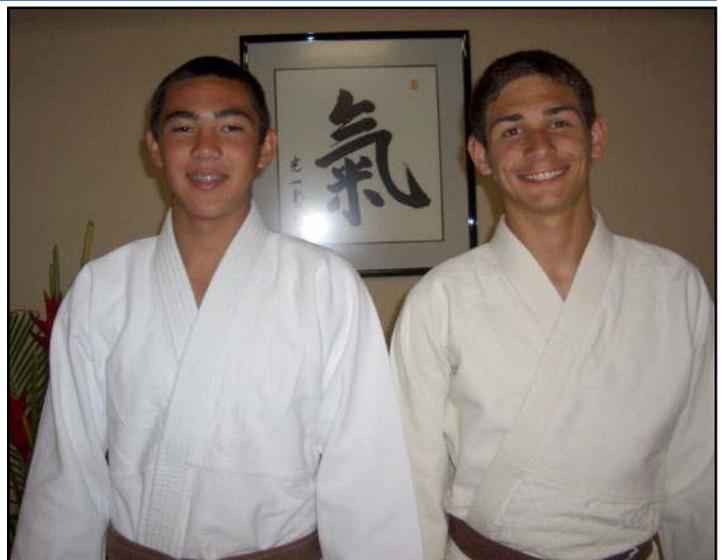
email contact: \_\_\_\_\_

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Fax: 808 244-5165  
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maukiaikido@gmail.com

*Teen boys will compete in Japan . . . continued from page 5*

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 50<sup>th</sup> 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 Tohei Sensei's World Camp, we will be helping to develop future Aikido leaders, wherever in the world they end up living and training.



Aaron Villanova and Lyman Franco

**HAWAI'I KI FEDERATION**  
Schedule (\*updated June 2008)

EVENT	LOCATION	DATE
Japan Taigi Competition	Ki no Kenkyukai HQ	*June 23 - 29
HKF Summer Seminar	Lokahi Dojo, O'ahu	*July 25, 26, 27
HKF Weapons Instructor Intensive	Shunshinkan Dojo	Aug. 16, 17
HKF Board Meeting	Hilo	*Sept. 12, 12 noon
HKF Annual Retreat	Kilauea Military Camp	*Sept. 12, 13, 14
Volcanoes National Park	on Hawai'i Island	
Curtis Sensei Europe Seminars	Germany/Holland	*Sept. 25-Oct. 16
HKF Board Meeting	Kaua'i	Nov. 14, 12 noon
HKF Winter Seminar	Kaua'i	Nov. 14, 15, 16



**Maui Folks --**

*Please Recycle for the Children's Programs of Maui Ki-Aikido.*

*Donate your refundable HI 5¢ beverage containers to the Maui Ki-Aikido account at:*

*Aloha Recycling*

*75 Amala Place, Kahului, Maui*

*(Across from VIP Cash & Carry Foods)*

*HOURS: Monday 7am to 5pm & Tuesday - Saturday 8am to 4:30pm*

**MAHALO!**

Hawai'i Ki Federation  
c/o Maui Ki-Aikido  
P.O. Box 724  
Wailuku, HI 96793