



# Mana

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

Spring 2010

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

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Page 1

## Hawai'i Ki Federation 10th Anniversary Issue

### HKF celebrates 10th with seminar and banquet

The Hawai'i Ki Federation celebrated its 10th anniversary with the second annual Shugyo Tassei Kigan Shiki Seminar, held Jan. 29 through 31 and taught by Christopher Curtis Sensei at Lokahi Ki Aikido in Honolulu.

This being only the second time that HKF has started the year with the Shugyo Tassei Kigan Shiki seminar tradition, Curtis Sensei devoted the first evening to teaching the true meaning of the seminar's name. One translation of Shugyo Tassei Kigan Shiki could be "a celebration of the experience of true training." Sensei explored this theme further to explain that it is "a ceremony of openness, and commitment *now*, to the experience of true training."

True training, Sensei taught, is a way of experiencing all aspects of our lives in the *now* moment, or in other words, living completely, as opposed to keiko which is training that merely devotes oneself to doing the right thing and living up to obligations. Practicing in shugyo was the theme of the seminar - how to stay in it, what takes us away from it, what brings us back. Our ability, he taught, to go deeper into this is our ability to be attentive. Otomo is one good way to practice this. We must develop the capacity of attention so that we can be calm and effectively responsive, no matter what the circumstances.

This seminar theme was taught through Ki tests that helped the participants experience being in their natural



state, a state "you were in before you were born," free of desire to pass the test, free of any preference as to outcome. This is what Curtis Sensei is teaching us all the time through his book *Letting Go* and his lectures and pod casts. This same subject also carried through all the arts taught and practiced during the seminar.

Aikido classes, including tanto and ken arts, a delightful class Saturday afternoon taught by Eric Nonaka Sensei, breathing class and of course Ki Barai and Omiki for the new year rounded out a weekend of learning and fellowship. Lokahi Ki Aikido's Head Instructor Charles Boyer Sensei and the Lokahi students were wonderful seminar hosts who also organized a very enjoyable banquet to celebrate the HKF 10th anniversary with all the head instructors of HKF in attendance.



## HKF 10<sup>th</sup> Anniversary Banquet Address

by Christopher Curtis Sensei, Chief Instructor, Hawai'i Ki Federation

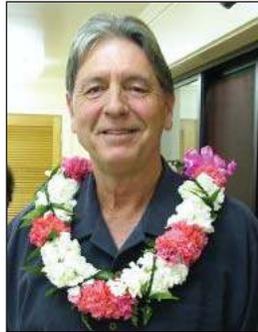
Good evening everyone. For almost forty years there has been a state wide Ki-Aikido organization here in Hawai'i. However, from the years 1990 to 2000, the organization experienced a hiatus. The Hawai'i Ki Society that existed before 1990 was quite a different organization than the Hawai'i Ki Federation that exists today. In 1990, there was such a degree of political difficulties between the various leaders of Ki-Aikido in Hawai'i, that Koichi Tohei Sensei actually flew to Hawai'i and personally disbanded that first Hawaiian group.

Then, in 1998, when Tohei Sensei asked if I would be willing to lead a new Hawai'i Ki-Aikido group, he strongly emphasized that this new effort was to be free of the kind of dissension and political in-fighting that killed that first group. He said to me, "Please pass on to the students and teachers of Hawai'i the true meaning of my teaching. If there are those that cannot let go of their need to be in control, then they must be allowed to fall away and we will move ahead free of that weakness."

These instructions challenged me, for sure, but I came to see that Tohei Sensei was right. I now see an organization that is stronger and more open, and hence more unified than ever before. Of course, I have all of you to thank for this as well. Naturally, the Head Instructors have provided the kind of leadership that has brought us all to this place of togetherness. But the sincerity and commitment of every single member has made the difference. So I want to express my gratitude to you all, both for supporting and engaging in the teachings of Tohei Sensei, but also in allowing me the chance to lead those efforts here in Hawai'i.

My teacher, Suzuki Sensei, always told me that one of the most important responsibilities a leader has, is to prepare the future leadership. This doesn't mean that I am about to go anywhere, but it does mean that after 10 years, I feel that it is time for me to select an Assistant Chief Instructor for the Hawai'i Ki Federation. The gentleman I have in mind is kind, generous with his time and understanding, committed to the teaching, and as a side benefit, he tells good jokes. Over the past ten years, I have come to rely more and more upon his support and sound advice. This year he will be awarded the ranks of 7<sup>th</sup> Dan and Okuden. He is my friend, and I am very happy tonight to be able to announce the new Assistant Chief Instructor of Hawai'i Ki Federation is Eric Nonaka Sensei.

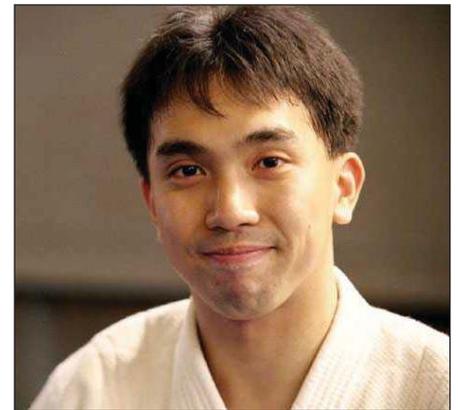
Nonaka Sensei, please help us all, in the years ahead, to remain always open minded and easy-going, and promise to always share with us your own unique brand of equanimity. Thank You.



## From Shinichi Tohei, President of Shin-shin Toitsu Aikido Kai (Ki Society)

-January 28, 2010

"Congratulations on your 10<sup>th</sup> Anniversary of Hawai'i Ki Federation. Tohei Sensei is now 90 years old and doing very fine. We thank you for your continuous support for HQ. We hope for your future growth and all the members' good health and happiness."



## Shinichi Tohei Sensei to teach Natl. Chief Instructors' Seminar July 8-11

Shinichi Tohei Sensei, President of Shin Shin Toitsu Aikidokai (Ki Society Headquarters) and son of Soshu Koichi Tohei (Founder) will teach the annual NCIS to be held at the University of Colorado at Boulder July 8 through 11. The Midland Ki Federation of Boulder, Colorado, is the sponsor, and there is an early bird discount by April 15th. Information and registration forms can be found at <http://www.midlandki.org/2010/index.html>, or contact [derek\\_nabel@yahoo.com](mailto:derek_nabel@yahoo.com).



## On the 10-Year Anniversary of HKF

by Charles Boyer, Head Instructor, Lokahi Ki Aikido and HKF President

The story of the Hawai'i Ki Federation reminds me of a story I heard about Tohei Sensei: a young man with long hair asked Tohei Sensei what he could do to “develop stronger Ki.” Tohei Sensei simply responded, “Cut your hair,” and walked away. The young man never trained with Tohei Sensei again.

Much like the beginnings of the Hawai'i Ki Federation, I don't know who this young man was or the details of this story. HKF was in its 4<sup>th</sup> year when I moved to Hawai'i. I did not witness the discussions that took place among Ki Society members upon hearing that Chris Curtis Sensei was asked by Tohei Sensei to be the Chief Instructor of this new organization. I can imagine though what might have gone through the young man's mind upon hearing Tohei Sensei's suggestion about his hair style; “What does cutting my hair have to do with developing Ki?” The answer is nothing and everything...

I believe that Tohei Sensei was asking a lot of people to “cut their hair” when he appointed Curtis Sensei. Like the young man in the story, there were undoubtedly many who could not see what Tohei Sensei was really asking of them. The sad part of the story is that the young man probably was never able to understand that Tohei Sensei was showing him that to “develop Ki” we must let go of that which separates us, that which defines us. And this is where the two stories diverge.

Those instructors and students who remained to form a part of HKF may not have clearly understood why, either. Unlike the young man, however, they stayed. Unlike the young man, this group of people was willing to put aside their differences, to step into the unknown and discover something much greater than themselves. This is Ki development in action. At the 10-year mark, we are now part of a thriving organization that has hundreds of members, holds multiple seminars every year, brings guest instructors from other federations, is building an endowment, supports instructors' training in Japan, and has its first Assistant Chief Instructor (congratulations Eric Nonaka Sensei!).

We also can see what Tohei Sensei saw when he asked Curtis Sensei to lead the Hawai'i Ki Federation. Tohei Sensei chose an instructor who has a boundless dedication to this training and an endless patience in helping his students understand what he sees. In spite of the challenges experienced over these 10 years, Curtis Sensei will not be deterred from his mission of sharing the Ki principles within and beyond HKF. Along with the 6 HKF seminars per year, he now teaches seminars in Europe, Russia and across the US. While all of this was taking place, Curtis Sensei also published a book that draws together the themes from his classes and seminars – titled, quite appropriately, *Letting Go*. This energy and persistence is true compassion, true love.

So, Curtis Sensei, please allow me to say, on behalf of all the HKF members on the 10th anniversary of the Hawai'i Ki Federation, “Congratulations!” and “Thank you,” for being the driving force behind this success story. And to all the HKF members – new and old – I would like to offer my most heartfelt “Thank you” ... for cutting your hair!



Byron Nakamura Sensei, Masakatsu Dojo, and David Hewahewa, Maui Ki-Aikido.



Curtis Sensei checks the ken of Robby Oda and his teacher Linda Sasaki Sensei during the seminar. Looking on are Eric Nonaka Sensei, Joni Jackson Sensei and Leilani Pakele Sensei.

## Meet Eric Nonaka Sensei

### Head Instructor, Mililani Ki-Aikido, and Assistant Chief Instructor, HKF

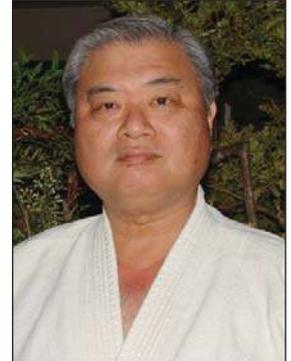
*Interviewed by MANA editor Mele Stokesberry*

MANA: We usually ask interviewees “when and where did you start training Aikido?” but in your case, did you start before, or after, you started walking? Was your dad (Takashi Nonaka Sensei, Senior Advisor, HKF) your first teacher?

*Nonaka Sensei:* I started training when I was 6 years old at the old Cow Palace in Hilo; this was in 1960. My first teacher was Toku Segawa Sensei who was the children’s class instructor. Our classes were really big, and Sensei would lose his voice almost every night. Segawa Sensei was very kind but also very strict. One of his tricks to get our attention was to teach us how to stand on our heads. It worked every time.

MANA: Did you train all the way through childhood and teen years and receive Shodan rank while still in high school? And when you went away to college, did you join an Aikido group?

*Nonaka Sensei:* I trained with the children’s class until I was about 12 and joined the Boy Scouts. My father would pick me up after the meetings to go to the Friday night adult class. It was then that I also started attending the Sunday morning class to train with jo and bokken.



“Eric Nonaka Sensei has been the Head Instructor of the Mililani Hongwanji Ki-Aikido Club for 25 years. His sons Reid (sandan) and Brad (shodan) have grown up in our dojo and continue the Nonaka Ki-Aikido tradition. Mililani Hongwanji is indeed fortunate to have such a prestigious Sensei affiliated with our Ki-Aikido program.”

*Bob Asato, member, Mililani K-Aikido Dojo*

I tested for shodan when I was 16. There was a shortage of instructors at the time so I took the test probably before I was really ready.

While I was in college I trained when visiting home, but I did manage to attend any seminars or special events when Tohei Sensei came to Hawai‘i. I met David Shaner Sensei this way. Shaner Sensei was at the University of Hawai‘i pursuing his degrees in philosophy, and I got a call from someone to help Tohei Sensei with a demonstration on campus. Shaner Sensei was the other uke.

MANA: Where did you first begin to teach Aikido?

*Nonaka Sensei:* My first time teaching was in Hilo as a brown belt. I got my driver’s license, so I was asked to teach Friday night classes, as well as help with the children’s class. I used the book “This is Aikido” as a reference, kind of like an Arthur Murray dance class where I would look at the book and then explain to the students, not my proudest moment.

MANA: What was it like to head your own dojo in Mililani?

*Nonaka Sensei:* Mililani dojo was started in 1981 by Sakae Kawamoto Sensei. He originally started a dojo at Waipahu Hongwanji, but when he retired from the plantation he moved to Mililani and was asked to start an Aikido as well as a Ki class there.

Then I moved to O‘ahu in 1984 or ‘85, and Harry Eto Sensei asked me to help Kawamoto Sensei in Mililani. The first night I was there Kawamoto Sensei said he was tired, so I should take over. Kawamoto Sensei, who was actually older than Eto Sensei by a few years, felt it was time. This was when I met Richard Uchima Sensei, the first shodan from Mililani Dojo. Richard still trains and helps teach our younger students. I cannot say enough about him; running the dojo without Uchima Sensei would be difficult, to say the least.

MANA: What are some of the goals and challenges your dojo is facing?

*Nonaka Sensei:* The goals and challenges of our dojo are much the same as any other. To find and maintain students who are interested in learning and growing is difficult. Many are seeking something not within themselves, so

Meet Eric Nonaka Sensei . . . continued from page 4



they become frustrated when the learning becomes difficult. I am so grateful to those that are the back bone of our dojo and who come to train religiously. In addition to Richard Uchima, people like Francis Wilson, Terrence Omori, Emmett Keao, Dennis Jinnohara and my son Reid are a huge benefit to our dojo.

MANA: Do you have any anecdotes about training with Master Tohei or Shinichi Tohei Sensei that you'd like to mention? Or with Suzuki Sensei, or another teacher?

*Nonaka Sensei:* I met Koichi Tohei Sensei at a very young age. He was someone who came and went, teaching in Hilo as well as in other dojos on the Big Island and the other islands. Since I grew up knowing him, I wasn't as amazed as others were when he did amazing things. Tohei Sensei was Tohei Sensei, so of course he could do those things. It wasn't until I was older that I appreciated what Sensei could do.

One summer during the college years I was otomo for Tohei Sensei for 10 days. Ten very long days. We stayed in the same room at Pagoda Hotel, so I got up before him every morning without an alarm, shaved and brushed my teeth then got Sensei up so we could have breakfast at Likelike Drive-In. After a full day and night of training we would have a few drinks, go back to the hotel and start over again. After about a week we went to all the outer islands for overnight stays and ended up in Hilo. After Sensei left, according to my dad, I slept for about 12 hours.

My earliest memory of Shinichi Sensei was in Japan where I babysat him. I couldn't help in the Haramachi office (the first Ki Society Headquarters in Shinjuku, Tokyo), so I became otomo for a three year old. It was very difficult, since he scolded me all the time in Japanese.

Growing up knowing Suzuki Sensei was really interesting. He was large for a Japanese, had an even larger voice, smoked huge cigars and just had a way about him that made it impossible not to notice his presence. Everything was *training* for him, very intense but also very kind.

Like Suzuki Sensei everything was training for my dad, too. When our house was being built, he noticed the carpenters walking across open beams with no effort. I was about 12 years old and had returned from Japanese school one day when my dad said to walk across the beams. Being afraid of heights, this was very difficult for me, since the ground was eight or 10 feet below. It took me forever, but over time I did it, and it became something that I had to do everyday until the floor was installed.

MANA: The new HKF was established by Tohei Sensei in 2000. How has this new organization affected your training and teaching, both from a perspective of the Chief Instructor Chris Curtis Sensei's teaching, and from that of the bringing together of the various islands and teachers of Hawai'i into a cohesive group?

*Nonaka Sensei:* Re-establishing a state-wide organization was the best thing to happen to Ki-Aikido in Hawai'i. When everyone did their own thing, the training became inconsistent. Having Chris Curtis Sensei as our Chief Instructor gave us a direction to go towards, and it established a vision for HKF. Of course whenever a new organization is formed there are some disagreements, so a few decided to go their own way. I wish them well and hope their dojos are thriving.

MANA: This year you are beginning to serve as Assistant Chief Instructor of the Hawai'i Ki Federation. Would you like to comment on how that responsibility feels?

*Nonaka Sensei:* When Curtis Sensei asked me about this last year, I asked if I had to be more serious. He said that if I had not brought it up he would have, so I will try really hard. It is really an honor and quite humbling to think that Curtis Sensei put so much trust in me. I will do my best to represent HKF well and by extension Curtis Sensei and the Senior Advisors.

MANA: What are your hopes or your vision for HKF?

*Continues on page 6*

Meet Eric Nonaka Sensei . . . continued from page 5

*Nonaka Sensei:* An endowment fund was established recently for HKF. My vision is that the fund will grow to a point where all head instructors for HKF will be able to attend world camp or the national workshop or at least all the island seminars at no cost. Our instructors have given up so much of themselves over the years, and it would be nice to reward them, as well as future instructors, for their efforts.

*Editor's note:* This year Nonaka Sensei has been promoted to 7th Dan by Curtis Sensei, and in July Shinichi Tohei Sensei will test him for Okuden in Colorado. Also, he will be teaching the Virginia Summer Camp July 30 through August 1 for the Eastern Ki Federation.

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## Ed Grover on Curtis Sensei

By Ed Grover, Head Instructor, Torrance Dojo of Southern California Ki Society

If I remember correctly –which as I continue to age is not always the case– I first met Curtis Sensei at a seminar on O‘ahu in the late 1980’s, I believe. The two of us were among the very small group of Ki Society folks who had been actors at some point in our lives, and we would briefly amuse Suzuki Sensei while furiously working on Kokyudosa with our Egos Fully Extended.

In that long ago time, late nights, cigars and Scotch were still considered suitable Training Aids. Worked for Tohei Sensei? And Suzuki Sensei? Gotta try it out.

This made some days much harder than others back then, but Tradition was Tradition. You do what you have to do.

Eventually, we gave up some of these juvenile notions and followed our Senseis out of our attachments.

But even then, it was abundantly clear that Curtis Sensei was both a gifted athlete and quite a serious student of Aikido. If Suzuki Sensei wanted to throw someone from Here to Way Over There, it was Curtis Sensei every time. If he wanted to demonstrate Keeping One Point No Matter What Happens, it was Curtis Sensei again.... Boot Camp all the time.

But the subtler idea in play here was apprenticeship ... Uchi-deshi Hawaiian style. And for those of you who knew Suzuki Sensei then, you know what that was like. While Suzuki Sensei was among the kindest and most loving of our teachers, he was - if you had signed on for it - among the most demanding. Not all of us were ready for that. Curtis Sensei was.

Recall the standard set here. Suzuki Sensei was unquestionably one of Tohei Sensei’s most attentive and dedicated students, and utterly ego-free. You all know those stories; “If one hour of breathing is good, four hours is even better.” Or six...Or eight ... “Whatever my teacher requires, I will do it to the absolute limits of my ability,” 150%, all the time. He would, of course, accept nothing less from his own deshi.

And for a deshi like Curtis Sensei - just as dedicated as his sensei - nothing less was delivered. For over 25 years, he absorbed the full force of Suzuki Sensei’s Universe and of Tohei Sensei’s teachings.

The result is what we have before us now - Chris Curtis Sensei, one of the highest ranking and most accomplished Ki-Aikidoists in the world. And like his teacher before him, a man who has lived his convictions, in full public view, for over thirty years. We are all the beneficiaries of this selfless dedication.

Arigato gozaimasu, Sensei. How fortunate to know you and to have your impeccable example.

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## Thank you for CARING

By Eric Harrell, Head Instructor, South Carolina Ki-Aikido

The first time I met Chris Curtis Sensei – was in 1990 at the Ki no Sato Grand Opening – I was dutifully following Shaner Sensei around and was introduced to Suzuki Sensei and Curtis Sensei as his senior student. My right hand and shoulder were immediately numb from Suzuki Sensei’s iron grip and good natured back slap. Curtis Sensei on the other hand simply smiled, looked me up and then down, up and then down, then directly in my eyes and warmly shook my hand. As we walked away, I thought – “That was interesting – what was that about?” I came to realize that because of who my Sensei is, his friends and teachers would take a special interest in me. They would **CARE**

Continues on page 7

Thank you for CARING . . . continued from page 6

for me; they would **CARE** for my training. I have been blessed for many years with their special **CARE**, but none have blessed me with quite the same **CARE** that Curtis Sensei has.

**“Why do you train? Are you breathing? Have you read this? You need to read that! Are you breathing? Breathe more! How is your training? Are you breathing? Why do you train? No, why do YOU train?”**

On the mat and off, Curtis Sensei has variously inspired, exhausted and terrified me, depending on where I was in my journey and maybe where he was in his. Unrelenting, challenging, testing, inspiring - he has **CARED** for me; he has **CARED** for us all. For that I am deeply grateful; for that, I have grown; for that I am blessed. We are all blessed.

Thank you Sensei – thank you for challenging us, for testing us, for **CARING** for us.

Congratulations for 10 years of the Hawai‘i Ki Federation.

Mahalo and Aloha from South Carolina



## 2010 HKF Taigi Competition on Maui to be held May 28 - 30

Aikido students up through yondan, including adults and Junior Division (under 18) participants, from all the islands of Hawai‘i are getting started on choosing their partners and their sentaku taigi for the annual state-wide HKF Shinsakai, or Taigi Competition, seminar the last weekend in May. This year Maui Ki-Aikido is the host at the Shunshinkan Dojo in Wailuku. This annual event rotates among the four main islands and prepares HKF students to participate in international taigi competition held every four years in Japan.

Curtis Sensei has announced that the weaponless sentaku for 2010 should be chosen from Taigis 1, 2, 6, 9 or 13. He taught a taigi intensive preparation seminar in Hilo March 20 and 21 and states that he is looking forward to seeing enthusiastic and well-prepared adults and teens from all the island dojos in May on Maui.



Tracy Reasoner and Lindy Franco of Maui perform in the Taigi competition held in 2008.

## David Shaner Sensei to teach in Hawai‘i August 6 - 8.

David Shaner Sensei, Chief Instructor of the Eastern Ki Federation, 7th dan, Okuden, will teach the annual HKF Retreat seminar at Hilo Ki-Aikido on the Big Island of Hawai‘i August 6 through 8. In addition to leading the Ki federation that encompasses the eastern United States, Shaner Sensei is Japan Headquarter’s Advisor to Eastern Europe as well as the Russia Ki-Aikido Federation.

The seminar is open to all, and registration forms will be found on [www.hawaiiikiakido](http://www.hawaiiikiakido) in June. It is always a special treat to get to train with Shaner Sensei, who last taught a seminar in Hawai‘i in the spring of 2006.

David Shaner Sensei has written, co-authored or edited over 40 books and teaches at Furman University in South Carolina where he serves as the Gordon Poteat Professor of Philosophy and Asian Studies, as well as Chair of the Department of Philosophy.

More information about Shaner Sensei and the Eastern Ki Federation can be found at <http://www.easternkifederation.com>



David Shaner Sensei.

## HKF around the state

### Central YMCA:

Joy Ogawa took and passed her Nidan test at the HKF Taigi Intensive workshop in Hilo March 21.

### Kaua'i dojos:

HKF Senior Advisor Richard Kuboyama Sensei was feted at a party on Kaua'i at Yumchi's Restaurant on December 29, 2009, by current and former Kaua'i instructors and students in honor of his receiving the plate for 50 Years in Aikido, which was presented to Curtis Sensei on Kuboyama Sensei's behalf at World Camp this past October.

### Shunshinkan Dojo, Maui:

Maui Ki-Aikido notes the passing of Yuiki Fukumoto, Yondan, who was a long-time teacher in our children's classes up into the 1980's, and sends our condolences to his widow, Mrs. Ruth Fukumoto.

### Maui Ki-Aikido's Upcountry Dojo:

The annual spring public introductory seminar was again offered by Maui Ki-Aikido and taught by Chris Barensensei at Maui's Upcountry Dojo at the Hannibal Tavares Community Center on Tuesday nights in March.

## Maui Ki-Aikido fund-raising events coming up

On Saturday, April 10, Maui's teen students will be washing cars at Big KMart in Kahului, Maui from 9:00am to 3:00pm to support the Shinichi Suzuki Sensei Ki-Aikido Youth Award which annually takes up to two Maui Ki-Aikido teens to Japan for World Camp training.

On Tuesday, June 15, The Flatbread Company, 89 Hana Highway in Paia, Maui, will host a benefit night for Maui Ki-Aikido in which a portion of every pizza sold between 5:00 and 10:00 pm will go to the dojo. Items are being solicited as donations for the silent auction. If you can help, please leave a message at the dojo, 808-244-5165. Thank you very much.

Please join our Sensei and students at 6:00 pm for the dojo seating, or come anytime that night, and thank you for your support!



Shown with Kuboyama Sensei are (L to R) Hanapepe Head Instructor Dean Mayer Sensei and Kapa'a Head Instructor Lloyd Miyashiro Sensei.



Introductory seminar participant Anne Pieper, coached by assistant teacher Alex Schaefer, learns to give a Ki test to Karmen Smythe at Maui Ki-Aikido's Upcountry Dojo.



Curtis Sensei assists Jan Toma of Lokahi Ki-Aikido at Shugyo Tassei Kigan Shiki Seminar.



HKF Senior Advisor Clayton Nalwai Sensei serenades the banquet head table of instructors, backed up by Steve Yim (Lokahi Dojo student) and his family band.

**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\_\_\_\_  
(bulk rate to dojos, 5 or more) \$15\_\_\_\_

**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\_\_\_\_

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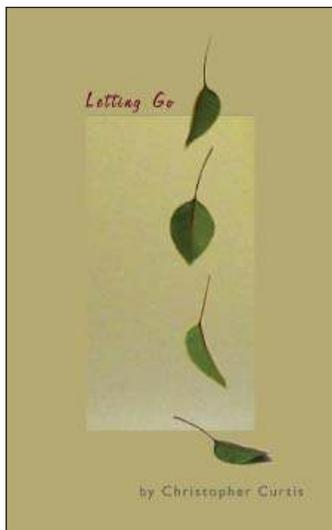
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**ANYTIME**  
is a great time to give the gift of **Letting Go**

Here's your opportunity to purchase Curtis Sensei's book if you don't already have a copy. If you do, consider the value of sharing this teaching with your friends and loved ones. On the last Friday of every month, Curtis Sensei teaches a class on one chapter of the book. This give-and-take between Sensei and the students is recorded and posted on our blog at <http://curtissensei.com> where you can already download and listen to, or read, past sessions.

Hawai'i Ki Federation  
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## Dear Reader, Please assist us in reaching you better

Maui Ki-Aikido's semi-annual newsletter is now published both in print form and sent out by email. In addition, each new issue and an archive of all back issues are available on our website, [www.hawaiiki-aikido.org](http://www.hawaiiki-aikido.org).

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