



Mana

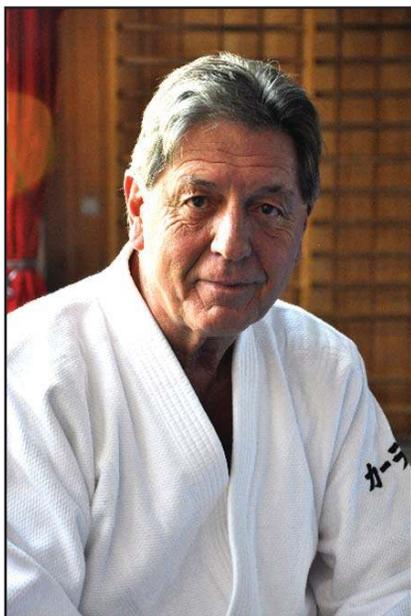
The newsletter of **Hawai'i Ki Federation**

Spring 2011

www.mauiaikido.com

curtissensei.com

Page 1



Christopher Curtis Sensei

Chief Instructor's Message

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

It was with great shock and sadness that we all witnessed the recent news from North Eastern Japan regarding the triple devastation of earthquakes, tsunami, and nuclear radiation dangers currently being suffered by the inhabitants of that area.

The very good news is that, as reported by Ki Society Headquarters, none of our friends in Shinshin Toitsu Aikido Kai throughout Japan suffered injury or death during these events. Dojos throughout Japan, and even in the more damaged North Eastern area, are up and running again, and everyone is training with a plus mind. Even though we are grateful for this, let's remember that there has been an ongoing shortage of food, water, fuel, and electricity, and major road and rail damages that are yet to be repaired. So, though everyone in Ki Society is well and fine, they still continue to suffer some major difficulties.

Initially, Ki Society Headquarters in Tochigi suffered significant earthquake damage with the loss of much window glass, roof tiles, and some shifting and cracking of structures. Additionally, the location of Ki Society Headquarters is somewhat less than one hundred miles from the damaged nuclear power stations in Fukushima. There is a major challenge involved in repairing the damage to the Headquarters buildings, and everyone throughout the Japan Ki Society, as well as Ki Society the world over, has been busy raising funds to help out with that effort.

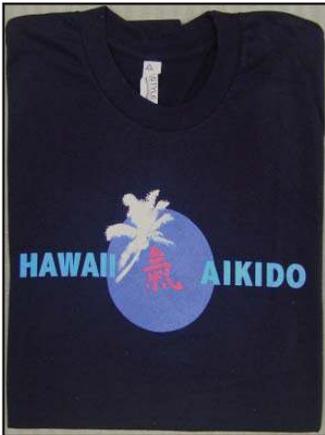
So far, HKF has sent one wire transfer of money to Ki Society Headquarters, and hopefully we will be able to send more soon. Anyone who feels motivated to assist in that effort may send their donations to Hawaii Ki Federation, PO Box 724, Wailuku, Hawaii, 96793. Please notice also that there is an announcement in this newsletter on page 2 that we are offering a special edition of the HKF T-shirt for sale, the total proceeds of which will be added to the donations being forwarded to Headquarters.

In closing, I want to offer all of our love and support to the people of Japan, who have suffered so much as a result of the combination of these devastating natural disasters. Our hearts go out to them and we wish them the speediest of recoveries. Already we have seen ample evidence of the strength and resilience of the Japanese character, and we all look forward to when we can return to join our hands with them and offer our support in person.



All proceeds from these beautiful Hawaii Ki Federation tee-shirts are going to help repair earthquake damage at Ki Society's headquarters dojo in Japan. See page 2.

HKF raises funds for Ki Society Headquarters earthquake damage repair



Hawaii Ki Federation will send all proceeds from the sale of our beautiful HKF tee shirt pictured here to Ki Society to help with repairing the dojo and other headquarters facilities damaged in the March 11 earthquake. Sizes available are S, M, L, XL, XXL and XXXL. To order yours, please see our product page on www.mauiaikido.com, or go to our order form on page 7 of this newsletter. We recommend selecting 1 size larger than you usually wear.

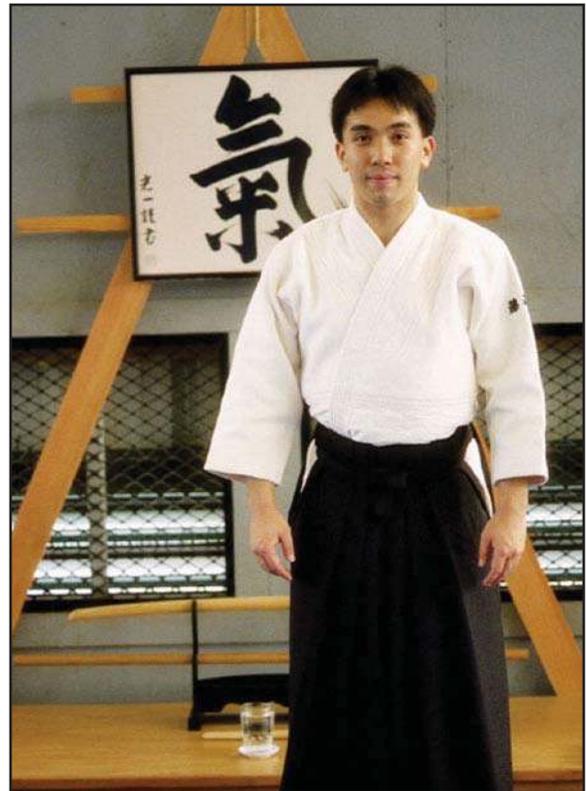
Also, if you are on Maui June 4, you can help Japan HQ by getting your car washed by the kids and adults of Maui Ki-Aikido between 9am and 2pm at the Kmart parking lot in Kahului, a Maui Ki-Aikido fund raiser dedicated to Japan HQ earthquake repair. Mahalo!

Shinichi Tohei Sensei to teach National Seminar in Las Vegas

Shinichi Tohei Sensei, President of the Ki Society, will teach the Ki Society 2011 USA National Seminar which will be held on the campus of the University of Nevada in Las Vegas (UNLV) from August 4 to 7, 2011. For detailed information and registration, please see

<http://kiaikido.org/Seminar/Info.html>

or telephone (510) 290-8640.



World-wide visitors to curtissensei.com

It's been over two years since <http://curtissensei.com> was introduced to accompany his second book, *Letting Go*. Each month a pod cast and transcript have been posted covering each chapter's discussion at the Shunshinkan Dojo between Curtis Sensei and the members. These pod casts have allowed people and dojos from all over the world to interact with Sensei and have provided a venue to listen and learn more about the elements of Ki and Aikido training. The site has been visited over 10,000 times by 3,607 people, and of those, 3,228 have continued to use the pod casts and transcripts.

continues on page 3

HKF Promotions announced in 2011

Maui's Olive Silva was promoted to the rank of Rokudan, and other Ki-Aikido students on Maui and Oahu also received promotions announced in January of this year.

Olive, 88, has practiced at Maui Ki-Aikido for more than 55 years. In addition to being one of the longest-practicing Ki-Aikido students in the world, she is now also one of only five women outside of Japan to attain the rank of Rokudan.

Other students promoted recently included Maui's Bob Lightbourn, Jeff Baldwin and Chris Barense, who were all awarded the rank of Godan; along with Sally Worcester and Joelle Perz, receiving Yondan.

On Oahu, Harry Daguman of Lokahi Ki-Aikido was awarded the rank of Shodan, after a successful test on March 20.

World Wide Visitors . . . continued from page 2



Top Ten Visitors by Country

Country	Visits	Country	Visits
USA	2,791	Germany	1,205
Netherlands	826	Russia	415
England	232	Belarus	219
Australia	168	Spain	83
Czech Rep	80	Canada	61

As the monthly discussions of *Letting Go* have covered the final chapter in April and will recap the book in June, Curtis Sensei has started a Short Discussion that is 10 to 15 minutes long. This feature is posted in the Ki Talks section of his site. Sensei also plans to provide lectures and transcripts focused on the four basic principles, delving into the 5 sub-principles of each during the remainder of 2011. Next year he will be looking to provide more insight into the *shokushu*. Sensei will also continue to post his seminar talks and interviews. Please free to comment and provide questions and suggestions. This website is nothing more than an avenue for you to interact with Curtis Sensei.



Promoted Maui Ki-Aikido members flanking Curtis Sensei, L-R: Bob Lightbourn, Olive Silva, Jeff Baldwin and Sally Worcester.



New Lokahi Ki-Aikido shodan Harry Daguman with his sensei, Head Instructor Charles Boyer.

Eric Nonaka Sensei savors Southern California

by Eric Nonaka, Assistant Chief Instructor, Hawai'i Ki Federation



Recently Clarence Chinn Sensei, Chief Instructor of Southern California Ki Society, invited me to teach the Spring Seminar in Los Angeles. We trained at the dojo at the community center in Gardena. It is a beautiful, well kept, well used facility. All day, everyday that we were there, other groups were also there, practicing singing, karate, dance and hula.

It started out very wet and rainy when my mother and I arrived. My mom decided to go with me so she could visit my sister and some close family friends. There was a free day before the seminar started, so my sister decided to invite a few close friends, about a dozen, and volunteered me to cook for everyone! One of her friends has an acquaintance that is a sommelier, so we did a wine pairing dinner.

The menu:

- Grilled amajio salmon with lemon wedge paired with a nice sake.
- Seared bacon-wrapped scallops with a key lime, shiracha aioli paired with Pinot Gris.
- Caprese salad which was paired with a Merlot.
- Bone-in prime rib seasoned with garlic, Pa'akai (Hawaiian salt), cracked black pepper, herbs, and a red wine reduction sauce with demi-glace infused with fresh rosemary and garlic.
- Fresh roasted garlic Yukon Gold mashed potatoes. The roast and potatoes were served with a nice cabernet that was surprisingly mild, not as bold as I am used to but which went well with the herbs in the roast and potatoes.
- Black forest cake (I didn't make this) paired with a Moscatto and a Port which was really nice.
- Please note that I cannot remember the names of the wines for good reason.

So we started training Saturday morning. About 15 members were there, some from Las Vegas, others from Torrance and the rest from Gardena. Most members were new to me, but an old friend, Ed Grover Sensei was there. It had been many years since we saw each other, so it was very nice to see him. Mr. Kikuo Sasaki picked me up and dropped me off in West Covina everyday, about a 90 minute round trip. He is a very nice man, and we toured most of Los Angeles going to and from the dojo. He always took a different route.

We covered many things that we had done the week before at the Oahu Instructor's Intensive (thank you Curtis Sensei!): Ushirotekubitori arts, yokomenuchi arts, tantotori arts, and kokyu dosa. We also discussed the value of our training and how unique our training is.

On Sunday we trained with bokken all day. The morning was spent learning how to hold and raise the bokken. In the afternoon we practiced ki okuri undo as well as bokken suburi. It was a very full day, almost not enough time. I was kind of tired but at the same time wished there was at least another half day to cover more of bokken training.

It was really nice seeing all those members and, of course, Chinn Sensei and Ed Grover Sensei. I am looking forward to our August seminar which Chinn Sensei will be teaching. Hope to see you all there!

(Editor's note: Clarence Chinn Sensei, Chief Instructor of Southern California Ki Society, will teach at the Hanapepe dojo on Kaua'i Island, Hawai'i, August 19 to 21, 2011. Registration information will soon be posted on www.mauiaikido.com.)



Meet Sally Worcester of Maui Ki-Aikido

by Ilima Loomis

Seventeen years after her first Aikido belt, Maui Ki-Aikido's Sally Worcester said she still learns something about herself every time she tests.

She recalled that the first time she tested before Maui's Suzuki Sensei, she was so nervous that she "almost threw up" as she stepped onto the mat. Since then, each new test has been a deeper experience, she said.

"It's still intense, but each test is different," she said. "I feel the growth in myself. After the test, there's such a sense of well-being and being connected to everything."

Sally had a chance to experience that feeling again, and was recently awarded the Ki rank of Chuden, after passing her latest ki test in late 2010. At the same time, Sally was promoted to the rank of Yondan.

A professional glass blower, Sally first learned about Aikido through her friend and fellow artist Joelle Perz. Over a friendly dinner one night, Joelle mentioned an upcoming class at Maui Ki-Aikido.

"I said, 'What is Aikido?'" Sally recalled. When Joelle stood up to demonstrate "unbendable arm," she was intrigued, and ended up accompanying Joelle to her first class not long after.

Sally said she felt an immediate connection to Suzuki Sensei and his teachings about Ki. She said she had recently experienced a shift in how she looked at the world, and found that Aikido "resonated" with her outlook, and gave her new challenges.

Sally also said she was drawn to Aikido because of the many people she met at the dojo who welcomed and inspired her.

"If it had been really strict and hard-handed, I would have walked out the door," she said. "I just like the openness and how supportive it is for your growth, how people encourage you. I felt that right from the get-go. It felt like a community, and I enjoyed being part of that community."

Over the years, Sally said one of the biggest turning points in her experience was training with the late Suzuki Sensei.

When an illness made it difficult to keep up with her regular classes in the Aikido arts, Sally began training in a smaller morning class focused on ken and jo. With only a few students, the class turned out to be an opportunity for quiet, personal time with Sensei.

"Just to stand beside him, you could just feel this Ki coming from him," she said. "That time was really precious to me. He was a magnificent human being."

Another highlight for Sally has been her discovery of meditation practice -- something she had heard about before coming to Aikido, but had never tried.

Learning to sit still and quiet her mind was "extremely difficult," but Sally said she knew it would be worthwhile because she could see the effect it had on mentors like Suzuki Sensei and Curtis Sensei.

One year, on her birthday she decided to commit time every morning to meditation, calling it "the gift I gave myself."

She said she still continues the practice today -- although she sometimes misses a session.



Why

by Joni Jackson

Why do we come to the Dojo? Why do we seek promotion? And why do we not train every chance we get? These questions are brought up in our practice all the time and can be difficult to answer.

Sometimes we concoct elaborate responses that are very sound, very reasonable, but are only ideas that we have superimposed on our actions to allow ourselves to feel better. Sometimes we quietly shut the door and hope the question will just somehow go away. What is it that we run from? What do we fear?

We all have many patterns that we constantly react to. Once a reaction is triggered, our thoughts go on autopilot, deftly devising very reasonable reasons to not pursue that which brings us face to face with ourselves, shorn of defenses and unbound by barriers. Then we miss classes at the dojo, we miss mornings breathing alone, we miss reminding ourselves throughout the day to bring attention to all we do. Then we go back to the dojo and make the same mistakes we were recently corrected on, perform with the same bad habits year after year, and fail to see the connection between the two.

Mind is body. "Not two, not three. You are far beyond mere argument." This is a line from a Zen poem by Hakuin Zenji. These words come to me over and over in my everyday activities. Mind and body are not only one, they are exactly the same.

I would like to suggest from personal experience that when you really don't want to train some evening, you just don't feel like going to the dojo, you're even beginning to get a headache, you're so tired you just can't focus, your stomach hurts- go anyway. Every time. Even if when you do go it's not your best night, you don't perform well,- so what. That's not why we go to the dojo. Deep habits are very clever; they know all the tricks. They've had a lifetime of learning. Never-mind. Just go. In time you will be able to distinguish when your body actually needs a rest, or it's just a pattern running. Mind is body. In clarity, you can know. The more often we surround ourselves in a place of clarity and the more we bring attention to all we say and do, the sooner we can begin to replace old patterns.

Training because we 'should,' out of some sense of duty or guilt, will never give any benefit. We all have a 'why' that brought us to the dojo. Hold your 'why' close to you, nourish it constantly. Practice for life and life is your practice. Train because it's who you are.



Maui Ki-Aikido's officers for 2011 were installed at the Shinen Kai dinner meeting January 22. Shown with Curtis Sensei are, L to R, President Lynn Curtis, Secretary Joni Jackson and Treasurer Bob Lightbourn. (New Vice President Tracy Reasoner was not able to attend.)

Maui Ki-Aikido's new classes

Two new classes have been started this calendar year - an adult class in Wailuku focusing on bokken and jo training, and a new teen class at the Upcountry Dojo. Both are taught by rokudan instructor Joni Jackson Sensei.

In the Beginners' Weapons class on Monday nights from 7:30 to 9:00 pm at the Shunshinkan Dojo, students can learn the basics of, or polish up, their bokken suburi, kirikata, kengi and jogi to better prepare themselves for participation in Curtis Sensei's Sunday morning class.

On Tuesday evening at the Tavares Community Center, Jackson Sensei is offering an additional youth Aikido hour, the Teen Intermediates from 7:00 to 8:00 pm, aimed at the kids who have come up through the Upcountry children's program and who are above 5th kyu.

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

HKF T-Shirt - All proceeds to Ki Society Headquarters for earthquake damage repair.....\$20_____

Sizes available: S, M, L, XL, XXL, and XXXL. We recommend selecting 1 size larger than you usually wear. Email us for multiple orders and we will adjust shipping costs for better rates.

Letting Go by Christopher Curtis Sensei..... (non-member) \$25_____ (see book cover below) (HKF members) \$20_____

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

Ki-Aikido on Maui, 3rd edition, by Christopher Curtis Sensei (non-members) \$15_____

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 (non-member) \$20_____

Perpetual keepsake calendar with historic photos that chronicle the birth, evolution and development of Aikido, including rare photos of the founders. (HKF members) \$15_____

Bokken Suburi DVD - Training Aid Remastered..... (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.

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

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

Subtotal of order \$_____

Shipping: USA & Territories Add \$5, Canada and Mexico Add \$11, all other countries Add \$13 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

Card # _____

Expiration Date: _____

Signature: _____

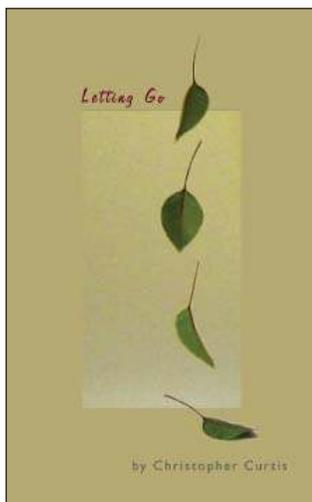
Ship To: _____

email contact: _____

phone/fax: _____

Mail to:
Maui Ki-Aikido
P.O. Box 724
Wailuku, HI 96793

Fax: 808 244-5165
Email: mauikiaikido@gmail.com



Anytime is a great time to give the gift of Letting Go

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 a two-year series of discussion classes at Maui Ki-Aikido, each on one chapter of the book. This give-and-take between Sensei and the students makes a wonderful adjunct to studying the book and can be downloaded and listened to or read on our blog at <http://curtissensei.com>.

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



Maui Ki-Aikido students gave a demonstration as part of the Maui Matsuri Festival held at UH Maui College on May 14. Participants L to R are Randall Viera, Garry Nitta, Michael Dour, Glenn Young, Fincher Sterling, Sayaka Reasoner and Joni Jackson. Not shown are master of ceremonies Tracy Reasoner, and additional participants Mele Stokesberry, Tielr Ortogero, David Hewahewa, Pierre Noireaux, and Shaun Lonzaga.