



Maui Ki-Aikido



Lindy Franco and Reece Ajifu receive the 2006 Youth Award from Curtis Sensei.



Aaron Villanova, Best Junior Nage, and Lyman Franco perform in the Maui group Taigi at the Hilo HKF Seminar in July.



Who are these men who are giving Kiatsu in our old dojo? Clue - one is smoking a cigar. See page 9.

2006 Suzuki Sensei award given

Reece H. Ajifu and Lindy A. Franco are the recipients of the third annual Shinichi Suzuki Ki-Aikido Youth Award, which was announced on August 20. They will receive an all-expense-paid trip to Ki No Kenkyukai, Master Koichi Tohei's dojo, for World Camp training in October, 2006.

Lindy and Reece won the award, which is given to one or two youth annually, based on several criteria which included their performance at the HKF Summer 2006 Seminar and Taigi Competition in Hilo. They were partners and won Best Kitei Taigi in the Junior Division.

The boys are in 11th grade, Reece at Baldwin High School and Lindy at Maui High School. Both achieved their first kyu Aikido rank this past spring in testing at the Shunshinkan Dojo.

Criteria for the Youth Award for Maui Ki-Aikido students ages 15 to 18 includes attitude and respect for fellow students and teachers, level of interest and effort in training, community spirit and activities, and an essay on what long-term commitment to Aikido means for

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What does testing mean?

by Tracy Reasoner

Recently Curtis Sensei advised all the Head Instructors that the standards of the Sandan test were being revised, effective January 1, 2007. For those of you who may be unaware, the new requirement is to be so familiar with all 30 taigi (all 29 taigi + Kitei Taigi = 30) that you can perform any of them at Sensei's request as part of your Sandan test.

Many of the Nidan's probably had a few explicit words to say about the change - something like, "Learn all 30 taigi? What the %\$#@ is Sensei thinking?" Or maybe, "Okay, let's see if I can test in December and avoid this all together..."

But perhaps we should not be so surprised. Check out our own Hawaii Ki Federation Instructor Handbook regarding the requirements for the rank of Sandan. Here it is:

"Sandan - This is the last Aikido test taken by the student. Therefore at this level the student should be comfortably conversant in all

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Suzuki Sensei Youth Award seeks funding

Each year since its inception, the Shinichi Suzuki Sensei Ki Aikido Youth Award has provided one or two of our teens an expense-paid trip to Master Koichi Tohei's headquarters dojo, Ki no Kenkyukai, for World Camp. The program was started in 2003 to honor Suzuki Sensei's then-50 years of dedication to leading our dojo and teaching Aikido to generations of Mauians. (See related story on page 1.)

From 2004 through 2006, a generous, anonymous donor made the award possible, with the stipulation that our dojo would take over the funding in 2007. Therefore, in 2005 we initiated the Shinichi Suzuki Sensei Ki-Aikido Youth Award Fund which has begun collecting donations. We hope you will enthusiastically help us in keeping this wonderful program going to honor Suzuki Sensei and to provide unforgettable World Camp training for our dedicated and qualified Maui Ki-Aikido kids. Our goal is to raise at least \$3,000 annually.

Donations designated for the "Youth Award" may be made to:
 Maui Ki-Aikido
 P. O. Box 724
 Wailuku, HI 96793

In addition to soliciting donations throughout the year, we're holding a car wash this fall in order to involve our intermediate and high school youth in a way that they can directly participate in to help us reach our goal. It will be held in the Kahului, Maui, Kmart parking lot from 9am until 1pm on Saturday, Nov. 4. Will you help us? Please buy car wash tickets from our Aikido youth who will be selling them during the month of October. Thank you very much!

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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.

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 Hawaii as well as for his 50th year of teaching at the Maui dojo. Maui Ki-Aikido wishes very much to keep this award going and is actively seeking funding for next year through youth fund raisers and donation appeals. (See article on this page.)

Suzuki Sensei feels it's very important to teach children Aikido and wishes to see young people continue with their training into adulthood.



The 66th Maui Police Cadet Class, which trained from July 31 to August 11, posed on their last day of instruction in August with Shinichi Suzuki Sensei. The class was taught by Robert Lightbourn, under Suzuki Sensei's supervision, and assisted by instructors Leil Koch and Tracy Reasoner and 1st kyu student Glenn Young.

Holland teachers visit Maui dojo

by Fincher Sterling

The Maui Shunshinkan Dojo was privileged recently to host the Chief Instructor for Ki no Kenkyukai Netherlands, Ad Voogels Sensei, and his family, for a two-week stay on Maui, July 25- Aug 8.

For three years now, Curtis Sensei has been traveling to Holland twice a year to conduct Ki-Aikido Seminars at Voogels Sensei's "Torii" dojo in Helmond, Holland. On each occasion, Voogels Sensei and his son, Toby Voogels, Assistant Chief Instructor, take time from their jobs and personal lives to host Curtis Sensei while he teaches eager students from Holland and surrounding countries.

Last March during their spring seminar, Ad Voogels Sensei, his wife Willie, and Toby Voogels Sensei with his wife Claudia, hosted not only Curtis Sensei, but also three additional students accompanying Curtis, for a full week of daily training, sight seeing, dinners, wine tastings, plenty of Gineva (the Dutch national drink), and some wonderful camaraderie with their students. Their recent arrival on Maui was therefore a long-awaited chance for the teachers and students of the Shunshinkan

Dojo to return the favor.

The trip over from Holland was not only a long one for the Voogels (over 24 hours), but it was Willie's first trip on an airplane. Imagine that if you can. Also traveling with the group was Toby and Claudia's young three year old son,



Kylian, who seemed to be enjoying himself at all times. With his blonde hair and brilliant big, blue eyes, this handsome little Dutch boy seemed to be a magnet of relationship, and even though he understood only Dutch, he knew just what was going on, including the names of Curtis Sensei and several of his hosts.

Both Voogels Sensei trained at each Aikido class held during their stay, while their wives, Willie and Claudia, took in some beach time and shopping.

The whole family enjoyed several island sight-seeing activities along with their first ever snorkeling dive, an off-road ATV ride with Jeff Baldwin, and a local luau.

Training in the dojo with the Voogels Sensei was always a high energy experience. Both sensei mentioned that they were attending not as teachers, but as students, here to train and learn, and with this, their enthusiasm and direct approach on the mat were both fun and contagious. Their training style seemed to reflect the attitude of, "No need to talk too much; let's just do it and don't hold back."

The students and teachers of the Shunshinkan Dojo all enjoyed this very special time with our friends from Helmond, Netherlands, and look forward to a long and valued relationship with both sensei and the students of the Ki-Aikido School Torii Dojo, Netherlands.

Curtis Sensei returns to Europe again this October to teach in Helmond, and, as usual, in Germany as well. Accompanying him on this next trip will be Leil Koch from our Shunshinkan Dojo.

Testing . . . continued from page 1

techniques, and be able to demonstrate knowledge of the fundamental principles behind Tohei Sensei's teachings."

When Tohei Sensei established the Hawaii Ki Federation (HKF) and placed Curtis Sensei as our chief instructor, Curtis Sensei set the same requirements for promotion as Ki no Kenkyukai Headquarters, with one exception; this exception was the "learn all 30 *taigi*" requirement.

Curtis Sensei reasoned that requiring students that he did not know and had no part in training to suddenly and magically master all 30 *taigi* overnight would not be to anyone's advantage. Instead, he would require one previously announced *taigi* per year and have the student perform that specific *taigi* for their Sandan test. However, all along he was basically leading us all up to this requirement of learning all 30 *taigi*. When the students were ready he would announce the change from one *taigi* to all 30 *taigi*.

This is nothing really new to testing in the United States, and it brings us right on par with Headquarter's requirements. One can certainly see why the change had to occur, since this is the last test taken. How else can you be able to "demonstrate and be comfortably conversant" in all techniques without knowing all 30 *taigi*?

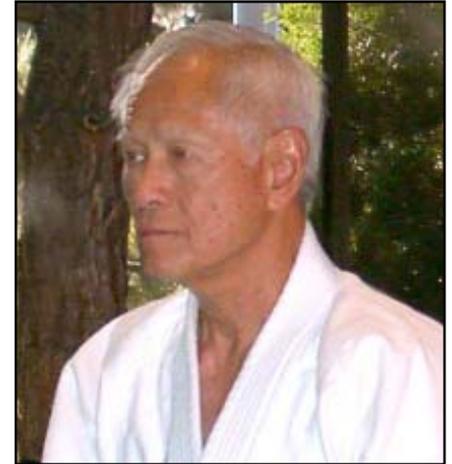
Recently a student from the Eastern Ki Federation (EKF) had to perform 4 of the 30 *taigi* for his sandan test (and was not even allowed to choose his uke; the teacher, instead, choosing the uke during the test). In that situation, since the testing student does not know which *taigi* will be chosen, he has to learn and prepare for all of the *taigi*. In fact, EKF Chief Instructor David Shaner Sensei said, "EKF examinees must know ALL (*taigi*), as I choose the 4 or 5. When we have had more time, I have had the students do ALL 29 (not including Ki Tei *taigi*) rotating ukes from the entire dojo."

Another way of handling the learning of all the *taigi* is the Arizona Ki Society's, which divides the 30 *taigi* throughout their students' Shodan, Nidan and Sandan tests so that the students have an opportunity to perform all 30 *taigi* by the time they complete their last test.

Anytime our teachers bring up a change in the testing requirements, we must not forget what testing actually means. I have often heard two theories. On one hand, there are many who believe that testing is a "demonstration" of the student's ability. On the other hand, some say this is a "celebration" of your training. I know now that the truth is clearly "YES" in both cases. But, when I first heard these truisms as a 3rd kyu some years ago, I was bit confused. How could demonstrating our physical prowess coincide with the action of celebrating one's mental level of development? I know that training for a test certainly is not a party. It is hard work. It is tough. And you have to throw some pain and sacrifice in there as well. These, of course, are primarily challenges that are linked to our bodies. So yes, our bodies must provide the demonstration part, but we are not just

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Clarence Chinn Sensei to teach March Seminar



Clarence Chinn Sensei, Chief Instructor of the Southern California Ki Society which is headquartered in Torrance, California, will be the guest instructor on Maui for the 2007 Spring Seminar at the Shunshinkan Dojo, March 16, 17 and 18. Look for a registration form on the HKF website soon.



Maui Ki Aikido instructors Tracy Reasoner and Chris Barens taught keeping One Point and Ki breathing to the children at the Maui Lung Association's Asthma Camp June 25 at the Kamehameha Schools Maui Campus.



Upcountry Dojo youths Sage Trudeau, Joshua Kahaikapuna, Ka'imi Kapaku, Kodi Perreira and Kori Perreira demonstrated sitting with mind and body coordinated to the kids at the asthma camp.

Testing . . . continued from page 4

training physical Aikido; we train in Shin Shin Toitsu Aikido, or Aikido with Mind and Body Coordination. Therefore we train both the body and the mind. So the celebration is for our mind training. Tohei Sensei has always taught that when you are happy or smiling or having fun, your Ki extends naturally. Another way of saying that is, "If we are not having fun while we do Aikido, then why the heck are we doing it?"

So let's look at these two aspects a little more closely:

Demonstration – As stated before we now have guidelines for testing which can be found in both Curtis Sensei's book "Ki Aikido on Maui" and in our own HKF Instructors' Handbook. This is a far cry from what was available to those who came before us. Can you imagine not having any guidelines? Tohei Sensei would visit Hawaii and basically say, "Learn these 50 techniques and then you can teach others, and of course you only have 3 months to learn all 50. After that you are on your own, but I will be back in 2 years to check you out." This task sounds impossible now that we look back on it, but that is how things got started. However, we now have a clear understanding of what is expected of us and how we should train. There is no more guessing about what should we do or how we should do it. We just have to show up, learn it and then just do it. Showing up is the most difficult part, but the most important, so if you can attend class, learning the techniques and *taigi* are just a part of the process of showing up.

Celebration – This attitude occurs through a sense of surety in our mind. But for this surety to shine through, your *shisei* (posture/mental attitude) must be full of gratitude. This gratitude creates a mind-set that has no openings but yet is completely open. This is the celebratory nature that teachers look for in a test; this is Ki extending. This transformation occurs the more hours you train, so the more you train, the more you learn to get out of the way, and the more it can manifest. As your training evolves, you will be able to see more. The more you see, the more you realize that the gratitude you have for training begins with those who came before, those who teach you now and those who you will someday teach. This culmination of this celebratory attitude manifests a deeper understanding of what our training is all about. As you may now be thinking, it is not about "the test", but without the test, this wonderful stage of development would not occur.

Sandan marks a period in our training where we are expected to teach and expected to give back to the organization for all we have received. Hopefully it is obvious to all concerned that "with rank comes great responsibility."

To be continued...



Hilo Head Instructor Leilani Pakele receives certificate.

Senior Instructor – Duties and Responsibilities

by Christopher Curtis Sensei

A new category of instructor was recently established for HKF, to be known as "Senior Instructor." Individuals who are singled out as Senior Instructors must be those who are formally assigned by the Head Instructor to a specific children or adult class in the Dojo, and have been teaching as such for a minimum of five years. They must show active participation in both teaching and personal training, demonstrate regular volunteer efforts towards the Dojo group, Hawaii Ki Federation, and Ki no Kenkyukai, and maintain a positive and strongly supportive role towards their teachers.

These individuals are expected to regularly attend a minimum of three of the eight designated seminars and intensives per year. Senior Instructors are to be recommended to the Chief Instructor by the Head Instructor. The Chief Instructor will make the final determination as to eligibility for this title. A certificate will be presented by the Chief Instructor to the designated Senior Instructor acknowledging the individual's level of development. The following Senior Instructors

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Meet Prakash Mackay

Third in our new series of profiles of Maui Ki-Aikido students.

Was that a Scottish accent you heard in the Maui dojo? If so, it came from Prakash Mackay, our vice-president. Prakash is a sandan student who came to Maui by way of Scotland, India and Oregon and started training at our dojo 20 years ago. He became Shodan in 1990 and received his Shoden test from Master Koichi Tohei during Sensei's last visit to Maui in 1993.



Prakash grew up in Glasgow, Scotland, where the school and the streets were difficult and violent. In high school he became a gang member in order to find some protection. This led to development of aggressiveness which he credits Aikido for helping him overcome. "Aikido tempered the aggression, calmed and changed me and helped me find peace."

He found Aikido by the serendipitous route of having read, and been inspired by, George Leonard's book "The Silent Pulse" just before he arrived on Maui in 1986. Right away he looked for Aikido in the phone book, came over and joined the Wailuku Aikido Club, as we were then known, and found in Suzuki Sensei a wonderful teacher. As Prakash was led by Suzuki Sensei and the teachings of Tohei Sensei along the path of peace, his sense of self discipline mellowed from harsh to more compassionate.

On Sunday mornings, after misogi training when Suzuki Sensei would read the norito, Prakash says it was as cleansing "as if I'd stood under a waterfall." Although he had spent years studying and meditating in India, which had opened his mind and heart to peace and clarity, it took 3 to 4 years of Aikido training to directly experience this in his body. He remembers one time when Suzuki Sensei threw him, he felt he was floating through the air with a cushion on Ki under him and he knew he was experiencing mind/body unification.

Prakash's work outside the dojo is as a Diamond Approach teacher, instructing on Maui and on the internet as well as twice yearly in the UK for students from 8 countries who come to study in Wales. He also works as a spiritual care coordinator and bereavement counselor for Hospice Maui. "Aikido has helped to ground me in my life and in the intense experience of working with the dying and their families. Keeping one point and being stable helps all concerned keep a sense of peace."

Prakash believes that, although the intensity of the training hasn't diminished, our dojo has become more compassionate over the years. We think so too, and Prakash Mackay's kind and caring personality is part of the reason.

Senior Instructor . . . continued from page 5
were announced and those present given their certificates at the Hilo Taigi Competition:

Central YMCA Dojo

Linda Sasaki and Roy Uyehara

Hilo Dojo

Leilani Pakele

Kapa'a Dojo

Lloyd Miyashiro

Lokahi Dojo

Charles Boyer

Masakatsu Dojo

Byron Nakamura

Maui Dojo

Lynn Curtis, Joni Jackson, Mele Stokesberry, Jeff Baldwin, Chris Barensen and Tracy Reasoner

Mililani Dojo

Eric Nonaka



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

www.hawaiiikiaikido.org

2006 HKF seminar/ Taigi competition

The Hawaii Ki Federation held its third annual Shinsakai, or Taigi Competition, at the Summer 2006 HKF Seminar, July 7-9 at the Waiakea Recreational Center Dojo in Hilo, on the Big Island of Hawaii. HKF Chief Instructor Christopher Curtis Sensei taught the seminar, which was hosted by Leilani Pakele Sensei and Hilo Ki-Aikido.

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HKF Seminar . . . continued from page 6

Photos by Christopher Barens, liquidmountainimagery.com



Derek Matsui and Mike Matsui, winners of the Best Kitei Taigi, with Curtis Sensei

Here are the results of the HKF 2006 Shinsakai:

Awards-Junior Division

Seishi Award – Best Nage **Aaron Villanova**

Kyoryoku Award – Best Uke **Chad Matsui**

Kokyu Award – Most Inspirational **Mahina Kamoku**

Best Kitei Taigi **Lindy Franco & Reece Ajifu**

Awards-Senior Division

Fudoshin Award – Best Nage (Yudansha) **Tracy Reasoner**

Seishi Award – Best Nage (mudansha) **Ilima Loomis**

Kyoryoku Award – Best Uke **Derek Matsui**

Kokyu Award – Most Inspirational **Joy Ogawa**

Best Kitei Taigi **Derek Matsui & Mike Matsui**

Best Sentaku **Derek Matsui & Mike Matsui**

Best Weapons Sentaku **Tracy Reasoner & Mike Matsui**

Best Group Taigi **Hilo Ki-Aikido Dojo**

Shukunsho Award – Overall Gold Medal Team

Tracy Reasoner & Fincher Sterling



Tracy Reasoner, Best Nage (Yudansha), and Fincher Sterling, Overall Gold Medal winning team.



Part of the Best Group Taigi, Derek Matsui (left), Peter Morton, and Mike Matsui of Hilo.



Lindy Franco and Reece Ajifu, winners of Best Kitei Taigi, Junior Division



Joy Ogawa, Most Inspirational winner, throws partner Reid Nonaka.



Fall 2006 Ki and Kyu testing: Top: Ilima Loomis and Petr "Klika" Zamykal, taking 2nd kyu.



Kacey Valentine and Reece Murata test for 7th kyu.



Ian Ferguson and Brad Thompson, for 6th kyu.



During his 1st kyu test, Alex Schaeffer prepares to throw Dan Sidman.



10th and 9th kyu candidates line up for Sunday morning Ki and Hitori Waza testing.



Linda Sasaki Sensei, Head Instructor of Central YMCA Aikido and Lloyd Miyashiro Sensei, Head Instructor of Kap'a Dojo on Kauai get a smile from Curtis Sensei at Maui Instructors' Intensive Weapons Workshop on Maui in August.



Byron Nakamura Sensei, Head Instructor of the Masakatsu Dojo on Oahu, throws Rene Relacion of Kapa'a during the Weapons Workshop. Two Instructors' Intensives are held each year, the other one being for Taigi preparation.



Daniel J. Sidman is the newest Shodan at Maui Ki-Aikido, having tested at the Fall HKF Seminar, Lokahi Dojo, Sept. 24.



This classic photo from our archives initiates a new feature in which we'll share in each issue one of our many historic photos. Here, Shinichi Suzuki Sensei, with cigar in mouth, helps Larry Shishido give kiatsu to an unidentified student.



Mrs. Miyashiro of Hilo Ki-Aikido is ready for Soku Shin no Gyo at the HKF 2006 Summer Seminar in July.

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.hawaii-ki-aikido.org.

To better use our valued donations and dues income, we would like to make sure our extensive mailing list is made up of those who really want to receive our newsletter. Therefore, dear readers, we are asking you to please do one of two things; if you would like to continue reading our newsletter, please either send your email address to us at mauiki-aikido@earthlink.net so that we may email each issue to you as a pdf file, in color, or fill out, clip and mail us the following form to verify that you are still interested in receiving a print copy by postal mail. We are pleased to continue printing and mailing to all those interested. Thank you very much.

Yes, I would like to continue receiving a printed copy of the Maui Ki-Aikido newsletter

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

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

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over the past 50 years.

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