



Mana

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

Fall 2021

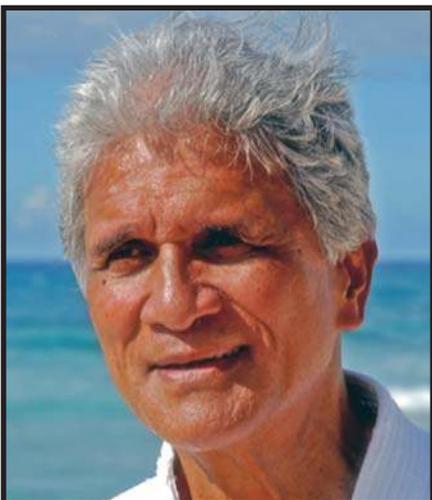
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Page 1



Christopher Curtis, Chief Instructor, HKF



Clayton Nalwai Sensei, see page 3.



Richard Kuboyama Sensei, see page 3.

Chief Instructor's Message

by Christopher Curtis, HKF

Hello members and friends. I am grateful to have this opportunity to connect with everyone once again here.

It seems like it has been an age since we all saw each other face to face and played on the mat together. It might seem to some of us that the government leaders in Hawai'i have been extra conservative in their approach to controlling this pandemic. However, no doubt because of this caution, Hawai'i has maintained a relatively low count of Covid related disease and death here.

With the declining influence of the virus, most of the Hawai'i Ki Federation dojos are either partially open now or are planning on returning to full practice very soon. The Maui Ki Aikido Shunshinkan Dojo will be opening for practice once again on January 1, 2022.

As we move ahead once again from one year to the next, we notice that our teachers are again expressing the importance of certain ceremonies, classes, and seminars set to take place during the beginning days of the new year. We begin on Maui with the blessing of the Shunshinkan Dojo and the students, then an evening of Omiki, Sokushin no Gyo, and Ki Ire/Ki Barai to encourage all participants for the new year. A few days later Shinichi Tohei Sensei will offer a Zoom experience to us all which will include the Kagami Biraki and Hatsu Geiko classes, then the experience of Senshin no Gyo (Water Misogi) takes place in Japan and Hawai'i, and on Maui again, the Shinnenkai Party where the students gather to freely celebrate the new year of training. Finally, the HKF Shugyo Tassei Kigan Shiki Seminar will take place on a date and place to be announced in the early spring.

These special gatherings that are organized around the end and beginning of each year are important not just because of the enjoyment of the experiences themselves. These rituals each offer an opportunity for us to allow the experience of the passing away of the old and the birth of the new to move us, and to move through us. It is at this time that we commit ourselves to dedicate our efforts towards our own highest welfare, as well as the welfare of all those who surround us. ☺

For members of Maui Ki Aikido, please see important details of our reopening on page 2.

Maui Ki Aikido is Opening for Training!

by Christopher Curtis Sensei, HKF

Because the Maui Shunshinkan Dojo is situated on land leased via a grant from the County of Maui, Maui Ki Aikido must follow all Covid related procedures very carefully. As a result, we have waited until now to make our move of bringing our children, youth, and adults all back together in the dojo.

Maui Ki Aikido will be following the Covid protocols as suggested by the State and Federal guidelines. In other words, children (6–12), youth (12–18) and adults of any age who would like to join the training in the dojo will need to show proof of vaccination or show proof a weekly Covid test, have their temperature checked, as well as being free of disease symptoms of any kind upon entering the dojo. At this time, inside gatherings continue to be mask mandated on Maui, so we will uphold this practice. If and when there are any changes to these mandates and/or protocols, we will provide that information to all members.

I look forward to seeing all of you on the mat on Wednesday, January 5 at 6:30 pm for a brief Sokushin no Gyo (bell misogi) followed by a Ki Ire/Ki Barai blessing for this new year of training, and finally the Omiki ceremony for all. Everyone is welcome to this event and the annual Shinnenkai gathering at the Shunshinkan Dojo on Saturday, January 15th at 6:00 pm, regardless of current membership.

So please join us and bring a friend if you like! ☺

Notice of Dojo Protocols

by Christopher Curtis Sensei, HKF

Everyone must wear a mask upon entering the Dojo at all times, on and off the mat, until further notice.

Everyone entering must sign in at the front door, submit to a temperature check, show proof of either being fully vaccinated or of an approved negative Covid test within the past week, and be free of any disease symptoms.

The door will be locked as soon as class starts as we are vetting each person upon arrival.

If you arrive late and class has already begun, please wait patiently by the door and as soon as the teacher or their assistant have a moment, they will come and let you in.

Thanks so much for your patience and understanding.

MKA Schedule for January, 2022:

- Jan 1, 7:00 am** Blessing of the dojo.
- Jan 5, 6:30 pm** Sokushin no Gyo, Ki irei/Ki Barai, and Omiki
- Jan 6, 6:00 pm** MKA monthly board meeting
- Jan 7** Regular class schedule begins
- Jan 8, Saturday** Japan HQ Kagami Biraki (time and link to be announced)
- Jan 9, 6:15 am** Meet at dojo for water misogi at Maa-laea Park, then Sokushin no Gyo at Dojo.
- Jan 15, 6:00 pm** Shinnenkai, Annual New Year's Pot-luck at the Dojo

MKA Schedule of classes Beginning January 2022

- Monday** Children (age 6–12) Beginning Aikido
Lynn Curtis, Sensei 5:00–6:00 pm
Intermediate Aikido 6:00–7:30 pm
Raina Kaholoa‘a, Assistant
Beginning Weapons
Joni Jackson, Sensei 7:30–8:30 pm
David Hewahewa, Assistant
- Tuesday** Beginning Adult Ki and Aikido
Fincher Sterling, Sensei 6:30–8:30 pm
John Hara, Assistant
- Wednesday** Sokushin no Gyo
Joni Jackson, Sensei 6:30–7:00 pm
Advanced Weapons
C. Curtis, Sensei 7:00–8:00 pm
Tracy Reasoner, Assistant
- Thursday** Teens (age 12–18) Ki Aikido
Mele Stokesberry, Sensei 5:00–6:30
Sayaka Reasoner, Assistant
- Friday** Ki Principles/Ki Aikido
Tracy Reasoner, Sensei 6:30–8:30 pm
Fincher Sterling, Assistant
- Saturday** Children (age 6–12) Beginning Aikido
Lynn Curtis, Sensei 8:30–10:00 am
- Sunday** International Zoom Ki Meditation Group
C. Curtis, Sensei 7:00–8:00 am
Charles Boyer, Assistant

Remembering Two Senior Advisors that HKF lost in 2021

During this year of 2021, the Hawai'i Ki Federation saw the passing of two of our senior advisors, Clayton Naluai Sensei, founder and former Head Instructor of Lokahi Dojo, on January 7 and Richard Kuboyama Sensei, former Chief Instructor of Kaua'i, on March 9.

Kuboyama Sensei was one of the early members of Aikido in Hawai'i. He began training one year after the Chief Instructor of Aikido Koichi Tohei Sensei came to Hawai'i in 1953, and he continued training to eventually become the head instructor of Hanapepe dojo, and in 1997, Chief Instructor of Kaua'i. Kuboyama Sensei helped establish the Hawai'i Ki Federation in 2000 and in 2013 was awarded the honorary rank of Nanadan, or seventh dan. An accomplished musician, Sensei loved Hawaiian music and playing steel guitar in his band, the Hanapepe Serenaders.

Dean Mayer Sensei, the current Head Instructor of Hanapepe Dojo on Kaua'i as well as an expert and renowned wood worker, honored his teacher by creating a beautiful koa wood urn for Kuboyama Sensei's ashes. The Kaua'i dojos plan a get-together for all past and present students to honor their beloved teacher when pandemic restrictions are lifted. ☺



A Tribute to Clayton Naluai Sensei

by Charles Boyer Sensei, Head Instructor, Lokahi Dojo

Clayton Naluai Sensei passed from this physical realm on the evening of January 6, 2021. He did not leave us, however. The effects of his being and his teaching continue to permeate the many people who had the honor to spend time with him. Sensei used a number of phrases or expressions that would capture people's attention. The expression that reverberates most strongly within me is "You are love." But it was not just the phrase. It was the slight way he nodded his head upon uttering these words and the deep, sincere gaze into our eyes. He would say this phrase on the mat from time to time, individually with a student who was having difficulty, and with people he had just met. It was his way of expressing our oneness with a divine nature.

This view was straightforward. All the conditions for our existence are already in place: there are perfectly balanced forces such as gravity and centrifugal force, without which we would cease to exist; there's an atmosphere that provides oxygen in just the correct amount; our bodies grow without any conscious effort on our part. Sensei would often remind us, however, that we have a choice: to be a part of this loving and supporting nature or not. We face this choice quite often, even though we might not realize it. He took this understanding to heart by encouraging all of us to support others and show them the way of the universe.

Naluai Sensei also had a playful nature, as anyone who knew him well can confirm. He would sometimes say, "Do you know what enlightenment means? It means 'lighten up!'" He enjoyed speaking with newcomers who arrived in the dojo and he reveled in his interactions with children. Many people were touched by Sensei's combination of playfulness, heartfelt sincerity and straightforward clarity. Here are some comments from others who spent years learning from Sensei:

Sensei "taught us how to love and be loved, and its meaning in Aikido."

"Naluai Sensei's deep listening, great laughter, and sharing his love and wisdom transformed my daily experiences to precious learnings. He was a wonderful teacher and the best alchemist."

Sensei was "an exceptionally gifted teacher. Sensei consistently exemplified these teachings (from Tohei Sensei): 'to help all things grow and develop' and 'to walk the way of the Universe and to lead others along this way.'"

"He was a mentor, a friend and family to me." He taught us that "the mind leads the body: what we think, say and do, we become. It's an inside job. Thinking and focusing on possibilities we can be more, do more and have more than we normally think we can. We do this through relationships, grounded in love."

Sensei taught me to "be all in" when practicing. He would say "practice as if your life depends on it," and "if it's to be, it's up to me."

I am "so grateful to be Sensei's student. With love and humor, he delights in helping me to notice and smile at my subconscious reactions and to taste unification."

We are all very fortunate to have known Clayton Naluai Sensei. We are forever moved by his presence in our lives and by the profound understanding of this life that he shared with us. Aloha 'oe a hui ho, Sensei. ☺

Hawai'i Ki Federation news from dojos around the Islands

Check out our three new websites!

Our 2 newly revised websites are now LIVE! Please visit Mauikiaikido.com and Hawaiikifederation.org.

Also, Christopher Curtis Sensei has an additional new website for his essays, seminar Q&As, YouTube Videos, and Zoom-Training transcripts. It is now online at christophercurtis.online. It was created and is maintained by Olaf Schubert, Chief Instructor of Ki Aikido Rodgau, near Frankfurt, Germany. Currently there is a catalogue of 28 writings from 2019–2021, and many new ones are constantly being added. Eventually, many of these writings will be available in other languages, too: Dutch, French, German, Italian and Spanish. On the “Teachings” page use the drop-down menu to find links to the individual language pages.

To receive the newsletter via email, sign up at the bottom of the homepage of christophercurtis.online. ☞

Kapa'a Dojo back to training

by Rene Relacion Sensei, Head Instructor

I understand that other dojos throughout the state have been closed for a considerable time. I say with all due humbleness that we returned on July 8, 2020, when our Kaua'i numbers were zero. We were fortunate that our Mayor had pretty strict restrictions in place at the time. Also, at that point, I was able to gauge our status since we were operating more fully at school under comprehensive state guidelines (albeit with understandable apprehension among teachers).

All of our dojo members were double vaccinated as soon as possible. We were compliant with mask wearing, hand sanitizing, and spacing. Members who had travelled underwent voluntary Covid testing and self-quarantined.

We followed our customary routine - breathing, stretching, and warm ups including Oneness Rhythm Taiso and Aiki Taiso, followed by weapons (jo gi, ken gi, some suburi) and arts with partners. Lately, we've been practicing/reviewing Kitei Taigi and Taigi 1. With approval and support from Curtis Sensei, we also started exploring self-defense aspects of our art. I thought that it would be beneficial (and responsible) to show how one could use the arts and practice one point and awareness to avoid potentially threatening situations. I've noticed that the pandemic has changed the emotional states of people in ways that are becoming more harmful and more prevalent.

For about ten to fifteen minutes or so at the end of each class, we open things up for questions, concerns, or thoughts about anything we practiced during that session so each of us has something to take home with us.

We train three times a week. We have three new members, all adults who work for either the county or the state. As such, they understand the health and safety issues.

I'm so grateful to have them as students and dojo mates!

Practicing as we have been has given us some welcome stability in these unstable times. Just to calmly sit has been great comfort!

From Kapa'a student Gene Hashimura

“Because our class ends with a discussion, during our practice time on the mat, whenever an aha moment happens for me, I'm consciously aware that that is what I want my sharing to be at the end of class. Hopefully, there will be at least two of those moments. And [that] I will remember them. . . .”

From Kapa'a student Aida Kawamura

“As a new student, I am grateful for Sensei Relacion's willingness and ability to teach and share aikido so that the techniques are useful in our everyday lives. After the first two weeks of attending aikido, I was aware that my demeanor had become calmer. My spouse's minor outbursts were no longer met with my annoyance at his attitude, and I believe that helped to dissipate whatever was bothering him. There's so much more to learn.”

From Kapa'a student Nancy Wilson

“Aikido has made me so much aware of many things - my perspective, 'feelings', arts, etc. It has been challenging, satisfying, inspirational, and calming (to name just a few of [the things] I am experiencing). The comment sessions that we have after each practice brings together the lessons. It is often nice to hear other students' perspectives. The patience demonstrated (and the analogies made) by Sensei in making the art understandable allows me to better comprehend aikido. Sensei, along with the sempai, make me want to learn more of the art of aikido. For that I am truly grateful.” ☞

HKF Resilience Continues

- In the new year, Curtis Sensei will teach Meditation and Ki Breathing class with some discussion on Zoom, Sunday mornings from 7:00 to 8:00 am Hawai'i time, assisted by Charles Boyer Sensei. The recurring meeting ID is 848 8572 1632, and the password is Shugyo. Everyone is welcome, whether you are in Hawaii or anywhere else in the world.
- Maui's Sayaka Reasoner and John Hara have been attending Shinichi Tohei Sensei's Japan seminars online and providing translations for social media and newsletters.
- Hilo Dojo's Robert Kaneshiro is doing a weekly Children's Class on Zoom and using a school app called Remind to post announcements. The children put on gi at their own homes and practice along with Robert Sensei. A modified schedule of Aikido, Ki, and Children's classes are planned to resume in January at the Waiakea Recreation Center on Thursdays and Sundays. A soft reopening is planned in December to work out procedures.
- Lokahi Dojo has offered classes on Zoom for adults and children as well as an outdoor class at a park where they practiced Oneness Rhythm Exercise and weapons. ☺

Mililani Dojo,

By Eric Nonaka Sensei, Head Instructor

Mililani Dojo is glad to announce that we are back training at the Hongwanji. The focus is on weapons training since we can maintain social distancing and don't need mats. Needless to say, everyone was a bit rusty but it felt great to be back training. Training is every other Wednesday from 7:00-8:30pm.

In addition we have discussion groups every other Friday where a student is asked to pick a topic and submit a video or transcript for everyone to watch or read. Mostly we reference things from Curtis Sensei (thank you Sensei!) and also from David Shaner Sensei.

This week I decided to go a different way. Terence Omori Sensei is babysitting his new grandson. I asked him to lead a discussion on how babysitting is similar to Otomo training and how our training helps him with his grandson Braxton's care.

Usually Byron Nakamura Sensei and Roy Uyehara Sensei join us. ☺



Braxton and his "otomo," Omori Sensei

Going on a Journey By Raina Kaholoa'a

Ease the mind
Meditate
Start in the toes
From one point it goes
Then to the feet, legs
And genitals
Feel in your soul
Equanimity equality
Equally wonderful
Next up to the heart
Where loving kindness
Is an art
Maybe you start
To feel your arms
Part by part and
Let the feeling grow
Next up to the throat
Where listening is key
Mother T never say see
She said listen to pray
As God listens to me
Nice as it is I agree
Let's move up
To the head tentei
Like a gem between eyebrows
Is what they say
Maybe the head open up 🤪
And maybe not
In any case it's a lot
No need think
No need see
Just listen, feel and Be ☺

World Camp 2022

A World Camp is planned by Ki Society in Japan for Nov. 2022, dates to be announced. And, Shinichi Tohei Sensei will go to Europe to teach in Sept. 2023 ☺

HKF Dan and Den Promotion



Maui Ki Aikido's Prakash Mackay received promotion to Yondan (4th) in 2021.

Shunshinkan Dojo gets new paint

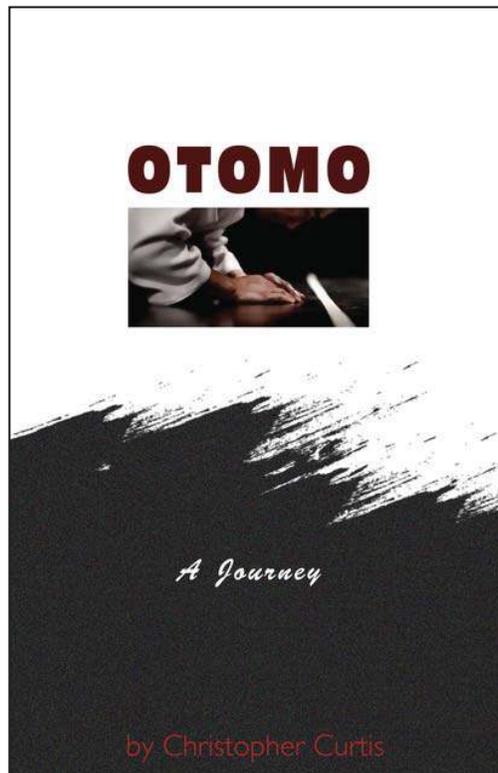


This past summer, Maui's dojo got an exterior face lift with fresh paint. Maui Ki Aikido member and artist Joelle Perz repainted the sign.

Curtis Sensei's newest book, *Otomo - A Journey*, is now available.

"Otomo is a practice that, even to know everything about it, is still not to know it at all. This approach to a direct and immediate state of mind is the subject of this story. What is it like to live without it, what is it like to live knowing everything about it but still not knowing it at all, and finally, what is it like directly connecting with it?"

Curtis Sensei



Curtis Sensei's three books, *Otomo - A Journey*, *Ki-Aikido on Maui A Training Manual*, and *Letting Go: Talks on Aikido*, are available in paperback or Kindle format on Amazon at www.amazon.com/Christopher-Curtis/e/B08WJV3M2C or paperback from the Shunshinkan Dojo, see next page.

Ki-Aikido on Maui – 4th Edition

Ki-Aikido on Maui – A Training Manual is the only source of Ki Society teaching details available in print or digital form. The 4th edition has been revised with updated information and new material, including a new Foreword by David Shaner Sensei; a new Introduction; new translations of Koichi Tohei Sensei’s “Thirteen Rules for Instructors” and “The Living Principles”; guidance for applying kaisho, gyosho, and sosho training to techniques; teachings on connecting with one’s partner; details of the latest kyu and dan testing procedures for examiners, as well as the rank requirements from 5th kyu through 5th dan; and a new teaching on “The Meaning of Aikido.”

Ki-Aikido on Maui, a Training Manual, 4th Edition can be purchased at Maui’s dojo (call, email, or use order form below), or obtained on Amazon Kindle or Amazon print-on-demand.

Letting Go – Talks on Aikido

Letting Go – Talks on Aikido is a collection of insightful, concise essays on a wide range of topics, adapted from talks given by Christopher Curtis, 8th Dan, the Chief Instructor of the Hawai’i Ki Federation and Head Instructor of Maui Ki-Aikido in Wailuku, Maui. It’s a useful companion to the “Letting Go” lectures, podcasts and discussions available on Curtis Sensei’s blog, found at curtissensei.com.

Letting Go – Talks on Aikido in e-book form is available from Amazon and from Barnes & Noble Nook. A paperback copy may be ordered from Maui Ki-Aikido. See order form below.

Orders from the Dojo: Books \$15. Ten or more copies of these books, \$10 ea.

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

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