



Ohana

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When the Excuses Run Out Rich Fryling Sensei's World Camp 2006

By Rich Fryling

I honestly don't know why it took me so long. Money would be the easy answer, but that's a lame excuse. I'm sure that if I was to reach into my innermost feelings, I might find something about a lack of readiness or maybe a fear of being disappointed. I don't really know ... but after 17 years of training Shinshin Toitsu Aikido, my first trip to World Camp in Japan was well overdue. And the excuses simply ran out.

So this year it happened. I pulled the trigger on World Camp, and I can say without hesitation that it was one of the most meaningful, enriching and motivating experiences of my life.

And it was all these things not just because I got to travel with my teacher, Shaner Sensei. Nor because I had the privilege to stay with Mrs. Tamura and receive a banquet of generosity that I have never experienced before in my life. Nor because I was honored to take my Chuden ki test, administered by Otsuka Sensei and witnessed by Shinichi Tohei Sensei. Nor because Tohei Sensei made two appearances during World Camp despite his poor health. Nor because I got to participate in a formal tea ceremony within Tohei Sensei's ancestral home. Nor because I got a brief glimpse at the uchi deshi lifestyle and training regimen. Nor because training was

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Members of the Eastern Ki Federation with Tohei Sensei and senior Ki Society instructors at the Tenshingosho Dojo

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Shaner Sensei & Pierce Sensei: Ohana

From Shaner Sensei “*Ohana*” simply means “family” in Hawaiian. In 1953, Tohei Sensei first taught aikido outside Japan and unknowingly established a family of Ki and Aikido students that eventually spread the world over. Fifty-One years later, on January 1, 2004, Tohei Sensei formally established the Eastern Ki Federation and immediately we sought to “grow and develop together” as a combined family.

As we begin to celebrate our fourth year together in 2007, we can reflect and see many milestones already. While working together, referring to the spirit of *ohana* frequently, we established in the first year a common approach to training focused upon “clarity, confidence and calmness.” In year two, we focused upon clarifying Tohei Sensei’s teachings through his essential writings contained in the *Shokushu*. In the third year, we focused upon advanced instructor training and testing.

As we move to year four, we are focused upon “inner disciplines” and thus begin our “Ki for Health” or *Ki no Kenko* Program. And, I expect year five will focus upon *Taigi*, since in 2008 we will have the opportunity to sharpen our skills and once again participate in the International *Taigi* Competition in Japan.

Most importantly, however, I am happy to share that *ohana* or “family” speaks to the **Heart** much more than the **Mind**. In Japanese, the term “*kokoro*” refers to both heart and mind. I believe however that training together well and growing and developing as a team or family really requires a commitment of the heart, much more than of the mind. As we continue to practice looking forward with a beginner’s heart, many new possibilities can be envisioned. The “expert’s mind”, however, is almost always more limiting and confining. I ask as we grow and develop together as a family, we are reminded of children and practice openness, kindness, and flexibility. Then, as we deepen our knowledge and experience, we practice sharing with others... thus growing our family in the years ahead. To accomplish this we do not need to be “experts” . . . all we need is to have a beginner’s heart, for “what we learn today, we can teach another the next day” (*Soshu Tohei Koichi*).

From Pierce Sensei: This year I really had the true feeling of *ohana*. I was supposed to teach a seminar as a fund raiser for KnK headquarters here in New Jersey. We had a great turn out from Vermont, Connecticut, New York, Pennsylvania, Virginia and New Jersey. But just before I was going to teach, there was a change of plans. Another teacher had arrived to take my place; my plans were shot after all the planning I had done. I didn’t know it but the whole thing was a setup by my students for a surprise birthday party and fund raiser. The teacher was none other than my good friend David Shaner Sensei, who had been planning this with my students for almost a year. I didn’t know anyone in my extended family could keep a secret a week let alone almost a year. I was quite surprised and choked up. This was a real family turnout, and the class was great as usual, followed by a great social at a local Japanese restaurant that lasted about 3 hrs. The best birthday party I have ever had, thanks to our EKF family. And we are going to keep growing. ①



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intense, fulfilling and exhausting. Nor because every night the beer flowed freely, and thanks to Shaner Sensei I discovered the profound delight of a midnight bento box at 7 - Eleven.

It was in fact a bigger feeling. One that could summarize all the experiences together and have them all make sense, perfectly. It gave all my training meaning. It's nothing new; Shaner Sensei has taught it a thousand times, but it finally clicked for me at World Camp. You know what I mean ... it's the felling of being connected. In other words, how is it possible that I have never been to World Camp, never been to Headquarters, never been to Japan, yet I recognized it and knew it intimately when seeing it for the first time? It's like I've been there a 100 times before.

Although I was awestruck at the grandeur and beauty of the dojo when bowing in for the first time, it nevertheless felt familiar. It felt as if this was where all my training had taken place and where I had taken all my kyu, dan and ki exams. This is my dojo. And now it's clear why our recent fund raising effort was so successful. We are not merely supporting the headquarters facility in Japan; we are supporting our own collective dojo ... the one place that connects all of us in our training.



World Camp 2006 participants with Tohei Sensei at Tenshinkan: Our dojo

I admit that I still struggle to understand the meaning behind some of the most basic of Tohei Sensei's teachings. I continue to search for the depth to better understand even the fundamentals. Most notable of these is this notion of becoming "one with the universe". Although I still have a ways to go, this trip to Japan, and my discovery of a deep connectedness to a place that I have only been once, has brought me infinitely closer to understanding the "ultimate purpose of our training".

So for those of you who have yet to attend World Camp or visit headquarters, I challenge you to come up with an excuse that I haven't used. But in the end, the excuses will never hold up to the experience that waits for you. ③

Poppele Sensei's World Camp Notebook

Otsuka Sensei:
Sokushin no Gyo

Sokushin no Gyo (Bell Misogi) is training to unify the breath (voice) and the mind. It is a breathing exercise to train extending Ki. We chant and we use a bell, but swinging the bell and saying the words are not the purpose of the training. These are just tools to help us all be together in rhythm.

Ki breathing is calm and longer. Breathing in Sokushin no Gyo is shorter and stronger, but still relaxed and light.

The chant refers to three sacred objects in Shinto spirituality:

To Ho: refers to an ancient weapon like a sword. The sword cuts though the confused mind. When you cut the confusion you can always extend Ki.

Ka Mi: refers to a mirror. After you polish your mind, it is like a mirror which reflects all things clearly (but there is an old saying: do not polish too much, no fish live in a pond that is too clean).

E Mi are connecting words

Ta Me: refers to the jeweled ball. As you train more, your mind becomes more round in shape.

These three objects, the sword, mirror, and sphere, are divine symbols of training in Shinto.

When approaching *Sokushin no Gyo*, or any of our training, it is important to have a beginner's mind. The word *nara* 習 (to learn) is made up of two radicals: 羽 (*hane*) meaning feather, and 白 (*shiro*) meaning white. Together they mean "pure white".

To learn, you must show up pure white, like a blank sheet of paper, ready to be written on. ④

Ki in the Classroom

By Chad DeBruzzi

I teach a low level math class designed for students who have failed Algebra I. The types of students that come to me are ones who have a high level of frustration with math, who strongly dislike school, or are even trying to get math out of the way for more important things (i.e. graduation, sports, etc.) This sort of student is the reason I enjoy teaching. I like to make a difference with people. However, this group of students brings an unbridled level of energy that never seems to calm. Every time I talk, there is always a few talking under me. There is this undercurrent of chaos and disrespect that just floats around the room. The students steal supplies from my desk, break things in my room, spit in the hand lotion, and walk around as if I wasn't standing their teaching! They ball up paper and shoot baskets, open the windows because they are hot, and stand out in the hall, without permission. My principal even came in one day (as part of a random observation process) and was amazed at the mix of chemistry. His comment was, "What an amazing group of students! Thank you for trying to inspire and teach them." While I appreciate his support, I could have used some constructive criticism.

Then, one day it hit me. The class was on autopilot, and I was just standing there observing the chaos, (in mid sentence of a teaching point). On my back wall, staring at me, was an 8x10 frame with the 5 principles for leading others that I created for my new Ki Aikido after-school club. Looking up at it I realized that I was simply not following Tohei's principles. I was not respecting their Ki. When they scream, I scream louder. When they create tension, I become more tense. And when they exhibit minus ki, I become more minus. Even more

importantly, I am pushing them to four year colleges where they are expressing a desire for Vocational Studies. So, I handed out worksheets (because I really was done teaching!) and began to read Shinichi Tohei Sensei's Blog "Ki in Education".

Five Principles to Lead Others

- 1) *Ki is extending*
- 2) *Know the other's mind*
- 3) *Respect the other's Ki*
- 4) *Put yourself in the other's place*
- 5) *Perform with confidence*

I continued reading the "Ki in Education" blog over the next couple days, really pouring over the details, when a quote hit me with tremendous power, "In all of creation, the eternal heaven and earth develops us all. The only thing people can do to participate is to organize environments appropriately and watch over the growth of the people."

This spoke to me. I realized that I can't "teach" these kids math in the sense of me holding the answers and delivering it to them. I can only (as Shinichi Tohei Sensei says) provide rich soil, water, and care, and they will learn the math on their own! This means that I need more activities, more experiences where they get their hands dirty with math. Just like Ki tests are designed to give the students an experience of Mind and Body Unification, my math lessons should give an experience of Math and Life Unification.

I am now in the process of re-designing my classes. My plan is to begin each day or so with a Ki Test (or as Shaner Sensei sometimes says, a "Ki Experience"). Students need to learn where their minds are, and I need to help them grow and develop. From there, a grounded class will perform math activities that allow them to get unique answers to unique problems. Their "Ki Experience" needs to extend to the content. Only then will they go home and remember what it is they learned.

The problem is that I have never learned to do this before, and I have spent the last 10 years learning how to preach effectively. This means that I must shake the moss off of my comfortable shoes, and tread into an uncomfortable area so as to grow into a more effective teacher. While I wish I had the answer and a truly inspiring ending, I now have hope. Perhaps some day I will write how I did “A” and the students did “B” and I became “Teacher of the Year!” But, today is growth, and I embrace it. If nothing else, my question changed from “Why won’t these kids learn?” yesterday, to “How can I create a great learning environment?” Ultimately, I seek to infuse my teaching with Ki. What can be accomplished with Ki in my classroom? ㊦

Chad DeBruzzi is a teacher at Como Park Senior High School in Saint Paul, Minnesota. He trains with the Minnesota Ki Society. Chad can be reached by e-mail at <debruzzi@juno.com>

Ki-Aikido in Egypt

This December 15-19 Shaner Sensei traveled to Cairo Egypt to teach the first ever Ki Aikido seminar on the African continent. Shaner Sensei was invited by Khalil El-Masry, an acquaintance of Shaner Sensei’s daughter Alexandra who is studying in Cairo. The five day seminar included a thorough overview of Ki Aikido for participants of all levels of experience, including many aikidoka who had recently celebrated 25 years of Aikikai in Egypt! ㊦



Shaner Sensei with “The Shooting Club”—a group of instructors from one of the Egyptian dojos.

Promotions

Bill Orwat Sensei has earned the rank of **Yondan** in the art of Shinshin Toitsu Aikido

Bob Gardner Sensei has earned the rank of **Yondan** in the art of Shinshin Toitsu Aikido

Rich Flying Sensei has earned the rank of **Chuden** in the art of Shinshin Toitsu Do

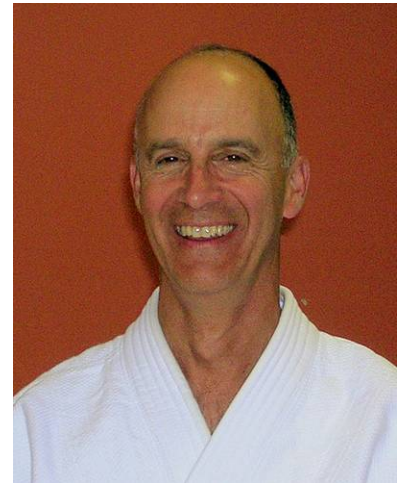
Terry Pierce Sensei and David Shaner Sensei extend their sincere congratulations to all three members in recognition of their dedication and their years of service spreading Tohei Sensei’s teachings. ㊦

Ki in Business: Kaisho

By Steve Zimmerman

Over the past year we have focused on the kaisho of many arts. Kaisho requires clarity about the fundamentals, and helps us answer the question, “where is your mind?” If we find ourselves struggling with a particular art at a more advanced level, returning to the kaisho usually reveals the problem.

In business the same dynamic often occurs. The temptation to spend time and energy on a wide range of possibilities can distract a business from the fundamentals that lead to success. Someone once asked J.W. Marriott, Jr., the CEO of Marriott International, about the secret of his company’s success. Marriott answered, “serve hot food hot, and cold food cold.” Marriott knew the kaisho of his business, and appreciated the importance of the fundamentals.



Kaisho training slows us down, and reveals more about our mind. When someone grabs your arm, does your mind go to the grab? Do you look at the mat because you want to throw uke down? Our teachers tell us to look “in the direction of the throw” and to keep our minds connected to our one point, and not to the place from which we are held. So often in the business world we get caught up in the day to day. Events “grab” our attention and distract us from more important matters. Steven Covey, the author of *The Seven Habits of Highly Effective People*, describes these distractions as “urgent but not important”, and points out that effectiveness depends upon our ability to focus on the “important but not urgent” activities that will leverage our time.

In kaisho training we look for the “bump”. The bump tells us that something is wrong, and that we should find out what we are doing as nage to create the conflict. But in the workplace we tend to assume that the other person creates the bump. If you want to develop stellar customer service, or effective relationships with employees, you must ask instead what your business did to cause the bump, and how you can change to avoid similar situations in the future. Every conflict provides an opportunity to improve, but only if you invest the time and energy to figure out WHY it happened. We would all like conflict free workdays, and learning to embrace these learning opportunities doesn’t come easily. Kahlil Gibran recognized his own resistance to learning from the bumps in life when he wrote, “I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to those teachers”.

Businesses need some sizzle and wow, but to achieve long term success you have to be brilliant in the basics. Whether planning for the future, or addressing current problems, it is best to start by returning to the kaisho. ④

This is the first of a regular column on Ki in Business by Steve Zimmerman, founder and President of Zimmerman Marine Inc. Since its founding in 1981, Zimmerman Marine Inc. has earned a national reputation for outstanding workmanship and personal service in building and servicing sail and power cruising boats. While in college Steve Zimmerman developed and directed a non-profit consumer protection agency which mediated complaints between consumers and merchants. Zimmerman Sensei the Head Instructor of Five Rivers Ki Aikido in Gloucester, VA. If you have questions or comments, you can contact Zimmerman Sensei by e-mail <stevez@zimmermanmarine.com>

Eastern Ki Federation Seminar Training Schedule 2007

January 5, Advanced Testing, Ikkyu and above: Northern Virginia Ki Aikido

January 6, “Shinshin Toitsu Aikido Shugyo Tassei Kigan Shiki”: Northern Virginia Ki Aikido

January 7, Instructors Seminar: Loudoun Ki-Aikido

February 16-18, Ki no Kenko Seminar, First Quarter: SC Ki-Aikido
[with 12 Week follow-through program at home dojo]

March [open date], General “Spring” Seminar: CT Ki-Aikido, Pierce sensei

April 13, Evening Advanced Testing, Ikyu and above: Raleigh Ki-Aikido

April 14, Instructors Seminar: Raleigh Ki-Aikido

April 16-22, General Seminar: St. Petersburg, Russian Federation, Harrell sensei

April 20-22, General Seminar: LA, CA Southern California Ki Society, Shaner sensei

May 4, Evening Advanced Testing, Ikyu and above: Minnesota Ki-Aikido

May 5-6, General Seminar: Minnesota Ki-Aikido, Pierce sensei

May 11-13, Ki no Kenko Seminar, Second Quarter: SC Ki-Aikido
[with 12 Week follow-through program at home dojo]

June 20-24, General Seminar, National Chief Instructors Seminar: Silver Spring, MD
Host: Maryland Ki Society. Taught by Shinichi Tohei sensei

*Note: I'd like to strongly encourage full attendance so that our students can meet and learn directly from Deputy President Tohei. Since the Conference is in the East this year and it occurs in the middle of the summer, I think this is a great opportunity for you and your students to experience the best possible training experience. *David Shaner**

July 27, Evening Advanced Testing, Ikyu and above: Elkton Ki-Aikido

July 28, Instructor's Seminar: Elkton Ki-Aikido

August 10-12, Ki no Kenko Seminar, Third Quarter: SC Ki-Aikido
[with 12 Week follow-through program at home dojo]

September [open date], Instructors Seminar: New York Ki-Aikido

October 24-28 [dates tentative], General Seminar, World Camp: Ki no Sato, Japan

Deputy President Shinichi Tohei Sensei, Otsuka sensei, Sewai sensei

**November 9-11, General “Taigi” Seminar and Fourth Ki no Kenko Progra Conclusion/
Graduation: “Certificate of Participation” presentations:**

November 9, Evening Advanced Testing, if needed [Ikyu and above]: Furman Ki-Aikido

November 10-11, Taigi Seminar [prep for 2008 International Competition]: Furman Ki-Aikido

Ki no Kenko Program

From David Shaner Sensei

Regarding the “Ki no Kenko” [Ki for Health] 9 Month Program:

As you know, I have been discussing with HQ our plans to create a program that fulfills multiple needs that will help us “grow and develop together.” We will progress a phased approach focusing upon teaching the inner disciplines with HQ’s support.

Phase One is the Ki no Kenko 2007 Program.

Let’s review the “needs” that occasion opportunities to “grow and develop together”:

Goal 1. Grow membership by offering dedicated classes each week in the “inner disciplines” that will appeal to many different kinds of persons [new students] who are NOT necessarily interested in Aikido Waza. These persons include: current and future instructors of Shinshin Toitsudo, health professionals, massage therapists, people in need of stress reduction through breathing and meditation, athletes and musicians interested in peak performance, etc.

Goal 2. Grow and develop Instructors interested in advancing their own study and practice of four of Tohei sensei’s disciplines, viz., Ki no Kokyuhō [Ki Breathing], Ki no Ishiho [Ki Meditation], Kiatsu Ryohō [Personal Kiatsu Therapy], Sokushin no Gyo [Bell Meditation], as well as Oneness Rhythm Exercise. By advancing our study through participation in this 9 month long initiative, participants will be asked to lead [or co-lead with other participants from the same home dojo] “Ki no Kenko” classes [once a week for 12 weeks] between each seminar. Note: There is flexibility, of course, if someone can not attend some of the weekly classes due to business travel, vacation, or family commitments. However, for the program to be success substitute leaders will need to be in place at each location. For health professionals or others who do not have a home EKF dojo, daily training in the inner disciplines will still be required. The learning is sequential and cumulative so daily practice is essential in order to realize the full benefit of the training.

Goal 3. Encourage daily practice of Breathing or Meditation, and encourage family practice of kiatsuho in order to develop a familiarity with the techniques and practices of each.

Goal 4. In order to fulfill needs 1-3 above, we will need to progress a fourth initiative at each participating dojo. Specifically, the new Ki no Kenko class will need to be promoted locally so that we bring to the dojo a group of serious students that are NOT ONLY “regular/existing students” who are interested in the inner disciplines, BUT ALSO new students from each local community interested in the personal development topics covered [the inner disciplines].

Goal 5. The focus will be twofold: First, each art/discipline will be taught to each participant; and second, attention will be given to teaching participants “how to teach others”. To this end, I will develop weekly curricula so that each participant will be given guidance for instructing each of the 12 weeks between the three “Ki no Kenko” Weekend Seminars from Feb. 07 to Nov. 07.

Basic Information about the ‘Ki no Kenko’ Program and Requirements for Participants:

Cost: \$225.00 Total Tuition – 9 Month Curriculum, also membership in Ki no Kenkyukai International will be required for brand new students interested in attending the Ki no Kenko Program

Terms: Three Payments 75.00 each Feb, May, August

Participation will be open to any student regardless of experience. Of course, yudansha are encouraged to participate, but it is possible that an eager mudansha from any dojo will be able to participate and thus lead and teach their home dojo’s weekly “Ki for Health” class.

The commitment for each accepted participant will be for 9 Months [one academic year equivalent] – Feb. 2007 through Nov. 2007.

Seminar participants will be required to attend all three seminars [three days each – Friday through Sunday], AS WELL AS lead the home dojo weekly classes throughout the year [48 classes in total]. If the planned three seminar schedule causes a conflict, then a substitute from the participant’s home dojo may attend [and should attend to maintain continuity]. However, please understand the curriculum is staged and progressive such that each session builds upon the former. Also, the critical factor is daily practice for each participant as well as leading the 12 weekly practice sessions at the home dojo [if the participant has a home dojo]..

Each attendee will be given a 12 week program plan for teaching each week between the three seminar sessions in Greenville, SC throughout the year.

It is further expected that the participant/leader will assist local dojo students throughout the year working one-on-one in a tutorial fashion [just as I am working one-on-one with each “Ki no Kenko” participant by being available (phone and email) between our three seminars in SC].

Location: All three “Ki no Kenko” Seminars will be held in Greenville, SC.

2007 “Ki no Kenko” Schedule:

Each of the three sessions will be conducted as follows [with the exception of special training in the third session]:

Friday Evening Class [allowing transportation to Greenville during the day]

Saturday All Day [followed by Social for all participants]

Sunday Morning [allowing transportation from Greenville after 11:00 am]

Weekly classes at the participant’s home dojo will be scheduled by the Head Instructor [working with the seminar participant] according to the convenience of the home dojo to maximize attendance for the new class. Of course, it is my hope that Head Instructors and/or dojo senior instructors will attend and thus lead the new classes themselves. If there are numerous participant’s from each dojo, then it would be wonderful to share the weekly teaching duties at the home dojo. The 12 week period [with holiday vacation weeks considered] follows:

Session One: February 16-18, 2007

Week 1 2/19	Week 7 4/2
Week 2 2/26	Week 8 4/9
Week 3 3/5	Week 9 4/16
Week 4 3/12	Week 10 4/23
Week 5 3/19	Week 11 4/30
Week 6 3/26	Week 12 5/7

Session Two: May 11-13, 2007

Week 1 5/14	Week 6 6/25
Week 2 5/21	Week 7 7/2
Week 3 5/28	Week 8 7/9
Week 4 6/4	Week 9 7/16
Week 5 6/11	Week 10 7/23
Off for Nat'l Conf.	Week 11 7/30
	Week 12 8/6

Session Three: August 10-12

Week 1 8/13	Week 7 10/1
Week 2 8/20	Week 8 10/8
Week 3 8/27	Week 9 10/15
Week Off	Off: World Camp
Week 4 9/10	Week 10 10/29
Week 5 9/17	Week 11 11/5
Week 6 9/24	

Graduation: November 9-11, 2007

Recognition and "EKF Ki no Kenko Certificate of Participation" presentations at the General "Taigi" Seminar

Local Graduation: Week 12 11/12

Recognition and "Dojo Ki no Kenko Certificates of Participation" presented at the home dojo

Please consider all of the above carefully and let me know your questions. Please begin recruiting and signing up participants and let me know via email if you are interested in attending.

Each dojo Head Instructor will work with their members to determine if they wish to consider the local "Ki no Kenko" class as a dojo "new course offering" [and thus charge separately for the 9 month program at the local level]. Over time, I think this will go a long way toward attracting a new type of student interested in four out of five of our traditional disciplines developed by our Founder Tohei sensei. **I hope that this offering of a dedicated "Ki for Health" class will help each dojo expand its "instructional course" offerings.**

This alternative could be a big plus if each dojo is successful recruiting the new type of student who is interested in health, wellness, stress mgt./relaxation, and peak performance, but is NOT interested in aikido waza. Such students may well NOT want to pay for many aikido classes offered in accord with monthly dues, but are willing to enroll in a nine month course that meets once a week. **All new students must become Ki Society members.**

The program will require much discipline and continued practice to be successful. The learning is sequential through each of three weekend sessions. Real growth in the "inner disciplines" can not happen without significant personal investment of time and energy **on a daily basis.**

Thank you for your continued training, dedication, and leadership,

David