



Mountain Echo



Volume 13 Issue 4

OCTOBER 2009

COMING UP...

VARJAN SHIHAN

Seminar- October 17 & 18
at Kohala Aikikai
from Albuquerque

SHOP FOR A CAUSE

At Macy's- Special Sale Oct. 17
Please sell fundraiser coupons and
turn in proceeds before that date

ADVANCED CLASS

Saturday, Oct. 24th, 8:00am
(changed from Oct. 31st)

NO WAIMEA CLASSES

Friday 10/30 Saturday 10/31
Attend in Hilo Happy Halloween

HALLOWEEN CLASS

and Party- Friday Oct. 30th
6:00pm Class, 7:00pm Party

BLACK & WHITE NIGHT

Downtown Hilo- Friday Nov 6th
Special Practice at the Dojo
Regular class schedule

TAKAMIZO SHIHAN

November 12-15 in Honolulu
from Aikikai Hombu, Tokyo
See Back Page

FALL PROMOTIONS

Exams Nov. 19th-21st
Regular class times in Hilo & Waimea

HOLIDAY TREATS

Friday, Dec 18th
after regular classes

WINTER BREAK

Dec 23-Jan 1
Last regular class Tue 12/22/09
Regular schedule resumes Sat 1/2/10

TOSHIKOSHI GEIKO

Crossing Over the Year Practice
Dec. 31st, 11:30pm to Jan 1st, 12:30am

KAGAMI BIRAKI

Sunday, January 10th



Special Class and Party Friday 10/30

We'll have a unique class
for all members- youth &
adult together- starting at
6:00pm. Party starts at 7:00.

Then it's time to change into your costume for a great time.
We'll be serving pizza and lemonade. There will be games
and halloween treats for kids & adults.

The Mat Cover Looks Great!

*We're still fine tuning the fit and installation of our new mat cover
but everyone agrees it looks terrific. The new canvas is the same
material as our old one, but feels more rough. Over time it will soften
and get a smoother feeling like our previous mat cover.*

Please train frequently and vigorously to help break in the canvas!

Preparations are underway for Waka Sensei's visit.

**Registration for Winter Camp 2010
is Now Open to all members.**

**Invitations have been sent to all
Hawaii dojos and to hundreds of
dojos across the mainland.**

We believe this will be Waka Sensei's first
solo instructional trip to the United States.
Many aikido trainees have great interest and
curiosity about the next in the Ueshiba line.
We are privileged to receive Waka Sensei in
Hilo and we expect a large crowd.



As the host dojo we'll be very busy between now and next February.

Our new mat cover is stretching into place. Half the ceiling has
been repainted (thank you H & M) and there's half still to go. All the
fans need cleanings, light fixtures, walls and every other surface.

We request all members to reserve the dates for Winter Camp and
to register as soon as possible. We'll
need a great many helpers so please
volunteer. Transportation, food, etc.

WINTER CAMP 2010

Waka Sensei's visit
Feb 12-15, 2010

AIKIDO OF HILO

29 Shipman St #203

Hilo HI 96720



Mountain Echo

Visit us on the web at www.AikidoOfHilo.org

Varjan in Kohala – Halloween Class - Takamizo in Honolulu – Waka Sensei in February 2010

THANK YOU SO MUCH!

So many members have been such a great help with fundraising

It's been a long time coming but our new mat cover is a tremendous improvement to the dojo!

We've run food booths at the Ho'olau'lea in downtown Hilo & Hawaii's International Heritage Festival. We participated in the Give Aloha program with Sack N Save and in Macy's Shop For A Cause drive.

Thanks to everyone for your participation, large & small!

Recent news of natural disasters have prompted us to re-publish this evacuation plan in our newsletter

Earthquake & Tsunami Emergency Plan

This plan is for emergency evacuation of the dojo in any potentially hazardous situation. It may other take effect under the following conditions or for other unforeseen hazards:

- Tsunami Warning issued by Civil Defense
- Strong local earthquake

Sensei and other available drivers will immediately transport all members to a safe location where they may be picked up or wait until other transportation is arranged.

Our primary rendezvous point is Hilo Public Library parking lot. In the event that the library is closed and the parking lot is not accessible, our secondary location will be the Hilo High School parking lot.

If an emergency evacuation should occur for any reason, Sensei will try to contact all parents and responsible parties as soon as members have reached a safe location.

If all clear is announced we will return to the dojo.



Liam V. Lanakila Obenchain

now about two months old

Congratulations to Jason, Leilani, Annelise & Samuel

(We're ready for you to return to the dojo now!)



TAKAMIZO SHIHAN - OAHU

Takamizo Sensei is the only female shihan (master instructor) on the Hombu dojo staff.

This is her fourth annual instructional visit to Hawaii. Classes will be held at the Hongwanji Mission School near Pali Hwy.

Classes will be evenings on Thu 11/12 & Fri 11/13, all day Saturday 11/14, and morning on Sunday. See Sensei for Details

Mountain Echo is published by **AIKIDO OF HILO**

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online at www.AikidoOfHilo.org

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(terms: Officers 1 yr, Governors 2 yrs)