



MKF News and Whirled Report December 2009

Welcome to the second edition of the MKF News, an approximately bimonthly newsletter of Midland Ki Federation. The newsletter is distributed by email, and printed copies are sent to Midland Ki Federation Dojos. We hope you will find this newsletter informative and interesting. A PDF version is available online at the [MKF Newsletter archive](#). You can also view the newsletter in a [web page on the Ki Forums](#).

Winter Instructors' Intensive 2010

The Midland Ki Federation Winter Instructor Intensive, taught by Kashiwaya Sensei, will be hosted by Saint Louis Ki Society. The dates are **February 5, 6 & 7**. Details are on the [MKF website Intensive page](#) now. The location of the classes is the same as 2008. The first two days are at the St. Louis Society of Friends Meetinghouse. The last day is at the Saint Louis Ki Society Dojo. The event hotel is the Holiday Inn Select in downtown Saint Louis, a different Hotel than last time, with a lower room rate of \$69 per night.

Board of Directors – You can make a difference.

Midland Ki Federation is looking for candidates for our Board of Directors. An election will be held in January for the new board. All Midland Ki Federation members are eligible to serve on the board, and we will choose up to twelve members. You can help make some important decisions and guide MKF into the future. The new board will **redefine the role of the board, the mission and legal structure of Midland Ki Federation, and the role of Chief Instructor**. The most important qualification for board membership is a desire to help MKF. Contact Mark Rubbert at markrubbert@stlki.org and tell him you are interested in serving.

Now in Stock! New Shokushu – Book of Ki Sayings – get them from your dojo!

New versions of Tohei Sensei's "Book of Ki Sayings" have been published by Ki Society Headquarters. There are some minor text edits and the cover now has Tohei Sensei's calligraphy. But the big change is that there is now a larger version available, 6 x 8.5 inches. They are for sale to dojos only. MKF Dojos may order them at any time by sending an email to Mark Rubbert (markrubbert@stlki.org) Please order at least 3 at a time. The cost for the original size is \$11 (\$10 Canada) and for the new large version \$16 (\$15 Canada).

Four MKF Members attended World Camp in Japan

MKF Chief Instructor Koichi Kashiwaya Sensei worked as translator for classes at World Camp in October. Also attending were Athens Ohio Lead Instructor Stan Haehl, Lead Instructor Derek Nabel of Rocky Mountain Ki Society–Westminster Dojo, Christian Goldberg of Rocky Mountain Ki Society, and Saint Louis Ki Society Head Instructor Mark Rubbert. Together they bring plenty of insight back from Ki Society Headquarter to share with MKF students. A brief video/slide show from Mark Rubbert Sensei can be accessed [online at the Ki Forums](#).



The 2010 National Ki Aikido Seminar

will be hosted next summer by Midland Ki Federation in Colorado. The dates are **July 8 to 11**. The teacher for the seminar is Shinichi Tohei Sensei. It's not final yet, but the plan is to have the event at the University of Colorado–Boulder. Details will be posted on the Midland Ki Federation website as they become available.

DVD's from Koichi Kashiwaya Sensei (Ki Aikido USA)

- ♦ **Aikido Testing Criteria I (5th Kyu through 2nd Kyu)**
- ♦ **Testing Criteria II (1st Kyu through Sandan)**
- ♦ **Taigi (1-29).**

These are DVD versions of the video that used to be available on tape. Now you can move through the recording with the DVD menu and view the parts you want to see. These are great videos: an instructional aid for students, a teaching aid for teachers and a great look at Ki Society technique for curious onlookers.

Check with your dojo, they may be in stock or on the way.

<u>Item</u>	<u>MKF Member Price</u>	<u>Nonmember Price</u>
Single DVD	\$25 plus shipping	\$30 plus shipping
Criteria I & II	\$45 plus shipping	\$50 plus shipping

Bulk Rate: 15% off for orders of 10 to 19; 20% off orders of 20 or more - *includes shipping*

To order, or for more information, contact Randy Thompson at deshi@midlandki.org

News from MKF Dojos

Send news from your dojo to newsletter@midlandki.org for the next newsletter in December

Houston Ki-Aikido: photos from their latest seminar with Kashiwaya Sensei have been added to the gallery. There are some great pictures of Kashiwaya Sensei with kids.
(<http://houstonkiaikido.org/>)

Athens Ki-Aikido: *Welcome to MKF.*

Midland Ki Federation has a new dojo member in Athens, Ohio. The Lead Instructor is Stan Haehl, formerly of Kansas Ki Society. They train at the Athens Community Center Exercise Studio.

Please pass this newsletter on to others that might be interested.

- ♦ To get added to the list, reply send an email with your name and email address to newsletter@midlandki.org.
- ♦ To be removed from the list, reply or send an email to newsletter@midlandki.org with "remove" in the subject line.
- ♦ To receive the MKF News *and Whirled Report* by regular mail, send your request and mailing address by email (as above) or by mail to Midland Ki Federation, 6006 Pershing Avenue, Saint Louis MO 63112.

MKF Instructors' & Administrator's Corner

There will be a Head Instructors' meeting during the Winter Instructors' Intensive. The meeting will be at the event hotel on Friday evening. If you cannot attend, you are welcome to appoint a representative to attend the meeting for you.

Information and forms for MKF dojo are on the MKF website Instructors' Login page. Contact midlandki@gmail.com if you need the ID or password.

[Instructors Login page.](#)