

HQ Calendars 2022

HQ is again offering Calendars for sale of two kinds:

1) the **Annual 2022** calendar featuring a text (in Japanese) by Koichi Tohei Sensei. This is a single-sheet calendar for the year 2022. This year's annual Calendar text is:



Five Principles of Ki Exercises

- 1) A Posture with Your One-Point as the Center
- 2) A Posture in which Ki is Extending
- 3) A Posture that is Natural and Relaxed
- 4) A Posture in which you are Unconscious of your Muscles
- 5) A Posture in which you Keep Rhythm

The MKF price for this Calendar is \$25

(This covers the cost of the Calendar, postage from HQ to MKF, exchange-rate fluctuation, and postage from MKF to your home dojo.)

2) The **Daily Calendar** featuring a 31-day perpetual calendar with daily sayings by K. Tohei Sensei, in Japanese, with translation.

NOTE: This is the same Calendar as offered last year (same sayings).

The MKF price for this Calendar is also \$25

(This covers the cost of the Calendar, postage from HQ to MKF, exchange-rate fluctuation, and postage from MKF to your home dojo.)

>> We would appreciate if orders could be done on a DOJO basis – Calendars will be mailed only to Home Dojo (to save MKF postage).

Orders for either of these calendars should be sent to **Jen Trotter**

ajentimkf@gmail.com

>> Be sure to specify how many of which type of calendar your dojo wants to order AND include full mailing address.

Payment may be made via PayPal on the MKF Website at the Payments tab on the Ki Society Events page. Please coordinate payments by Dojo.

Alternatively: Dojo may make payment by check to:

MKF Calendar Order 2022

486 Richland Ave.

Athens, OH 45701

>> Be sure to note with the check how many of which Calendar have been ordered via Jen.

DEADLINE FOR ORDERS: JANUARY 15, 2022

Note: Mail service (Parcel Post) is still somewhat disrupted between the U.S. and Japan, so our shipment may need to be sent surface mail and take several weeks – perhaps months – to arrive in the U.S.